

THE INFLUENCE OF IMAGERY TRAINING ON THE PASSING ABILITY OF FUTSAL PLAYERS, ISLAMIC UNIVERSITY 45 BEKASI

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Abstract

This study aims to examine the effect of imagery training on the passing ability of Futsal players at Islamic University 45 Bekasi. The method used in this research is the experimental method. Twenty Futsal players were given the task to attend and complete the Imagery training intervention for 5 weeks, 4 days / week. The instrument used in this study was the passing test. For data analysis using the t test. The findings of this study indicate that there is a significant effect of Imagery training on passing results, which is indicated by the calculation of the value of $t_h (10,975) > t_t (15)$ at $\alpha = 0.05$ and $dk = n-1$, so that the null hypothesis (H_0) is rejected and it can be concluded that the imagery training method provides a significant increase in the passing results of the 45 Bekasi Islamic University Futsal Players. Then these findings also provide an imagery training model, especially for futsal.

Keywords: Exercise, Imagery, Passing, Futsal

INTRODUCTION

Futsal is a popular sport and much loved by most people, especially men from adults, teenagers to children. This is evidenced by the number of people who prefer futsal sports compared to other sports. The character of futsal sports game also matches the character of asian people, one of which is The State of Indonesia. The state of Indonesia should be able to excel in the sport of futsal because if reviewed from the posture is not much different from futsal athletes from other Asian countries. In achieving an achievement must have skills and abilities in playing futsal sports, one of which is mastery of basic futsal techniques are good. Basic technique is the process of performing the movement of dasar performed in sederhana and easy conditions (Budiwanto,2013), (Roziandy &Budiwanto, 2018)

Especially for the sport of basic technical futsal must be mastered well, because in the game of futsal sports are required not to linger when carrying the ball, it takes fast games, strong defense, and a diskema attack. With that, it takes the ability to master the basic techniques of playing futsal perfectly. Mastery ability of basic techniques of playing futsal, such as: a) passing, b) chipping, c)

dribbling, d) holding the ball (control), and e) shooting the ball (Murhananto, 2006). In futsal game the fast movement of players also causes the player to be precisely passing, no wonder if in futsal passing game has an important role to pass the opponent or dismantle the opponent's defense. This is because in futsal games players always leave with a 100% ball possession philosophy. Passing on a flat, flat field with a small field size requires proper passing, as the ball slides parallel to the player's heel (Lhaksana, 2011). For the mastery of passing skills, it is necessary to master the movement of basic passing techniques so that the desired target is achieved. Ways to pass include: 1) place the foot of the pedestal next to the ball, not the foot that does the passing, 2) use the inner leg to make the passing. The inner leg from the top is directed to the center of the ball and pressed down so that the ball does not bounce, 3) continue with continued movement, namely after touch with the ball while passing, the swing of the foot should not be stopped (Irawan, 2009). (Roziandy & Budiwanto, 2018)

Futsal is an interesting sport, it is due to the rapid change in the match situation. Futsal is played by 5 (five) people including goalkeepers. Futsal is also a very dynamic and fast sport. That's because the pitch is smaller than the size of a conventional football field. The rules in futsal are somewhat different from the rules in conventional football, but there are some things that are the same. (Rizal Chess, 2020)

Burns' team suggests that Futsal comes from portuguese, Futebol de Salao", and Spanish, Futbol sala, Futebal means football, while Sala (Salon) means room. If translated then Futsal means indoor football (Tim Burns, 2003). The origin of Futsal was in 1930 in Montevideo, Uruguay and was introduced by a football coach named Juan Carlos Ceriani. At first Ceriani only wanted to move the exercise into the room because of the slippery field conditions after the rain. Futsal is growing rapidly in South America, especially Brazil, and continues to spread throughout the world. Even penetrated into Europe, USA, Africa, Asia and Oceania (John D Tenang, 2008) (Catur Rizal, 2020)

