

The Influence of Confidence and Anxiety and Coordination Eyes on The Ability of The Penalty Kick on The Football Player Club Baruna Tumbak Mitra

**Ahria Judistari Paturusi*, Eduard Kumenap, Marnex W. Berhimpong, N. Piri,
Achmad Paturusi**

Universitas Negeri Manado, Indonesia

Email: paturusiahria@gmail.com

Keywords:

Trust; Anxiety; Coordination;
Penalty

Abstract

Here is the proofread and academically refined version with corrected grammar, improved methodological terminology, consistent tense, and proper sports science phrasing. The required phrase is italicized as requested: This research aimed to: (1) determine whether confidence had a direct effect on penalty kick ability; (2) determine whether anxiety had a direct effect on penalty kick ability; (3) determine whether eye-foot coordination had a direct effect on penalty kick ability; (4) determine whether self-confidence had a direct effect on anxiety; (5) determine whether self-confidence had a direct effect on eye-foot coordination; (6) determine whether anxiety had a direct effect on eye-foot coordination; and (7) examine the simultaneous influence of confidence, anxiety, and eye-foot coordination on penalty kick ability among football players of Club Baruna Tumbak Mitra. The study used a quantitative ex post facto research design. Path analysis was employed to examine the pattern of relationships among the independent variables and the dependent variable. The instruments used included a closed questionnaire to measure confidence and anxiety, the "Soccer Wall Volley Test" to assess eye-foot coordination, and a "Shooting Test" to measure penalty kick ability. Data were analyzed using univariate and bivariate statistical tests at an alpha level of 0.05. The results indicated that: (1) there was a significant effect of confidence on penalty kick ability, contributing 43.30%; (2) there was a significant effect of anxiety on penalty kick ability, contributing 40.96%; (3) there was a significant effect of eye-foot coordination on penalty kick ability, contributing 59.44%; (4) there was a significant effect of confidence on anxiety, contributing 65.77%; (5) there was a significant effect of confidence on eye-foot coordination, contributing 35.28%; (6) there was a significant effect of anxiety on eye-foot coordination, contributing 43.03%; and (7) there was a simultaneous significant influence of confidence, anxiety, and eye-foot coordination on penalty kick ability among football players of Club Baruna Tumbak Mitra, with a combined contribution of 66.59%.

INTRODUCTION

Sports achievement is the aspiration of all athletes; however, it is not attained by chance but through a systematic and measurable training process. It represents the peak of an athlete's performance in competition after undergoing structured training and evaluation. Improving sports achievement requires a scientific approach, which is a fundamental factor in modern sports development.

A scientific approach to improving sports performance is essential in contemporary competitive sports, particularly in achievement-oriented disciplines such as football and other competitive sporting events (Gruborovics & Kolehmainen, 2017; Zhang et al., 2026). Sports performance is the cumulative result of multiple contributing factors and is achieved through a long-term process, including continuous training and practice (Brewer, 2017; Manilal, 2021).

To improve football performance, particularly among players of Club Baruna Tumbak Mitra (Southeast Minahasa), optimal physical condition is essential, alongside technical, tactical, and psychological readiness. Performance decline is often attributed either to insufficient physical capacity or inadequate technical, tactical, and mental preparation (Kusuma et al., 2024; Kyselov et al., 2025). Therefore, training is aimed at developing physical fitness, technical proficiency, tactical understanding, and psychological readiness in an integrated manner (Dalbudak et al., 2026; Mohamed et al., 2026; Tornero-Aguilera et al., 2024).

Football is one of the most popular sports worldwide, attracting widespread participation and viewership. The sport continues to evolve and maintains the largest global following compared to other sports such as basketball, volleyball, and tennis (Iqbal Firmansyah et al., 2018). One of the fundamental techniques in football is kicking, which is essential because players frequently use it during gameplay for passing and shooting. Mastery of kicking skills with both feet is essential for an ideal player. Football kicking techniques include corner kicks, penalty kicks, goal kicks, and direct and indirect free kicks.

Set pieces, particularly penalty kicks, contribute approximately 40% to 60% of goals in football matches, making them one of the most decisive scoring opportunities. According to Chikal (2024), penalty kicks may result from fouls such as intentional tackles, handball violations, or other infractions within the penalty area. Penalty kicks are often referred to as "decisive execution kicks" because they provide a very high probability of scoring. The penalty spot is located 11 meters from the center of the goal line.

According to Iqbal Firmansyah et al. (2018), one of the psychological factors influencing penalty kick success is confidence. Confidence enables players to remain calm, comfortable, and less easily intimidated by opponents, while maintaining optimism. However, many athletes fail to perform optimally due to weak mental conditioning. Coaches often prioritize technical, tactical, and physical training while neglecting psychological preparation, despite its importance in performance outcomes.

Penalty takers must possess strong confidence because they are required to make quick, independent decisions. Confidence contributes to emotional stability and focus, which are essential in penalty situations. In addition to technical ability, confidence significantly influences success rates in penalty execution. Conversely, failure in performance is often associated with inadequate mental preparation and lack of focus, which may be influenced by anxiety during execution.

According to Ilham (2014), anxiety is a feeling of insecurity, helplessness, and uneasiness without a clear cause. In competitive settings, anxiety generates excessive emotional pressure that can disrupt performance and reduce effectiveness in execution.

Anxiety is also associated with penalty kick outcomes. It is characterized by feelings of fear, worry, and psychological tension perceived as threatening. In sports psychology, anxiety is categorized into somatic anxiety, cognitive anxiety, trait anxiety, and state anxiety (Ananto, 2020). Pre-performance anxiety increases emotional stress, distracts attention, and negatively affects performance outcomes.

If not properly managed, anxiety can impair athletic performance and also disrupt eye-foot coordination during penalty execution. Mental and physical preparation are therefore equally important. While technical skills may be strong, inadequate physical and psychological readiness can negatively affect execution quality.

