

**Shooting in SSB IPJ Soccer Players: Coordination, Motivation, and Anxiety****M. Pikri Wardani¹✉, Rachmat Hidayat², Arman Bin Anuar³, Andi Alif Tunru⁴**

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Abstract

The research objective is to determine the correlation between coordination, motivation, and anxiety towards the shooting performance of soccer players in SSB IPJ Kota Palopo. The research method used is a descriptive study with correlational nature. The population in this research consists of soccer athletes from SSB IPJ Kota Palopo. The sampling technique employed is purposive sampling with specific considerations by the researcher, involving a total of 20 soccer athletes as participants in the study. Data analysis was conducted using SPSS version 23. The research results indicate that the coordination variable has a calculated t-score of 4.504, while the critical t-score (t-table) is 2.119. Since the calculated t-score is greater than the critical t-score (t-calculated > t-table), it can be concluded that coordination has a significant influence on shooting performance. Similarly, the motivation variable has a calculated t-score of 4.946, exceeding the critical t-score of 2.119, leading to the conclusion that motivation significantly affects shooting performance. Likewise, the anxiety variable has a calculated t-score of 5.032, which surpasses the critical t-score of 2.119, indicating that anxiety also has a significant impact on shooting performance. From the data analysis, an F-count value of 23.418 and a significance value (sig.) of 0.000 are obtained. Since the F-count value (23.418) is greater than the critical F-value (2.119), and the significance value is less than 0.05 (0.000 < 0.05), H1 is accepted. This implies that collectively, coordination, motivation, and anxiety have a statistically significant impact on shooting performance. With an R-value of 0.902, it can be concluded that the ability of the independent variables to explain the variation in the dependent variable is sufficiently strong.

How to Cite

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INTRODUCTION

Sports are a crucial pillar in life. Sports are activities enjoyed by all segments of society nowadays (Raharjo, 2018). Sports are not just oriented towards physical factors alone; they also train a person's attitude and mentality. Sports involve movements that have effects on the entire body (Simanjorang et al., 2021). Sports are highly significant activities in human life because engaging in regular sports has positive effects on physical development. This applies to all types of sports, including football (Salahudin & Rusdin, 2020).

Football has become a highly popular sport in society. Football is a complex game that requires specific training (Dahlan et al., 2020). Football is a team game, with each team consisting of eleven players, including a goalkeeper (Ofori et al., 2020). In football, various techniques are used, such as dribbling, passing, control, shooting, and heading (Ofori et al., 2020). Football requires good physical condition, basic techniques, and skills. It's a team sport that necessitates mature individual movement skills to play well. This means that the better an individual's movements (individual skills) like passing, control, dribbling, and shooting, the better they can play (Indra & Marheni, 2020). Football is a complex game, therefore requiring specific training (Dahlan et al., 2020).

Football is the most popular team sport in the world, as about 4% of the global population actively engages in this game (Fajrin et al., 2021). Football is a team sport loved by people of all ages, from children to adults (Pratama, 2019). Football is one of the most beloved sports across all segments of Indonesian society, from children to adults, especially males. Many males channel their hobbies by playing football (Maifa, 2021). Football can be categorized as a fundamental activity in skill development. This is because football involves not only the muscles needed for precise and rapid movements, but also technical and aesthetic aspects that indirectly play a role in it (Afrizal. S, 2018). In football, various techniques are employed, such as dribbling, passing, control, shooting, and heading. One issue faced during football matches is inaccurate shooting by players, which negatively impacts their career. According to Junaidi et al. (2019), the instructional approach taken by coaches in dribble shooting practice tends to involve mere movements where players engage in physical or dribble shooting practice based on previously learned motions without clear control in executing the movements

(Afrizal. S, 2018).

