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The Role of Concentration on Football Playing Skills Cintasi FC

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Abstract

The purpose of the study was to determine the role of concentration on football playing skills Cintasi Fc. The type of research used is descriptive research of a correlational nature. The population in this study was all Cintasi Fc players. The sample was 20 Cintasi Fc players. The sampling technique used is purposive sampling, which is a sampling technique with the researchers' own considerations so that it can represent a population of 20 people. The collected ATA is analyzed statistically, descriptively and inferentially for the purposes of testing research hypotheses. The accumulated football playing skill test instruments (dribble test, passing test, shooting test) are then used as T-scores. The concentration test uses a questionnaire with the Likert Scale. The result of the study was that football playing skills had a significant relationship with concentration with a significant value of $0.000 > 0.05$. So it was decided H_a was accepted which means there is a significant relationship between variables. The conclusion of this study is that the psychological aspect of concentration greatly determines the success of players in playing football.

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INTRODUCTION

Football is a very popular sport in Indonesian society as well as in the world. It can be seen from the many people who like football, both from remote villages to cities, everyone can do it (Nidhomuddin & Suryandari, 2021). Football is one sport that contains a lot of fun, this activity has a variety of techniques, player styles / styles, game games during training or matches (Hidayat, 2019). Football is a complex game so it requires specific practice (Dahlan et al., 2020). Football is a team game that requires the basis of cooperation between fellow team members, as one of the characteristics of the game of football (Hakim & Hidayat, 2020). The game of football requires good and tough teamwork, so as to produce a compact game. In addition, it requires strong physical endurance, speed, and perfect engineering ability. Mastery of basic techniques in the game of soccer is one of the important things that must be mastered by every soccer player (Bryantara, 2016).

Football is a team game in which there must be an element of cooperation between teams (Muhammad Sidik et al., 2021). Football is a sport that really requires excellent physique, therefore physical condition is very basic and important for soccer athletes (Dawud & Hariyanto, 2022). Football is a team game, therefore teamwork is a football game need that must be met by every team that wants to win (Anhar & Irwan, 2017). Football is a game that is done by kicking a ball with the aim of putting as many balls as possible into the opponent's goal (Prasetyo & Aji, 2021). Football is a team game consisting of 11 players each, usually the game of soccer is played in two rounds (2x45 minutes) with a break (15 minutes) between the two rounds (Nugraha, 2012). The game of football is a team game that requires each team to have good, strong, tough players and can affect a compact game and of course supported by good technique. Team cohesiveness and strategy setting in the game of football are the main keys in achieving victory (Chairawan et al., 2022). Football is a game that is done by punting, which has the aim of entering the ball into the opponent's goal by defending the goal so as not to concede the ball (Syamsul, 2019). Football is a team sport, in which each team consists of eleven players, and one of them is a goalkeeper (Riza, 2019). There are several basic techniques that need to be learned and trained in order to create soccer players or athletes as expected. The basic soccer techniques are the technique of kicking the ball, heading the ball, dribbling, and the technique of punting and stopping the ball (Ruslan & Sangadji, 2021).

Skills are learned, goal-directed activities

that involve a wide variety of human behaviors." A person's skill in motion tasks will determine the extent to which the level of ability to complete tasks with a high degree of success (Alfredo et al., 2019). Football playing skills are the ability and ability to perform basic movements or basic techniques in the game of soccer effectively and efficiently both movements that are done without the ball and with the ball (Cahya, 2018). Basic techniques such as passing, dribbling, and shooting skills require the readiness of an athlete's physical components (Dahlan et al., 2020). Dribble (dribbling) is a technique in trying to bring the ball from one area to another while the game is in progress (Suhdy, 2019). Dribbling is a basic basic technique in soccer because all players must be able to control the ball while moving, standing, or preparing to make a pass or shot (Aprianova & Hariadi, 2016).

