

THE RELATIONSHIP BETWEEN SELF-CONFIDENCE AND MOTIVATION THE MATCH RESULTS OF BADMINTON ATHLETES

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Abstract

This study aimed to determine the relationship between self-confidence and motivation on the match performance of adolescent badminton athletes at PB Fort De Kock Bukittinggi. This research employed a quantitative method with a correlational approach. The population consisted of 30 athletes, while the sample included 20 athletes aged 15–20 years selected through purposive sampling. The instruments used were the Sport Confidence Inventory (SCI) to measure self-confidence, the Sport Motivation Scale (SMS) to measure motivation, and the Peak Performance instrument to assess match performance. Data were analyzed using normality tests, linearity tests, Product Moment correlation, and multiple correlation analysis. The results showed a significant relationship between self-confidence and match performance, with a correlation coefficient of 0.956 and a contribution of 91.39%. Motivation also had a significant relationship with match performance, with a correlation coefficient of 0.951 and a contribution of 90.44%. Furthermore, self-confidence and motivation simultaneously showed a significant relationship with match performance, contributing 92.73%. These findings indicate that self-confidence and motivation are important psychological factors that support athletes in achieving optimal performance during competitions. Therefore, the development of these psychological aspects should be an essential part of athlete training programs to improve competitive performance.

Keywords: Self-Confidence; Motivation; Match Performance; Badminton; Adolescent Athletes.

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INTRODUCTION

Badminton is a very popular sport in Indonesia. It has developed remarkably well in Indonesia, as evidenced by the numerous achievements it has achieved internationally. This demonstrates Indonesia's excellent badminton coaching system, supported by adequate resources. Badminton holds a unique appeal among

Indonesians. This game demands speed, precision, and a well-thought-out strategy in every match. Therefore, badminton is not just about physical ability, but also about decision-making (Subarjah, 2013). West Sumatra itself is experiencing rapid progress in badminton. This province has great potential for producing talented athletes. PB Fort De Kock is one of the active badminton clubs in Bukittinggi. This club has been coaching the younger generation since the 2010s. This badminton club provides training from the age of 10, with a structured training program. With this good coaching, it is hoped that local athletes will be able to compete at a higher level (Syafuddin, 2011). In competitive sports, an athlete's success isn't solely determined by physical and technical abilities. Psychological factors also play a crucial role in determining the outcome of a match. An athlete's mental state can influence their thinking, decision-making, and response to pressure. Athletes with a strong mentality tend to be better able to handle competitive situations. Conversely, athletes with a weak mentality are more likely to experience a decline in performance. Therefore, psychological aspects require serious attention in the athlete development process. One important psychological factor is self-confidence (Gunarsa, 2008).

Self-confidence is an individual's belief in their abilities. In sports, self-confidence is a key factor influencing an athlete's performance during a match. Those with high self-confidence tend to be calmer during a match. They are also more confident in making decisions and managing pressure during the match. (Vealey, 2001). Besides self-confidence, motivation is also a key factor in supporting athlete performance. Motivation helps athletes push themselves during competitions. In the context of sports, motivation is divided into two types. The first is intrinsic motivation, which originates from within the athlete. The second is extrinsic motivation, which originates from outside the athlete themselves. This includes encouragement from coaches, spectators, and other external factors (Sardiman, 2014).

Ideally, a badminton athlete is expected to possess a balance of physical, technical, tactical, and mental abilities. These four aspects are interrelated and

inseparable. Athletes in good physical condition will be better able to execute game techniques and strategies. Furthermore, a strong mentality will help athletes cope with the pressures of competition. Self-confidence and motivation are crucial components of these mental aspects. The ideal athlete is one who can control their emotions and remain focused in any situation. With these qualities, athletes are expected to achieve optimal performance.

The role of a coach is crucial in shaping an athlete's abilities and character. Coaches are not only tasked with technical and physical training, but also with developing an athlete's mentality. Through the right approach, coaches can increase an athlete's self-confidence and motivation. Furthermore, coaches act as motivators and mentors for athletes. A good relationship between coach and athlete creates a conducive training environment. This positively impacts the athlete's development. Therefore, coaches play a strategic role in the success of athlete development (Harsono, 2015). In athlete coaching practices at PB Fort De Kock Bukittinggi, psychological issues, particularly self-confidence and motivation, are still being identified. Based on observations and information from coach Aldiansyah, athletes' self-confidence remains unstable when facing high-pressure matches. Athletes often experience mental decline after making unforced errors, which leads to disappointment and doubt in their abilities. Furthermore, anxiety often arises at crucial moments, such as the end of a set or when the score is tied. This condition causes athletes to lose focus, play too cautiously, and fail to perform at their best.