A player considered a novice should begin shooting practice from close range to the goal, and as their skills improve, they should attempt shots from farther away. Not all football players can execute shooting well (Habibie et al., 2019). Shooting is an effort to move the ball from one place to another using the foot or leg. It involves a player using the back of the foot to deliver a kick with the intent of scoring a goal against the opponent's goalpost. The ability to shoot is highly influenced by the player's physical condition. Aspects of the player's physical condition that affect shooting ability include strength and accuracy (Maifa, 2021)

Shooting the ball is one of the techniques in the game of soccer. Shooting is not a movement that must be mastered by students (Jumaking, 2020). To score a goal in a soccer game, the player, especially the forward, needs the ability to kick (shoot) the ball (Putra & Siregar, 2021). The ability to shoot the ball is an effort to kick the ball with the aim of scoring a goal, providing a pass to a teammate, or securing one's own area when under attack. Good shooting technique can be achieved when a player masters several factors, including the ability to perform strong and accurate shots using either the right or left foot (Sarifudin et al., 2023).

Coordination determines the accuracy of the kicked ball (Subandi & Sin, 2018). Dribbling the ball requires good skills, supported by good physical conditions such as strength, agility, and eye-foot coordination, which are driving forces for every physical activity (Hasanuddin, 2018). In soccer, especially in executing good dribbling movements, every player must possess good eye-foot coordination (Marta & Oktarifaldi, 2020). Coordination is essentially the ability to combine several movements into a harmonious and synchronized pattern (Priya Pratama et al., 2018). Therefore, perfect eye-foot coordination is needed when performing shooting (Jumaking, 2020). Therefore, perfect eye-foot coordination is needed when performing shooting (Afrinaldi et al., 2021).

Equally important, coordination is also crucial in soccer; without good coordination, soccer players cannot perform multiple movements simultaneously, as coordination involves the synchronization of several movements carried out simultaneously (Afrinaldi et al., 2021). Coordination training is equally essential and should be provided as specific training (Lubis & Permadi, 2021). Because without proper eye-foot coordination, it's challenging to execute accura-

te shots on goal, as the kicked ball may not be directed accurately towards the desired target. Good eye-foot coordination while shooting the ball is expected to enhance the accuracy of the shot on goal, leading to goal creation. Conversely, if eye-foot coordination is poor during the ball's kick, the ball won't enter the goal. Coordination is the reciprocal relationship between the nervous system and the motor system in regulating and controlling impulses and muscle actions for executing a movement (Mardiansah et al., 2020). Hence, eye-foot coordination is important and required for the accuracy of shots on goal in order to score goals.

Motivation is a human behavior fundamentally oriented towards goals, driven by the desire to achieve specific objectives. Motivation is also defined as a series of efforts to provide certain conditions that make someone willing and eager to do something, and if they dislike it, they will strive to eliminate or avoid that feeling of dislike (Wahyudi & Donie, 2019). Achieving accomplishments is a mission in motivating individuals who have a natural drive due to the importance of being tied to something enjoyed and believed in (Apriansyah et al., 2017). In order to maintain athletes' psychological stability during training and competition, several constructive motivations can be provided, along with appropriate nutrition to keep the athletes' condition optimal (P & Mashuri, 2022). Motivation from an athlete is necessary to achieve success in football, as an athlete's motivation is the foundation that every aspiring athlete should possess (Wahyudi & Donie, 2019).

Motivation, in general, means an individual's motivation to participate in a specific activity in an effort to achieve results or goals (Zhou et al., 2020). Intrinsic motivation is motivation that arises from within an individual, driving them to participate (Wati & Jannah, 2021). The lack of student motivation can be attributed to the forms of training provided during the learning process of low-interest aspects of football, such as passing, without providing complex examples of passing techniques. This can lead to students approaching the training without seriousness, resulting in a lack of engagement (Hurdani, 2020).

