

# The Effect Of Mental Training On The Accuracy Of Goalkicks In Kuantan Singingi Football Players

Alficandra<sup>1,\*</sup>, M. Fransazeli Makorohim<sup>2</sup>, Dhea Ramadhani<sup>3</sup>.

<sup>123</sup> Physical Health and Recreation Education, Riau Islamic University, Pekanbaru, Riau, Indonesia

<sup>1</sup>[candraa@edu.uir.ac.id](mailto:candraa@edu.uir.ac.id) \*; <sup>2</sup>[mfransazeli@edu.uir.ac.id](mailto:mfransazeli@edu.uir.ac.id) ; <sup>3</sup>[dhearamadhani@student.uir.ac.id](mailto:dhearamadhani@student.uir.ac.id)

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## ABSTRACT

*The novelty of this research lies in its investigation into the impact of mental training on the goal-kicking accuracy of football players in Kuantan Singingi. Conducted at the Kuantan Singingi Sports Center Stadium, the study focused on the population of PS Kuansing, with a purposive sampling technique used to select a sample of 28 football players. The research employs an experimental design with a quantitative approach, aiming to understand the effects of mental training under controlled conditions. The distinctive feature of this study is the utilization of a one-group pretest-posttest design, allowing for the evaluation of changes in goal-kicking accuracy following the application of mental training. Data analysis is conducted using the dependent sample t-test. The notable findings of the research indicate that the calculated T value (29.665) exceeds the T table value (2.052), and the significance value (2-tailed) is 0.000, which is less than the significance level of 0.05. This implies a statistically significant effect of mental training on goal-kicking accuracy among football players in Kuansing, Riau Province. In summary, the study contributes to the existing literature by providing evidence of the positive impact of mental training on the accuracy of goal kicks, offering insights that can potentially enhance training methodologies for football players*

**Keywords:** mental training, kicking accuracy, football

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### Correspondence Address:

Alficandra  
Physical Health and Recreation Education, Riau  
Islamic University  
Sreet Kaharuddin Nst No.113, Simpang Tiga, District. Bukit Raya,  
Pekanbaru City, Riau 28284  
E-mail: [candraa@edu.uir.ac.id](mailto:candraa@edu.uir.ac.id)

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## INTRODUCTION

Good physical activity can be done through sports, where sport itself is a tool to unify the nation that can shape individual or collective character, as well as dynamize other development sectors, which is the potential that sport has. Sport has a role as a machine. This means that sports activities can have a positive impact on physical, psychological and social elements. Football is the most popular sport in the world, one of which is in Indonesia for children, teenagers and adults. For a soccer player to achieve success, he must be supported by good mastery of basic soccer techniques. As a benchmark for increasing maximum performance in the sport he is involved in, a soccer player really needs to pay attention to the determining factors ([Sandika & Mahfud, 2021](#)).

Football is one of the sports that is popular with Indonesian people ([Pratama, 2019](#)). This sport has become popular in the lower classes to the upper classes. In Indonesia, football is increasingly lively with the holding of internal competitions country, namely the Indonesian

League. Kicking the ball is a basic technique that must be mastered to become a soccer player. If players have the basic technique of kicking the ball well, then they will be able to play effectively and efficiently. Training is an activity to improve the quality of function of the human body's organ systems, making it easier for athletes to perfect their movements. Football is the most popular team sport in the world because as much as 4% of the world's population is actively involved in this game. The sport of soccer requires players to control the ball, put the ball into the opponent's goal, and guard the goal so that the opponent's ball does not enter. To achieve mastery in football, players need basic game techniques as the main capital ([Fajrin et al., 2021](#)) ([Rezki et al., 2020](#)).

In Indonesia, the sport of football is one of the many sports that is fostered and developed, this development is marked by the birth of associations or clubs and football schools (SSB) in various regions in the country, not only in cities but has spread to villages. village. So now the game of football can be said to be a people's sport. Along with this development, football player seeds will be available for the future. ([Rahman & Padli, 2020](#)) states that: "technique in sports is a method used or developed by a person or athlete to complete/solve a movement task in sports effectively and efficiently". Based on the previous opinion, it can be interpreted that basic football techniques are effective and efficient movement tasks that must be mastered by a player where these movements are forms of action, actions carried out by a person to achieve the goal of a movement in the sport of football.

