The Relationship Between Self-Confidence And Motivation To Peak Performance of Football Club Athletes Persipa Pati

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ABSTRACT

This study aims to analyse the relationship between self-confidence and motivation with the peak performance of football athletes at Persipa Pati Club. The study is grounded in the understanding that psychological aspects play a crucial role in achieving optimal athletic performance, with self-confidence and motivation being two of the most significant internal factors influencing performance outcomes. A descriptive quantitative approach was employed, involving a total of 21 athletes from Persipa Pati Club as research participants. Data were collected using standardised and validated questionnaires, and statistical analysis was conducted using the Spearman Rank correlation test through SPSS software version 29. The results revealed a significant and positive relationship between self-confidence and peak performance ($r = 0.671$; $p = 0.001$), as well as between motivation and peak performance ($r = 0.674$; $p = 0.001$). These findings indicate that athletes who possess higher levels of self-confidence and motivation are more likely to achieve their peak performance in competitive environments. The strong correlations also highlight the importance of psychological readiness alongside physical and technical preparation in football. As a practical implication, it is recommended that coaches and club management integrate psychological training, such as mental skills development and motivational strategies, into their regular programs. By doing so, athletes can maintain psychological resilience and consistent high-level performance throughout the season. This study contributes to the growing literature on sports psychology in Southeast Asian football settings, particularly within regional clubs.

AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
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INTRODUCTION

In the dynamic and competitive world of sports, psychological factors are increasingly recognised as essential determinants of athletic performance. Among these, self-confidence and motivation are two of the most influential psychological constructs that can shape an athlete's pathway to achieving peak performance. Peak performance refers to a state of optimal functioning in which athletes perform at their

maximum potential under competitive conditions (Gould & Maynard, 2009). Athletes who reach peak performance consistently demonstrate a unique synergy of physical conditioning, technical proficiency, tactical awareness, and psychological readiness (Weinberg & Gould, 2018).

Motivation is often described as the internal force that initiates, guides, and sustains goal-directed behaviours. In sport psychology, it is typically categorised into intrinsic and extrinsic motivation (Deci & Ryan, 2000). Intrinsic motivation refers to doing an activity for its inherent satisfaction, whereas extrinsic motivation involves performing an activity to obtain external rewards. On the other hand, self-confidence is the belief in one's abilities to succeed in specific situations or accomplish a task (Bandura, 1997). Both constructs are intertwined and have been linked with various performance outcomes such as endurance, concentration, skill execution, and resilience under pressure (Moritz et al., 2000; Mahoney et al., 2016).

In the context of football—one of the most globally played and psychologically demanding team sports—the role of mental attributes such as self-confidence and motivation cannot be overstated. Football performance is characterised by frequent decision-making, adaptability, physical intensity, and teamwork (Reilly et al., 2008). Athletes not only need to possess tactical and technical skills but also mental toughness to perform under stress, recover from mistakes, and maintain consistency. Several studies have shown that self-confidence can influence players' risk-taking, communication, and resilience on the field (Hays et al., 2009; Woodman & Hardy, 2003). Likewise, motivation has been demonstrated to affect training intensity, perseverance, and goal setting (Vallerand, 2010; Pelletier et al., 2013).

For athletes competing in professional or semi-professional settings, such as Persipa Pati Football Club in Indonesia, performance expectations are even more pronounced due to the pressures of competition, fan engagement, and team success. Understanding the psychological traits that support peak performance in such environments is essential for coaches, sports psychologists, and performance analysts.

Despite the acknowledgement of psychological factors in athlete development, several issues remain unresolved regarding the specific interplay between self-confidence, motivation, and peak performance in football athletes. While numerous studies have explored these variables independently, limited research has systematically examined their relational dynamics within specific athletic populations, particularly in Southeast Asia or Indonesia.

