The influence of imagery on the accuracy of men's volleyball athletes' jump services

Tegar Pramudia Laksana [1] *, Komarudin Komarudin [2], Mochamad Yamin Saputra[3], Geraldi Novian[4]

[1,2,3] Sports Coaching Education Study Program, Faculty of Sports and Health Education, Indonesian Education University, Bandung, Indonesia

[4] Sports Physical Coaching Study Program, Faculty of Sports and Health Education, Indonesian Education University, Bandung, Indonesia

ABSTRACT

Problems: Problems in study This is **Athletes** often pay little attention to their psychological training methods, because they think that service is not that important, therefore *imagery training* is very important and is the solution in this research. **Purpose:** Internal goal study This is to know influence exercise *imagery* against accuracy *service jump* volleyball athlete son. **Methods**: Research This use method quantitative with approach experiment *one group pre-test post-test design*. **Result**: Research results show that exercise *imagery* give influence to accuracy volleyball athlete's service *jump* son by 26%. **Conclusion**: The implementation of appropriate and consistent imagery training has been proven effective in enhancing the accuracy of jump serves among male volleyball athletes. It is therefore recommended that volleyball coaches incorporate sustained imagery training into their training programs.

Keywords: athlete, son, *imagery*, volleyball

Corresponding Author:

Tegar Pramudia Laksana

Coaching Education Study Program Sports, Faculty of Sports and Health Education, Indonesian Education University, INDONESIA.

Email: tegarpramudialaksana@gmail.com

Introduction

Volleyball is a team game that is popular among the public, this sport has also held many national and international level championships, and this sport also has several basic techniques that must be mastered, consisting of several basic techniques, namely lower passing, upper passing. , service, block (Fallo & Hendri, 2016) . All basic techniques must be mastered, especially serving, because serving is the initial attack when a volleyball game starts, but we often see athletes always making service movements in a hurry, wrong initial stance, a series of movements that are not rhythmic, touching the ball with their hands. inappropriate, distracted concentration, inappropriate service targets, low level of accuracy and lack of consistency in the results obtained, and lack of confidence (Septiyanto & Suharjana, 2016) . There are many factors that might influence this, whether external or internal factors.

Often athletes also pay less attention to their psychological training methods, because they consider service to be not that important (Prayogo, 2017) . In fact, psychological training has been proven to improve athlete performance (Komarudin et al., 2021) . However, there are many ways to train mentally, one of which is *imagery* techniques. *Imagery* is an exercise involving imagining an activity or movement, whether it has been done or has never been done (Sabila et al., 2022) . Athletes do not maximize their serving practice time to train concentration by doing *imagery exercises* and aiming at the target (Prabowo Pandu Imbang, 2019) . Athletes only casually carry out service technique movements and do not maximize training on the series of movements and direction of the service target. According to Cumming & Williams (2014) *Imagery* is a fundamental cognitive process for producing motor actions and a performance enhancement technique that is widely used by athletes. The *imagery* training here aims to manage the athlete's attention and concentration which leads to concentration on service technique so that it can increase the success and accuracy of the service (Sulton Manazi, 2013) . Imagery training is also one of the training

techniques or training processes in psychological skills that must be mastered by every athlete to increase the athlete's peak performance (Nopiyanto et al., 2022) . Based on the explanation above, the author believes that *imagery training* is one of the psychological exercises that can help improve athlete performance, as previous research revealed that psychological training can improve sports performance (Saputra et al., 2022) .

That in a volleyball game, the initial attack or what can be called a service, is very beneficial for the team. Because, you can get points when the athlete can serve correctly (Irwanto, 2017) . Serving must be done well and perfectly by all players, because player mistakes result in additional points for the opponent, and it is unique for each player to carry out this serving technique (Lengo et al., 2023) , so the basic technicalities of serving must be mastered well. So, service is a very important basic technique and must be fully mastered by every athlete. This service technique is useful for starting the match and providing the first attack for the team, which can get points. The most dominant service for carrying out attacks in the men's category is *the service jump. The service jump* can be done well and can be used as an attack to kill the opponent, so a strong element of arm muscle strength is required (Dimyati, 2016) . *Jumping serve* is a basic technique in volleyball that is difficult to do, because it has complex movements. The movement consists of elements of jumping, strength and speed.

Therefore, the author intends to carry out this research with the hope that it can become something new in the world of sports research, especially in relation to this research topic. In previous research, several researchers have also conducted the same research. The comparison with the research that will be carried out will not be much different, but there is a novelty offered by the author in this article, namely discussing in depth *imagery* regarding the accuracy of *jump service*. There are many benefits from *imagery training, so the author is interested in providing imagery* training to athletes (Saefullah & Setyawati, 2021) . The aim of this research is to improve athletes' ability to focus on service accuracy. Through the results of this research, it is hoped that it can provide new experiences for athletes in carrying out psychological skills training so that they can improve their ability to perform good service accuracy.

