

The relationship between self-confidence and concentration with the ability to smash volleyball athletes 12-17 years old in pervas club

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Abstract

This study aims to determine (1) The relationship between self-confidence and the ability to smash volleyball athletes 12-17 years at the Pervas club. (2) The relationship between concentration and the ability to smash volleyball athletes 12-17 years at the Pervas club. (3) The relationship between self-confidence and concentration with the ability to smash volleyball athletes 12-17 years old at the Pervas club. This research is quantitative research with correlation. The study population was volleyball 12-17 years at the Pervas club, totaling 54 athletes. The sampling technique used purposive sampling. The criteria are (1) not in pain, (2) aged 12-17 years, (3) have participated in matches, (4) still actively practicing. Based on these criteria, there were 46 athletes who met. Self-confidence and concentration instruments use questionnaires, while smash ability uses smash ability tests. Data analysis using multiple regression. The results showed that: (1) There is a significant relationship between self-confidence and smash ability in volleyball athletes 12-17 years old at the Pervas club, with a t value of $2.639 > t$ table 2.017, sig. 0.012 and an effective contribution of 14.14%. (2) There is a significant relationship between concentration and smash ability in volleyball athletes 12-17 years old at Pervas club, with t count $2.080 > t$ table 2.017, sig. 0.044 and an effective contribution of 9.36%. (3) There is a significant relationship between confidence and concentration with smash ability in volleyball athletes 12-17 years old at Pervas club, with F count $6.615 > F$ table (2; 43) 3.21 and sig. 0.003 and an effective contribution of 23.50%.

Keywords: confidence, concentration, smash ability

INTRODUCTION

Volleyball is a sport that has become popular in Indonesia. Public enthusiasm for playing, practicing, and watching volleyball matches is quite high. Volleyball is widely loved by Indonesians because it can be played by children and adults, both men and women, and can be played on both indoor and outdoor courts. Haq & Hermanzoni (2019, p. 294) state that volleyball is a team sport played by two teams of six players. In practice, both teams must pass the ball over a net and land it in the opponent's defense to win.

Volleyball is a complex game that is not easy for everyone because it requires truly reliable motor coordination to execute all the movements. Despite this, volleyball is growing rapidly and is one of the most popular sports in Indonesia, alongside soccer and badminton. Volleyball is known for its two playing styles: offense and defense. To execute both patterns perfectly, athletes must truly master basic volleyball techniques (Sahabuddin & Hakim, 2020: 32). Saputra et al. (2021, p. 21) state that the techniques that must be mastered in volleyball consist of the serve, underhand pass, overhand pass, block, and smash. One of the most important techniques for volleyball athletes to master is the smash.

Smashing is the most crucial part of volleyball, as it is one of the most frequently used attacks to score points. Smashing is one of the most reliable techniques for scoring points. In volleyball, attacking is a crucial factor in the match and is crucial to a team's success. Budiman et al. (2020, p. 483) explain that smashes are divided into five types based on the type of pass: open smash, semi-smash, quick smash,

back attack smash, and direct smash. Open spike attacks have a 15.9% effectiveness rate, indicating that open spike attacks are the most effective. It has also been suggested that open spike attacks often determine match outcomes, especially in professional leagues (Drikos & Vagenas, 2011, p. 85).

The speed and direction of the ball resulting from a perfect smash into the opponent's area are difficult for defenders to predict. Smashing is challenging under certain match conditions. This situation presents an opportunity that can be maximized by the smasher or the opposing team to score. The impact of a smash can be positive or negative depending on the athlete's ability to execute the smash effectively, the timing of the ball reception, and the positioning of the receiver.

Victory in volleyball is achieved only through teamwork. Victory cannot be achieved individually in team play. Furthermore, each individual or athlete must be in good physical condition, possess sound fundamental techniques, and have a strong competitive mentality to compete. The use of techniques becomes disorganized and the match becomes emotional. This is not conducive to fair and engaging play. Team cohesion is weakened due to the gap between expectations and reality. Poor coordination and teamwork will impact the final outcome of the match, especially during the match. Psychologically, mental state will impact athlete behavior and team cohesion on the court.

