

# **Analysis of Confidence of North Maluku Athletes at the National Student Sports Week (Pomnas) of DKI Jakarta and the Student League in 2019.**

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- **Abstract:** The purpose of this study is to express the confidence held by North Maluku student athletes in participating in POMNAS activities in 2019 in DKI Jakarta. Previous confidence studies have published many quantitative research findings, therefore through this study researchers want to reveal deeper information about athlete confidence. Thus this research uses a mixed research design with an explanatory design with the hope that in addition to getting quantitative data information as well as qualitative data can be obtained so that the information is more complete. The population in this study was north Maluku student athletes who participated in POMNAS and U-21 Student League activities in 2019 as many as 106 athletes. Then qualitative data was obtained through semi-structured interviews of 4 athletes. The results showed that as many as 72 athletes were in the moderate category with a percentage rate of 67.92%. Qualitative analysis shows that there are athletes who must be trained and must be controlled, but there are also athletes who feel they have received support from friends and teams.
- **Keywords:** POMNAS, DKI , jakarta