Dribbling can be interpreted by carrying the ball with your feet to put the ball into the opponent's goal, pass the opponent, and congratulate the ball from the opposing player (Fajrin et al., 2021). Dribbling is carrying the ball with the foot with the aim of passing the opponent (Anhar & Irwan, 2017). Dribbling or dribbling is useful for passing opponents, opening space and looking for opportunities to pass the ball precisely, to hold the ball and save the ball because of unfavorable situations if the ball is passed. A player who is skilled at dribbling can support and open up space for teammates. Dribbling also has the benefit of creating goals against the opponent by entering directly into the defense area by directly dribbling and executing directly into the opponent's goal (Mahfud et al., 2020). Dribbling skills are to do a continuous kicking movement and do it slowly dribbling can be done with the inner foot, instep and outer foot, which will be measured by a zigzag test or dribbling to avoid obstacles time is recorded up to tenths of a second (Karim & Hasbillah, 2021). Dribbling is a basic skill that every soccer player must have (Nasution, 2018).

Passing is the technique of passing or moving the momentum of the ball from one player to another in a football match (Akabar, 2020). Passing in a football game has the goal of passing the ball to teammates in order to create space, so that players can create goals against the opponent (Anshar, 2018). Passing is one of the basic techniques of playing football that is very complex or important that is often done in the game of football (Utomo & Indarto, 2021). This passing technique is very important because the sport of soccer is essentially to be the best relying on teamwork (Hidayat & Darmawan, 2019). Passing is a way of moving the momentum of the ball from one player to another, passing can be done using the feet but can also use other parts of

the body (Muhammad Sidik et al., 2021). Passing is a soccer technique that is widely used in the game, because passing is a technique of moving the ball from one area to another that is the fastest and simplest in supporting the achievement of a goal (Millah et al., 2022).

Shooting is an attempt to move the ball from one place to another using the feet or parts of the feet (Candra & Suwirman, 2019). Shooting is an important basic technique in the game of soccer where one of the goals is to shoot the ball into the opponent's goal (Haryanti et al., 2021). In shooting, players must do it quickly because if it is slow, the shooting space will be closed by defensive players (Maulana & Zulfikar, 2020). Shooting is a skill in attacking the most powerful and most important among various attacking techniques (Anugrarisita & Arisman, 2020). Kicking the ball is one of the most dominant characteristics of the game of football. The purpose of kicking the ball is to kick the ball or shooting and kick towards the goal (shooting at the goal) (Yohannes & Fitranto, 2017). Passing is a way of connecting between fellow athletes of one football team on the field so that it looks beautiful and functions better so that the accuracy, step, and timing of the ball release is a combination of successful passes (Alfredo et al., 2019).

Shooting is one very common skill in soccer that is used throughout the 90 minutes of the game, without kicking skills the game of soccer would not be possible and does not mean the player has to kick the ball for as long as possible so that the ball goes in the opponent's area and being able to score goals is the way to play soccer (Mubarok et al., 2022). Shooting is very important when the player and the ball are in the opponent's penalty area unless a player is blocked or guarded tightly by the opposing defender, the appropriate action in the penalty area (Jumaking, 2020). Shooting is a type of skill of someone who is in charge of putting the ball into the goal (Fajar & Mutiara, 2020). Shooting is one of the most important techniques in scoring success in soccer with the right power and accuracy. In order to be successful in a shot or kick it needs to be done with the correct techniques (Najib & Priambodo, 2018).

Concentration is the athlete's ability to focus attention in the game for better performance (Riyadi et al., 2019). Concentration is the concentration of something, both thoughts and attention on the intended object (Mahanani & Indriarsa, 2021). Concentration itself can be interpreted as a state where a person's consciousness is fixed on a certain object in a certain time (Rahmawati, A et al., 2016). Concentration is the ability to focus attention on a task without being distracted by stimuli that are internal or external while its implementation refers to a broad

dimension and concentration on certain tasks (Nufufi, 2016). Concentration is the process that directs awareness of information into something that functions on sensing (Gontara, 2022). Concentration is the ability to focus attention on a task without being distracted and influenced by external or internal stimuli (Yohannes & Fitranto, 2017). Concentration is a state where the athlete has full awareness and is focused on a certain object that is not easily shaken. Thus concentration needs to be trained to athletes. If concentration is not trained on athletes, athletes tend to fail in developing their concentration (Najib & Priambodo, 2018).

