

The Influence of Self-Efficacy, Emotional Intelligence and Anxiety on the Level of Motivation When Competing in PPLPD Pencak Silat Athletes Musi Banyuasin Regency

Surya Swidinata¹, Putri Cicilia Kristina², Siti Ayu Risma Putri²

¹PPLPD Pencak Silat Athletes of Musi Banyuasin Regency, South Sumatra, Indonesia, ²Universitas PGRI Palembang, South Sumatra, Indonesia

Corresponding author e-mail: surya.2022152082.student@univpgri-palembang.ac.id

Abstract: This study aims to determine the effect of self-efficacy, emotional intelligence and anxiety on the level of motivation when competing in Pencak Silat PPLPD athletes in Musi Banyuasin Regency. This type of research is descriptive using a survey method. Data collection techniques using a questionnaire. The subjects of this study were 28 Pencak Silat PPLPD athletes in Musi Banyuasin Regency. Data analysis techniques use quantitative descriptive. The results showed that the self-efficacy level of Pencak Silat PPLPD athletes in Musi Banyuasin Regency was in the very high category of 50%, the level of emotional intelligence was in the high category of 54%, the level of anxiety was in the medium category of 68% which had an influence on athlete motivation. Pencak Silat PPLPD Musi Banyuasin Regency when competing with the level of motivation was in the very high category of 57%.

Keywords: Anxiety, Emotional Intelligence, Motivation, Pencak Silat, Self-Efficacy

A. Introduction

Indonesian sports are growing, as evidenced by the existence of competitive events in various sports, such as the National Student Sports Olympiad (O2SN) which is held once a year, and the Regional Student Sports Week (POPDA) which is held once a year Provincial Sports Week (PORPROV) is held once a year, National Championships which are held every two years (KEJURNAS), National Sports Week (PRAPON) and National Sports Week (PON) which are held every four years for qualification certification, etc. The number of sports that can produce superior seeds is expected to represent Indonesia on the regional and international championships as a measure of the ability or achievement of athletes.

In terms of achievement, a long, regular, focused and continuous training process is needed. In general, there are still many coaches and athletes who are actively practicing apart from their talent. However, sometimes coaches only pay attention to physical development, skills and special attention to matters relating to the mental aspect. This results in less optimal athlete performance.

The influence of the mental aspect on achievement is so great that all well-organized

physical training programs will be meaningless if the mental aspect is not included. Efforts to train hard for days, months or even years will not bring the expected results if the athlete has anxiety disorders (Gunarsa, 2008). For athletes, this will harm them not only in trying to achieve their achievements, but also includes the development of confidence as a member of society.

According to Scroeter and Bauersfeld, achievement and playing skills in sports are influenced by two factors, namely internal and external factors. External factors consist of infrastructure and sports equipment and competition systems. Internal factors consist of the athlete's psychological state, understanding of tactics or strategy, technical skills, physical abilities and body condition. Among the psychological factors that influence it are emotional intelligence or Emotional Quotient (EQ), self-efficacy, motivation and anxiety (Muhamad, 2017).

People often think that what matters is brain intelligence alone, putting other intelligence aside. However, as time goes by and the many studies conducted by experts find that IQ is not the only key for someone to achieve success in life. Psychological conditions have a positive influence by exercising, and form good personality aspects/characteristics too (Mylsidayu, 2015). Self-efficacy, emotional intelligence, and anxiety also affect the level of motivation which then contributes to one's success. How can a person recognize his own emotions as well as other people. Motivate himself, have the confidence to do something or self-efficacy, and manage the anxiety that is in him.

Self-efficacy is a belief or belief from an individual regarding his ability to organize, carry out a task, achieve a goal, produce something and implement actions to achieve certain skills. self-efficacy is a person's belief in his ability to exercise some form of control over the person's own functions and events in the environment (Feist, & Gregory, 2010). Self-efficacy is one of the most influential aspects of self-knowledge in everyday human life because self-efficacy influences individuals in determining the actions to be taken to achieve a goal, including the prediction of various events that will be faced (Ghufron, & Suminta, 2013).

