

Contributions Agility, Resilience and Self-Confidence Against Ball Dribbling Skills (Dribbling) Futsal

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Abstract

The purpose of this study was to analyze the contribution of agility, endurance and confidence in dribbling skills futsal SMAN 4 Purwokerto. How big is the contribution of each factor and combination of several of these factors to dribble skills. The method used is quantitative research methods. The study population of students in extracurricular futsal totaling 30 people and all were taken as sample. Data collection techniques used is a practice test and, questionnaire and documentation. Data were analyzed using descriptive analysis and ordinal regersi test. The results showed there is a contribution agility with results dribbling skills 31.6%, there is a contribution durability with dribbling skills by 43.6%, there is a contribution confident dribbling skills of 16.7%, there were contributions agility and endurance with dribbling skills by 49.2%, there were contributions agility and confidence in dribbling skills by 33, The conclusion that the contribution of agility, endurance and confidence that both can affect the dribbling skills in the game of futsal are good also. By the evidence of this hypothesis it is expected to benefit particularly for coaches or players in order to improve the skills of dribbling game of futsal, it is necessary mastery of agility, endurance and the cultivation of good confident posture and maximum.

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INTRODUCTION

Physical education is carried out in order to achieve the national educational goals that include the physical, intellectual, emotional, social, and moral. The role and function of the physical development of physical education is to enhance physical pendidikan. Pendidikan education is not just about the body, but rather the development of physical, motor, mental, and social. Rusli Lutan (2002) states that: (a) A person who is educated education physical is someone who has the knowledge and skills with respect to the constitution, and how physical it was functioning, (b) Physical education is a guarantee for health, (c) physical education can contribute to academic achievement, (d) A good physical education program contributes to the development of self-concept, Physical education in schools is given in the school in extracurricular activities is futsal. The term "futsal" is derived from [Spanish](#) or [Portuguese](#), Fuetbol (football) and sala (room). futsal is a game of indoor football field with a length of 25-42 meters and 15-25 meters wide pitch that is played by two teams, and each team consists of five players including the goalkeeper.

The technique must be mastered by every player is feed (Passing), lead (dribbling), kicking (shooting), controlling (controlling), heading (heading). In addition to the importance of mastering the basic techniques of playing futsal, a futsal players must also consider supporting factors that support the mastery of good technique is the velocity (speed), muscle strength (strength), durability (endurance), flexibility (flexibility), accuracy (accuracy), the explosive power (power), coordination (coordination), the reaction (reaction), balance (balance) and agility (agility). By playing futsal is trained, continuously nurtured well in the mastery of basic techniques and elements of supporting the other, futsal player can develop his abilities well. The rules are very strict, the player must perform sliding tackles and hard. To obtain very good results in the field of sports futsal game about mastering the basic techniques of dribbling or (dribbling) is supported by a good mastery of the player agility, durability

and possessed a confidence that good anyway. Background above has outlined the need for the determination of the subject of research to identify factors that affect the ability to dribble. The research subjects were taken in this study is SMAN 4 Purwokerto. Institution this institution is one of the educational institutions in Banyumas who had a hand in creating this futsal. Sekolah players give futsal extracurricular activities as channeling their talents and interests owned by the beginning of extracurricular futsal siswanya. Gambaran in SMAN 4 Purwokerto, are extracurricular activities futsal implemented within two meetings a week. Researchers chose extracurricular futsal is in SMAN 4 Purwokerto become subjects in this study, because at the time of observation through the handle extracurricular futsal coach, stated that there are still a lot of extracurricular students who did not master tenik futsal techniques in the game of futsal.

METHODS

This research is a quantitative research using correlational method. The method used in this research is correlation method triple choosing contribution agility, endurance and confidence in dribbling skills (dribbling) futsal extracurricular students SMA N 4 Purwokerto. Triple correlation is a relationship together - equally between X_1 , X_2 and X_3 with Y (Sugiyono, 2016).

Correlational research has various types of design, including the following: (1) the bivariate correlation, (2) regression and prediction, (3) plural regression, (4) analysis of factors and lastly (5) the draft correlation used to make causal inferences. The population in this study were all students Extracurricular Futsal. Sedangkan population is 30 athletes enrolled in extracurricular Futsal SMAN 4 Purwokerto. In this study, sampling was done by total sampling. Total sampling is used as a sample is a member of the total population. In this study it is sampled is the total number of population is 30 people who follow extracurricular futsal in SMAN 4 Purwokerto. The instrument used is the practice tests and documentation, Kelicahan use Doging run, using Multifitnes Endurance Tests,

Confidence use the Questionnaire, with scoring Dribbling Dribble.

