

Analysis of Physical and Confidence Component on The Student Ability to Bring The Ball in Soccer Games

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Abstract—This study aims to determine the physical components and confidence in the student's ability to dribble in soccer games at Madello Elementary School, Barru Regency. This study is descriptive methods with two variables, namely independent variables that consist of physical components (balance, speed, and agility) and confidence. The dependent variable is the dribbling ability. The population in this study were all students of grade IV and V in Madello Elementary School, Barru Regency, with a number of population is 30 students. The sampling technique used in this study was the Purposive Sampling technique. From the results of the determination of the sample that taken were 30 students of grade IV and V students. The data analysis technique that used was a single correlation (r) and multiple correlations (R) at the level 95% significant or (α) = 0.05. Based on the data analysis, the results that obtained are (1) There is a significant contribution of the physical component in the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency, the value of R count (R_0) = 0.765 (P (0.000) > 0.05) with a contribution value of 58.5%. (2) There is a significant contribution of confidence in the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency, the value of R count (R_0) = 0.705 (P (0.000) > 0.05) with a contribution value of 50.2%. (3) There is a significant contribution physical components and confidence in the ability to dribble in soccer games of the students of Madello Elementary School, Barru Regency, proved that the value of R calculated (R_0) = 0.865 (P (0.000) < 0.05) with a contribution value of 74.9%.

Keywords—physical components (balance, speed, and agility), confidence, dribble

I. INTRODUCTION

In accordance with the government's recommendation to promote sports and exercise into society, the sports activities in Indonesia are carried out every year starting from the regional level into the national level. This shows a rapid and encouraging development for sports in this country. Especially in Barru Regency, there are many sports that are well known by the society, both new developing sports and sports that have long been developed and one of the most popular sports is soccer.

The technique of dribbling in a soccer game is one of the most important factors because it can support to create goals in a match. A player who dribbles successfully in front of the goal will provide a great opportunity to create goals. One of the most dominant factors in successful dribbling is the physical components. With good physical components, the herding movement techniques will be displayed

perfectly. Psychological aspects are also needed by the students in dribbling, such as confidence.

At Madello Elementary School, Barru Regency, football sports are one of the focus of sports in the school so that they provide facilities and infrastructure that support the implementation of a soccer game. Soccer is also one of the extracurricular activities at the school. However, achievement and learning outcomes have not reached the expectations of sports teachers. One of the basic techniques that have not been maximally mastered by students is the dribbling technique. This evident in learning, games, training, and match, the students, lost a lot of the ball because the ball that received was not completely mastered by the student. One of the psychological factors that become the focus of the trainer is confidence factors which the students do not have yet.

The element of balance in supporting the ability to dribble is the ability of a person to maintain his body position or the ability to control the nerve organs of the muscles to hold the load carried out both dynamically and statically. Soccer players who have high speed will easily carry out fast movements even in a narrow space. If the speed is owned by a soccer player, then he will be able to pass the opponent to run carrying the ball as fast as possible so that the ball is not captured by the opponent and also support to break through the opponent's defense. Moreover, agility is an equally important element, especially when dribbling, which is to be able to make a dribbling movement in a twist or a movement to change direction suddenly on several sides in an attempt to pass the opponent.

Psychological aspects are often ignored by the coaches, trainers, and teaching staff in carrying out the training activities and teaching and learning processes. However, this psychological aspect is needed by the students in the dribbling ball technique, such as the aspect of confidence. For example, the student is embarrassed in dribbling, hesitant when doing dribbling techniques while studying or practicing, the student is not confident to learn the technique of dribbling perfectly, so it becomes his weakness when studying or competing.

The purposes of this study are 1) to find out whether there is a contribution of the physical component to the ability to dribble in soccer games of the students of Madello Elementary School, Barru Regency, 2) to find out whether there is a contribution of the confidence to the ability to dribble in soccer games of the students of Madello Elementary School, Barru Regency, and 3) to find out

whether there is a contribution of the physical component and confidence to the ability to dribble in soccer games of the students of Madello Elementary School, Barru Regency.

II. RESEARCH METHOD

This study aims to determine the contribution of physical components and confidence in the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency. This study is a descriptive study with two variables, namely the independent variables and the dependent variables. The independent variables are physical components (balance, speed, and agility) and confidence. The dependent variable is the dribbling ability. The sample is a portion of the population to represent the entire population. Samples are part of the number and characteristics of the population [1]. Sampling technique is a technique to determine the sample that will be used in the study. The sampling that used was purposive sampling. Purposive sampling is a technique of determining samples with certain considerations [2]. The population of this study is 30 students, and all the population is taken as a sample. The tests were carried out with physical component test instruments (dynamic balance test, 30-meter running a speed test, and zigzag running test), confident questionnaire tests, and dribbling ability tests.

III. RESULTS AND DISCUSSION

A. *The contribution of the physical component to the ability to dribble in the soccer games*

From the test results of the regression analysis of physical component data on the ability to dribble in the soccer game of the students of Madello Elementary School, Barru Regency, the regression value coefficient was 0.765 with a significant level of $0.000 < \alpha 0.05$, for R square of 0.585. This means the influence of the physical component to the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency is 58.5% while 41.5% is caused by the other factors that not included in the study.

Based on the results of this analysis, it can be seen that t count is -6.287 with a significant level of 0.000, $\alpha 0.05$, then H_0 is rejected, and H_1 is accepted, or significant regression coefficient or physical component has a significant contribution to the ability to dribble in the soccer game of the students at 58.5%. The regression model test shows an F value of 39.524 with a significant value of $0,000 < \alpha 0.05$. This means that the ability to dribble in the soccer games can be explained significantly by the physical component of the students of Madello Elementary School, Barru Regency.

