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IMAGERY EXERCISE EFFECTIVENESS ON SHOT SCORE RESULTS ARCHERY ATHLETES IN JAMBI CITY

Wanti Hasmar[1], Sugiyanto Sugiyanto[2], Slamet Riyadi[3]

1) Master Program in Sports Science, Sebelas Maret University, Surakarta, Indonesia
2)3)Department of Sports Science, Postgraduate Program, Sebelas Maret University, Surakarta, Indonesia
Email: wanti.cemar@gmail.com[1], sugiyantoprobo@gmail.com[2], slametriyadi70@staff.uns.ac.id[3]

ABSTRACT

This study aims to determine the effectiveness of imagery to improve the results of shots in archery athletes. This research method uses an experimental research design used by two group pre-test post-test designs. This study compared 2 groups, namely the experimental group with the treatment of imagery training and the control group that did not get treatment for 1 month. The research subjects included intermediate archery athletes in the city of Jambi. Data collection techniques using scoring pre test and post test distance of 30 m. The Independent Sample T test results showed that there were significant differences in the mean between the two groups with the Sig (2 tailed) (0.325)> α (0.05) values. These results indicate that imagery training proved to be more effective in increasing the score of intermediate archery athletes in the experimental group, this was based on the results of the difference calculation between the mean of the two groups.

Keywords: Imagery Training, Archery Athlete

INTRODUCTION

Archery sports are closely related to the accuracy of the target, because the ultimate goal of archery is to shoot arrows to the target face correctly, so that one of the factors needed in archery is consistency, which must be carried out continuously during training and during the competition (Munawar, et al, 2012). Mental practice is cognitive training of physical skills without movement. Practicing the mind is the key to successful sports performance. Mental imagery is a simulation that occurs in the brain (Quiin, 2010).

Mental imagery is a simulation that occurs in the brain. Imagery means collective mental images, which cause a person to form images in his brain (Setyobroto, 2010). The Imagery exercise will take place in the visualization process, which is a skill of seeing oneself in the mind or the screen of the heart's eye with full awareness of calling the image (imagery) that has been imagined in the imagery process.

Imagery training using mimicking movements, this exercise is done to perfect the ability of the technique, this is done by remembering the whole technique. The implementation, imagine that athletes are in the firing line, close their eyes and then display 12 steps of technique without using tools (Komarudin, 2013).

The mental aspect of archery is not only in training but also during competitions. Mastering the mental aspects of archery is very important for an athlete's optimal performance under pressure because the athlete's mental abilities are closely related to the athlete's physical ability to perform under pressure. Mental exercise has an important role in the best performance of archery athletes. The athlete's performance is the result of a combination of physical, technical, tactic and mental abilities. Mental athletes as abstract aspects in the form of driving forces and drivers to realize physical abilities, techniques and tactics in sports activities (Suharno, 1983).

But the problem found in the field is that the trainer only focuses on physical exercise and technique, while mental training in the form of imagery training has not been done carefully and specifically in the training process. This condition must be addressed immediately, because if the coach still has the wrong thinking in training there will be an imbalance in the athlete and the athlete cannot effectively show his best performance in the training and competition process.

METHODOLOGY

The design of this study uses two group pre test-post test design. The design of the experimental study used by two groups pre-post-test design. The sample in this study was the archery athlete at the intermediate level of the city of Jambi, which amounted to 14 athletes who were actively practicing in the archery field in the new city of Jambi, which averaged between 15 to 18 years old men and women. The study was divided into 2 groups, namely the experimental group was given imagery treatment, while the control group was not treated. Before doing the athletes, they are gathered and given instructions by researchers related to training for 12 meetings, for 1 month, then pre-test and post-test by scoring a distance of 30 meters at the first and last meeting.

RESULT AND DISCUSSION

The results obtained from hypothesis testing showed that there was influence on imagery training to increase the intermediate score of the archery athlete's score. Data analysis was performed using the Paired Sample T test, with the results showing an increase in the intermediate score of archery athletes who scored significantly in the experimental group between before and after treatment. The mean difference is 20.14 and the standard deviation is 1.46 and Sig (2 tailed) (0.000) $<\alpha$ (0.05). While the control group showed an increase in the score of intermediate archery athletes who scored significantly in the

experimental group between before and after treatment. The mean difference is 11.28 and the standard deviation is 1.88 and Sig (2 tailed) (0,000) <α (0.05).

The score of archery shots in the experimental and control groups was tested using the Independent Sample T test. The results of the analysis show that there is a significant mean difference between the two groups with the Sig (2 tailed) (0.325)> α (0.05). The results showed that imagery training proved to be more effective in increasing the score of intermediate archery athletes in the experimental group. This is based on the results of the difference calculation between the mean of the two groups. Based on the percentage comparison, the increase in test results for more experimental groups showed a significant increase compared to the control group.

CONCLUSION

Based on the results of the research that has been obtained, the hypothesis in this study is acceptable, namely that there is a significant difference in the results of intermediate archery athletes' score in the form of imagery training between the experimental and control groups that did not get treatment. The results of this study indicate that imagery training proved to be more effective in increasing the score of intermediate archery athletes in the experimental group, this was based on the results of the difference calculation between the mean of the two groups.

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