



Imagery Literature Study in Tennis

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History Article

Received October 2022
Approved November 2022
Published vol 10 no 1 2023

Keywords

Imagery; Sports; Tennis

Abstract

Imagery is one of the psychological aspects that can be used as an exercise model to improve the ability to play tennis. In the period of 5-10 training models based on imagery in the tennis game, many studies have been carried out so that it is interesting to analyze the results of research that have been made in articles and published in journals. . This study aims to review and examine the imagery training model in the tennis game which is said to improve the tennis game. The literature review that will be discussed is about the advantages of the training model in the imagery aspect of the tennis game. The results of the literature review are expected to be able to be used as studies or information that can be used as a theoretical basis for further research in training models in which there is an imagery element to be able to improve the ability to play tennis.

How to Cite

Bahriyanto, A. (2023). Imagery Literature Study in Tennis. *Journal of Physical Education, Health and Sport*, 10 (1), 6-9.

INTRODUCTION

Today's field tennis is one of the most popular sports among the public. Nugroho & Febrianti, (2019) explained that tennis is a sport that is quite popular and favored by the people of Indonesia. Tennis court itself is a small ball game sport with a racket that aims to hit the ball over the net on a rectangular field. This game can be played by two players (single match) or four players (double match). Lane et al., (2018) explained that court tennis is a small ball sport that is played using a ball racket and is required to pass over the net. Tennis is a type of sport or game using a racket to hit the ball into the opponent's area which can be played by two people for a single game or between four people (two teams) for a doubles game (doubles) (Malo & Nurhidayat, 2021).

In the game of tennis, good technical and physical skills are needed to support success. Techniques in the game of tennis that must be mastered regarding the stroke Alim, (2016) explained that when performing the serve technique, there are several stages of movement that must be carried out, namely starting from the preparation and swing stages, point of contact, and follow-through movements. Sukadiyanto, (2016) revealed that the basic techniques of hitting in playing tennis include forehand-backhand groundstrokes, serve, volley, smash, and other types of strokes for high-level players. Hakim, (2020) explained that if the basic principle of playing tennis is to hit during the match, sometimes the game must last a relatively long time. Mastery of technique, especially forehand and backhand strokes will greatly determine the course of the game, so this technique must be displayed as long as possible, during the game.

In addition to mastering basic techniques in the field tennis game, there are other components that support success, namely physical conditions and psychological skills. (Budi & Arwandi, 2020) if the physical values include muscle quality based on the performance of the working muscle mechanism which is taken into account on muscle strength, anaerobic capacity. (Indrawan & Herliana, 2020) revealed that tennis players are required to have good physical condition so that they can support success on the field. Another component that affects the forehand stroke in court tennis is the physical component. Physical components that affect one of them are arm muscle power and grip strength (Dewi et al., 2021)

In addition to technical and physical

conditions, there are other components that must be considered, namely psychological skills (Nanda & Dimiyati, 2019) revealed that psychological skills are an important component that must be considered in order to support athlete achievement. Psychological skills include self-confidence, motivation, imagery, concentration are the determining factors in sports success (Nanda et al., 2020). (Nanda et al., 2020) explained that in psychological skills there is imagery that is able to influence the success of shots in basketball games. (Zoki & Saputra, 2018) explained that in practice there is a large influence of mental imagery on the basic skills of forehand groundstroke, flat serve and tennis slice service. (Julian, 2020) self, involvement, fear control, concentration, distraction control, imagery and planning competence but still low in terms of activation, relaxation, reaction to stress, and mental practice. In improving the mental quality of field tennis players' skills.

Based on the explanation above, table tennis is a popular game among the community and requires basic techniques, physical components and psychological skills to support success. The author focuses on psychological skills, especially the imagery aspect in supporting the success of the tennis game. Researchers highlight the imagery aspect because in the last 10 years the discussion of psychological skills is quite widespread and has an influence on success in tennis ball sports. The discussion that will be carried out by the author highlights the advantages of tennis ball sports. The results of this analysis are expected to be able to provide an overview and reference regarding imagery in tennis in particular and other sports in general.