Over the past two years, PB Fort De Kock athletes aged 15–20 have actively participated in various competitions such as the National Sports Week (O2SN), the Provincial Championship, and regional and national open tournaments. Based on the coaches' evaluations, the athletes' performance continues to be inconsistent from match to match. While some athletes have achieved good results, others have experienced a significant decline in performance. Many losses occurred in the deciding set due to decreased focus and confidence under pressure. Furthermore, the athletes' technical and physical abilities have not yet been fully translated into optimal performance in competition.

Self-confidence and motivation are suspected to be psychological factors influencing the performance of PB Fort De Kock Bukittinggi athletes. Athletes with low self-confidence tend to struggle to perform at their best during matches, while unstable motivation can impact the quality of training and morale. Both factors play a crucial role in helping athletes achieve optimal performance. However, to date, there is no empirical data examining the relationship between self-confidence and motivation and the performance of PB Fort De Kock athletes aged 15–20 years. Therefore, this study is needed to provide a clearer picture and serve as a basis for developing a more effective mental development program.

METHOD

This research is a quantitative study using a correlational approach. This method aims to determine the relationship between the independent variables of self-confidence and motivation and the dependent variable of match results. This correlational approach is used to determine the extent of the relationship between the independent variables and the dependent variable. This approach is used when the researcher does not provide special treatment but instead observes naturally occurring phenomena (C.M, 2019). This research was conducted on Sunday, May 31, 2026, at the PB Fort De Kock Bukittinggi Club.

The research population is the total number of individuals in the place or club that will be the object of research (Sugiyono, 2013). In this club, the population is 30 people consisting of children aged 5 to 20 years. The research sample is a small part of the population taken as the subject of the research (Sugiyono, 2013). Based on this research, the sampling technique used was purposive sampling. This technique is used to select samples based on the needs and criteria of the research subjects. The subjects for this study were 20 children aged 15-20 who had participated in competitions, both inter-club and other badminton competitions.

An instrument is a measuring tool used in a study to obtain the desired results. In this study, three instruments were used: a self-confidence instrument and the SCI (Sport Confidence Inventory), which is used to measure the level of self-confidence of PB Fort De Kock Bukittinggi athletes (Vealey, 2016). This instrument uses a

Likert scale of 1-9 with a reliability score of 0.8-0.93, which is greater than the significance level of 0.05. This indicates that this instrument is reliable and suitable for use in research that measures the level of self-confidence of badminton athletes at PB Fort De Kock Bukittinggi.

The next instrument is the SMS (Sport Motivation Scale). This instrument is used to measure the level of motivation of athletes in facing competitions. This instrument is a questionnaire with a Likert scale of 1-7 with a reliability score of 0.70-0.85, which indicates that the instrument is reliable and can be used for research to measure the motivation level of badminton athletes at PB Fort De Kock Bukittinggi (Pelletier et al., 2016).

RESULTS

Confidence

The data description section serves to present and explain the results of data collection conducted in the field. This section will introduce the characteristics of the data obtained before conducting the specified tests. Self-confidence measurement was conducted using a questionnaire with the SCI (Sport Confidence Inventory) test instrument. From the results obtained, the Total = 3146, Median = 161, average/mean = 157.3, Standard Deviation = 33.055, Maximum Score = 203, and Minimum Score = 106. And range = 97. For a more detailed description of the self-confidence data can be seen in the table below:

Table 1. Frequency Distribution

Interval	Fa	Fr	Category
>107,72	1	5%	Very Low
107,72-140,7	7	35%	Low
140,7-173,8	5	25%	Currently
173,8-206,8	7	35%	Tall
>206,889	0	0	Very high
Amount	20	100%	

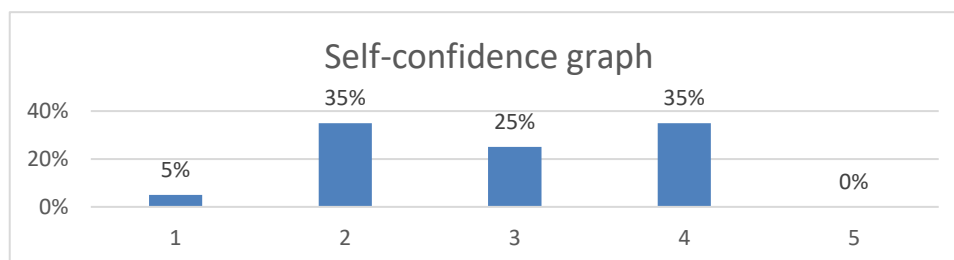


Figure 1. Self-confidence graph

Of the 20 samples, 1 (5%) had a very low level of self-confidence, where the athlete's self-confidence test score was below the score limit of 107.72. Seven athletes had a low level of self-confidence with scores in the interval of 107.72-140.7, categorized as low. There were 5 athletes with a self-confidence score of 140.7-173.8, categorized as medium. And 7 athletes had a score of 173.8-206.8, categorized as high. However, there was no very high self-confidence category.