Andri Irawan (2009, p. 4) "In futsal games there are basic techniques that must be mastered by players, such as passing techniques, chipping, control, dribbling, and shooting. From these basic techniques, futsal games can be formed. In addition futsal is a team sport whose game is very fast and dynamic, a high collectivity will lift the achievement". Therefore, the basic techniques of futsal game need to be trained. Because futsal sports as a substitute for basic technique training and conventional football skills, because with a flat field players can do movements - movements well. With a smaller field size, flat and a small number of players cause the ball to roll fast and the movement of players fast anyway, making the futsal game more dynamic and interesting. (Fetru, Dlis, Nuraini, & Futsal, 2020)

Firmansyah, Hernawan, Wasan, & Widiastuti, 2019:77 argues that "Being an accomplished futsal athlete is not easy, because a futsal athlete is required to be able to master the techniques in futsal games well so as to support his game in the field. In playing futsal techniques- the technique is not as simple as it looks, doing all those techniques well in a match is something we can get from intensive and programmatic training results. Then the process of coaching and scouting talent is used for the elimination of long-term athletes". (Fetru et al., 2020)

The implementation of imagery exercises in the field does not mean that this exercise can replace the exercises that seem real, but both must be given to support maximum performance according to Singgih D Gunarsa (2008: 297), imagery is an experience similar to a sensory experience, but without the usual external stimuli.

The results of observations and facts in the field of mental training have never been given specifically, so far the training program given prioritizes the physical and technical aspects. Psikologis, meanwhile, is not getting attention. One of the psikological exercises is with imagery training exercises. The reason the author takes imagery training exercises, one of which is by imagining the movements that have been done is imagery training. Imagery training is one of the mental exercises, which is exercise by imagining, thinking or describing a particular situation. This type of mental imagery exercise is still rarely done by coaches in training their students, because many coaches do not know how to do the exercise.

Imagery exercises are one way to help a beginner remain to be able to master a technique more easily by imagining the movements. According to Buckles, (Sukamto, 2013: 3), Imagery exercises have proven useful in improving the skill of mastery of techniques and tactics of an athlete this is evidenced by a world basketball star Michael Jordan who has been successful in his career in basketball one of them thanks to imagery practice, Michael Jordan once said, "I visualized where I wanted to be, what kind of player I wanted to be. I knew exactly where I wanted to go, and I focused on getting there, meaning Michael Jordan once said, "I imagine where I want to be, the kind of player I want to be. I know exactly where I want to go and I'm focused on getting it".

Imagery training method is one of the effective training methods to be given to a player, no exception for a novice futsal player who wants to master a complex skill (difficult) in the sport that is pursued. Because with the imagery practice method a player will practice how to do the teknik in mind.

In the process of imagery exercises a player will put every move according to the working limb, so that the nerves that move the limbs will get used to something that is being studied in his mind. In the end, the moves that have been stored in the player's mind can become easier to do when practicing real techniques on the field. (Supiyanto, Simanjuntak, & Hidasari, 2017)

From the initial observations made by the author of unisma bekasi futsal athletes, there are still often found fundamental mistakes when performing *passing* techniques. When *passing* they often miss the wrong *side* of the opponent, late *passing* so that the ball is missed by the opponent, *the passing* is not right on the comrade and after *passing* does not look for empty space resulting in low ball mastery To fix the problem then the athlete needs to be given a *treatment* or training method that can improve passing skills. In this case by giving *imagery* exercises which is one way to help athletes to be able to master a technique more easily by imagining the movements in the technique.

Imagery training is one of the effective training methods to be given to an athlete, no exception for a novice athlete who wants to master a complex skill (difficult) in the sport that is pursued. Because with *imagery* exercises a player will practice how to perform such techniques in mind. In the process of *imagery* exercises a player will put every movement according to the working limbs, so that the nerves that move the limbs will get used to a technique that is being

studied in his mind. In the end, the movements that have been stored in the player's mind can become easier to do when practicing techniques as serious as on the field.

