



Implementation of Music Media to Increase Optimism in Lorenza FC Football Players

Fazan Nur Wahid^{1*}, Gatot Jariono²

^{1,2}Sport Education, Teacher Training and Education Faculty, Universitas Muhammadiyah, Surakarta, Surakarta, Indonesia

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Abstract

Many efforts are used by increasing the optimism of football athletes. However, there are still few research results that examine to increase optimism in football players by implementing music in their activities. Therefore, this study aims to analyze the presence or absence of the influence of music implementation on increasing the sense of optimism of football players. This study is a quantified study with pretest posttest control group design experimental techniques to analyze the presence or absence of the influence of music implementation on increasing the sense of optimism of football players in groups that are implemented music or not. The study involved 22 randomly selected athletes from one of the football groups in Boyolali. which is divided into two groups that represent each of those approaches. The results of the pre-test and post-test are quantitatively analyzed through statistical prerequisite tests, and hypothesis tests using the T-test. From the results of the analysis, it was found that there was a significant influence in the implementation of music media on increasing the sense of optimism of football athletes which was indicated by an increase in average optimism of 25.83% which experienced an increase in optimism with an average of 14.63%.



INTRODUCTION

Sport has an important role in human life (Iskandar et al., 2018). Sport is a meaningful activity aimed at increasing the freshness of the body, where sports are not only used as a means of recreation, but sports are also intended for an achievement carried out individually or in groups (Anuar & Syahrastani, 2018; Iskandar et al., 2018). Law Number 3 of 2005 concerning the National Sports System article 1 paragraph 4 also explains that "Sports are all activities systematically to encourage, nurture, and develop physical, spiritual and social potential" (2005:3). According to Gunawan et al (2019), Sports is an activity that is needed by everyone to maintain their health and physical fitness. Physical exercise every day is able to maintain the immunity of the human body (Jariono & Subekti, 2020). In addition to providing health and physical fitness, sports activities can be used as a place to excel both individually and in groups. In modern life, sports have become the demands and necessities of life to be more prosperous. Sports become more complex and exercise is automatically necessary so that humans can maintain their existence avoiding various disabilities or disorders as a result of lack of movement disease (HypoKinesis Disease). Exercise done appropriately and correctly will be an important factor that is very supportive for the development of early potential (Hadjarati, 2009). One of the sports that people are interested in is football.

Football is a very popular sport in the world, where in its matches it is played by two opposing groups who each struggle to get the ball into the goal of the opposing group with each group of eleven players commonly named after the eleven (Gunawan et al, 2019). According to Syahputra (2016), Football is a type of

sport that has magical powers to arouse passion, arouse style, break the taste, and bring out the sense of pride that was previously stored in humans. The goal of football is that players try to put as much of the ball as possible into the opponent's goal and try to keep their own goal from entering the ball (Mukholid, 2007). The goal of football is that players try to put as much of the ball as possible into the opponent's goal and try to keep their own goal from entering the ball (Jariono et al., 2021). According to (Indrayana & Yuliawan, 2019) Football games are needed physically, skill, and cooperation, where the dominant physical condition components are endurance, explosive power, speed and agility. According to Hermawan et al (2020), To improve the physique of the athlete in order to be able to compete, the athlete must strive in improving his quality both physically and psychologically. In addition, the football player must improve his psychology in good optimism as a foundation for achieving achievements.

Optimism is the confidence that you will believe that you can overcome difficult things in order to achieve a clear goal. According to (Listiyandini, 2016) interprets optimism as a belief that bad moments are only temporary, do not completely affect all activities, and are not entirely due to self-carelessness but can be due to situations, fates, or other people. Optimism is important in influencing job success. (Kalnbach & Lantz, 1997). Success in the job in question is the achievement of performance, achievements and career (Wright, 2003). Rottinghaus et al., (2005) explains that optimism is related to self-regulation in the achievement of goals as well as how the expectations possessed affect the goals to be achieved. Optimism can give rise to positive energy in the workplace (Luthans & Youssef, 2007). Menurut Subekti (2017), as effectively as

a person adjusts psychologically and mentally to new situations and conditions, the higher the degree of intelligence he has. One way to instill a high sense of optimism is to implement music in its activities.

