

# Analysis of the Contribution of Self Confidence on Hitting Skills Through Mental Rehearsal Imagery and Goal Setting in UKM Softball UPI

G Sumarno\*, Carsiwan, Salman, and T Hidayat

Universitas Pendidikan Indonesia. Jl. Dr. Setiabudhi, No. 229 Kota Bandung, Jawa Barat, Indonesia

\*ganosumarno@gmail.com

**Abstract.** This study aims to analyze the contribution aspects of confidence athletes Softball UPI toward hitting skills through mental practice Imagery and Goal Setting. 20 members Softball Male UPI were included in this study. Tabulation of data is a variable percentage of self-confidence and hitting skills after following mental exercise Imagery and Goal Setting that have been programmed in UKM Softball UPI. Based on the results of this research, mental rehearsal Imagery and Goal Setting need to be given programmatically in order that confidence the athletes can contribute to hitting skills.

## 1. Introduction

To gain the achievements requires a process that is not easy. One of the process that should be done is training. Many trainers who focus too much in acquiring basic skills, but also many trainers who miss some simple things but are essential in endorsing athlete performance in playing softball in the field; such as *imagery* training and *goal setting* which train athlete's mental in order to play in the field with full of confidence. *Setting goals benefited performers in both training and competition.* [1]. *Goal settings interventions can be effective for the enhancement of specific performance behaviors in rugby players*[2]. The main goal of training is to help athlete to enhance the skill and achievements at its best. To achieve that, there are four aspects that must be taken into account and be trained comprehensively by the athlete, they are (1) physical training, (2) technical training, (3) tactical training, and (4) mental training. The four aspects are the main goal and become a comprehensive aspects in planning and implementing the continuous training program. Mental training in sport is very important because it trains athlete's confidence when playing in the field. Psychological training functions to enhance mental's athlete efficiency, mainly when the athlete is in a complex stressful situation. Mental training is not less important than the other three factors, because no matter how good the physical condition is, no matter how good the mastery of the basic technique and playing tactics is, when the mental is not ready, the good achievement will not be gained. Athlete's performance is a combination of stamina, power, flexibility, coordination, skills, and playing ability. Because of that, if athlete's mind is distracted by excessive anxiety, their concentration will be disturbed and then athlete's best performance can not be monitored. [3]



## 2. State-of-the-art-review

Hitting technique is one of the skills used when the team is on offensive position. Hitting technique is very important because the only way to score is to hit the ball thrown by the pitcher, and then the batter become the runner to arrive at the first, second, third, third base and then to the home plate to have the score. No matter how well you can field, run, or throw, your value to a team will be considerably reduced if you do not have ability in batting. If you can't hit, you can't score, and if you can't score, you can't win. [4]. However, the athlete often feels not confidence to be able to hit fastly the boll thrown by the pitcher. Hitting technique is a very important skill in softball. *The goal of offensive play in softball is to score run. A run can be scored only by a batter getting on base, progressing around the base, and crossing home plate safely. Although there are several ways for a batter to get on base, hitting the ball is most fun. Once there are runners on base, hitting the ball is an important technique for advancing the runners (causing them to move to a base closer to, home plate), end eventually scoring runs. Probably the most fun of all is to hit the ball to a place that allows you (and any runners on base) to advance more than one base at a time (a double, a triple, or a home run)! [5]*

In a real game situation, athlete's mentality is very important. It is important because all good techniques and tactics will not be effective if the athlete's mentality is not ready to face the real game. It is because when the athletes are on the field, they will not only face the opposing team but also the audience, umpire, environment, and the athletes themselves. Therefore, mental training is highly required. Athlete is also ordinary person. He has not only physical but also soul and emotion. As the athlete always encounter the mental fluctuation, and often in a horrific stressful situation which influence the achievements, the mental aspect must be trained and managed deliberately, correctly, sistematically, and planned. Especially, for the match mental aspect, because match consists of 80% mental and 20% others. Excellent physic, tactic, or technique will be easily destroyed if the mental is not trained. [3]. Mental training is considered important for the athlete's performance in the field especially for the sake of the improving achievements of sports mainly in softball. Mental training is a part of training methods. Below is the chart of training method which shows that mental training a part of training methods.

