

ABSTRACT

Keywords: *Volleyball Athlete, Anxiety Level, Intrinsic and Extrinsic Factors.*

This study aims to determine the factors that affect the level of anxiety of men's volleyball athletes at SMKN 1 Sumenep and to determine the level of anxiety level of men's volleyball athletes at SMKN 1 Sumenep in 2019-2020 when participating in several volleyball competitions in Sumenep district. The object of this research was the volleyball team at SMKN 1 Sumenep 2019-2020, which consisted of 20 students.

This research is a descriptive qualitative research. The method used is a survey method and data collection tools in the form of a questionnaire. This questionnaire was used to find out how much anxiety the volleyball athletes of SMKN 1 Sumenep had in 2019-2020.

The results showed that the level of anxiety was influenced by intrinsic factors and extrinsic factors, while the level of anxiety level for the men's volleyball athletes at SMKN 1 Sumenep in 2019-2020 was in the moderate anxiety level category, namely 16 athletes or 80%, while 2 students or as many 10% are at low anxiety level, and 2 athletes or as much as 10% are at high anxiety level.