



## ***The Contribution of Concentration and Self-Confidence to Upper Serve Accuracy in Male Volleyball Players***

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### ***Abstract***

*This study aims to determine the contribution of concentration and self-confidence to the accuracy of upper serve among male volleyball players at the Patriot Club in Cimahi. The research used a correlational method with a quantitative approach. The population in this study consisted of all male volleyball players at the Patriot Club Cimahi, totaling 50 athletes, with a sample of 20 players selected using purposive sampling. The instruments used included the Grid Concentration Test to measure concentration, a questionnaire to assess self-confidence, and the AAHPER Serving Accuracy Test to evaluate upper serve accuracy. The results of data analysis showed a significant relationship between concentration and upper serve accuracy, as well as a significant relationship between self-confidence and upper serve accuracy. Furthermore, concentration and self-confidence simultaneously contributed to upper serve accuracy in male volleyball players. These findings indicate that psychological aspects such as concentration and self-confidence play an important role in supporting athlete performance, particularly in fundamental skills like upper serve.*

***Keywords:*** concentration, self-confidence, upper serve accuracy, volleyball.

### ***INTRODUCTION***

Volleyball game is games that don't easy done for everyone (Beutelstahl, 2015). Strength in endure from attack against make volleyball game. This requires players who have coordination movement with the right timing for can attack against or do defense from attack against (Maliki, 2018). In volleyball game there is a number of technique base including passing, smashing, blocking and one of them is technical service. Every player start game with do service, good That service on and service bottom (Baqer & Bawono, 2019). Holding service role important in volleyball game Because can determine the way match (Hijrah et al., n.d.).

In volleyball, no only needed ability good physical and technical skills, but mental aspects must also be noticed in a way serious (adha Septiana et al., 2022; Aep rohendi et al., 2021). There is assumption that in something match, factor psychological donate around 80% of performance, while the remaining 20% comes from from aspect other (Aliyyah et al., 2020). Condition psychological somebody can become supporters or precisely inhibitor achievement achievements, especially in skills do service above. For produce service optimal, required concentration and a sense of trust high self. Not all service on produce a fast, hard, or ball dive, sometimes happen error like the ball hitting the net or go out from

field, good moment exercise and match. Players who are capable guard focus and believe self moment do service tend can direct the ball with more accurate and reduce possibility occurrence error.

Concentration is ability for centralize attention to something object seaca stable and maintain focus to the situation faced (Agustina & Priambodo, 2017; Elzas, 2021; Taufik, 2019). In volleyball, concentration needed For coordinate movement hand to hit service appropriate target. The more Good focus players, the more effective results service above. Concentration characteristics including focusing on relevant matters, maintaining attention in long time, and realized situation around. Disturbance concentration can lower performance like accuracy reduced strokes. Therefore that, player must calm and focused moment do service for results according to target (Zuhri, 2019). Concentration play a role important in success service over volleyball, because disturbance moment play can lower focus and accuracy blow. Decline accuracy This Can thwart strategy and reduce trust self. Trust self itself is also important mental aspects in do service.

Trust self, namely belief to ability self itself, is factor important to support success athlete in reach achievement. Feeling of confidence This help athlete optimize the potential it has For reach results best. As part from character individual, belief self play a role big in performance athlete on the field. Lack of trust self can cause doubt to ability alone and pattern think negative, which gives rise to tension, especially moment face an evenly matched opponent. On the other hand, good concentration and confidence high self allows athlete For ignore disturbances that are not relevant, controlling games, as well as reading the opponent's strategy with more effective (Nisa & Jannah, 2021). Therefore that, achievement athletes are greatly influenced by the level of trust the self he has.

Based on observation moment practice at the volleyball club, a number of player son not enough focus moment service above, so that of the five trials, only One until three balls in into the opponent's area. Error often happen Because player in a hurry, less calm, and not sure, which shows lack of trust himself. At the 2023 IVOBA Championship, lost in the final due to nine error service, which is caused by low concentration and confidence myself. Even though thus, the team Patriot's son often reach performance proud in various tournament between clubs in Bandung.

## **METHOD**

Methods used in study This is type study correlational (**Pratama et al., 2023**), Population used in study This is volleyball player son patriot club category 50 male athletes. In the study This technique taking sample use purposive sampling with criteria (1) Athlete

is athlete teenager with range age 16 – 19, (2) Frequent players follow regular exercise. (3) Players who have follow National Championship. From the sampling technique above can be pulled sample as many as 20 people.

