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Yoga Practice to Improve Woodball Gating Shoot in Woodball Athletes Sukabumi City

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Abstract
The game of woodball requires athletes to concentrate fully on themselves and other objects that are internalized into the body, namely between hitting movements and other objects, namely the beater (malet) so that when the body reaches full attention or concentration, the accuracy of the strokes can hit the target properly. This study tries to reveal the effect of yoga on gating hitting in woodball athletes in Sukabumi City. The study used an experimental method with a one-group pretest-posttest research design. The population in this study were all Woodball athletes from Sukabumi, totaling 30 athletes.The instrument in this study was the gating skill test. The data analysis technique used in this study used t-test analysis using SPSS version 21. The results showed that there was an effect of yoga practice on the results of Woodball gating strokes in Woodball athletes from Sukabumi City. From the results of this study, yoga movements in general can have a positive effect on calmness and concentration when doing gating shots in woodball. The conclusion is that yoga exercises in increasing gating woodball strokes are yoga exercises that can help improve calm and concentration when hitting woodball.

Keywords: *Yoga Practice, Gating Shot, Woodball*

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INTRODUCTION

Woodball is a sport played by using a mallet to dribble into a hole or over the finish line. This sport was developed in Taiwan in the 1990s and has since spread to various countries around the world (Kriswanto, 2016). Woodball is usually played on a field with a circular or winding track with various obstacles such as wooden barriers, iron plates, and balls. -metal ball. Players must swing the bat to direct the ball towards the goal with as few strokes as possible (Lee, 2017).

Woodball can be played individually or in teams. There are also official competitions held at the national and international level, including the Woodball World Championships. This sport is popular because it can be played by various age groups and fitness levels. In addition, woodball

also provides opportunities to socialize and establish social relationships with fellow players. In the sport of woodball, concentration and calm are needed when swinging the mallet to hit the ball and put the ball into the gate or gating (Kriswantoro & Lumbanraja, 2016). This is in line with research which states that there is a significant relationship between concentration and long strokes in woodball, where there is a correlation between concentration and long strokes in woodball (Yazid et al., 2016).

Yoga practice is a body movement activity that unites thought, movement and breathing which contains various elements of stretching, focus, bending, breathing, strength, endurance, body flexibility and balance. Yoga practice forms an asana (pose/movement) by involving breath and stimulation of various senses which are processed by the brain and body into a solid asana. Based on research that has been carried out by arisman, et al (2021). Yoga practice has an impact on concentration, this is because yoga practice trains concentration and coordination, so this will affect accuracy ability (Arisman et al., 2021). In addition, yoga practice also has an impact on the balance of athletes, with good balance athletes will have the skills to maintain the attitude and posture in achieving the desired performance.

Practice is a learning process. This is supported by the research results of Tri Vita Amalia and Srihartini (2021) who stated in their research that regular yoga practice has a positive effect on learning concentration through 5 aspects, namely increasing concentration, increasing attention, causing relaxation, increasing cognitive function and improving memory (Ismail & Amalia, 2021). Some yoga movements that have benefits for training concentration abilities include padmasana, paschimottanasana, padahastasana, sarvangasana, vajrasana, vrikshasana, and shavasana which have a positive effect on increasing attention, concentration, and memory. In yoga, concentration can be defined as focusing attention on a certain place/ this particular place can be a certain part of the body or an external object that is internalized into our body.

The game of woodball requires athletes to concentrate fully on themselves and other objects that are internalized into the body, namely between hitting movements and other objects, namely the beater (malet) so that when the body reaches full attention or concentration, the accuracy of the strokes can hit the target properly. Concentration is the concentration of the power of thought and action on the object being studied by expelling or setting aside everything that has nothing to do with the object being studied (Ismail & Amalia, 2021). In addition, based on the results of Betrix Teofa Perkasa Wibafiet Billy Yachsie's research, it is stated that athletes who have

good concentration will also produce a better level of accuracy (Betrix et al., 2021). This is reviewed from the focus in the intended direction from the target direction. When hitting the ball at the goal (gate), you have to hit the ball with a small number of strokes because the winner in a woodball match is determined by a small number of scores (Ogi Agustiar, 2016). This study tries to reveal the effect of yoga on gating hitting in woodball athletes in Sukabumi City.

METHOD

The research method is basically a scientific way to obtain data with specific goals and uses (Sugiyono, 2018:3). The study used an experimental method with a one-group pretest-posttest research design. The experimental method is a systematic method for building relationships that contain causal-effect relationships (Creswell, 2015:576). The design is one group pre-test post-test research design is a type of experimental design that is used to measure changes that occur in certain variables before and after the intervention is carried out in one group of subjects. In this case the researcher tried to measure the changes that occur after gating strokes after being given treatment in the form of yoga exercises to woodball athletes in Sukabumi City.