Sugiharto (2015: 302) said that music is a strange phenomenon. It is the most 'abstract' art form (the form is invisible) but the effect is the most direct and concrete. Music is a series of sounds that directly touch the mind, conditioning feelings, whether you like it or not, understand it or not, regardless of race, ethnicity, culture, ideology or religion (Hidayatullah, 2019). According to Sandstrom & Russo(2010), The emotional quality of music is an important factor in encouraging acute recovery from psychological stress and is a consideration worth paying attention to. positively validated music that encourages low levels of arousal has been shown to promote more effective physiological and subjective recovery from psychological stress. In everyday life, music in general increases the positive influence, optimism, alertness, and focus in the present. Moreover, it provides an opportunity to vent strong emotions, increase their intensity, or calm down. Therefore, the musical medium has been linked to the formation and self-control (Sloboda et al., 2001). Music can cause the state of the heart to be enjoyed and relaxed. Music therapy helps people who have emotional problems in getting their feelings out, cause positive changes along with the state of the heart, lead to solve problems and fix music media problems.

METHODS

In this study, the method used was a quantitative method with an experimental technique pre-test-post-test control group design. Hal ini aims to

analyze the presence or absence of the influence of music implementation on the increased sense of optimism of Lorenza FC football players(see Table 1 for details)

Table 1. Research Design

Group	Pre-test	Treatme nt	Post-test
Experiment	O	O ₁	O
Control	O	X	O

Table 1 shows the design of this study, where the O in the Pre-test column shows that the experimental group and the Control group were given pre-test treatment. The O in the Post-test column shows that each class is given post-test treatment. Regarding the treatment given, O1 represents the implementation of music media therapy applied to the experimental group, and X represents the Control Class that is not given the treatment.

Participants

This research was carried out one month at Lorenza FC which was carried out at the Tumang Village Struggle Football Stadium, Boyolali. Based on the design of the study, two groups of samples are needed to become an experimental group and a control group. The sample selection technique uses a randomized sampling technique or a randomized sample of 22 people.

Sampling Procedures

This study sampled 22 people with a sample selection technique using a randomized sampling technique from 30 Lorenza FC football players.

Materials and Apparatus

In this study, the type of data collected was quantitative data obtained from the results of members' self-evaluation related to a sense of optimism.

The instrument used to collect data is in the form of a questionnaire. The questionnaire used a Likert scale with four categories, namely "1" (Strongly Disagree), "2" (Disagree), "3" (Agree), "4" (Strongly Agree) to get a response from students, then the questionnaire was distributed to the sample class before the treatment (pre-test) and after the treatment (post-test). Data collection carried out by researchers using techniques using questionnaire data with indicators of symptoms experienced by samples, including: 1.) Feeling of relaxation 2.) Confidence 3.) somatic symptoms 4.) Regular breathing 5.) Mental readiness 6.) Regular sleep patterns 7.) Sensory symptoms 8.) Autonomic Symptoms.

Procedures

This research is by distributing questionnaires to samples during pre-test and post-test. Then from the results of the questionnaire that has been obtained processed to answer the hypothesis.

- Based on the previously described research questions, the hypothesis in this study can be based on the question Is there or is there an influence of music on the increase in the sense of optimism of Lorenza FC football players? Therefore, the hypothesis of this study is: H_a : There is a significant influence of the implementation of music media in increasing the sense of optimism of football players H_1 : There is no significant influence of the implementation of music media in the improvement of the sense of optimism of football players.

Design or Data Analysis

The data obtained from the results of the pre-test and post-test administration were analyzed in inferential statistical tests and descriptive

statistical tests. Inferential statistical tests are used to see if the data is a distribution of normality, the degree of homogeneity of the two classes of the sample. A descriptive statistical test with a t test was used to see a comparison of the average values and an increase in the sense of optimism of the two groups of samples. The statistical testing process is carried out using SPSS 16.0 software, and in determining the significance of statistical analysis, the confidence level is 95% with a 5% margin of the error rate received.

