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REVIEW

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The Relationship Between Training Concentration With the Accuracy of Passing Futsal Club Bomber (FA) Jakarta

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A B S T R A C T

The purpose of the study. aiming to find out whether there is a relationship between the level of training concentration and the provision of futsal passing at the BOMBER FA club, Sawangan.

Materials and methods. The method used in this study is the correlation method. The population in this study were the participants of the BOMBER FA futsal club, which amounted to 20 people. The sample is part or representative of the population under study. 3The sample in this study were participants of the BOMBER FA club, which amounted to 20 people.

Results. According to the Product Moment correlation analysis, the value of rcount is 0.675 > rtable 0.532 and a significance value of 0.008 <0.05, which means "there is a relationship between the level of concentration (X) and the accuracy of futsal passing (Y)..

Conclusions. Based on the results of the study, there is a positive and significant relationship between the Concentration Level and the Accuracy of Passing Futsal. Thus, the higher the concentration level, the higher the accuracy of futsal passing.

Keywords: *Relationship; Concentration; Accuracy of Futsal.*

A R T I C L E I N F O

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INTRODUCTION

Futsal is now a sport that is loved by many people, because this sport can be played by children and adults, both boys and girls. At first, this futsal sport was only to fill spare time or just to unwind after doing work or studying. As for some people who do futsal sports not only to fill their spare time but to improve their physical fitness and health. Over time, the development of this sport has become a realm of achievement, and has brought the good name of the nation and state (Ruiz-Pérez et al., n.d.).

To support the success of the game of futsal, it takes exposure and good basic technique training. There are several basic techniques in futsal such as passing, control,

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dribbling, and shooting, which must be mastered in the game of futsal, one of these techniques is passing. The basic techniques in futsal must be mastered properly and correctly by athletes(Yeemin et al., 2016). Passing is a basic futsal technique used by athletes to give the ball to their friends. Passing in futsal games in general there are two passes, namely flat passing and lobpass. Often a flat pass usually results in a lot of goals against the opponent's goal, because the ball's movement is accurate towards friends and right at the feet. This passing technique should be used by professional athletes or experienced athletes because it is the key to the success of this technique. Lob passes are usually carried out by players who are far away in the opponent's area because players who are close are already guarded by the opponent so they are required to longpass. This technique is usually done in order to quickly achieve success in scoring goals against the opponent's goal, because it is close to the opponent's goal so that it is easy to score goals for the team(Caregnato et al., 2015).

The futsal game is done by passing, passing is done by looking for an empty space so as not to be hit by the opponent and making it easier for friends to receive passing, then after receiving a pass there will be a player looking for an empty space near the opponent's goal then the friend who received the pass can give it to a friend who has near the opponent's goal. Athletes must understand and understand the situation, if they fail to provide the passing that we provide, this is where the athlete's opportunity is to take advantage of the accuracy of passing the ball to be given to him. It is important for a coach to guide and motivate athletes to build a compact and strong team, one of which is to improve the skill of passing the ball to friends correctly. The importance of the role of the coach who must be creative to form an exercise program, so that athletes are more enthusiastic about undergoing the exercise.

Regarding the problems experienced by Bomber FA, the researchers tried to provide solutions to the problems regarding the accuracy of futsal passing and competition concentration, namely by giving a questionnaire test regarding the accuracy of futsal passing and training concentration(Matzenbacher et al., 2016).

This researcher is not the first and only one, there is research that is relevant to the title of this research. Namely: Cooperation on Accuracy Skills in Futsal Passing and

Training Concentration on FA Bomber Players. The sample amounted to 20 players, this type of quantitative descriptive research, with a correlation analysis approach method that aims to determine whether or not there is cooperation between futsal passing accuracy skills and training concentration. Based on the calculation of the results of data analysis, the value of rcount is greater than rtable, which means that there is a significant correlation between training concentration and the accuracy of futsal passing. The amount of cooperation between the level of training concentration and the accuracy of futsal passing(Barbero-Alvarez et al., 2016).