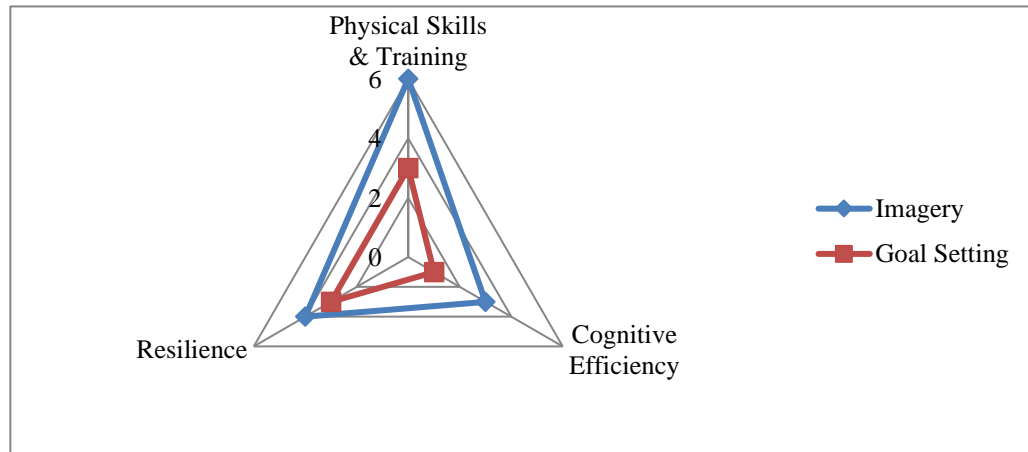
A batter is a player that will score by hitting the ball thrown by the pitcher. However, oftentimes the batter grapple with their own mental to hit the ball thrown by the pitcher. Furthermore, the pithcer also often disrupt batter's concentration to reduce batter's confidence so that he cannot hit the ball, or even strike out. It is very important for the team to win the game, because the only way to win the game is to hit the ball. Hitting technique seems easy, but doing it is very hard. A batter must focus to the ball thrown by the pitcher very fast. In hitting technique, there is a complex movement because it requires coordination of observing, decision making to hit, speed, and power in hitting the ball from the pitcher with an unknown speed [6].

## 3. Method

This research conducted by using *ex post facto* method. Imagery and goal seting is included in training program in Soft Ball UPI Club. Self confidence is measured using questionnaire meanwhile the hitting skill is measured by *pitching machine test* which tested to twenty members of Softball UPI Club boy team. The data was processed by percentage technique.

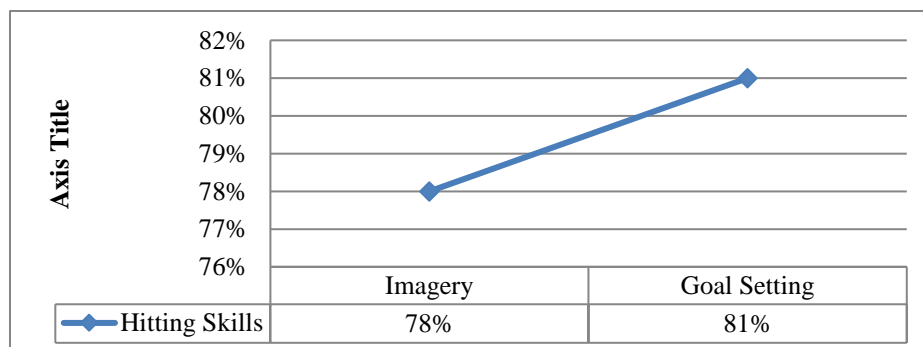
#### 4. Result and Discussion

Belows are the percentages of confidence aspect and hitting skill of Male Softball UPI Club.



**Figure 1.** Percentage of Confidence Aspect

Figure 1 shows the percentage of confidence aspect of imagery and goal setting group. Overall, highest confidence happened in imagery group. The highest confidence aspect happened in physical skills and training. Meanwhile in imagery group, cognitive efficiency have a significant change with goal setting group.