Cintasi FC is one of the football clubs in North Luwu Regency. The beginning of Cintasi FC was formed in 1998 which was orbited by Majide which is located in Tomanasa Hamlet, Waetuo Village, West Malangke District. The organizational structure of Cintas Fc includes Cintasi FC coach on behalf of Mahyuddin Md, manager on behalf of Iqbal and Head Coach on behalf of Subair. Over time, Cintasi FC has participated in various football tournaments held in each region, especially in Luwu Raya. With various achievements inscribed starting from 1998-present. Most of the Cintasi FC players are from North Luwu County. The results of an interview with the head coach of Cintasi FC on behalf of Subair, showed that during training or matches many players made mistakes that should not be done in playing football such as undirected passing, dribbling failed repeatedly, inaccurate shooting and several other technical errors due to lack of concentration.

Players often chat with other players when given instructions during training sessions. Then the player also experiences fatigue which has an impact on decreasing the player's focus. To remind players to stay focused during games, coaches often yell at players from the sidelines. In addition, the player is often in a hurry and his emotions rise when the match situation is left in the score. This condition disrupts the focus of players causing many individual mistakes. The Cintasi FC coach claimed that the team's inconsistent focus was the cause of their failure in previous tournaments.

The research problem is whether there is a contribution of concentration to football playing skills which include dribbling, passing and shooting. The purpose of the study was to determine the contribution of concentration to football playing skills which include dribbling, passing and shooting. Results of previous research by (Kenniadi et al, 2021) concluded that the skill level of basic techniques of the game of football in extracurricular students falls into the category of sufficient. Novelty research is adding concentration variables, then giving questionnaires (questionnaires) using Google Form.

METHODS

The type of research used is descriptive research of a correlational nature to determine the relationship of concentration to football playing skills Cintasi Fc. The variables tested are concentration (X) and football playing skills (Y) consisting of dribble, passing and shooting. According to Sugiyono (2015:13) Research Design is a type of descriptive research that is correlational in nature with the research design is as follows **Figure 1**.



Figure 1. Research Design

The population in this study was all Cintasi Fc players. The sample was 20 Cintasi Fc players. The sampling technique used is purposive sampling, which is a sampling technique with the researchers' own considerations so that it can represent a population of 20 people. The study will take place in February-March 2023. The study lasted for one day. The location of the research was carried out at the football field of Waetuo Village, West Malangke District, North Luwu Regency. Data obtained through football playing skill test instruments (dribble test, passing test, shooting test) which are accumulated and then used as T-score scores. The concentration test uses questionnaires with the Likert Scale as well as question items that are positive and negative, answers with various scale categories using the Likert Scale. The process of preparing a questionnaire begins with making a concept that is in accordance with the research. Concentration questionnaire using google form. The collected data are analyzed statistically, descriptively and inferentially for the purposes of testing research hypotheses. Inferential analysis is a normality test, a correlation test. Analysis of statistical data used SPSS program version 23.00.

Table 1. Concentration grid

Variable	Indicators	Statement Number	
		Positive	Negative
Concentration	1.Attention Selective	1,2,3	4,5,6
	2.Raise Fokus Attention	7,8,9	10,11, 12
	3. Awareness Self Towards Situation		16,17,18
	4. Increased Focus Attention		22,23, 24
Total		24	

Table 2. Alternative Score Answers

Abbreviation	Item Score	
	Positive items	Negative items
SS	5	1
S	4	2
R	3	3
TS	2	4
STS	1	5

RESULTS AND DISCUSSION

Overview of descriptive analysis of Cintasi Fc players. Descriptive analysis which includes mean, median, mode, standard deviation, variance, range, minimum, maximum and sum values.