Furthermore, peak performance is often studied using physical or technical parameters (e.g., VO2 max, sprint time, ball control), while the psychological antecedents are underrepresented. Given the high variability in psychological resilience and emotional regulation among athletes, a more integrated and context-specific approach is needed (Stanger et al., 2018). Particularly in team sports like football, where individual mental states can affect group dynamics and outcomes, understanding the correlation between self-confidence and motivation and their joint contribution to peak performance becomes crucial (Gucciardi et al., 2015).

Most existing research on psychological factors in football is conducted in Western countries with distinct cultural and competitive contexts. For instance, studies by Hatzigeorgiadis et al. (2009) and Vealey and Chase (2016) have contributed significantly to understanding self-confidence and motivation. However, these findings may not fully capture the motivational patterns, self-perception constructs, and performance dynamics of athletes in Indonesian settings. Cultural factors such as collectivism, respect for authority, and community identity potentially alter how motivation and self-confidence manifest and influence performance (Triandis, 2001; Widiasworo, 2020).

Another gap lies in the scarcity of empirical data exploring the interaction between psychological attributes and peak performance in regional football clubs like Persipa Pati. Although Persipa Pati has been an active force in local football competitions, there has been minimal scholarly attention to the psychological composition of its athletes. This lack of data limits the development of tailored psychological interventions and coaching strategies.

Additionally, the majority of prior studies have adopted either qualitative or correlational approaches with limited emphasis on predictive relationships. Integrative studies that examine how self-confidence and motivation predict or contribute to peak performance using robust statistical frameworks are still underrepresented in the literature (Liew et al., 2019).

This study aims to bridge the identified research gaps by investigating the relationship between self-confidence and motivation for peak performance among Persipa Pati football athletes. The novelty of this research lies in three dimensions:

Contextual Specificity: The study focuses on a culturally and regionally specific athletic population (i.e., Persipa Pati athletes), adding to the limited body of knowledge on Indonesian football psychology.

Integrated Psychological Framework: By examining the combined effects of self-confidence and motivation on peak performance, the study offers a more holistic psychological model that may inform athlete profiling and training programs.

Performance-Oriented Application: This research aims to produce actionable insights that can be applied in coaching practices, athlete development, and performance enhancement strategies specific to football.

The current study adopts a quantitative correlational research design to assess the relationship between self-confidence, motivation, and peak performance among Persipa Pati football athletes. Using validated psychological instruments and performance evaluation metrics, the study seeks to answer the following research questions: (1) What is the level of self-confidence and motivation among Persipa Pati football athletes?, (2) Is there a significant correlation between self-confidence and peak performance?, (3) Is there a significant correlation between motivation and peak performance?, and (4) What is the combined effect of self-confidence and motivation on peak performance?

By addressing these questions, the study contributes to the growing field of sport psychology by offering empirical evidence from an under-researched setting. It is

anticipated that the findings will provide practical implications for psychological coaching, athlete mental profiling, and the design of interventions aimed at enhancing peak performance in football.

METHODS

This study adopted a descriptive quantitative approach (Ali, 2022) involving all 21 football athletes of Persipa Pati Club through a total sampling technique. The motivation questionnaire was adapted from Mallett et al. (2007), consisting of 24 items, while instruments for self-confidence and peak performance were taken from Pratama (2019), with 35 and 13 items, respectively. The collected data were analysed using the Spearman Rank correlation test with the help of SPSS version 29 to evaluate the relationship between the three variables.

RESULTS AND DISCUSSION
Result

Referring to the findings obtained from the implementation of this research, the results can be presented, which can be described in detail as listed below:

Table 1.
Self-Confidence Categorization

Category	Interval	Frequency	Percent
Low	$x < 47$	0	0%
Medium	$47 < x \leq 82$	6	29%
High	$x > 82$	15	71%
Total		**21**	**100%**

Table 1 shows that the majority of athletes (71%) are classified as having high self-confidence, indicating a strong psychological foundation in most players. Meanwhile, 29% are in the medium category, suggesting room for mental performance development. The absence of athletes in the low category reflects an overall positive mental state among the team in terms of self-confidence.