Intelligence is a natural ability possessed by every human being, but indeed in some cases this intelligence can be measured with certain instruments. Intelligence as an intellectual attitude includes the speed of providing answers, completion, and the ability to solve problems (Agus, 2005). Emotions are basically impulses to act, instantaneous plans for overcoming problems that have been implanted gradually by evolution. The root of the word emotion is *movere*, the verb in Latin is to move or move. The tendency to move is an absolute in emotion. Emotions provoke action, emotions become the root of the urge to act apart from the reactions that appear in the eye (Goleman, 2005).

Emotional intelligence is the ability to motivate oneself and endure frustration, controlling impulses and not exaggerating pleasure, regulating moods and keeping the burden of stress from crippling the ability to think, empathize (Nurdin, 2009). The five basic abilities in the theory of emotional intelligence are; 1) recognize self-emotions; 2) managing emotions; 3) self-motivated; 4) recognize the emotions of others; 5) build relationships (Goleman, D. 1999).

Everyone must experience anxiety. Anxiety can arise at any time when experiencing excessive tension that lasts a long time. According to the Big Indonesian Dictionary, anxiety is a state of worry or indecision. Anxiety is a situational reaction to various stressful stimuli (Husdarta, 2018). anxiety is a negative emotional state characterized by nervousness, worry, and fear and associated with activity or excitement in the body (Weinberg, & Gould, 2003). Symptoms of anxiety also vary from person to person, including 1) cognitive symptoms related to thought processes, including fear, doubt, poor concentration, loss of confidence and self-talk; 2) Somatic (physical) symptoms include muscle tension, sweaty hands and feet, increased heart rate, and sweating. Behaviors are related to behavioral patterns, including blocked posture, nail biting, avoiding eye contact and displaying typically introverted or extroverted behavior (Yane, 2013).

Pencak silat is a sport from Indonesia which is starting to be much-loved by the public. Pencak silat is a martial arts sport which is an activity that combines sports and arts components in it, the main purpose of which is to protect oneself from physical disturbances. In its development, pencak silat martial arts is not only used to protect oneself, but is also used for competitions, children's education, character building, fitness, artistic beauty, and achievement. Several types of martial arts including pencak silat are also formally used as subject matter in schools both intracurricularly and extracurricularly.

The Regional Student Sports Education and Training Center (PPLPD), which is part of the National Sports Development sub-system, has a strategic role in producing athletes who excel in both academics and sports. Particularly in Musi Banyuasin Regency, through the support of the Regional Government where the Musi Banyuasin Regency Youth, Sports and Tourism Office has become a stake holder managing PPLPD, which since 2022 has fostered as many as 20 (twenty) Sports Branches, one of which is still a Sports Branch. became superior, namely Pencak Silat.

PPLPD Pencak Silat Musi Banyuasin Regency began to be established in 2017 which was previously the Sekayu Pencak Silat Academy (APSS) which was established in 2012. The magnitude of the contribution of PPLPD Pencak Silat in realizing Musi Banyuasin Regency athletes who can excel in POPDA, POPWIL, POPNAS and Inter National Championships PPLP/PPLPD and SKO throughout Indonesia as well as making Musi Banyuasin Regency a barn for future athletes at the senior level. For this

reason, there is a need for coaching and providing facilities to encourage greater development in the PPLPD of Musi Banyuasin Regency (Dispopar Kab. Musi Banyuasin, 2022). PPLPD Musi Banyuasin Regency is the mecca of sports achievement for students in the province of South Sumatra with the support of stakeholders in the Regency Government which has a great opportunity to become a mecca for sporting achievements at the regional and national levels in general.