RESULTS AND DISCUSSION

Agility is one of the many aspects of the physical conditions required in the sport of futsal. Agility is the ability to be able to change direction quickly and precisely when to move without losing balance. Agility can certainly affect the skill in playing futsal.

Agility is one component of physical fitness that is required in all activities that require the speed of change in body position and its parts. Agility is a prerequisite to learn and improve motor skills and techniques of the sport, especially movements that require motor coordination. Agility is very important for this kind of sport that requires a high adaptability to changes in the situation of the game. Dribbling technique is important and essential skills must be mastered by every futsal player. Dribbling is a skill possessed by each player in possession of the ball before it was given to her to create goalscoring chances. The survey results revealed that the agility of respondents 30 people vary largely in either category once (60.0%), good category (30.0%) and the unfavorable category (10.0%). The ability to dribble majority of respondents in both categories at all (53.3%), in the good category (33.3%) and in the unfavorable category (13.3%). The amount of the contribution of agility to the dribbling ability of 31.6%. The improved agility will be followed by the increasing ability to dribble. Futsal players who have the agility to be able to move well in the dribble to take itself and fed to fellow players. Agility memainkan special role to physical mobility. Durability is also an important factor that should be owned by the athletes. Endurance in physical activity is limited by the capacity of the circulatory system (heart, blood vessels, and blood) and respiratory system (lungs) to deliver oxygen to the muscles that are working and transporting waste from these muscles. The main factors that limit most forms of exercise is aerobic is the capacity of the heart, lungs and circulation to deliver oxygen to the muscles that are working

(on) maximally. Endurance is the ability of the body to perform activities constantly. Endurance is the ability to cope with the load continuously. In every sport, physical exercise was first done in form a resistance. Durability is closely related to the volume O_2 O_2 Max is the maximum volume that is processed by the human body at the time of intensive activity. Good durability will be able to support skills in playing futsal. Endurance (VO_2 Max) or physical strength is required by futsal players, which is a major factor in supporting the strength of the team in every game or match. The survey results revealed that the durability of respondents as many as 30 diverse, mostly in the category just once (50.0%), a good category (33.3%) and the unfavorable category (16.7%). The ability to dribble majority of respondents in both categories at all (53.3%), in the good category (33.3%) and in the unfavorable category (13.3%). The amount of the contribution of self durability on the ability to dribble at 43.6%. Durability good futsal players will make futsal players can have good dribbling ability, too. This is because when a player carrying the ball, have to know the right time to feed, so players must bring their own ball while looking for an opportunity to feed on her. The durability of a player will be able to maintain a good ability for dribbling. Confidence is the belief in his own abilities were adequate and realize capabilities, and can use it properly. People who believe themselves to be a lot of people liked it because their personality is always passion and a positive attitude that makes him more ahead and dare to face the obstacles of life. Self-confidence is a mental attitude of individuals to assess themselves and objects around, so that the individual has the ability of self confidence in doing things according to ability. In pemian futsal, confidence makes the player can play it cool, so when dribbling, players do not directly feed if captured opponents before the right opportunity to give the ball to the other players. The survey results revealed that the confidence of respondents 30 people vary largely in either category (83,3,0%) and in both categories at all (16.7%). The ability to dribble majority of respondents in both categories at all

(53.3%), in the good category (33.3%) and in the unfavorable category (13.3%). Pemian confidence that good will be followed with good dribbling ability, too. The amount of the contribution of confidence in the ability to dribble at 16.7%. Factors confidence as psychological factors are also necessary for futsal players. Confidence in sport is a predictor of success in every competition. Futsal players will have good conviction for carrying a ball and unsure about the right time when the ball must be fed and when the ball was taken alone.

Self-confidence is also an aspect of personality that serves to actualize their potential. Futsal players can develop their potential to play as good as possible. Futsal games require cooperation among fellow members of the team, as one characteristic of the game of futsal. To be able to play futsal well, the players have mastered the basic techniques of futsal, particularly in the dribble. Players who have a good basic technique tends to play futsal well. Factors that may affect dribbling skills are agility and endurance. Good futsal player must have endurance and agility. Dribble not only carried the ball along the ground straight forward, but face an opponent that were located very close and tight. This requires a player must have the agility that is supported with good durability, so that the ball is not easily captured opponents. The analysis showed a significant relationship between agility and endurance against dribbling ability. The amount of the contribution of agility and endurance against dribbling ability by 49.2%. Thus, agility and endurance are the better will be followed by increased ability to dribble. Agility and lower durability cause dribbling ability will also be low. Agility needed to control the ball, dribble the ball, as it passes through the opponent and turned in a short time to cope with the spoils of the ball from an opponent. The agility of a player needs to be supported by the confidence that good, so players did not hesitate to take a decision whether the ball will be taken alone or be given to her. Confidence is the belief in his own abilities were adequate and realize capabilities, and can use it appropriately (appendices, 2017). Self-confidence is a mental attitude of individuals to assess themselves and

