



## The Influence of Imagery Training and Self-Confidence on Futsal Shooting Results in Extracurricular Students at SMA Negeri in Bengkulu City

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### Abstract

The purpose of this study was to determine: (1) the difference in the effect of internal imagery and external imagery on shooting results, (2) the difference in the effect of high self-confidence and low self-confidence on shooting results, and (3) the interaction between imagery training and self-confidence on shooting results. This study uses a 2x2 factorial design experimental method. The population of the study was the participants in the futsal extracurricular activities at State Senior High Schools in Bengkulu City. The sample of this research was determined by random sampling technique which amounted to three schools namely SMAN 7 Bengkulu, SMAN 10 Bengkulu, SMAN 11 Bengkulu with a total of 42 students. The instrument measures the level of self-confidence using a self-confidence questionnaire and measures the results of the penalty kick shooting accuracy test using the Brace shooting penalty kick test. Data analysis used two-way analysis of variance (ANOVA) at a significant level of  $\alpha = 0.05$ . The results of the study are as follows: (1) There is a significant difference in effect between internal imagery training and external imagery training on futsal shooting results, (2) There is a difference in effect between high self-confidence and low self-confidence on futsal shooting results, (3) There is an interaction between imagery training and self-confidence from futsal shooting results.



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## INTRODUCTION

Sport is a part that consists of various theoretical aspects consisting of sports health, exercise biomechanics, sports psychology, sport sociology, sports science, the origins of sports, and sport philosophy. Exercising is also an integral part of human life. According to (Giriwijoyo & Sidik, 2013), Sport is an orderly and planned arrangement of exercises to maintain dynamics and improve motor skills. Sport is very meaningful because it cannot be separated from the very basic human activities, namely motion. The game is a competition that involves player interaction by obeying the rules, can be played independently or in groups to achieve goals determined by the opinion of (Hadi, 2021)

(Kristiyanto, 2012) exercise has now become a world-class branch that raises the quality of a nation. It will automatically become a benchmark for the development and success of the nation. Therefore you can say that sports achievement is a field that involves the coordination of each contestant to produce achievements by practicing a model of training and development system for each athlete that involves gradual and continuous planning. This extracurricular activity is a forum at school to guide and shelter students who are interested and want to excel. Therefore, often the results are got students always come from extracurricular activities at school. As well as extracurricular non-academic Futsal. Futsal is a sport of many interested among students among the many sports that exist in extracurricular activities at school. (Lhaksana, 2012) Futsal is a game with a ball that moves fast and survives during a fast-paced game of futsal. Attacking requires balance, Every athlete

maneuvers. Good body because of the surface of the futsal court and the rotation of the player's shoes. Meanwhile, according to (Mulyono, 2017) the existing sports are categorized as included in the "big ball game" namely futsal. According to some of the views above, futsal is a sport that requires a small field, strict rules, and a lot of physique. also to attract the attention of the audience.

In general, in order to play futsal well, players must be able to control or control the ball besides being able to kick it. In line with the game of football, basic technical skills play an important role in the game of futsal. So Many Basic Futsal Movements According to (Lhaksana, 2012) there are five basic movements, namely passing, holding the ball (control), passing or chipping, carrying or dribbling, and shooting (kicking towards goal). . Every futsal player must be able to understand the basic techniques of futsal, because futsal players must be able to execute fundamental movements quickly and accurately under the pressure of the rhythm of the game. In the game of futsal itself shooting is a very important technique because it is shooting that can produce goals to win something match..

Every player usually has understand and can shoot properly, but there are still many players who don't do it and haven't succeeded in shooting at goal (shooting) where players have done good technique but are mentally weak and lack confidence in shooting which makes a kick that doesn't lead into a goal that does not match the target you want to shoot. Therefore, the psychology in the game of futsal greatly affects the basic techniques that the players already have, if the players do not have good intelligence, it can greatly affect the performance of the players, especially in times of stress. According to Anshel in (Dimiyati, 2018) explaining sports

psychology is a science that reviews people's attitudes in terms of sports achievements which are influenced by three important interrelated factors: the players themselves, the coaches, and their environment.

