

Indonesia's Badminton National Referees: What is The Level of Self-Confidence and Concentration?

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Abstract

Important national referees have psychological aspects, especially confidence and concentration when leading the match. This study aims to understand the confidence and concentration of national badminton referees in leading matches. This type of research is descriptive quantitative. The population of this research is all 140 Indonesian national badminton referees with national licenses A and B. The sampling technique used in this research is using the purposive sampling technique, with the number of subjects used in this study being 26 national referees A and B. The instrument used is a self-confidence questionnaire and referee concentration as many as 32 statements. The data analysis technique in this study used a validity test measured by the correlations product-moment technique and a reliability test using Cronbach's alpha technique. The value of sig 0.004 was obtained from the validity test for the confidence questionnaire and sig 0.000 for the concentration questionnaire. The reliability test results obtained a value of 0.871 for the self-confidence questionnaire and a value of 0.975 for the concentration questionnaire. The results showed that the level of self-confidence was 1 person (4%) in the very low category, 2 (8%) in the moderate category, 4 (15%) in the high category, and 19 (73%) in the very high category. As for the concentration level, there are 7 (27%) very low categories, 4 (15%) low categories, 4 (15%) high categories, and 11 (42%) very high categories.

Keywords: confidence, concentration, national badminton referee

Introduction

Badminton is very likely a sport that is generally favored by the community worldwide, as well as in Indonesia. Since the 1990s, various Indonesian athletes have made various achievements, Susi Susanti, who was awarded the Hall of Fame and the Bintang Jasa Utama Award (Fajriyah & Trilaksana 2013). Currently, the development of badminton in Indonesia can not be doubted, because, in addition to the achievements that have been achieved by athletes, Indonesia also has badminton referees who already have an official license from the Badminton Association of Indonesia (PBSI) to the level of the Badminton World Federation (BWF). This is the highest achievement for the progress of badminton in Indonesia. Of course, the role of the referee is in the spotlight because the referee is the decision-maker and policymaker in one match on one field.

A referee is a person who has the right or authority to control, supervise, observe and regulate the course of a sports match. The referee is considered an impartial or neutral person who has the role of problem-solving in a match. Anshel et al. (2014) stated that a failure to make a decision has a major influence on the career development of a referee. Many people are more likely to let go of repeated negative preconceptions, self-doubt and insufficient knowledge is a very unpleasant situation to improve the quality of performance (Gröpel & Mesagno, 2019).

Psychological factors become important in achieving the desired achievement (Yuliana & Kushartanti, 2020). It is inseparable from

a referee in leading a sports match. The readiness of psychological conditions greatly supports the fluency of a referee to improve the quality of performance in leading matches (Subarkah et al., 2020). According to (Eysenck & Calvo, 1992), in the past, a person who had high self-confidence was motivated and increased concentration level to better facilitate the quality of work when experiencing excessive anxiety.

Badminton referees must have really good psychological conditions when leading matches on the field because referees will visit various kinds of characters and behaviors of athletes, coaches, managers, and even spectators in the arena (Subarkah et al., 2020). In this case, the referee has a task that is not easy because the decisions that have been set must be decisions made without the influence of external stimuli or stimuli. Preliminary research conducted in this area regarding performance issues, mental stress, self-conflict, and various kinds are the main triggers of stress experienced by referees from various sports, including badminton.

External influences in the form of stimuli can be a major tendency that can interfere with the increase in the concentration of a badminton referee. In addition to receiving and processing information from various sources, the referee must maintain a speed of reaction in making the right decisions in officiating the match. Although this referee got many cases in the field, according to them, it was only an incident that could result in mild emotional disturbances experienced (Surujal & Nguyen, 2011). Therefore, a good mentality will determine the performance of the referee in determining fair and honest decisions. Research conducted by

Hoseini et al. (2011) showed that the referee's confidence decreased before and after leading the match which was influenced by cognitive anxiety. Then for concentration disturbances, the large number of spectators that cause big noise can cause anxiety to the referee. Of course, this will affect the referee when making decisions on the field.

Various cases or incidents on the field when the referee is leading a badminton match, including when in an ongoing game an athlete sometimes understands the rules but not a few have the aim of testing the mentality of the referee, the attitude of some athletes who are expressive by involving emotional Not good, field conditions also affect the confidence of the referee. Apart from the athletes, there are also disturbances that occur when the instructions from the coach are directed by the athletes when the game is in progress, such as the BWF rules in Law of Badminton 14.2.5 "if according to the umpire, when the game is taking place, the player and even the opponent is disturbed by the coach" means that if according to the referee, when the game is in progress, then it is disturbed, the player and even the opponent are disturbed by the coach. An incident like this is one that can reduce the concentration of the referee and affect the performance of a referee when leading the match.

