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THE INFLUENCE OF CONFIDENCE LEVEL ON THE RESULTS OF THE PENALTY KICK IN FUTSAL GAMES

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Abstract

This research is motivated by the low level of confidence in the results of penalty kicks in futsal and this study aims to determine the level of confidence in the results of penalty kicks in the club Futsal Kota Maja, Majalengka. This study uses a quantitative method with an ex post facto design and the research instrument is a self-confidence questionnaire/questionnaire with a population of club Futsal Kota Maja, Majalengka with a total of 20 people, 20 samples were drawn and the sample was drawn using a total sampling technique. Analysis of research data using descriptive percentage data analysis. The results showed that the influence of the level of confidence on the results of penalty kicks in futsal games was the High criterion with a percentage of 74.45%.

Keywords: Confidence, Penalty, Futsal



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Introduction

Futsal is a sport whose game is based on soccer, but the difference with soccer is that futsal is played by only a few people and in a relatively small place or field than a soccer field. Futsal is a ball game played by two teams, each consisting of five people. The goal is to get the ball into the opponent's goal with the feet. In addition to the main five players, each team is also allowed to have a substitute player. In another sense, futsal is also a closed type of football which is officially approved by the Association of International Football Associations, the Fédération Internationale de Football Association (FIFA). Its name comes from the Portuguese futebol desalão, and the Spanish fútbol de salón. Both mean indoor football. Futsal is played by five players in one team. One of them is a goalkeeper. Futsal game time is also short, which is 20 minutes.

Futsal is a modification of the sport of football played by 10 people to score a goal into the opponent's goal which is played indoors. According to (Lhaksana, 2011) "futsal is a game using a relatively smaller field with a very fast and dynamic game followed by stricter rules. Futsal sports require high technique, tactics and physicality. Technique is a skill that must be possessed by futsal players, because in futsal games technique is needed by every team to create a good game.

Futsal is a sport that is very well known and favored by almost all levels of Indonesian society, both in the city and in the village, from children to the elderly. However, the game of futsal is mostly played by teenagers to adults. This is proven by the number of futsal clubs in each region and futsal matches which are held locally, regionally, nationally, and internationally (Ardianto, 2017).

Futsal is an invasion game activity which is played by five against five people in a certain duration of time which is played on a field, goal, and ball which is relatively smaller than a football game which requires speed of movement, is fun and safe to play and the winning team is the team that wins. scored more goals against his opponent (Saryono, 2019).

Futsal is a ball game played by two teams, the goal is to get the ball into the opponent's goal, by manipulating the ball with the feet. In terms of rules, futsal is similar to the game of football, but it is the size of the field and the goal that makes the difference. In addition to the main five players, each team is also allowed to have a reserve player. In futsal, in addition to technical factors that influence athlete achievement, it is also important to control the penalty kick because the opportunity to score goals is not only through game strategies, but often goals are created through the penalty point in the event of a violation or the match is in a draw and must be fought. penalty to determine the winner.

A penalty kick is a method of kicking in a futsal match, which is taken from the penalty spot 6 meters away from the goal. Penalty kicks are taken during play. It is awarded when a foul with a free kick penalty occurs within the penalty area. The same kick taken in a penalty shoot-out in some competition systems to



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determine the winning team after the match ends in a draw; although similar in application, penalty shoot-outs have slightly different limitations.

According to (Jaya, 2014) Absolute penalty kicks must be mastered by every football/futsal player, not to mention the goalkeeper, because penalty kicks can play an important role in determining the win or loss of a match. If the penalty kick is taken well, then the chances of a goal are even greater. There are 2 types of penalty kicks, namely: placement of direction (placer) and kick power (blaster). penalty kicks must absolutely be mastered by every football/futsal player, not to mention the goalkeeper, because the penalty kick can play an important role in determining the win or loss of a match. If the penalty kick is taken well, then the chances of a goal are even greater.

According to (Asriady Mulyono, 2014) The basic technique of shooting a penalty is divided into two techniques, namely by using the instep and the tip of the foot. Both techniques are often applied in futsal games. This is because by shooting using the instep and the tip of the foot the resulting kick power can be greater than kicking using the inside of the foot, the outside of the foot and the back of the foot.

Many have researched the technique of penalty kicks that are good and correct but there are still many people when taking a penalty kick with a lack of confidence as a result the ball does not go into the goal or is caught by the goalkeeper. This lack of self-confidence is caused by the situation and condition of the athletes when participating in competitions so that they cannot achieve good achievements (Matsuda Santosa, 2005). Therefore we must be able to increase students' self-confidence so that when kicking a penalty it can be a goal. For this reason, researchers will examine the effect of the level of confidence on the results of penalty kicks, as one of the researchers' rationale for the development of futsal at this time. increase confidence when facing penalty kicks.

Methods

The method used in this research is descriptive quantitative method with Ex Post Facto design. "Descriptive method is a method that is structured to provide a systematic description of scientific information originating from the subject or object of research. Descriptive research focuses on a systematic explanation of the facts obtained during the research" (Saragi & Setyorini, 2014). Ex Post Facto design. Ex Post Facto is a study conducted to examine events that have occurred and then trace back to find out the factors that can cause these events (Sugiyono, 2010: 7). Data collection techniques are carried out using questionnaires or questionnaires.

