

DEPRESI, CEMAS, DAN STRES ATLET *PETANQUE* MENJELANG KUALIFIKASI PEKAN OLAHRAGA NASIONAL

DEPRESSION, ANXIETY, AND STRESS AMONG PETANQUE ATHLETES AHEAD OF THE NATIONAL SPORTS WEEK QUALIFICATIONS

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ABSTRAK

Stres dan kecemasan semakin umum dan rentan terjadi pada atlet khususnya cabang olahraga *Pentanque* di Kota Gorontalo dan Luwuk dalam menghadapi pertandingan tingkat nasional/internasional, atlet *Pentanque* harus memiliki koordinasi mata, tangan dan kaki yang baik, sehingga dapat menimbulkan tingkat stres, kecemasan, dan depresi yang berbeda-beda. Tujuan penelitian ini adalah untuk mengetahui perbedaan tingkat stres, kecemasan, dan depresi pada atlet *Pentanque* di Kota Gorontalo dan Luwuk. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan komparatif. Populasi dalam penelitian ini adalah atlet *Pentanque* yang terdiri dari 2 lokasi penelitian yaitu Gorontalo dan Luwuk yang berjumlah 30 orang. Teknik pengambilan sampel dengan total sampling. Pengumpulan data dilakukan dengan menyebarkan kuesioner yang telah disesuaikan dengan Bahasa Indonesia yaitu *Depression, Anxiety, Stress Scale (DASS-42)*. Teknik analisis data yang digunakan adalah analisis deskriptif, dan persyaratan analisis data dilakukan dengan menggunakan uji homogenitas dan normalitas. Kesimpulannya, bahwa tidak terdapat pengaruh yang signifikan terhadap tingkat stres, namun terdapat pengaruh yang signifikan terhadap tingkat kecemasan dan depresi pada atlet Cabang Olahraga *Pentanque* Gorontalo dan Luwuk. Peran pelatih dan intensitas latihan dapat membantu menurunkan kecemasan dan depresi pada atlet.

Kata Kunci: kecemasan; atlet; depresi; *pentaque*; stres

ABSTRACT

Stress and anxiety are increasingly common and prone to occur in athletes, especially Pentanque athletes in Gorontalo and Luwuk cities in facing national/international level competitions, Pentanque athletes must have good eye, hand and foot coordination, so that it can cause different levels of stress, anxiety, and depression. The purpose of this study was to determine the differences in stress, anxiety, and depression levels in Pentanque athletes in Gorontalo and Luwuk cities. This study is a quantitative study with a comparative approach. The population in this study were Pentanque athletes consisting of 30 people from 2 research locations, namely Gorontalo and Luwuk. The sampling technique was total sampling. Data collection was carried out by distributing questionnaires that had been adapted to Indonesian, namely the Depression, Anxiety, Stress Scale (DASS-42). The data analysis technique used was

descriptive analysis, and data analysis requirements were carried out using homogeneity and normality tests. It can be concluded that there is no significant effect on stress levels, but there is a significant effect on anxiety and depression levels in Pentanque athletes in Gorontalo and Luwuk. The role of the coach and the intensity of training can help reduce anxiety and depression in athletes.

Keywords: *anxiety; athlete; depression; pentaque; stress*

Introduction

Sports activities involve any body development created by skeletal muscles that require energy (Frontera & Ochala, 2015). Sport is body development that is carried out consistently, measurably and regularly with the aim of further developing health. Exercise is a methodical and continuous development that is carried out more than once (Palar, 2015). Furthermore, according to Gallotta et al. (2017), exercise is a structured and rhythmic physical activity that provides intensity for a certain period of time to increase physical fitness. This exercise response can physiologically affect changes in the structure and role of the organs of the body that are more sedentary in nature because of regular exercise for a certain period of time. One type of sport that is currently developing is petanque.