So, based on the background of the problem above, research will be carried out regarding the relationship between the level of concentration in competition with the accuracy of passing futsal at the FA Bomber Futsal Academy. This research is entitled "The Relationship Between Training Concentration Level With Accuracy Of Passing Futsal on FA Bombers, Mampang, Depok, 2022.

Futsal is a sport played by two teams where each team consists of five team a and five team b in the field, futsal aims to get the ball into the opponent's goal. Futsal is a sport that relies on team cohesiveness, cooperation between one player and another which is required to put the ball into the opponent's goal in order to produce a victory, futsal is determined with a net time of 20 minutes x 2 rounds(Nuno et al., 2015).

Futsal is a complex game that is not easy for everyone to play. The game of futsal is a team collaboration and has many techniques, so it requires players to practice continuously or periodically in order to become a good team collaboration.

Based on the above opinion that the futsal ball game is played by two teams, each team consists of five players, each team is not limited to passing, only requires the passing technique to score goals against the opponent's goal. Futsal is a dynamic sport and not static(Hassan et al., 2017). The passing technique is one of the basic techniques in futsal which is very important and must be mastered by players. The flat passing movement with short passes in the match is one of the basic passing techniques that must be mastered by the players. The better the ability of a player in

carrying out the passing technique, the desired target can be achieved properly. It must also be done with a technique that is fast, hard and accurate(Barcelos et al., 2017).

In the game of futsal, accuracy is very important to be mastered well by athletes, one of which is in passing. Athletes can direct the ball by looking for an empty gap that can be reached by a teammate or directing it to a player who is in an empty position. It is important for an athlete or sportsman to have good accuracy skills, because almost all sports require accuracy techniques. Accuracy is a person's ability to control free movement of a target. Accuracy is a conscious effort in directing the object towards the desired target(Mascarin et al., 2019).

Accuracy relates to the target to be addressed with a particular purpose. Accuracy is a person's ability to direct a player's motion to a player's target according to his goal. Accuracy is a person's ability to control free movement of a target to be addressed. The target can be a distance or an object being targeted. Athletes are required to have a good level of accuracy ability to be developed(Santos-Silva et al., 2018).

There are several factors that affect accuracy, including: level of difficulty of passing, experience, previous skills, type of skill, feeling and ability to anticipate player movements. The description above can be classified between internal and external factors. Internal factors include sharpness of the sense of sight, mastery of technique, how fast the player moves, looking for empty space, feeling and accuracy, as well as the strength and weakness of player communication. Internal factors are influenced by the state of the subject. Meanwhile, external factors include the size of finding empty space.

Based on the above opinion, it can be concluded that accuracy is a person's ability to determine an empty direction to direct the ball to a destination. There are two factors that affect accuracy, internal factors that are influenced by the state of a person who is unstable in his thoughts and emotions and external factors that are influenced by other people or sourced from disturbances in the field. Passing that is done to get the desired empty space must be done repeatedly so that the movement is trained and its accuracy is trained(Teixeira et al., 2018).

Concentration is the concentration of mind or awareness on an object, situation, or mental process by putting aside unwanted things in order to gain understanding. Concentration is a person's ability to control an atmosphere or environment that changes rapidly in his mind in the past and present, both of which can cause things that are not in accordance with the situation, so that this situation makes his appearance messy(Academy, 2016).

Concentration is the ability to focus on the task, without being distracted and influenced by external and internal stimuli, while its implementation refers to the broad dimensions and dimensions of concentration on certain tasks. Concentration is needed in every sport, one of which is futsal. It is important for an athlete to have high concentration when passing, where this passing can produce a goal, because this athlete has the ability to pass very hard and accurate techniques, so that he can direct friends who have empty space close to the opponent's goal to make goals.

There is one factor that can hinder the athlete's achievement, one of the inhibiting factors is concentration. The term concentration sounds familiar among sports, but in reality it is not easy to put it into practice directly. The success of sports activities is supported by the good level of concentration possessed by an athlete(Yeemin et al., 2016).