Aspects to be reviewed in psychic science on certain components, especially those that come from within or outside, for example self-image and self-confidence. The author will focus on imagery methods and shooting confidence in the research reviewed. Being confident is a very important thing to ensure yourself that the kicks attempted by players can go into the goal and the imagery has a goal. The author uses vision training and confidence training to help participants train their shooting skills more effectively and remember these tactics in more detail. (Komarudin, 2017) describes imagery training as a psychological exercise that is useful for creating or remembering experiences that have been in memory or reproducing experiences in the brain. (Weinberg, & Gould, 2012) explained imagery is a form of stimulation, this is almost similar to a clear sensory experience, for example feeling, looking, or following, but the existing experience is related to remembering. The combination of internal imagery and external imagery methods will be used in the following research. Internal method training is a technique that exploits the power of the mind in depth to carry out activities using relaxation methods through interactions within the body itself using all the five senses both by means of visual, friction, sight, principle and hearing. Players should aim to fantasize about shooting, as a result players appear to be kicking towards goal as they do when playing against each other. As part of this research, using the internal imagery method the authors also use the external imagery method. This is in line

with research results from (Alestio et al, 2018). It can be concluded in the research of SSB Berlian Muda Football Players FC Solok if there is an effect of imagery training on Penalty Kick Shooting skills. And research results from (Mardhika, 2015) prove that there is indeed a difference in the effect of imagery training and concentration training on the success of shooting results.

External imagery referred to here is The imagery method is tried using encouragement from viewing devices where participants are assisted by graphics or films that are shown directly by professionals. According to (Harimurti, R, 2018), the internal method is more suitable for increasing one's mental abilities while the external method is more suitable for increasing one's mental abilities. individual. External imagery relates to how data is presented in a clear, visual way, based on results study from Astra, (2019) that there is an important influence of external imagery training on the accuracy of the football player's hull pass in SSB Hurricane Moyudan. As a result, it can be concluded that external imagery is the method that is tried to create, see or imagine the movement that is observed and triggers all parts of the body to make it seem as if carrying out the activity in a real way so that it can increase the player's confidence.

(Wissel, 2012) Shooting requires mental confidence because players' self-confidence will increase when they are confident in shooting. Confidence is a state in which people believe and feel in control of the results of their actions. This problem is in line with research results from Kastrena (2019) showing that there is a relationship between self-confidence in the results of penalty kicks and research results from Mardhika & Dimiyati (2015) showing that there are soccer players with a high level of

confidence with those who have a high level of confidence. Lower self-differ in how successful their shots are.

Based on an initial survey conducted by researchers on futsal extracurricular activities at SMA N Bengkulu City, the aim of the researchers was to identify schools that had futsal extracurricular activities in the Bengkulu City area after being randomly selected from 11 schools. SMA N 7 Bengkulu, SMA N 10 Bengkulu, and SMA N 11 Bengkulu are the three schools that were selected. The reason the researchers chose Bengkulu City was also due to the lack of futsal achievements in the city of Bengkulu, especially at the high school equivalent level in 2022. Based on the facts on the ground, there are still many students who on average are only able to make four effective shots out of the ten shots given by the coach to the players. The results of a survey by researchers during the match between SMA N 7 Bengkulu and SMA N 10 Bengkulu on 17 December 2021, when the match took place there were many opportunities but there were still many shots that were not on target towards the goal during penalty shootouts. And when the SMA N 11 Bengkulu team played with the same problem in shooting accuracy as well as only producing 2 goals out of 5 shooting results, not only in this match, but also in the previous match SMAN 11 often missed opportunities. From the survey results, players still often fail when trying accurate shooting, which is the shooting accuracy is an opportunity to score and become determinant of victory in a match, it can be caused by a lack of training from a mental perspective. Therefore the researcher wants to introduce the Imagery training method which is useful for maximizing training when conditions are not conducive and it is also hoped that there will be changes in the psychology of the players, because in

psychology training it can also have an influence on its application on the field, one form of training is using drills internal imagery in which students are given suggestions to imagine doing shooting movements in their minds so that the movements are stored in their minds and improve their shooting techniques so that they are better, while external imagery exercises are carried out by showing video shooting technique movements that are correct by experts. Based on this context, the author intends to conduct research on how the imagery method and self-confidence can improve shooting results in futsal extracurricular activities at Bengkulu City Public High School.

