Menstrual Cycle: Does it Influence the Anxiety and Confidence of the Volley Ball Athletes?

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Abstract. The research aims to find out how high the increasing of anxiety of volleyball athletes and to find out how much the confidence decreasing on their menstrual cycle. The research method that was employed is the causal-comparative research (Ex-Post Facto) with 12 volleyball athletes as the sample. The result shows that the anxiety increasing on the pre-menstrual phase is about thirty two point five percent, during the menstrual phase about thirty two point nine percent and on post-menstrual phase is about forty five point five percent. Meanwhile, the confidence decreasing level on the pre-menstrual phase is about thirty four point one percent, during the menstrual phase about thirty three point seven percent and on the post-menstrual phase is about forty three point seven percent. The conclusion is that the menstrual phase influences the anxiety increasing and confidence decreasing of volleyball athletes.

1. Introduction
In achieving a champion in the sport of volleyball requires a long, organized, focused and sustainable training process. Starting with coaching athletes through regular practice, directed, planned and mastery of the physical, technical, tactical, and mental. In general there are many coaches and athletes who think that high achievement can be achieved by practicing constantly and promoting physical aspects, techniques and tactics alone. But physiological factors also affect the achievement of peak performance as the menstrual cycle. The menstrual cycle is a monthly cycle of a woman that happens every month. This cycle is a complex sequence of events which affect each other and occur simultaneously. [1.10] "The term menstrual (men'etroo-al) cycle technically Refers to the cyclic changes that occur in sexually mature, non-pregnant females and culminate in menses". The term menstrual cycle is technically refers to cyclic changes that occur in sexual maturity, women who are not pregnant will lead to menstruation. [2] "This is a series of events, occurring regularly in females every 26 to 30 days throughout the childbearing period of about 36 years".

Menstrual cycle occurs periodically for 26 to 30 days. Before menstruation occurs there is a syndrome called Premenstruation Syndrome (PMS). Premenstruation Syndrome is a collection of symptoms due to hormonal changes associated with the current cycle of ovulation that is the release of eggs from the ovaries and menstruation. Syndrome will disappear when menstruation begins until a few days after menstruation. [3] Premenstrual Syndrome (PMS) is a set of persistent and uncomfortable emotional and physical symptoms that negatively affect the behavior of women during...
their premenstrual period. Premenstrual symptoms may include, but are not limited to: depression, anxiety, irritability, confusion, explosive anger, isolation, breast pain, abdominal discomfort, edema, and the others. PMS is a group of uncomfortable emotional symptoms and physical symptoms negatively affecting behavior of women during their premenstrual period. Symptoms such as depression, anxiety, irritability, confusion, anger explodes, isolated, breast pain, abdominal discomfort, edema, and others. Psychological problems that occur during the menstrual cycle will affect the performance of athletes when in the process of achievement of peak performance, which will certainly affect the decreasing performance of athletes. Psychological symptoms that arise as a result of the menstrual cycle such as anxiety, confusion and lack of confidence.

1.1. Menstrual cycle
Menstrual cycle is a complex sequence of events which affect each other and occur simultaneously. [1] "The term menstrual (men'etroo-al) cycle technically Refers to the cyclic changes that occur in sexually mature, nonpregnant females and culminate in menses". That term menstrual cycle (men'troo-al) technically refers to cyclic changes that occur in sexually mature, non-pregnant women and lead to menstruation. [14] The menstrual cycle is divided into three parts: 1) Cycle Endometrium, 2) the ovulation cycle, 3) Cycle hypothalamic-pituitary. In endometrial cycle consists of four phases, namely the menstrual phase, the proliferative phase, the phase of secretion (Luteal), the phase of ischemia (premenstrual).

1.2. Anxiety
Anxiety is a feeling of insecurity and fears that arise because of perceiving something which is not pleasant but largely unknown about source and comes from within. Anxiety is taken from the Latin is angere, which means choking. [4] "The term anxiety is derived from the latin word angere, meaning to choke. This latin root is interesting because choking under pressure is widespread in sport ". Understanding anxiety comes from the word anger, which means that inhibiting. This basic latin, quite interesting because it inhibits under broad pressure in the sport. [5] "Anxiety is a negative state with feelings of nervousness, worry, and apprehension associated with activation or arousal of the body". That is a negative state with nervousness, worry, and anxiety associated with activation or arousal anxiety body to understand correctly, it is necessary to discover the psychological component and to distinguish the sense of fear and arousal. [4] Anxiety is divided into three components, namely the mental (cognitive), physical (somatic) and behavior.

