



## **The Effect of PETTTLEP-Based Visualization Training on the Self-Confidence Level of Pencak Silat Athletes**

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### **Abstract**

PETTTLEP visualization is a mental training method that uses visualization techniques with a focus on seven main components: Physic, Environment, Task, Timing, Learning, Emotion, and Perspective. This practice aims to create a mental image that closely resembles the real situation during an activity or competition, helping to improve an athlete's performance and psychological aspects such as confidence and stress management. This study aims to determine the effect of PETTTLEP-based visualization training on increasing the self-confidence of pencak silat athletes. Self-confidence is an important psychological aspect that influences an athlete's ability to manage stress, make the right decisions, and display optimal performance during competitions. The research method used a one-group pretest-posttest design with a sample of 13 athletes. The instrument used was a self-confidence questionnaire completed before and after the PETTTLEP visualization intervention. The results of the descriptive analysis showed an increase in the average score from 32.15 in the pretest to 35.54 in the posttest. The normality test showed that the data were normally distributed, while the paired t-test showed a significance value of 0.000, confirming a difference in scores before and after the treatment. These findings prove that PETTTLEP visualization training is effective in increasing the self-confidence of pencak silat athletes by helping them build stronger mental readiness, focus, and self-confidence. Therefore, PETTTLEP visualization training is recommended for implementation in pencak silat athlete development programs.

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## INTRODUCTION

Pencak silat is a traditional martial art rich in cultural values and philosophy. In addition to physical skills, pencak silat also demands high mental strength from its athletes. (Ilham, 2023). In competition, self-confidence is one of the key factors that can influence an athlete's performance. (Effendi, 2016). Athletes who have high self-confidence tend to be better able to cope with pressure, make the right decisions, and perform at their best in the arena. (Kembaren, 2024). Pencak silat, a martial art originating from Indonesia, has been internationally recognized as a sport that emphasizes not only physical aspects, but also cultural, spiritual, and mental values. (Setiawan, 2023). In pencak silat, athletes are required to have high technical skills, physical strength, and good mental endurance. (Nisa & Jannah, 2021).

In the context of pencak silat, which is a traditional Indonesian martial art with high physical and mental demands, confidence is a crucial factor in success. Visualization is a mental process that involves creating mental images or representations of an object, situation, or experience (Manalu, 2024). In the context of psychology and sports, visualization is often used as a technique to help individuals prepare themselves mentally before facing challenging situations. (Pratama & Utami, 2024b), such as a competition or presentation. By imagining the desired scenario, individuals can increase their confidence and reduce anxiety (Pratama & Utami, 2024).

Visualization techniques involve using your imagination to create clear and detailed images in your mind. (Wijayanto & Prakarsa, 2023). This process may include various elements, such as colors, sounds, and feelings associated with the imagined experience. (Nugraha, 2023). In sports, athletes often visualize themselves successfully performing certain techniques or strategies, which can help them feel more prepared and confident when competing. (Mylsidayu, 2022). The problem statement in this study is whether visualization training has an effect on the self-confidence level of pencak silat athletes. Referring to the problem statement in this study, the purpose of this study is to determine whether PETTLEP-based visualization training has an effect on the self-confidence level of pencak silat athletes.

The hypothesis in this study is a tentative answer to a problem based on a theoretical study that must be tested for validity. Based on the theoretical review and framework of this study, a research hypothesis was proposed with the preliminary assumption that visualization training has an

effect on the self-confidence levels of pencak silat athletes. A study relevant to this research is entitled *The Effect of Visualization Training on the Self-Confidence of Badminton Athletes* (Satriya, 2017) explains that visualization is very necessary. Although the author took samples from badminton athletes, it has been proven that visualization can affect athletes' self-confidence. Research conducted by (Elhaque, 2021) entitled "The Effect of Visualization Training and Self-Confidence on the Performance of UNNES Archery Club Athletes," concluded that visualization training has a significant effect on the performance of archery athletes. This study discusses visualization training on the self-confidence level of pencak silat athletes. Previous studies have minimally researched development in the context of visualization-based sports psychology. This study focuses on the psychological aspect of self-confidence using a visualization approach that combines physical, environmental, task, time, emotional, and perspective elements.

## METHODS

This study used a quantitative method with an experimental approach. An example of pettelp-based visualization treatment is when athletes imagine themselves in the competition arena, both in terms of the atmosphere and the supporters, visualizing the kicking, punching, and other techniques they have learned, performing the techniques according to the tempo of the competition, and also imagining winning or successfully performing certain techniques in the competition, feeling positive emotions such as confidence within themselves. This approach was chosen to determine the effect of visualization exercises (mental imagery) on the confidence levels of pencak silat athletes in a systematic and measurable manner. This study used a quasi-experimental design. The research design used a one-group pretest-posttest design.

The population in this study consisted of 55 Pencak silat athletes from the PAMUR Jakarta academy, aged 18-22 years old, who had participated in at least one city/district level competition. The age range of 18-22 years was chosen because it represents the late adolescent phase or the transition period to young adulthood, during which individuals experience significant psychological and emotional development, including in building self-confidence and the ability to manage mental pressure. At this age, athletes already have a more mature understanding of training and competition, making them better able to un-

derstand and apply visualization techniques effectively.