The same thing had been stated by Eysenck and Clove (1992) that concentration is defined as a mental determinant of the success of a performance, but emotional factors can affect concentration in terms of cognition and controlling attention. According to (Hill & Fleming, 2010), expanding experience is very important and has many consequences for the short and long term when performance standards decline significantly. This, of course, can be a result of decreased self-confidence, pressure and perceived vulnerability can lead to disturbance or negative influence. The majority of people, when it causes noise and excitement that can cause anxiety that occurs in a person, it will make that person not have voice control in the crowd (Hoseini et al., 2011). However, it cannot be said that the increasing number of spectators can make the referee feel anxious. A referee in leading a match is required to have a stand, for example, leadership, knowledge of the rules of the game, mental toughness, and fairness or impartiality.

The psychological view of applied sport has been widely used as the dominant approach in cognitive behavioral models (Hings et al., 2020). This has resulted in many being used in practice based on the level of experience based on concentration and confidence (Liu, 2017). Psychological problems such as stress adaptation, external disturbances that make it difficult to concentrate, fatigue with performance resulting in frustration, lack of confidence and personal problems (Fortin-Guichard et al., 2018). In some of these symptoms will affect a referee in the performance of leading the match, which is required to always concentrate in order to focus under pressure and remain confident in making decisions. It is still often done by a referee who is not aware that making decisions that involve a lack of confidence and critical thinking skills so that it is difficult to concentrate (Liu, 2017). This is the cause of the referee's lack of understanding on some of these aspects by supporting the performance of leading the match on the field.

Based on the explanation above, confidence and concentration are important components that must be possessed by an Indonesian national referee to support the appearance of the referee when leading the match. The psychological aspect of a referee is something that is sometimes ignored so that it becomes a weakness that is basically very influential according to the experience and training or refereeing courses, one of which is that there is still little exposure to material in the field of psychology in the process of coaching or training referees that involves concentration and confidence. With this, if a referee leads the match, especially at the national level, the psychological aspects embedded in a referee really help the performance in leading the match. Because a badminton referee still often sidelines when leading the match and tends to be less aware of how important psychological aspects involving concentration and confidence are for his performance.

This will be risky when leading the game if confidence and concentration are not optimal. These skills can help and become a

solution needed by a referee when on duty by dealing with events on the field with various kinds that are very complex. A referee will remain concentrated and focused so that he remains confident in determining and making the right decisions so as not to side with one of the parties involved when leading a national match.

Based on the literature review and the problems obtained, it is necessary to study the confidence and concentration of Indonesian national referees who have A and B licenses in measuring psychological aspects. Thus, there is a research result of Subarkah et al. (2020), which measures the performance of badminton referees at the Badminton National Championship match in Jakarta in 2018. The research shows that a referee must be equipped with knowledge of the applicable rules of the game, have a clear voice, optimal psychological aspects, especially concentration and have a firm attitude.

Contributions to this research going forward in this research become a benchmark for the success of the referee's performance in leading national matches and also each referee while maintaining the maximum level of concentration and confidence, especially with the ability to perform in the face of matches that will be led in the long term. Mongeon and Longley (2013) stated that the performance of the referee is supported by the psychological aspect so that there is no discrimination between athletes who are competing and the referee. Meanwhile, Subarkah et al. (2020) explained that in every leading badminton match, every athlete would compete to win the match by following the normal or applicable rules set by the referee in the course of the match because the referee is the spearhead of the success of every existing match.

Objectives

This study aims to understand the confidence and concentration of national badminton referees in leading matches.

Methodology

This study uses quantitative descriptive research with an observational research method using a cross-sectional design. This research was conducted by distributing online questionnaires via Google Form and carried out in October-December 2020. The population of this study was all Indonesian national badminton referees with 58 national A licenses and 82 national B licenses; the total Indonesian referees who have national level licenses is 140. The technique of using the sample in this research is purposive sampling technique Purposive sampling is a technique sampling to determine the specific criteria that must be an umpire sample is still active and the national and international league leaders last 5 years, willing to participate in research, and in a state of physical and spiritual health. Based on these criteria, the number of samples that meet the requirements is as many as 26 people. This study uses a questionnaire as a research instrument, namely in the form of a self-confidence questionnaire and the concentration of the National Badminton Association of Indonesia (PBSI) referees who have National A and B Licenses or Certificates. There are 32 statements regarding the factors that can affect the level of confidence and the concentration of the National Badminton referee when leading the match. The grid on the self-confidence questionnaire is (1) confident in one's own abilities, (2) firmness in leading the match, (3) positive thinking when leading the match, and (4) understanding of one's own abilities. While the grid on the concentration questionnaire is (1) focused attention, (2) focused thinking, (3) hearing, (4) vision.

