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THE EFFECT OF IMAGERY AND SELF-TALK TRAINING WITH SINGLE TARGET AND OBSTACLES TRAINING ON INCREASING SHOOTING ACCURACY AT A 7 METERS DISTANCE IN PETANQUE ATHLETES

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Abstract The purpose of this study is to determine the influence of the application of imagery training during shooting exercises at a distance of 7 meters with single targets and targets unable at PUSLATDA JATIM, knowing the influence with the application of self-talk exercises during shooting exercises a distance of 7 meters with a single target and an obstacle target at PUSLATDA JATIM, Knowing the mental differences of PUSLATDA JATIM athletes after receiving mental imagery and self-talk training. This research is an experimental study. The result of this study is that there is a significant effect of imagery training on the results of single target shooting and obstacle target shooting. There is a significant effect of self-talk training on the results of single target shooting and obstacle target shooting. This research requires further research on shooting practice, especially single target shooting practice and target shooting with different sample and population conditions. As in Exercise, imagery and self-talk can be used in certain sports in athletes or sports organizations to improve ability or accuracy.

Keywords: *imagery; self-talk; petanque; shooting*



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INTRODUCTION

To increase the body's immunity, Indonesian people began to like sports. Indonesian people are starting to realize how important it is to maintain body fitness. Sports used in everyday life are sports that are in light to heavy intensity. In addition, many sports can be used for sports activities, for example *petanque sports*. According to Sutrisna, (2018) *petanque* is a new sport that began to develop in Indonesia, but it is not yet known exactly the first year of entry into Indonesia.

Petanque is a sport originating from France using tools such as iron balls (*bosi*) and wooden balls (*boka*). In Ancient Greece this traditional sport was only played by people who had high positions. Along with the times, this sport was introduced by *Jules Boule Lenoir* in 1907 in one of the southern cities of France, the city of La Ciotat. The origin of the name of this sport is *Les Ped Tanco* in the *Provençal* dialect which comes from the Occitan language and means "tight feet".

At present *petanque* throughout the world is under the organization FIPJP (*Federation Internationale de Petanque et jeu Provençal*) while for the Asian part it is shaded by APSBC

(*Association Petanque and Sport Boules Confederration*) and for the Indonesian *petanque* organization is FOPI (Federation of Indonesian *Petanque Sports*). This sport uses a field measuring 4 m x 15 m on hard ground, rocks, sand, *gravel* and grass. (Pradana, 2019).

This sport is a sport that requires high concentration. This is conveyed by Maksum, (2011) that when a person can be said to concentrate when he focuses on the target that is in that place not in another place. If the concentration always increases in every match, it will give maximum results. Unlike the case, when concentration is always changing, it will make the athlete's performance go down and the results achieved cannot be maximized.

Game time is determined by *points*, making this sport a sport that requires good endurance. In addition, this sport requires techniques and tactics that as a whole must be balanced. *Petanque* sport has 2 techniques of *pointing* and *shooting*. The *pointing* technique is a way to bring the *bosi* closer by being delivered for the purpose of approaching the *boka* at the closest distance. This technique is commonly used for the first step to start the game or

can be used as a defensive strategy to find the opponent's weaknesses. The *shooting* technique is a way to keep the opponent's bosi closest to the boka or can also be used to get rid of the opponent's bosi that blocks the visibility from *the circle* to the boka.

Shooter has the task of an archer who will carry out his task when it is necessary to perform simple tasks. There are several things that need to be considered to get maximum results are having a brave nature, mindset, and players who shoot in a state that is not stressed and not depressed. *Shooting* is mostly done by standing because it is easier to see the target and the body position is more stable (Souef, 2015).

Psikologis yang harus dimiliki oleh seorang atlet akan mempengaruhi kualitas permainan sama halnya pada olahraga *petanque*. Mengingat bahwa kebutuhan atlet dikombinasi oleh beberapa hal tidak hanya pada faktor fisik (seperti: kekuatan, kecepatan, dan koordinasi) akan tetapi pada faktor psikis (seperti: kepercayaan diri, konsentrasi, manajemen stress). (Maksum, 2011).

One of the things that is often a problem for *shooters* is having a less strong mentality, so that during practice

a *shooter* can shoot well. However, this may not necessarily be applied during the match because in addition to mental factors it can also be caused by physical and technical factors.

A *shooter* who has a weakness at a distance of 9 meters, for example, if the opponent gives a target at that distance can change his perception and ability. If this problem is not fixed soon, it will have a wider effect on future matches. So, the ability of the *shooter* athlete will be difficult to improve, until he has a sense of insecurity, disappointment, and will affect his performance.

What needs to be applied at the time of exercise in addition to physical exercise, it is also necessary to apply mental exercise. There are many mental exercises that are commonly used by various sports, but for *petanque* sports it is necessary to apply *imagery* and *self-talk exercises*. Just like physical exercise, mental exercise also needs to be done systematically, purposefully, and consistently.

