



Tunas Depati Amir Athletes Concentration Levels During Training

M Rangga Ade Kurnia¹, Dzhilan Khilmi Ayu Firdausi², Agung Prayoga Budiargo³, Febry Framuliya⁴, Irhas Mahmudi⁵, Eza Junianda Pratama⁶

^{1,2,3,4,5,6}Department of Physical Education, Health and Recreation, Faculty of Teacher Training and Education, Universitas Muhammadiyah Bangka Belitung, Street KH. A. Dahlan, No.KM.4, Keramat, Kepulauan Bangka Belitung 33134, Indonesia

Abstract

The problem in this research is the level of concentration of football athletes during practice. The purpose of this study was to find out the level of concentration of soccer athletes while doing exercises where the research data is based on the opinions of the athletes themselves. The subjects in this study were 37 children of SSB Tunas Depati Amir Pangkal Pinang, Bangka Belitung. The description in this study is intended to describe the results of data collection, namely about the respondents' answers to measure the level of concentration of football athletes in training. The data to identify the level of concentration of the athlete of Sepak Tunas Depati Amir is expressed in 23 questions about the level of concentration divided into 3 aspects, namely recognizing the level of concentration in oneself, internal concentration, and external concentration. Based on the table above, it shows that the percentage level of concentration of football athletes is based on factors; recognize the level of concentration on oneself, internal concentration, external concentration, namely from the factor of recognizing the level of concentration on oneself with a percentage of 81.75% and included in the "very good" category, the internal concentration factor with a percentage of 69.74% and included in the "good" category, then the external concentration factor with a percentage of 72.69% and is included in the "good" category. Based on data analysis, description, testing of study findings, and debates, the following conclusions can be drawn the concentration level of Tunas Depati Amir soccer athletes is in the good category.

Keywords: *Concentration Level, Football, Exercise*

Correspondence author: M. Rangga Ade Kurnia, Universitas Muhammadiyah Bangka Belitung, Indonesia
Email: ranggamrak@gmail.com



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INTRODUCTION

Sport is a physical activity carried out to maintain health and build one's body muscles. Society can develop the character of discipline and be physically and spiritually healthy by exercising. In the end, good humans are created (Mathematics, 2016). According to (Puspitasari, 2019) sports are a variety of physical activities, and winning a game requires technical talent in addition to being good for one's physical and mental health. Sport is an activity that benefits both physically and spiritually

to maintain and improve everyone's health. There are many different sports in our time. Football is Soccer is one of the healthiest sports and a worldwide game that appeals to individuals of all ages, including young children, youth and even the elderly. Everyone plays soccer for different reasons, such as to achieve a goal, pursue a hobby, for pure enjoyment, or to stay fit (Febi & Rifki, 2020). Football is a game that is played all over the world and is quite easy to understand. (Aguss & Yuliandra, 2020). Football is a team sport that involves all the movements in it (Kumbara, Metra, and Ilham 2019). Soccer is a type of ball sport that usually uses leather equipment. Played by two teams, each with 11 (eleven) players. Football is a very popular activity that is loved by people from all walks of life, it is not surprising considering that at first the game of football was played by many people for achievement, fitness and entertainment (Mubarok et al., 2019). Soccer is a sport in the form of a game, and soccer requires some basic soccer skills. In the sport of soccer skills, a solid foundation will be able to foster cooperation and unity and raise standards. game to succeed. By practicing the basic movements of a simple big ball game with modified rules, basic soccer skills are formed (Kuswoyo, 2019).

Athletes can improve concentration because they are also people with lives outside of sports. When a person's concentration is greatly affected, performance may also decrease (Aguss & Yuliandra, 2020). Meanwhile, according to (Nusufi, 2016) to train the concentration of athletes, trainers need to pay attention to the following characteristics: a. Focus on an object or object at that time b. Attention is fixed on a particular object and there is no attention on other objects. c. Calms and strengthens the mind. d. Of these three characteristics, it will be easier for the coach to recognize his athlete in practice or competition so that the coach will also easily apply strategies to overcome problems in the athlete.

Based on the results of the study, it was shown that: (1) The concentration level of the Amir Budd Depati Amir football athlete was in the "very good" category at 32.43%, the "good" category was 27.03%, the "adequate" category was 40.54%, the "less" and "less" categories. very less" by 0%. While the average value is 68.24, the level of concentration of the football athlete in Tunas Depati Amir is in the good category.

METHOD

This type of research is descriptive research, this study aims to determine the level of concentration of football athletes in the Amir Shoots Depati. This research was conducted at the SSB

depati amir club in Pangkal Pinang. The time for data collection was carried out on May 27-30 2023. This research was carried out face-to-face by distributing question papers to the children of SBB, Tunas Depati Amir, which aims to determine the level of concentration of football athletes, Tunas Depati Amir during training. This research was carried out on the TDA football field. . The time for conducting the research was from 27 May 2023 to 30 July 2023. In this study, 37 players were registered as SSB Tunas Depati Amir players. Sampling in this study was by purposive sampling technique, namely sampling based on predetermined intentions or with certain considerations. totaling 37 people. This research instrument uses a questionnaire to collect data using a checklist or list of questions that have been made and arranged in such a way that prospective respondents can easily see them.

