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The Role of Imagery in Enhancing Basketball Learning: A Psychological Approach-Systematic Literature Review

Nadia Fadilla Damayanti[1]✉, Alit Rahmat[2] , Afan Ginanjar[3] , Derry Renanda Putra Siahaan [4]

Universitas Pendidikan Indonesia[1234]

fadillanadia77@upi.edu [1], alitrahmat@upi.edu [2] , afan@upi.edu [3] putrasiahaan@upi.edu [4],

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Abstract

Physical education learning, particularly in basketball, does not rely solely on physical aspects but also demands mental readiness, concentration, and technical visualization. A psychological approach through imagery or mental imagery is believed to enhance students' technical skills in sports. This study aims to examine the role of imagery in developing basketball learning through a psychological perspective using the Systematic Literature Review (SLR) method. Data were collected by searching scientific articles in the Google Scholar database using the Harzing's Publish or Perish application with the keywords "Sports Imagery and Basketball Learning," and filtered using the Covidence platform within the publication range of 2017–2024. Inclusion criteria included articles written in Indonesian, indexed in SINTA, and focused on students or teachers in physical education. From a total of 200 articles retrieved, 12 were further screened, and 6 articles were deemed relevant for analysis. The analysis followed the PRISMA model and included a quality assessment of the selected articles. The review findings show that imagery is highly effective in improving technical skills in physical education, especially in basketball learning. The use of imagery techniques also enhances students' concentration, self-confidence, and tactical understanding during the learning process. In conclusion, imagery is an effective mental training method and can serve as an alternative learning strategy in physical education, particularly in basketball, and is recommended to be combined with physical training for optimal results.

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INTRODUCTION

Physical education learning, particularly in basketball, is still predominantly centered on physical approaches, while mental aspects such as concentration, visualization, and psychological readiness are often overlooked. In fact, beyond physical preparedness, educators must also consider mental readiness to ensure that learning is absorbed optimally (Agustan & Rojikin, 2021). However, studies on the application of imagery within the context of school-based learning remain limited and have not been extensively examined in a systematic manner. Moreover, most studies have remained focused on athletes' performance or extracurricular participants, rather than on classroom instruction or the domain of Physical Education (Lindsay et al., 2023). This gap highlights the need for a deeper investigation into the role of imagery in developing basketball learning through a psychological approach. This research is essential to provide a scientific foundation and practical guidance for teachers in integrating imagery as a supportive strategy for more effective and holistic physical education instruction.

Psychology plays a crucial role in understanding how humans think, feel, and behave in various situations (Effendi, 2016). The psychological approach is a method or perspective used to analyze the behavior of individuals and groups based on psychological principles. This approach is applied in various fields such as education, sports, health, and social life to help individuals overcome challenges, enhance performance, and achieve better mental well-being. In the field of education, the psychological approach helps in understanding how individuals learn, overcome mental barriers, and increase motivation (Sumarjo, 2017). A strong understanding of psychological aspects enables individuals to develop better mental skills, which ultimately contributes to their success in their respective fields. The psychological approach helps in understanding effective learning methods, enhancing motivation, and overcoming mental barriers that may hinder a person's academic development (Pristiwanti et al., 2022). In sports, this approach is used to manage competitive stress, boost self-confidence, and optimize athletic performance through mental techniques such as visualization and emotional regulation. Even in the workplace, psychological understanding can help individuals increase productivity, build effective communication, and develop leadership skills. By understanding various psychological approaches, individuals can more easily find solutions to the challenges they face in everyday life. This article will explore different perspectives of psychological approaches, their benefits, and their applications across various fields to help individuals reach their full potential (Nasution, 2017).

Physical education does not rely solely on physical training, but also involves mental and cognitive aspects to enhance performance and movement understanding (Kurnianto & Yudhistira, 2020). One method that is increasingly being applied in sports education is imagery or mental imagery, which is a technique of visualizing a movement, strategy, or situation in the mind before or without physically performing it (Fuad & Sudarso, 2014). In the context of learning, imagery helps students better

understand sports techniques, improve movement coordination, and strengthen self-confidence. By visualizing a movement in detail, the brain activates the same neural pathways as it does when performing the movement physically (Rohman, 2017). "This makes imagery an effective tool for accelerating the learning process and enhancing memory retention of the techniques being taught. Imagery techniques can be applied in various aspects of sports education, ranging from teaching basic skills to game strategies. Moreover, this method is also beneficial for building mental readiness before competitions, managing anxiety, and increasing students' motivation (Supriyanta, 2020).