Anxiety issues experienced by athletes are diverse, stemming from various external factors, including problems arising from outside oneself, such as opponents, referees, spectators, and the environment (Riyanto & Riyoko, 2020). Anxiety is a significant concern for athletes, especially before competitions, as it can affect the

athlete's playing patterns (Alifi & Widodo, 2022). Anxiety is a mixed feeling that involves fear and concerns about the future without a specific reason for that fear (Ofori et al., 2020). Anxiety is a state in which a person experiences vague and widespread worries related to feelings of uncertainty and powerlessness. Emotions in this state do not have a specific object (Bima, 2018). No player is exempt from experiencing anxiety; even players in top European leagues undoubtedly experience nervousness, considering that anxiety accompanies every perceived new event (Kumbara et al., 2019). Anxiety is an emotional upheaval frequently faced by athletes, especially in individual sports branches with significant difficulties (Setiabudi & Santoso, 2020). Anxiety will accompany every human life, especially when confronted with new things (Wijaya Putra, 2019). It can be concluded that anxiety can arise due to reactions from psychological conditions and visible feelings within the individual when facing something (Selviana & Dwi, 2022).

According to previous research (Mario & Sari, 2022), eye-foot coordination aims to synchronize brain function with the feet, which is highly crucial in playing soccer. In soccer, psychological factors like anxiety also influence shooting outcomes. The ball won't hit the target if a player experiences high anxiety (Baihaqi & Purbodjati, 2021). Usually, anxiety becomes prominently evident before a match, and it can be a reason behind athletes' poor performance on the field. Anxiety levels are critical to consider because players with good shooting abilities can fail if they have high anxiety levels (Baihaqi & Purbodjati, 2021).

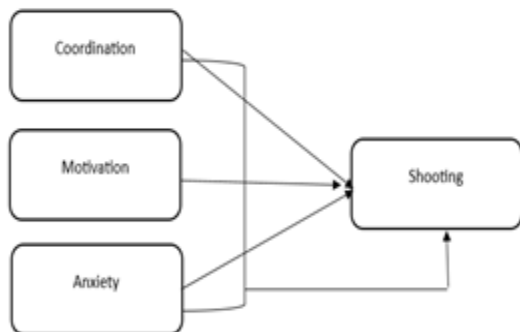
Results from an interview with the head coach of the Ikatan Pemuda Jaya Football School (SSB IPJ) named Riswanto revealed that during training and matches, many players still make mistakes such as inaccurate shooting, free kicks, penalties, and shots from outside the penalty box. They often hesitate when kicking the ball in front of the goal. Players also frequently experience high anxiety before and during matches, causing them to lose focus during the game. This is the reason they consistently face defeat in every match they participate in. Observations during training show that players can concentrate, but on the field during matches, they sometimes lose focus. Players also tend to kick the ball without utilizing eye-foot coordination, resulting in untargeted shots and a lack of practice in shooting, which is only done once a week. To address this, motivation is needed both during training and before training from the coach, as motivation is

crucial to reducing anxiety levels. In conclusion, anxiety and eye-foot coordination significantly determine the accuracy level of shooting performed by the players.

The latest research findings (Subandi & Sin, 2018) state that coordination has a significant relationship with kicking skills. However, there are also studies that suggest coordination doesn't have a significant relationship with kicking skills (Andualem & Demena, 2016). This research is highly needed to enable SSB IPJ players to understand the influence of coordination and anxiety when performing shooting, thereby serving as a reference for training to enhance shooting accuracy. Based on the analysis of the background situation and the differences in previous research findings, this study aims to analyze and determine whether there is an influence of coordination, motivation, and anxiety on the shooting skills of SSB IPJ soccer players in Kota Palopo.

METHODS

This study employs a quantitative descriptive correlational method with the objective of determining the influence of coordination, motivation, and anxiety on shooting accuracy. The research design is as follows:



Picture 1. Research Design

The Population of this study is the soccer athletes of SSB IPJ Palopo, The Sample was determined by using purposive sampling with specific considerations by the researcher; the soccer players involved in this study amount to 20 individuals, with all players being taken as samples for the research. In this study, the focus is on examining the levels of anxiety and coordination in relation to shooting among SSB IPJ soccer players in Palopo city. The instruments used in this research include tests for eye-foot coordination, motivation, anxiety, and shooting accuracy. The research data is analyzed descriptively, with requirement tests conducted including tests for data normality, linearity, and regression. Therefore,

all of these statistical data analyses are processed using a computer program, specifically SPSS version 23.