Petanque is a game in which participants throw iron balls (bosi) as closely as they can to the wooden balls (boka) that have already been thrown. The team or player that throws the most bosi while remaining closest to the field wins. Since the founding of FOPI, petanque has been socialized. The emergence of petanque teams in various regions is marked by holding of scheduled exercises. Some people are interested in becoming coaches. Various championship events are held as a medium to measure ability, and carve out achievements. The existence of petanque sport is marked by the many petanque sports associations or clubs in various regions, especially in the provinces of Gorontalo and Central Sulawesi Luwuk. Training activities for petanque trainers from beginner level to professional level are conducted in several areas. This is also accompanied by the implementation of several championship events at the regional, provincial and national levels.

Petanque has now competed in national and international sporting events. Petanque will be competed at the National Sports Week (PON). To prepare for the 2024 PON, must first undergo PRAPON. The factor that becomes a problem in the achievement of Pentanque athletes is mental health. Mental health is still a health problem that is the center of attention in the world, especially in Indonesia, especially in the Provinces of Gorontalo and Luwuk. Results of observations and interviews with the Pentanque physical trainers in Gorontalo City and Luwuk, in terms of basic techniques, they have mastered, but not in physical condition, there are several problems in shooting, lack of accuracy in shooting so that the results are less than optimal. This can be seen during the 2022 Gorontalo Province Sports Week (PORPROV) competition, which will be held in December 2022. During the match, it can be seen that the athletes are tired, afraid of stronger opponents, anxious, nervous, and suddenly defecate frequently ahead of the match.

The above factors are thought to be caused by impaired mental health in athletes and low motivation to compete. These mental health disorders significantly impact athletes when competing for a certain duration. Another cause experienced by athletes is also a lack of training in preparing for PRAPON matches. Previous research in East Java stated that Petanque athletes, when viewed from the perspective of Imagery and Self-Talk, were categorized as moderate on average with a percentage of 67% (Jennah et al., 2023). Another study conducted in West Sulawesi even for male athletes was classified as low at 33.3%. The anxiety level of female athletes was low at 46.2%. Meanwhile, the stress level of male athletes was classified as low at 41.7%. The stress level of female athletes was classified as low at 53.8% (Kamadi et al., 2023). What about Gorontalo Province? This provides a strong basis and reason to conduct research, to prevent and serve as a source of knowledge about the early symptoms of mental health such as depression, anxiety, and stress so that athletes can recognize and even avoid the emergence of more serious risks if they are already aware of the early symptoms that occur, especially in the days leading up to the match.

Through this research, it is hoped that it can prevent the risk of harm to athletes due to the effects and symptoms arising from depression, anxiety and stress. Based on these thoughts, the researcher's desire arose to examine more deeply the description and differences in the levels of depression, anxiety and stress among Pentanque athletes in the cities of Gorontalo and Luwuk.

Method

This type of research is a quantitative with a comparative research design, to determine the difference in the effect of more than one variable. This study explains and describes the differences in depression, anxiety and stress among Pentanque sports athletes in Gorontalo and Luwuk cities. The sampling technique in this study uses the total sampling method. The number of subjects was 30 people, with details of 15 Athletes of the Pentanque Sports Branch of Gorontalo City and 15 Athletes of the Pentanque Luwuk sports branch. Furthermore, the instrument used in this research is the DASS-42 scale (depression, anxiety, stress scale) by (Lovibond & Lovibond, 1995) which was adapted by Fahrianti (2021). In this measuring instrument there are 42 statement items with options to answer using a Likert scale consisting of four answers that are rated not applicable at all to me until they are in accordance with my rating from 0 to 3. Respondents were asked to choose answers according to how they felt over the last week with a range of answers from 0 to 3. The following is the DASS-42 instrument grid based on Lovibond & Lovibond (1995).

