

ABSTRACT

Keywords: Futsal, Anxiety, purposive sampling.

The word Futsal is taken from the Spanish Futbol Sala which is indoor soccer, where in the game relies on speed, agility, good focus and strong mentality. Mental readiness becomes an important point in this case, because a person's mental state can affect a condition. Where mental bad can cause anxiety and loss of concentration in the match. This anxiety is what many people experience, trivial but have a bad impact on the match. Anxiety is called psychological disorder when anxiety prevents someone from living their daily lives and undergoing productive activities. From this background, the formulation of the problem can be obtained. How much is the anxiety level of the futsal team STKIP PGRI Sumenep before competing with the benefits can add insight and knowledge knowledge. Especially about the anxiety level of the futsal team.

Anxiety is a term that describes psychological disorders that can have characteristics in the form of fear, concern for the future, prolonged worries, and nervousness. The definition is the emotional reaction of the players in assessing the match situation which is marked by worry and anxiety, causing the player to feel helpless and quickly experience fatigue.

Through quantitative descriptive research on anxiety levels of the futsal team STKIP PGRI Sumenep samples that met the criteria there were 12 people. Where when sampling in this study was done by purposive sampling. Anxiety in futsal players is a common thing, anxiety usually occurs because of the emergence of fear of something bad that will befall him and his team. When players feel anxiety usually marked by a sense of worry, experiencing excessive anxiety and lack of confidence..