Volleyball not only requires physical demands and good technique, but also requires proper mental attention. It's been said that psychological factors contribute 80% to a match, with the rest contributing 20%. Other research findings also report that psychological factors contribute more than 50% to an athlete's success during a match (Setiawan et al., 2020, p. 159). A person's psychological factors can either support or hinder performance, particularly in volleyball smashing. Psychological factors thought to influence volleyball smashing ability include self-confidence and concentration.

Nisa & Jannah (2021, p. 36) state that self-confidence is crucial for someone to develop their potential. A lack of self-confidence in athletes will not support high performance. Lack of self-confidence also means doubting one's abilities and tending to perceive everything negatively, which can become a source of tension, especially when facing opponents of equal strength, which can ultimately lead to failure. Self-confidence is a crucial quality that everyone should possess. A person with self-confidence can achieve all their desires in life. Self-confidence is belief in one's own abilities, which begins with one's determination to do everything one wants and needs in life.

Self-confidence emphasizes the satisfaction an individual feels toward themselves. In other words, a confident individual is someone who feels satisfied with themselves. Kamnuron et al. (2020, p. 135) state that self-confidence is a person's ability to believe in their own potential, preventing them from being easily influenced by others. Athletes need high self-confidence to perform a smash. Self-confidence is a feeling encompassing the strength, ability, and skill to perform or produce something, grounded in the belief in success. Self-confidence is the belief that one possesses internal resources, particularly the ability to achieve success. This means that confidence is rooted in belief and hope. Athletes with high self-confidence can face various situations and challenges, and possess the mental capacity to mitigate the negative influence of doubt, encouraging individuals to achieve success without relying on others and taking responsibility for the opportunities given to them to smash.

In addition to self-confidence, concentration is thought to influence volleyball smashing ability. Concentration is a state in which a person's awareness is focused on a specific object for a specific period of time. Concentration is the focus of the mind on a specific object (Agustina & Priambodo, 2017, p. 2). Fatahilah & Firlando (2020, p. 38) state that concentration is the ability to focus attention on a specific thing without being distracted by irrelevant internal or external stimuli. Internal stimuli are distracting thoughts or feelings, which can cause fatigue. External stimuli are distractions from outside the self, such as cheers from the audience, jeers from the audience, or incorrect referee decisions.

Concentration is characterized by focusing on a relevant object, maintaining focused attention for a long period of time, increasing focus when necessary, and maintaining situational awareness. Disrupted concentration can have a devastating impact on athletes, resulting in decreased performance on the field (Zuhri, 2019, p. 99). Athletes with decreased concentration experience reduced accuracy, making it difficult to hit the target. Volleyball athletes must maintain focus on themselves and their game to maintain good technical control. An athlete's ability to pay attention and concentrate is highly dependent on distractions during sports activities. A variety of distractions can arise and attract attention, potentially disrupting concentration. The most common problem resulting from impaired concentration

is reduced accuracy, resulting in missed targets. A further consequence of reduced accuracy is that well-prepared strategies and tactics fail to work effectively.

Several previous studies, including those conducted by Hambali & Sobarna (2019), showed a significant correlation between self-confidence and volleyball smash skills ($r_{xy} = 0.736$, contributing 54.17%). Research by Erianti (2017) showed that concentration had a significant relationship with basic volleyball skills, with $t = 2.95 > t_{table} = 1.69$, and contributing 18.66%. Research by Noerjannah & Sudijandoko (2016) showed a significant correlation between concentration and volleyball serve accuracy. The contribution between concentration level and volleyball serve accuracy was 65.7%.