Table 1. DASS Scale Grid 42

No	Aspect	Indicator	No. Items
1	Depression	Dysphoria	13, 26
		Despair	10, 37
		Self humiliation	17, 34
		Devaluation of life	21, 38
		Lack of interest	16, 31

		Anhedonia	3, 24
		Inertia	5, 42
2	Anxiety	Automatic passion	2, 4, 19, 23, 25
		Skeletal muscle effect	7, 41
		Situational anxiety	9, 30, 40
		Subjective experience of feeling anxious	15, 20, 28, 36
3	Stress	Difficulty relaxing	8, 22, 29
		Passion	12, 33
		Agitation	1, 11, 39
		Irritability	6, 18, 27
		Can not wait	14, 32, 35

Then from the answers of the respondents, the level of depression, anxiety, and stress will be determine. The norms of the DASS scale consist of 5 categories of answers for the three variables which have been compiled by Lovibond & Lovibond (1995). Can be seen in the categorization of norms below:

Table 2. Norm DASS scale 42

Level	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Light	10-13	8-9	15-18
Currently	14-20	10-14	19-25
Heavy	21-27	15-19	26-33
Very heavy	28+	20+	34+

The reliability of the DASS-42 measurement tool is depression 0.91; anxiety 0.84; stress 0.90 and it is declared reliable (Lobibond & Lovibond, 1995). Furthermore, the data obtained was then analyzed using descriptive analysis techniques. To describe the results of research in the field. The interpretation of this data description is in the form of the mean (average), maximum, and minimum value of each variable. Then test the analysis requirements with normality and homogeneity tests.

A normality test was carried out to determine if the distribution of the data was normal, meaning that there were no abnormal data ranges. The normality test was carried out with the help of SPSS for Windows release 20.00 on the Kolmogorov-Smirnov Test.

Homogeneity test was carried out to see whether the sample taken came from a homogeneous population. This homogeneity test was carried out with the help of SPSS for Windows release 20.00 in the Homogeneity of Variances Test.

In testing the T-test of the study, it will be carried out nonparametrically with the Wilcoxon test for small samples and calculations also using the help of SPSS for Windows release 20.00 with Paired Nonparametric Tets or T-Test.

Results

The results of the research answer the formulation of the problem in this study, namely a comparative description of the levels of stress, anxiety, and depression of pentaque athletes. The results of the descriptive analysis are to determine the differences between pentaque athletes in Gorontalo and Luwuk cities.

Table 3. Description of Measurement Results

	Hypothetical Score			
	Min	Max	Means	SD
Athletes of the Pentanque Sports Branch of Gorontalo City	1	39	20	9.9
Luwuk Pentanque Sports Athlete	0	38	12	8.4

Based on the results of the research that has been conducted, the values obtained are as in table 6. It can be seen that the average number of the Athlete of the Pentanque Sports Branch in Gorontalo City is 20. For the subject of the Athlete of the Pentanque Sports Branch of Luwuk has an average of 12. That is, the maximum score obtained by the Pentanque Sports Athletes of Gorontalo City and the Pentanque Luwuk Sports Athletes for the DASS-42 scale is in the low category. Meanwhile, if the empirical mean scores of the experimental and the control group are compared, it will be found that the empirical score of the Pentanque Sports Athletes of Gorontalo City is smaller than that of the Pentanque Sports Athletes of Luwuk. After obtaining these results, 30 subjects were categorized using the following norms :

Table 4. Norms for Categorizing the Results of the DASS-42 Measurement of Subjects in Gorontalo City

Athletes of the Pentanque Sports Branch of Gorontalo City	Stress		Anxiety		Depression	
	Frequency	%	Frequency	%	Frequency	%
Normal	2	13,3	0	0.0	4	26.7
Light	3	20.0	1	6.7	3	20.0
Medium	4	26,7	3	20.0	3	20.0
Heavy	4	26,7	4	26.7	1	6.7
Very heavy	2	13,3	7	46.7	4	26.7
Amount	15	100.0	15	100	15	100

