



The Relationship Between Concentration and Gate-In Stroke Results in Woodball

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Abstract

The gate-in punch in the sport of woodball is the final blow that determines the final outcome of the game. Therefore, gate-in punches are considered the most crucial punches because they require high accuracy, full concentration, as well as precise punching techniques. This study aimed to determine the relationship between concentration level and the outcome of gate-in strokes of woodball athletes. The method used in this study is a quantitative method involving fifteen active members of UKM Woodball UPI using a correlational research design. The instrument used in the study was in the form of a test that was given once to the sample. The punch test refers to the parking instrument and the gate-in punch Putu (2015). The concentration test is in the form of the Concentration Grid Test from Harris and Bette L. Results: The results of the study showed that there was a significant relationship between concentration and the result of getting strokes in the sport of woodball. This is shown by the results of more accurate punches. This study concludes that concentration plays an important role when making a gate-in punch. So we recommend that woodball coaches should include concentration exercises as an integral part of their training program.

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INTRODUCTION

Research in sports psychology shows that concentration plays an important role in motor skills, especially in precision sports such as golf, archery, and woodball (Novian et al., 2025; Yazid et al., 2016). The mental aspect has proven to be inseparable from technical skills in achieving optimal performance. In the context of training, the improvement of physical abilities, techniques, and tactics will not be significant without the support of psychological abilities (Mulyadi et al., 2021). This confirms that concentration is a factor that should not be ignored in the coaching of athletes.

Woodball as a precision sport demands high concentration and technical skills in every stroke (Ketut Juliati et al., 2025). The game is played by hitting the ball through the gate on each fairway with the fewest number of strokes possible (Maulinda & Kriswantoro, 2019). The success of a gate-in punch depends not only on physical factors such as muscle strength or eye-hand coordination, but also heavily influenced by concentration (Fayogi et al., 2022). The phenomenon on the field shows that many athletes fail to gate-in despite having good basic technique.

The main problem that arises is the low consistency of gate-in hit results in woodball athletes. Concentration disorders can be caused by match pressure, psychological conditions, and environmental factors (Fahima et al., 2025; Syafutra & Remora, 2024). The literature confirms that concentration is a psychological aspect that greatly affects the performance of precision sports (Akbar, 2020; I Ketut Wisata, Wasti Danardani, I Ketut Semarayasa, 2025). However, previous research has focused more on the technical and strategic aspects of the game. The direct relationship between concentration and accuracy of gate-in strokes in woodball is still rarely studied.

Thus, this study seeks to fill the gap by emphasizing the role of concentration on the results of gate-in punches. The novelty of this study lies in its focus which specifically examines the relationship between concentration and stroke accuracy in woodball. This is different from previous studies that emphasized the technical aspect. The results of the research are expected to make a practical contribution to the development of athletes. In addition, this research also enriches psychological perspectives in the development of sports science (Azetra et al., 2024).

METHODS

This study uses a quantitative method with a correlational design to determine the relationship between concentration and the outcome of gate-in strokes in the sport of woodball (Fraenkel et al., 2022). This approach was chosen because it was able to identify the level of relationship between variables without manipulating (Fraenkel, J.R., Wallen, N.E. and Hyun, 2011). The subjects of the study were 15 members of the UKM Woodball Universitas Pendidikan Indonesia aged 18–22 years. The number of samples is limited because the population of beginner athletes who actively participate in routine training is relatively small, so the sample selected is beginner athletes who regularly participate in training activities.

The research instrument consisted of a gate-in skill test and a concentration test. The skill test uses the parking punch test and the gate-in punch which refers to the Putu instrument (2015), with the procedure of hitting the ball from a distance of at least 5 meters at an angle of 45–135 degrees (Citra et al., 2015). Each participant is given three chances, and the score is calculated based on the number of strokes that make it through the gate. The concentration test uses the Concentration grid Test from Harris and Bette L. Harris p. 189 in (Leisure Press, 1984: 2), which has been proven to be valid and reliable in previous studies (Puspaningrum, 2013).

The validity and reliability of the instrument have been tested in previous studies and declared feasible for use. The skill instrument was proven to be able to measure gate-in ability consistently, while the concentration test showed a very high level of reliability. Thus, both instruments can be relied upon to measure the variables of this study.

The data obtained was analyzed through several stages. First, a normality test was carried out to ensure the distribution of data according to the assumptions of parametric analysis. Furthermore, the relationship between concentration and the outcome of the gate-in punch

was analyzed using Pearson correlation. The significance level is set at $\alpha = 0.05$ to determine whether the relationship between variables is statistically significant.

RESULTS AND DISCUSSION

Data processing and analysis in this study uses the SPSS program. Based on **Table 1**, it can be seen that the concentration variable obtained an average value of 48.80, a standard deviation of 11,390, the lowest value of 30, the highest value of 65 and a total value of 60. Meanwhile, in the results of the stroke, an average score of 4.00 was obtained, the standard deviation was 0.756, the lowest score was 3, the highest score was 5 and the total score was 60. Furthermore, the author conducted a normality test which can be seen in Table 2. Further, the numbering and descriptions in the form of images is given after the image and written under the picture. In addition to photographic images, sketches, illustrations, diagrams, flow charts, and the like also categorized as images. As a rule the same as images. For instance as follows.