Motivation

Motivation measurement was conducted using a questionnaire with the SMS (Sport Motivation Scale) test instrument. From the results obtained, the Total = 2889, Median = 141.5, average / mean = 144.45, Standard Deviation = 16.91, Maximum Score = 173, and Minimum Score = 110. And range = 63. For a more detailed description of the motivation data can be seen in the table below:

Table 2. Frequency Distribution

Interval	Fa	Fr	Category
<119,08	1	5%	Very Low
119,08-135,99	7	35%	Low
135,99-152,91	5	25%	Currently
152,91-169,82	6	30%	Tall
>169,82	1	5%	Very high
Total	20	100%	

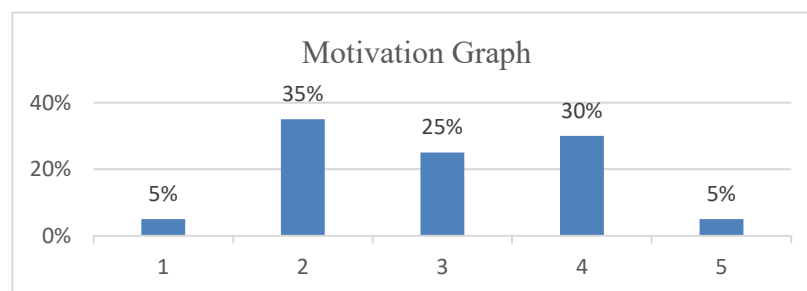


Figure 2. Motivation Graph

Of the 20 samples, 1 (5%) had a very low level of motivation, with the athlete's self-confidence test score falling below the score limit of 119.08. Seven athletes had motivation levels ranging from 119.08 to 135.99, categorized as low. Five athletes had self-confidence scores ranging from 135.99 to 152.91, categorized as medium. Six athletes had scores ranging from 152.91 to 169.82, categorized as high. One athlete had a very high level of motivation, with a score exceeding 169.82.

Match Results

The measurement of the match results was carried out using a questionnaire with the Peak Performance test instrument. From the results obtained, the Total = 1664, Median = 86, average / mean = 83.2, Standard Deviation = 13.93, Maximum Score = 108, and Minimum Score = 52. And range = 52. For a more detailed description of the match results data can be seen in the table below:

Table 3. Frequency Distribution

Interval	Fa	Fr	Category
<62,30	2	10%	Very Low
62,30-76,23	5	25%	Low
76,23-90,17	5	25%	Currently
90,17-104,10	7	35%	Tall
>104,10	1	5%	Very high
Jumlah	20	100%	

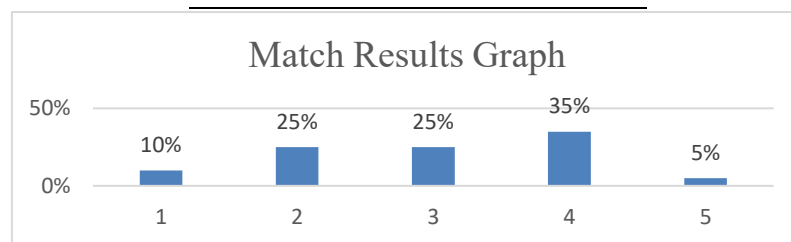


Figure 3. Match Results Graph

Of the 20 samples, two athletes had very low performance levels, with scores falling below the 62.30 threshold. Five athletes had scores ranging from 62.30 to 76.23, categorized as low. Five athletes had scores ranging from 76.23 to 90.17, categorized as medium. Seven athletes had scores ranging from 90.17 to 104.10, categorized as high. One athlete had very high performance, with a score exceeding 104.10.

Analysis Requirements Test

Table 4. Normality Test

Variable	N	L count	L table ($\alpha=0,05$)	description
X1	20	0,140		normal
X2	20	0,187	0,19	normal
Y	20	0,064		normal

In this study, a normality test was conducted before examining the relationship between the independent variable self-confidence (X1) and the dependent variable

match results (Y), the independent variable motivation (X2) and the dependent variable match results (Y), and the independent variables self-confidence (X1) and motivation (X2) and the dependent variable match results (Y) together. The normality test conducted this time was the Liliefors normality test. The final results of the normality test are as shown in the table below.