Based on initial observations conducted by researchers on volleyball athletes at the Pervas training center from August 21-25, 2023, athletes experienced difficulty and a lack of accuracy in smashing. This was evident in the results of smashes that missed the target during volleyball play. Other problems include athletes' hasty execution of smashes, incorrect starting stance, a lack of rhythm in their sequence of movements, inaccurate hand contact with the ball, inaccurate smash targets, low accuracy, bent hands during the strike, and incorrect follow-through movements. Athletes lack confidence when executing smashes, resulting in suboptimal results.

Observations during matches indicate that athletes' smashes are still suboptimal due to several factors, such as incorrect movement, starting their approach too quickly or hitting the ball below their shoulder, errors in their approach, jumping, floating, and landing. Good passes from the setter are often not converted into points. Athletes still appear hesitant or lack confidence when facing opponents with high blocks. Athletes lack focus and concentration during matches, resulting in difficulties directing smashes accurately.

Athletes don't maximize their smash practice time to develop concentration and target accuracy. As a result, during practice, they don't develop the correct sequence of smash movements. This impacts their competition. Many athletes fail to execute their smash techniques during matches, with low accuracy. Coaches don't optimize the variety of smash drills they provide when providing smash training. Smash drill variations aren't implemented effectively and complexly, and athletes, both individually and as a team, rarely receive specific training in specific smash drills.

The above explanation is certainly interesting to examine and research further. Therefore, researchers are very interested in conducting a study entitled "The Relationship Between Self-Confidence and Concentration and Smashing Ability in Volleyball Athletes Aged 12-17 at the Pervas Club."

METHOD

The type of research is descriptive quantitative with correlation. Arikunto (2019, p. 87) states that correlation research aims to determine whether or not a relationship exists, and if so, how strong the relationship is, and whether or not it is significant. The obtained numerical data is then processed using statistical analysis. The method used in this research is a survey. For easier understanding, the research design can be seen in the figure below:

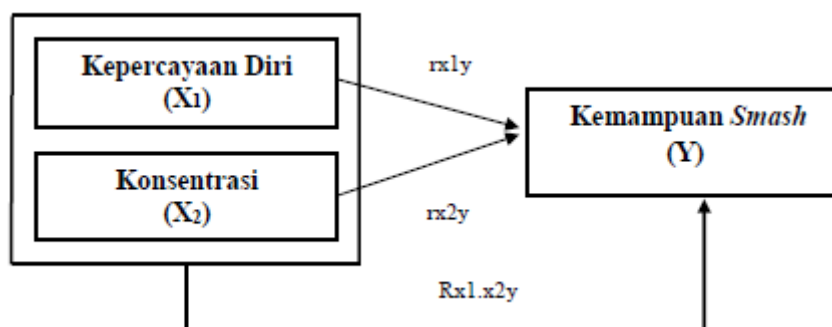


Figure 1. Research Design

The research location was at the Pervas club located at Tirtomartani Kalasan Sports Hall, Jl. Ronggo, Jetis, Tirtomartani, Kalasan District, Sleman Regency, Special Region of Yogyakarta 55571.

This research was conducted in October-November 2023. Sugiyono (2019, p. 90) stated that a population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn. Universally, a population is the totality of research objects in the form of goods, animals, plants, clinical indications, instant indications, test results, humans, informants, events that occur, and areas used as primary sources of information and have certain characteristics in a research (Ibrahim, et al., 2018, p. 105).

The population in the study were 54 volleyball athletes aged 12-17 years at the Pervas club. A sample is a portion of an object taken from the entire object being studied and is considered capable of representing the entire population (Nurdin & Hartati, 2019, p. 104). Darwin, et al., (2020, p. 106) state that a sample is a portion of an object taken from the entire object being studied and is considered capable of representing the entire population. The sampling technique is carried out using purposive sampling. Darwin, et al., (2020, p. 115) state that purposive sampling is a research sampling technique using certain considerations, measurements, and criteria that have been determined by the researcher before the research process is carried out. The main characteristics of using this technique.