Eye-foot coordination is a key physical component in penalty kicking. It involves the integration of visual input and motor response to produce accurate movement. During penalty execution, players focus on the ball while visual stimuli are processed and transmitted through the nervous system to the lower limbs to generate coordinated kicking movement. Any disruption in this system can negatively affect movement accuracy and effectiveness.

Effective eye-foot coordination enables players to execute movements quickly and accurately, which is essential in high-pressure match situations. According to Lamb (1978) in Makadada et al. (2025), movement efficiency and economy in repetitive actions can be improved through training.

Coordination is an integral component of physical conditioning and cannot be separated from other physical abilities. Its development requires simultaneous attention to other components of physical fitness, adjusted according to the specific demands of the sport. In football, eye-foot coordination plays a crucial role alongside psychological factors such as confidence and anxiety in determining penalty kick performance.

A lack of confidence may lead players to hesitate in decision-making, resulting in increased anxiety and reduced performance effectiveness during penalty execution.

METHOD

This quantitative research used a survey approach with an ex post facto design. Path analysis was employed to examine the pattern of relationships between the independent variables and the dependent variable. The research design can be described as follows:

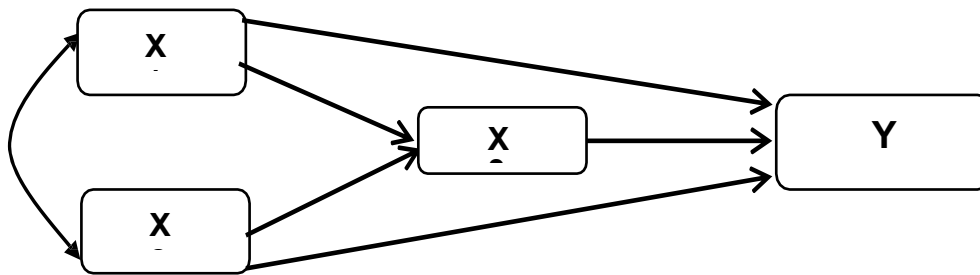


Figure 1. Research Design

Description:

1. Influence of X1 on Y
2. Effect of X2 on Y
3. Influence of X3 on Y
4. Effect of X1 on X2
5. Influence of X1 on X3
6. Influence of X2 on X3
7. Simultaneous influence of X1, X2, & X3 on Y

The population is the total number of 55 players of Club Baruna Tumbak Mitra football, which is spread across various age groups with ages in the range of 16 to 23 years. Furthermore, the sample size using the Slovin formula in Riduwan (2010) was obtained as many as 35 players. Furthermore, the sampling technique was drawn with "simple random sampling" assuming that all samples had the same characteristics. Instruments to measure confidence and anxiety with a closed questionnaire (Clery E.Rambing, 2025), for eye-to-toe coordination "Soccer wall volley Test" (Lubis & Wardoyo, 2014), for penalty kicks "Shooting test" (Paturusi Achmad, 2024). Data analysis techniques with *univariate* and *bivariate test statistics* at alpha = 0.05, with the help of the SPSS program (Paturusi Achmad, 2024).

RESULTS AND DISCUSSION

Confidence Variable Measurement Score (X1)

The results of univariate analysis on the data from the measurement of confidence scores can be displayed in the form of statistical prices; both price/average value (mean), standard deviation value (Std), sample size, range of highest/maximum and lowest/minimum score and the distribution of frequency distribution scores from self-esteem variables in Club Baruna Tumbak Mitra football players. For clarity, the following table is presented a recapitulation of numbers based on basic statistical calculations.

Table 1. Descriptive Statistics Basic Variable X1

	N	Minimum	Maximum	Mean	Std. Deviation
Kepercayaan Diri X1	35	99.00	129.00	112.6571	8.70410
Valid N (listwise)	35	-	-	-	-

Ket: Mean = Average (X), Std = Standard deviation, and N = Sample (n)

Source: Processed results of researchers, 2026

Furthermore, for the distribution of data through the distribution of the frequency of confidence scores in Club Baruna Tumbak Mitra football players, which can be presented in the following table.

Table 2. Frequency distribution. Self-Confidence (X1)

		Frequency	Percent (%)	Valid Percent	Cumulative Percent (%)
Valid	99.00	2	5.7	5.7	5.7
	102.00	3	8.6	8.6	14.3
	105.00	4	11.4	11.4	25.7
	107.00	5	14.3	14.3	40.0
	110.00	4	11.4	11.4	51.4
	114.00	4	11.4	11.4	62.9
	117.00	3	8.6	8.6	71.4
	120.00	5	14.3	14.3	85.7
	125.00	2	5.7	5.7	91.4
	129.00	3	8.6	8.6	100.0
	Total	35	100.0	100.0	-

Source: Processed results of researchers, 2026

From table 2, the distribution of the frequency of score distribution on the confidence variable with a theoretical score/value of 99.00 (minimum value) and 129.00 (maximum value), then the distribution of scores starting from the minimum value to the maximum value, the researcher can group into three category groups, namely the *low category*, the *medium category* and the *high category group*, which results in the *low category* group between 99.00 – 105.00 (there are 9 players or 25.71% who have a low level of confidence), then in the *medium category* between 107.00 – 117.00 (there are 16 players or 45.71% who have a medium level of confidence), while in the *high category* between 120.00 – 129.00 (there are 10 players or 28.58% who have a high level of confidence). An explanation of the frequency distribution of the percentage of confidence levels can be seen in the following bar chart.