Basketball instruction does not only focus on physical aspects such as dribbling, passing, shooting, and defense, but also involves an understanding of tactics, movement coordination, and mental aspects such as concentration and decision-making on the court (Ramadhan & Noordia, 2023). Imagery training not only impacts physical performance but also influences students' emotional and psychological aspects, such as self-confidence during shooting execution (Ge C, 2023). Moreover, imagery also serves a psychological therapeutic function, helping to rebuild self-confidence in performing movements (Kurniawati et al., 2019). Therefore, imagery is essential to ensure that the learning process can proceed more effectively. An effective teaching method will help students master basic techniques, improve teamwork, and understand appropriate game strategies according to the match situation (Suryadi, 2022). In education, basketball is often included in the physical education curriculum as a means to develop motor skills, improve fitness, and instill values of sportsmanship and teamwork. With the right approach whether through physical training, the use of technology, or the application of mental strategies such as imagery students can maximize their potential in this sport. Basketball is commonly taught in physical education classes as part of developing motor skills, team cooperation, and sportsmanship (Muh. Syachrul Syamsuddin , Ishak Bachtiar, 2024). Learning can be conducted through various approaches, such as direct practice on the field, the use of video simulations, and the application of mental techniques like imagery to enhance tactical understanding (Setia & Winarno, 2021).

METHOD

This study employs a Systematic Literature Review (SLR). The Systematic Literature Review method used in this research involves identifying, reviewing, evaluating, and interpreting all relevant studies collected by the researcher. The researcher conducts the review by systematically and thoroughly examining related articles. A Systematic Literature Review is a method for identifying, assessing, and interpreting all research related to a specific research question, topic area, or phenomenon of interest (Barbara Kitchenham, 2014).

Research design refers to the methods used to collect research data so that the results can be verified. In this study, the author employs a Systematic Literature Review (SLR) design, which allows for the evaluation and interpretation of all accessible research relevant to the research question, subject matter, or phenomenon of interest. The steps for conducting a Systematic Literature Review consist of four stages: (1) identification of journals to be included in the meta-analysis; (2)

selection, which involves assessing the quality of research reports; (3) abstraction, which entails quantifying the results of each study to be combined; and (4) analysis, which involves synthesizing and reporting the findings of the SLR (Pizard et al., 2021).

In this study, the researcher conducted data searches through accessible journal portal websites, specifically Google Scholar, using the Harzing's Publish or Perish application. Based on the research title, 'The Role of Imagery in Developing Basketball Learning: A Psychological Approach: Systematic Literature Review,' the researcher searched for journal articles using the keywords 'Sports Imagery and Basketball Learning,' with a specified time range from 2017 to 2024.

"For screening, Covidence was used. Covidence is a platform utilized in evidence-based research to screen literature, assess study quality, and extract data from various sources. It includes the process of screening articles for inclusion or exclusion. The results from Covidence can be used to compile PRISMA reports. With this topic, the journal data accessed during the research process were screened based on the following criteria:

Table 1. Inclusion and Exclusion Criteria

Type	Inclusion	Exclusion
Article Type	Research Articles	Research reports (theses, dissertations, seminar papers)
Language	Indonesia	Other than Indonesian
Participants	Elementary & Secondary School Students, Teachers, and Educators	Other than Elementary & Secondary School Students, Teachers, and Educators
Publication Year	2017 -2024	Before 2017
Research Variable	The Role of Imagery in Developing Basketball Learning: A Psychological Approach	Other than related to the Role of Imagery in Developing Basketball Learning: A Psychological Approach
Scope	Physical Education	-
Index	Sinta-indexed journals	Non-Sinta indexed journals

In the quality assessment for the Systematic Literature Review (SLR) method, the criteria are as follows:

QA1. Are the journals published in the Indonesian language?