The results of the statistical analysis showed that there is a contribution of the physical component to the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency. If the results of this study are linked to the theoretical foundation and underlying framework, the results of this study support and strengthen the existing theories and results of previous studies, this proves that the physical component influences the ability to dribble in the game of soccer. The higher the quality of the technique that must be mastered by an athlete, the greater the physical needs that needed [3]. The elements of the physical component consist of balance, speed, and agility.

According to Sajoto, static balance is the ability of the body to maintain balance in a fixed position [4]. Dynamic balance is the ability of the body to maintain balance when making movements from one position to another. Balance is the ability of a person to control the nerve organs of the muscle to hold the load carried out in activities both statically and dynamically. For example, when someone dribbles a ball, there is a fast action that requires high balance and puts the right spot of weight so that he can do dribbling movements as fast as possible with a stable or balanced body so as to produce a perfect technique.

According to Harsono, speed is the ability to perform similar movements in succession in the shortest possible time or the ability to travel a distance in the shortest possible time [5]. It can be concluded that speed is a person's ability to perform similar movements successfully in the shortest time. Especially in dribbling, the movement speed of the limbs, especially the legs in succession in processing the ball or running speed in bringing the ball forward, determines whether or not the player takes the target distance or the desired area while carrying the ball using parts of both legs.

Furthermore, according to Halim, agility is the ability to change body position or direction of body movements quickly while moving quickly without losing balance or awareness of orientation towards body position [6]. Then it can be concluded that agility means readiness of the body and the ability of a person to change the direction and position of the body quickly without any interference with the balance or awareness of body position. Therefore agility is one of the physical elements needed by soccer players because soccer games require movement to change the direction and position of the body quickly and precisely including when someone dribbles in a soccer game.

In a game situation on the field, the players are not only required to run straight when dribbling but sometimes have to stop then suddenly change the direction or turn around to avoid the opponents who are trying to grab the ball. Players who dribble are required to use their agility to avoid the opponents or secure the ball from the opponents.

B. *The contribution of the confidence to the ability to dribble in the soccer games*

From the test results of the regression analysis of confidence data on the student's ability to dribble a ball in the soccer game of Madello Elementary School, Barru Regency, the regression value coefficient was 0.708 with a significant level of $0.000 < \alpha 0.05$, for R square of 0.502. This means the influence of confidence on the ability to dribble in the soccer games of Madello Elementary School, Barru Regency is 50.2% while 49.8% is caused by the other factors that not included in the study.

Based on the results of this analysis, it can be seen that t count is -5.310 with a significant level of 0.000, $\alpha 0.05$, then H_0 is rejected, and H_1 is accepted, or significant regression coefficient or the confidence has a significant contribution to the ability to dribble in the soccer game of the students at 50.2%. The regression model test shows an F value of 28.195 with a significant value of $0,000 < \alpha 0.05$. This means that the ability to dribble in the soccer games can be explained significantly by the confidence of the students of Madello Elementary School, Barru Regency.

The results of the statistical analysis showed that there is a contribution of the confidence to the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency. This proves that confidence affects the ability to dribble in soccer games. According to Vealey et al., self-confidence is a feeling that contains strength, ability, and skill to do and produce something based on the belief to succeed [7]. Carpentier & Mageau explained that self-confidence is an internal control of a person's feelings about the strength in his awareness of his abilities, and is responsible for the decisions he has made [8].

From the description above, it is clear that one of the psychological conditions that a person must have is self-confidence both in training and competing. Self-confidence is very important when a player will dribble on a soccer game to pass the opponent, break through the opponent's defense, easy to score, open the space between the player and the opponent, and master the game. Based on this explanation, it can be concluded that self-confidence is considered to have a contribution to the ability to dribble in soccer games.

C. The contribution of the physical component and the confidence to the ability to dribble in the soccer games

From the test results of the regression analysis of the physical component and the confidence data on the ability to dribble in the soccer game of the students of Madello Elementary School, Barru Regency, the regression value coefficient was 0.865 with a significant level of $0.000 < \alpha < 0.05$, for R square of 0.749. This means the influence of confidence on the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency is 74.9% while 25.1% is caused by the other factors that not included in the study.

Based on the results of this analysis, it can be seen that F value of 40.241 with a significant level of 0.000, $\alpha < 0.05$, then H_0 is rejected, and H_1 is accepted, or significant regression coefficient or the physical component and the confidence has a significant contribution to the ability to dribble in the soccer game of the students at 74.9%.

The results of the statistical analysis showed that there is a contribution of the physical component and the confidence to the ability to dribble in the soccer games of the students of Madello Elementary School, Barru Regency. This proves that the physical component and confidence affect the ability to dribble in soccer games. The higher the quality of the technique that must be mastered by an athlete, the greater the physical needs that needed. Especially for dribbling, there is a thing that must be considered and owned by a student, namely psychological condition (self-confidence). If a player has the good physical components and the good confidence, then the player is able to dribble well and pass the opponents, break through the opponent's

defense, easy to score, open the space between the player and the opponent, and master the game without any doubt.

IV. CONCLUSIONS

Based on the research results that have been stated, the conclusions can be drawn as follows:

1. The physical components (balance, speed, and agility) have a significant contribution to the ability to dribble in the soccer game of the students of Madello Elementary School, Barru Regency. The contribution is 58.5%.
2. The confidence has a significant contribution to the ability to dribble in the soccer game of the students of Madello Elementary School, Barru Regency. The contribution is 50.2%.
3. The physical components (balance, speed, and agility) and the confidence have a significant contribution to the ability to dribble in the soccer game of the students of Madello Elementary School, Barru Regency. The contribution is 74.9%.

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