The sample must be able to represent the research results expected by the researcher. The criteria are (1) not sick, (2) aged 12-17 years, (3) having participated in competitions, (4) still actively training. Based on these criteria, 46 athletes met. The self-confidence instrument was in the form of a closed questionnaire. Arikunto (2019, p. 168), stated that a closed questionnaire is a questionnaire presented in such a way that respondents only need to provide a checklist (√) in the appropriate column or place, with the questionnaire directly using a graduated scale. The statements compiled consist of two item components, namely favorable (positive) and unfavorable (negative). The reason is so that respondents read all statements carefully. The placement must be done randomly. The instrument used to obtain concentration data was carried out using the Grid Concentration Test. The Grid Concentration Test is a form of measuring tool to determine the level of concentration using numbers. The Grid Concentration Test has a validity value of 0.912 and a reliability of 0.803 (Damayanti et al., 2021, p. 191). The instrument used for smashing ability is the Battery Test (target test accuracy of smashing technique). The smashing technique has a validity value of 0.635 and a reliability of 0.756 (Furkan & Shandi, 2019, p. 270). According to Irwanto (2021, p. 51), the procedure for implementing the smashing ability test.

RESULTS AND DISCUSSION

The data used is primary data from a study of the variables of self-confidence, concentration, and smashing ability of 46 volleyball athletes aged 12-17 at the Pervas club. The results of the analysis are explained as follows:

1. Athlete Characteristics

a. Age

Data on volleyball athletes at the Pervas and MVC Clubs by age is as follows:

Table. 1 Volleyball Athlete Data

No	Age	Frequency	Percentage
1	16-17 year	15	32,61%
2	14-15 year	16	34,78%
3	12-13 year	15	32,61%
Result		46	100%

Based on the table above, it shows that the volleyball athletes at the Pervas Club are mostly aged 14-15 years, namely 34.78% (16 athletes).

b. Height

Data on volleyball athletes at the Pervas Club based on height is as follows:

Table. 2 Volleyball Athlete Data

No	height	Frequency	Percentage
1	161 cm ≤	26	56,52%
2	151-160 cm	7	15,22%
3	≤ 150 cm	13	28,26%
Result		46	100%

Based on the table above, it shows that the female volleyball athletes at the Pervas Club are based on their maximum height of 161 cm ≤ with a percentage of 56.52% (26 athletes).

c. Weight

Data atlet bola voli di Klub Pervas berdasarkan tinggi badan sebagai berikut:

Table. 2 Volleyball Athlete Data

No	Weight	Frequency	Percentage
1	61 kg ≤	8	17,39%
2	48-60 kg	23	50,00%
3	≤ 47 kg	15	32,61%
Result		46	100%

Based on Table 8 above, it shows that the female volleyball athletes at the Pervas Club based on body weight are 48-60 kg at most, amounting to 50.00% (23 athletes).

DISCUSSION

1. Relationship between Self-Confidence and Smashing Skills

The research results show a significant relationship between self-confidence and smashing skills in volleyball athletes aged 12-17 at the Pervas club, with a significance level of <0.05, with a contribution of 14.14%. The results are positive, concluding that higher self-confidence leads to higher smashing skills. This also applies conversely, meaning lower self-confidence leads to lower volleyball smashing skills. These results align with research conducted by Sulistiadinata & Purbangkara (2020); Yanto & Barlian (2020); and Markogama (2020) that found a positive relationship between self-confidence and volleyball smashing skills. Research by Hambali & Sobarna (2019) showed a significant correlation between self-confidence and volleyball smashing skills ($r_{xy} = 0.736$, with a contribution of 54.17%).

Athletes with high confidence in volleyball smashing are influenced by several factors. Agustawan, et al., (2021, p. 97) stated that the factors in question include: (1) self-confidence to be able to perform a series of smash movements with good and correct procedures, so that the courage to do it without fear arises; and (2) confidence in friends or partners, because in performing a series of smash movements, it requires cooperation with a partner when passing the ball, so that it can be followed up with a smash shot.