QA2. Were the journal papers published between 2017 and 2024?

QA3. Does the journal state a research problem relevant to this study?

QA4. Are the journals full papers? Each paper will be assigned a score for each question.

The scoring system is as follows:

Y (Yes): for questions answered affirmatively based on the journal articles published between 2017 and 2024,

X (No): for questions that are not addressed.

Tabel 2. Quality Assesment

NO	Author (s)	Title	Year	Q1	Q2	Q3	Q4	Results
1	(Supriyanta, 2020)	Manajemen Pembelajaran Pendjas Di Sekolah Menengah Pertama Melalui Metode Imagery Training	2020	Y	Y	Y	X	**X**
2	(Aulia Khairunisa , Alimuddin & Pranoto, 2024)	Pengaruh Latihan Imagery Terhadap Kemampuan Shooting Freethrow Atlet Bola Basket Putri Sma Adabiah 2 Kota Padang	2024	Y	Y	Y	Y	**V**
3	(Gianty, 2020)	Pengaruh Imagery Training Dalam Program Latihan Teknik Terhadap Ketepatan Free Throw Bola Basket Ditinjau Dari Intelegensi	2020	Y	Y	Y	Y	**V**
4	(Vidi Geo Zulkarnain, 2021)	Pengaruh Latihan Imagery Terhadap Langkah "Zero Step" Dalam Gerakan Lay Up Shoot Keterampilan Bola Basket Pada Siswa Ekstrakurikuler Sman 2 Nganjuk	2021	Y	Y	Y	Y	**V**
5	(Fuad & Sudarso, 2014)	Pengaruh Mental Imagery Terhadap Hasil Belajar Bola Basket Teknik Dasar Lay Up Dalam Pembelajaran Penjasorkes	2014	Y	Y	Y	X	**X**
6	(Amin et al., 2022)	Pengembangan latihan imagery untuk meningkatkan Lay Up shoot bola basket di klub hutama manggala malang	2022	Y	Y	X	Y	**X**
7	(Akbar et al., 2019)	Pengaruh Latihan Imagery Dan Tingkat Konsentrasi Terhadap Peningkatan Keterampilan Lay Up Shoot Bola Basket Sman 1 Menganti Gresik	2019	Y	Y	Y	Y	**V**
8	(Chairullah, 2018)	Pengaruh Latihan Imagery Terhadap Shooting Bola Basket Pada Peserta Didik Ekstrakurikuler SMAN 7 Pontianak	2018	Y	Y	X	Y	**X**
9	(Moh Fatkhur Rohman, 2017)	Pengaruh Latihan Imagery Terhadap Hasil Belajar Lay-Up Bola Basket (Studi Pada Peserta Didik Kelas XI Di SMA Negeri 7 Surabaya)	2017	Y	Y	Y	Y	**V**
10	(Aulia et al., 2019)	Pengaruh Kombinasi Metode Latihan Drill Dan Visualimagery Terhadap Keterampilan Shooting Bolabasket	2019	Y	Y	Y	Y	**V**
11	(Arif, 2013)	Pengaruh Mental Imagery Terhadap Kemampuan Siswa Dalam Penguasaan Teknik Dasar Dribble Bola Basket Dalam Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan	2013	Y	Y	Y	X	**X**
12	(Rohman, 2017)	Pengaruh Latihan Imagery Terhadap Hasil Belajar Lay-Up Bola Basket (Studi Pada Peserta Didik Kelas XI Di SMA Negeri 7 Surabaya)	2017	Y	Y	X	Y	**X**

Symbol Explanation:

V: For journals or data used in the study. These data were selected because they are relevant to the research title.

X: Journals or data not used in the study because they are not relevant.

A total of 200 journals were identified through the search process. After selecting data based on the inclusion and exclusion criteria using the keyword 'Sports Imagery and Basketball Learning' within the time frame of 2017–2024, most items were discarded because the articles were not relevant to the research topic. Based on the Quality Assessment (QA), six relevant journal articles were identified and subsequently categorized according to the development platform and the approaches used to address the research questions.