All you have to do is fill out or mark it easily and quickly dividing the questionnaire into two types, namely open questionnaires, which are questionnaires that are presented in such a way that the respondent can fill in according to his wishes and circumstances. A closed questionnaire is a questionnaire that is presented in such a way that the respondent only has to put a checklist (✓) in the appropriate column or place, with a direct questionnaire using a multilevel scale. The multilevel scale in this questionnaire uses a modified Likert scale with 4 answer choices, namely, strongly agree, agree, disagree, and strongly disagree. This questionnaire provides four alternative answers, namely: Strongly Agree (SS) with a score of 4, Agree (S) with a score of 3, Disagree (TS) with a score of 2, Strongly Disagree (STS) with a score of 1.

RESULTS AND DISCUSSION

Results

From the results of data analysis on the level of concentration of football athletes, this shoots depati amir provides an overview of the level of concentration of athletes and the data can be seen below

Table. 1. Description of Concentration Level Statistics

N	Mean	Median	Mode	Std. Deviation	Minimum	Maximum
37	68.24	67.00	63	9.075	52	85

Based on the results, the lowest (minimum) score was 52, the highest (maximum) score was 85, the mean (mean) was 68.24, the median value was 67.00, the value that occurs frequently (mode) was 63, the standard deviation (SD) was 9.075.

Table. 2. Frequency Distribution of Concentration Levels

No	Interval	Classification	Frequency	%
1	$X > 74.75$	Very Good	12	32,43%
2	$63.25 < X \leq 74.75$	Good	10	27,03%
3	$51.75 < X \leq 63.25$	Enough	15	40,54%
4	$40.25 < X \leq 51.75$	Not Enough	0	0%
5	$X \leq 40.25$	Very Less	0	0%
Amount			37	100%

Based on the table above, it shows that the concentration level of the Amir Buds Depati soccer athlete is in the "very good" category of 32.43%, the "good" category is 27.03%, the "sufficient" category is 40.54%, the "less" and "very poor" categories " by 0%. Meanwhile, based on the average value, which is 68.24, the level of concentration of football athletes in Tunas Depati Amair is in the good category.

Table. 3. Calculation of the Percentage

Factor	Number Of Items	Real Score	Max Score	%	Category
Recognizing The Level Of Concentration On Yourself	7	847	1036	81,75%	Very Good
Internal Concentration	9	929	1332	69,74%	Good
External Concentration	7	749	1036	72,69%	Good

Based on the table above, it shows that the percentage level of concentration of football athletes is based on factors; recognize the level of concentration on oneself, internal concentration, external concentration, namely from the factor of recognizing the level of concentration on oneself with a percentage of 81.75% and included in the "very good" category, the internal concentration

factor with a percentage of 69.74% and included in the "good" category ", then the external concentration factor with a percentage of 72.69% and is included in the "good" category.

This study aims to determine the level of concentration of football athletes in Pangkal Pinang. The level of concentration of football athletes is based on factors; recognize the level of concentration on oneself, internal concentration, and external concentration.

Based on the results of the analysis, it shows that the concentration level of the Amir Buds Depati soccer athlete is in the "very good" category of 32.43%, the "good" category is 27.03%, the "enough" category is 40.54%, the "less" and "very poor" categories are 0%. While the average value is 68.24, the level of concentration of the football athlete in Tunas Depati Amir is in the good category.

Discussion

The good must be mastered by a soccer player in order for them to achieve success. Soccer players actually have to know the determining variables as standards to increase maximum performance in the sport concerned (Sandika & Mahfud, 2021). Goal of soccer game to win a soccer game, a player must score as many goals as possible while defending the goal. Football involves solid cooperation when playing the game, as well as good technical support. That's right. The goals of the game mentioned above are only temporary; Football is actually supposed to be the main educational tool to help children develop into smart, talented, respectable and athletic young people. In addition, we anticipate that children will grow up and acquire a spirit of competition, teamwork, social contact and moral teaching (Pakaya & , Franning Deisi Badu, 2020).

Concentration is the ability to pay close attention while changing behavior through the acquisition, application and evaluation of basic knowledge, skills and values found in sports (Aviana & Hidayah, 2015). According to (Nasution 2010) a point of view that is narrowly focused on one stimulus will make observation easier. Concentration is when a person is conscious and focused on the intended object and cannot be distracted from other things that can interfere. Meanwhile, according to Maksum (2011) concentration is a conscious condition of a person who is focused on one object at a certain time.

(Mahanani & Indriarsa, 2021) Proposes that concentration will be lost if a person feels tired, therefore the condition of the body is very influential for concentration. A person can be said

to have concentration if he can focus his attention on the situation at hand and not on anything else. elements that affect the balance of knowledge and experience with respect to age, body, gender, and other aspects (Akbar et al., 2019). According to Maksum 2011 in Akbar et al., (2019) concentration can be narrow or broad. Concentration can be narrowed like an archer who is aiming and releasing an arrow at the target, concentration can be intense. While concentration expands when focused, the playmaker will want to provide feedback to players in a soccer game. The definition of concentration in sports has four characteristics: (1) selective attention to meaningful items, (2) maintenance of long-term attention, (3) situational awareness, and (4) the ability to increase attention as needed (Taufik, 2019)

CONCLUSION

The method used is a survey with data collection techniques using a questionnaire. The population in this research is the football athlete, Tunas Depati Amir. Samples taken from the total sampling amounted to 37 athletes. The instrument used was a questionnaire which was distributed via the Google form. Data analysis using descriptive percentage. Based on data analysis, description, testing of study findings, and debates, the following conclusions can be drawn the concentration level of Tunas Depati Amir soccer athletes is in the good category.

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