RESULTS AND DISCUSSION

The research results pertain to the examined variables which encompass coordination, motivation, anxiety, and shooting accuracy among SSB IPJ soccer players in Kota Palopo, involving both descriptive and inferential statistical testing. Descriptive data analysis is used to provide an overall picture of the research, followed by the testing of analysis requirements or assumptions such as data normality and linearity. Inferential data analysis is conducted to obtain the results of hypothesis testing within the study. Descriptive analysis includes values like mean, median, mode, standard deviation, variance, range, minimum, maximum, and sum.

Table 1. Data Descriptive analysis Result

Statistic	Koordin- ation	Motiva- tion	Anxiety	Shoot- ing
Mean	11,95	119,30	121,30	10,25
Median	12,50	121,00	119,50	10,00
Mode	10	121	110	10
SD	3,154	17,598	19,241	2,918
Variance	9,945	309,695	370,221	8,513
Range	13	65	70	13
Mini- mun	5	85	90	4
Maxi- mun	18	150	160	17
Sum	239	2386	2426	205

From **Table 1**, it can be observed that the coordination test has a mean value of 11.95, a median value of 12.50, a mode value of 10, a standard deviation of 3.154, a variance of 9.945, a range of 13, a minimum value of 5, a maximum value of 18, and a sum of 239. The motivation test has a mean value of 119.30, a median value of 121.00, a mode value of 121, a standard deviation of 17.598, a variance of 309.695, a range of 65, a minimum value of 85, a maximum value of 150, and a sum of 2386. The anxiety test has a mean value of 121.30, a median value of 119.50, a mode value of 110, a standard deviation of 19.241, a variance of 370.221, a range of 70, a minimum value of 90, a maximum value of 160, and a sum of 2426. The shooting test has a mean value of 10.25, a median value of 10.00, a mode value of 10, a standard deviation of 2.918, a va-

riance of 8.513, a range of 13, a minimum value of 4, a maximum value of 17, and a sum of 205.

Table 2. Summarize of Data Normality Test

Variabel	Sig.	α	Explanation
Coordination	0,797	0,05	Normal
Motivation	0,805	0,05	Normal
Anxiety	0,952	0,05	Normal
Shooting	0,359	0,05	Normal

From **Table 2**, it is observed that the normality test yields significant values for coordination, motivation, anxiety, and shooting as follows: coordination's significant value is $0.797 > 0.05$, motivation's significant value is $0.805 > 0.05$, anxiety's significant value is $0.952 > 0.05$, and shooting's significant value is $0.359 > 0.05$. Therefore, all four variables follow a normal distribution or are normally distributed.

Table 3. Summarize of Data Linearity test

Variable	Defiation From Linearity	Sig	Explanation
Coordination(X1) Shooting (Y)	2,771	0,072	Linear
Motivation (X2) Shooting (Y)	17,015	0,057	Linear
Anxiety (X3) Shooting (Y)	1,918	0,520	Linear

From the above **Table 3**, the results of the linearity test are as follows: the F value (deviation from linearity) between the coordination variable (X1) and shooting (Y) is 2.771 with a significance of 0.072, the F value (deviation from linearity) between the motivation variable (X2) and shooting (Y) is 17.015 with a significance of 0.057, and the F value (deviation from linearity) between the anxiety variable (X3) and shooting (Y) is 1.918 with a significance of 0.520. This indicates that the F values are not significant, implying a linear relationship between the variables. Therefore, simple and multiple regression tests can be continued to determine whether the hypotheses in this study are accepted or not.

Table 4. Summarize of Simple Analysis Regression

Variable	R	T Count	T Table	Sig
X1 - Y	0,728	4,504	2,119	0,000
X2 - Y	0,759	4,946	2,119	0,000
X2 - Y	0,765	5,032	2,119	0,000

From **Table 4**, the data analysis results show a significance value of 0.000. Since the significance value is smaller than 0.05 ($0.000 < 0.05$), H1 is accepted, and H0 is rejected. The coordination variable has a calculated t value of 4.504, while the t table value is 2.119. Since the calculated t value is greater than the t table value, it can be concluded that the coordination variable has an influence on shooting. The motivation variable has a calculated t value of 4.946, while the t table value is 2.119. Since the calculated t value is greater than the t table value, it can be concluded that the motivation variable has an influence on shooting. The anxiety variable has a calculated t value of 5.032, while the t table value is 2.119. Since the calculated t value is greater than the t table value, it can be concluded that the anxiety variable has an influence on shooting. The positive t values indicate that the coordination, motivation, and anxiety variables have a positive influence on shooting.