There are several ways to train mentally, including *imagery* and *self-talk*. A form of mental training by imagining oneself and movement in the mind is a form of understanding *imagery*. (Setiatmoko, 2013). When in a

depressed state, concentration will be disturbed so that *the shooting* done gets less than optimal results. Perform or imagine game techniques with the aim of remembering to improve accuracy. Strengthening *imagery* will increase confidence and make you mentally strong.

Many conditions on the field cause an athlete to feel distrustful of the ability on the field, so that the performance that originally increased becomes a drop by itself. According to Pradana (2019), if an object has a long radius, it will require greater velocity and linearity. So that when the *shooter* is faced with a long ball distance, strong concentration is needed.

Petanque is still too unfamiliar with mental *imagery* and *self-talk* training. In fact, during the match this practice can be applied to increase the concentration of throwing. For *exercise imagery* can be applied before the game. Because *imagery* requires narration or images to imagine the right technique so that the throw hits the target. In this case, *self-talk* is a mental exercise that can be done during the game because by motivating yourself it will be easier to improve concentration.

From these various experiences,

researchers took the initiative to conduct a study taken from various problems faced by athletes in the field. So that the researcher raises a title that uses several references from previous studies and from several journals read by researchers, then from these various things the researcher will conduct a study entitled "The Effect of *Imagery* and *Self-talk* Training with Single Target and Target Resistance Exercises on Increasing the Accuracy of *Shooting* a Distance of 7 Meters *Petanque* Cabor at PUSLATDA JATIM"

METHOD

This study used a quantitative approach. and using pseudo-experimental research methods. According to Made's explanation (2015: 200) pseudo-experimental design which estimates real experimental conditions in using control or manipulation of all relevant variables. So it can be said that this pseudo-experimental research is a study whose results are close to perfect. The design used in this research design is Control Grub Pre Test Post Test Design. For *imagery* research will use narration that will be read by researchers in a closed room. For *self-talk* research, researchers will use questionnaires first

and must be filled in by participants before doing treatment.

RESULT AND DISCUSSION

| KELOMOK 1 (IMAGERY) | | | | | | |
|---------------------|---------|---------|---------|---------|-----------|-----------|
| NAMA | PRE T | POST T | PRE B | POST B | SELISIH T | SELISIH B |
| ADM | 25 | 25 | 6 | 27 | 0 | 21 |
| MAM | 15 | 22 | 18 | 25 | 7 | 7 |
| NZ | 4 | 28 | 14 | 16 | 24 | 2 |
| AM | 17 | 25 | 11 | 26 | 8 | 15 |
| YR | 12 | 20 | 14 | 23 | 8 | 9 |
| APM | 9 | 25 | 11 | 23 | 16 | 12 |
| JUMLAH | 82 | 145 | 74 | 140 | | |
| RATA-RATA | 13,6667 | 24,1667 | 12,3333 | 23,3333 | | |
| MINIMAL | 4 | 20 | 6 | 16 | | |
| MAKSIMAL | 25 | 28 | 18 | 27 | | |

Figure 1. Description of group 1 data (*Imagery*)

| KELOMOK 2 (SELF-TALK) | | | | | | |
|-----------------------|---------|--------|---------|---------|-----------|-----------|
| NAMA | PRE T | POST T | PRE B | POST B | SELISIH T | SELISIH B |
| PF | 15 | 22 | 7 | 24 | 7 | 17 |
| EF | 10 | 22 | 21 | 25 | 12 | 4 |
| KA | 15 | 24 | 7 | 28 | 9 | 21 |
| SF | 20 | 28 | 10 | 25 | 8 | 15 |
| DW | 17 | 27 | 17 | 27 | 10 | 10 |
| AD | 18 | 30 | 20 | 28 | 12 | 8 |
| JUMLAH | 95 | 153 | 82 | 157 | | |
| RATA-RATA | 15,8333 | 25,5 | 13,6667 | 26,1667 | | |
| MINIMAL | 10 | 22 | 7 | 24 | | |
| MAKSIMAL | 20 | 30 | 21 | 28 | | |

Figure 2. Description of group 2 data (*Self-talk*)

| KELOMOK 3 (KONTROL) | | | | | | |
|---------------------|---------|---------|-------|--------|-----------|-----------|
| NAMA | PRE T | POST T | PRE B | POST B | SELISIH T | SELISIH B |
| BSH | 23 | 14 | 18 | 10 | -9 | -8 |
| ASK | 9 | 18 | 19 | 9 | 9 | -10 |
| TD | 11 | 12 | 12 | 17 | 1 | 5 |
| NP | 18 | 15 | 6 | 4 | -3 | -2 |
| EF | 11 | 14 | 4 | 7 | 3 | 3 |
| ZD | 17 | 15 | 10 | 16 | -2 | 6 |
| JUMLAH | 89 | 88 | 69 | 63 | | |
| RATA-RATA | 14,8333 | 14,6667 | 11,5 | 10,5 | | |
| MINIMAL | 9 | 12 | 4 | 4 | | |
| MAKSIMAL | 23 | 18 | 19 | 17 | | |

Figure 3. Description of group 3 data (control)

The significance of the *pretest* and *posttest* single target of the *imagery* group was $0.027 < 0.05$ and the *pretest* and *posttest* target of the *imagery* group was $< 0.010 < 0.05$. So based on these results that H0 is rejected and Ha is accepted, in other words, there is a

significant difference between *pretest shooting*, single targets are absent and targets are absent in the *imagery* group.

