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The Role of Mental Concentration on Accuracy of Upper Passing in Volleyball: A Systematic Literature Review

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Abstract. This study aims to systematically examine the role of mental concentration on the accuracy of the upper pass technique in volleyball. The method used is the Systematic Literature Review (SLR) by analyzing eight relevant scientific articles using experimental, correlational, and qualitative descriptive approaches. The results of the analysis show that mental concentration plays a significant role in improving the accuracy of the upper pass. Strategies such as mental imagery, positive self-talk, external focus of attention, mental relaxation, and mindfulness training have been proven effective in supporting upper pass performance. This study confirms that mental concentration not only contributes to technical aspects but also forms mental resilience in facing the pressure of the game. Therefore, it is important for coaches and physical educators to integrate mental training into the volleyball training curriculum in order to optimize the overall performance of students.

Keywords: mental concentration, technical accuracy, overhead passing, volleyball.

1 Introduction

Volleyball is a sport that demands high technical and mental skills from its players. One of the crucial basic techniques in volleyball is the overhead pass, which plays an important role in building an effective attack. Success in performing an overhead pass not only depends on physical ability alone, but is also influenced by psychological factors, especially mental concentration.

Mental concentration is an individual's ability to focus attention on the task at hand, ignoring external and internal distractions. In a sporting context, good mental concentration allows athletes to maintain focus during matches, make the right decisions, and execute techniques with high accuracy. Research by Gokce et al. (2022) showed that playing

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volleyball can improve cognitive functions, including concentration, which contributes to improved athlete performance.

At the high school level, the development of students' technical and mental skills in sports is an integral part of physical education. However, based on findings from several studies at the high school level, it was found that several students had difficulty in performing overhead passes with consistent accuracy. This raises questions about the role of mental concentration in influencing the accuracy of the technique.

Several studies have examined the relationship between mental concentration and sports performance. For example, research by Singh and Wulf (2021) found that external focus of attention can improve passing accuracy in novice volleyball players. However, there are still limitations in the literature that specifically examines the effect of mental concentration on the accuracy of upper passes in high school students in Indonesia.

This gap suggests the need for more in-depth research to understand how mental concentration affects overhead passing accuracy in the context of physical education in schools. By understanding this relationship, educators and coaches can design more effective training programs to improve student performance in the sport of volleyball.

The main purpose of this article is to conduct a systematic literature review regarding the role of mental concentration on the accuracy of overhead passing in volleyball, specifically in high school students. By analyzing relevant studies, a more comprehensive understanding of this topic is expected.

The theoretical benefit of this research is to add insight into the field of sports psychology, especially regarding the influence of mental factors on technical skills in volleyball. Practically, the results of this review can be used by physical education teachers and coaches to develop training strategies that integrate mental and technical aspects, in order to improve students' top passing accuracy.

As such, this article is expected to make a significant contribution to the development of a more holistic physical education curriculum, as well as helping students achieve optimal performance in the sport of volleyball through improved mental concentration.

2 Method

¹² This study used the Systematic Literature Review (SLR) method with a descriptive qualitative approach. This method was chosen to obtain a comprehensive understanding of the relationship between mental concentration and accuracy of top passing in volleyball games at the high school level. Systematic Literature Review provides a systematic and structured approach in identifying, evaluating, and synthesizing relevant research results, resulting in strong evidence-based conclusions (Kitchenham & Charters, 2007). The focus of the review was directed at critically analyzing the findings of previous studies to summarize common patterns that emerged in this research. ³

Data sources in this study were obtained from scientific articles published in accredited national journals and reputable international journals. Articles were collected using Google Scholar database with the main keywords such as "mental concentration", "top passing accuracy", "volleyball", and "high school". Inclusion criteria included articles published within the last five years (2020-2024), available in full-text, and directly addressing the topic of the relationship between mental concentration and upper passing skills. Articles that were irrelevant, did not meet the methodological requirements, or were not fully accessible were excluded through the exclusion criteria.

Data collection techniques were carried out through the identification, screening, eligibility and inclusion stages following the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) model (Moher et al., 2009). At the identification stage, 125 articles were found. After screening for duplication and relevance of titles and abstracts, the number of articles remaining was 80. Subsequently, after evaluation of eligibility based on inclusion and exclusion criteria, 40 articles were further examined, until finally 8 articles that were considered the most relevant were used as the primary source in this analysis.

The data analysis procedure was conducted using thematic analysis method as proposed by Braun and Clarke (2006). Each selected article was analyzed to identify the main themes related to the influence of mental concentration on top passing accuracy. This process involved coding the data, categorizing the patterns, and interpreting the findings to find common threads between studies. The analysis process aimed to obtain an integrated and in-depth synthesis of findings, which was then used as the basis for developing the discussion and conclusions of this study.

The article search flow followed the PRISMA diagram consisting of four stages, namely: the identification stage which found 125 articles; the screening stage which left 80 articles after duplicates and irrelevant titles were removed; the eligibility stage which evaluated 40 articles based on the inclusion-exclusion criteria; and the inclusion stage which finally determined 8 articles for further analysis. With this approach, the research is expected to produce valid, systematic, and reliable findings to understand the role of mental concentration on the accuracy of high school passing.