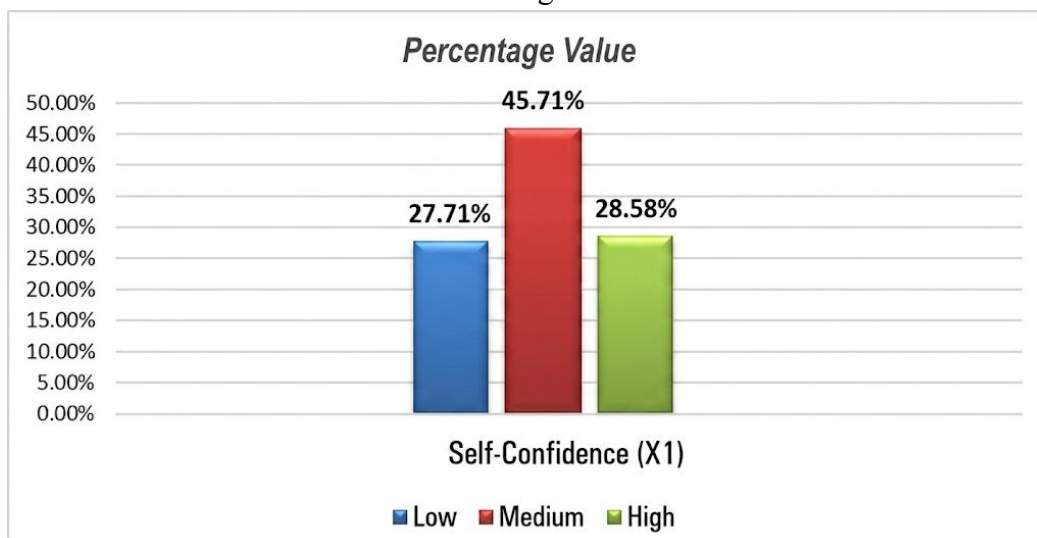


Figure 2. Percentage of Self-Esteem Variable Categories

Source: Processed results of researchers, 2026

Anxiety Variable Measurement Score (X2)

The results of univariate analysis on the data from the measurement of anxiety scores can then be displayed in the form of statistical prices; both price/average value (mean), standard deviation value (Std), sample size, range of highest/maximum and lowest/minimum score ranges, and the spread of frequency distribution scores from anxiety variables in Club Baruna Tumbak Mitra football players. For clarity, the following table is presented a recapitulation of numbers based on basic statistical calculations.

Table 3. Descriptive Statistics Basic Variable X2

	N	Minimum	Maximum	Mean	Std. Deviation
Kecemasan_X2	35	102.00	142.00	122.4286	11.06740
Valid N (listwise)	35	-	-	-	-

Ket: Mean = Average (X), Std = Standard deviation, and N = Sample (n)

Source: Processed results of researchers, 2026

Furthermore, for the distribution of data on the frequency distribution of anxiety scores in Club Baruna Tumbak Mitra football players, the distribution can be presented in the following table.

Table 4. Frequency distribution. Emergency (X2)

		Percent		Cumulative Percent (%)
		Frequency	(%)	
Valid	102.00	1	2.9	2.9
	107.00	3	8.6	11.4
	110.00	3	8.6	20.0
	113.00	4	11.4	31.4
	118.00	5	14.3	45.7
	123.00	4	11.4	57.1
	127.00	3	8.6	65.7
	131.00	5	14.3	80.0
	134.00	4	11.4	91.4
	142.00	3	8.6	100.0
	Total	35	100.0	100.0

Source: Processed results of researchers, 2026

From table 4, the distribution of the frequency of score distribution on the anxiety variable with scores/theoretical values of 102.00 (minimum value) and 142.00 (maximum value), then the distribution of scores starting from the minimum value to the maximum value can be grouped into three category groups, namely *the low category*, *the medium category* and *the high category group*, which results in the *low category group* between the value of 102.00 – 110.00 (there are 7 players or 20.00% who have a low level of anxiety), then in the *medium category* between the value of 113.00 – 127.00 (there are 16 players or 45.71% who have a moderate level of anxiety), while in the *high category* between the value of 131.00 – 142.00 (there are 12 players or 34.29% who have a high level of anxiety). A clear description of the frequency distribution of the percentage of anxiety levels can be seen in the following bar chart.

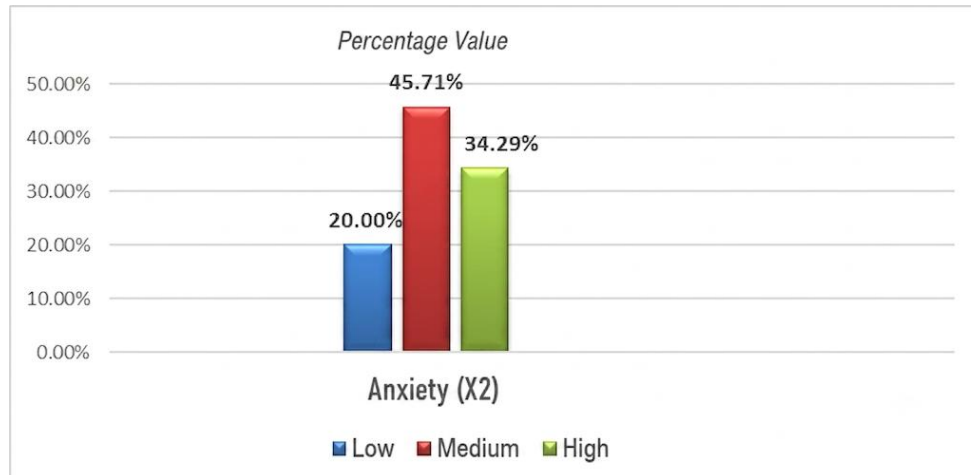


Figure 3. Percentage of Anxiety Variable Categories

Source: Processed results of researchers, 2026

Eye-Foot Coordination Variable Measurement Score (x3)

The results of univariate analysis on the data from the measurement of the eye-foot coordination score can then be displayed in the form of statistical prices; both price/average value (mean), standard deviation value (Std), sample size, highest/maximum and lowest/minimum score range and the distribution of frequency distribution scores from eye-foot coordination variables in Club Baruna Tumbak Mitra football players. For more details, the following table is presented with a recapitulation of the numbers of the eye-foot coordination variables based on basic statistical calculations.

Table 5. Descriptive Statistics Basic Variable X3

	N	Minimum	Maximum	Mean	Std. Deviation
Koordinasi X3	35	9.00	22.00	16.1429	3.69533
Valid N (listwise)	35	-	-	-	-

Ket: Mean = Average (X), Std = Standard deviation, and N = Sample (n)

Source: Processed results of researchers, 2026

Furthermore, for the distribution of data on the frequency distribution of eye-foot coordination scores in Club Baruna Tumbak Mitra football players, the distribution can be presented in the following table.