A person who is able to pass and dribble the ball well without being able to shoot well is not a player who has mastered basic football techniques, because playing football aims to score goals while playing beautifully is not given value. Soccer players are required to be able to kick the ball into the opponent's goal well ([Junaidi et al., 2018](#)). In the sport of football, especially in the accuracy of kicks at the opponent's goal, mentality is something that is very necessary in taking a kick. Without having a good mentality, it will affect the accuracy of your kick at the opponent's goal. Therefore, to get the accuracy of kicks at the opponent's goal as desired, an athlete must use mental training ([Alestio & Witarsyah, 2018](#)).

The mental aspect is a very important aspect that is needed in almost all sports. To increase maximum performance, not only physical abilities, techniques, tactics or strategies are needed, but mental training plays an important role in producing good mental health ([Mardika & Dimiyati, 2015](#)). As an athlete, self-confidence is the main asset to be able to achieve maximum performance and is useful for maintaining the best abilities that one has so that the athlete continues to display maximum performance. Basically, self-confidence is belief in one's

own abilities without the help of others, and being able to achieve certain achievements or goals for an athlete ([Aulia & M., 2020](#)). So athletes with high self-confidence will be able to control themselves well, whereas if an athlete has low self-confidence they will easily experience anxiety. With self-confidence, players can feel comfortable, calm and not easily intimidated by opponents and always be optimistic.

Based on facts on the field, one of the causes of less than optimal performance achieved is due to a lack of accuracy in kicking the opponent's goal when shooting at goal, this is what is experienced by Kuantan singingi football players in Riau Province. During a regional match, during the opposite match, the attacker stated that before facing the match that night, the players had difficulty sleeping because they were thinking about the match the next day. During a match, your legs feel heavy, your body feels stiff, you are inaccurate in anticipating the ball, you experience cramps, you feel unnaturally tense and your heart is pounding, resulting in poor accuracy when kicking at the goal or passing the ball into the net. In the process of training in a sport, a person's physical abilities, techniques and tactics will not improve significantly if they are not supported by psychological abilities. It cannot be denied that psychological ability is one of the determining factors that influences the achievement of achievement results. Therefore, special training is needed to improve the psychological condition of athletes with various psychological training methods arranged in a psychological training program ([Mulyadi et al., 2021](#)).

Imagery is a term that describes mental training for athletes in competitions, including visualization, mental rehearsal, imagery, meditation, mental practice. In the sense of recalling information or experiences stored in memory and forming them into meaningful movement patterns ([Periyadi, 2017](#)). The level of achieving peak performance is largely determined by the athlete's mental maturity and toughness in overcoming various difficulties in a competition ([Nurdiansyah & Arifin, 2021](#)). To achieve peak performance as a manifestation of self-actualization for athletes, the main asset is to have excellent health, both physical and mental, in order to achieve optimal performance. Sports psychology activities have been widely carried out in countries that are developing in the sports aspect. From this opinion, it can be concluded that mental training can increase optimal performance if it is done well and programmed so that the resulting players/athletes are of good quality.

The basic techniques of playing soccer include passing the ball, kicking the ball, dribbling the ball and heading the ball ([Anam et al., 2021](#)). This is in accordance with existing research. Implementation of kicking training using imagery shows positive results on player performance. Apart from that, in the imagery training carried out, players experience many

benefits, such as stimulating the development of mastery of kicking skills at a faster ([F. Hidayat et al., 2019](#)). Imagery training is also very useful for improving athletes' abilities in dealing with problems. One of them is related to mastering sports skills, master strategies that will be used in matches, preparing to appear confident, improving interpersonal skills, and controlling psychological symptoms, concentration, correcting mistakes. Imagery is an exercise in imagining a certain movement or situation, whether it has been done or has never been done, involving all five senses ([Akbar et al., 2019](#)).

The aim of this research is to investigate the influence of mental imagery training on improving fundamental soccer skills, particularly in terms of throwing, kicking, dribbling, and heading the ball. Through the achievement of these objectives, the study aims to contribute to our understanding of the effectiveness of mental imagery training in enhancing basic soccer skills and providing additional benefits in the psychological and social aspects of soccer players.

## **METHODS**

The research instrument used in this study is a quantitative method with an experimental approach. The experimental method is employed to investigate the impact of a treatment (intervention) by examining how one or more variables affect other variables and testing hypotheses related to cause-and-effect relationships. Experimental research is conducted under controlled conditions to identify the effects of specific treatments. This study employs a one-group pretest-posttest design. The independent variable is mental training, and the dependent variable is the accuracy of kicks on goal. Prior to the implementation of the treatment, a pretest is conducted to gather initial data on the accuracy of kicks on goal among football players. Following the pretest, the participants undergo mental training treatment.