## METHOD

In such a study, two groups were used, and they each received a separate set of training techniques along with aerobic endurance. Experimental research techniques are quantitative investigations used to determine the impact of different treatments on different people in a controlled environment according to (Sugiyono, 2015). This study used an experimental design with a 2x2 factorial layout to test the effect of the independent and dependent variables. Factorial design, modifying the actual experimental design by taking into account the possibility that the moderator variable will affect the treatment of the independent variable on the results of the dependent variable. In this study, self-confidence and visualization training were the treatments. Look for the shooting effect as a result of this therapy. The following table provides further details on the researcher's research methodology:

**Table 1.** Factorial Design.

Imagery \ Self confidence	Internal imagery (B1)	External imagery (B2)
High self-confidence (A1)	A1B1	A1B2
Low self-confidence (A2)	A2B1	A2B2
Shooting Results		

Information:

- A1 :Group of high self-confidence category.
- A2 : The low self-confidence category.
- B1 :The group is given an internal imagery exercise.
- B2 :The group is given an external imagery exercise.
- A1B1 :Group given internal imagery method with high self-confidence category.
- A2B1 :The group given the external imagery method with a high self-confidence category.
- A1B2 :The group is given the internal imagery method with low self-confidence category.
- A2B2 :The group given is given the external imagery method with the low self-confidence category.

Data collection technique :

### 1. Observation

Observation is a complex process and is composed of various biological and psychological processes, where the most important process in this section is in the form of observation and memory according to (Sugiyono, 2015). Researchers make observations or observations regarding the problems that occur with the results of shooting futsal in student extracurricular SMA N in Bengkulu City. In making observations the researchers obtained direct data in the field.

### 2. Questionnaire

Questionnaire (Arikunto, 2012) The questionnaire is a list of items that are sent in the form of written questions to certain individuals whocalledrespondent. (Bandura, 2012) identified three degrees of self-confidence dimensions: level, strength, and generality. Students who participate in extracurricular activities can use a self-efficacy questionnaire to measure their level of confidence inextracurricularfutsal and to divide the groups by levelbeliefstudent self.

### 3. Shooting test

After receiving the pre-test findings using the kick testpenaltyfrom the Brace, then a shooting test was carried out during the initial test (pre-test). This test tries to measure the player's ability and accuracy of futsal shooters. Exercises using internal and external imagery will be used for treatment of students. At the end of the meeting, after receiving therapy, students will take the final exam (post-test).

### 4. Documentation

Documentation is a method of gathering information to assist research projects, such as written and visual materials according to (Sugiyono, 2015). Documentation taken from photos and voice recordings of research subjects to strengthen data so that the results of this study have accountability that can be accounted for. Data analysis is compared with the findings of observations, interviews, and documentation, so that they are more descriptive in nature. The collected data will be examined qualitatively and given a descriptive description (Sugiyono, 2015)

## RESULTS

Based on the resultssurveyThe first thing researchers did at futsal

extracurricular activities in high schools (SMA N) in Bengkulu City, the researchers focused on schools with futsal extracurricular activities in the Bengkulu City area and after making a random selection of 11 schools. The selected schools were SMAN 7 Bengkulu, SMA N 10 Bengkulu and SMA N 11 Bengkulu. The researcher reasoned that choosing Bengkulu City was due to the lack of futsal achievements in the city of Bengkulu, especially at the high school level and equivalent in 2022.

The sample included in the experimental group in this research totaled 40 students which were divided into four groups, namely the group with high self-confidence was trained with internal imagery training (A1B1), the group with high self-confidence was trained with external imagery training (A2B1), the group with high self-confidence was trained with external imagery training (A2B1), the group those with low self-confidence were trained with internal imagery training (A1B2), and the group with low self-confidence were trained using external imagery training (A2B2). Researchers collected data for the pretest which will be conducted on Monday, October 10 2022. The pretest data collection process was carried out on the futsal field at SMA N 7 Bengkulu. The posttest data collection was carried out on Tuesday 29 October 2022.