However, in the coaching process that is ongoing, of course there are still many problems in the field, one of which focuses on the mental development of the athletes themselves, because it is not uncommon to encounter them, especially in the Pencak Silat Sports Branch, there are several athletes who experience anxiety when going to compete, which ultimately results in the output of the achievements obtained by the athletes themselves.

Based on the description above, it has been explained that the mental aspect will affect the athlete's performance, so that the mental stress that occurs in an athlete in a competition needs to be handled by the athlete concerned and the parties involved. In carrying out the training program, athletes are considered to have fulfilled all aspects of their achievement. The reality is, fencing sports achievements are still not optimal. This is because the mental aspects are not mastered by athletes. For this reason, it is necessary to have a study on the mental aspect, which is more directed to the anxiety and stress experienced by Pencak Silat PPLPD athletes in Musi Banyuasin Regency.

Based on the background that has been described, that psychological factors are very important in sports, in this case, namely emotional intelligence, motivation, self-efficacy, and anxiety for each person, it varies for each individual, also because research on sports psychology is still lacking, so the authors are interested in conducting research with the title "The Influence of Self-Efficacy, Emotional Intelligence and Anxiety on the Level of Motivation When Competing in PPLPD Pencak Silat Athletes of Musi Banyuasin Regency".

B. Methods

This research is a descriptive research. Descriptive research is research that only describes the state or status of phenomena (Arikunto, 2006). The method used in this study is a survey method with data collection techniques using a questionnaire. The survey method is research that is intended to collect opinions or information about the status of symptoms at the time the research is taking place (Arikunto, 2006). Population is all the values both calculated and measured, both quantitative and qualitative, rather than certain characteristics regarding a complete and clear group of objects (Usman, & Akbar, 2004). The population of this study were all 28 PPLPD Pencak Silat Athletes of Musi Banyuasin Regency. The sample (sample) is a portion of the population taken using a certain technique called the sampling technique. The

sampling technique used in this research is total sampling. The total sampling technique is where the number of samples is equal to the number of population. The reason for using total sampling is because the total population is less than 100 people (Usman, & Akbar, 2004).

The variables in this study were self-efficacy, emotional intelligence, anxiety which influenced motivation when competing in Pencak Silat PPLPD Musi Banyuasin Athletes were measured using a questionnaire. A questionnaire (questionnaire) is data collection that is carried out by giving a set of questions or written statements to respondents to answer them (Sugiyono, 2010). Questionnaires are of two types, namely open questionnaires, which are questionnaires that are presented in such a way that respondents can provide entries according to their wishes and circumstances. A closed questionnaire is a questionnaire that is presented in such a way that the respondent only needs to give a mark checklist (√) in the appropriate column or place, by direct questionnaire using a graded scale. The questionnaire in this study was a closed questionnaire. This questionnaire uses a modified scale likert with 5 answer choices, namely strongly agree, agree, simply agree, disagree, and strongly disagree. m. In this questionnaire, 5 answers were provided, namely: Strongly Agree (SS) with a score of 5, Agree (S) with a score of 4, Simply Agree (CS) with a score of 3, Disagree (TS) with a score of 2, Strongly Disagree (STS) with score 1 (Arikunto, 2009).

Table 1. Alternative Questionnaire Answers

No	Answer	Score	
		Positive	Negative
1	Strongly agree	5	1
2	Agree	4	2
3	Simply Agree	3	3
4	Don't agree	2	4
5	Strongly Disagree	1	5

In this study the researchers used instruments and research from Saputra (2013) concerning the level of emotional intelligence of Yogyakarta water polo athletes which consisted of 50 questions covering aspects of recognizing one's own emotions, managing emotions, motivating oneself, recognizing the emotions of others, fostering relationships that have *alpha cronbach* of 0.989. Therefore this instrument can be used by research. With the validity of 49 valid questions out of a total of 50 questions (Saputra, 2013). Data collection techniques used self-efficacy questionnaires, emotional intelligence questionnaires, anxiety questionnaires and motivational questionnaires. Data collection techniques using questionnaires are considered more efficient because in a short time researchers can obtain data from respondents. The higher the score obtained, the higher the emotional intelligence level of the

respondent. The questionnaire used in this study is a closed questionnaire whose answers have been provided, so that respondents only have to choose the alternative answers provided, namely Strongly Agree (SS), Agree (S), Simply Agree (CS), Disagree (TS) and Strongly Disagree (STS).