The population for this research consists of PS Kuantan Singingi (Kuansing) in Riau Province, and purposive sampling is utilized to select a sample of 28 individuals. The research instrument employed to measure the accuracy of kicks on goal is a ball-shooting test at a target, as outlined by ([Candra, 2016](#)).

The data that has been collected from the pre-test, post-test results is analyzed using normality test statistics and t-test with the first calculation steps. Normality test using Liliefors. The aim of the normality test is to determine whether the data obtained is normally distributed or not, then to see the influence of the independent variables and the dependent variable, the dependent sample t-test is used. T Test (T Test) The hypothesis is accepted if the significance

test value is smaller than a ( $\text{sig} < 0.05$ ). Meanwhile, if the calculated significance is greater than a ( $\text{sig} > 0.05$ ), the hypothesis is rejected.

## RESULTS AND DISCUSSION

This section contains research results or data, analysis of research data, answers of research questions, and analysis of findings during the research.

### Results

The normality test for the accuracy of kicks on goal for Kuantan singing football players in Riau Province was carried out using the Kolmogorov-Smirnov test and the Shapiro-Wilk test at a significant level of  $\alpha = 0.05$ . Summary of data normality test results. The calculation can be seen in the table:

**Table 1.** Data Preetes Uji Normality

	Tests of Normality					
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Preetest	.138	28	.185	.935	28	.081

a. Lilliefors Significance Correction

The purpose of calculating normality is to determine if the sample is normally distributed. Normality tests are conducted using the Kolmogorov-Smirnov test and the Shapiro-Wilk test with SPSS Series 20. The rule used to determine whether a distribution is normal or not is if  $\text{sig} > 0.05$  (5%), the distribution is considered normal, and if  $\text{sig} < 0.05$  (5%), the distribution is considered not normal. Therefore, referring to Table 1 above, where the sig for Kolmogorov-Smirnov is  $0.185 > 0.05$ , it can be considered normal. Similarly, the sig for Shapiro-Wilk is  $0.081 > 0.05$ , indicating normality. In conclusion, the pretest data on kicking accuracy is normally distributed

**Table 2.** Posttest Data Normality

	Tests of Normality					
	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Posstest	.147	28	.124	.929	28	.059

a. Lilliefors Significance Correction

The purpose of calculating normality is to determine whether the sample is normally distributed. Normality tests are conducted using the Kolmogorov-Smirnov test and the Shapiro-

Wilk test using SPSS Series 20. The rule used to determine whether a distribution is normal or not is if Sig > 0.05 (5%), the distribution is considered normal, and if Sig < 0.05 (5%), the distribution is considered not normal. Therefore, referring to the SPSS table above, where the Kolmogorov-Smirnov sig = 0.124 > 0.05, it can be considered normal. Similarly, the Shapiro-Wilk sig is 0.059 > 0.05, indicating normality. In conclusion, the posttest data on kicking accuracy is normally distributed.

**Table 3.** T-Test

		Paired Samples Statistics			
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Preetest	9.350.587	28	15.843.268	2.994.096
	Posstest	11.409.158	28	20.350.996	3.845.977

The T-Test test is to see the effect of the calculated average in the same group at a significance level of 0.05. The results of the initial test (pre-test) on the accuracy of kicks on goal for the Kuansing football players in Riau Province, the Quiet Eye training group with a sample size of 28 people, obtained an average (mean) for the initial test (pre-test), namely 935.0587. Meanwhile, the calculated average value (mean) of the final test (post-test) is 1140.9158. The results of hypothesis testing are presented in table 4.

**Table 4.** Hypothesis Test

		One-Sample Test				
		Test Value = 0				
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Posstest	29.665	27	.000	114.091.582	10.620.029	12.198.287

Based on the T test results in table 4 for the experimental group, the calculated T value = 29.665 > T table = 2.052 and the sig. (2.tailed) = 0.000 < 0.05. This shows that H0 is rejected and Ha is accepted, thus it can be concluded that mental training has a significant influence on the accuracy of kicks on goal by Kuntan singing football players in Riau Province.

## Discussion

Based on the final test results of the quiet eye training group on kick accuracy goal with a sample of 28 people obtained a calculated T value = 29.665 > T table = 2.052 and a sig value.