The population in this study were all Woodball athletes from Sukabumi, totaling 30 athletes. The sampling technique used is total sampling. Total sampling is a sampling method in which all members of the existing population are used as samples in research (Suharsaputra, 2018). In total sampling, there is no random selection or selection of some members of the population as a sample, but all available members of the population participate in the study (Kusumawati, 2015). Total sampling is usually used when the population to be studied is relatively small or limited, making it possible to collect data from the entire population. The advantage of total sampling is that it has high representativeness, because all members of the population participate in the study (M. E. Winarno, 2017). This allows the generalization of research results directly to the larger population. In addition, total sampling also provides certainty in the results, because there is no doubt associated with the size of the sample taken.

The instrument in this study was the gating skill test. Samples were given the opportunity five gating strokes. Each ball that passes through the gate or enters is given 1 point, while the ball that does not enter or does not make it through the gate is given a value of 0. The data analysis technique used in this study uses t-test analysis using SPSS version 21 software with the following steps: following. After calculating the descriptive statistics is done, then proceed with the hypothesis test. Before the hypothesis test is carried out, it is necessary to test the requirements for

hypothesis analysis as a requirement for hypothesis testing which includes: 1) Normality Test, 2) Variance Homogeneity Test.

RESULTS AND DISCUSSION

Results

The data analysis technique used in this study uses t-test analysis using SPSS version 21 software:

Table 1. t-Test

		N	Mean Rank	Sum of Ranks
Post Test – Pre Test	Negative Ranks	0[a]	,00	,00
	Positive Ranks	14[b]	7,50	105,00
	Ties	2[c]		
	Total	16		
Z				-3,397[b]
Asymp. Sig. (2-tailed)				,001

a. Wilcoxon Signed Ranks Test

b. Based on negative ranks.

Based on the output results from the test, it can be seen that the significance value of the test (asym.Sig.(2-tailed) is 0.001. because the hypothesis testing used is the right-hand one-sided test (the keyword is better), while the test results show the value of the test two parties (Sig. 2-tailed). Then the value of sig. 2-tailed is divided by two first, 0.001/2 = 0.0005. This value is smaller than the significance level of the test, which is 0.05, so H0 is rejected or H1 is accepted. Thus, we can conclude that the Post-Test test data is better than the Pre-Test data. This means that it shows the effect of yoga practice on the results of Woodball gating strokes in Woodball athletes from Sukabumi City.

Discussion

The results of this study are also in line with the results of previous research from research (Iman et al., 2017). Based on the results of this study stated that imagery training helps an athlete in improving the ability to park and gate-in strokes, this is evidenced from the results of the pretest

and posttest in the group experiment which had a significant difference, while in the control group which only did the exercises without doing the imagery exercises there was no significant difference. Imagery training will help a person master a skill more quickly by visualizing movements in his mind, so indirectly the person continues to stimulate his brain to carry out a motion experience, thereby making it easier for the person to practice or make the movements he has imagined.

Yoga is a practice that can help improve physical and mental health. From the results of this study, yoga movements in general can have a positive effect on calmness and concentration when doing gating shots in woodball. movements during yoga form a controlled breathing technique. Yoga teaches deep and controlled breathing techniques. By setting a good breath there will be an increase in concentration. Through yoga practice, the ability to focus on breathing, movement, and body sensations. This can help increase your concentration when hitting a woodball, allowing you to focus more on proper technique and coordination. So that when gating it will have good accuracy. This is in line with what was said (Rizqi maulinda, 2019) that in general, any shots made in Woodball really require accuracy or precision.

Yoga balance and stability often involves balance and stability exercises. By developing physical stability, you can have a firmer base when hitting woodballs, thereby increasing calm and confidence in athletes. Furthermore, yoga practice can help improve flexibility and mobility. With a body that is more lexible and easy to move, so that it can make woodball strokes more freely and effectively. Reducing stress and tension during yoga practice has a positive effect in reducing stress and tension in the body and mind. By reducing stress, athletes can feel calmer and more relaxed when hitting a woodball. But in addition to yoga movements, it is also important to train techniques and muscle strength that are relevant in the sport of woodball specifically. Combining yoga exercises with specific woodball exercises and good breathing patterns can help improve an athlete's calm and performance.

CONCLUSION

The conclusion from the discussion above is that yoga exercises in increasing gating woodball strokes are yoga exercises that can help improve calm and concentration when hitting woodball shots. By controlling your breathing and focusing on your body movements, you can be calmer and more focused on your shot. Yoga moves that involve balance and stability exercises

can help you establish a firmer base for gating woodball shots. Yoga practice can also improve flexibility and mobility of the body, which can affect your ability to perform woodball movements more effectively.

Yoga practice as a whole can reduce stress and strain on the body and mind, allowing athletes to relax and focus more when gating woodball shots. However, it's also important to note that improving your gating woodball shot doesn't just depend on yoga practice alone. Technical training, relevant muscle strength, and understanding of strategy in woodball are also important factors. Combining yoga practice with specific woodball exercises and a comprehensive approach will give you better results in improving your woodball gating shot.

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