ABSTRACT

Self-confidence is an attitude or feeling confident in the ability of self so that the person concerned is not too anxious in his actions, can feel free to do things he likes and is responsible for his actions, warm and polite in interacting with people and have the drive to excel. confidence is the foundation of peak performance, so that the high confidence which will lead to the appearance of the peak, whereas low self-confidence will make the athlete does not have the durability and strength, easy to give up, and result in poor performance.

This study aims to determine: 1) How is the confidence level of the players, 2) What level of peak performance and player 3) What is the relationship of confidence and peak performance soccer players Arema Indonesia.

The subjects were the players of the football team Arema Indonesia, the samples were taken by means of nonprobability sampling with sampling techniques saturation, saturation sampling technique is a sampling technique used when all members of the population as a sample. This is often done when the population size is relatively small, less than 30 people, or research to make generalizations with very small error. obtained 24 players as a sample where 24 players is the overall player of Arema Indonesia in 2014, and retrieval of data using questionnaires, observation and interviews. In processing the data using Pearson Product Moment Correlation, and test the validity and reliability of Cronbach alpha wear. Processing of the data is processed with SPSS 16.0 for Windows.

The results showed that the variables of self-confidence and appearance of peaks that were examined in this study showed the percentage confidence level of 54% in the moderate category and 46% in the high category. While the appearance of the peak level by 71% in the high category and 29% in the moderate category. Based on the research results, the partial correlation of independent variables and the dependent variable simultaneously means there is a significant relationship between self-confidence on the peak of performance. Results confidence correlation with the appearance of the peak indicates the number of players Arema Indonesia 0621 with P = 0.001, which means the relationship between the variables of self-confidence and appearance variables such peak is 62.1%, so it can be stated above, there are positive relationship between the two variables. These results indicate that when the confidence level is high then the player is also a high peak performance and vice versa. The level of confidence is low, the low top form.