Loss of concentration when competing makes the difference between winning and losing the result. For example, a futsal athlete who is about to pass becomes nervous and does not concentrate because it is his first time joining the championship, the audience shouts and cheers with bad words. As a result, this athlete experienced a decline in his game. This illustrates that concentration has an important role for athletes in a match(Kassiano et al., 2019).

The current condition is that there are still many athletes and athletes who do not understand attention and concentration. Attention and concentration are often interpreted the same but have different definitions. Attention is a thought process through the five senses directly received to decide action. While concentration is the ability to focus attention on one object without being affected by other things. Thus,

concentration has a deeper time span, so more concentration is needed in sports activities(Iqbal, Asmawi, & Tangkudung, 2019).

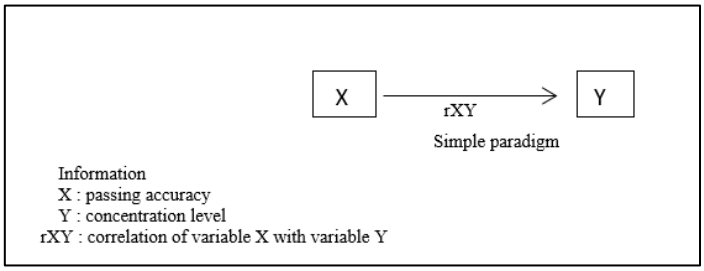
MATERIALS AND METHODS

Study participants

This research was conducted at the BOMBER FA club which is located in Sawangan, Depok. The research stages include collecting data on athlete concentration, as well as collecting data on the accuracy of futsal passing. This research will be carried out by adjusting to current conditions or by following strict health protocols. This research will be conducted in March 2022(Iqbal, Asmawi, Tangkudung, et al., 2019). Sampling technique is a way to collect samples whose number is in accordance with the sample size that will be used as the actual data source, taking into account the characteristics and distribution of the population in order to obtain a representative sample(Sugiyono, n.d.). The population in this study were the participants of the BOMBER FA futsal club, which amounted to 20 people. The sample is part or representative of the population under study.

Study Organization

The method used in this research is the correlation method. The correlation method is a research that aims to find out whether there is a relationship. To see whether there is a relationship between the two, use the Pearson Product Moment correlation method with the symbol r. The research design is as follows:



Equation 1. Correlation Research Design Method

Testing procedure

Concentration Test

To obtain data on the concentration of participants, it was taken by means of tests and measurements of concentration questionnaire instruments that have tested validity and reliability. Questionnaire test is a test that requires participants to fill out questionnaire items given by the researcher. The pilot test of the questionnaire was

conducted by students of the same age as the study participants. In this test there are five categories of answers, namely: Strongly Agree (SS), Agree (S), Average (BS), Disagree (TS), Strongly Disagree (STS). The lattice of the concentration test questionnaire instrument is as follows:

Table 1. Concentration Level Instrument Grid

NO	Dimensi		Indicator	Statement		Total		
				Positive	Negative	(+)	(-)	∑
1	Focus when the coach gives instructions	1.	Listening to every direction given by the coach	4, 9, 12, 22, 26 , 32	1, 6, 13, 17, 33, 34	6	6	12
		2.	Concentrate on practice	2, 30, 36, 37, 38, 40	7, 10, 24, 29, 39	6	5	11
2	Maintain concentration during training and matches	1.	MMastering the atmosphere of the field when practicing or competing	3, 5, 8, 11, 19	15, 25, 27	5	3	8
		2.	2.Control your mind in any situation	16, 18, 23, 31, 35	14, 20, 21, 28	5	4	9
Number of Statements						22	18	40

Evaluation:
1. Positive Rating (+):
a. If the respondent answers strongly agree, it will get a value of 5 (five)
b. If the respondent answers agree, it will get a value of 4 (four)
c. If the respondent answers normally, he will get a score of 3 (three)
d. If the respondent answers disagree, it will get a value of 2 (two)
e. If the respondent answers strongly disagree, it will get a value of 1 (one)
2. Negative Rating (-):
a. If the respondent answers strongly disagree, it will get a value of 5 (five)
b. If the respondent answers disagree, it will get a value of 4 (four)
c. If the respondent answers normally, he will get a score of 3 (three)
d. If the respondent answers in agreement, it will get a value of 2 (two)
e. If the respondent answers strongly agree, it will get a value of 1 (one)

Validity and Reliability Test

Furthermore, the instrument will be tested to determine its validity and reliability. Prior to testing, the instrument was consulted with experts and declared ready for testing.