Instrument data collection in study This use te concentration (Grid Concentration Test) is one of the form tool measuring For know level concentration with waiting eat number (**Bager & Bawono, 2019**). Questionnaire trust self, the scale used in the test trust self is a scale model likert. The scale format used is a format that has been modified become four alternative answer namely SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree). On a scale This grouped in favorable and unfavorable items, the instrument own reliability of 0.934 and the test accuracy service on from AAHPER Service Test Purpose of test This is for measure accuracy serve and direct the ball to the target that has been provided (**Anisa, 2019**).

## RESULT AND DISCUSSION

**Table 1. Calculation Results Correlation (Model Pearson Correlation Product Moment) Concentration with Service Accuracy**

		Correlations	
		X1	Y
X1	Pearson Correlation	1	.454 *
	Sig. (2-tailed)		.044
	N	20	20
Y	Pearson Correlation	.454 *	1
	Sig. (2-tailed)	.044	
	N	20	20

\*. Correlation is significant at the 0.05 level (2-tailed).

Based on table on, calculation using SPSS version 30, from the data taken from the output above known that concentration and accuracy service own Sig value  $0.044 < 0.05$  so can concluded there is significant correlation between concentration and accuracy service.

**Table 2. Calculation Results Correlation (Pearson Correlation Product Moment Model) of Self -Confidence with Service Accuracy**

		Correlations	
		X2	Y
X2	Pearson Correlation	1	-.457 *
	Sig. (2-tailed)		.043
	N	20	20
Y	Pearson Correlation	-.457 *	1
	Sig. (2-tailed)	.043	
	N	20	20

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\*. Correlation is significant at the 0.05 level (2-tailed).

Based on table on calculation using SPSS version 30, from the data taken from the output above known that trust self and accuracy service own Sig value  $0.043 < 0.05$  so can concluded there is significant correlation between trust self and accuracy service.

Basic guidelines degrees connection coefficient correlation as following :

- a. *Pearson correlation* value 0.00 to 0.20 = None correlation
- b. *Pearson correlation* value 0.21 to 0.60 = Medium Correlation
- c. *Pearson correlation* value 0.61 to 0.8 = Strong Correlation
- d. *Pearson correlation* values 0.81 to 1.00 = Correlation Perfect

From the results processing know concentration (X1) against accuracy service (Y) Pearson Correlation value 0.454 and includes category correlation medium, and results processing know trust self (X2) against accuracy service (Y) value *Pearson Correlation* - 0.457 and includes category correlation currently.

Study against 20 athletes son Patriot Cimahi Volleyball Club show that concentration influential significant to accuracy service above, with mark correlation of 0.454 and significance of 0.044. This means the more tall concentration athletes, increasingly appropriate services performed. Findings This support theory and results study previously emphasized importance concentration in sports, such as from Nadila Vitaloka (2023) and Syaiful Baqer (2019). Athletes who are capable guard focus tend more stable and accurate moment do service, while what is lacking focus often do error. Therefore that, practice concentration important in the coaching program athlete Because impact positive No only in service, but also in aspects game other such as smashing, blocking, and passing.

Study against 20 athletes son Patriot Cimahi Volleyball Club show that trust self influential significant to accuracy service above, with mark significance of 0.043. Interestingly, the direction correlation negative (-0.457) indicates that the more tall trust self, in fact the more low accuracy service. This is can caused by disturbing *overconfidence* focus and ignore technique basic. Trust self without mastery sufficient technique and practice No ensure optimal performance. Therefore that, coach need balance mental development with training techniques for trust self truly support improvement accuracy service.

## **CONCLUSION**

Based on results research and discussion, then can withdrawn a number of conclusion as following : based on correlation test analysis Concentration own connection significant with accuracy service top of the volleyball player son at the Cimahi Patriot Club.

results correlation show that the more tall concentration athletes, then the more good accuracy too service on what was done and trust self also shows connection significant with accuracy service above. Although connection the worth negative, this show that level trust self that is not balanced (too tall or too low) can impact on accuracy service. So, good concentration and trust self give contribution to accuracy service above. This confirms that aspect psychological play role important in performance technique volleyball basics.

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