Table 6. Frequency distribution. Eye-Foot Coordination (x3)

		Percent		Cumulative Percent (%)
		Frequency	(%)	
Valid	9.00	2	5.7	5.7
	10.00	3	8.6	14.3
	11.00	1	2.9	17.1
	13.00	2	5.7	22.9
	14.00	2	5.7	28.6
	15.00	3	8.6	37.1
	16.00	3	8.6	45.7

17.00	4	11.4	11.4	57.1
18.00	5	14.3	14.3	71.4
19.00	4	11.4	11.4	82.9
20.00	3	8.6	8.6	91.4
21.00	1	2.9	2.9	94.3
22.00	2	5.7	5.7	100.0
Total	35	100.0	100.0	-

Source: Processed results of researchers, 2026

From table 6, the distribution of the frequency of score distribution on the eye-foot coordination variable with theoretical scores/values of 9.00 (minimum value) and 22.00 (maximum value), then the distribution of scores starting from the minimum value to the maximum value can be grouped into three category groups, namely the *low category*, the *medium category* and the *high category group*, which results in the *low category* group between the value of 9.00 – 13.00 (there are 8 players or 22.87% who have a low level of eye-foot coordination), then in the *medium category* between the value of 14.00 – 18.00 (there are 17 players or 48.56% who have a medium level of eye-foot coordination), while in the *high category* between the value of 19.00 – 22.00 (there are 10 players or 28.57% who have a high level of eye-foot coordination). A clear description of the frequency distribution of the percentage of the level of eye-foot coordination can be seen in the following bar chart.

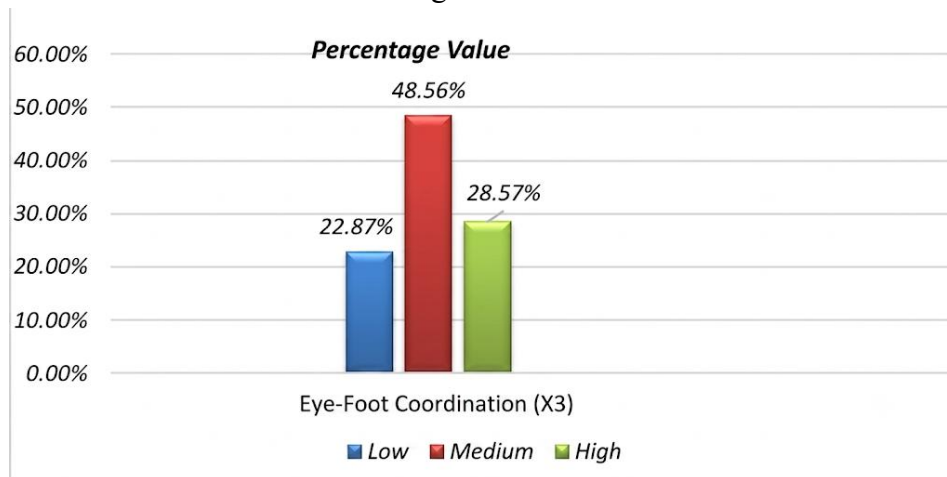


Figure 4. Percentage of Eye-Foot Coordination Variable Categories

Source: Processed results of researchers, 2026

Furthermore, if the score of this eye-to-foot coordination variable refers to the assessment rubric of the eye-foot coordination test with the category of *excellent*, *good*, *sufficient* and *insufficient* (the assessment rubric can be seen in the test instrument chapter 3), and further if consulted with the criteria in the category of assessment norms, as follows;

Table 7. Categories Eye-Toe Coordination

Category	Achievement Score Criteria/Norms	Frequency/Player Volume	Percentage (%)
<i>Excellent</i>	≥ 20	6	17.14%
<i>Good</i>	15 - 19	19	54.29%
<i>Enough</i>	10 - 14	8	22.86%
<i>Less</i>	< 10	2	5.71%
Quantity	-	35	100 %

Source: Processed results of researchers, 2026

Based on the category of assessment norms in the eye-foot coordination test with the results of the achievements of Club Baruna Tumbak Mitra football players, the results of which can be displayed in the following scatter diagram here;

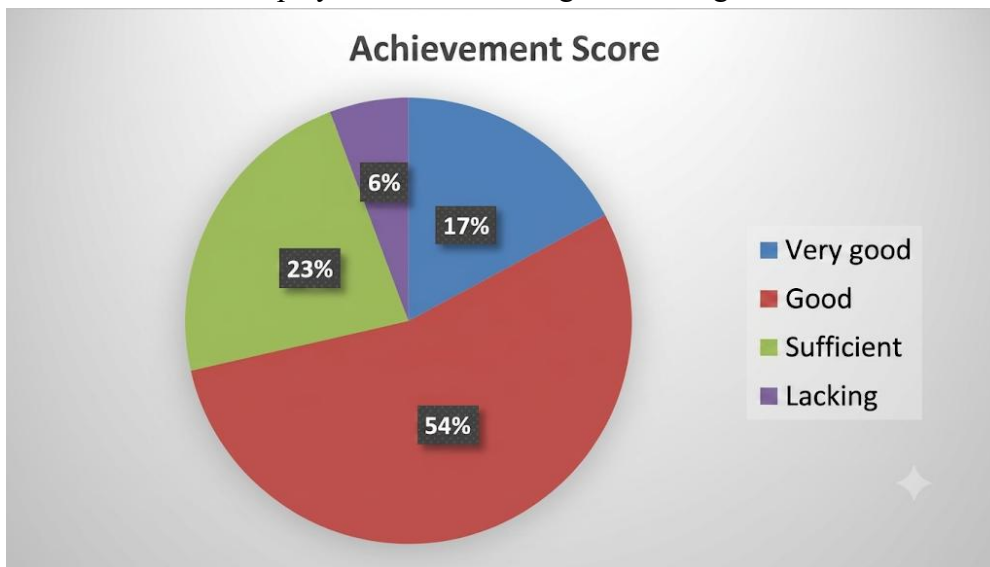


Figure 5. Achievement Circle Chart % Eye-Foot Coordination Score

Source: Processed results of researchers, 2026

From the category of eye-foot coordination achievement scores and the percentage of results achieved are as follows; for the "Very Good" category, 6 football players or 17.14% had the category of very good eye-foot coordination, then for the "Good" category, 19 football players or 54.29% had the category of good eye-foot coordination, and for the "Sufficient" category, It was found that 8 football players or 22.86% had the category of sufficient eye-foot coordination, while for the "Less" category, 2 football players or 5.71% had the category of insufficient eye-foot coordination,