From the distribution table, it can be seen that the athletes of the Pentanque Sports Branch of Gorontalo City who will be the subjects in this study are 15 athletes for the stress variable with the highest level of stress is in the heavy category as many as 4 people or 26.7 % . Furthermore, on the anxiety variable, 100% of 15 people experienced anxiety and 0% (0 athletes) did not. The highest average score of anxiety for Pentanque Sports Athletes in Gorontalo City was in the very heavy category with a percentage of 46.7% (7 athletes). In the depression variable 26.7% of athletes or 4 athletes are in the normal category, meaning they are not

depressed. A total of 100% of athletes experienced depression, with the highest category being very severe depression, namely 26.7%.

Table 5. Norms for Categorizing the Results of the DASS-42 Measurement of Subjects in Luwuk City

Luwuk Pentanque Sports Athlete	Stress		Anxiety		Depression	
	Frequency	%	Frequency	%	Frequency	%
Normal	8	53.3	4	26,7	7	46.7
Light	1	6.7	0	0.0	3	20.0
Medium	3	20.0	8	53.3	5	33.3
Heavy	2	13.3	2	13.3	0	0.0
Very heavy	1	6.7	1	6.7	0	0.0
Amount	15	100	15	100	15	100

From the distribution table, it can be seen that in the Pentanque Luwuk Sports Branch Athletes with a total of 15 athletes, for the stress variable as many as 8 people or 53.3 % are in the normal category meaning they do not experience stress, in contrast as many as 7 athletes or 46.7 % experience stress, with the highest level of stress is being the medium category. For the anxiety variable, 73.3% (11 athletes) experienced anxiety and 26.7% (4 athletes) did not. The highest average score of anxiety was in the medium category with a percentage of 53.3% (8 athletes). Meanwhile, in the depression variable, more than half of the athletes experienced depression with a percentage of 53.3% or 8 athletes. And only 46.7% were in the normal category, meaning that there were no depressive symptoms, but the scores obtained were still in the normal category.

Table 6. DASS-42 Homogeneity Test

Pentanque athletes from Gorontalo and Luwuk Cities	Levene Statistics	df1	df2	Sig.	
stress	Based on Means	0.531	1	28	0.472
Anxiety	Based on Means	3,741	1	28	0.063
Depression	Based on Means	3,547	1	28	0.070

From the results of the analysis for the first T-test, namely stress, it can be seen that the t value is 2.006 with a significance of 0.055 compared to Alpha = 0.050, then Significant > Alpha (0.055 > 0.05) so there was no difference in the effect of stress on Pentanque Sports Athletes in Gorontalo City and Athletes Luwuk Pentanque Sports Branch.

This includes some of the manifestations experienced during training before the match, after the match, and after the match, such as feeling that he becomes angry because of trivial things, tends to overreact to a situation, finds it difficult to relax, gets annoyed easily, feels spends a lot of energy, gets impatient when delayed, gets irritated easily, finds it difficult to rest, feels very irritable, has difficulty calming down when something upsets him, finds it difficult to

tolerate interruptions in what is being done, feels agitated, unable tolerate anything that gets in the way of completing the thing that is being done do, feel easily agitated.

In the second T-test, namely anxiety for Pentanque Sports Athletes in Gorontalo City and Pentanque Luwuk Sports Athletes, it can be seen that the t value is 3.106 with a significance of 0.004 compared with Alpha = 0.05, then Significant <Alpha (0.004 <0.05) so that there are differences in the effect of Anxiety on Pentanque Sports Athletes in Gorontalo City and Luwuk Pentanque Sports Athletes.

The third T-test is Depression in Pentanque Sports Athletes in Gorontalo City and Pentanque Luwuk Sports Athletes. It can be seen that the t value is 2.110 with a significance of 0.044 compared to Alpha = 0.05, then Significant <Alpha (0.044 <0.05) so that there are differences in the effect of depression on the Athletes of the Pentanque Sports Branch in Gorontalo City and the Athletes of the Pentanque Sports Branch in Luwuk.

