

THE INFLUENCE OF IMAGERY ON THE FIELD TENNIS SERVE SKILLS

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Abstract

Basic technical skills in the game of field tennis are still often found several obstacles, one of which is the basic technique of serving. Many students who take field tennis courses still experience errors when serving. They tend not to feel confident and hesitate when serving, so an approach is needed to overcome the problem, one of which is using imagery. The methodology used is quasi experiment, where the implementation does not use a control class. The research subjects were PJKR students of Insan Budi Utomo University who were taking field tennis courses as many as 40 students. From the research that has been carried out, it has been obtained in the form of t-test results and t-count results where it is found to be greater than the t-table, $2.86 > 2.262$, therefore there is a difference in the increase from pre-test to post-test. Where in the pre-test average result is 8.4, while the post-test average result after imagery training is 15.5. In addition, imagery training has an influence of around 84.52% on the results of tennis serving skills in PJKR students at Insan Budi Utomo University.

Keywords: Imagery; Serving; Court Tennis

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INTRODUCTION

Sport is a form of movement which can have a positive impact in the form of joy for those who carry it out. Sports development can be through 3 pillars, namely sports as education, tourism and achievement (Fakhi, 2019). One of the right exercises will affect the ability of good student skills. Training activities are carried out to provide an instruction that is expected to have a positive impact both physically and mentally (Yudhatama, 2022). Coaching to the process of developing sports activities should be carried out by an educator or a coach and have a certificate of competence in their field to supporting facilities and infrastructure. This is done so that educators can further develop in the field of

sports through education that prioritizes a process not fixated on results (Ramadan, 2019). To find an expected achievement is not as easy as turning the palm of the hand, of course it requires a lot of factors such as fitness, technique, tactics to mentality. One of them is the role of a coach who can boost even better achievements, because the coach is an extremely important part in the process of achieving the expected achievements (Periyadi, 2017). In carrying out sports activities or even a match, it is very necessary to have a good level of focus to mentally.

Mental for sports people is an extremely important part that must be trained regularly, without a good mentality it is very unlikely that someone can improve achievement according to what is expected. At the student level, it is still often found that the mental level is still in the low category. Therefore, it is necessary to have a special training to support mental readiness for someone to be better, one of which uses imagery training. Imagery can be interpreted as imagining events and releasing their best skills without a sense of burden before someone does before starting an activity or before a match. By using one of the psychological approaches, the hope is that each performance can provide more encouragement during its implementation so that it can achieve optimal achievement during the match. In sports coaching, one part that should not be abandoned is psychological (Setyawati, 2014).

Often the psychological aspect is not used, namely the lack of understanding of a practitioner in this case educators and coaches in the scope of sports people. Even though this has a very big impact in supporting the appearance, efforts, strategies to the achievements of their fostered participants. Under certain conditions, even though there are athletes who have done training well to show the increasing progress of their training, it could be that the time of the match concerned has not been able to bring out his best performance. It is feared that the person concerned still has problems with his mentality which causes hesitation in making a decision during the match. Problems that arise both

when practicing and when competing can also further weaken self-confidence, even though the athlete has practiced well. Specifically in sports, imagery is used in helping players or athletes in creating a real picture related to the real conditions of the match carried out repeatedly, so that it can help in increasing motivation (Setyawati, 2014) (Arif, 2013). Imagery is carried out by closing the eyes, then bringing himself so that he can feel the pressure during the match process to make the player become paced to bring out his best skills (Periyadi, 2017) (Pratama et al., 2020) (Arif, 2013).

Mental imagery is a training method where the results can improve athletes' abilities such as being able to visualize events, build self-confidence, think more positively, orient towards solving an anxiety problem, increase focus, and train mentally which will have an impact on the activities that will be carried out (Setyawati, 2014) (Komarudin, 2013). Therefore, in overcoming anxiety, an exercise is needed to improve and improve mentally to trust in field tennis players in this case the PJKR students of Insan Budi Utomo University in the lecture process so that it can be applied to the mental coaching stage.

The sport of field tennis is currently developing and is favored by the wider community ranging from young people to parents regardless of gender, age, and background of the player (Nugraha, 2022) (Tarihoran, 2020) (Mawarda, 2021). This sport has been growing as evidenced by the increasing number of clubs ranging from government agencies, universities and others (Zoki, 2018) (Arisman, 2018). Until the increasing number of competitions ranging from regional to international competitions that have entered the schedule every year (Tarihoran, 2020) (Arisman, 2018). Tennis can be played on various types of courts (Kusuma, 2019). Tennis facilities that are played indoors make it possible to do it anytime without worrying about uncertain weather conditions. This field tennis is played with a racket in hitting the ball and can be played by 1 player (single) to 2 players (double) (Yusuf, 2022) (Rizal, 2023).