Penalty Kick Measurement Score (Y)

The results of the univariate analysis on the penalty kick score are then displayed in the form of statistical prices; both the mean value, the standard deviation value (Std), the sample size, the range of highest/maximum and lowest/minimum score ranges and the distribution of frequency distribution scores from the penalty kick ability variable in

Club Baruna Tumbak Mitra football players. Clearly, the following table presents a recapitulation of numbers based on basic statistical calculations.

Tabel 8. Descriptive Statistics Dasar Variabel Y

	N	Minimum	Maximum	Mean	Std. Deviation
Tedangan_Pinalti_Y	35	50.05	61.32	56.2426	3.35531
Valid N (listwise)	35	-	-	-	-

Ket: Mean = Average (X), Std = Standard deviation, and N = Sample (n)

Source: Processed results of researchers, 2026

Furthermore, for the distribution of data on the frequency of score distribution of penalty kick ability in Club Baruna Tumbak Mitra football players, it can be presented in the following table.

Tabel 8. Descriptive Statistics Dasar Variabel Y

		Frequency	Percent (%)	Valid Percent	Cumulative Percent (%)
Valid	50.05	2	5.7	5.7	5.7
	51.60	3	8.6	8.6	14.3
	53.00	5	14.3	14.3	28.6
	54.41	3	8.6	8.6	37.1
	55.82	4	11.4	11.4	48.6
	56.23	1	2.9	2.9	51.4
	57.23	3	8.6	8.6	60.0
	57.78	2	5.7	5.7	65.7
	58.78	3	8.6	8.6	74.3
	59.05	2	5.7	5.7	80.0
	60.05	4	11.4	11.4	91.4
	61.32	3	8.6	8.6	100.0
Total	35	100.0	100.0	-	

Source: Processed results of researchers, 2026

From table 9, the distribution of the frequency of score distribution on the penalty kick ability variable with a theoretical score/value of 50.05 (minimum value) and 61.32 (maximum value), then the researcher can group into three category groups, namely the *low category group*, the *medium category* and the *high category group*, which as a result, in the *low category group* between the score of 50.05 – 54.41 (there are 13 or 37.14% of players who have a low penalty kick ability), then in the *medium category* group between 55.82 – 57.78 (there are 10 or 28.57% of players who have a medium level of penalty kick ability), while in the *high category* between 58.78 – 61.32 (there are 12 players or 34.29% of players who have a high penalty kick ability). A clear description of the frequency distribution of the percentage of penalty kick ability can be seen in the following bar chart.



Figure 6. Percentage of Penalty Kick Variable Category

Source: Processed results of researchers, 2026

1) Discussion of Confidence in Penalty Kicks

Based on the results of the analysis which stated that there was a positive and significant influence between confidence (X_1) on the ability of penalty kicks (Y) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 63.594 greater than F_{tabel} 2.17 or in other words ($F_{hit} = 63.594 > (F_{tab}) = 2.17$; then H_0 is rejected and H_a is accepted which states that the confidence variable can affect the penalty kick (probability Sig. = 0.000 < of $\alpha = 0.05$). This result is also shown by obtaining a correlation coefficient of 0.811 while $r_{of\ the\ table}$ is 0.334 ($r_{ob} = 0.811 > r_{table} = 0.334$), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of $\alpha = 0.05$ was greater than the value of sig. ($\alpha = 0.05 > Sig. 0.000$), this means that there is a significant relationship between the confidence level variable and the penalty kick ability variable in Club Baruna Tumbak Mitra football players, with the contribution or contribution of confidence to the penalty kick ability of 43.30% ($Rsquare = (0.658)^2 \times 100\% = 43.30\%$).

These results are adjusted to Rizaldi's opinion. M (2021), that "trust contains beliefs related to strength, a person's ability to do and achieve success, and responsibility for what has been determined". A player's state of emotions, sentiments, and creativity can be influenced by his level of confidence, explaining "a player who has confidence always thinks positively to perform at his best and allows himself to be confident that he is capable of doing so, so that his performance remains good." On the other hand, athletes who lack confidence and harbor pessimistic thinking will find it difficult to perform well. "Confidence is a form of strong belief in the soul, agreement with the soul, and the ability to control the soul," On the other hand, players who think negatively about circumstances and conditions and doubt their ability to perform things will appear to be less confident and have low self-esteem. On the other hand, players

who think positively about situations and conditions always feel confident that they can perform things optimally so that they produce good and stable performance.

Thus, from the results of this investigation, it appears that the confidence variable can affect the variable of penalty kick ability, with a contribution or contribution to the level of confidence in the ability of penalty kicks of 43.30%. This result means that there are still 56.70% of other factors or variables that determine the high and low penalty kick ability, which in this study the researcher did not discuss.

2) Discussion of Anxiety Regarding Penalty Kicks.