**Table 2.** Description of shooting test results

	Pre-Test				Post-Test			
	$\bar{X}$	Min	Max	sd	$\bar{X}$	Min	Max	sd
Internal high self-confidence (A1B1)	19,8	15	23	3,01	28,2	22	32	3,32
External high self-confidence (A1B2)	17,9	13	22	3,47	27,7	22	30	2,16
Internal low self-confidence (A2B1)	18,1	14	22	3,38	25,4	22	32	3,27
External low self-confidence	14,2	13	16	1,03	22,6	21	26	1,77

e(A2B2)								
Internal imagery	18,1	14	22	3,38	25,4	22	32	3,27
External imagery	14,2	13	16	1,03	22,6	21	26	1,77
High self-confidence	18,85	13	23	3,31	27,95	22	32	2,74
Low self-confidence	16,15	13	22	3,15	24	21	32	2,93

The descriptive table above shows the Pre-Test and Post-Test scores of the Shooting results carried out by the researcher. Three times a week for six meetings, therapy is given using internal imagery and external imagery techniques. Each practice meeting lasts approximately 120 minutes. Practice between 15.00 to 17.00 WIB. The treatment was given in the Classroom of SMA N 7 Bengkulu in the form of exercises carried out immediately by the futsal extracurricular trainer. The process of giving treatment is also assisted by sports teachers and assistant futsal coaches.

The Normality test is carried out before data processing, the first prerequisite test is the normality test. The normality test has the goal of knowing whether research data is distributed correctly or not. allows to check whether or if the data being tested does not differ from the expected frequency. The normality test used in this study uses the Shapiro-Wilk method. The SPSS 21 program was used to carry out a normality test for each group with a significance level of 5% or 0.05. Data is considered to be regularly distributed if the significance value is  $> 0.05$  ( $p > 0.05$ ). The data is not normal if the significance value is 0.05 or vice versa  $p$  is 0.05. Continue to The homogeneity test seeks to ascertain whether the selected population samples come from the same variant and are not significantly different from one another. Statistics using Levene with SPSS 21 software and a significance threshold of 5% or 0.05 is the method used to test homogeneity. Data is considered

homogeneous if the significance value is more than 0.05 or the p-value is greater than 0.05. Conversely, a significant value of 0.05 or p 0.05 indicates that the data is not homogeneous. Testing the hypothesis in this study used a two-way ANOVA test. Testing the hypothesis was carried out because the basis of the results of the analysis of significant influence between the independent variable, namely imagery training and the attributive variable, namely self-confidence towards the dependent variable, namely the results of futsal shooting on students participating in extracurricular futsal. From the results of data analysis the results of testing this hypothesis are obtained as follows: 05 is the method used to test homogeneity. Data is considered homogeneous if the significance value is more than 0.05 or the p-value is greater than 0.05. Conversely, a significant value of 0.05 or p 0.05 indicates that the data is not homogeneous.

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1. Test the hypothesis of the difference in effect between internal imagery and external imagery training on the results of shooting futsal on extracurricular futsal.  
: 10.110 and : 4.110 if  $<$  then accepted means that there is a difference in the effect of internal imagery and external imagery training on shooting.
2. Test the hypothesis of the difference in the effect of high self-confidence and low self-confidence on the results of shooting futsal at extracurricular futsal. and if  $<$  then it is rejected, it means that there is a difference in the effect of high self-confidence and low self-confidence on the results of shooting futsal.
3. Test the interaction hypothesis between imagery training and self-confidence on the results of extracurricular futsal shooting  
 $f_{hitung}$ : 3.786 and : 4.110 if  $<$  then accepted means that there is no interaction between imagery training and self-confidence in extracurricular futsal shooting results.

## DISCUSSION

1. There are differences in the effect of internal imagery and external imagery methods on the ability to shoot results on extracurricular futsal. The first hypothesis was confirmed by the findings of the research data analysis: There was a visible difference between the effects of internal imagery techniques and external imagery on one's futsal shooting ability outside the classroom. this can be seen from the results of  $\text{sig} = 0.001 \leq 0.05$  so it can be concluded from these data that the training strategy offered has not succeeded in increasing the results of extracurricular futsal shooting. Based on the findings of the analysis, students who received the external imagery training approach performed better with a score of 26.8 compared to students who received the internal imagery training method who had an average score of 24.

This research shows that external methods strategies outperform internal methods in terms of helping students. This is so that students can apply the external imagery training approach whenever and wherever they have a lot of free time. For a beginner, internal imagery requires guidance from a coach or specialist in psychology to bring up a mental picture of the action. is one method that can be used to assist these activities. This supports the claim (Shearer, D., 2012) that external imagery training is more successful than internal imagery training because external imagery training provides benefits for beginners,

2. There are differences in the effect of self-confidence with high and low categories on the ability to shoot futsal results Extracurricular.