Serving in the current state of development is no longer considered a starting game, but is used as an initial attack until it can get numbers. In order to

get good results, effective and efficient training is needed (Tarihoran, 2020). The serve is a technique that should be mastered, not only to start the match but also as a first attack (Utomo, 2020) (Mawarda, 2021) (Jannah, 2021). If a person has not been able to master the basic techniques well, it will have difficulty when carrying out a tennis court game (Pujianto, 2019).

In the lecture process, students are given lessons on how to use good techniques. Basic techniques are skills that every student must master in order to play tennis well. Tennis has a relatively high level of difficulty, because tennis requires skill to good coordination. During the lecture process, students tend to experience difficulties during learning, especially in serving techniques. Based on the identification of problems that have been carried out, there are problems that arise, one of which is that students are still hesitant in carrying out the service technique. Where this causes most students to practice serving not over the net. In conditions like this, lecturers teaching field tennis courses have a vital role in conveying examples of correct movements to students, so that the expected learning process will be in accordance with the learning targets that have been compiled.

METHOD

The methodology used is quasi-experimentation, which in its implementation does not use a control class. In the research design, an initial test of data collection was carried out, after which training was given to the subject and at the end a final test was taken which was used to determine how much influence the training had given. The research subjects were PJKR students of Insan Budi Utomo University who were taking field tennis courses as many as 40 students. This research was conducted during the course at the tennis court around the Gajayana Stadium area in Malang. The test instrument in this study used the Hewitt Tennis Archievement Test with various equipment that has been provided. Before data collection is carried out, the subject is first given an explanation of how the procedure for carrying out the Hewitt tennis archievement test, after which the subject warms up so that he is ready during the test. Each subject was given a

trial of 10 service opportunities. In an effort to analyze the data from the pretest and posttest results using SPSS with a t-test. The results of the conclusion are accepted and rejected a hypothesis that is with a significance of 5%.

RESULT AND DISCUSSION

The results obtained in the field tennis serving skills of PJKR students at Insan Budi Utomo University are then used to determine the actual conditions which are then used to be analyzed with some data testing. The results of data testing can be described below:

Table 1. Service Test

| Tes | N | Min | Max | Mean | SD |
|------------------|----|-----|-----|------|-------|
| <i>Pre -test</i> | 40 | 3 | 17 | 8,4 | 5,016 |
| <i>Post-test</i> | 40 | 9 | 28 | 15,5 | 6,521 |

This pretest was carried out to assess the field tennis service skills before being given imagery training. The pretest results with a minimum result of 3 and a maximum result of 17, with an average value of 8.4 to the standard deviation result of 5.016. Furthermore, after knowing the pretest results, the students were given imagery exercises in an effort to improve their serving skills in the field tennis game. The posttest was carried out in an effort to determine the level of field tennis serving skills after being given imagery exercises. The posttest results obtained a minimum result of 9 and a maximum result of 28, with an average value of 15.5 and a standard deviation of 6.521. Reflecting on the results of this data, it can be concluded that it has increased with an initial average value of 8.4 to 15.5. In the normality test, where the data used during the study are as follows:

Table 2. Normality Test

| Tes | N | Mean | SD | Sig | Ket |
|------------------|----|------|-------|-------|--------|
| <i>Pre-test</i> | 40 | 8,4 | 5,016 | 0,771 | Normal |
| <i>Post-test</i> | 40 | 15,5 | 6,521 | 0,559 | Normal |

Referring to these data, that for the significance value for each variable, namely a total of 0.771 data results during the pre-test and 0.559 data results during the post-test. Where the results have a value $> \alpha = 0.05$, the test results are said to be normally distributed. In an effort to find out the homogeneous value and have similar variations, an Homogeneity Test is carried out before and after being given imagery exercises.

Table 3. Homogeneity Test

| Variabel | N | F _{Hitung} | F _{Tabel} | Ket |
|---------------|----|---------------------|--------------------|---------|
| <i>Servis</i> | 40 | 1,27 | 3,07 | Homogen |

Based on the test results, it can be concluded that the Fcount value is 1.27 and the Ftable result value based on the number $n = 10$ is 3.07. So it can be concluded that the research has homogeneous variance results because the Fhitung $< F$ table $1.27 < 3.07$. Thus the hypothesis is stated that there is an influence of imagery training on the results of field tennis service skills of PJKR students at Insan Budi Utomo University. With the results of the analysis of the t-test, namely:

Table 4. Hypothesis Test

| Tes | N | Mean | T _{Hitung} | Sig | T _{Tabel} |
|------------------|----|------|---------------------|-----|--------------------|
| <i>Pre-test</i> | 40 | 8,4 | 2,86 | 5% | 2,262 |
| <i>Post-test</i> | 40 | 15,5 | | | |

Based on the test results, it is known that the tcount result is 2.86 while the ttable result is 2.262. Therefore, in the value of tcount $>$ ttable $2.86 > 2.262$ so that it can be concluded that there is an influence on imagery training on the results of tennis sevis skills in PJKR students at Insan Budi Utomo University, this research hypothesis is accepted.

