

ABSTRAK

Anyndiayu Cahyaning Wulan Oktavianti (NIM 6182210001) “Pengaruh Latihan *Imagery Training* Untuk Meningkatkan Ketepatan *Shooting* Penalti Atlet Futsal Putri Unimed Woman Fc”,

(Pembimbing : Indah Verwati)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED, 2022

Imagery memberikan kontribusi kepada keberhasilan atlet dalam olahraga, visualisasi dapat meningkatkan reaksi fisik dan psikologis, mampu membangun kepercayaan diri atlet dalam menampilkan kemampuan dan keterampilannya di bawah tekanan di dalam berbagai situasi. Tujuan dari penelitian ini untuk mengetahui pengaruh latihan *imagery training* untuk meningkatkan ketepatan *shooting* penalti atlet futsal putri Unimed Women Fc. Penelitian dilakukan di Fakultas Ilmu Keolahragan Universitas Negeri Medan tepatnya di Jl. William Iskandar Ps. V Medan. Metode yang digunakan dalam penelitian ini adalah metode eksperimen dengan teknik pengumpulan data dengan menggunakan tes dan pengukuran. Subjek penelitian ini adalah Atlet Futsal Putri Unimed Women Fc yang berjumlah 16 orang. Latihan *imagery training* di lakukan 3 kali dalam seminggu selama 2 minggu. Teknik analisa data pada penelitian ini menggunakan uji-t. Hasil penelitian uji t diperoleh perbedaan *pre-test* dan *post-test* (kelompok eksperimen) adalah -0.75 artinya kecenderungan meningkat pada saat *post-test* dibandingkan *pre-test* sebab nilai perbedaan (-0.75) bernilai negatif atau < 0 . Hal ini membuktikan H_0 ditolak atau H_a diterima yang berarti terdapat pengaruh yang signifikan dari latihan *imagery training* untuk meningkatkan ketepatan *shooting* atlet futsal putri Unimed Women Fc. Berdasarkan hasil penelitian yang diperoleh dari analisis data, maka disimpulkan bahwa terdapat terdapat pengaruh yang signifikan dari pemberian *imagery training* terhadap ketepatan *shooting* penalti atlet futsal putri Unimed Woman Fc.

Kata Kunci: *Imagery Training*, *Shooting* Penalti.

ABSTRACT

Anyndiayu Cahyaning Wulan Oktavianti (NIM 6182210001) "The Influence of Imagery Training to Improve Penalty Shooting Accuracy in Female Futsal Athletes Unimed Woman Fc",
(Supervisor : Indah Verwati)
Thesis :Faculty of Sports Science Unimed, 2022

Imagery contributes to the success of athletes in sports, visualization can improve physical and psychological reactions, is able to build athlete's confidence in displaying their abilities and skills under pressure in various situations. The purpose of this study was to determine the effect of imagery training to improve the accuracy of penalty shooting for women's futsal athletes at Unimed Women Fc. The research was conducted at the Faculty of Sports Science, Medan State University, precisely on Jl. William Iskandar Ps. Medan V. The method used in this study is an experimental method with data collection techniques using tests and measurements. The subjects of this study were 16 women's futsal athletes at Unimed Women Fc. Imagery training exercises are carried out 3 times a week for 2 weeks. The data analysis technique in this study used the t-test. The results of the t-test study obtained that the difference between the pre-test and post-test (experimental group) was -0.75, meaning that the tendency increased during the post-test compared to the pre-test because the value of the difference (-0.75) was negative or <0 . This proved that H_0 was rejected. or H_a is accepted, which means that there is a significant effect of imagery training to improve the shooting accuracy of female futsal athletes at Unimed Women Fc. Based on the research results obtained from data analysis, it was concluded that there was a significant effect of imagery training on the accuracy of penalty shooting for women's futsal athletes Unimed Woman Fc.

Keywords: Imagery Training, Shooting Penalti.