Table 3. Results of Descriptive Data Analysis

	Concentration	Football Playing Skill
Mean	102,30	150,0005
Median	100,00	148,8550
Mode	100	99,47
SD	9,772	22,40747
Variance	95,484	502,095
Range	40	104,04
Minimum	80	99,47
Maximun	120	203,51
Sum	2046	3000,01

From **Table 3.** it is known that the concentration test with a mean value of 102.30, a median value of 100.00, a mode value of 100, a standard deviation value of 9.772, a variance value of 95.484, a range value of 40, a minimum value of 80, a maximum value of 120 and a sum value of 2046. Football playing skills test with a mean value of 150.0005, a median value of 148.8550, a mode value of 99.47, a standard deviation value of 22.40747, a variance value of 502.095, a range value of 104.04, a minimum value of 99.47, a maximum value of 203.51 and a sum value of 3000.01.

Table 4. Data Normality Test Summary

Variable	Sig.	α	Ket.
Concentration	0,302	0,05	Normality
Football Playing Skill	0,733	0,05	Normality

From **Table 4.** it is known that the normality test of the significant value of concentration is $0.302 > 0.05$. The significant value of football playing skills is $0.733 > 0.05$. So the two variables follow a normal distribution or normal distribution.

Table 5. Product Moment Correlation Results

Correlation	Concentration
Football Playing Skill	0,856
Sig.	0,000
N	20

From **Table 5.** it is known that football playing skills have a significant relationship with concentration with a significant value of $0.000 > 0.05$. So it was decided H_a was accepted which means there is a significant relationship between variables.

The effective contribution of psychological roles in concentration factors has the highest contribution or role to football playing skills before competing with players in the POSTAR team (Nurhayati & Rustandi, 2020). The results of this study, to improve the accuracy of long passing, especially in U-17, must be given targets and obstacles in conducting long passing exercises.

Because it will be a challenge to maintain concentration on the target so as to increase the level of accuracy of long passing (Millah et al., 2022). Especially in dribbling techniques (dribbling) players must master these techniques with good concentration, because dribbling techniques are very influential on the game of soccer players (Riza, 2019). The relationship between the level of student concentration on the results of football shooting accuracy in football extracurricular participants at public junior high school 4 Kota Mojokerto can be said to be significant, thus it can be concluded that there is a meaningful relationship between the relationship between the level of student concentration to the results of football shooting accuracy in football extracurricular participants at public junior high school 4 Kota Mojokerto for the 2018/2019 school year (Najib & Priambodo, 2018).

Concentration has an important role in a sport, especially football. For example, in shooting, a player must pay attention to the goal target, foot movement, ball position, and the impact of the foot on the ball. This position cannot be done properly if a player does not have a good level of concentration, because in a match a player's attention will be divided by the opponent, the moving ball, and the position of the ball direction to shoot right at goal. The level of concentration has a significant relationship with the results of shooting accuracy. The concentration level of a player has a high influence on shooting accuracy, so the higher the concentration level of a player, the better the shooting accuracy results (Permadi & Hermawan, 2021). With concentration humans can do work faster and with better results". Where this concentration affects the results of a player when shooting right towards the goal and a

goal occurs (Utomo, 2017). Concentration is a state in which a person's consciousness is fixed on a certain object and time. So that in the accuracy of shooting to the goal, the level of concentration is likely to be very influential (Mahanani & Indriarsa, 2021).

Concentration is an important factor in life activities, especially in sports, especially accuracy sports. An athlete must have high concentration because in sports activities the ability to concentrate is very helpful for athletes in displaying various skills, especially in facing various matches (Gontara, 2022). Concentration can increase attention so that when under pressure, the player's attention remains focused on what the player wants. It is expected that by having high concentration, players are able to face the pressures that exist. Therefore, to determine the relationship between the level of concentration on football shooting ability in U-11 years old Ragunan Soccer School players, a test of the level of concentration and shooting ability in football is needed (Yohannes & Fitranto, 2017).

CONCLUSION

The results of research conducted on Cintasi Fc players that the role of concentration has a significant relationship with the skills of playing football Cintasi Fc. It is proven that the role of psychology greatly determines the success of players in playing football. To improve football playing skills in addition to paying attention to physical and technical factors, you should pay attention to psychological aspects, one of which is concentration. The form of attention can be in the form of providing concentration exercises with varied forms of exercise. So, based on research it is known that players who have a good level of concentration have good football playing skills as well.

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