Guided Imagery Relaxation: Therapy to Reduce Anxiety Level Before Competing Pencak Silat Athletes

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ARTICLE INFO

ABSTRACT

Background: Pencak Silat athletes have high emotional reactions in competing so that anxiety will arise in these athletes. Guided imagery (GI) is a technique that relies on descriptive language to facilitate auditory visualization of calming images with the aim of achieving a relaxation response. Objective: To determine the effect of guided imagery relaxation therapy on anxiety before competing in pencak silat athletes in Tapak Suci. Methods: Experimental research with a pre-experimental design (one group pretest-posttest). The research instrument used the Hamilton Rating Scale for Anxiety (HRS-A). The sampling technique used total sampling with the number of respondents as members of pencak silat as many as 30 people from the University of Muhammadiyah Purwokerto silat. Results: The level of anxiety before the match in the moderate category was mostly 46.7% and severe anxiety was 30%, and after being given therapy most of them did not experience anxiety as much as 46.7% and mild anxiety as much as 43.3%. There is an influence of guide imagery on anxiety before competing in pencak silat athletes at the University of Muhammadiyah Purwokerto with a p-value of 0.001 (<0.05). Conclusion: The importance of non-pharmacological therapy to reduce anxiety before competition, so that match readiness is more optimal.

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1. INTRODUCTION

Pencak Silat is a human activity that aims to fulfill well-being which includes the human body and soul itself. (Kemenpora, 2016) . According to (Kenny, 2011) anxiety is a universal emotion, sometimes it is difficult to distinguish between normal anxiety and anxiety disorders. Anxiety is a negative affective condition characterized by physical symptoms and feelings of fear of the future (Basant et al., 2011) . In Indonesia, the prevalence of anxiety disorders according to the results of the 2013 Basic Health Research (Rikesdas) shows that 6% of those aged 15 years and over or around 14 million people in Indonesia experience emotional mental disorders as indicated by symptoms of anxiety. anxiety, but not yet found. research on anxiety in athletes when facing a match (Ministry of Health, 2013) .

Anxiety is a mental disability, a feeling of discomfort, inadequacy and inability to deal with the pressures of reality and the atmosphere, complexities and demands of everyday life. (Pinel, 2012). Research on anxiety in athletes has been carried out Of the three subjects who were examined qualitatively, all athletes experienced fluctuations in psychological anxiety such as attention and concentration disturbances, loss of self-

confidence, obsessions, and lack of motivation. The type of exercise also contributes to anxiety levels. Research by experts has also found that competition anxiety is higher experienced by individual sports athletes than team sports (Nazerian, 2011) . Then mention that direct contact sports also have a higher level of competition anxiety than indirect contact sports.

There are several methods that are often used to reduce anxiety levels such as relaxation, hypnotherapy, yoga meditation and others. However, in this study the researchers will focus on reducing the athlete's anxiety level by using relaxation therapy. There are many types of relaxation that can be used to reduce anxiety, one of which is guided imagery relaxation.

Guided imagery (GI) is a technique that relies on descriptive language to facilitate auditory visualization of detailed and soothing images, with the aim of achieving a relaxation response (National Center for Complementary and Integrative Health 2016).

Pencak silat athletes are expected to have high emotional reactions in competing. Therefore, it is very important for a pencak silat athlete to have good mental preparation in order to be able to overcome disorders such as anxiety that can affect performance in competition. Many Tapak Suci Pencak Silat Athletes at the Muhammadiyah University of Purwokerto experience anxiety problems both during training and during pencak silat competitions, the results of interviews with one of the athletes have experienced feelings of anxiety during training and during matches so that the results are less than optimal. So that anxiety management is needed to reduce the anxiety felt by pencak silat athletes before competing, with good anxiety management it is hoped that athletes will be more relaxed in competing so they can maximize their best abilities.