Table 5. Improvement

| Tes | N | Mean | Mean Different | Peningkatan |
|------------------|----|------|----------------|-------------|
| <i>Pre-test</i> | 40 | 8,4 | 7,1 | 84,52% |
| <i>Post-test</i> | 40 | 15,5 | | |

Based on the results of these calculations, the average difference between the pretest results and the posttest results is 7.1. Therefore, for the average difference, the amount of percentage increase can be found by multiplying the average difference by 100%, which results in 84.52%. So it can be said that the service skills that have been given imagery training have an increase of 84.52%.

Discussion

In a match at least 70% of the mental influence is determined and around 30% is influenced by others. Unfortunately, many educators and coaches neglect psychological skills training for various reasons (Setyawati, 2014). Considering the influence of imagery, which is an important part when carrying out a coaching accompanied by a routine exercise in order to achieve an expected achievement (Pratama, 2020) (Setyawati, 2014). Imagery is a mental exercise where a person before starting an activity imagines the proper movement so that the person hopes to have a higher level of confidence during the implementation process (Ramadan, 2019). Or it can also be interpreted as inviting someone to think more positively about themselves in an effort to carry out a match that will be faced (Setyawati, 2014). Imagery can be used in various situations according to the need. With the improvement of skills to concentration or the level of focus can try this imagery process. The coaching component of training in sports requires a different approach and method from coaching to training for improving physical and mental conditions (Irawadi, 2019).

If it is the first time doing imagery, it would be better if one is accompanied and directed by a competent practitioner. Practitioners are obliged to assist a person every step of the way optimally. The stages that should be carried out

when practicing imagery: 1) Sit comfortably and minimize distractions, 2) The body position is made as comfortable as possible accompanied by taking a long breath slowly, 3) Close both eyes and imagine the condition that we expect with full confidence, 4) Observe every detail of the expected movement as well as possible. About how the implementation, who is the target and how you feel, 5) If the imagery exercise has not gone according to our wishes, then immediately open the eyes and start over from the beginning by starting with breathing techniques, 6) Every time you end the Imagery training session, then think and imagine positive things. Imagery can be combined with other exercises. If implemented properly, then this imagery can be used as an alternative in determining the expected achievement.

Field tennis is one type of sports game in its implementation using a small ball and the player uses a special racket (Rizal, 2023). The most basic principle in the field tennis game is to hit the ball over the net and enter the opponent's area with the aim that the ball cannot be returned. Tennis is also actually favored by many groups and age levels (Nugraha, 2022). The serve in tennis is one of the techniques that has complete control of the ball on how it should be hit into a predetermined area both in terms of direction and speed of the ball, so it requires quite serious training (Yusuf, 2022). In a tennis game, a player is given the opportunity to serve 2 times, if the initial serve fails then it can still serve 2nd. If on that occasion it is still not successful either, as a result it will lose points. Serving is one of the important techniques, without being carried out, points cannot be obtained because this service is needed in starting a match (Mawarda, 2021).

In the game of tennis there are several basic techniques which must be mastered for someone, namely forehand, backhand, volley, serve to smash. In order to continue to play tennis well, the player hopes that the main principle skills are: (1) Looking at the direction of the ball, (2) Estimating the movement of the ball, (3) Estimating the stroke quickly, (4) Footsteps, (5) Maintaining good

balance, (6) Racket grip to hit the ball, (7) Focus centered. Proficiency in the skills of one of the sports is one of the mandatory requirements as an effort to achieve the expected achievements. Skills are the ability to carry out certain activities well without any significant obstacles which are more efficient in energy to time (Yusuf, 2022). If someone has good serving skills, it will make it difficult for the opponent to counterattack and not have the opportunity to get points on each serve. In an effort to improve tennis playing skills, a player in this case PJKR students must meet several criteria where one of them is good serving skills, a training that is considered more effective is needed, namely using imagery training.

The success of a tennis player when in the game or when competing depends on his ability to serve (Arisman, 2018) (Yusuf, 2022). The technique is carried out when the game has not yet started which is not only an initial attack, but should also be carried out properly so that the enemy he faces will find it more difficult and unable to return the ball (Yudhatama, 2022). So it is necessary to know together that the serve is not only used as a blow to start the match, but also used as a blow in scoring points during the match. Most conditions when in the field carrying out training can carry out the serve well, but when the match is carried out the conditions are much different during training. Players often experience mistakes when serving, it is one of the psychological factors which need to be guided intensely. Where one of the efforts in overcoming this is to be given imagery training on an ongoing basis, with the hope that the service skills and psychology will be even better.

CONCLUSION

Based on the research data and discussion that has been discussed, it can be concluded that there is an influence on imagery training on the results of field tennis serving skills of PJKR students at Insan Budi Utomo University with a total of 7.1 from the overall difference in pre-test and post-test averages. Then the results of the difference, we can find out the total increase of 84.52%. So that

imagery training has an influence of 84.52% on the results of tennis serving skills of students majoring in PJKR Insan Budi Utomo University.

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