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**APPLICATION OF ICE BREAKING IN INCREASING THE
CONCENTRATION OF FEMALE FUTSAL ATHLETES**

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Abstract

Futsal sports revealed that the ice breaking technique was effective in increasing the concentration of female futsal athletes at the El-Wafa Airwomen club. This research aims to determine whether ice breaking techniques can increase the concentration of female futsal athletes from the Airwomen El-Wafa club. The research method used was descriptive quantitative with a one group pretest-posttest experimental design, involving 20 athletes as samples. The ice breaking that is implemented includes gathering games, counting, shouting "bang", and tic tac toe drills for 7-15 minutes in between training sessions. Data was collected via questionnaire and analyzed using descriptive techniques, normality test, and paired sample T-test. The results of the analysis show that before the implementation of ice breaking, the average athlete concentration value was 51.95, which is quite good with a percentage of 35%. After implementation, the average score increased significantly to 71.10, which is included in the very good category with a percentage of 45%. The Paired Sample T-test showed a significant increase in concentration with a difference of 19.15 points between the pretest and posttest. These findings prove that the ice breaking technique can substantially optimize athletes' concentration and response during training, increase creativity in problem solving and preparedness in tactical and strategic training. Thus, the application of ice breaking is an effective strategy to improve the quality of training and performance of female futsal athletes at the El-Wafa Airwomen club.

Keywords: Futsal, Concentration, Ice Breaking

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INTRODUCTION

The field of sports in Indonesia is quite varied, futsal is one of the many sports fields that requires development and coaching. Futsal is a sport that is popular with many people both nationally and internationally (Pendidikan et al., 2015). Futsal is now a sport that has high popularity in Indonesia. Most futsal

sports are popular with young people. Futsal is indeed a sport in the form of a ball game which is best played indoors or outdoors (Litardiansyah et al., n.d.).

Even though futsal is growing in popularity, Futsal is gaining popularity because it is very easy to play and easy to find. People of all ages also like it (Andriyanto et al., 2023). There is little information regarding the physical load imposed on players during games. Futsal players, especially female futsal athletes, need good aerobic endurance, because futsal matches are generally fast and accurate when played. Therefore, coaches must act as motivators for themselves and their athletes by showing active training materials and models, for example using an ice breaking training system in the training process. Ice breaking is a simple, relaxing, and effective activity or game that helps change a rigid, boring, or sleepy schedule in your studies. So that an enthusiastic and enjoyable learning atmosphere is created (Khoenisa & Amirudin, 2020).

After conducting initial observations and interviews with Tirmidhi as a coach at the El-Wafa Airwomen club, it turned out that in the club there were still athletes who had low concentration throughout the training process. During the training process, athletes admitted that they were bored, preferred to chat with their colleagues, and felt bored. This is because the activities during training are monotonous, trainers have low creativity in training and creating training concepts. Therefore, it is necessary to apply a new training technique that can increase the athlete's concentration level so that they have increased enthusiasm during the training process, in this case the application of the ice breaking technique which aims to increase the concentration level of female athletes during futsal training at the El-Wafa Airwomen club.

However, maximum preparation does not guarantee that the training process will run optimally, because there are many things that have an influence, one of which is the athlete's concentration. Concentration is the ability to focus and focus on an activity or task that is being carried out so that you can learn something effectively (Fatchuroji et al., 2023). Concentration is achieved when various stimuli that can attract attention spontaneously can be ignored (Yulia

Lestari & Rahmawaty, 2015). Athletes can manage what they get. Through a good understanding of the material provided by the trainer, they can practice optimally. Meanwhile, athletes who cannot maintain their concentration will experience difficulty in carrying out overall training activities and this can result in less than optimal training output and an athlete will make many mistakes in their performance, such as failing to perform their technique (Sobarna et al., 2020). Difficulty concentrating could be due to athletes not being able to focus their attention properly on the coach's explanation. If the condition of the athlete who cannot optimize his concentration is not treated immediately, the effect that will occur is that the process and results of the training carried out will not be optimal.

METHOD

The method used in this research is descriptive quantitative with the type of research in the form of experimental research, one group pretest-posttest design. Research with an experimental design to examine a possible cause and effect using one or more treatments on one or more experimental groups and comparing the final results with one or more control groups that were not given treatment and has a number of stages that need to be carried out (Akbar et al., 2023) .

Table 1. One-Group Pretest Posttest Design Research Type

O1	X	O2
<i>Pretest</i>	Perlakuan	<i>Posttest</i>

Description

O1 = Results of training before implementing ice breaking

X = Intervention in the experimental group by implementing ice breaking in training.

O2 = Training results after applying ice breaking

The experimental model in this research has three stages, including:

- a) Distribute an initial test (pretest) which aims to measure the dependent variable, namely the athlete's concentration before any intervention or treatment.
- b) Carrying out interventions or providing treatment to groups of research subjects by implementing ice breaking during training.

c) Distribute a final test (posttest) which aims to measure the dependent variable, namely the athlete's concentration after intervention or treatment

The population of this study were all 20 female futsal athletes from the El-Wafa Airwomen club. The sample in this study was selected using the Nonprobability Sampling technique, where all 20 female futsal athletes became members of a sample that represents the entire population. Data collection techniques use several techniques, namely observation, interviews, questionnaires and documentation.