Table 2. Self-Efficacy Questionnaire Grid

Variable	Factor	Indicator	Question Items	
			Positive	Negative
Self-efficacy	Magtitude (Degree of Difficulty)	Task Difficulty Level	1	2
		Doing tasks according to ability	3	
	Strength (degree of stability, confidence or appreciation)	Never give up facing difficulties	4	5
		Hard work or maximum effort	6	7
		Survive in difficult situations	8	9
		Optimism	10	11
	Amount		7	5
	Number of Questions		11	

Table 3. Emotional Intelligence Questionnaire Grid

Variable	Factor	Indicator	Question Items	
			Positive	Negative
Emotional intelligence	Recognize your own emotions	Recognize and feel your own emotions	1	
		Understand the reasons for the feelings that arise	2	
		Be tolerant of frustration	3	
	Manage emotions	able to control Aggressive behavior that can damage self and others	4	
		Have positive feelings about yourself and the environment	5	
		Have ability to deal with stress	6	
		Can reduce feelings of anxiety and loneliness in society	7	
	Motivate yourself	Able to control yourself	8	
		Able to focus on the task given		9
		Able to accept other people's point of view	10	11
	Recognize other people's emotions	Have empathy or sensitivity towards others	12	
		Able to resolve conflicts with others	13	
		Have the ability to communicate with others	14	
		Having a friendly nature or easy to get along with others	15	
		Have concern for the interests of others	16,17	
	Amount		15	2
	Number of Questions		17	

Table 4. Anxiety Questionnaire Grid

Variable	Factor	Indicator	Question Items	
			Positive	Negative
Worry	Intrinsic	Negative thinking		1, 2
		Fighting experience	3	
		Moral	4	
		Coach and manager	5	6
		Referee		7
		Viewer	8	9
		Against	10	11
	Extrinsic	Facilities and infrastructure conditions and situations		12
		field	13	14
		Amount	6	8
Number of Questions			14	

Table 5. Motivational Grid

Variable	Factor	Indicator	Question items	
			Positive	Negative
Motivation	Responsibility personal	Responsible for getting good results from something that is done	1	2
		Solve problems that further hone skills	3	4, 5
	Needs feedback	Ask for feedback on something done	6	
		Train and compete better for each condition, regardless of the bonus offered	7, 8	9
		Doing difficult tasks or activities in a creative way	10	
	Consider the risk or difficulty	Likes an activity or task with a moderate level of difficulty	11	12
		Avoiding jobs or games with little opportunity	13	
		Like the process of achieving success	14	
	Amount		9	5
Number of Questions		14		

After all the data has been collected, the next step is to analyze the data. Data analysis techniques in this study used quantitative descriptive data analysis techniques. How to calculate the data analysis to find the magnitude of the relative frequency of percentages. with the following formula (Anas, 2009) :

$$P = \frac{F}{N} \times 100\%$$

Information:

P = percentage sought (relative frequency)

F = frequency

N = number of respondents

Categorization uses the Mean and Standard Deviation. to determine the score criteria using Norm Reference Assessment (PAN) in table 6 as follows (Azwar, 2010):

Table 6. Class Intervals

No	Range	Category
1	$X > M + 1.5SD$	Very high
2	$M + 0.5 SD < X \leq M + 1.5 SD$	Tall
3	$M - 0.5 SD < X \leq M + 0.5 SD$	Currently
4	$M - 1.5 SD < X \leq M - 0.5 SD$	Low
5	$X \leq M - 1.5 SD$	Very low

Information :

M = Average value (Mean)

X = Score

S = Standard Deviation

C. Results And Discussion

The results of this study are intended to describe data about the effect of self-efficacy, emotional intelligence and anxiety on the level of motivation when competing Pencak Silat Athletes of PPLPD Musi Banyuasin Regency which are described based on a questionnaire that has been distributed with each statement on Self-efficacy totaling 11 statement items, emotional intelligence totaling 17 statement items, anxiety totaling 14 statement items and Motivation level totaling 14 statement items.