Athletes need high self-confidence to perform a smash. Self-confidence is a feeling encompassing the strength, ability, and skill to perform or produce something, grounded in the belief in success. This aligns with Mylsidayu's (2018, p. 103) opinion that self-confidence is the belief that a person possesses internal resources, particularly the ability to achieve success. This means that confidence is rooted in belief and hope. Therefore, if an athlete possesses high self-confidence, they can face various situations and challenges, and the mental capacity to mitigate the negative influence of doubt, which drives them to achieve success without relying on others and taking responsibility for the opportunities given to them to perform a smash in volleyball.

Good self-confidence is crucial and can serve as a starting point for volleyball athletes before engaging in any activity (Komarudin, 2017, p. 32). When athletes feel confident in their abilities, they feel calm and relaxed, and can interpret their anxiety levels in a more positive direction. Athletes who

lack self-confidence tend to experience emotional disturbances, resulting in feelings of anxiety and restlessness (Komarudin, 2017, p. 38). Therefore, it is necessary to instill self-confidence as early as possible in volleyball athletes' performance.

Amaliyah & Khoirunnisa (2018, p. 2) argue that self-confidence is not simply inherent in an athlete's performance; it must be cultivated and motivated to change their mindset. Self-confidence is a key asset for achieving maximum performance as an athlete and is essential for maintaining one's best abilities, ensuring consistent performance. It is also explained that high self-confidence in sports positively impacts an athlete's thoughts, feelings, and attitudes, leading to improved performance (Effendi & Jannah, 2019, p. 3). A volleyball athlete must possess strong self-confidence, particularly in smashing, to achieve a higher success rate.

There are many ways to foster self-confidence in athletes preparing for a match. For example, instilling confidence in the possibility of winning requires thorough preparation before the match. Komarudin (2017, p. 78) explains several techniques for increasing self-confidence, including: a) completing the performance; b) performing confidently; c) thinking confidently; d) imagery; e) physical training; f) preparation; g) improving self-discipline, and h) reviewing those who demonstrate the best performance. An athlete who has prepared with maximum training before a competition will have higher self-confidence than one who has trained less than optimally.

2. The relationship between concentration and smash ability

Based on the results of the study, it shows that there is a significant relationship between concentration and smash ability in volleyball athletes aged 12-17 years at the Pervas club, with a sig. <0.05, with a contribution of 9.36%. The results of the study are positive, it can be concluded that the higher the level of concentration, the higher the smash ability. This also applies to the opposite, namely if the level of concentration is low, the smash ability is lower. The results of the study are supported by research by Andrijas (2020); Sepriwandi (2021); Utami (2022) that there is a positive relationship between self-confidence and volleyball smash skills.

Based on the results of the study, it shows that there is a significant relationship between concentration and smash ability in volleyball athletes aged 12-17 years at the Pervas club, with a sig. <0.05, with a contribution of 9.36%. The results of the study are positive, it can be concluded that the higher the level of concentration, the higher the smash ability. This also applies to the opposite, namely if the level of concentration is low, the smash ability is lower. The results of the study are supported by research by Andrijas (2020); Sepriwandi (2021); Utami (2022) that there is a positive relationship between self-confidence and volleyball smash skills.

Fatahilah & Firlando (2020) state that concentration is the ability to focus attention on a particular thing and not be distracted by irrelevant internal or external stimuli. Internal stimuli are distractions from thoughts or feelings, which can cause fatigue. External stimuli are distractions from outside oneself, such as cheers from the audience, jeers from the audience, or incorrect referee decisions. Concentration has the following characteristics: focusing on a relevant object, maintaining focus for a long time, increasing focus when necessary, and having situational awareness. Disrupted concentration can have a very fatal impact on athletes because it decreases performance on the field (Zuhri, 2019). Athletes whose concentration decreases will experience reduced shot accuracy, making it impossible to hit the target. Athletes must focus on themselves and their game to maintain accurate control of each shot.