Based on the results of the preliminary study, the researcher conducted an interview on January 4 2016 to the two Pencak Silat athletes, the first subject revealed his experience before competing, felt his heart pounding when he entered the arena of competition, imagining the opponent he would face. faced, to imagine the results to be obtained from the demands of competition. trainer. The second subject revealed that the thing he was most afraid of when competing was fear of losing concentration, the burden that was considered superior, and especially physical injury, because Pencak Silat is a sport that is prone to physical injury. Therefore researchers are interested in conducting research on the Effect of Guided Imagery Relaxation Therapy on the Level of Competitive Anxiety in UMP Pencak Silat Athletes.

2. RESEARCH METHODS

The type of research used in this research is a quantitative research type with a pre-experimental design with a one group pretest-posttest research design that will be carried out on Pencak Silat Athletes of Tapak Suci University of Muhammadiyah Purwokerto. Data analysis techniques here use *univariate* and *bivariate analysis methods.* This research was conducted in February 2022 until completion .

3. RESULTS AND DISCUSSION

a. Characteristics of the knowledge of respondents.

Table 1. Frequency distribution of UMP martial arts athletes

Variable	Total	%
Age		
18	8	26.7
19	12	40.0
20	9	30.0
21	1	3.3
Gender		
Man	16	53.3
Woman	14	46.7
Number of Matches		
Number of Games 1-4	7	23.3
Number of Games 5-9	4	13.3
Number of Games 10-13	7	23.3
Number of Games 14-17	2	6.7
Number of Games 18-22	10	33.3

Athlete Level

Plain blue belt	15	50.0
Blue Jamine red One	1	3.3
Plain Yellow Belt	6	20.0
Two Jasmine Yellow Belts	1	3.3
Three Jasmine Yellow Belts	4	13.3
Four Jasmine Yellow Belts	3	10.0

Based on table 1. above, it can be seen that the ages referred to in this study are respondents with an age range of 18-21 years. Age 19 years the highest percentage is 12 with a percentage (40%) and the minimum age percentage of 21 years is 1 with a percentage (3.3%). In line with research in Indonesia, the habit of anxiety disorders based on research by Riskesdas (2013) proves that 6% of people aged 15 years and over or around 14 million people in this country face emotional psychological disorders by showing signs of anxiety. (Ministry of Health, 2013)

Gender referred to in this study were male and female respondents. The male sex was 16 (53.3%) and the female sex was 14 (46.7%).

The number of matches referred to in this study were the respondents with the highest number of match frequencies, namely 18-22, 10 (33.3%) and the respondents with the least number of match frequencies, 14-17, 2 (6.7%).

The level of athletes referred to in this study were respondents with the highest level of athletes with plain blue belts of 15 (50%) and respondents with the least level of athletes with blue jasmine belts and yellow jasmine belts of 1 (3.3%).

This study shows specific data findings that the average number of respondents aged 19 years is 12 people (40%). Respondents in this study on average were 16 male respondents (53.3%). The highest frequency of matches is 18-22 with 10 people (33.3). The highest level of athletes is with plain blue belts of 15 people (50%).

Students are one of the groups in society who get their position because they are tied to the academy. Students are prospective young scientists in a society. Every student gets a process for their development in learning and has a role according to their respective gender. Culture has a role in the interaction of men and women in thinking, appearance, behavior and feelings (Santrock, 2011). According to Normandewi (2012) humans consist of men and women and have physical and psychological differences, have different roles according to their respective cultures. So that in the formation of development and regulation there are also differences.

Gender is an aspect that influences behavior towards individuals. This can be seen from the dependence and independence between men and women. Gender has a socially and culturally inherent role. The age of maturity for women from a psychological point of view starts earlier than men and the development of men and women has differences, women grow faster than men, with differences in verbal and motor abilities that appear at the beginning of development (Santrock, 2011).

In line with Purnamasari's research (2018), it was found that 73.68% of female athletes experienced anxiety before matches and male athletes also felt anxiety before competing. Based on the research results, the majority of respondents were male, namely 16 respondents (53.3%) and 14 respondents (46.7%).