The following are the results of statistical descriptions and frequency distribution of self-efficacy, emotional intelligence, anxiety and levels of motivation obtained from the questionnaire distributed to the Pencak Silat Athletes of PPLPD Musi Banyuasin Regency for self-efficacy the lowest score is 37, the highest score is 52, average (mean) 45.9, median 46.5 , value that often appears (mode) 50, standard deviation (SD) 3.81 complete results are presented in the following table:

Table 7. Statistical description of Self-Efficacy Level

Statistics	
Means	45,9
Median	46.5
Mode	50
Standard Deviation	3,8
Minimum	37
Maximum	52

Table 8. Table of Frequency Distribution of Self-Efficacy Levels

No	Interval	Category	Freq	%
1	$46 > X \geq 55$	Very high	14	50%
2	$37 > X \geq 46$	Tall	13	46%
3	$29 > X \geq 37$	Currently	1	4%
4	$20 > X \geq 29$	Low	0	0%
5	$11 > X \geq 20$	Very low	0	0%

When displayed in graphical form, the self-efficacy level data for the Pencak Silat Athletes of the Musi Banyuasin Regency, can be seen in the image below:

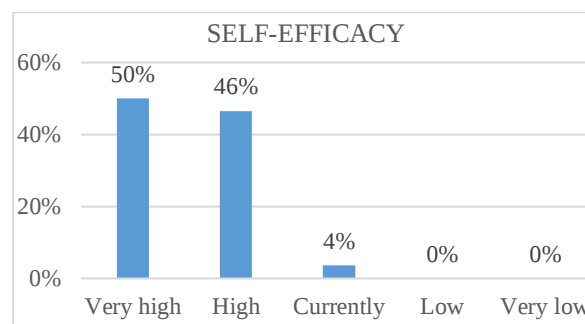


Figure 1. Bar chart of self-efficacy levels Pencak Silat athlete PPLPD Musi Banyuasin Regency

Based on table 8 and figure 1 above, it shows that the self-efficacy level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency is in the “very low” category of 0%, the “low” category is 0%, the “moderate” category is 4% (1 people), the “high” category was 46% (13 people), and the “very high” category was 50% (14 people).

Statistical descriptions on emotional intelligence obtained the lowest score 51, the highest score 79, the average (mean) 69, the median 70, the value that occurs frequently (mode) 71, the standard deviation (SD) 6 ,68. Complete results are presented in the table as follows:

Table 9. Statistical Description of Emotional Intelligence Levels

Statistics	
Means	69
Median	70
Mode	71
Standard Deviation	6,68
Minimum	51
Maximum	79

Table 10. Frequency Distribution of Emotional Intelligence Levels

No	Interval	Category	Freq	%
1	$71 > X \geq 85$	Very high	11	39%
2	$58 > X \geq 71$	Tall	15	54%
3	$44 > X \geq 58$	Currently	2	7%
4	$31 > X \geq 44$	Low	0	0%
5	$17 > X \geq 31$	Very low	0	0%

When displayed in graphical form, the data on the level of emotional intelligence of PPLPD Pencak Silat Athletes in Musi Banyuasin Regency can be seen in the image below:

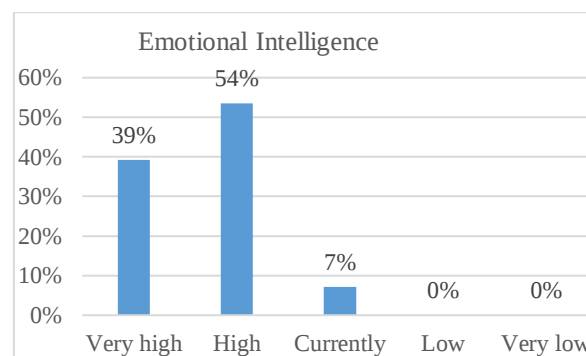


Figure 2. Bar Chart of Emotional Intelligence Levels Pencak Silat Athlete PPLPD Musi Banyuasin Regency

Based on table 10 and figure 2 above, it shows that the emotional intelligence level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency is in the “very low” category of 0%, the “low” category is 0%, “moderate” is 7% (2 people), “ high” by 54% (15 people), the “very high” category was 39% (11 people).

Statistical descriptions of anxiety obtained the lowest score 35, the highest score 56, the average (mean) 49.2, the median value 49, the value that occurs frequently (mode) 54, the standard deviation (SD) 4.88. Complete results are presented in the following table:

Table 11. Statistical Description of Anxiety Levels

Statistics	
Means	49,2
Median	49
Mode	54
Standard Deviation	4.88
Minimum	35
Maximum	56

Table 12. Table of Frequency Distribution of Anxiety Levels

No	Interval	Category	Freq	%
1	$59 > X \geq 70$	Very high	0	0%
2	$48 > X \geq 59$	Tall	19	68%
3	$36 > X \geq 48$	Currently	8	29%
4	$25 > X \geq 36$	Low	1	4%
5	$14 > X \geq 25$	Very low	0	0%

When displayed in graphical form, the data on the anxiety level of PPLPD Pencak Silat Athletes in Musi Banyuasin Regency can be seen in the image below:

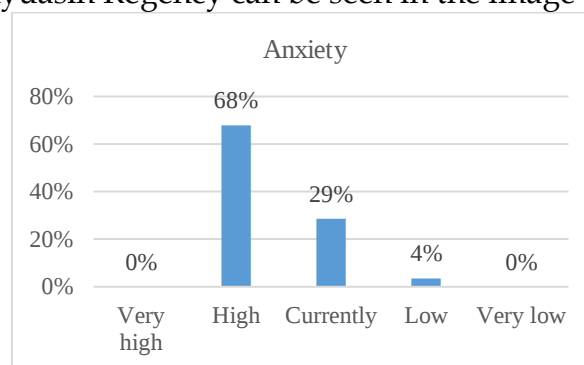


Figure 3. Bar chart of anxiety levels Pencak Silat athlete PPLPD Musi Banyuasin Regency

Based on table 12 and figure 3 above, it shows that the anxiety level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency is in the “very low” category of 0%, the “low” category is 4% (1 person), the “moderate” category is 29% (8 people), the “high” category is 69% (19 people), the “very high” category is 0%.

Statistical descriptions on motivation obtained the lowest score 49, the highest score 64, the average (mean) 59.6, the median 59, the value that occurs frequently (mode) 59, the standard deviation (SD) 4,20. Complete results are presented in the following table:

Table 13. Statistical Description of Motivation Level

Statistics	
Means	59,6
Median	59
Mode	59
Standard Deviation	4,20
Minimum	49
Maximum	64

Table 14. Frequency Distribution of Motivation Levels

No	Interval	Category	Freq	%
1	$59 > X \geq 70$	Very high	16	57%
2	$48 > X \geq 59$	Tall	12	43%
3	$36 > X \geq 48$	Currently	0	0%
4	$25 > X \geq 36$	Low	0	0%
5	$14 > X \geq 25$	Very low	0	0%

When displayed in graphical form, the data on the motivation level of PPLPD Pencak Silat Athletes in Musi Banyuasin Regency can be seen in the image below:

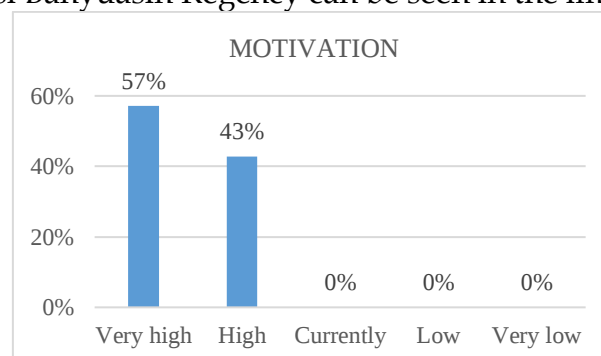


Figure 4. Bar chart of motivation levels Pencak Silat athlete PPLPD Musi Banyuasin Regency

Based on table 14 and figure 4 above, it shows that the motivation level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency is in the “very low” category of 0%, “low” of 0%, in the category of “moderate” 0%, “high” of 43% (12 people), and the “very high” category was 57% (16 people).

This study aims to determine the effect of self-efficacy, emotional intelligence and anxiety on the level of motivation when competing in Pencak Silat PPLPD athletes in Musi Banyuasin Regency. Success in a match is influenced by several factors such as technique, tactics, and mentality. Weaknesses in mental factors can have an impact on the chaos of other factors that have been prepared or have been trained before. Sport

allows a lot to happen body contact that causes the emotional feelings experienced in a match.

Self Efficacy

Based on the results of the study, it was found that the self-efficacy level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was included in the very high category of 14%, high category 13%, medium category 1%, low category 0%, and very low category 0%, Efficacy Self-confidence is self-confidence in the abilities possessed by oneself.

Emotional Intelligence

Based on the results of the study, it was found that the level of emotional intelligence of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the very high category 39%, high category 54%, medium category 7%, low category 0% and very low category 0%. Most of the Musi Banyuasin District Pencak Silat athletes have good emotional intelligence.

Emotional intelligence is one of the important factors for an athlete in mastering emotions. Emotional intelligence is the ability to motivate oneself and endure frustration, control impulses and not exaggerate pleasures, regulate moods and keep stress from paralyzing the ability to think, empathize and pray.

Worry

Based on the results of the study, it was found that the anxiety level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the very high category of 0%, high category 68%, medium category 29%, low category 4%, and very low category 0%, based on the results This means that the level of anxiety when competing Pencak Silat athletes in Musi Banyuasin Regency when competing is mostly high. This high category means that most of the Musi Banyuasin Regency PPLPD Pencak Silat athletes when competing are not too anxious when competing. Whereas in the very low category, individuals become very anxious when competing. Anxiety can interfere with an athlete's ability to compete.

Emotions that appear suddenly such as joy, sadness, or anger can affect the condition of the body which can affect its psychophysiology which can cause changes such as heart palpitations, excretion of tears, and muscle spasms within certain limits. The emergence of emotional feelings in individuals when competing can result in anxiety, emotional ups and downs, and hesitation in making decisions. This can cause decreased sports ability.

Motivation

Based on the results of the study, it was found that the motivation level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the very high category of 57%, high category 43%, medium 0%, low 0% and very low 0%. with these results it can be interpreted that the level of motivation when competing Pencak Silat athletes PPLPD Musi Banyuasin Regency when competing was mostly low.

The motivation level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was very high which could be due to the fact that most of the PPLPD Pencak Silat athletes in Musi Banyuasin Regency were given coaching programs related to psychology or mentality, both in daily activities, at school, at the training ground. and preparation for each match.

In a competition, motivation is important. Motivation is very necessary in a match. The existence of encouragement from within and from outside will make the individual's enthusiasm increase. Low levels of motivation can result in individuals giving up easily. Conversely, a high level of motivation will encourage them to keep trying and not give up easily.

