

## **ABSTRACT**

*The Influence of Self-talk on Self-Confidence in Petanque Athletes in Sumenep Regency When Participating in Provincial Sports Week VIII. Imamul Hakim, Zainuri, 2024.*

*Keywords: Self-confidence, Sumenep Regency Petanque Athlete, Self-talk*

*This research is motivated by the lack of self-confidence in the ability of Sumenep Regency Petanque athletes to achieve achievements in the championship because one of the factors is not being able to win when participating in the VIII Provincial Sports Week.*

*This research is a quantitative study with a descriptive approach analysis using a questionnaire filled out by athletes. Data collection was carried out 2 times pretest-posttest, the pretest was carried out before giving treatment to athletes where the results were pure. After knowing the pretest score of each athlete who did the treatment, the athletes were retested in the posttest to determine the level of development their self-confidence.*

*The results of the study showed pretest data on 10 athletes, the level of self-confidence in several athletes was classified as lacking, where 6 athletes were categorized as low, 3 athletes were moderate and 1 athlete was high. This proves that there is no enthusiasm in athletes to be more confident in their abilities. There are also athletes who understand how to help be more confident with the help of self-talk which helps increase athletes' self-confidence apart from external support. With the self-talk method, especially positive self-talk, it can help athletes to be more confident their abilities and more confident.*