

THE EFFECT OF IMAGERY TRAINING IN INCREASING THE CONFIDENCE

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Abstract

This study aims to determine the effect of mental imagery training on increasing Athletes' Confidence in facing the competition at the Futsal Athletes of the Musi Banyuasin Club, South Sumatra. This type of research is an experiment with the design of "The One Group Pretest-Posttest Design". The population in this study were athletes at the Musi Banyuasin Futsal Club, South Sumatra, totaling 24 athletes. The sampling technique used total sampling. Data analysis using t-test with significance level. The method in this study is an experimental design with a pretest-posttest design group. The data were analyzed using t-test statistics. The results showed that the average self-confidence pretest was 71.67, and posttest was 92.50. While the results of hypothesis testing with a 95% confidence level or an error rate 5%, indicated by the coefficient value $t_{count} > t_{table}$ or $10,618 > 1,714$, then reject H_0 and accept H_a , meaning the hypothesis which reads There is an effect of Imagery Exercise on increasing Athletes' Confidence Futsal in facing the match accepted the truth.

Keywords: *Imagery Training; Self Confidence; Futsal Athlete.*

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INTRODUCTION

Futsal game is also a form of game that has a high complexity. A player is not only required to be strong physically, but also mentally. A futsal player, especially a professional futsal player, does not only rely on his physical strength when playing, but also has to be able to explore his mental strength and be able to combine all of that for the good of his team. A well-built futsal team does not only rely on the individual strengths of each player. Each player must be able to merge into the team and become part of the team so that in the match each player will be

able to carry out their respective roles, be able to carry out the strategies instructed by the coach, and be able to prioritize teamwork to achieve victory.

Athletes today are also often referred to as "heroes" who make the nation proud. A person who is described through a responsible attitude and personality, and has confidence in achieving lofty ideals to build the nation, as the spearhead for the progress of the nation in the future, athletes should have excellent qualities, physically and psychologically healthy. One of the goals of sports coaching in Indonesia is to improve performance, it is not easy to achieve maximum performance, it requires hard effort and training and with high discipline. Athletes who have good self-confidence will still be able to play well, be more flexible and show good performance even though they are under pressure, because they believe that their abilities can achieve the desired goals (Komarudin, 2013).

Self-confidence is the main capital to achieve maximum performance as an athlete, and is useful for maintaining the best abilities possessed so that the athlete continues to display the best performance. Self-confidence is a sense of confidence in the athlete where he will be able to complete his duties well in a sports performance. Confidence is one of the main assets and an absolute requirement for achieving sports achievement. (Muriawijaya, 2016) To be able to achieve maximum performance, from the physical development, technique and tactics of athletes, there is one important factor, namely the mental development of athletes, which if mentally athletes cannot develop, high achievements cannot be achieved.

Mental training is an exercise that emphasizes the development of athlete maturity, as well as emotional development, such as enthusiasm in training, competing, unyielding attitude, sportsmanship, confidence, honesty, and so on. And to support the success of athletes, it is necessary to have high self-confidence and motivation. Imagery exercises are used to increase self-confidence in athletes because a good athlete's appearance is able to speak positive thoughts about himself, when the athlete will determine the strategy in the match.

Imagery refers to the process of feeling very intensely, as if the feeling is a real situation. Imagery can also be used in planning competitive strategies in routine exercises and skills to maintain a calm feeling under pressure, so that emotional life can be controlled constructively. It is further emphasized that everyone has the ability to use imagery, just like everyone else. This is a skill that must be developed and trained (Gunarsa, 2008) Another opinion according to (Satiadarma, 2000) Imagery is one of the special techniques related to psychological skills by involving imagination in a broad sense. and each of the things included in it has its own meaning. Furthermore, (Satiadarma, 2000) suggests that various forms of mental training, recalling memories, visualization and the like are forms of imagery.

METHOD

The type of research used by the researcher is a quasi-experimental research (quasi-experimental), quasi-experimental research is a type of research carried out in only one group called the experimental group without any comparison group or control group (III & Research, 2015).

The research design used is one group pre-test-post-test design, one-group pre-test-post-test design is an experimental study carried out in only one group without a stability and clarity test of the group's condition before being given treatment (Nuryanti, 2019). This one group pre-test-post-test design was measured using a pretest which was conducted before being given treatment and a post-test after being given treatment.

The population of this study is the entire Musi Banyuasin Futsal team, from the entire team there will be a sample of 24 men. Data collection techniques used quantitative data in the form of a questionnaire on changes in the level of self-confidence of athletes, to obtain the data in this study.

RESULT AND DISCUSSION

Results The pretest and posttest data have met the requirements for hypothesis testing, which are normally distributed and homogeneous, so the next

step is to test the hypothesis using the t-test. To facilitate the analysis of hypothesis testing, the following calculation auxiliary table is needed.