D. Conclusion

Based on the results of previous research and discussion, several conclusions are known, 1) the self-efficacy level of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the very high category of 50%; 2) The level of emotional intelligence of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the high category of 54%; 3) The anxiety level of PPPLD Pencak Silat athletes in Musi Banyuasin Regency when competing is in the high category of 68%; 4) The level of motivation of PPLPD Pencak Silat athletes in Musi Banyuasin Regency when competing was in the very high category of 57%.

From the results above, it can be concluded that the high level of self-efficacy, emotional intelligence and anxiety in the Pencak Silat Athletes of the Musi Banyuasin Regency have an effect on the level of motivation when competing in the Pencak Silat Athletes of the Musi Banyuasin Regency by showing a very high category of 57%.

Thus it is very important for a trainer not only to provide training programs that are physical and technical in nature, but also need to provide training programs that are mental formation, which can be given on the sidelines of the training program or after the training session is over, even it is even better if it is given at a special time, namely at night before a night's rest if indeed the athlete is also coaching in the dormitory.

E. Acknowledgments

We express our deepest gratitude to the PPLPD Pencak Silat Trainers and Athletes of Musi Banyuasin Regency, Chancellor of PGRI Palembang University, Director of the Postgraduate Program at PGRI Palembang University and the Education Management Study Program at PGRI Palembang University, as well as Mrs. Supervisor who has supported us in doing this. this is amazing. This project was independently funded. We also want to thank our Education Management friends who helped us a lot in a short time to complete this project.

References

- Agus, E. (2005). *The Intelligence Revolution of the 21st Century*. Bandung: Alfabeta.
- Anas, S. (2009). *Introduction to Educational Evaluation*. Jakarta: Rajawali Perss.
- Arikunto, S. (2006). *Research Procedures A Practice Approach*. Jakarta: Bina Aksara.
- Arikunto, S. (2009). *Research Management*. Jakarta: Rineka Cipta.
- Azwar, S. (2010). *Research Methods*. Yogyakarta: Pustaka Pelajar.
- Dispapar Kab. Musi Banyuasin, (2022). *History of PPLPD Kab. Musi Banyuasin*.
- Feist, J. & Gregory J. Feist. (2010). *Personality Theory*. Jakarta: Salemba Humanika.
- Ghufron, M N. & Suminta, R. R. (2013). *Self-Efficacy and Learning Outcomes*.
- Goleman, D. (2005). *Emotional Intelligence: Why Emotional Intelligence is Higher Than IQ*. Jakarta: Gramedia Pustaka Utama.
- Gunarsa, D. S. (2008). *Sports Performance Psychology*. Jakarta: Gunung Mulia.
- Husdarta. (2018). *Sports Psychology*. Bandung: Alfabeta.
- Muhamad, F. (2017). *The Relationship between Intellectual Intelligence (IQ) and Emotional Intelligence (EQ) on Playing Skills in Badminton*. Universitas Pendidikan Indonesia.
- Mylsidayu, A. (2015). *Sports Psychology*.
- Nuridin. (2009). The Influence of Emotional Intelligence on Students' Social Adjustment at School. *Jurnal Administrasi Pendidikan*, IX (1).
- Saputra, M. (2013). *Level of Emotional Intelligence of Yogyakarta Water Polo Athletes*.
- Sugiyono. (2010). *Quantitative, Qualitative, and R&D Research Methods*. Bandung: Alfabeta.
- Usman, H., & Akbar, P. S. (2004). *Social Research Methodology*. Jakarta: Bumi Aksara.
- Weinberg, R. S. & Gould, D. (2003). *Foundations of sport and Exercise Psychology Ed 3rd*. USA: Human Kinetics.
- Yane, S. (2013). Anxiety in Sports Physical Education and Health Study Program STKIP PGRI Pontianak. *Jurnal Pendidikan Olahraga*, 2(2), 188-194.