(2.tailed) = 0.000 < 0.05. This shows that H<sub>0</sub> is rejected and H<sub>a</sub> is accepted. This means that the research hypothesis states that mental training has a significant influence on the accuracy of kicks on goal for football players in Kuantan Singingi, Riau Province. The increase in the accuracy of kicks on goal in this soccer game can be caused by various factors, one of which is the player's adaptation from the training carried out. The training process can be provided in various forms or methods, one of which is mental training to increase accuracy in kicks. The training method can be assumed to be a specific way of presenting training tasks systematically which consists of a set of trainer actions, providing effective training conditions and guidance focused on mastering the content of training activities directed at achieving the expected goals.

Football is a dynamic sport and demands excellent physical readiness with good technical, tactical and mental support ([A. Hidayat et al., 2019](#)). Football always offers beauty in every corner, both in terms of training and matches, football must also require technical, physical, mental and strategic skills ([Atiq & Budiyanto, 2020](#)). Shooting is a technique in the game of football which aims to score a goal against the opponent's goal. In essence, every player must be able to produce a precise shot at the goal. Besides that, scoring goals is the most important part of the game of football. Basic techniques are all the basic activities of the game so that with this capital someone can play football ([Subandi & Sin, 2018](#)).

According to [Timmis et al., \(2014\)](#) by ensuring foot contact with the ball accurate and produces ball speed. Align your gaze and kick the ball centrally towards the goal when executing a kick compared to Placement penalty kicks may be a strategy to reduce risk kicked wide of the goal. Although played with the body, sport is won by the mind. This view seems to be believed by some athletes and coaches in gaming sports, even though in fact the idea of mental health in sports seems more real in individual sports that require mental abilities ([Ardiyanto, 2021](#)).

In the research results of [Alestio & Witarsyah \(2018\)](#), it was found that there was an influence of training image of the player's penalty kick ability. Where in the sport of football especially in terms of penalty kick techniques, Imagery is one of them It is very necessary to take penalty kicks to be able to improve the player's mental ability in taking a kick. Without having any imagery whether it will affect the result of the penalty kick taken. Therefore forget a penalty kick as desired an athlete should use Imagery practice. Meanwhile, in research by [Lindsay et al., \(2023\)](#) this research tries to understand how imagery training can influence acquisition and improvement motor skills, which can also apply to the context of shooting in soccer.

Imagery training, or often called mental visualization, is a method in which athletes

imagine or visualize themselves performing an action or achieving a specific goal without actually physically performing the action. In context football, imagery exercises can involve players imagining themselves performing various actions such as kicks, passes, or making quick decisions on the field. According to [Jayanto et al., \(2015\)](#) Imagery training really helps athletes to improve shooting ability

[Hermanto & Pudjijuniarto \(2021\)](#) stated that the mentality of players in sports activities is a core problem that can provide success as well as success in competing. Psychology is a very important factor for favorable performance in sports as well as developing the confidence that one can successfully perform well in the game based on their individual skills. Mental training is considered important and useful for football players before, in and after tournaments. A player must have mental toughness in a match, because if a player's mentality is disturbed, they will quickly feel physically and mentally tired, resulting in loss of concentration in the match which will result in decreased playing performance ([Ramadhan & Syafii, 2022](#)). Imagery training is one of the training techniques or training processes in psychological skills that must be mastered by every athlete ([Nopiyanto et al., 2022](#)).

Concentration is one of the factors that most influences accuracy results shooting at athletes. The athlete's ability to focus on a target It is desired to provide kick results that match the athlete's expectations. So it can be concluded that the level of concentration has a big influence on athlete performance. This is in accordance with research by [Sin & Aprinanda \(2020\)](#) stated that concentration has an impact on soccer shooting. In Other research also states that there is a relationship between concentration and shooting accuracy ([Mahanani & Indriarsa, 2021](#)). So this concentration must be practiced to athletes to support the athlete's own performance. One of them is the training method imagery that coaches can give athletes to help athletes concentrate.

This research will have an impact on developments in football coaching. Where these findings can be used as an additional reference in carrying out accurate ball kicking exercises. Apart from that, the results of these findings can also be used as additional references for future researchers. The limitations of this research are that it is still small in terms of the research sample in the research group that was formed, and is also constrained by the field for training which is still less than standard.

## **CONCLUSION**

The conclusion of this research is that there is an influence of mental training on



increasing the accuracy of kicks on goal for football players in Kuantan Singingi, Riau Province. The influence of mental training given to football players to practice focusing their kicks at the opponent's goal and scoring goals. DWith mental training, you can display the basic techniques of good kick accuracy, you can improve your performance in the game of football because of good accuracy, an athlete can have confidence in performing their best game so that it will be easier to create team wins and achieve optimal performance. This method is recommended as a variation of training for kick accuracy and can be used as a basic reference for further relevant research.

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