Table 1. Description of statistics

Variable	N	Min.	Max.	Quantity	Average	Std. Deviation
Concentration	15	30	65	732	48,80	11,390
Blow Results	15	3	5	60	4,00	0,756

Based on **Table 2**. A significance value on concentration and hit results (0.474; 0.031) > 0.05 is obtained, then H_0 is accepted, so it can be concluded that both data are normally distributed. Next, the author conducted a hypothesis test, which can be seen in Table 3.

Table 2. Normality test result

Variable	Correlation Coefficient	N	Sig. (2-tailed)
Concentration - Blow Results	0,570	15	0,026

Table 3 shows the results of the hypothesis test using Pearson correlation. Based on **Table 3**, it can be seen that the pearson correlation value is 0.570 with a Sig. (2-tailed) value of 0.031. Based on the results of the test, a Sig. (2-tailed) value was obtained < 0.05 so that H_0 was rejected. So it can be stated that there is a positive relationship between concentration and the result of the stroke.

Table 3. Correlation test result between concentration and gate-in punch results

Variable	Statistic	df	Sig.
Concentration	0,947	15	0,474
Blow Results	0,868	15	0,031

Based on the results of the study, it was shown that there was a positive relationship between the concentration level and the results of the gate in the game of woodball. These findings indicate that psychological aspects, especially concentration, have an important role in determining the success of athletes' performance. In the sport of woodball, the success of a shot depends heavily on precise direction, power control, and precise coordination of movements (Maulinda & Kriswantoro, 2019). This condition requires athletes to be able to concentrate optimally on the target, so that every small disturbance can affect the final result of the stroke.

Concentration in sports is the ability to maintain focus on the task at hand for a certain period of time. According to Robert S. Weinberg and Daniel Gould in Foundations of Sport and Exercise Psychology, concentration plays a role in directing athletes' attention to relevant stimuli as well as ignoring unnecessary distractions. Concentration is the concentration of the mind where a person's awareness is focused on information that is focused on a certain object and in a certain time with better results (Agustina & Priambodo, 2017; Mulyadi et al., 2021). All activities in making shots both in practice and in competition require good concentration so

that the woodball short distance punch is on target and gets optimal hit results (Dyah Ayu Murdaningsih, 2022). In the context of woodball, athletes must focus on ball position, gate direction, field conditions, and swing techniques. If concentration is disturbed, the accuracy of the stroke will decrease so that the chance of success in the gate in becomes smaller.

The positive relationship between concentration and hitting results in this study shows that the higher the concentration level of athletes, the better the hit results achieved. This is in line with the findings (2025) Which explains that attention focus has a direct influence on motor performance, especially in activities that require high precision and coordination. The problem that often occurs in woodball is that the process and result of the stroke is not optimal which makes the lack of accuracy in the stroke movement, the stroke is imperfect, not on target, and even the ball goes off the track/ob (out of boundary) (Alfindana et al., 2023). Concentration helps athletes control the rhythm of movement, determine the right timing, and adjust the power of the stroke, resulting in more optimal performance.

The results of this study are in line with previous research which showed that concentration has an important role in the success of woodball strokes (Yazid et al., 2016). This proves that, the greater the level of concentration, the more accurate the gate punch will be. According to the literature, concentration is one of the psychological aspects that greatly affects sports performance, especially sports that demand precision (Wisata et al., 2025). Therefore, concentration is an important aspect that must be possessed by every woodball athlete so that when hitting the gate correctly.

In the context of woodball, the precision of the stroke is the main determinant of an athlete's success, given that the sport is skill-based (skill-based game) (Suhaimi et al., 2024). In addition, the success of a gate-in shot is not only influenced by concentration, but also by other supporting factors such as playing experience, mastery of technique, and overall psychological state. Each player in a woodball game must complete 12 fairways or multiples of them with different shapes and sizes of fairways designed (Dewi, 2016). Fairway In a woodball game designed according to the natural shapes of the soil, natural objects such as trees, bushes, or mounds of earth can be used as obstacles (Dewi, 2015). Experienced athletes are more likely to be able to maintain concentration in a variety of situations, including when facing the pressure of the game. On the other hand, athletes with limited experience tend to be more easily distracted by external and internal factors, thus affecting the quality of the shots produced.

CONCLUSION

Thus, the results of this study confirm that increasing concentration is an important aspect in coaching woodball athletes. Based on the results of this study, woodball coaches should include concentration exercises as an integral part of the training program, one type of exercise that can be used is the grid concentration test exercise. This test can be used as a training tool to improve the athlete's ability to focus (Nurhasanah et al., 2025). Some methods that have proven effective Coaches are advised to integrate mental exercises into the exercise program, such as mindfulness focus exercises, visualization, and relaxation techniques. This approach is expected to help athletes in improving their concentration skills consistently, thus having a positive impact on improving hitting results Gate-in and overall performance.

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