Thus the author tries to raise the problem of *passing* skills with *imagery* exercises in the study that the author pours in the title: "The Influence of *Imagery* Exercises on Passing Results In Futsal Athletes Of Islamic University 45 Bekasi

METHODS

In connection with the problem that the author wants to convey is about "The Effect of Imagery Training on Passing Results on Futsal Athletes at the Islamic University of 45 Bekasi", the method used in this study is the experimental method. Research that can be pretested before being given treatment and posttest after being treated, can thus be found to be more accurate, because it can compare with those held before being treated. In this article the data used is data from the research subjects of futsal athletes of Universitas Islam 45 Bekasi which amounted to 16 people.

RESULTS

The description of the data results along with the achievements are fully discussed in this chapter. The presentation of the results of the study is based on statistical analysis conducted in the initial test and the final test of the results of *imagery* exercises. The following discussions are a presentation of data description, analysis requirements test, hypothesis testing and discussion of research results. Description of the results of data processing *results of Imagery* exercises conducted against 16 sample people in this study presented as follows:

table 1. Description of Test Result Data

	N	Minimu m	Maximu m	Sum	Mean	Std. Deviation
Pretest	16	20	28	367	22.94	2.886
Post test	16	25	39	501	31.31	4.468
Valid N (listwise)	16					

From the table above it appears that by giving *exercise Imagery* can improve the *passing* results. This can be seen from the average *passing* test before being treated which is 22.94 with a standard deviation of 2,886 after being given treatment that is the average *Imagery* exercise to 31.31 with a standard deviation of 4,468.

From the above results, it is clear that the improvement of *the passing* results is quite significant from before the *Imagery* exercise treatment were applied and after doing the *Imagery* exercise treatment. Because in measuring the passing results using *the passing* test, the more the amount produced, the better the *passing* result.

After a data description is determined the test results are calculated using Windows SPSS 21 statistics. Then the next step is to determine the test requirements of research, namely: **Passing** Test Normality Test

Before data analysis needs to be tested for normal distribution. The data normality test in this study used kolmogorov-smirnov test with SPSS 21 windows. The results of the data normality test conducted in each group are as follows:

table 2. Summary of Data Normality Test Results

		Pretest	Pos test
N		16	16
Normal Parameters ^{a,b}	Mean	22.94	31.31
	Std. Deviation	2.886	4.468
	Absolute	.283	.241
Most Extreme Differences	Positive	.283	.241
	Negative	-.200	-.108
Kolmogorov-Smirnov Z		1.132	.962
Asymp. Sig. (2-tailed)		.154	.313

Based on table 4.2 above the results of normality tests conducted against *passing* test data before the treatment (initial test) Asymp. Sig. (2. Tailed) of 0.154 or p-value = 1,132 > 0.05 or Ho received. Thus, the initial test data *passed* from 16 people normally distributed samples.

From the results of normality test based on the table conducted *passing* test after treatment (final test) Asymp. Sig. (2 tailed) of 0.313 or p-value = 0.962 > 0.05 or Ho received. Thus the final test data passed from 16 people normally distributed samples.

Homogeneity Test Passing Results

as conducted a test of data normality, the next step before conducting the t-test is a homogeneity test. The data homogeneity test in this study used *spss 21 statistic windows*. The results of data homogeneity tests conducted in each group are as follows:

Table 3. Passing Homogeneity Test Results
Test of Homogeneous of Variances

Levene Statistic	df1	df2	Sig.
2.031	1	10	.185

Based on the homogeneity test table passing results obtained $F = 2031$; $df_1 = 1$; $df = 10$, and $p\text{-value} = 0.186 > 0.05$ or H_0 accepted. Thus, the passing data is homogeny.