Validity Test

Validity means the extent to which the accuracy and accuracy of a measuring instrument in carrying out its measuring function. A test or measuring instrument can be said to have high validity if the tool carries out its measuring function, which is in accordance with the purpose of the measurement. To find out whether the statement is valid or not, the following steps will be carried out: a) Give a score for each statement that has been answered, b) Summing up all scores of answers from respondents, c) Each statement score result is analyzed using the product moment formula from Pearson as follows:

$$r_{xy} = \frac{N.\sum XY - (\sum X)(\sum Y)}{\sqrt{\{N.\sum X^2 - (\sum X)^2\}\{N.\sum Y^2 - (\sum Y)^2\}}}$$

Equation 2. Product Moment Formula

Information:
rxy : correlation coefficient
N : the number of subjects
X : test result value
Y : average value
a) Comparing the value of calculated r with the existing r table in the table of r values of Prodcut moment,
b) Summarizing the validity of each statement with the following criteria:
If r count > r table then the statement is valid, otherwise the statement is invalid or considered invalid.

The calculation of the validity of the test results of the concentration level instrument is as follows.

Table 2. Results of Calculation of the Validity of the Concentration Level Questionnaire Instrument

No	rcount	rtable	Description	No	rcount	rtable	Description
1	0,571	0,497	**Valid**	**21**	0,620	0,497	**Valid**
2	0,598	0,497	**Valid**	**22**	0,290	0,497	**Invalid**
3	0,248	0,497	**invalid**	**23**	0,393	0,497	**Invalid**
4	0,592	0,497	**Valid**	**24**	0,688	0,497	**Valid**
5	0,544	0,497	**Valid**	**25**	0,486	0,497	**Invalid**
6	0,328	0,497	**invalid**	**26**	0,719	0,497	**Valid**
7	-0,188	0,497	**invalid**	**27**	0,346	0,497	**Invalid**
8	0,713	0,497	**Valid**	**28**	0,818	0,497	**Valid**
9	0,220	0,497	**Invalid**	**29**	0,678	0,497	**Valid**
10	0,412	0,497	**Invalid**	**30**	0,712	0,497	**Valid**
11	0,757	0,497	**Valid**	**31**	0,683	0,497	**Valid**
12	0,432	0,497	**Invalid**	**32**	0,321	0,497	**Invalid**
13	0,837	0,497	**Valid**	**33**	0,294	0,497	**Invalid**
14	0,680	0,497	**Valid**	**34**	-0,184	0,497	**Invalid**
15	0,130	0,497	**Invalid**	**35**	0,417	0,497	**Invalid**
16	0,325	0,497	**Invalid**	**36**	0,614	0,497	**Valid**
17	0,780	0,497	**Valid**	**37**	0,662	0,497	**Valid**
18	0,503	0,497	**Valid**	**38**	0,229	0,497	**Invalid**
19	0,802	0,497	**Valid**	**39**	0,376	0,497	**Invalid**
20	0,425	0,497	**Invalid**	**40**	0,195	0,497	**Invalid**

Based on the calculation above, it was found that 20 questions were valid and 20 questions were declared invalid. Invalid items will not be used. Furthermore, the reliability calculation is carried out to determine the level of instrument reliability. In calculating the reliability of the instrument used only valid items.