The research sample consisted of 12 pencak silat athletes from the Pamur martial arts school in the competition category, with 5 female athletes and 7 male athletes selected using purposive sampling. Purposive sampling is a non-random sampling technique in which researchers deliberately select individuals or groups based on specific characteristics that are relevant to the research objectives. In this study, the instrument used was a questionnaire. The questionnaire used in this study was a multi-level scale, which is a question or statement followed by columns indicating the levels of agreement with the question or statement provided. Data collection for this questionnaire was conducted using Google Forms. This study adopted a self-confidence instrument, which was designed to indicate the level of self-confidence in athletes, consisting of 13 questions (Nursaba, Komarudin, et al., 2024). This study used a 4-point Likert scale from 0 (strongly agree, agree, disagree, strongly disagree). The data obtained from the test is raw data and needs to be processed and analyzed statistically. In this case, the researcher used SPSS 22 software. Before processing the data, the first step was to test its normality. This stage aimed to determine whether the data was normal or suitable for use. If the significance value (p-value) was  $> 0.05$ , the data was considered normally distributed. Next, the Levene test is used to test whether the samples have the same variance. The same variance across all samples is called variance homogeneity. Several statistical tests, such as analysis of variance, assume that the variance is the same across all groups or samples. Hypothesis testing is the final step in data analysis with the aim of determining the effect of a single variable. Some statistical tests, such as analysis of variance. Hypothesis testing is the final step in data analysis with the aim of determining the effect of a single variable. If the distribution is normal, use the paired T-test, and if the distribution is not normal, use the Wilcoxon test (Sanjaya & Prasetyo, 2025).

## RESULTS AND DISCUSSION

**Table 1.** Descriptive Analysis Results

	N	Min	Max	Sum	Mean	Std. Deviation
Pretest	13	29	36	418	32.15	2.444
Posttest	13	32	39	462	35.54	2.436

Based on the descriptive analysis results

**Table 1**, the pretest data showed that of the 13 participants, the lowest score was 29 and the highest score was 36, with an average of 32.15 and a standard deviation of 2.444. In the post-test data, the minimum score increased to 32 and the maximum score to 39. The average score also increased to 35.54 with a standard deviation of 2.436. These findings indicate an increase in scores from the pretest to the posttest after the treatment was given

Based on the results of the Shapiro-Wilk normality test, the significance value for the pretest data was 0.187 and for the posttest data, 0.214. Both values are above 0.05, thus concluding that the data are normally distributed.

Based on the results of the paired t-test, the correlation value between the pretest and posttest scores was 0.978 with a significance of 0.000. A significance value far below 0.05 indicates that there is a very strong and significant relationship between the two scores, so the t-test analysis can be continued because the dependency of the data pair is met.

Furthermore, the results of this study reveal that athlete self-confidence is influenced not only by physical training or competition experience, but also by mental preparedness developed through a planned psychological training process. Self-confidence in the context of sport is an individual's belief in their ability to face the demands of competition (Nursaba, Sidik, et al., 2024). Therefore, athletes with high levels of self-confidence tend to be calmer, able to make informed decisions, and demonstrate more consistent performance. Through mental approaches such as PETTLEP, athletes are able to create mental images that resemble real-life competition situations, enabling them to anticipate various pressures and challenges more effectively (Pratama & Utami, 2024). This preparedness helps athletes minimize doubts, increase confidence, and optimally prepare themselves before entering the competition arena.

This study also confirms that integrating mental training into athlete development programs is a strategic step in improving overall performance. Pencak silat, as a sport that demands composure, focus, and technical precision, requires strong psychological support (Ika Putri, 2007; Manalu et al., 2024). By incorporating the PETTLEP (Physic, Environment, Task, Timing, Learning, Emotion, Perspective) visualization method into a routine training regimen, coaches can help athletes achieve consistent performance and the ability to cope with competitive pressure

with greater stability (Komarudin et al., 2024). This demonstrates that psychological coaching plays an equally important role as physical and technical coaching.

Furthermore, these findings offer practical implications for coaches and sports development institutions to prioritize a mental approach in their training. PETTLEP visualization does not require special facilities or complex equipment, allowing for flexibility at any time. Continuous use of this method has the potential to strengthen athletes' positive mindsets, improve their emotional regulation skills, and foster mature competitive readiness. Therefore, PETTLEP-based mental training is a worthy addition to pencak silat athlete development programs to support higher and more sustainable performance.

## CONCLUSION

Based on the research results, it can be concluded that PETTLEP-based visualization training has proven effective in increasing the self-confidence of pencak silat athletes, as seen from the increase in pretest to posttest scores. This training helps athletes build better mental readiness through realistic depictions of match situations, so they become more focused, calm, and confident in their own abilities. These findings indicate that psychological aspects play an important role in supporting athlete performance, so PETTLEP visualization is recommended as an integral part of training programs to support increased self-confidence and achieve optimal performance.

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