**Figure 2.** Hitting Skills

According to confidence percentage, contribution towards hitting skill can be also seen. Imagery have significance for 78% meanwhile goal setting 81%. This opposites with the percentage of confidence aspect from imagery group in which the confidence of the imagery group is higher than the goal setting group. However, if it is observed, either mental training from the imagery or the goal setting group contributes to the hitting skill more than 50%.

Imagery is beneficial to improve hitting skill. Through imagery training, an athlete will be able to feel which muscles are involved during the hitting. Through imagery also, connection between mind and muscle will be stronger. Imagery uses someone's imagination to do particular skill through what he sees, than practicing it. Mental imagery is a mental rehearsal procedure in which individuals imagine themselves performing a motor skill from either a first person perspective or a third-person perspective. [7]. Self confidence is not easy to grow in someone's self in a short time, but also requires a long time to build someone's confidence. *Confidence is both of trait (a stable element of personality), and a state (how a person feels at any given moment in time). Therefore, in one sense, confidence is considered a*

*part of personality; the self-esteem of some people is more resilient than that of others. Some athletes tend to think the worst of themselves; others are more generous in their self-perceptions. Some are prone to anxiety; others are more carefree. Although these tendencies can change given time, they will certainly not change overnight. Some people will always be more confident than others by nature. Fluctuation in confidence that are not necessarily related to personality reflect state-like qualities. These fluctuations are dictated by circumstances and your reactions to them; it is ebb and flow of confidence that you can learn to control.*[8].

Four of the key elements of successful goal setting by remembering the acronym comprised of the first letters of each words : CARS (Challenging, Attainable, Realistic, Specific)[7]. Meningkatkan performa, meningkatkan kualitas latihan, menjelaskan harapan, membantu meringankan kejenuhan, membuat latihan lebih menantang, meningkatkan motivasi intrinsik untuk berprestasi, dan meningkatkan rasa bangga, kepuasan dan kepercayaan diri. [9]. Atlet akan semakin terpacu untuk melakukan tugas geraknya dengan baik, apabila pelatih memberikan target atau *goal* yang akan dicapai. Metode latihan *goal setting* dan mental *imagery* memberikan sebuah pengaruh utama yang signifikan terhadap pencapaian hasil belajar badminton[10]. Oleh karena itu, latihan *goal setting* bisa diterapkan oleh pelatih *softball* untuk meningkatkan keterampilan memukul atletnya. Pada penelitian ini, *goal setting* berpengaruh terhadap keterampilan memukul atlet UKM Softball UPI. Hal itu telah diungkapkan secara teoritis bahwa *goal setting* berpengaruh terhadap peningkatan keterampilan gerak.

*Confidence is both of trait (a stable element of personality), and a state (how a person feels at any given moment in time). Therefore, in one sense, confidence is considered a part of personality; the self-esteem of some people is more resilient than that of others. Some athletes tend to think the worst of themselves; others are more generous in their self-perceptions. Some are prone to anxiety; others are more carefree. Although these tendencies can change given time, they will certainly not change overnight. Some people will always be more confident than others by nature. Fluctuations in confidence that are not necessarily related to personality reflect state-like qualities. These fluctuations are dictated by circumstances and your reactions to them; it is ebb and flow of confidence that you can learn to control.* [8] Someone's confidence state cannot be easily predicted because we or researchers are not able to control and guess what happens to the athletes prior to training or match which influence negatively towards athletes' psychological particularly their self confidence. Theoretically, imagery and goal setting training are able to improve athlete's confidence but in this research that point did not happen. Because we need to realize that someone's confidence is not easy to grow, it takes proper time and experience to make confidence grow in individuals. As Bandura and Feltz [8] stated that *the confidence someone feels during a particularly activity or in a particular situation is generally derived from one or more of the following six sources, which are listed in descending order of importance: 1). Performance accomplishment; 2). Vicarious experience; 3). Verbal persuasion; 4). Physiological states; 5). Emotional states; 6). Imagery experiences.*

## 5. Conclusion

Self confidence of Male Softball UPI Club is not really influenced by imagery and goal setting training. But, from hitting skill, mental training of imagery and goal setting contributes more than 50%. Therefore, two training methods of imagery and goal setting can be used by the trainers to improve hitting skill in softball.

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