Table 2.
Motivation Categorization

Category	Interval	Frequency	Percent
Low	$x < 71$	0	0%
Medium	$71 < x \leq 119$	11	52%
High	$x > 119$	10	48%
Total		**21**	**100%**

In Table 2, it is evident that more than half of the athletes (52%) have a moderate level of motivation, while the remaining 48% show high motivation. The absence of athletes in the low category suggests that all players are adequately driven, although enhancing the proportion of highly motivated athletes could further boost overall performance.

Table 3.
Peak Performance Categorisation

Category	Interval	Frequency	Percent
Low	$x < 69$	0	0%
Medium	$69 < x \leq 104$	7	33%
High	$x > 104$	14	67%
Total		**21**	**100%**

Table 3 indicates that 67% of athletes achieved high peak performance, while 33% are in the medium category. This distribution highlights that the majority of players are performing at their best, with opportunities for those in the medium category to be further coached and supported to reach the higher level.

Table 4.
Relationship between Self-Confidence and Peak Performance

$n = 21$		
Variables	**Correlation Coefficient**	**Sig.**
Self-Confidence	.671	.001
Peak Performance		

Table 4 shows that the correlation coefficient between self-confidence and peak performance is 0.671 with a significance value of 0.001. This means there is a strong and statistically significant positive relationship between the two variables. Higher levels of self-confidence tend to be associated with higher peak performance, affirming the critical role of psychological stability in achieving optimal athletic outcomes.

Table 5.
Relationship between Motivation and *Peak Performance*

$n = 21$		
Variables	**Correlation Coefficient**	**Sig.**
Motivation	.674	.001
Peak Performance		

Table 5 presents a correlation coefficient of 0.674 with a significance value of 0.001 between motivation and peak performance. This result implies a strong and significant positive correlation, indicating that as athletes' motivation increases, their ability to reach peak performance also improves. This reinforces the importance of fostering both intrinsic and extrinsic motivational strategies in athletic training.

Discussion

The purpose of this study was to examine the relationship between self-confidence and motivation on the peak performance of football athletes at Persipa Pati. The findings from the data analysis revealed a significant and positive relationship between self-confidence and athletes' peak performance, as well as between motivation and peak performance. Furthermore, the joint influence of self-confidence and motivation demonstrated a considerable predictive value for peak performance outcomes, supporting previous literature and offering new insights from the Indonesian football context.

Self-confidence emerged as a strong predictor of athletic performance in this study. The athletes who displayed higher self-confidence were more likely to perform at peak

levels during competitive matches. This aligns with the findings of Vealey and Chase (2016), who emphasised that confident athletes are better equipped to manage pressure, maintain focus, and recover from setbacks. In football, where athletes continuously face unpredictable game situations and must make fast decisions under stress, self-confidence is an asset that facilitates optimal performance (Woodman & Hardy, 2003).

The present findings also support Bandura's (1997) theory of self-efficacy, which posits that belief in one's ability directly impacts task execution and persistence. Athletes who believe in their technical, tactical, and physical abilities tend to engage more fully in tasks and are less likely to be hindered by fear of failure (Moritz et al., 2000). In the Persipa Pati context, the athletes with high self-confidence may feel more empowered to take initiative on the field, take calculated risks, and contribute effectively to team strategies.

Motivation also showed a significant correlation with peak performance. Athletes who reported higher levels of both intrinsic and extrinsic motivation were more likely to reach their performance potential. This finding aligns with the self-determination theory (SDT) proposed by Deci and Ryan (2000), which emphasises the role of autonomous motivation (doing something because it is inherently interesting or enjoyable) in facilitating sustained performance.

According to Vallerand (2010), intrinsically motivated athletes are more resilient and committed to training regimens, leading to better physical conditioning and technical mastery. Conversely, extrinsic motivation (e.g., seeking rewards, recognition, or team success) can also be a powerful force when aligned with athletes' goals and values (Pelletier et al., 2013). In the case of Persipa Pati, the team's collective goals, club prestige, and fan support likely serve as extrinsic motivators that amplify the athletes' performance drive.