objects around, so that the individual has the ability of self confidence in doing things according to ability. The analysis showed a significant relationship between agility and confidence in dribbling ability. The amount of the contribution of agility and confidence in dribbling ability by 33.2%. Thus, agility and confidence is the better will be followed by increased ability to dribble. Agility and confidence is low causing dribbling ability will also be low. Endurance (VO₂ Max) plays an important role in playing futsal. Durability will determine the quality of a person's movement dribble. Good durability makes the player can control the ball in a long time of conquest opponent. Good durability it needs to be supported with good confidence. Low self-esteem lead to potential players will be dropped which may cause immune deficiencies as a result of the psychological aspect. Confidence in sport is a predictor of success in every competition. Athletes can display his duties well of course based on the belief in the ability that was in him (appendices, 2017). Confidence in sport is a confidence level of a person related to their ability to succeed in the sport. The analysis showed a significant relationship between endurance and confidence in dribbling ability. The amount of the contribution of agility, endurance and confidence in the ability to dribble at 45.0%. Thus, endurance and confidence is the better will be followed by increased ability to dribble. Durability and low self confidence causing dribbling ability will also be low. Skills in playing futsal, particularly in dribble supported with good fitness of the players. Agility important function to improve the performance of the sport. Agility requires endurance, considering the play futsal takes a long time. Agility and endurance player would need to be supported with good confidence. The three factors together is necessary in order that the player can play futsal particularly in dribble well. The results of the analysis of the contribution of agility, endurance and confidence in the ability to dribble obtained significant results. That is agility, endurance and confidence together contribute significantly to the ability to dribble pemian futsal. The amount of the

contribution of agility, endurance and confidence in the ability to dribble at 49.5%.

Research hypothesis testing performed by Chi-Square test at significance level of 5%, if obtained sign $< \alpha$ of 0.05 can be concluded that there is influence of independent variables on the dependent variable. Previous test the suitability of the model to determine the model of the relationship between independent and dependent variables are already in accordance with the test criteria, if obtained sign $> \alpha$ 0.05, corresponding models. Based on the results of analysis of the value of greater significance $\alpha = 0.05$, which means the model fits the empirical data or models fit for use.

Outcome analysis showed significance values for each independent variable (agility, endurance and confidence) entirely $< \alpha = 0.05$, which means agility effect on dribbling skills, endurance effect on dribbling skills and confidence affects the dribbling skills, The analysis showed significance value of 0.000 which is smaller than $\alpha = 0.05$, which means endurance and confidence contribute to the ability of the student extracurricular dribble futsal. Durability and good self confidence will be followed by the ability to lead when good also and vice-versa.

CONCLUSION

From the results of research and discussion can be summarized as follows (1) No contributions between agility with results dribbling skills (dribbling). The improved agility will be followed by dribbling skills (dribbling) a better and vice-versa. The amount of the contribution of agility to the dribbling ability of 31.6%, (2) No contributions between durability with dribbling skills (dribbling) the improved durability will be followed by dribbling skills (dribbling) a better and vice-versa. The contribution of variable durability ourselves on the ability to dribble at 43.6%, (3) No contributions between confidence with dribbling skills (dribbling). Confident that the better will be followed by dribbling skills (dribbling) a better and vice-versa. The amount of the contribution of

confidence in the ability to dribble at 16.7%, (4) No contributions between agility and endurance with dribbling skills (dribbling). Agility and endurance are the better will improve dribbling skills futsal players. The amount of the contribution of agility and endurance to the ability to dribble at 49.2%, (5) No contributions between agility and confidence in dribbling skills (dribbling). Agility and confidence that the better will improve dribbling skills futsal players. The amount of the contribution of agility and confidence in dribbling ability by 33.2%, (6) No contributions between durability and confident with dribbling skills (dribbling). Endurance and confidence that the better will improve dribbling skills futsal players. The amount of the contribution of agility, endurance and confidence in the ability to dribble at 45.0%, (7) No contributions between agility, endurance and confidence in dribbling skills (dribbling). Agility, endurance and confidence that the better will improve dribbling skills futsal players. The amount of the contribution of agility, endurance and confidence in the ability to dribble at 49.5%.

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