

THE EFFECT OF GROUP GUIDANCE TO DECREASE ANXIETY DURING MATCHES FOR SEPAKTAKRAW ATHLETES

(Experimental Study at SMP Negeri 232 Jakarta Timur)

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ABSTRACT

Anxiety becomes an issue that often arises in athletes and become an obstacle in achieving the target match. This research aims to determine the effect of group guidance to decrease anxiety during matches for sepak takraw athletes. The total of research sample was 8 sepak takraw athletes. The sampling used Purposive Sampling technique. This research used Pre-Experimental method type One-Group Pretest-Posttest Design. The measurements in this research were conducted with anxiety during matches instruments that had 51 items of valid statements and had a reliability of 0.932. The result of analysis which was analyzed using Wilcoxon Match Pairs Test showed the value of $\text{Sig} = 0.034 < \alpha = 0.05$. It can be concluded that H_0 is rejected and H_1 accepted, which means group guidance affect the decrease of anxiety during matches for sepak takraw athletes at SMPN 232 Jakarta Timur. The result showed group guidance can be applied by coach and guidance and counseling teacher as an alternative way to handle athlete's anxiety and as a way to coaching achievement for sport extracurricular at school.

Keywords: Group Guidance, Anxiety during matches, Sepak takraw Athletes.