The significance of the *pretest* and *posttest* target single self-talk group was $0.000 < 0.05$ and the *pretest* and *posttest* target were absent from the self-talk group of $0.005 < 0.05$. So based on these results that H0 is rejected and Ha is accepted, in other words, there is a significant difference between *pretest shooting*, single targets are absent and targets are absent in the *self-talk* group.

Based on the output above, it shows that the sig of the *pretest* and *posttest* single target of the *control* group is $0.000 < 0.05$ and the *pretest* and *posttest* target are absent from the *self-talk* group of $0.005 < 0.05$. So based on these results that H0 is rejected and Ha is accepted, in other words, there is a significant difference between *pretest shooting*, single targets are absent and targets are absent in the *control* group.

DISCUSSION

Imagery is a powerful literary device that allows writers to create vivid mental images for their readers. By using sensory details, writers can transport their audience to the world they are describing, making the experience more

immersive and engaging. *Imagery* can also be used to create a mood or mood. In terms of data, the results of statistical tests state that the results of the single target shooting test and *target shooting* are unable to be carried out with an assessment that includes *pre-test* and *post-test* after being given *imagery* training treatment shows that there is a significant influence.

Based on these findings, it is stated that *imagery* training is an exercise that can affect the improvement of single target shooting results and *obstacle target shooting*. The treatment of the *imagery* group itself is in the form of several procedures that must be applied, namely in one group this is welcome In this *imagery* research will use narrative. The narration contains an overview of the technique of shooting properly. This is in accordance with research conducted by Renner (2019) with stages, identifying activity goals, activity ratings, *imagery clarity*, activity scheduling, *imagery* motivation activities on targets, and reminder messages.

Self-talk, or the internal dialogue we have with ourselves, plays an important role in shaping our thoughts, emotions, and behaviors. It is a constant

stream of thought that can support or undermine our well-being, often without us even realizing it. By being aware of our *self-talk* and actively engaging in positive affirmations, we can cultivate a more optimistic mindset, build confidence, and develop resilience in the face of challenges.

In addition, *self-talk* can also affect our self-perception and self-esteem. When we engage in negative *self-talk*, we can create a cycle of self-doubt and low self-esteem, which can lead to feelings of inadequacy and depression. On the other hand, practicing positive *self-talk* can help us develop a more positive self-image, fostering a sense of self-acceptance and self-compassion. By focusing on our strengths and achievements, we can build confidence and self-confidence, leading to greater success and happiness in different aspects of life.

In addition to its impact on our mental health and self-perception, *self-talk* can also affect our physical health. Studies have shown that people who engage in positive *self-talk* tend to have lower blood pressure, a healthier body mass index, and a stronger immune system compared to those who engage in negative *self-talk*. By adopting a positive

and supportive internal dialogue, we can not only improve our mental well-being but also improve our physical health and overall quality of life. In terms of data, the results of statistical tests state that the results of *single target* shooting and *target shooting* are unable to be carried out with assessments including *pre-test* and *post-test* after being given *self-talk* practice treatment shows that there is a significant influence.

Based on these findings, it is stated that *self-talk* training is an exercise that can affect the improvement of *single target* shooting motion and *target shooting* obstacles. The treatment of the *self-talk group* itself is in the form of *self-talk* exercises with several procedures that must be applied, namely using questionnaires or questionnaires that will be compiled by the researchers themselves to produce accurate data using the Guttman scale.

According to Nirwansyah's explanation (2014), the Guttman scale is a scaling method that uses clear (firm) and consistent answers, for example sure-unsure, yes-no, right wrong, never-yet, and so on. So that researchers will use questionnaires that will be filled out by subjects according to what is applied when in the field. This provides clear

evidence that *self-talk training* is a form of training with the aim of increasing the results of shooting single targets and shooting targets are unable to increase the accuracy of shooting a distance of 7 meters in *petanque* at PUSLATDA JATIM.

CONCLUSION

There is a significant effect of *imagery* training on shooting single targets and targets with a distance of 7 meters in PUSLATDA JATIM athletes. There is a significant effect of *self-talk* training on shooting single targets and targets with a distance of 7 meters in PUSLATDA JATIM athletes. There are differences in mental influence after the application of *imagery* and *self-talk* training on shooting single targets and targets with a distance of 7 meters in PUSLATDA JATIM athletes.

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