It is clear from the findings of the analysis, which was obtained with  $\text{sig} = 0.001 \leq 0.05$  that there was a significant difference between the high self-confidence category and the low self-confidence category on the results of extracurricular Futsal shooting. So that high self-confidence and low self-confidence can change the results of shooting Futsal. For futsal players, having confidence is very important when shooting. Confident players will recognize their effort and mental fortitude when facing risky circumstances, challenging assignments, and scenarios where failure is possible. According to Kristianto (2014), self-confidence is a state in which people feel confident and believe that they have control over the results of their actions.

The findings of this study, the level of player confidence, both high and low, has an impact on the ability to shoot right on the futsal field. In futsal, players who lack confidence perform admirably so they produce the right shot. Futsal players who fall into the low self-confidence group usually struggle a bit with shooting properly because it is more difficult for someone with low self-esteem to concentrate on completing the task at hand. But students who are more confident achieve greater accomplishments because they focus more on improving themselves and thus have more confidence in their ability to tackle the tasks at hand. (Mardhika, 2015) said that a person with a high level of self-confidence feels that he will be able to perform as expected in sports. Someone with strong self-confidence will force themselves to do anything more persistently and do better than someone with low self-confidence, according to (Gao, Z., Lee, AM, & Harrison L, 2012)

3. There is no interaction between the two imagery exercises and self-confidence

in the ability to shoot futsal resultsextracurricular.

The third hypothesis is that there is no difference seen between the interaction of the two imaging exercises and confidence in the ability of Extracurricular Shooting Futsal results based on the findings of the study data analysis. The test results on the first hypothesis state that the external imagery training model has a better effect than the internal imagery which has not had an effect on the results of Extracurricular Shooting Futsal. And the second hypothesis shows that students with a high category of self-confidence are better than students with a low category of self-confidence in their ability to shoot futsal in extracurriculars.

The third hypothesis shows that there is no significant difference between the effects of the two imagery exercises on self-confidence towards the results of Extracurricular Shooting Futsal. It can be seen from the results of the analysis  $\text{sig} = 0.190 > 0.05$  so on, from these results it is concluded that there is no interaction between imagery training and self-confidence in the ability to shoot futsal results in extracurriculars. Imagery training is a model that is often used by a sports psychologist to help someone to describe or train relevant thoughts to do what they are going to do (Herfiantoro, 2019). The training model in this study uses internal imagery and external imagery training. Internal imagery is a technique for the player to describe the situation from the point of view of the first subject. According to (Cox, 2012) Internal imagery is something that is natural for a person because by imagining from within, a person can see himself making certain movements in his mind. Students receive help from scripts when imagining with internal imagery. On the other hand, external imagery is a situation in which a person imagines a movement from a third party's perspective

(Weinberg, & Gould, 2012). This is then added to the theory (Dimiyati, 2018) which reveals that external imagery is the process of a person describing in his mind acting as an observer of a method. A video medium or a trainer's demonstration of the method to be trained should be used as an external stimulus to help the brain create an image. The external imagery training approach had a greater impact than the internal imagery training method on the two training regimens mentioned above. On the other hand, self-confidence is essential for any activity aimed at achieving a goal, whether it takes place in the laboratory, classroom, or even on the field during practice or competition. Self-confidence, according to Gao, Z., Lee, AM, & Harrison L. (2012), is belief in one's capacity to learn or carry out activities at a level predetermined by previous researchers, while predicted results are related to one's expectations regarding potential effects of a behavior. Confidence can affect a person's resilience, effort, and ability to face frightening situations, challenging tasks, and high-risk ventures

Self-confidence in the high and low categories in this study showed a sizable difference, the high category made a greater impact on students' shooting abilities in trying to shoot accurately compared to the low category. According to the research findings, there is no relationship between the two imagery exercises and the participants' self-confidence in their ability to shoot futsal in extracurricular activities. Self-confidence and imagery methods both play a very important role in improving shooting skills, which are very important for extracurricular futsal shooting skills.

## CONCLUSION

The results of the data analysis test and the discussion that has been carried out, the conclusions from the research and data processing carried out are concluded:

1. There are differences in the effect of internal imagery training and external imagery training on the ability of Shooting Futsal results in Extracurricular.
2. There is a difference between high category self-confidence and low category self-confidence on the ability of the results of Shooting Futsal in students Extracurricular.
3. There is no interaction between the imagery method and confidence in the results of Shooting Futsal extracurricular.

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