Table 4. Anova

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	235.209	5	47.042	7.324	.004
Within Groups	64.229	10	6.423		
Total	299.438	15			

From the results of the analysis on the table anova obtained a value of $F = 7,324$ and $p\text{-value} = 0.004 < 0.05$ yang gives meaning about the difference in average passing ability is significant.

Hypothesis Testing

The research hypothesis test was conducted based on the results of data analysis and average interpretation and variance of both data groups, i.e. the initial test data was reduced to final test data and the results were used as different tests. Testing this hypothesis using t test or upgrade test. The results of data analysis using *windows SPSS 21 statistic* for hypothesis testing are seen in the table below:

table 5. Paired Sample Statistical Results

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pretest	31.31	4.468	1.117
	Post test	22.94	2.886	.722

Based on the table, the average results of passing exercises before the training were given *Imagery* of 22.94 and Standard deviation of 2,886 and after being given the average *imagery* exercise increased to 31.31 and standard deviation of 4,468.

Table 6. Paired Sample Correlation Results

	N	Correlatio n	Sig.
Pair 1 Pretest Post test	16	.736	.001

Based on the table above, obtained koefisian correlation of pasiing score between before and after given *imagery* exercise of 0.736 with sig. or $p\text{-value} = 0.001 \leq 0.05$ or insignificant.

Table 7. Test Result t

Paired Differences	t	Df
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		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		Sig. (2-tailed)		
					Lower	Upper			
Pair 1	Pretest Post test	8.375	3.052	.763	6.749	10.001	10.975	15	.000

In the table above, obtained mean = 8375 which means silisih passing score with before and after given *imagery training*. Poaitif results are meaningful after being given higher imagery training than before being given *imagery exercises*. Furthermore, the calculation result of t test obtained std. error mean that indicates the default error rate of an average difference of 0.768.

Based on the table obtained statistics $t = 10975$, with $df = 15$ and sig numbers. or p-value = $0.000 < 0.05$ or H_0 rejected. Thus, it can be concluded that there are significant differences in student passing results between before and after being given *imagery exercises*.

DISCUSSION

After doing *Imagery training*, there was an increase in passing results in Futsal Athletes of Universitas Islam 45 Bekasi with an average increase of 8,375. The increase in *passing* results in futsal athletes of Universitas Islam 45 Bekasi is positive. Hal is proven from the test result $t = 10.975$, with $df = 15$ and sig numbers. or p-value = $0.000 < 0.05$ or H_0 rejected. Thus, it can be concluded that there is a significant difference in the passing of Futsal Athletes of Universitas Islam 45 Bekasi between before and after being given *imagery training*.

There has been an increase in *passing* results due to continuous *imagery training*. In this exercise, the exercise was conducted during 12 meetings. Each exercise, weight training is done gradually. In the exercise *Imagery* uses the principle of training intensity that always increases in accordance with the training program so that the *passing* results of futsal athletes Of Islamic University 45 Bekasi are getting better.

CONCLUSIONS

Based on the results of data processing and data analysis as well as analysis of the results of exercises conducted statistically, can be drawn some conclusions as follows: there is a significant influence of *imagery exercises* on *the* results of passing on futsal athletes Isam University 45Bekasi, After conducting imagery exercises, there is an increase in *passing* results in futsal athletes Islamic University 45 Bekasi with an average increase of 8,375. The increase in *passing* results in futsal athletes of Universitas Islam 45 Bekasi is positive. This is evident from the test result $t = 10975$, with $df = 15$ and the sig. or p-value = $0.000 < 0.05$ or H_0 numbers rejected. Thus, it can be concluded that there are significant differences in the passing of Futsal Athletes of Universitas Islam 45 Bekasi between before and after being given *imagery training*.

SUGGESTION

The suggestions that can be given among others are as follows:

1. Planning a training program that is useful for *improving the imagenery and passing techniques* of putrid futsal athletes as a whole,

2. Training with planned, sitematic, increasingly increasingburdens,
3. Research further and in-depth on *imagenery* exercises on *spassing* results to improve their futsal playing skills.

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