Measurement of the data used a Likert scale. The method of data analysis used is using descriptive statistics through a flow in the form of parsing frequency distribution table data to test the validity and reliability using a significant level above 0.05 after the questionnaire used is valid and reliable, which can be set at low, medium or high qualifications (Santoso, 2015). The calculation steps are the mean, mode and median. For the spread, the researcher used the standard deviation, range and so on.

Table 1
Likert Scale

No.	Scale	Positive point	Negative point
1	Strongly agree	5	1
2	Agree	4	2
3	Do not really agree	3	3
4	Disagree	2	4
5	Strongly disagree	1	5

The data analysis technique in this research is by means of descriptive statistical analysis techniques in order to know the tendency of the findings of this study so that it can be determined to be included in the category of the level of confidence and concentration of national badminton referees. The interval formula presented by Sudijono (2018) refers to categories such as the mean score and standard deviation, namely:

Table 2
Interval Category (Formula)

No.	Interval formula	Scale
1	$X > (M+1,5SD)$	Strongly agree
2	$(M+0,5SD) < X < (M+1,5SD)$	Agree
3	$(M-0,5SD) < X < (M+0,5SD)$	Do not really agree
4	$(M-1,5SD) < X < (M-0,5SD)$	Disagree
5	$X < (M-1,5SD)$	Strongly disagree

Note. X = Score; M = Mean count; SD = Standard deviation count

Results

The results of the study using a self-confidence questionnaire and the concentration of national badminton referees totaling 32 statements, each variable has 16 statement items, with a significant value <0.05 for valid statements while >0.05 for invalid statements. The results of data analysis using the validity test as measured by the correlations of product-moment formula, the confidence reliability test were obtained at 0.871 and the concentration reliability test was obtained at 0.975 using Cronbach's alpha technique.

Table 3
The Confidence Level of Indonesia's Badminton National Referee

No.	Interval	Scale	Frequency	Percentage
1	76 – 80	Strongly agree	19	73%
2	70 – 73	Agree	4	15%
3	66 – 69	Do not really agree	2	8%
4	63 – 65	Disagree	0	0%
5	59 - 62	Strongly disagree	1	4%
Total			26	100%

In processing data based on the table above, the results of tabulation of self-confidence questionnaire data with the number of respondents $N = 26$ referees. The results obtained in this research are that the level of self-confidence is 1 person (4%) in the very low category, 2 people (8%) in the medium category, 4 people (15%) in the high category, and 19 people (73%) in the very high category. So it can be concluded that the average level of confidence of the Indonesian National Badminton referees is in the very high category. The following is a diagram of the level of confidence of Indonesian Badminton National referees in Figure 1 as follows:

Figure 1
Level of Self-Confidence Badminton National Referee

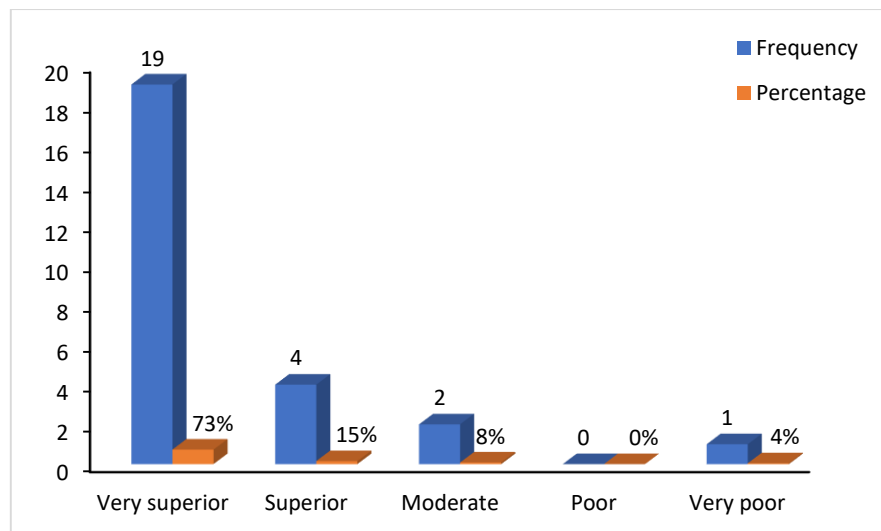


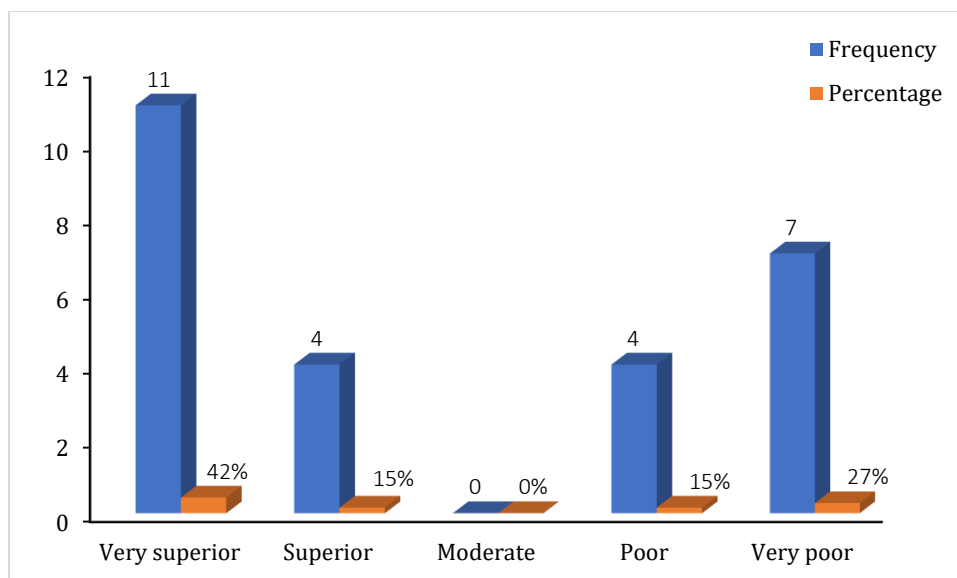
Table 4
The Concentration Level of Indonesia's National Badminton Referee

No.	Interval	Scale	Frequency	Percentage	Total (N = 26)
1	77 – 80	Strongly agree	11	42%	Max = 80
2	74 – 76	Agree	4	15%	Min = 64
3	70 – 72	Do not really agree	0	0%	Range = 16
4	67 – 69	Disagree	4	15%	K = 5,700541
5	64 – 66	Strongly disagree	7	27%	P = 2,806751
Total			26	100%	

In processing data based on the table above, the results of tabulation of self-confidence questionnaire data with the number of respondents N = 26 referees. The results obtained in this study are the concentration level there are 7 people (27%) very low category, 4 people (15%) low category, 4 people (15%)

high category and 11 people (42%) very high category. So it can be concluded that the average concentration level of Indonesian Badminton National referees is in the very high category. The following is a diagram of the concentration level of Indonesian Badminton National referees in Figure 2 as follows:

Figure 2
The Concentration Level of Indonesian Badminton National referees



Discussion

The results of this study indicate that the average level of confidence and concentration of the Indonesian National Badminton referees is in the very high category. Self-confidence is the result of the ability to be able to awaken and read oneself on the strengths and positive impacts, giving and empowering all the good images and things in oneself. This is in line with research revealed by Williams & Cumming (2016) that having good self-confidence is an image in self-regulation of anxiety symptoms. An individual will be better at seeing himself achieve goals and have good performance in difficult situations with a positive impact. Thus, self-confidence is the attitude of someone who knows how to respect himself and becomes the first reinforcement to get happiness for himself (Rosyadi et al., 2017). The form of self-confidence can be associated with a positive emotional state. This self-confidence condition is an important part of interpreting anxiety disorders before and after leading a match (Afif et al., 2016). It can be said that self-confidence can make a positive contribution to referees, referees who feel good self-confidence will certainly be calm and relaxed when leading the match even though they are under pressure.

Confidence is presently supported by social factors (Purnomo & Hariono, 2020). Self-confidence is very important for success in sports. Research from (Hays et al., 2009) reveals that a belief has a source of trust to help increase and help a person's self-confidence. Self-confidence is part of the quality of belief, mental toughness, calmness and courage. As the most powerful official in the competition, the referee must have firm confidence, be consistent in his stance, be calm, motivated and not under pressure (Kamuk, 2020). Many people assume that in self-confidence, there is a belief in someone who runs life with the aim of doing whatever they want and what has been planned (Amir, 2015). A person is said to have self-confidence when he is able to overcome all the failures found in life by using efforts and deeper methods so that he can achieve the desired expectations.