From the table above, it can be concluded that the data obtained are normally distributed. Because based on the standard rule of the normality test, namely, $L \text{ count} < L \text{ table}$, the data obtained are normally distributed. As shown in the table above, L count for X1, X2, and Y has a data distribution smaller than L table. The significance of L table is 5% or 0.05. From the total sample in this study, L table with a significance level of 0.05 is 0.190.

With the description of the variable X1 self-confidence $L \text{ count} = 0.140$. Then in the self-confidence variable (X1) as $L \text{ count} < L \text{ table}$. So the distribution of variable X1 data is normally distributed. Furthermore, in the variable X2 motivation $L \text{ count}$ is 0.187. meaning $L \text{ count} < L \text{ table}$, so the data obtained is also normally distributed. And in the variable Y match results. $L \text{ count}$ is 0.064. Which indicates $L \text{ count} < L \text{ table}$. So the data obtained is normally distributed.

Linearity Test

The linearity test is a test conducted to determine the existence of a perpendicular or unidirectional relationship between the independent variable and the dependent variable. In this study, the linearity test was conducted on the independent variable X1, self-confidence, and the dependent variable Y, match results. The independent variable X2, motivation, and the dependent variable Y, match results, were also tested. This study used a significance level of 0.05 or 5%. The following table shows the results of the linearity test.

Confidence

Table 5. Confidence Linearity Test

Source Variant	dk	JK	RJK	F count	F tabel
Regresi (b/a)	1	3340,8	3340	172,2	4,41
Residu	18	348	19,4	0	0
Total	19	3688,8	3359,4	0	0

From the linearity test data above, it is concluded that the linearity test F count = 18.1 while F table = 4.41 so that F count > F table. Therefore, it can be interpreted that there is a linear relationship between the variable X1 self-confidence and the match result variable.

Motivation

Table 6. Motivation Linearity Test

$\alpha = 0,05$ (5%)					
Source Variant	dk	JK	RJK	F count	F tabel
Regresi (b/a)	1	3373,8	3373,8	18,1	4,41
Residu	18	315,4	187,4		
Total	19	3689,2	3561,2		

From the linearity test data above, it is concluded that the linearity test F count = 172.2 while this F table = 4.41 so that F count > F table. Therefore, it can be interpreted that there is a linear relationship between the variable X1 self-confidence and the match result variable.

Simple Correlation Test X1-Y

Table 7. Hypothesis Testing

Variable	n-2	R count	R table ($\alpha=0,05$)	Information
X1 ->Y	18	0,956	0,468	significant

From the simple correlation test results table above, it can be concluded that the calculated R value for the self-confidence variable is 0.956, and the table R value with a significance level of 0.05 is 0.468. Therefore, the calculated R value is greater than the table R value, indicating a significant relationship between the self-confidence variable and the match outcome variable. The relationship interval is on a scale of 0.90-1.00, indicating a very strong relationship between the two variables.

Simple Correlation Test X2-Y

Table 8. Simple Correlation X2-Y

variabel	n-2	R court	R table($\alpha=0,05$)	Informaton
X1 ->Y	18	0,951	0,468	Significant

From the table of simple correlation test results above, it can be concluded that the calculated R value for the motivation variable is 0.951, and the critical R value at a significance level of 0.05 is 0.468. Since the calculated R value is greater

than the critical R value, the data obtained for the motivation variable and the match results variable show a significant relationship. Furthermore, the correlation interval falls within the range of 0.90–1.00, indicating that the relationship between the two variables is very strong.

Multiple Correlation Test

Table 9. Multiple Correlation Test

Variable	N-b-1	R count	R table($\alpha=0,05$)	Information
X1, X2->Y	17	108,529	3,59	Significant

From the table of multiple correlation test results above, it can be concluded that the calculated $R = 108.529$ and the R table with a significance level of 0.05 is 3.590. This means that the calculated R from the data obtained from the multiple correlation test is greater than the R table. Therefore, the data obtained has a significant relationship between the independent variables of self-confidence (X1) and motivation (X2) to the dependent variable of match results (Y).

Determinant

From the simple and large correlation data, the percentage relationship between the independent and dependent variables was determined. This percentage was obtained from $r^2 \times 100\%$. The following results were obtained: For self-confidence and motivation regarding match outcomes, the determinant was 92.73%, indicating a high relationship between the two independent variables and the dependent variable, with the remaining 7.26% determined by other variables.

Similarly, the determinant of self-confidence regarding match outcomes was 91.39%. From these figures, it can be concluded that self-confidence is a key factor in achieving optimal match results. The motivation variable also had a high percentage of 90.44%, indicating that motivation drives athletes to achieve optimal results in every match.