Participant

Population & Sample

According to (Arikunto, 2010) the population is the entire subject of the study. If someone wants to examine all the elements that exist in the research area, the research is a population study. The study or research is also called population

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study/census study. In this study using a total sampling technique with a sample of all Futsal club players Futsal Kota Maja, Kab. Majalengka which amounted to 20 people and all of them were used as samples.

Instruments

Please describe in detail the instruments used in the study. Instruments can be questionnaires, observation notes, or test questions, depending on the research approach used. Also, explain the source of the instrument (whether you make your own or use an existing one), check its validity and reliability, and the technicalities of using it.

Procedure

In this section, please describe chronologically the research steps carried out, especially how the research design is operationalized. Especially the research flow, which a notation can accompany, and its elements are conveyed in detail. This makes it easier for other readers/researchers to conduct similar research.

Data Analysis

Please explain in detail the type of statistical analysis and the specific types of software used to process quantitative and qualitative data.

Result

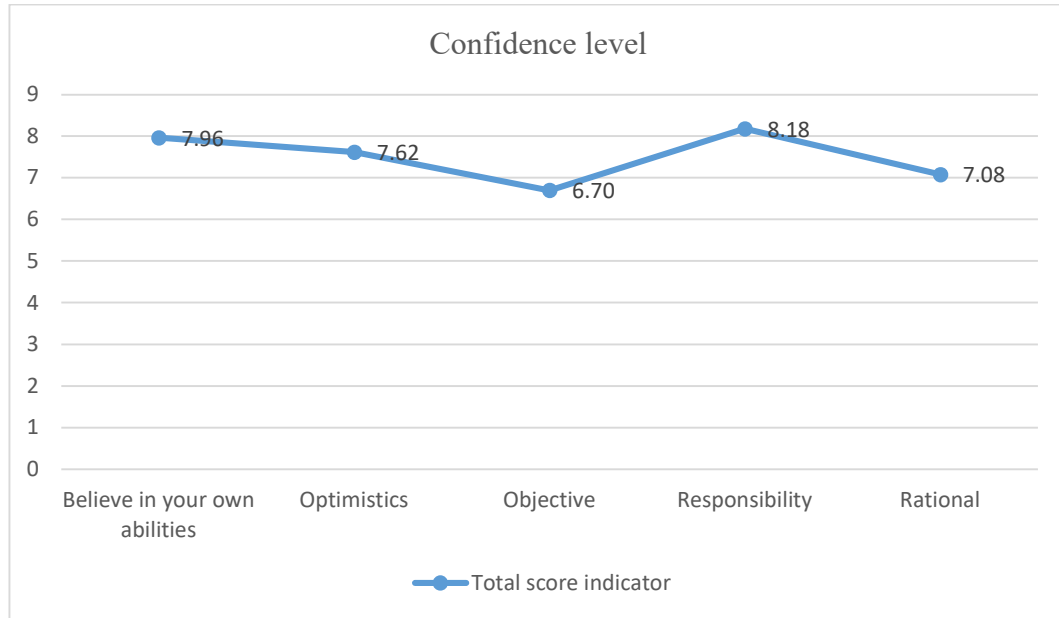
After doing research, it can be produced frequency data from the distribution of questionnaires about the Level of Confidence. The following is a summary of the description of the research data. The data obtained from the questionnaire distribution on the Self-Confidence Level of 20 respondents, with an average value of 156.35, standard deviation of 12,508, the highest score of 184 and the lowest score of 134. This indicates that the level of confidence Self has a good impact on players in terms of their average score.

Table 1. Category Table

No	R value	Category
1	80% - 100%	Very high
2	61% - 80%	Tall
3	41% - 60%	Currently
4	21% - 40%	Low
5	< 21%	Very low

Viewed from the category table then the value of 74.45% is in the high category.

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Analysis of confidence level data per-indicator

Based on the results of the study with the number of respondents 20, the number of answers 3,172, the total answers 4,200, it can be concluded that: $P = \frac{3.127}{4.200} \times 100 = 74.45\%$. So the level of self-confidence is in the high category, namely 74.45%.

Discussion

The results of quantitative descriptive data analysis show that the level of confidence in athletes at the Maja City Futsal club on the results of penalty kicks is included in the high category, namely 74.45%.

The results of the analysis of this study indicate that the athlete's confidence has an effect on the result of a penalty kick. Based on the results of the research conducted and the discussion as described previously, the level of self-confidence has a high effect (74.45%) on the results of penalty kicks because when there is a sense of optimism, one can increase self-confidence when given the responsibility to kick a penalty. A common mistake of coaches is that the very important aspect of mental health means that it is often ignored or not paid attention to when training, therefore in preparing their athletes they always only emphasize mastery of technique, tactics and the formation of perfect skills. Therefore, the level of self-confidence becomes important to overcome the pressure that will be faced. Therefore, the level of self-confidence should be more attention in order to get maximum results. Penalty kicks in futsal games are a method of kicking in futsal games, which are carried out from the penalty point 6 meters to the goal and carried out during the game. It is awarded when a foul with a free kick penalty occurs within the penalty area. The same kick taken in a penalty shoot-out in some competition



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systems to determine the winning team after the match ends in a draw; although similar in application, penalty shoot-outs have slightly different limitations.

Conclusion

Based on the results of the research conducted and the discussion as described previously, the conclusion that can be drawn from the results of this study is that the level of self-confidence has a high effect (74.45%) on the result of a penalty kick because when there is a sense of optimism, one can increase confidence themselves when given the responsibility for kicking a penalty. In this section, explain clearly the main conclusions that are the study's highlights.

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