Associated with not having participated in or having participated in a competition, athletes who have participated in competitions more or less 2 times obtained 69 athletes (60%) can be categorized as high. While athletes who have competed more than 2 times as many as 15 athletes (57%) are categorized as high, where athletes who often take part in competitions want to give good matches and want their achievements to be as successful as desired in the next match.

It can be interpreted that athletes with little competition experience will experience higher competitive anxiety compared to athletes who participate in competitions more often will experience lower competitive anxiety compared to athletes who have little competition experience.

Singgih (Gilas, 2018) revealed that inexperienced athletes will experience anxiety that is different from experienced athletes. High anxiety can reduce enthusiasm and self-confidence, most likely experienced by athletes who have never participated in a competition. Athletes who take part in many competitions have relatively little anxiety, this is because they are used to participating in matches and are able to adapt to match

situations, where athletes want to give the best performance they want in a match. previous game in the next game.

Based on Juliantine's research (2014) the majority of respondents had participated in matches at most 18-22 times as many as 10 respondents (33.3%) and competed at least 1-4 times as many as 7 respondents (23.3%).

b.   Anxiety levels before and after image-guided relaxation

Table 2. Anxiety Levels Before and After Guided Imagery Relaxation

	Before	After
Min	18	12
max	40	25
SD	7,882	4,026
Total	30	30

Based on table 2 above, it shows that there was a decrease in anxiety scores before and after therapy. After the therapy was carried out, an increase in score was obtained from 18 to 40, while for the Standard Deviation it was obtained 7.882. After the therapy was carried out, the lowest score was 12 and the highest score was 25, while the Standard Deviation was 4.026.

Based on the results of the study, it was found that athletes who competed more than 18 to 22 matches obtained an anxiety level of 10 athletes (33.3%) with details of mild anxiety of 7 athletes (23.3%) and moderate anxiety of 3 athletes (10%). For the number of athletes competing from 1 to 4 matches, it was found that all athletes experienced anxiety in the weight category of 7 athletes (23.3%). Based on table 4.2 above, the lowest score before therapy was 18 with a total of 5 (16.7%) and after therapy the lowest score was 12 with a total of 7 (23.3%), while the total score before therapy with the highest frequency was 25 with a total of 6 (20%) and after therapy the highest frequency was 12 with a total of 7 (23.3) and 14 with a total of 7 (23.3). The highest score before therapy was 40 with a total of 3 (10%) and after therapy the highest score was 25 with 1 (3.3%).

According to Asmadi (2013) anxiety is an individual's anxiety turmoil related to outside himself and the self-system that is used when facing problems, anxiety has an influence on individual life, good or bad influence. Anxiety is one of the symptoms that can alert, indicating a threat that can be taken action to overcome the threat.

There is also according to Basant et al (2011) anxiety is a negative affective state characterized by physical indications and feelings of fear in the future. Anxiety cannot be avoided from individual life in maintaining balance. An individual's experience of anxiety is not the same in several situations and interpersonal relationships (Kaplan, 2015)

In line with Triana's research (2018). There is anxiety to compete in pencak silat athletes through the correlation coefficient between self-confidence and competition anxiety of -.732. Anxiety is a natural act in the urgency of one's short life. Anxiety can appear on its own or it can be associated with other indications of a variety of emotional disturbances. Many individuals face anxiety at certain times in their lives. Anxiety exists as a natural action in urgent situations. A lively match situation with spectators and professional athletes, the sound of supporters shouting to support their respective teams can also cause anxiety in athletes. Anxiety can be temporary or protracted. It is normal for a person with an anxiety disorder to display the usual signs of anxiety. (Komarudin, 2013)

The results of this study are in line with the research of Aziz Rohmansyah (2017) that the anxiety and stress levels of pencak silat athletes when competing are in the high category for both men and women. Supported by Indies research (2020) all karate athletes experience anxiety before competing.

There are some that can cause anxiety such as psychological which causes worry, nervousness, tension, lack of confidence, fear, easily startled. Somatic causes cold sweat in the palms, hypertension. Cold sweat on the palms is influenced by a psychological component, therefore cold sweat experienced by athletes is influenced by a psychological component. (Ardi, 2012).