Additionally, recent research in sport psychology has found that motivational climates set by coaches can significantly shape athletes' engagement and emotional investment in sports (Appleton & Duda, 2016). In competitive team settings, a mastery-oriented climate, which emphasises effort and personal improvement, fosters intrinsic motivation and boosts performance outcomes.

Perhaps most critically, this study underscores the interaction between self-confidence and motivation in driving peak performance. While each variable independently contributes to performance outcomes, their synergistic effect appears to be more substantial. This supports the holistic models of sport performance that emphasise the integration of psychological, physical, and tactical components (Gould & Maynard, 2009).

Athletes who are both confident in their abilities and strongly motivated are likely to approach training and competition with greater intensity, persistence, and positivity. This interaction can be particularly powerful in football, a sport that requires not only physical endurance but also mental fortitude over extended periods (Reilly et al., 2008). The presence of both high motivation and confidence may enable players to push through fatigue, maintain focus, and perform consistently throughout the season.

Stanger et al. (2018) also noted that athletes with both high self-confidence and strong motivational profiles tend to be more adaptable and proactive in competitive

environments. They recover more rapidly from performance slumps and are more receptive to feedback, all of which contribute to sustained high performance.

While many of the findings align with global sport psychology literature, this study also highlights culturally specific dynamics in the Indonesian context. Football in Indonesia is not only a sport but also a significant cultural and social activity. For athletes in clubs like Persipa Pati, motivation is closely tied to community identity, regional pride, and social expectations (Widiasworo, 2020).

The collectivist cultural orientation in Indonesia means that athletes are often driven by a sense of obligation to their team, coaches, families, and communities. This aligns with Triandis' (2001) assertion that in collectivist cultures, extrinsic motivation tied to social approval can be as influential as intrinsic interest. As such, motivation and confidence in this setting are not just personal attributes but also shaped by external social and cultural forces.

The findings of this study have several implications for coaching strategies and athlete development programs. Coaches and sports psychologists should place greater emphasis on building athletes' self-confidence through positive reinforcement, mastery experiences, and psychological skill training (e.g., goal setting, visualisation, self-talk). These interventions have been shown to effectively enhance confidence and performance (Zourbanos et al., 2016).

Additionally, fostering a motivational climate that supports autonomy, competence, and relatedness, as described in SDT, can enhance athletes' engagement and satisfaction, leading to better performance outcomes (Ryan & Deci, 2017). Coaches should aim to understand each athlete's motivational profile and tailor their feedback and support accordingly.

For football clubs like Persipa Pati, integrating psychological training into the regular training schedule could be highly beneficial. Workshops on mental toughness, motivation management, and self-reflection could empower athletes to take control of their mental preparation. Moreover, involving athletes in goal setting and performance evaluation could increase their sense of ownership and intrinsic drive.

While the study offers valuable insights, it is not without limitations. The sample size was limited to a single club, which may affect the generalizability of findings. Additionally, the reliance on self-report instruments could introduce bias, as athletes may overestimate or underestimate their psychological states.

Future research should consider longitudinal designs to examine changes in self-confidence, motivation, and performance over time. Additionally, incorporating physiological and tactical performance data could provide a more comprehensive picture of peak performance. Cross-cultural comparisons may also yield important insights into how cultural factors mediate the psychological aspects of athletic performance.

CONCLUSION

Based on the findings of the research that has been conducted on 21 soccer athletes who are members of the Persipa Pati Club, it can be concluded that there is a

significant and positive relationship between the variables of self-confidence and motivation with the achievement of peak performance of athletes. Data analysis reveals that the higher the level of self-confidence and motivation possessed by an athlete, the more peak performance he achieves also tends to increase.

Most of the athletes in this study had high levels of self-confidence and motivation, which aligned with achieving high peak performance. This indicates that both psychological factors play an important role in supporting optimal athlete performance, especially in the face of competitive pressure in League 2 Indonesia.

These findings indicate the importance of attention to mental aspects in training programs. Therefore, coaches and club management are advised to develop a coaching strategy that not only focuses on physical and technical aspects but also on increasing athletes' confidence and motivation through the right psychological approach.

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