3 Results

The data obtained through the collection of information from a number of research articles provides an in-depth insight into the Role of Mental Concentration on Upper Passing Accuracy in Volleyball. The study explored various gender-related dimensions of sport. The information generated from these articles provides an important foundation for designing an approach to the role of Women in sport.

Table 1. Results of Article Analysis

No.	Title	Destination	Methods	Results
1	The Effect of Mental Concentration on Volleyball Upper Passing Skills (Amiruddin, 2021)	Knowing the effect of mental concentration on volleyball top passing skills.	Quantitative Experiment	There is a significant influence between mental concentration and upper passing skills, with a 15% increase in accuracy in the experimental group.

2	The Relationship between Concentration and Accuracy of Volleyball Passing in High School Students (Fahmi & Lestari, 2020)	Analyzing the relationship between concentration level and volleyball passing accuracy of high school students.	Correlational	A strong positive correlation ($r = 0.68$) was found between mental concentration and high school students' overhead passing accuracy.
3	Effectiveness of Mental Imagery Training in Improving Volleyball Upper Passing (Putra, 2021)	Assess the effectiveness of mental imagery training on improving upper passes.	Experiment	Mental imagery training increased the accuracy of the upper pass by 12% compared to the control group.
4	The Impact of Attention Focus on Volleyball Passing Skills (Sari & Gunawan, 2022)	Analyzing the effect of focus of attention on upper passing skills.	Quantitative Experiment	The external focus resulted in a greater improvement in top passing accuracy than the internal focus.
5	Mental Concentration and Performance of Young Volleyball Athletes (Yuliana, 2023)	Examine the relationship between mental concentration and performance in young athletes.	Quantitative Descriptive	Mental concentration contributes 22% to overhead passing performance in volleyball.
6	The Effect of Mental Relaxation on Volleyball Passing Accuracy (Handayani, 2020)	Knowing the effect of mental relaxation on top passing accuracy in volleyball.	Experiment	Mental relaxation increased the accuracy of the upper pass by 10% in students who were given special treatment.
7	Relationship between Positive Self-talk and Concentration of Volleyball Athletes (Susanto & Rahayu, 2021)	Assess the relationship between the use of positive self-talk and volleyball athletes' concentration.	Correlational	Positive self-talk is closely related to improved mental concentration and passing technique performance.

8	The Effect of Mindfulness Training on Upper Passing Performance (Wijaya & Sari, 2022)	Testing the effectiveness of mindfulness training on upper passing performance in volleyball.	Experiment	Mindfulness training significantly improved concentration and passing accuracy by 13%.
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4 Discussion

Based on the analysis of the eight articles reviewed, it can be concluded that mental concentration plays a vital role in improving top passing accuracy in volleyball at the high school level. High mental concentration allows players to maintain focus during the game and execute techniques with precision.

Findings from Amiruddin (2021) show that exercises that emphasize mental concentration directly improve students' upper passing skills. This confirms the importance of including mental training in regular training sessions.

Research by Fahmi & Lestari (2020) revealed a strong positive correlation between mental concentration and passing accuracy. This means that the higher the player's concentration, the better the resulting passing performance.

The mental imagery technique studied by Putra (2021) is an effective approach to improving passing skills. Visualizing the movement mentally before the execution of the technique provides an additional advantage in maintaining accuracy.

Sari & Gunawan (2022) also found that external focus of attention, such as paying attention to the target ball instead of one's own body movements, was more effective in improving passing accuracy than internal focus.

Yuliana (2023) found that mental concentration contributed substantially to the overall performance of young athletes, confirming that mental aspects should be given the same priority as physical training.

Handayani (2020) reinforced these findings by showing that mental relaxation training can significantly improve top passing accuracy. Relaxation helps players reduce stress and improve focus while playing.

Susanto & Rahayu (2021) state that the use of positive self-talk, such as giving self-affirmations, can improve mental concentration and ultimately improve technical accuracy in volleyball.

Wijaya & Sari (2022) through their study showed that mindfulness training not only improved mental concentration, but also resulted in more consistent and accurate passing performance.

Based on the overall findings, it is important for coaches and physical education teachers in secondary schools to integrate mental training programs that include mental imagery, self-talk, external focus, relaxation, and mindfulness into daily volleyball training in order to optimally improve students' overhead passing accuracy.

5 Conclusion

Based on the results of the systematic literature review conducted, it can be concluded that mental concentration has a significant effect on improving the accuracy of upper passes in

volleyball games at the high school level. Mental technique exercises such as mental imagery, positive self-talk, external focus of attention, relaxation, and mindfulness are proven to be able to support the improvement of students' concentration. The analyzed research shows that mental concentration not only contributes to technical aspects, but also to students' mental resilience in facing match pressure. Therefore, coaches and physical education teachers are advised to systematically integrate mental training programs into volleyball training sessions as part of an effort to improve students' overall performance. This effort is expected to be able to improve the quality of the upper passing technique while at the same time shaping the character of students who are tough and accomplished. By prioritizing the balance between physical and mental skills, students are expected to be able to achieve optimal performance both in sports competitions and in everyday academic life.

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