Therefore it can be concluded that competition anxiety is an athlete's negative emotional action towards tense conditions when assessing competition conditions, characterized by feelings of worry, anxiety accompanied by increased arousal of the body's systems, resulting in athletes feeling helpless and experiencing fatigue caused by always being in a state of stress and stressed

c. The effect of guided imagery relaxation on the level of anxiety in competing UMP silat athletes

Table 3. The effect of guided imagery relaxation on the level of anxiety in competing UMP silat athletes

Treat ment	Min	Mom	Means	Z	p-value
12	25	16.17	-4,788[a]	0.000

Based on the table above, it shows that all respondents experienced a decrease in anxiety after guided imagery relaxation with an average decrease of 10.33. Research (Amini)entitled *The Impact of Guided imagery on Competitive Anxiety and Perceived Stress of Girls Basketball Players* . The results showed that the levels of competitive stress and anxiety between the experimental and control groups were significant with a p-value of 0.001. It can be concluded that *guided imagery training* has a significant effect on reducing stress and anxiety levels in athletes (Amini *et., Al,* 2021) .

Based on the results of the Wilxocon analysis test, data was obtained that there was a decrease in anxiety levels before and after the *guided imager* y relaxation intervention with a p-value of 0.000 (<0.05) then it can be concluded that there is a difference significant between anxiety before and after *guided imager* relaxation y.

Based on the results of the analysis test, there was a decrease in anxiety levels before and after the guided imagery relaxation intervention was carried out with a p-value of 0.000 (<0.05), so it can be concluded that there was a significant difference between anxiety before and after guided imagery relaxation. Amini's research (2021) entitled The Impact of Guided Imagery on Competitive Anxiety and Perceived Stress of Girls Basketball Players. Research method with pre-test, post-test design. In this study, the experimental group received guided imagery training for four weeks, three sessions per week and each session lasted 50 minutes, but the control group did not receive psychological training. The results showed that the levels of stress and anxiety competed between the experimental and control groups significantly with a P_value of 0.001. It can be concluded that guided imagery training had a significant effect on reducing stress and anxiety levels in athletes. (Amini *et.,al,* 2021) .

This research is in line with (Syarafina, 2021) entitled "The Effect of Guided Imagery Therapy on the Stress and Anxiety Levels of Class XII Students of SMK Muhammadiyah 3 Purwokerto in Facing the Competency Certification Examination" there is the effect of Guided Imagery Therapy on anxiety levels in class XII students of SMK Muhammadiyah 3 Purwokerto in facing the competency certification test.

This study proves that guided image relaxation affects physiological outcomes such as heart rate, vasoconstriction, pulse variability, blood pressure, muscle tension, respiratory rate, skin galvanic response, and immune function. Various studies have assessed relaxation as directly measured by changes in stress-related hormones, such as melatonin and serotonin, epinephrine, cortisone, norepinephrine. Neuro-hormonal changes can produce specific biochemical markers to help study emotional, psychological, and physiological responses in individuals with relaxation (Tuti, Abiyoga, and Widia 2019).

Relaxed feelings will be experienced by an athlete who feels guided imagery relaxation, this is because the rhythms and vibrations captured by the sense of hearing will be forwarded to the center of the brain which is translated by the cerebral cortex to then affect internal rhythms to be responded to by developing automatic movements following guided image relaxation. (Sari & Pantiawati 2013) . Correct relaxation guided imagery is important as a means of achieving the relaxation response, by providing self-expectation and closed thinking. It can be used for healing rituals to stop thoughts from escaping and achieve inner peace (Pt and Multiartha 2012)

In line with Ardini's research (2017) there are differences in anxiety in athletes before and after relaxation exercises, it can be concluded that there is an effect of relaxation exercises on athlete's anxiety. Competition anxiety is a situation of irrational fear, thinking about something unrelated is an indication of anxiety. Somatic situations such as palpitations, sweaty palms, and BAK, are indications of anxiety disorders experienced by athletes who will face competition (Komarudin, 2013).