Table 1. Data on Increasing Pretest and Posttest Confidence

No	Pretest	Posttest	Increasing (d)	d ²	d-Md	X ² d
1	83	95	12	144	0,96	0,92
2	74	91	17	289	5,96	35,50
3	76	93	17	289	5,96	35,50
4	81	89	8	64	-3,04	9,25
5	75	87	12	144	0,96	0,92
6	70	90	20	400	8,96	80,25
7	78	85	7	49	-4,04	16,34
8	77	87	10	100	-1,04	1,09
9	74	85	11	121	-0,04	0,00
10	60	81	21	441	9,96	99,17
11	68	80	12	144	0,96	0,92
12	71	77	6	36	-5,04	25,42
13	75	80	5	25	-6,04	36,50
14	63	83	20	400	8,96	80,25
15	76	82	6	36	-5,04	25,42
16	68	79	11	121	-0,04	0,00
17	66	75	9	81	-2,04	4,17
18	72	77	5	25	-6,04	36,50
19	69	73	4	16	-7,04	49,59
20	70	82	12	144	0,96	0,92
21	64	80	16	256	4,96	24,59
22	71	78	7	49	-4,04	16,34
23	65	72	7	49	-4,04	16,34
24	73	83	10	100	-1,04	1,09
Σ	1719	1984	265	3523	-	596,96

The Md and X²d values in the table above are obtained, as in the following calculation.

$$Md = \frac{\sum d}{N}$$

$$Md = \frac{265}{24} = 11,04$$

After obtaining the difference (Md) in the initial test (pretest) and the final test (posttest) Confidence, then the next step is to calculate the variance ($\sum X^2d$) using the formula:

$$\sum X^2d = \sum d^2 - \frac{(\sum d)^2}{N}$$

$$\sum X^2d = 3523 - \frac{(265)^2}{24}$$

$$\sum X^2d = 596,96$$

The Md and obtained values are substituted into the t-test statistical formula as follows.

$$t = \frac{Md}{\sqrt{\frac{\sum X^2d}{N(N-1)}}}$$

$$t = \frac{11,04}{\sqrt{\frac{596,96}{24(24-1)}}}$$

$$t = \frac{11,04}{\sqrt{\frac{596,96}{552}}}$$

$$t = \frac{11,04}{\sqrt{1,081446}}$$

$$t = \frac{11,04}{1,039926}$$

$$t = 10,618$$

After the t-count is known, it is then interpreted into the "t" table with dk = 24 - 1, and probability (1 -), where = 0.05. So that the ttable obtained is 1.714. Thus, it can be stated that tcount > ttable or 10,618 > 1,714, then reject Ho and accept Ha, meaning that the hypothesis which reads that there is an effect of Imagery training on increasing the self-confidence of Musi Banyuasin Futsal Athletes is accepted as true.

CONCLUSION

Conclusions The results of the research that have been carried out prove that Imagery Training can increase the self-confidence of Musi Banyuasin Futsal

Athletes by 20.83. This increase is because Imagery Training is a therapy that can increase the athlete's confidence in facing a match.

Based on the results of the study, the results of the self-confidence pretest showed that the athlete got the highest score of 83 and the lowest score was 60, and the average initial self-confidence was 71.67. After being given Imagery Training for 12 meetings with the maximum frequency of practice every day, there was a change, namely an increase in the value of the Posttest Confidence results with the highest score of 95 and the smallest score of 72 with an average of 92.5.

Data from the results of the initial test and the final test The confidence obtained was tested for normality and homogeneity, after testing the data were normally distributed and homogeneous. Furthermore, hypothesis testing can be carried out using t-test statistics. The criteria for testing the hypothesis accept H_0 if $t_{count} < t_{table}(1-\alpha)$ and reject H_0 if $t_{count} > t_{table}(1-\alpha)$ where $t(1-\alpha)$ is stated that $t_{count} > t_{table}$ or $10,618 > 1,714$, then reject H_0 and accept H_a , This means that the hypothesis that says there is an effect of Imagery Training on Increasing the Confidence of Futsal Athletes at Musi Banyuasin Club is accepted as true.

Based on the results of the study, the average self-confidence pretest was 71.67, increased after attending Imagery Training to 92.50. So the magnitude of the increase in self-confidence is 20.83. While the results of hypothesis testing with a 95% confidence level or an error rate (α) 5%, indicated by the coefficient value $t_{count} > t_{table}$ or $10,618 > 1,714$, then reject H_0 and accept H_a , meaning that the hypothesis that says there is an effect of Imagery Training on Futsal Athlete Confidence Musi Banyuasin accepted the truth.

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