Method

The method used in this research is an experimental method and uses a quantitative, experimental approach in this research to determine the influence or consequences of a treatment (Komarudin, 2019) . In this experimental method, a method with a *one group pretest-posttest design pattern is used* (Alessandri et al., 2017) . In *the One-Group Pretest-Posttest* Design the dependent variable is measured as one group before (pretest) and after (posttest) a treatment is given. After a treatment is given to the group, the values before and after the treatment are compared (William & Hita, 2019) . The treatment given uses *imagery treatment* , namely *Cognitive Specific* (CS) (Westlund et al., 2012) . This data collection technique uses the AAHPER *Service Accuracy test* is instrument used For collect data (I. Kurniawan et al., 2023) . Test This aim of this study is to measure accuracy technique service on in connection to accuracy direct the ball at the target certain. Population in research athlete from the UPI Bandung volleyball UKM which has PORDA achievements totaling 15 people in the category male, with the average age of the sample in this study being 19 - 22 years. Data analysis techniques used is technique two- way anova with help *SPSS* version with level significance α= 0.05.

Results

Writer serve results deep data analysis and processing Table and Figure form. Description statistics study can be seen in Table 1.

Table 1. Description Statistics

	Min.	Max.	Sum	Mean	Std. Deviation
Accuracy *Service Jump*	7	17	196	13.07	2,434

Table 1 shows statistical description of the results research that contains mark lowest, highest, total, average, and standard deviation. Based on Table 1, it can be seen that data accuracy *service jump* in study This own mark lowest of 7, value highest by 17, total mark of 196, the average value is 13.07, and the value standard deviation amounting to 2,434. Next, author serve score accuracy *service jump* every sample, yes seen in Figure 1.
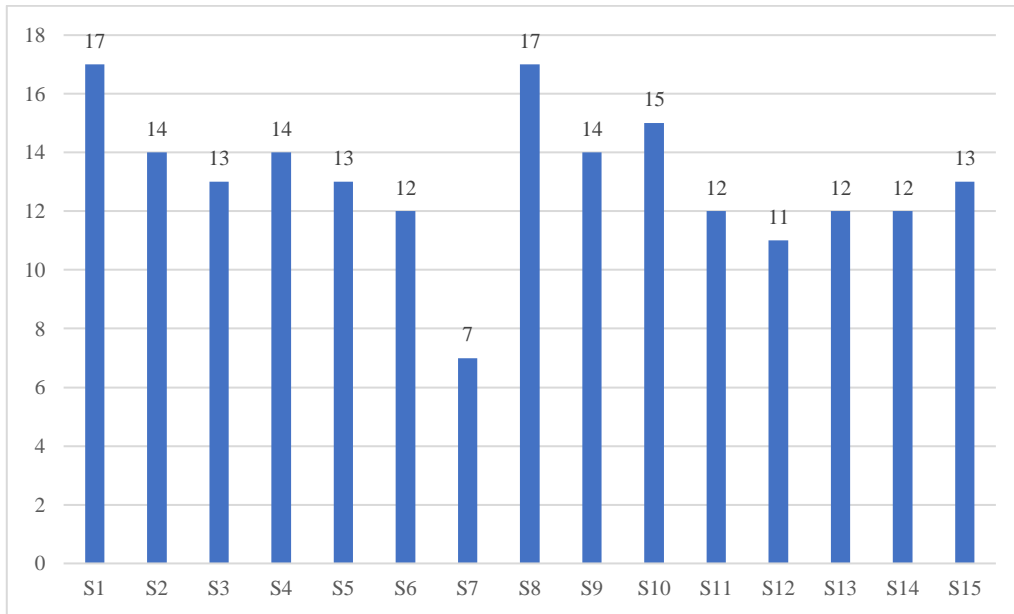
Figure 1. Accuracy Score *Service Jump* Every Sample