Discussion

Stress is most frequently discussed in the psychological literature in three ways: (a) as a negative environmental stimulus, (b) as an organism's stress reaction, and (c) as a transactional event (Frank et al., 2013). There are two types of stress: acute and chronic. An athlete's life can be considered "stressful" whether one considers the importance of competitions and the possibility of sports injuries (acute stress) or the regularity of competitions and training sessions (chronic stress). The emotional and motivational effects of stress on an athlete can have a detrimental effect on training effectiveness and tournament or match results. According to Stoll, stress may have an adverse effect on an athlete's self-esteem and social connections in addition to perhaps harming their athletic accomplishments. Competition-related stress as well as the amount of stress an athlete experiences on a daily basis may be a major burden. Primary sources of stress include worries about one's own ability to succeed, a lost match that leaves one feeling disappointed and afraid of failing, disagreements with coaches, partners, and family, and the time and work required for training.

The last group of athletes experience stress due to a variety of causes, including their inability to adjust, the accumulation of coursework, financial concerns, a lack of self-efficacy, their relationships with friends and spouses, their future careers, and poor time management. The transition from school to university life, living distant from their parents, and unfavorable surroundings are some of the things that stress out the first group of athletes (Agusmar et al., 2019).

The more severe a person's stress level, the more likely it will result in various disorders. Based on the results of research by Adryana et al. (2020) on the level of stress on the level of education, it shows that the average level I, II and III athletes experience moderate levels of stress. Working on a thesis has made most athletes stress, scared, and even frustrated, some are desperate to commit suicide. For athletes from student, academic pressure such as lots of exams, both final block exams and practicum exams, and assignment submission deadlines. Athletes who are involved in the organization experience stress from mild to severe levels (Fatningsaliska

et al., 2015) . Athletes of the who experience stress sometimes also experience insomnia (Muldianto et al., 2015).

Anxiety responses were found to be manifested in several of ways such as frequent dry lips, shortness of breath, legs feeling like they would come off, finding oneself in a situation that causes anxiety and will feel very relieved if the situation ends, sweating excessively, feeling afraid for no obvious reason, increased heart rate, fear of being hampered by unfamiliar tasks, feeling apprehensive about situations and embarrassing oneself, and trembling (Rosli et al., 2022). The physical manifestations of anxiety in athletes are often underestimated, despite their profound impact on performance and well-being. Symptoms like shortness of breath, excessive sweating, and trembling are not just minor inconveniences—they are the body’s way of sounding an alarm, signaling internal distress that can sabotage even the most well-prepared athlete. What’s striking is how these responses are often dismissed as mere “nerves” or signs of weakness, when in fact they represent a complex interaction between mind and body under pressure. The fear of failure, fear of judgment, or simply fear of the unknown can trigger a cascade of physical reactions that make it nearly impossible to focus or perform optimally. More concerning is that many athletes are conditioned to push through these symptoms rather than address their root causes. To truly support athletes, we need to normalize conversations about anxiety and create training environments that promote emotional resilience, not just physical toughness.

This agrees with the opinion of Nurmina et al. (2021) that depression, anxiety, and stress have highly harmful effects on individuals and society, which can lead to negative outcomes including dropping out of school, increased suicidal tendencies, relationships, impaired ability to work effectively, fatigue, and also existing health care delivery problems. Therefore, there needs to be greater attention to psychological well-being to improve their quality of life.

Constraints experienced by athletes in training and matches can develop into a negative attitude, which can eventually cause anxiety in athletes. Hastuti et al. (2016) stated that excessive anxiety in the athlete will make the athlete think too hard so that it will be difficult for the respondent to control his emotions, which results in increased tension and difficulty falling asleep.