The following PRISMA flow diagram serves as the guideline for this study **(Figure 1)**

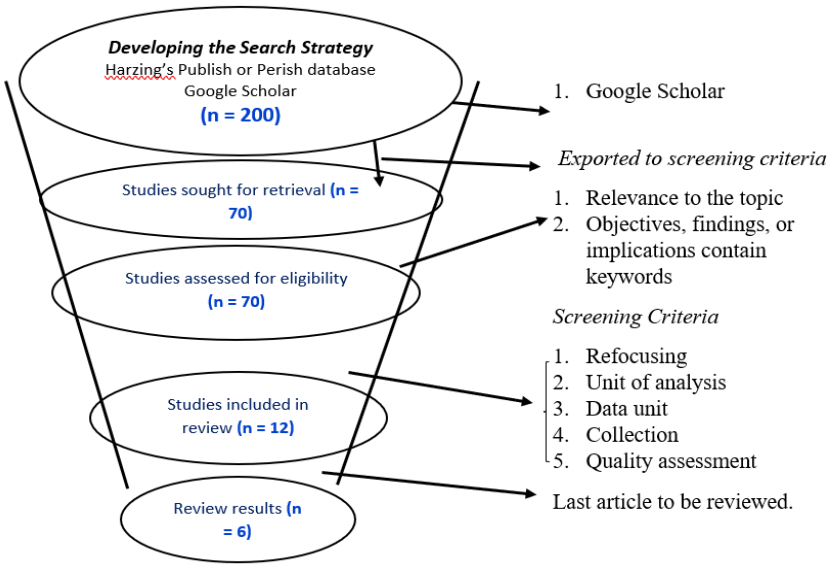

Figure 1. Article Screening Process

RESULT AND DISCUSSION

Based on the conducted Systematic Literature Review, six articles were deemed suitable for analysis. The articles were sourced from the designated database, Google Scholar, accessed via the Harzing's Publish or Perish application. Guided by the research title, "The Role of Imagery in Developing Basketball Learning: A Psychological Approach: Systematic Literature Review," the researcher searched for journal articles using the keywords "Sports Imagery and Basketball Learning" within the time frame of 2017 to 2024.

A total of 200 articles were retrieved through the search process, with 70 articles remaining after title screening. Following the application of inclusion and exclusion criteria, 12 journal articles were selected and subsequently assessed for quality (Quality Assessment). The Quality Assessment results identified six relevant journal articles, which were then categorized based on the development platform and approaches used to address the research questions.

Table 3. Article Review Results

No.	Author/Year	Article Title	Research Method	Results
1	(Aulia Khairunisa, Alimuddin & Pranoto, 2024)	Pengaruh Latihan Imagery Terhadap Kemampuan Shooting Freethrow Atlet Bola Basket Putri Sma Adabiah 2 Kota Padang	Quasi-Experimental Method	This study proved that imagery training has a significant effect on improving free throw shooting skills in basketball, with an increase of more than 6 points compared to the control group.
2	(Gianty, 2020)	Pengaruh Imagery Training Dalam Program Latihan Teknik Terhadap Ketepatan Free Throw Bola Basket Ditinjau Dari Intelegensi	Quantitative Experimental Method	This study demonstrated that imagery training significantly affects basketball free throw accuracy, with a greater effect observed in students with high intelligence.
3	(Vidi Geo Zulkarnain, 2021)	Pengaruh Latihan Imagery Terhadap Langkah "Zero Step" Dalam Gerakan Lay Up Shoot Keterampilan Bola Basket Pada Siswa Ekstrakurikuler Sman 2 Nganjuk	Quasi-Experimental Method	This study showed that imagery training significantly improved zero step lay-up basketball skills, with a 50.24% increase in the experimental group, while the control group experienced a 14.69% decrease.
	(Akbar et al., 2019)	Pengaruh Latihan Imagery Dan Tingkat Konsentrasi Terhadap Peningkatan Keterampilan Lay Up Shoot Bola Basket Sman 1 Menganti Gresik	Quasi-Experimental Design with Factorial Design	This study found that imagery training effectively improves lay-up shoot basketball skills. Moreover, players' concentration levels influence the effectiveness of imagery training, with highly concentrated players benefiting more from this method. Therefore, imagery can be used as a psychological strategy in basketball learning to enhance technical skills and players' mental readiness.
5	(Moh Fatkhur Rohman, 2017)	Pengaruh Latihan Imagery Terhadap Hasil Belajar Lay-Up Bola Basket (Studi Pada Peserta Didik Kelas XI Di SMA Negeri 7 Surabaya)	Quasi-Experimental Design	This study demonstrated that mental imagery training has a significant effect on learning outcomes of basketball lay-up techniques, with a 23.16% improvement in skills. Hence, imagery can be used as a psychological approach in basketball learning, helping students better understand and master basic techniques.
6	(Aulia et al., 2019)	Pengaruh Kombinasi Metode Latihan Drill Dan Visualimagery Terhadap Keterampilan Shooting Bolabasket	Quantitative Experimental Method	This study showed that a combination of drill and visual imagery training significantly improves basketball shooting skills, with a 4.62-point increase after the intervention.