Based on Figure 1, you can be seen that every sample get tended scores different. This matter show that ability every sample after accept Treatment also varies. Next, author serve percentage results accuracy *jump service* every sample, yes seen in Figure 2.
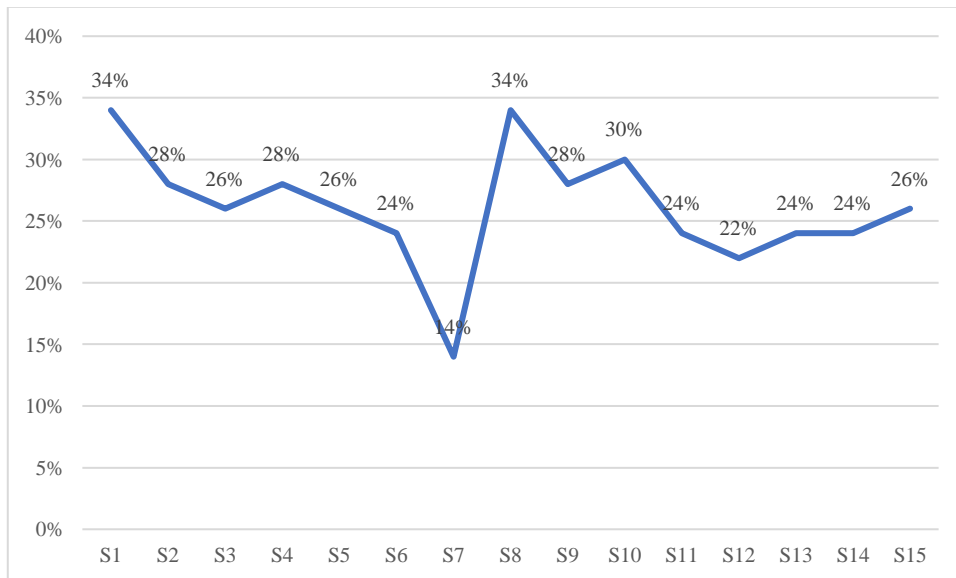

Figure 2. Percentage of Accuracy Results *Service Jump* Every Sample

Based on Figure 2, you can be seen that every sample own mark tended percentage different as it has been explained in Figure 1. This show that exercise *imagery* provided give influence to accuracy volleyball athlete's service *jump* son with the average percentage by 26%.

Discussion

Imagery training as a model of *imagery training* as a form of psychological training that supports technical success (Iswana, 2019) **.** *Imagery* as mental training is a training process to increase mental toughness by involving elements of concentration, directing actions towards a goal according to plan, and controlling feelings (emotions/thoughts) and psychophysical conditions, as well as increasing ability. man For imagine images in thought (Hendri Gunawan et al., 2023) . *Imagery* is also referred to as a process that is felt intensely, as if it were a real feeling. *Imagery* can also be used in planning competitive strategies in

routine training as well as skills for maintaining a sense of calm under pressure, so that emotional life can be controlled constructively. (Rhodes et al., 2024) defines that *imagery* can increase performance sports, imagery is skills important sport. *imagery* as "the use of all the senses to create or recreate an experience in the mind". Self-confidence has a positive impact on emotions, concentration, goals, effort, strategy and momentum (Setyawati, 2014) . By considering visualization training, the visualization process takes place, namely the ability to see yourself in your mind or on the screen of your eyes, your heart calling up the image with full awareness, already imagined in the imagination process (Rahardjo, 2005) . When athletes do training, *imagery* can be gained from the experience gained from seeing, feeling and listening, but overall the experience occurs in the brain (Komarudin, 2019) . *Imagery* training allows athletes to see themselves automatically (visualization) doing something like seeing themselves on video (Babang et al., 2020) .

In this study, there was a significant influence between imagery training on *the service jump accuracy* of UPI Bandung volleyball athletes in the men's category. Mental *imagery training* includes 5 forms of *imagery training* , namely, *motivational specific* , *motivational general mastery, motivational general arousal, cognitive specific, cognitive general* so that the training runs effectively (Brick et al., 2015) . *Motivational specific* is the act of motivating athletes by involving themselves to win a match. *Motivational general mastery* is motivation in the form of how to overcome and master situations and maintain a positive focus for self-confidence. *Motivational general-arousal* is the ability to reflect feelings towards sports competition. *Specific cognitive* abilities involve looking at specific skills. *Cognitive general* involves drawing strategies and plans in a competitive game. *Specific cognitive* abilities involve looking at specific skills. This research is in line with previous research (Azizah & Prastyo, 2020; Septiyanto & Suharjana, 2016) which generally states that *imagery training* has a significant influence on *the service jump accuracy* of UPI Bandung volleyball athletes in the men's category.

Through this research, *imagery training* was proven to be effective in improving *the service jump accuracy* of UPI Bandung volleyball athletes in the men's category. *Imagery* training can be used as an alternative method to improve athletes' psychological skills (WP Kurniawan & Weda, 2022) , because *imagery training* has the right form for improving psychological skills, such as providing general motivation, special motivation, general knowledge, and special knowledge. Therefore, imagery training can be an alternative method to improve *the service jump accuracy* of UPI Bandung volleyball athletes in the men's category. The practical implication that can be carried out by athletes through this research is being able to increase the accuracy of athletes' *serve jumps* independently through the *imagery training guide* that has been prepared. However, there are still limitations in this research, including the relatively small number of research samples, the samples involved were only male athletes so the results of this research only apply to male athletes at UPI Bandung volleyball UKM.

Conclusion

Imagery exercises, when delivered appropriately and consistently, have been proven effective in enhancing the accuracy of jump serves in male volleyball athletes. It is recommended that volleyball coaches develop and implement sustained imagery training programs. However, this study has limitations, including a small and exclusively male athlete sample. Future research should consider involving a larger and more diverse group of athletes to further validate these findings.

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