Severe anxiety experienced by athletes is caused by culture shock. Severe anxiety or severe anxiety is characterized by a reduction in conceptual views so that they do not focus on the source of the anxiety that is felt (Tomé-Lourido et al., 2019). Even though athletes can interact in the form of chat discussions through social networks such as applications that provide discussion groups or e-mail, athletes conducting distance learning may feel isolated or miss physical social interactions (Wikman et al., 2017). This new phenomenon caused the athlete to experience culture shock. In addition to culture shock, the learning load in the form of both training load and competition load is also a factor that causes athletes to experience anxiety (Amalia et al., 2019).

The level of severe anxiety is found in behavioral responses that are characterized by anxiety, physical tension, withdrawing from interpersonal relationships, and avoiding problems. This can have an impact on decreasing concentration when conducting distance learning.

According to Hastuti et al. (2016), decreased learning concentration has an effect on the cognitive response of athletes, so that at the level of anxiety based on cognitive responses, the level of anxiety experienced by athletes is mostly the level of severe anxiety (Fuchs, 2014). Petrokimia Gresik swimming athletes, anxiety and concentration have a substantial impact, and that positive values show a unidirectional association between the two variables (Pratama, 2019).

According to research on the prevalence of depression in athletes, the condition is moderate, with symptoms including low self-esteem, a sense that one is no longer capable of doing something, pessimism, sadness and depression, losing interest in everything, a sense of worthlessness, a lack of enthusiasm for anything, and difficulty taking initiative. According to Anti et al. (2021), that the depression is a changing feeling, and is characterized by feeling sad, feeling useless, withdrawing from the environment, and losing sexual desire and interest in something. People who are depressed usually have a feeling of not liking themselves, in the sense that they have low self-love. Those who are depressed tend to think about things that are not their priority, and disrespect on themselves (De Fruyt et al., 2020). Castro-Sanchez, et al. (2018), demonstrates how task-oriented motivating environments or certain emotional intelligence levels might operate as a buffer against anxiety in athletes. Thus, the development of these psychological variables may help athletes perform better and avoid anxious states.

Maladaptive coping is the main topic independent determinants of stress, anxiety, and depression in athletes. One of the factors that cause depression is psychosocial factors, which consist of psychological and social factors. One of the psychological factors of depression is cognitive distortion. Cognitive distortion is a negative view of oneself, the experience gained, and the future. One form of cognitive distortion is comparing yourself unfairly with others (Wikman et al., 2017). In my view, maladaptive coping in athletes is a silent threat that often goes unnoticed until it manifests as severe psychological distress. Athletes are commonly perceived as mentally strong individuals, yet this assumption can mask their vulnerability to stress, anxiety, and depression. The pressure to perform, public expectations, and internalized perfectionism often lead to harmful coping mechanisms—such as denial, avoidance, or self-blame—that only deepen emotional struggles. A particularly damaging cognitive distortion is the tendency to constantly compare oneself with others. In the competitive world of sports, this comparison is almost inevitable, but when it becomes unfair or unrealistic, it erodes self-worth. An athlete may overlook their own progress or unique journey, focusing instead on the success of others, which fuels self-doubt and a distorted view of their future potential. Addressing these patterns requires not just psychological support, but a cultural shift in how we talk about success, failure, and mental health in sports.

Conclusion

This study examined the differences in stress, anxiety, and depression levels among petanque athletes from Gorontalo City and Luwuk City ahead of the National Sports Week qualifications. The findings revealed that stress levels between the two groups did not differ significantly, with most Gorontalo athletes showing higher proportions in the heavy category,

while Luwuk athletes predominantly fell into the normal category. In contrast, anxiety and depression levels showed significant differences between the groups. Gorontalo athletes exhibited higher levels of severe and very severe anxiety, as well as more severe depression cases compared to Luwuk athletes, who tended to have moderate or normal levels. These results indicate that psychological conditions, particularly anxiety and depression, vary considerably between the two regions, suggesting the need for targeted mental health interventions tailored to each group's specific psychological challenges.

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