DISCUSSION

The first article is titled "*Pengaruh Latihan Imagery terhadap Kemampuan Shooting Freethrow Atlet Bola Basket Putri SMA Adabiah 2 Kota Padang*" The conclusion of this article is that imagery training has a significant effect on improving free throw shooting ability in female basketball athletes at SMA Adabiah 2 Padang City. The study results show that the group receiving imagery training experienced a greater

improvement in free throw shooting skills compared to the control group that did not receive imagery training. The free throw shooting ability in the experimental group increased by 6.00 points, while the control group only improved by 1.75 points. This study confirms that imagery cannot completely replace physical training but serves as a highly effective supplementary method to enhance athlete performance, especially in terms of mental aspects and consistency in performing free throw shooting movements.

The second article is titled "*Pengaruh Imagery Training dalam Program Latihan Teknik terhadap Ketepatan Free Throw Bola Basket Ditinjau dari Intelegensi* " This article concludes that imagery training within technical training programs has a significant impact on free throw accuracy in basketball, especially when related to the students' intelligence levels. Technical training combined with imagery training is more effective in improving free throw accuracy compared to technical training without imagery. Students with higher intelligence levels demonstrate better free throw accuracy than those with lower intelligence. Additionally, students with higher intelligence learn the techniques more quickly and are able to control their movements more precisely.

This study demonstrates that imagery training is a beneficial training method, but its effectiveness depends on individual characteristics, such as intelligence level. Therefore, training approaches in basketball should consider both cognitive and motor factors of the players to achieve more optimal results.

The third article, titled "*Pengaruh Latihan Imagery terhadap Langkah "Zero Step" Dalam Gerakan Lay Up Shoot Keterampilan Bola Basket Pada Siswa Ekstrakurikuler SMAN 2 Nganjuk*" discusses that imagery training has a significant impact on improving the zero step skill in lay-up shooting among extracurricular students at SMAN 2 Nganjuk. Imagery training significantly increased the zero step lay-up skill, with the experimental group showing a 50.24% improvement after receiving the imagery intervention. Meanwhile, the control group experienced a 14.69% decline, attributed to a lack of understanding and consistent practice of the zero step movement. Imagery helps students to better visualize and comprehend the movement, enabling them to execute the zero step lay-up technique more accurately. This study confirms that imagery is not only a physical training method but also an effective mental technique for enhancing technical skills in sports, especially basketball. Therefore, imagery can serve as an alternative solution for coaches and students to improve performance without always having to engage in direct physical training on the court.

The fourth article, titled "*Pengaruh Latihan Imagery dan Tingkat Konsentrasi terhadap Peningkatan Keterampilan Lay Up Shoot Bola Basket SMAN 1 Menganti Gresik*" demonstrates that imagery training has a significant impact on enhancing lay-up shoot skills in basketball for students with both low and high concentration levels. The study results show that imagery training helps improve students' abilities in performing lay-up shoots on both the right and left sides. Furthermore, there is a difference in the effect of imagery training between students with low and high concentration, indicating that concentration also plays a role in the effectiveness of imagery training. This research provides insight that imagery can be used as an

effective training technique in sports, particularly for improving technical skills in basketball. It is hoped that further studies will be conducted with larger samples and variations in training methods to achieve more optimal results.