RESULT

This section describes the results of the analysis of two classes of data, namely the results of pre-test analysis and the results of post-test analysis.

Descriptive test of research

A Descriptive Test was conducted to see the average score related to the athlete's optimism questionnaire. Descriptive data can be seen as follows:

Table 2. Descriptive Research Data

Descriptive Research Data				
	Pre- test Con trol	Post -test Con trol	Pre- test Experi ment	Post- test Experi ment
N	11	11	11	11
Mean	54,45	63,00	56,64	71,27
Std Deviati on	18,57	16,65	16,44	7,82
Mini mum	26	31	32	61
Maxi mum	79	88	80	84

Based on the table above, the control group, Lorenza FC football athletes obtained the average score of the level of optimism of Lorenza FC football athletes in the pre-test was 54.45, with a standard deviation value of 18.57, and a

minimum value of 26, and a maximum value of 79. Then at the time of the post-test the average level of optimism of football athletes Lorenza FC becomes 63 with a standard deviation of 16.65, and a minimum value of 31, as well as a maximum value of 88.

Meanwhile, in the experimental group, it was found that the average level of optimism of Lorenza FC football athletes before being given treatment was 56.64 for the experimental group with a standard deviation of 16.44 and a drinking value of 32, as well as a maximum value of 61. After being given treatment, the average level of optimism of Lorenza FC football athletes became 71.27 with a standard deviation of 7.82, and a minimum value of 80, as well as a maximum value of 84.

Normality Test

The normality test is used to find out whether the data population is normally distributed or not. This test is carried out as the first requirement in determining the hypothesis test to be carried out. Test the normality of the data using Shapiro Wilk against the results of the pre-test and post-test by filling out the questionnaire of the level of optimism of lorenza FC football athletes. The calculation of the data normality test can be seen in the appendix, A summary of the results of the data normality test is presented in the following table:

Table 3. Shapiro Wilk Normality Test

Shapiro Wilk Normality Test				
Group	Statistic	N	Sig	Criteria
Pre-test Experime nt	0,936	11	0,4 78	Normal
Post-test Experime nt	0,964	11	0,8 19	Normal

Pre-test Control	0,940	11	0,5 16	Normal
Post-test Control	0,937	11	0,4 85	Normal

Based on the results of the data normality test summarized in the table above, at a significant level of 5% the L'Max value for each group is less than 0.05 so that it can be concluded that the data in each group comes from a normally distributed population. So that the statistical prerequisite test can be continued, namely the Homogeneity test.

Uji Homogeneity test

The data are normally distributed, then a homogeneity test is carried out, where both groups of samples are said to be homogeneous if the value of Sig.>0.05(O'Neill & Mathews, 2002).

Table 4. Uji Homogenitas

Uji Homogenitas					
Da ta	Grou p	N	Statisti csLeve ne	Sig .	Criteria
Pre - te st	Experi ment Contro l	11 11	0,244	0,6 26	Homoge neous
Po st- te st	Experi ment Contro l	11 11	3,393	0,6 94	Homoge neous

From the table above shows that the value of Sig. from the Homogeneity Test the Pre-test and post-test data both showed more than 0.05 i.e. on the Pre-test showed the sig value. $0.626 > 0.05$, so it can be concluded that the pre-test data between the experimental group and the control group are homogeneous. And the post-test shows the value of sig. $0.694 > 0.05$ it can be concluded that the Post-test data between the experimental group and the control group are homogeneous. So that the data obtained are normally

distributed and homogeneous, and can be continued to hypothesis testing using the t-test.

