



Comparison of Imagery Training With Self Talk on the Results of the Accuracy Landing in Paragliding Sports

Moh Sholekhul Hadi; Muchsin Doewes; Sapta Kunta

Universitas Sebelas Maret, Surakarta, Indonesia

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Abstract

This research is motivated by psychological problems when the match naturally becomes a work that needs to be addressed so that young athletes have a strong mentality during the competition, the proper method of mental training is expected to have young athletes having a mental steel from an early age. The purpose of this study was to determine the comparison of imagery and self talk exercises on the accuracy of landing results in Paragliding.

This type of research is an experiment with division into 2 groups. The population in this study were 18 athletes. Sampling technique with total sampling. The data collection technique is by landing accuracy test (Sky tronic). Data analysis techniques using ANNAVA.

The results of this study indicate differences in results between the initial test and the final test, as shown in the results table of improvement in the Self Talk method group by 87% no better than the increase in the Imagery method group which has an increase of 96%. It can be concluded that there is a significant effect of mental training on Land Accuracy Results. The Imagery training method gives a better effect than the Self Talk method.

Keywords: *Imagery; Self Talk; Paragliding*

Introduction

In fostering and developing achievement sports, one aspect that cannot be ignored is the existence of psychological factors. Nowadays the awareness of the role of psychological aspects in the achievement of an achievement is increasingly felt by various sports people. This was also stated by Harsono (1998) who stated that in a match, success was determined by at least 70% of mental factors and only 30% of other factors. Weinber and Gould (2003) explain that self-confidence has a positive impact on emotions, concentration, goals, effort, strategy and momentum. In certain situations, even if an athlete has trained well and showed a good improvement of his training, it could be that during a match he is not able to display his abilities properly. Lack of confidence and anxiety will affect the athlete's beliefs and fighting abilities. Problems that arise when training or competing can weaken his confidence, even though

the athlete has been training well. In connection with this psychological problem, there is news that is proud recently but it is also very surprising, namely that the World Paragliding champion in 2017, came from Indonesia on behalf of Dr. Elisa Manueke on the landing number accuracy. In the Kompas newspaper published March 13, 2018, Dr. Elisa said "with high flying hours that I can be more in control of my mentality facing challenges, younger people are generally too tense so they have not yet managed to achieve the best results ". If it should be observed, of course, young athletes will be more prime in stamina, stronger, more full power compared to Dr. Elisa is 57 years old. But in fact, it is achievements that prove that athletes who are over 50 years of age actually become world champions because of the excellence of flight hours. Related to psychological problems when the match is certainly a job that needs to be addressed so that young athletes have a strong mentality during the match. Of course mental training methods need to be applied so that they provide the expected benefits. By applying the appropriate method of mental training training it is expected that young athletes already have a mental steel from an early age. One approach to mental training methods that can be carried out so that the training objectives are achieved is by applying the Imagery training method approach and the Self-Talk exercise.

Research Methods

The research method used in this research is experimental method. This method was chosen to find out certain symptoms through the treatments imposed on the experimental sample. The sample used in this study was the Indonesian paragliding national team athletes for the 2018 ASIAN GAMES namely 18 athletes. The sampling technique in this study was carried out using a total sampling technique, said to be total because it included all members of the population as research samples. The technique of taking data on the accuracy of medarat in Paragliding Sports is the results obtained from 10 flights carried out from each athlete, measured with a digital skytronic pad, the unit of value of landing accuracy is centimeters (cm), athletes with the smallest total accumulated value are those that are the best, the smallest value is 0 cm, FAI (2015: 15) In this study data analysis techniques were used to test hypotheses using Variance Analysis (ANAVA) techniques. The data analysis technique used in this study was using SPSS 16, namely Variant Analysis (ANAVA) of two paths at a significance level $\alpha = 0.05$. Remembering the research data analysis was performed using ANAVA.

Research Result

1) Test Before Given Treatment

Before being treated, the difference between groups formed in the study. After being given treatment leave from the same situation or not. The test results of the differences between the Imagery group and the Self Talk group before being treated as follows:

Table 1. Summary of Test Results of Initial Test Differences between the Imagery group and the Self Talk group

Tests of Between-Subjects Effects

Dependent Variable: result

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	1089065.044 ^a	3	363021.681	1.881	.179
Intercept	41107562.500	1	41107562.500	213.046	.000
Metode	816435.378	1	816435.378	4.231	.059
Kelompok	34731.378	1	34731.378	.180	.678
metode * kelompok	265146.944	1	265146.944	1.374	.261
Error	2701325.900	14	192951.850		
Total	44672287.000	18			
Corrected Total	3790390.944	17			

a. R Squared = .287 (Adjusted R Squared = .135)

2) Test the Difference After Treatment

After being treated, the Imagery group and Self Talk group. For the purposes of testing this hypothesis, a data analysis using variance analysis (ANAVA) is carried out, namely two ways ANAVA. All calculations (computing) are done using the SPSS 20.0 Program.

The difference test conducted in this research The two road ANAVA outputs are as follows:

Table 2 ANAVA test results of the two Final Test paths between the Imagery group and the Self Talk group.

Tests of Between-Subjects Effects

Dependent Variable: hasil

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
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Corrected Total	3790390.944	17			

a. R Squared = .287 (Adjusted R Squared = .135)

In the Method column if Significance (Sig.) <0.05 (Alpha) = Significance. The significance is 0.011 > 0.05, so it can be concluded that there is no significant difference in ability between the results of the ability of the Imagery group and the Self Talk group in the final test.

Discussion

1. Comparison of Imagery exercises, with Self Talk on the Accuracy Results of Paragliding Sports

At the beginning of the group test, the mean (mean) for the Imagery group was 15448 and for the Self Talk group was 11679, meaning that the average value of the Imagery group was higher than the average value of the Self Talk group during the initial test. Nevertheless this difference does not indicate a significant difference between the two groups. This can be seen in table 4.8. Anava Test results show sig 0.059 or > 0.05, so it can be said there is no significant difference in ability between the results of the ability of the Imagery group and the Self Talk group on the initial test.

But after treatment of each group there is a change in the average value. The Group Statistics table shows the mean (mean) increase for the Imagery group is 14869 and for the Self Talk group is 10204, meaning that the average value of the Imagery group is higher than the average value of the Self Talk group during the final test. In addition, the Anava results show sig 0.011 or <0.05, it can be concluded that there is a significant difference in ability between the results of the ability of the Imagery group and the Self Talk group in the final test. The increase that occurred between these two treatment groups can be seen in the table below this:

Table. 4.10. The average initial test and the final group mental training test

KELOMPOK	Mean pre test	Mean post test	Peningkatan	(%)
<i>Imagery</i>	15448	579	14869	96%
<i>Self Talk</i>	11679	1475	10204	87%

It can be seen the difference in results between the initial test and the final test, as shown in the results table of the increase in the Self Talk method group which was 87% no better than the increase in the Imagery method group which had an increase of 96%.

Conclusion

Based on the results of the analysis of research data, both in the form of data descriptions, and the results of the analysis of variance analysis, conclusions and discussion conclusions can be put forward, as follows:

1. There is a significant comparison of the effect of mental training on Landing Accuracy Results. Exercise method Imagery gives a better effect than the Self Talk method.
2. The conclusions drawn from the results of this study are expected to be used as a basis for the development and coaching of paragliding athletes. However, the utilization needs to be done carefully, bearing in mind the limitations and some weaknesses of this research, there needs to be close supervision so that the study group really only gets training according to their capacity because mental training is invisible. The greater the level of mixing of each variable, of course the greater the level of error in the results presented.

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