ABSTRACT

An anxiety when faced with emotional turmoil match is a problem that often affects athletes, especially on the type of individual sports direct contact. Because martial arts is an individual sport contact, then the martial arts athletes prepare to face the match, It is important to note the anxiety factor this match. One of the factors that can affect the level of anxiety is low self-esteem play when going to compete. The confidence is defined as the mental and psychological condition of a person who gives a strong belief in himself to do or perform an action.

The purpose of this experiment was to determine the effect of self-confidence to anxiety athletes competing in martial arts NurHarias in Malang. The entire population of 30 athletes, sampling techniques using purposive sampling. The technical data retrieval is to use data analysis using questionnaires are product product moment correlation analysis

The results of research conducted that the high confidence category there are 4 athletes with a percentage of 13.3%, whereas in the moderate category, there are 18 athletes with a percentage of 60%. As for the anxiety to compete in the high category, there were 7 athletes with a percentage of 23%, while in the medium category, there are 18 athletes degan percentage of 60%.

The analysis based on Pearson product moment correlation test with SPSS 16.0 for windows media were performed to determine the relationship between the two variables, and obtained data showed a significant relationship for $r_{xy} = 0.695$; $sig = 0.000 < 0.05$. There is a significant relationship between self-esteem with anxiety athletes competing in martial NurHarias halibut in Malang, and a positive influence. This means that the higher the confidence level, the higher the anxiety compete. And conversely, the lower the confidence level of the match increased anxiety.