The fifth article, titled "*Pengaruh Latihan Imagery Terhadap Hasil Belajar Lay-Up Bola Basket (Studi Pada Peserta Didik Kelas XI Di SMA Negeri 7 Surabaya)*" shows that imagery training has a positive and significant effect on the learning outcomes of lay-up basketball skills among 11th-grade students at SMA Negeri 7 Surabaya. Based on the research results, there was a 23.16% improvement in lay-up skills after imagery training was administered. Imagery training helps students better understand and master the lay-up movement because this technique allows them to visualize the movement before physically performing it. This contributes to enhancing students' concentration, self-confidence, and mental abilities when playing basketball. Furthermore, the study indicates that imagery training can be an effective solution in Physical Education, Sports, and Health (PJOK) learning, especially in improving mastery of complex techniques such as the basketball lay-up. With this training, students can more easily meet learning standards without significantly increasing practice time. The study recommends that imagery training be implemented as an additional learning method for students who experience difficulties mastering sports techniques. For future research, it is suggested to link imagery training with other variables, such as sports psychology factors, to achieve more comprehensive results.

The sixth article, titled "*Pengaruh Kombinasi Metode Latihan Drill Dan Visual-imagery Terhadap Keterampilan Shooting Bolabasket*" shows that the combination of drill training and visual imagery methods has a significant impact on improving basketball shooting skills among students participating in extracurricular activities at SMP Negeri 1 Karangploso. This training was conducted over 16 sessions within 6 weeks, with 75% of the time dedicated to drill training and 25% to visual imagery practice. Drill training helps enhance technical skills through consistent repetition of movements, strengthening the connection between stimulus and response, and improving physical fitness. Visual imagery, as a mental training method, improves concentration, self-confidence, and understanding of movements before physically performing them. The results of the paired sample t-test showed a significance value (2-tailed) of 0.000, indicating a significant improvement in shooting skills after the combined training was applied. This study supports the concept that sports skills depend not only on physical training but also on mental aspects, making a combined approach such as drill and visual imagery an effective training method to enhance basketball players' performance.

The results of the six reviewed articles indicate that imagery has a significant influence on the enhancement of technical skills such as shooting, lay-up, and the zero step in basketball learning. The effectiveness of imagery can be explained from various perspectives, particularly within the frameworks of sport psychology and neurocognitive principles. This effectiveness is largely attributed to imagery's active role in facilitating the mental processing of motor movements. When students vividly imagine a movement, such as shooting or performing a lay-up, the brain activates neural pathways that

closely resemble those engaged during the actual execution of the movement. This is consistent with the findings of Guillot et al. (2014), who stated that motor imagery activates brain areas nearly identical to those used during physical performance. This mechanism helps explain why students who regularly engage in imagery practice tend to be better prepared when executing technical skills, as their brains have already formed the corresponding motor patterns. Furthermore, imagery strengthens the processes of encoding and retrieval in procedural memory, which is crucial for motor skill acquisition such as lay-up and shooting. Research conducted by Cumming and Williams (2012) demonstrates that imagery enhances the efficiency with which students store movement-related information, thereby reducing the likelihood of forgetting movements during actual gameplay. This neural activation supports the formation of more stable motor patterns, aiding students in recalling and accurately repeating specific techniques. Therefore, imagery may be regarded as an alternative instructional strategy that not only facilitates the acquisition of technical skills but also enhances students' mental readiness in physical education learning, particularly in basketball-related content.

CONCLUSION

Based on the review of each article, it can be concluded that imagery plays a crucial role in enhancing basketball learning. Imagery training is highly effective in improving technical skills in physical education, especially in basketball instruction. This approach contributes to increasing students' concentration, self-confidence, and mental capabilities during the learning process. Furthermore, imagery training can be combined with other exercises to further enhance student performance in physical education.

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