Test Differences of two average pretest data

Table 5. T Test Pre-test Data

T test pre-test data				
Average				
Pre-test Control	Pre-test Experiment	Sig.	Conclusion	Criteria
54,45	56,64	0,79	H ₀ received	No difference

Based on the data obtained above, the Sig value was obtained. (2-tailed) of 0.789 or greater than 0.05, so it can be concluded that the experimental group and the control group did not have a significant difference in the level of optimism before being given the treatment of applying music MediaTest Differences in average pre-test and post-test Control group

Table 6. Pre-test Data Test and Control Group Post-test

T test post-test data				
Average				
Pre-test Control	Post-test Control	Sig.	Conclusion	Criteria
54,45	63,00	0,236	H ₀ received	No difference

Based on the data obtained above, the Sig value was obtained. (2-tailed) of 0.236 or greater than 0.05, so it can be concluded that there is no significant difference in the average level of optimism of Lorenza FC football athletes at the time of pre-test and Post-test.Uji

Perbedaan rata-rata pre-test dan post-test kelompok eksperimen

Table 7. Pre-test Data Test and Post-test Experimental Group

T test post-test data				
Average				
Pre-test Experiment	Post-test Experiment	Sig.	Conclusion	Criteria
56,64	71,27	0,1	H ₀ rejected	There is a difference

Based on the results of the data obtained above, the Sig value was obtained. (2-tailed) of 0.01 or less than 0.05 so it can be concluded that there is a significant difference in the average level of optimism of Lorenza FC football athletes at the time of pre-test and Post-test in the experimental group before and after being given the treatment of musical media implementation. Increased Sense of Optimism

Table 8. Increased Sense of Optimism

Group	Average		Enhancement %
	Pre-test	Post-test	
Control	54,45	63,00	15,7%
Experiment	56,64	71,27	25,83%

Based on the table above, information was obtained regarding the increase in optimism of Lorenza FC football athletes in the experimental group experienced an increase in optimism with an average of 14.63 or equivalent to 25.83%.

DISCUSSION

This study aims to find out whether or not there is an influence of implementation to increase the sense of optimism of lorenza fc football athletes. The study was conducted with an experimental group and a control group, with differences if the experimental group was given the treatment of implementing music media to lorenza fc football athletes, whereas the control group is not granted or the same as conventional as usual. In this part of the discussion will explain both hypotheses

Based on the anxiety level test of athletes in the pre-test and post-test in the control group, the results of the hypothesis test showed that h_0 is accepted because of the sig value. (2-tailed) 0.236 or greater than 0.05, so it can be concluded that there were no significant changes in the control group. And in the control group there was an increase of 15.7% in the level of optimism. Evidenced by the result of the average pretest, the level of optimism was 54.45 to 63.

Based on the test of the level of optimism of athletes in the pre-test and post-test in the experimental group, obtained hypothesis test results that showed that h_0 was rejected because of the sig value. (2-tailed) 0.01 or more less than 0.05, so it can be concluded that there were significant changes in the experimental group. And in the experimental group experienced an increase in the sense of optimism by 25.83%.

In the results of the two hypotheses it can be concluded that there is a significant influence of the implementation of music media on the increase in the sense of optimism of lorenza fc football athletes. And the implementation of music media had a significant effect, which was indicated by

an increase in the sense of optimism by 25.83%. However, the control class also experienced a fairly high increase in optimism of 15.7% although there was obviously no significant influence. This may be due to lorenza fc players who already have a high sense of optimism. And the author still has confidence that implementing music media can increase the sense of optimism of lorenza fc players, this is based on research previously carried out by santoso dkk(2021) and andita & desyandri(2019) which shows that with music media can increase one's sense of optimism and concentration of learning. In addition, it is based on previous research conducted by larasati & prihatanta(2019) and ispriantari(2015) which suggests that music therapy can lower teenage anxiety levels.

CONCLUSION

This study aims to analyze the presence or absence of the influence of implementation on increasing the sense of optimism of lorenza fc football athletes. Based on this research it can be concluded that there is an influence implementation of music media towards increased sense of optimism of lorenza fc boyolali football athletes. And the implementation of music media had a significant effect indicated by an increase in optimism of 25.83% which experienced an increase in optimism with an average of 14.63. As well as for the control group, there was no significant difference, but it also experienced an increase in the sense of optimism by 15.7%

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