More [4, 9, 12] "Somatic anxiety Refers to the physical manifestation of anxiety and may be defined as" one "s perception of the physiological-affective elements of the anxiety experience, that is, indications of autonomic arousal and unpleasant feeling states such as nervousness and tension ". In sports, the anxiety component is obvious when an athlete suffers physical symptoms such as increased sweating, palpitations, shortness of breath fast, sweaty and uncomfortable feeling in the stomach. Where cognitive anxiety is characterized by negative thoughts and worries, somatic anxiety associated with signs of autonomic arousal.

1.3. Confidence
Self-confidence is a belief and attitudes towards ability itself by accepting it as it is both positive and negative formed and studied with the goal of happiness itself. [6] "... the confidence of athletes consist of beliefs about the strength, abilities, and skills to achieve success as well as responsible for the decisions that have been set by himself". [5] "Confidence as the belief that you can successfully perform a desired behavior". Confidence is the basic capital of an athlete to achieve maximum performance. [7, 13] "One of the most consistent findings in the literature peak performance is the direct correlation between high levels of self-confidence and successful sport performance". One of the most consistent invention in the top performance of literature is the high level of confidence and successful sport performance [7] "...
most athletes that sport confidence are critical to performance, even the most successful athletes can be susceptible to wavering levels of confidence”. The intention of the opinion that the confidence in the sport is very important to improve performance, even the most successful athletes can be susceptible to the level of confidence is faltering. Given the confidence in the sport is very important, it is necessary that it should be maintained by athletes so athlete’s confidence remained at an optimum point.

2. Method
The research method is a way that the researchers used in accordance with the data collection issues to be investigated, so the goal of the study is reached. This study employed research methods that is called Causal Comparative Research Ex Post Facto. The population [8] is "a group of subjects required by the researchers, a group which the researcher wants to generalize the findings of research". The population is the athletes of Student Activity Unit of Volleyball UPI, with 12 people as samples. Data collection techniques were in the form of anxiety questionnaires and confidence questionnaires.

3. Results and Discussion
Based on the results of data analysis and processing, then there is the research results of the study show that a decreasing in the level of anxiety in the phase prior periods amounted to 32.5%, during menstruation 32.9% and 45.5% after the menstrual phase. While the decline in the level of confidence in the phase before menstruation 34.1%, 33.7% in the menstrual phase and the phase after menstruation 43.7%. As shown in Table 1.

Table 1. Against the menstrual cycle and Decrease Anxiety Increased Confidence

| No | Menstrual Cycle  | Decreasing of Anxiety | Decreasing of Confidence |
|----|------------------|------------------------|--------------------------|
| 1  | Premenstrual Phase | 32.5%                  | 34.1%                    |
| 2  | Menstruation      | 32.9%                  | 33.7%                    |
| 3  | Postmenstrual Phase | 45.5%                 | 43.7%                    |

In Table 1 it is known that a decreasing of physical condition before menstruation 32.5%, amounting to 32.9% during menstruation and after menstruation 45.5%. It proves that the level of the most excellent physical condition of volleyball athletes happens on the third phase is the phase after menstruation. In table 1 is known drop in appearances before menstruation 34.1%, 33.7% during menstruation and after menstruation about 43.7%. Best performance of volleyball athletes occur in the account after the menstrual phase.

4. Conclusion
The research shows that the decreasing level of anxiety in the phase prior periods amounted to 32.5%, during menstruation is about 32.9% and 45.5% after the menstrual phase. While the decline in the level of confidence in the phase before menstruation is about 34.1%, about 33.7% in the menstrual phase and in the phase after menstruation 43.7%. The conclusion is that the menstrual cycle influences the increasing of anxiety and decreasing of confidence among volleyball athletes.

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