Concentration in any sport is a crucial factor during training or competition. If an athlete experiences impaired concentration, all movements and strategies can be disrupted and problematic. Poor performance is often attributed to a loss of concentration, tension under pressure, or other mental aspects of the game, such as excessive anxiety, decreased motivation, and lack of confidence, which can impact the athlete's performance (Purnamasari & Novian, 2021, p. 203). Research by Septiyanto & Suharjana (2016, p. 413) indicates that unstable levels of concentration or attention will affect the quality of the techniques used. Wiguna (2021, p. 47) states that even a momentary lapse in concentration in critical situations can affect performance and the outcome of a match. This is because focus significantly impacts performance.

A recommended solution for coaches is to maintain athlete concentration, as it plays a crucial role in sports performance, especially when hitting smashes. Athletes must maintain physical and tactical performance, as these play a significant role in contributing to concentration during a match. There are

many ways to improve concentration, one of which is by improving the mood of athletes by training outside the field which includes more colorful activities and feelings of joy (Sobarna & Friskawati, 2018, p. 2). According to Mylsidayu (2018, p. 39) several ways to improve concentration, namely: (1) Practice by presenting distractions. This form of exercise is by presenting voices, sounds, and movements of someone in a group. (2) Using key words (Use Cue Words). The use of key words aims to provide instructions/motivation in helping to improve concentration so that they are still able to carry out tasks properly. (3) Using thoughts not to judge (Employ Nonjudgment Thinking).

3. The relationship between self-confidence and concentration with smash ability

The research results show a significant relationship between self-confidence and concentration and smashing ability in volleyball athletes aged 12-17 at the Pervas club, with a significance level of <0.05 , contributing 23.50%. The accuracy of a volleyball athlete's smash is inseparable from the influence of their psychological state, which includes stress, self-confidence, and anxiety originating from within (Putri, 2020, p. 2). These elements are the result of psychological pressure felt by athletes as a result of external conditions such as the roar of the crowd, the strength of the opponent, and the athlete's perception during the match, which can lead to anxiety and a lack of self-confidence (Hardiyono, 2020, p. 48).

One factor that can support achievement in sports is athlete self-confidence. Self-confidence is a belief in one's own abilities, which stems from a determination to achieve everything desired and needed in life. Self-confidence emphasizes the satisfaction felt by individuals who are satisfied with themselves. Self-confidence means a feeling of confidence in one's abilities or capability to achieve a certain goal. Athletes who lack confidence, often called "diffident," lack confidence in their abilities. These athletes perceive themselves too low, thus underestimating their full potential. In other words, they underestimate themselves.

Concentration is a mental aspect required by athletes in every sport. Athletes who fully focus their attention during training or matches will impact their athletic performance. Concentration is crucial during volleyball because training and matches require a significant amount of thinking to win. A common problem in sports due to impaired concentration is reduced accuracy in throws, punches, kicks, and shots, resulting in missed hits. A further consequence of reduced accuracy is that well-prepared strategies become ineffective, leaving athletes confused, unsure of how to play, and diminished in confidence.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that: There is a significant relationship between self-confidence and smash ability in volleyball athletes aged 12-17 years at the Pervas club, with a calculated t value of $2.639 > t$ table 2.017, sig. 0.012 and an effective contribution of 14.14%. There is a significant relationship between concentration and smash ability in volleyball athletes aged 12-17 years at the Pervas club, with a calculated t value of $2.080 > t$ table 2.017, sig. 0.044 and an effective contribution of 9.36%. There is a significant relationship between self-confidence and concentration with smash ability in volleyball athletes aged 12-17 years at the Pervas club, with a calculated F value of $6.615 > F$ table (2;43) 3.21 and sig. 0.003 and an effective contribution of 23.50%.

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