The data analysis technique used is descriptive analysis, which aims to describe and interpret the data collected by paying attention to many aspects of the situation being studied. Data analysis was carried out using the T Test or Paired Sample t-Test, which is used to compare the averages of two variables in one sample. Then test the hypothesis using Paired Sample t-Test to evaluate the average difference before and after ice breaking treatment on athlete concentration. data analysis using SPSS software.

RESULT AND DISCUSSION

This research aims to see the effect of ice breaking on the concentration of female futsal athletes from the Airwomen El-Wafa club based on the opinions of 20 athletes. The results of the research description of the concentration level of female futsal athletes from the Airwomen El-Wafa club are as follows:

Table 2. Descriptive Analysis of Concentration Levels of El-Wafa Airwomen Club Female Futsal Athletes (Pretest)

N	Mean	Median	Modus	Std. Deviation	Minimum	Maximum
20	51,95	52,00	52	3,71	45	59

Table 3. Frequency Distribution of Concentration Levels of El-Wafa Airwomen Club Female Futsal Athletes (Pretest)

Interval	Category	Frequency	%
$X < 46,39$	Very less	2	10%
$46,39 < X \leq 50,10$	Not good	5	25%
$50,10 < X \leq 53,80$	Good Enough	7	35%
$53,80 < X \leq 57,51$	Good	5	25%
$X > 57,51$	Excellent	1	5%
sum		20	100%

1 Based on this table, the concentration level of female futsal athletes from the El-Wafa Airwomen club before treatment (pretest) showed significant variations. Athletes can be classified as "Excellent" (1 person or 5%), "good" (5 people or 25%), "good enough" (7 people or 35%), "not good" (5 people or 25%), and "very less" (2 people or 10%). The majority of athletes (35%) had concentration levels in the "fairly good" category before treatment.

Table 4. Descriptive Analysis of Concentration Levels of El-Wafa Airwomen Club Female Futsal Athletes (Posttest)

Mean	71,10
Median	71,00
Modus	72
Std. Deviation	1,86
Minimum	68
Maximum	74

Table 5. Frequency Distribution of Concentration Levels of El-Wafa Airwomen Club Female Futsal Athletes (Posttest)

Interval	Category	Frequency	%
$X < 68,31$	Very less	0	0
$68,31 < X \leq 70,17$	Not good	2	10%
$70,17 < X \leq 72,03$	Good Enough	5	25%
$72,03 < X \leq 73,89$	Good	4	20%
$X > 73,89$	Excellent	9	45%
Jumlah		20	100%

1 Based on table 5, it shows that the level of concentration of female futsal athletes from the Airwomen El-Wafa club varies greatly. Athletes can be classified as "excellent" (9 people or 45%), "good" (4 people or 20%), "good enough" (5 people or 25%), "not good" (2 people or 10%), and no athletes were in the "very less" category (0%). The majority of athletes (45%) demonstrated "excellent" concentration levels after treatment.

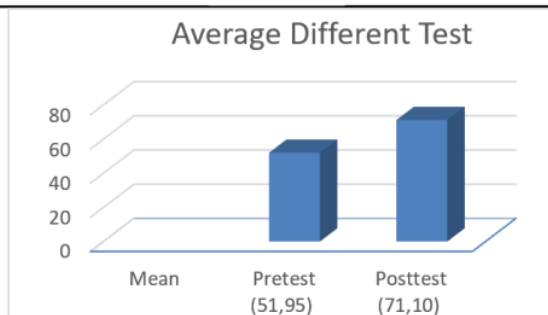


Figure 1. Diagram of the Pretest Posttest Average Difference Values

The pretest posttest average difference test was carried out to evaluate the difference between the pretest and posttest average scores in the concentration levels of female futsal athletes from the El-Wafa Airwomen Club. The difference in the average score between the athlete's pretest and posttest concentration was 19.15. This value is calculated by subtracting the posttest mean (71.10) from the pretest mean (51.95).

Table 6. Normality Test Results for Concentration Levels of Female Futsal Athletes Club Airwomen El-Wafa Pretest and Posttest Shapiro Wilk Test

	Tests of Normality					
	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pretest	0,155	20	.200 [*]	0,980	20	0,933
Posttest	0,136	20	.200 [*]	0,945	20	0,295

Based on Table 6, the results of the normality test using the Shapiro-Wilk test on the pretest data show a p value = 0.933. By using the value $\alpha = 0.05$ as the standard, because $p > \alpha$, it can be concluded that the questionnaire data on the concentration level of female futsal athletes from the El-Wafa Airwomen club before treatment (pretest) had a normal distribution.

Apart from that, the normality test results for posttest data use the same formula with a p value = 0.295. This is because $p > \alpha$ (with $\alpha = 0.05$), it can be concluded that the questionnaire data on the concentration level of female futsal

athletes from the El-Wafa Airwomen club after treatment (posttest) also has a normal distribution.