Table 5. Summarize of Double Regression Analysis

Variable	R	T Count	T Table	Sig
X1,2,3 - Y	0,902	23,418	2,119	0,000

From the data **Table 5** analysis results, the obtained F value is 23.418 and the significance value is 0.000. Since the calculated F value ($23.418 > (2.119)$) and the significance value is less than 0.05 ($0.000 < 0.05$), H1 is accepted, indicating that coordination, motivation, and anxiety collectively have a significant influence on shooting. The value of R (0.902) suggests that the ability of the independent variables to explain the variation in the dependent variable is sufficiently strong.

Shooting is a fundamental technique in soccer that plays a crucial role, which is to score goals against the opponent's goal. There are supporting factors that influence shooting, one of which is the physical condition factor, namely coordination (Sinatriyo et al., 2020). The influence of eye-foot coordination on soccer shooting ability is categorized as high. In the sport of soccer, mastering basic techniques such as shooting is essential for contributing to the team's victory (Subroto et al., 2021).

The coordination, which is the alignment of movements, has a connection with the soccer shooting ability due to the involvement of movements in looking and kicking. It can be said that the better the eye-foot coordination, the higher the mastery level of soccer shooting ability (Nurhidayat et al., 2019). To achieve good shooting ac-

curacy, eye-foot coordination needs to be trained and improved through systematically designed training programs (Cahyono & Sin, 2019). During shooting, coordination plays a crucial role, as without coordination, it would be difficult to direct the ball accurately towards the opponent's goal. Thus, coordination can determine the ball kicking skill of each player. If a player has good coordination, they will be able to execute kicks effectively, leading to achievements; conversely, the lack of coordination can hinder performance (Haryanti et al., 2021).

Achievement motivation is a drive closely related to how one performs something well, accurately, and efficiently. It is characterized by the tendency to pursue success and the tendency to avoid failure in achieving success in competition (Fallo & Lauh, 2017). Motivation is closely tied to kinesthetic (movement) aspects, as a high level of kinesthetic ability can drive students in the learning process and encourage them to strive for optimal and successful outcomes (Syahrudin et al., 2019). Motivation is a crucial psychological energy not only in competition but also in maintaining and adapting motor activities during training. It directs the entire driving force within athletes, ensuring the continuation of training and guiding training activities towards desired goals (Apriansyah et al., 2017).

Anxiety arises due to the fear of being negatively evaluated by the audience, which poses a threat to the athlete's self-esteem. This is evident from the tendency of society to give positive judgments to athletes who win matches and negative judgments to those who lose. Moderate levels of anxiety can actually increase students' self-awareness. However, excessive anxiety can lead to a loss of concentration and a decline in coordination between the brain and motor skills (Riyanto & Riyoko, 2020). Anxiety often emerges when athletes lack confidence or are fearful of performing tasks related to their performance. The anxiety experienced by athletes can impact their performance to varying degrees among individuals. Anxiety is a condition where the athlete's physiological state seems to be under pressure, resulting in an excessive increase in heart rate (Haryanti & Hernawaty, 2020).

CONCLUSION

The findings of the research conducted on SSB IPJ players in Kota Palopo illustrate the importance of the physical element of coordination, supported by psychological aspects including motivation and anxiety, in determining soccer perfor-

mance, particularly accuracy in shooting towards the goal. Therefore, continuous or structured training is necessary to enhance the shooting accuracy of players, especially within the SSB IPJ Kota Palopo. In conclusion, both physical and psychological aspects (coordination, motivation, and anxiety) collectively exert a significant influence on the shooting accuracy of SSB IPJ players in Kota Palopo.

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