Based on the results of the analysis which stated that there was a positive and significant influence between anxiety (X2) on the ability of penalty kicks (Y) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 58.683 greater than F_{tabel} 2.17 or in other words ($F_{hitung} = 58.683 > (F_{tabel}) = 2.17$; then H_0 is rejected and accepts H_a stating that the anxiety variable can affect the penalty kick (probability $Sig. = 0.000 < \alpha = 0.05$). This result is also shown by obtaining a correlation coefficient of 0.800 while r_{table} 0.334 ($r_{hitung} = 0.800 > r_{table} = 0.334$), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of $\alpha = 0.05$ was greater than the value of $sig. (\alpha = 0.05 > Sig. 0.000)$, this means that there is a positive and significant relationship between the anxiety level variable and the penalty kick ability variable in Club Baruna Tumbak Mitra football players, with the contribution or contribution of anxiety to the penalty kick ability of 40.96% ($R_{square} = (0.640)^2 \times 100\% = 40.96\%$).

These results, if adjusted to the opinion of Darisman, et al. (2021), stated that anxiety is a condition of anxiety that is not clear about discomfort or fear accompanied by uncertainty. The source of anxiety is usually non-specific or unexplainable by the individual, fear of a danger. Anxiety is a condition of mental anxiety, concern, fear or premonition and despair due to an unexplainable threat to a meaningful relationship. Anxiety is a change in the warning signal of impending danger and makes individuals take action to deal with anxiety.

Weinberg & Gould (2015), stated that *anxiety* is a negative emotional state characterized by nervousness, worry, and fear and is related to activation or arousal in the body. Anxiety symptoms are usually dominated by psychic complaints (fear and worry), but can also be accompanied by somatic (physical) complaints. Tension and anxiety are intertwined and always show up in sports activities.

Thus, from the results of this investigation, it turns out that the anxiety variable can affect the variable of penalty kick ability, with a contribution or contribution of the level of anxiety to the ability of penalty kicks of 40.96%. This result means that there are still 59.04% of other factors or variables that determine the high and low penalty kick ability, which in this study the researcher did not discuss.

3) Discussion of eye-foot coordination on penalty kicks.

Based on the results of the analysis which stated that there was a positive and significant influence between eye-foot coordination (X3) on penalty kick ability (Y) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 111.092 greater than F_{tabel} 2.17 or in other words (F_{hit}) = 111.092 > (F_{tab}) = 2.17; then H_o is rejected and accepts H_a stating that the eye-foot coordination variable can affect the penalty kick ability (probability Sig. = 0.000 < of α = 0.05). This result is also shown by obtaining a correlation coefficient of 0.876 while r_{table} 0.334 (r_{ob} = 0.876 > r_{table} = 0.334), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of α = 0.05 was greater than the value of sig. (α = 0.05 > Sig. 0.000), this means that there is a positive and significant relationship between the eye-foot coordination variable and the penalty kick ability variable in Club Baruna Tumbak Mitra football players, with the contribution or contribution of eye-foot coordination to penalty kick ability of 59.44% ($R_{square} = (0.771)^2 \times 100\% = 59.44\%$).

The result is in accordance with the view by Harsono (1993) that, "an athlete with good coordination not only masters a skill perfectly but can also easily and quickly perform skills that are still new to him, because the athlete can easily change and move quickly from one movement pattern to another so that his movements become efficient". The complexity in a coordination with many elements related to mastering a skill requires intensive training so that in performing movements with various levels of high difficulty, the movements can be mastered because of the explosive coordination between the eyes.

According to Suharno (1993) that, "coordination is the ability to use the five senses together with certain parts of the body in carrying out motor activities smoothly (harmoniously) and with high determination". Coordination skills include activities that consist of two or more abilities and patterns of movement, such as eye-hands requiring observation skills and forms of movement. Eye-to-foot coordination refers to the ability to learn to select objects around them and to coordinate objects of view with movement manipulation, so eye-foot coordination requires precision and movement control, such as when we kick a ball.

Thus, from the results of this investigation, it appears that the eye-foot coordination variable can affect the penalty kick ability variable, with the contribution or contribution of eye-foot coordination to the penalty kick ability of 59.44%. This result means that there are still other factors or variations of 40.56% that also determine the high and low penalty kick ability, which in this study the researcher did not discuss.

4) Discussion of self-confidence against anxiety.

Based on the results of the analysis which stated that there was a positive and significant influence between confidence (X1) and anxiety (X2) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 141.386 greater than F_{tabel} 2.17 or in other words (F_{hit}) = 141.386 >

(F_{tab}) = 2.17; then H_0 is rejected and accepts H_a which states that the confidence variable can affect anxiety (probability Sig. = 0.000 < of α = 0.05). This result is also shown by obtaining a correlation coefficient of 0.900 while r_{table} 0.334 (r_{ob} = 0.900 > r_{table} = 0.334), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of α = 0.05 was greater than the value of sig. (α = 0.05 > Sig. 0.000), this means that there is a positive and significant relationship between the confidence variable and the anxiety variable in Club Baruna Tumbak Mitra football players, with the contribution or contribution of confidence to anxiety of 65.77% ($R_{square} = (0.811)^2 \times 100\% = 65.77\%$).

In Paramitayani's (2008) research on self-confidence and anxiety, it was explained that there was a negative relationship between self-confidence and anxiety in interpersonal communication, which means that these two variables have a high relationship. And the results of Andrianto's (2008) research obtained that the variable of communication skills and the variable of confidence with presentation anxiety have a significant relationship. Confidence is a belief in one's own abilities so that in action students are not too anxious, feel free. Confidence is a feeling of being secure enough and knowing what is needed in life so that there is no need to compare yourself with others. Each individual has different confidence, some people feel very confident while some individuals feel less confident. Indeed, confidence is an attitude in a person who can accept reality, can develop self-awareness, think positively, have independence, and have the ability to have and achieve everything desired.

Thus, from the results of this investigation, it appears that the confidence variable can affect the anxiety variable, with the contribution or contribution of confidence to anxiety of 65.77%. This result means that there are still other factors or variations of 34.23% that also determine the height and severity of anxiety, which in this study the researcher did not discuss.

5) Discussion of confidence in eye-foot coordination.