The referee is the spearhead in a successful match, so that maximizing high self-confidence is a force that can bring him to success while leading the match well on the field (Subarkah et al., 2020). With the psychological state that the referee will encounter

in the field, the referee must continue to carry out his duties properly so that the results of his performance will be maximized. (Kuswoyo et al., 2017). The referee's positive view can display confidence in himself that he is able to do something that can make his appearance better. On the contrary, if the referee's view is negative, of course, he will lack confidence and always doubt the decisions he has made (Kuswoyo et al., 2017). The important thing that the referee must do is expand the experience of leading matches on the field so that the referee can believe that he is capable of being the leader of the match (Schnyder & Hossner, 2016). A referee has the capacity to perform successfully; this is supported by good skills, empirical experience on the field and comfort in the performance he does (Guillén & Feltz, 2011).

Decision-making strategies can reduce a person's cognitive load. For example, if the referee is unsure about the decision to be made, it is better before the referee enters the field to first learn the background of the player; this can help to strengthen the referee (Giske et al., 2016). Referees really need to learn more about psychological skills in themselves such as self-confidence, motivation and self-control in order to invest them in the time when they will lead the match (Samuel et al., 2018). The mental strength of the referee is actually how he is able to control himself in his performance, the referee must know to evaluate himself before and after the game, which is used as an evaluation material for the management of every game he leads (Samuel, 2015).

Emotional attitudes such as anger, of course, can direct attention to negative things, but Allen et al. (2013) explain that although it contains negative elements, anger can also be associated with positive things as long as the concentration disturbances do not greatly affect the appearance and sports skills performed. This is in line with Qazoqov's research (2020). If a referee does not control his emotions, he will disrupt the concentration of performance when leading the match. The occurrence of impaired concentration on the referee is one of the mistakes that will harm athletes in competing. Referees who always think positively can describe the desired excitement so that what is expected in the cognitive state can reject stimuli that are not good for themselves (Neil et al., 2012). On the other hand, when the affective state contains

negative things, it will certainly make the trained mentality even lower even though the feeling experienced is happiness.

This concentration is the main determinant of the process of successful performance (Bloch, 2017), but several factors can interfere with concentration, including emotions that can affect knowledge (cognitive) and attention control (Derakshan & Eysenck, 2010). Emotions experienced before or while performing a performance can be a particular thought disorder. Each referee is advised to reduce emotional responses that can reduce anxiety. This situation makes the referee's focus to facilitate decision-making, such as regulating breathing and relaxation before and after leading the game. This condition is considered to be an anxiety that describes the uncertainty with the goals to be achieved, then manifested in feelings which, of course, can lead to fear and tension of its own (Allen et al., 2013). Komarudin (2013) also suggests that concentration is referred to as the ability to focus on tasks that do not have the influence of external or internal stimuli, for implementation that refers to the broad dimensions and focus on each particular performance.

Concentration can have a positive impact on match results (Purnama, 2013). Concentration will be effective if the maximum attention and focus process is only on the object to be carried out and the process runs easily automatically so that a person who undergoes it can enjoy the activity he is doing (Hutabarat et al., 2017). A person who can carry out life activities well, that person has a complex level of concentration because concentration is an important part of a person's life (Bolla et al., 2018). Many studies have shown that happiness cannot predict emotions in controlling cognitive disorders, one of which is Allen et al. (2013) says that when one's joy arises in performing a performance, it certainly will not have a negative impact on concentration as long as there are no distracting thoughts to try to escape. (McCarthy et al., 2013) also illustrates that there are several types of emotional attitudes (anxiety, happiness, sadness, disappointment and anger) that are closely related to concentration even though they are still vague, it is also important to slowly realize that attitude This can have a major impact on cognitive impairment later.

Conclusion

Based on the results of this study, the average level of confidence and concentration of Indonesian National Badminton referees is included in the very high category. This study shows that the psychological component greatly determines the improvement and quality of work of a badminton referee in leading the match on the field. Confidence and concentration are the main factors to prepare a referee mentally. This level of confidence and concentration tends to be influenced by age, then gender, because many women have lower confidence and concentration than men's confidence and concentration.

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