Table 7. Test Results Paired Sample t-Test

Variabel	t-court	Sig.	Level of Significant
Pretest & Posttest	-19,605	0,000	0,05

The data analysis technique used to test the hypothesis is Paired Sample t-Test with a significance level of $\alpha = 0.05$. Based on Table 7, the significance value (2-tailed) is 0.000, so the alternative hypothesis (H_a) is accepted. This shows that there is a significant difference between the pretest and posttest data in the level of concentration of female futsal athletes from the El-Wafa Airwomen club. Thus, it can be concluded that the implementation of the ice breaking technique has a significant influence on the concentration level of female futsal athletes from the El-Wafa Airwomen club.

DISCUSSION

Futsal is a sport that requires concentration. In the field of sports, concentration itself requires focus for quite a long time, so in sports this position of concentration is really needed. Concentration is the power of maintaining attention or focus on an activity without being distracted by various external or internal stimuli (Pratama, 2020).

Based on the results of testing, the hypothesis was accepted, namely that there was an influence from the application of the ice breaking technique on the concentration of female futsal athletes from the Airwomen El-Wafa club because after receiving treatment during training using the ice breaking technique. With this method, athletes become more concentrated and focused on doing futsal training. It is proven from the posttest results which have increased compared to the pretest results. This incident occurred because after the ice breaking technique was applied to the athletes, the training process was more communicative, relaxed and focused, where the athletes worked more together during the training, thus making them understand the material presented by the coach better.

With an ice breaking game provided during the training session, they can work together and get to know each other better. Doing ice breaking is very helpful during training, it really helps coaches condition students to prepare athletes to receive the material. Athletes will become enthusiastic about training when the coach carries out ice breaking. This will divert attention so that you focus on the material provided. The athlete's response to training will always be positive (Alifya & Alwi 2023).

The results of this research show that there is an influence of the ice breaking technique on the concentration of female futsal athletes from the Airwomen El-Wafa club by obtaining a sig (2-tailed) value of $0.000 < 0.05$, so that conclusions can be drawn if significant differences are found from the pretest and data. posttest concentration level of female futsal athletes from Airwomen El-Wafa club. In this way, it can be said that the ice breaking technique has been proven to contribute to increasing the concentration of female futsal athletes from the Airwomen El-Wafa club.

After implementing ice breaking activities, through observation and analysis activities, researchers found several events during the activities as in the research (Sinaga et al. 2023), including:

1. Athletes follow the coach's directions.

When implementing ice breaking, through observation, researchers found that athletes listened more and followed the coach's directions, it was seen that athletes in training became more controlled.

2. The athlete returns to focus.

Through observation, researchers found that the athlete's focus level returned to its initial level when training started, this will of course help coaches in implementing the training process.

3. The training atmosphere is built.

It turns out that the application of ice breaking can build a training atmosphere, not only interaction between athletes but also between coaches is needed.

4. Communication between athletes and coaches.

In this activity, it was seen that communication between athletes and coaches was well developed, not only in the direction of activities but also in the training process, athletes built their own learning process on the field with the communication between coaches and athletes.

5. Athletes become confident.

Based on the observations carried out, it was found that the level of self-confidence was starting to build, this was found from the implementation of Ice-Breaking which led athletes to be objective in this activity, and also through this the athletes built their mental and preparedness.

6. Motivated athletes.

The application of ice breaking can apparently increase motivation, this can be seen from the flow of the ice breaking, previously the athlete had regained focus and self-confidence which made the athlete's motivation increase in the training process.

The level or level of concentration in futsal has an influence on the skills possessed by athletes in playing it. In order to master good gaming skills, a level of concentration is also required. In this research, the ice breaking technique was applied in training sessions to increase the athlete's concentration. What the researchers did is in line with the explanation presented by (Andrian Sari et al. 2021), namely that the ice breaking method can make the brain rest for a moment and can increase an individual's concentration level effectively. So, from the results of this research it is known that the application of the ice breaking technique can increase the concentration level of female futsal athletes from the Airwomen El-Wafa club.

CONCLUSION

Based on the research results, it was concluded that the application of ice breaking was effective in increasing the concentration of female futsal athletes from the El-Wafa Airwomen Club. From the results of the pretest and posttest data analysis, it can be seen that the athlete's concentration level has increased by

19.15. This difference shows the significant positive impact of using ice breaking techniques in increasing athletes' focus and concentration during training sessions. Thus, it can be concluded that ice breaking succeeded in increasing the concentration of female futsal athletes from the El-Wafa Airwomen club.

Based on the results of this research, it is recommended that coaches use ice breaking techniques regularly in training to increase the involvement and focus of female futsal athletes from the El-Wafa Airwomen club. Using this technique can help increase athletes' activity in training, as well as their concentration and understanding of the training material. Future research could further explore the use of ice breaking techniques in other contexts or with additional variables to expand understanding of its benefits in athlete development.

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