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THE EFFECT OF IMAGERY EXERCISES ON THE ACCURACY OF PETANQUE GAME POINTING

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Abstract
This research is motivated by the inconsistent ability of novice club petanque unisma athletes who will participate in championships between students and other championships. The purpose of the study was to determine the effect of video imagery training on increasing the accuracy of pointing novice athletes at club petanque Unisma Bekasi. This study used an experimental method with a One-Group Pretest-posttest design. The population of 16 novice athletes with sampling techniques with a total sampling of which 16 athletes were sampled. Based on the calculation results, the value of T_{count} = 2.445 is obtained, which if we compare with the critical limit of acceptance and hypothesis rejection on dk = (n-1) (16-1) = 15 with a real level (a) = 0.05 obtained t (0.975 : 15) = 2.13. Then it can be concluded that the hypothesis is accepted or in other words there is a significant increase in the hail of the Video Imagery exercise.

Keywords: Video exercises Imagery; Pointing; Petanque.

INTRODUCTION

Sports are increasingly being watched by the government, as evidenced on March 16, 2022, the government passed law number 11 of 2022 concerning Sports aims ; (a) maintain and improve health and fitness, achievements, intelligence, and human qualities, (b) embed moral values and noble morals, sportsmanship, competitiveness and discipline, (c) strengthen and foster national unity and unity, (d) strengthen national defense, (e) raise the dignity, and honor of the nation and (f) maintain world peace (Law of the Republic of Indonesia Number 11 of 2022 concerning Sports, 2022).

Petanque Sport is a relatively new sport in Indonesia (Ita et al., 2017). In West Java, the sport of petanque began to be known in 2016 because this sport was included in the West Java PON XIX exhibition located on the campus of the Islamic University 45 Bekasi. After the implementation of the PON exhibition, the 45 Bekasi Islamic University campus became one of the petanque sports development centers in West Java and Bekasi City even though it has not yet been used as a UKM on campus.

The sport of petanque belongs to the sport of accuracy and requires a person to fully understand an accuracy and master the characteristics of the field. Because this game can be played in hard or loose areas. The sport of petanque is the sport of dexterity in throwing a ball made of iron by bringing the target ball closer and moving the opponent's ball away (target), as well as both feet are inside the circle (Sutrisna et al., 2018). The sport of petanque itself is a form of boules game that aims to throw an iron ball as close as possible to a wooden ball called a cochonnet/jack/boka and the feet must be in a circle (Mudhalifa, 2018).

The basic skill of petanque is throwing, there are 2 (two) types of throwing in petanque sports, namely pointing and shooting (Saddle, 2016). Pointing in petanque sports can be said to be a technique of delivering iron balls with the aim of being close to the target, namely wooden balls (Kharim & Nurkholis, 2018). Shooting is a form of effort to keep the opponent's iron ball away from the target as far as possible to produce a score (Widodo & Hafidz, 2018).

In performing the correct pointing skills, the bosi is held with the entire palm and clenched without any space on the radius segments. So that the result of the throw can be perfect and achieve the desired goal (Putman, B. W., & Martens, 2011). There are several ways to do the pointing technique, namely: roll (rolling), half/soft lob (medium soaring), and high lob (soaring) (Juhanis et al., 2017).

The imagery training method is one of the effective and efficient training methods that can be given to an athlete, especially a novice athlete who wants to master a complex (difficult) skill in the sport he is engaged in. Because with the

imagery exercise method, an athlete will practice how to do the technique in the mind. Imagery is a technique commonly used by sports psychologists to help a person visualize or train mentally with regard to the activity to be carried out. In the context of sports, imagery is used to help athletes make more tangible visualizations related to the games or competitions they will undergo (Rizal, 2021). According to Tangkudung and Apta Imagery is the power of thought to imagine, fantasize, or create images or events in the mind (Tangkudung & Mylsidayu, 2015). The mental exercise of imagery will occur the process of visualization, which is a skill of seeing oneself in the mind or the screen of the eyes of the heart, consciously calling out the imagined images (images) in the process of imagery (Komarudin, 2013).

An athlete who can take advantage of imagery techniques, will easily control himself in the face of various situations in sports (Morris, T., Spittle, M., & Watt, 2005). Imagery can also be used to imagine the expected end result. In other words, athletes are invited to have positive thoughts about themselves in order to undergo the competition or competition they will face. With a positive mind, calmness, concentration and motivation will be in an optimal position (Rizal, 2021).

According to Maksum (2008) Imagery has several properties which include: visual (seeing images), audiotory (hearing sounds), olfactory (smell), kinesthetic (balance), tactile (touch), taste / gustatory (taste), and mental rehearsal (recall). As for the types of imagery, it is divided into two, namely internal imagery (carried out from the perspective of the individual self) and external imagery (carried out from the perspective of others) (Fuad & Sudarso, 2014). According to Weinberg & Gould (2007) there are four types of imagery, namely visual, kinesthetic, auditory and olfactory. Visual and kinesthetic imagery are important in imagery (Nurfadhila, 2016).

Many athletes get a good and clear picture by looking at a video. Video imagery is a form of exercise that involves many senses (multisensory) (Huda, 2013). Video imagery is a form of imagery exercise using video as a tool and

based on the results of video imagery research helps develop imagery capabilities, providing a detailed picture, multisensory, and stimulus prossisi (Shearer et al., 2009). Video imagery is more effective than script imagery. Video imagery can be used as a solution given to increase the effectiveness of imagery interventions by playing back recorded videos while athletes are playing (Nurfadhila, 2016).