In line with the research of Nguyen, J and Brymer, E (2018), it was found that Guided imagery (GI) has proven effective in reducing anxiety symptoms. The number of respondents was 48 people with details of 18 men and 30 women. (Nguyen, J and Brymer, E, 2018). Supported by research by Lawton, E., Brymer, E., Clough, P., and Denovan, A. (2017) Relationship between Physical Activity Environment, Natural Linkages, Anxiety, and Psychological Well-Being Benefits of Regular Athletes. Respondents were 262 people with an age range of 18-71 years. Analysis through Multivariate ANOVA showed that respondents who did physical activity outdoors reported significantly lower levels of somatic anxiety and higher experiences of Natural Connection (NRexp). NRexp , and outdoor physical activity resulted in lower somatic anxiety, while indoor physical activity resulted in higher somatic anxiety. The results showed that somatic anxiety was lower when participating in outdoor physical activities and outdoor activities. This shows that there is an environmental

impact of physical activity on anxiety levels, and the contribution of outdoor physical activity can reduce anxiety levels. (Lawton *et al.,* (2017)

The high level of anxiety that occurs in athletes during pre-match can improve performance when competing. Based on Ciptaningtias' research (2011), anxiety is an aspect that will affect the performance of athletes in the arena. As stated by drive theory, the higher the level of anxiety in athletes, the better the athlete's performance will be. However, during the break in the first round, when the second round was about to start, the athlete's anxiety level was still relatively high. This moment occurs if the first round loses points. This situation can increase anxiety at optimal levels. In this situation athletes are required to be able to maintain their anxiety at an optimal level in order to maintain their appearance in the competition in the next round, if the level of anxiety decreases, their performance will also automatically decrease. Juriana (2012) stated that performance that is not optimal can arise because athletes experience high anxiety when competing, focus is reduced, the way the athlete masters also decreases.

As explained in the inverted U hypothesis theory, athletes perform well when there is an optimal level of anxiety. Not all athletes are necessarily able to maintain their anxiety level at an optimal level for everyone, because every athlete has their own level of anxiety. (Anira, 2020)

Zone of optimal function theory explains that everyone has their own optimal zone which results in everyone having different levels of anxiety. At the right time during competition, athletes can face a decline in performance even though their anxiety levels are still high. This explanation is in the disaster theory, namely when certain conditions make athletes experience a decrease in anxiety levels when extreme anxiety levels are still high. Guided imagery can provide strength and insight that can really help with problems that can reduce and manage pain

Zone of optimal function theory explains that everyone has their own optimal zone which results in everyone having different levels of anxiety. Precisely when in a competitive situation, athletes can face an extreme decrease in performance even though the level of anxiety is still quite high. This explanation is in the disaster theory, namely when certain conditions make athletes experience an extreme decrease in anxiety levels in appearance even though the anxiety level is still high. Guided imagination can provide strength and direction through true fantasy can help regulate breathing thereby reducing anxiety and pain. (Rustiana 2018) .

Not only that, guided imagery can create an irresistible image as a stimulus for all senses. Likewise, by thinking about pleasant things, feelings of calm arise and feelings of discomfort arise, causing the body to relax and calm down. (Aprianto 2013)

4. CONCLUSION

There is an influence of guide imagery on anxiety before competing in pencak silat athletes at the University of Muhammadiyah Purwokerto. Based on the results of the Wilxocon analysis test, data was obtained that there was a decrease in anxiety levels before and after the *guided imager* y relaxation intervention with a p-value of 0.000 (<0.05) then it can be concluded that there is a difference significant between anxiety before and after *guided imager* relaxation y. The importance of non-pharmacological therapy to reduce anxiety before competing, so that readiness to compete is more optimal. Suggestions for future researchers are expected to be able to improve this research by using various variables and expanding the research area and using other methods to reduce anxiety in athletes with a focus on one variation of the respondent's year.

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