DISCUSSION

The Relationship between Self-Confidence and Match Results of Badminton Athletes from PB Fort De Kock Bukittinggi

Based on the results of the data analysis, it is known that there is a significant

relationship between self-confidence and match results. This is proven by the correlation test conducted and obtained the calculated R result of 0.956 with R table 0.468 based on a significance level of 0.05. Therefore, the calculated R is greater than the R table. This result is also supported by a coefficient of determination of 91.39%, which this figure indicates that the higher the self-confidence of the athlete, the better the match results obtained. And the remaining 8.61% is determined by other factors outside the research variables.

Self-confidence is a crucial psychological aspect in competitive sports. Athletes with high levels of self-confidence tend to be able to control their emotions, reduce anxiety during competition, and demonstrate courage in decision-making. In the context of sports, confidence is a key factor in determining the quality of an athlete's performance in competitive situations.(Weinbreg, 2003). The results of this study are in line with research which states that self-confidence has a positive relationship with athlete performance in every sport. (Feltz, 2008). At PB Fort De Kock Bukittinggi, high self-confidence is likely formed through successful training experiences in previous matches, and support from coaches and the training environment.

The Relationship Between Motivation and the Match Results of Badminton Athletes from PB Fort De Kock Bukittinggi in the Youth Category

The research results obtained a correlation coefficient value between motivation and match results with a calculated R of 0.951 and a table R of 0.468, with a significance level of 0.05. This means that the calculated R is greater than the table R. Therefore, there is a significant relationship between motivation and match results. The data above is strengthened by a coefficient of determination of 90.44%. This percentage value explains that motivation has a very strong relationship with athlete success in matches.

The findings of this study are in line with self-determination theory, which explains that motivation is an internal or external force that drives someone to carry out an activity consistently in order to achieve a goal (Ryan, 2000). In the context of sports, motivation serves as a source of psychological energy that drives athletes

to achieve maximum results. Those with high levels of motivation are characterized by strong discipline, strong training programs, and a strong commitment to achieving their goals.

The results of this study are also supported by the opinion that motivation has a close relationship with the level of effort, perseverance and fighting spirit of athletes. (Weinbreg, 2003). Athletes who are motivated are better able to maintain focus when facing the pressure of competition. Research has also shown a positive relationship between motivation and training consistency, mental resilience, and competitive performance (Pelletier et al., 2016).

The Relationship between Self-Confidence and Motivation and the Match Results of Badminton Athletes from PB Fort De Kock

Based on the results of the multiple correlation analysis, the F-value was 108.529, while the F-value was 3.590 at a significance level of 5%. Because the F-value is greater than the F-value, it can be concluded that self-confidence and motivation together have a significant relationship with the match results of PB Fort De Kock Bukittinggi badminton athletes in the youth category. These results indicate that an athlete's success in a match is not only influenced by one psychological factor, but by a combination of several mutually supporting factors. Self-confidence and motivation are two psychological aspects that play an important role in determining the quality of an athlete's performance during a match. The better the level of self-confidence and motivation an athlete has, the greater the likelihood of the athlete achieving optimal match results.

This research aligns with sports psychology theory, which states that sports performance is the result of the interaction between physical, technical, tactical, and psychological factors. In badminton, athletes are not only required to be physically, technically, and tactically fit, but also to have a strong and resilient mentality. Athletes with high self-confidence and motivation will easily realize the physical, technical, and tactical strengths they have learned, and vice versa.

The results of this study also support the clear opinion that self-confidence in one's own abilities will influence a person's level of effort and persistence in

achieving goals. (Bandura, 1997). At PB Fort De Kock, self-confidence and motivation are complementary psychological aspects that support athlete success. Athletes with high motivation but low self-confidence will experience doubts during competitions, as will those with low motivation and high self-confidence. Therefore, both factors must be developed simultaneously through a planned and ongoing mental training program.

CONCLUSION

From the research conducted this time it can be concluded that there is a significant relationship between the independent variable (X) to the dependent variable (Y) can be concluded as follows: There is a relationship between self-confidence to the results of the match as evidenced by $R_{count} > R_{table}$ and the percentage is 92.73% with a very high category. There is a relationship between motivation to the results of the match as evidenced by the value of $R_{table} > R_{count}$, and the percentage is 91.73% with a very high category. There is a significant relationship between self-confidence and motivation to the results of the match of badminton athletes PB Fort De Kock Bukittinggi Teen Category as evidenced by $R_{count} > R_{table}$. And the percentage is 91.39% with a very high category.

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