METHOD

This research is a type of literature review, which means it will examine the results of previous studies that reveal psychological skills, especially the imagery aspect of the success of tennis players. Furthermore, the literature review research is included in the type of qualitative descriptive research. The data in this study were obtained through documents from previous research which were collected by collecting and analyzing scientific journal file documents that had been published. The discussion in this study will examine each of 5 scientific articles regarding imagery in tennis.

RESULTS AND DISCUSSION

The data collection carried out resulted in

information from several research articles that discussed the meaning, advantages and disadvantages of imagery in the game of tennis. The data collection carried out is a collection of articles in the last 10 years, namely from 2010 to 2020. For table 1 below presents journal documents covering the year, title and research results on imagery in tennis games can be seen in **Table 1** below.

Definition of Imagery in Sports

Agosti & Sirico, (2020) explained that if visual imagery is mental imagery that includes a sense of having "images" in the mind, it is the ability to create mental representations of things, people and places absent from the individual's visual field; it is our common everyday experience, when we mentally represent ourselves and "see" ourselves doing something. Because it's easier to resurrect but still remembering the external image in sports.

Advantages of Imagery in Tennis

Menurut (Nurfadhila, 2015) explained that imagery was able to improve the strokes of the tennis ball game. He continued, it was explained that if players who have high imagery have the advantage of imagining then they will only practice forehand drive shots (Zoki & Saputra, 2018) said that when learning in the field apart from videos, a team of experts also gave demonstrations of basic technical movements, so that during Mental Imagery learning students could focus more on the goal of remembering and imagining these basic movements in the brain. Sianipar, (2019) revealed that if the imagery training model has advantages, players will first be shown through a video then it can be used as an example to be applied in the field. He continued, expressed through the imagery model, players can find out the weakness of the blow so that when it is applied it will be better. Aminullah et al., (2020) explained if

Table 1. Title And Research Results On Imagery In Tennis Games

Years	Title	Authors	Journal	Results
2016	Pengaruh Latihan Imagery Dan Koordinasi Terhadap Keterampilan Forehand Drive Petenis Pemula	Risti Nurfadhila	Jurnal Keolahraagaan	The results showed that there was a significant difference between imagery exercises using scripts and videos on forehand drive skills
2018	Pengaruh Mental Imagery Terhadap Penguasaan Keterampilan Dasar Forehand Groundstroke, Servis Flat, Dan Servis Slice Tennis Lapangan	Achmed Zoki, Yudi Dwi Saputra	Bravo's Jurnal Program Studi Pendidikan Jasmani dan Kesehatan STKIP PGRI Jombang	Mental Imagery has a significant effect on basic forehand groundstroke skills, flat service basic skills and tennis slice service basic skills and there is a significant difference between the group given Mental Imagery (experimental group) and the group using only conventional learning (control group) for STKIP students. PGRI Jombang
2018	Perbedaan Pengaruh Latihan Forehand Drive Menggunakan Feeding Dengan Latihan Forehand Drive Groundstroke Ke Dinding Terhadap Hasil Forehand Drive	Meta Anggita Sianipar	Jurnal Prestasi	Forehand drive exercise using feeding through imagery has a significantly greater effect than groundstroke forehand drive training against the wall on tennis forehand drive results in female athletes of UKM USU Tennis Club
2021	Layanan Konseling Bagi Atlet Persatuan Tennis Meja Pade Angen Mataram 2020	Aminullah Nurdin Ismail Marzuki	Abdi Masyarakat	This first section describes the basic skills needed in everyday contexts, namely attitudes, motivation, goals, commitment and imagery that affect the success and level of focus of athletes.
2020	Effects of Motor Mental Imagery Training on Tennis Service Performance during the Ramadan Fasting: A Randomized, Controlled Trial	Sofien Fekih	Nutrients	The results showed that motor image training could be an effective strategy for.

the ability to perform visualization in the tennis game affects the success of athletes. Fekih (2020) said that from a practical point of view, the incorporation of motor imaging training programs during physical and technical training sessions in Ramadan seems to be a sufficient intervention strategy.

CONCLUSION

Based on the results of the analysis conducted regarding the advantages of imagery in the tennis game, it was stated that through this training model, learning in the field other than video was also given demonstrations of basic technical movements by a team of experts, so that when learning Mental Imagery students could focus more on the goal of remembering. and imagine the basic movements in the brain so that when doing in the field it will be maximized because it has analyzed first through videos or pictures about what will be done in the field

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