Reliability Test

Reliability test is only carried out on items that are considered valid. To test the reliability, Cronbach's Alpha formula is used

$$r_{ac} = \left(\frac{k}{k-1}\right)\left[1 - \frac{\sum \sigma_b^2}{\sigma_t^2}\right]$$

Information:
rac : instrument reliability
k : many items of statement
b2 : number of item variance

t2 : total variance

The criteria in the reliability test are as follows: a) If Cronbach's Alpha value is > 0.60 then the questionnaire is declared reliable or consistent, b) Meanwhile, if Cronbach's Alpha value is < 0.60 then the questionnaire is declared unreliable or inconsistent.

Equation 3. Cronbach's Alpha formula

From the calculation using the above formula, the result is 0.941. Because 0.941 > 0.60, the questionnaire can be said to be reliable or consistent. Based on the explanation above, it can be concluded that the concentration level research instrument can be used as a research instrument, because it has fulfilled the validity and reliability requirements.

Futsal Passing Accuracy Test

To obtain data regarding the accuracy of participants in passing futsal, it was taken by means of tests and measurements using instruments. to measure the accuracy of the participant's passing.

a. Objective: To measure the accuracy of the participants in passing futsal

b. Equipment: Futsal ball, meter, cones or markers, stationery, whistle

c. Implementation of the test: Participants stand in the field. Participants are given the opportunity to pass 10 times. The form of the passing kick is free. Cones or markers have been assigned a value at each corner. If the ball is hit by a marker or cones, then the highest score is taken.

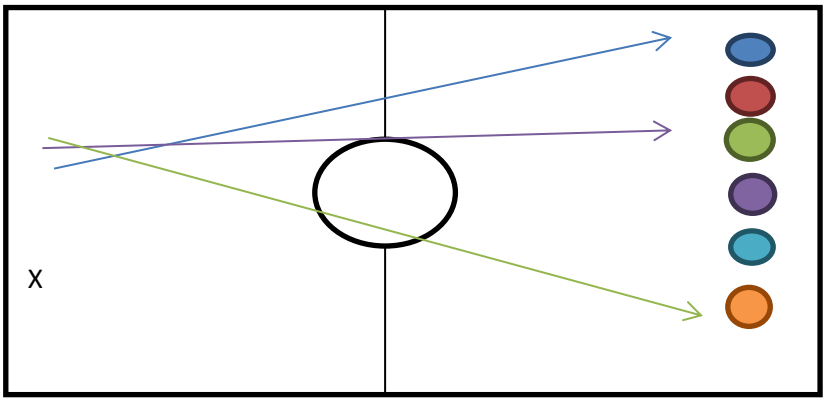


Figure 1. Accuracy of the Participant's Passing

Statistical analysis

After testing the data analysis requirements, hypothesis testing will then be carried out using Pearson's Product Moment correlation analysis. By comparing rcount and rtable using a significance level of 5% (0.05), if rcount > rtable then there is a correlation (relationship) between the variables. Followed by the coefficient of determination (KD)

test to determine the contribution of the independent variable to the dependent variable.

RESULTS

The research data is divided into two variables, namely the independent variable (X) and the dependent variable (Y). To describe and determine the relationship between the independent and dependent variables in this study, this section will present a description of the data from each variable based on data obtained from the field.

Concentration Level Test Variable Data

This variable was measured using a questionnaire distributed to the FA Bomber participants. Based on the questionnaire distributed to the respondents, the highest score and the lowest score were obtained, with an average value and standard savings of .Below is explained about the frequency distribution and histogram graph of the Concentration Level Test data.

Table 3. Frequency Distribution of Concentration Level Test Results

No	Interval Class	Middle Grade	Frequency (F)	Relative Frequency (%)
1	51 – 56	53,5	4	29%
2	57 – 62	59,5	5	36%
3	63 – 68	65,5	1	7%
4	69 – 74	71,5	2	14%
5	75 – 80	77,5	2	14%
Total			14	100%

Based on the table above, it can be concluded that there were 4 participants who scored in the interval class range of 51 – 56. There were 2 participants who were able to reach the interval class range of 75 – 80. The results of the concentration level test can be seen in the graph below.