Based on the results of the analysis which stated that there was a positive and significant influence between confidence (X1) on eye-foot coordination (X3) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 48.243 greater than F_{tabel} 2.17 or in other words (F_{hit}) = 48.243 > (F_{tab}) = 2.17; then H_0 is rejected and accepts H_a stating that the confidence variable can affect eye-foot coordination (probability Sig. = 0.000 < of α = 0.05). This result is also shown by obtaining a correlation coefficient of 0.771 while the r_{table} is 0.334 (r_{ob} = 0.771 > r_{table} = 0.334), which when compared to the interpretation criteria of the correlation index is in the category of strong relationships (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of α = 0.05 was greater than the value of sig. (α = 0.05 > Sig. 0.000), this means that there is a positive and significant relationship between the confidence variable and the eye-to-toe coordination variable in Club Baruna Tumbak Mitra football players, with the

contribution or contribution of confidence in eye-foot coordination of 35.28% (Rsquare = $(0.594)^2 \times 100\% = 35.28\%$).

There are various opinions that confidence in sports has a key role in athletes' performance. When an athlete has high self-confidence, they tend to face challenges with a strong mental attitude, the ability to cope with pressure, and the ability to stay focused on goals. It can also help athletes overcome fear, doubt, and worry that may arise in performing a coordination movement such as eye-to-toe coordination when shooting in a soccer game. Confidence is an important factor in achieving success in sports. By having strong confidence, athletes can optimize their potential and perform well in competitions. Confidence helps athletes to cope with pressure, face challenges with a positive attitude, and stay focused on goals.

Thus, from the results of this investigation, it turns out that the confidence variable can affect the eye-toe coordination variable, with the contribution or contribution of confidence to eye-foot coordination of 35.28%. This result means that there are still other factors or variations of 64.72% that also determine the height and low of eye-foot coordination, which in this study the researcher did not discuss.

6) Discussion of anxiety about eye-foot coordination.

Based on the results of the analysis which stated that there was a positive and significant influence between anxiety (X2) on eye-foot coordination (X3) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value on the Anova table of 62.807 greater than F_{tabel} 2.17 or in other words ($F_{hit} = 62.807 > (F_{tab}) = 2.17$; then H_0 is rejected and accepts H_a stating that the anxiety variable can affect eye-toe coordination (probability Sig. = $0.000 < \alpha = 0.05$). This result is also shown by obtaining a correlation coefficient of 0.810 while r_{table} 0.334 ($r_{ob} = 0.810 > r_{table} = 0.334$), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of $\alpha = 0.05$ was greater than the value of sig. ($\alpha = 0.05 > Sig. 0.000$), this means that there is a positive and significant relationship between the anxiety variable and the eye-to-toe coordination variable in Club Baruna Tumbak Mitra football players, with the contribution or contribution of anxiety to eye-foot coordination of 43.03% (Rsquare = $(0.656)^2 \times 100\% = 43.03\%$).

As stated by Rahmad Subandi (2024), ankle coordination and anxiety are important components in shooting accuracy to goal. If the player's coordination of the ankles and anxiety is not good, then the shooting accuracy produced by the player is not good. If the player has good ankle coordination and anxiety, then the shooting accuracy will also be good. Based on this, according to the researcher's analysis of the study, it was found that there is a significant relationship between anxiety and eye coordination and shooting accuracy, where if anxiety can be overcome and ankle coordination is improved, shooting accuracy also improves for the better. Thus, to improve shooting accuracy to be better, it is necessary to have physical and mental training of players to overcome anxiety and improve ankle coordination regularly.

Thus, from the results of this investigation, it appears that the anxiety variable can affect the eye-foot coordination variable, with the contribution or contribution of anxiety to eye-foot coordination of 43.03%. This result means that there are still other factors or variations of 56.97% that also determine the height and low of eye-foot coordination, which in this study the researcher did not discuss.

7) Discussion of Confidence, Anxiety, Simultaneous Eye-Foot Coordination on Penalty Kicks

Based on the results of the analysis which stated that there was a positive and significant influence simultaneously between confidence (X1), anxiety (X2), eye-to-foot coordination (X3) on penalty kick ability (Y) in Club Baruna Tumbak Mitra football players. This result is shown by the F_{hitung} value in the Anova table of 62.807 greater than F_{tabel} 2.17 or in other words $(F_{hitung}) = 45.748 > (F_{tabel}) = 2.17$; then H_0 is rejected and accepts H_a stating that the variables of confidence and anxiety as well as eye-toe coordination together (simultaneous) can affect the ability of the penalty kick (probability $Sig. = 0.000 < \text{of } \alpha = 0.05$). This result is also shown by obtaining a simultaneous correlation coefficient of 0.903 while r_{table} is 0.334 ($r_{ob} = 0.903 > r_{table} = 0.334$), which when compared to the interpretation criteria of the correlation index is in the category of a very strong relationship (*index criteria attached*). Likewise, the results of the coefficient significance test showed that the value of $\alpha = 0.05$ was greater than the value of $sig. (\alpha = 0.05 > Sig. 0.000)$, this means that there is a positive and significant relationship between the variables of confidence, anxiety, eye-toe coordination simultaneously with the variable of penalty kick ability in Club Baruna Tumbak Mitra football players, with a contribution of 66.59% ($R_{square} = (0.816)^2 \times 100\% = 66.59\%$).

From these results, it shows that the role of confidence level and anxiety level as well as eye-to-toe coordination play an important role in improving football achievement, especially in executing penalty kicks, because mental factors other than physical condition, good technique, and tactics of an athlete will determine his achievement; as Sajoto (1998) said, that "in addition to the factor of physical condition, the mentality factor is one of the indispensable conditions in every effort to improve athletes' achievements, it can even be said to be the basis of an achievement prefix". The mentality factor, both in anxiety and self-confidence and physical factors in the form of eye-foot coordination is a whole unit that cannot be separated both in terms of improvement and maintenance, meaning that every effort to improve the physical condition of the mental aspect should not be forgotten, so it must develop all these components even though it needs to be done with a priority system, which in this study focuses on mental factors with a component of confidence and anxiety and physical components in the form of eye-foot coordination which are associated with the ability to take penalty kicks in the game of football. It is undeniable that the component of confidence and anxiety is very necessary to improve achievement in almost all sports, especially in the game of football, for example in determining the choice of executing penalty kicks given by the captain of the team or coach to the player, there is definitely

tension, anxiety and even fear when making the kick, of course this will have an impact on a high level of confidence and the level of controlled anxiety and eye-to-toe coordination that can overcome it.