Video imagery exercises can be given every exercise by viewing videos both before training, during training breaks and after training. In the implementation of video imagery exercises, the footage seen can be in the form of self-recording or footage of others. For professionals, viewing video footage of yourself playing or performing a movement is used to correct the technique that has been done while playing. For beginners, it is recommended to look at recordings from other people, where the other person is a professional because the movements made by a professional have a minimal or near-perfect motion error rate, so what the beginner sees is the correct technical movement (Nurfadhila, 2016). The purpose of viewing videos is to help develop imagery capabilities, providing detailed, multisensory, and stimulus propositions (Shearer et al., 2009). The advantage of this method is that for beginners it is of great benefit, because it can provide a stimulus that can stimulate the emergence of imagination in athletes to get a clear picture (Mulya, 2020).

The basic technique of pointing novice athletes who are members of Club Petanque Unisma Bekasi is still lacking. When performing the pointing movement the athlete has not been able to determine the drop point, often the ball comes off, the arm swing is not controlled and errors at the time of reeles. Based on the various descriptions of the problem, researchers wanted to conduct research on the effect of imagery exercises on the accuracy of petanque game pointing.

METHOD

This research uses experimental methods, according to Sugiyono "experimental research methods can be interpreted as research methods used to find the influence of certain treatments on others under controlled conditions" (Sugiyono, 2017). The form of this research is Pre-Experimental with a One-

Group Pretest-posttest design. The reason for the use of the Pre-Experimental form with the One-Group Pretest-posttest design. The study was conducted on July 4-29, 2022 in the petanque field of Unisma Bekasi.

The population in this study were novice petanque athletes, namely students of Physical Education, Health and Recreation, Faculty of Teacher Training and Education, Islamic University 45 Bekasi who are members of the Club Petanque Unisma Bekasi.Sports Yogyakarta State University totaled 16 people. Sampling using the total sampling technique so that 16 novice athletes were sampled.

First, the sample is carried out a preliminary test (pretest) to obtain preliminary data on the pointing ability in the petanque game. Then a treatment will be given in the form of video imagery exercises, after the treatment is given, the final data collection (postest) will be carried out. As for the form of this design, it can be described as follows:

Table 1. Research Design

Pre Test	Treatment	Post Test
T_1	X	T_2

Information:
T_1= Pre Test
X= Treatment
T_2= Final Test (Post Test)

In this study, what was used to measure the pointing ability of novice athletes of Club Petanque Unisma Bekasi was to use a pointing test, which was quoted from Dwie Anggraini (Saddle et al., 2021). The implementation of the pointing test aims to measure the results of pointing.

RESULT AND DISCUSSION

The results of the normality calculation using the liliefors normality test statistical approach can be seen in table 1.

Table 2. Normality Test Results Using Liliefors Test

Data devices	Lo	Ltabel	Ket
Initial tests	0,1134	0,213	Usual
Final tests	0,1625	0,213	Usual
Increased	0,1444	0,213	Usual

From the table above, it can be argued that the results of the -t Pointing test by giving it in the initial test obtained Lo 0.1134, the data obtained from the results of all tests showed that L count was smaller than L table (0.05) which was 0.213, then the hypothesis was accepted and the data were normally distributed. And for the data on the final test Pointing obtained Lo 0.1625, the data obtained from the results of all tests showed L count smaller than L table = 0.213, then the hypothesis was accepted and the data were normally distributed. So it can be concluded that the data taken is normally distributed. The next step is to test homogeneity, with the results listed in table 2 below.

Table 3. Homogeneity Test Calculation Results

Data devices	F count	F table	Criterion	Table
Initial test and Final test	2,14	2,33	Accepted	Homogeneous

From table 2 above it can be concluded that the video imagery of novice athletes has a smaller F_{-count} value than the $F_{-table,}$ hence Ho is accepted, homogeneously distributed. After the homogeneity test obtained a result, to obtain the expected answer to the hypothesis of this study, an analysis was carried out using a t-test approach. T-tests were performed to test whether the video imagery exercise showed significant improvement or vice versa. The author proposes a t-table at (a) 0.05 with dk (n,-1) n, = n2 = 16 of the calculation results of the t-test above, then the result is as listed in table 3 below:

Table 4. Hypothesis Test

Data devices	T count	T table	Information
Increased	2,445	2,13	Significant

Based on the results of the calculation above, the value of T_{count} = 2.445 is obtained, which if we compare with the critical limit of acceptance and hypothesis rejection on dk = (n-1) (16-1) = 15 with a real level (a) = 0.05 obtained t (0.975 : 15) = 2.13. Then it can be concluded that the hypothesis is accepted or in other words there is a significant increase in the hail of the Video Imagery exercise.

DISCUSSION

This study aims to determine the increase in video imagery exercises to increase the accuracy of pointing. Based on the results of the study, it shows that there is a significant influence of video imagery exercises on increasing the accuracy of pointing. From the results of the t-test with the average value of imagery exercises which initially increased to 9.20, the number of increases was 2.74. This is in line with the previous research, Muhammad Ridwan Lubis (Lubis & Permadi, 2020) that there is a significant influence of imagery training on the shooting ability of Unisma petanque athletes where imagery training pretest results 4.71 increased to 13.00. The total increase was 8.28. Furthermore, Gumilar's research (Mulya, 2020) explained that imagery training can have a positive influence on shooting skills in pétanque sports significantly.

CONCLUSION

Based on the results of research findings and data analysis, it can be concluded that video imagery exercises have a significant influence on the accuracy of pointing in pétanque sports. The results of this study can be the basis for further research for the development of broader variables. Researchers hope that some forms of technical exercises and components of physical condition can be further explored and utilized so that they become a special training for petanque sports.

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