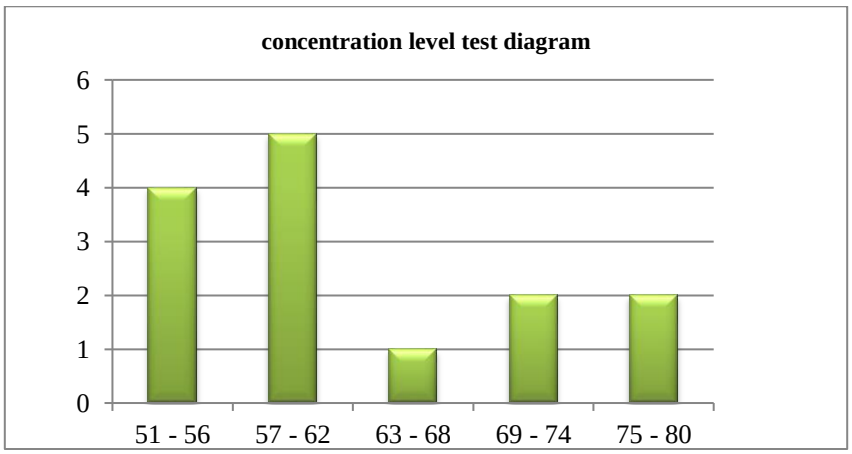


Figure 2. Graph of Variable Frequency Concentration Level (X)

Variable Data of Futsal Passing Accuracy Test

This variable was measured using a futsal test instrument from Dr. Muhammad Iqbal, M.Pd., AIFO. This test is performed by FA Bomber athletes. Based on data obtained from 14 participants, the highest score was 29 and the lowest score was 15, with an average value of 21 and a standard deviation of 4.47. The following describes the frequency distribution and histogram graph of the Futsal Passing Accuracy Test data.

Table 4. Frequency Distribution of Futsal Passing Accuracy Test Results

No	Interval Class	Middle Grade	Frequency (F)	Relative Frequency (%)
1	15 – 17	16	3	22%
2	18 – 20	19	5	36%
3	21 – 23	22	2	14%
4	24 – 26	25	2	14%
5	27 – 29	28	2	14%
Jumlah			14	100%

DISCUSSION

This study aims to determine whether there is a relationship between the level of concentration and the accuracy of futsal passing in Bomber FA athletes, Sawangan, Depok. The basic technical ability in the futsal game is the ability to perform basic movements or techniques in the futsal game efficiently, both movements with the ball and without the ball. To play futsal well, players must be equipped with good basic techniques and basic movements. One of the basic techniques that determine the game of futsal, namely passing.

Concentration has an important role in influencing a technique that is carried out and also affects in a match. In the futsal game, concentration is very influential on the results of the technique carried out. To be able to direct the ball in various directions, in addition to good technical mastery, it is also supported by the player's ability to concentrate. Good concentration and awake can help players execute the ball well.

Based on the results of the analysis, this study shows that there is a positive relationship between the level of concentration and the accuracy of futsal passing in Bomber FA athletes, Sawangan, Depok. According to the Product Moment correlation analysis, the value of rcount is 0.675 > rtable 0.532 and a significance value of 0.008 <0.05, which means "there is a relationship between the level of concentration (X) and

the accuracy of futsal passing (Y). Thus, it can be said that the higher the concentration, the better the accuracy of futsal passing.

In the results of the analysis, it is explained that there is a positive and significant relationship between the level of concentration and the accuracy of futsal passing on the FA Bomber athlete.

CONCLUSION

Based on the discussion of this research, the conclusions from the results of this study are: There is a positive and significant relationship between Concentration Level and Futsal Passing Accuracy in FA Bomber Athletes, Sawangan, Depok. Through Product Moment correlation analysis, the value of rcount is 0.675, while the price of rtable with N=14 at a significance level of 0.05 (5%) is 0.532, so 0.675 > 0.0532, so the relationship is positive and significant. Thus, the higher the concentration level, the higher the accuracy of futsal passing.

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APPENDIX

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