Thus, from the results of this investigation, it turns out that the variables of confidence, anxiety, eye-to-toe coordination can affect the variables of penalty kick ability, with the contribution or contribution of confidence, anxiety, eye-foot coordination to the penalty kick of 66.59%. This result means that there are still other factors or variations of 33.41% that also determine the high and low penalty kick ability, which in this study the researcher did not discuss.

CONCLUSION

Based on the results of the study and discussion, it can be concluded that confidence, anxiety, and eye-foot coordination had significant positive influences on penalty kick ability among football players of Club Baruna Tumbak Mitra. Confidence contributed 43.30% to penalty kick ability, indicating that players with higher self-confidence tended to perform better in executing penalty kicks. Anxiety also showed a significant influence on penalty kick ability, with a contribution of 40.96%, suggesting that anxiety levels, when appropriately managed, may affect players' focus and performance during penalty situations. In addition, eye-foot coordination had the strongest individual contribution to penalty kick ability, amounting to 59.44%, demonstrating the importance of motor coordination in achieving accurate and effective penalty kicks.

Furthermore, confidence had a significant influence on anxiety, with a contribution of 65.77%, while confidence also influenced eye-foot coordination by 35.28%. Anxiety was likewise found to have a significant influence on eye-foot coordination, contributing 43.03%. Simultaneously, confidence, anxiety, and eye-foot coordination had a significant combined influence on penalty kick ability, with a total contribution of 66.59%.

These findings indicate that psychological factors and motor coordination play an important role in determining penalty kick performance among football players of Club Baruna Tumbak Mitra.

REFERENCES

- Brewer, C. (2017). *Athletic movement skills: Training for sports performance*. Human Kinetics.
- Dalbudak, İ., Turan, M. B., Usufli, O., Karaoğlu, B., Pepe, O., Balyan, M., Kara, M., & Aydin, S. E. (2026). From mind to match: The impact of psychological skills intervention programs on football players' mental toughness, decision-making, and tactical skills: A randomized controlled group study. *Frontiers in Psychology*, *17*, 1828902.
- Darisman, E. K., Prasetyo, R., & Bayu, W. I. (2021). *Learn sports psychology: A theory and application in sports*. Jakad Media Publishing.

- Gruborovics, T., & Kolehmainen, T. (2017). *Fear of failing in a competitive achievement setting: The relations between fear of failure, achievement goals and achievement behaviours among adolescent male football players in Finland*.
- Ilham. (2014). *Hubungan power tungkai dan kecemasan dengan akurasi tendangan peserta ekstrakurikuler sepak bola SMP Negeri 21 Tanjung Timur*.
- Kenanto, C. E. L. (2023). *The relationship between confidence and anxiety on the penalty kick ability of Mataram Sleman women's soccer players* (Undergraduate thesis). Faculty of Sports and Health Sciences, Yogyakarta State University.
- Kusuma, I. D. M. A. W., Kusnanik, N. W., Lumintuarso, R., & Phanpheng, Y. (2024). The holistic and partial approach in soccer training: Integrating physical, technical, tactical, and mental components: A systematic review. *Retos: Nuevas Tendencias en Educación Física, Deporte y Recreación*, 54, 328–337.
- Kyselov, V., Sakhnenko, A., Vorona, V., Skrypka, I., & Yeremenko, L. (2025). Comprehensive training for young football players: Technical, physical, and psychological readiness for global competitions. *Sport TK: Revista Euroamericana de Ciencias del Deporte*, 14, 45.
- Lubis, J., & Wardoyo, H. (2014). *Panduan praktis pencak silat*. RajaGrafindo Persada.
- Manilal, K. P. (2021). *Planning for sports ultimate performance*. Sports Education Technologies.
- Mohamed, M. Y., Maamar, B., Badis, R., Mahdi, D., Bilel, B., Amar, Z., Mourad, K., Redha, B., Ali, M. S., & Mohamed, S. (2026). Effectiveness of an integrated multidimensional training and educational program combining physical conditioning, technical skill development, and neuromuscular enhancement on the performance of young amateur football players: An experimental study in Souk Ahras Province, Algeria.
- Paturusi, A. (2024a). *Football practice theory and its measurement*. PT Keras Media Literasi Indonesia.
- Paturusi, A. (2024b). *Statistics II & their applications*. PT Keras Media Literasi Indonesia.
- Rahmad, S. (2024). *The relationship between anxiety and ankle coordination on shooting football players* (Undergraduate thesis). Universitas Negeri Jakarta.
- Rambing, C. E. (2025). *The relationship of confidence and anxiety with penalty kicks in Club 1000R FC football players* (Undergraduate thesis). Universitas Negeri Manado.
- Rizaldi, M., & Sari, Y. P. (2021). The level of confidence to support the results of the penalty kick. *Journal of Sports Education*, 1(3).
- Tornero-Aguilera, J. F., Stergiou, M., Rubio-Zarapuz, A., Martín-Rodríguez, A., Massaça, L. M., & Clemente-Suárez, V. J. (2024). Optimising combat readiness: Practical strategies for integrating physiological and psychological resilience in soldier training. *Healthcare*, 12(12), 1160.
- Wibowo, A., & Pudjijuniarto. (2020). *The relationship between anxiety levels and penalty kick accuracy test results in football games* (Undergraduate thesis).

Faculty of Sports Sciences, State University of Surabaya.

Zhang, X., Zhaparova, A. Z., Zheng, F., & Yang, J. (2026). Sports cultural lexis translation in competitive sport contexts: Effects on athletes' competitive identity and achievement motivation. *Retos*, 80, 1441–1455.