

ABSTRACT

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Title : Anxiety in Sepak Takraw Athletes Before the Match

This research discusses anxiety in sepak takraw athletes before the match. This research uses a qualitative method with a descriptive approach aimed at seeing a picture of the anxiety of sepak takraw athletes before the match using interview, observation and documentation data collection methods. The results of the research and discussion can be concluded that the anxiety of sepak takraw athletes before the match in Central Bangka Regency, Bangka Belitung Province means that the three subjects experienced anxiety when facing the match, each subject had different anxiety. There are those who experience anxiety due to teams and individuals, such as lack of team cohesion, individual errors in the form of serves, smashes and fear of injury and other factors in the form of weather and accidents.

Keywords: anxiety, athlete, sepak takraw.