Analysis of Concentration and Balance On The Accuracy of Kicking The Ball In SSB Bank Sulselbar Players

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ABSTRACT

This study aims to determine the contribution of concentration to the accuracy of kicking the ball in Bank Sulselbar players, to determine the contribution of balance to the accuracy of kicking the ball in Bank Sulselbar players, and to determine the contribution of concentration and balance to the accuracy of kicking the ball in Bank Sulselbar players. This study uses a quantitative research type with a regression approach. To determine the magnitude of the influence and significance between the variables of concentration and balance on the accuracy of kicking the ball using multiple linear regression tests. The sample taken for this study was 20 SSB Bank Sulselbar players. The data collection process with three different tests, namely the concentration level measurement test, the modified bass test of dynamic balance test, and the soccer shooting ability test. The data analysis techniques used are descriptive analysis, normality test and regression test using the SPSS program. Based on the results of data analysis, the results of hypothesis testing and the results of the discussion of the research that has been obtained, it can be explained that the conclusion in this study There is a significant contribution of 28.4 percent of concentration to the accuracy of kicking the ball in SSB Bank Sulselbar players. There is a significant contribution of 33.8 percent of the balance to the accuracy of kicking the ball in SSB Bank Sulselbar players. And there is a significant contribution of 59.2 percent of concentration and balance to the accuracy of kicking the ball for SSB Bank Sulselbar players.

AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
E. Obtaining funding

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INTRODUCTION

Football is a team game with two teams, each team with eleven players, including a goalkeeper. Almost the entire game is played with foot, body, and head skills to play the

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ball. However, basic skills and guidance are needed to play football well (Syahputra, 2016). According to (Wahyudi, 2020) Football is a team game, so each team must work together to win. Football is a sport that is very popular with many people because it is very easy to play and has many places to play (Sudirman et al., 2022). Football is a team game played by eleven players, including the goalkeeper, with a focus on the use of the feet, except for the goalkeeper, who is allowed to use his hands in the goal box area (Kennedy, 2014). Football is a very famous sport in the world, has undergone many transformations and developments from its simple and primitive form to becoming a modern football game that is very popular and respected by many people. In addition, rapid technological advances have had an impact on the development of football players (Rahman, K. S., & Padli, 2020).

Football according to (Susanto, 2016) is a team game in which two teams play with eleven players each. The goal is to score many goals against the opponent's goal and stop the opponent's attack so that the ball does not enter our goal. To succeed in the game of football, players must be able to speak or communicate with each other well (Irvan et al., 2024).

Basic techniques are very important for the game of football because without them players cannot take advantage of other needs, such as tactics and strategies. With good technique, players can act according to their goals while using little energy to achieve the best results (Bismar & Fadillah, 2019). Basic football techniques consist of various movements. A person's ability to play the ball is very useful in competition. Basic football techniques are a key aspect in improving player performance, including kicking the ball, trapping, dribbling, random movement, heading the ball, tackling, and throw-ins (Susanto, 2016).

According to (Hidayat, 2017) said that a soccer player must understand dribbling, passing, heading, high kicks, blocking, catching the ball, tackling, and body charge. Players must understand the basic techniques of playing soccer, including passing, ball control, shooting, heading, and dribbling. However, the problem in playing soccer is how soccer players can change the playing situation and use techniques such as dribbling, passing, and kicking. They can also use their best physical abilities, such as speed, agility, coordination, and balance. (Adil et al., 2018). In addition, athletes with strong endurance can control the rhythm and pattern of their game, adjust strategies as needed, and compete with resilience, showing determination and avoiding easy defeat in the match (Saharullah et al., 2024).

Kicking the ball is one of the important techniques in the game of soccer (shooting) which is explained by Sucipto et al. (Keliat & Helmi, 2018) explaining that kicking the ball has three purposes, namely passing, shooting, and sweeping to stop the opponent's attack. In the game of soccer, shooting is very important, especially to score goals against the opponent's goal. Shooting is part of the kick, which is done by kicking the goal. To kick correctly, several factors need to be considered so that the kick is following the wishes of the kicker. To shoot, all of the elements above are very important. In a soccer kick, good shooting is very dependent on good leg muscle strength. If an athlete

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has low leg muscle strength when shooting, the power of the kick is not optimal and will be easily anticipated by the goalkeeper. Conversely, if an athlete has good leg muscle explosiveness when shooting, the ball will shoot quickly towards the target.

According to Ade Prasetyo & Henjilito, (2020) in football, the purpose of shooting the ball is to kick, pass, and kick into the goal to score goals and block or sweep to stop attacks or stop the opponent's play. The ability to shoot the ball also requires good physical condition, such as good leg muscle explosiveness can provide a strong push when shooting. With good leg muscle explosiveness, your shooting ability will be better. Mustafa & Adnan, (2019) explained, "When kicking, our attention should not only be focused on the foot that will kick, but we must also pay attention to the other foot and our gaze must be directed at the ball and foot." In general, concentration is a conscious effort to focus attention. In the context of learning, concentration refers to the ability to focus on learning activities. This process can be tested through a concentration test carried out indoors so that there are no distractions that affect student concentration. (Erianti, 2017). According to (Nusufi, 2016), Concentration is the ability to focus attention on a particular object or activity within a certain period. In other words, the concentration process always begins with attention given to the selected object. In the context of sports activities, concentration is needed to maintain focus of attention for a long time.

Human movement cannot be separated from body balance. Almost all types of sports require balance, which is the basis for mastering motor skills in sports (Ridwan & Hasyim, 2018), one of which is football. When someone makes a fast movement with a bodyweight position, their ability to control their muscles and nerves changes rapidly, both in static and dynamic movements, known as balance. The two types of balance are static (the body remains in balance) and dynamic (the body moves from one place to another).

METHODS

This study uses quantitative research with a regression approach. According to (Creswell, 2014) "Quantitative research is a method for testing certain theories by examining the relationship between variables. Researchers use quantitative research methods to determine the magnitude of the influence and significance between the variables of concentration and balance on the accuracy of kicking the ball using multiple linear regression tests.

The research method used in this study is quantitative with a regression approach, the aim is to determine how concentration and balance contribute to the accuracy of kicking the ball of SSB Bank Sulselbar players. To determine the magnitude of the influence and significance between the variables of concentration and balance on the accuracy of kicking the ball using multiple linear regression tests. Concentration (X1) and balance (X2) are independent variables. While kicking the ball (Y) is the dependent variable.

Population is a generalization area consisting of subjects or individuals surveyed who will be generalized later. (Sugiyono, 2017) also argues that population is a general

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area consisting of subjects or objects that have certain qualities and characters that are selected by researchers to be studied and then draw conclusions. The population in this study were all football players of SSB Bank Sulselbar totalling 175 people. The sample is part of the number and characteristics possessed by the population (Sugiyono, 2017). According to (Sugiyono, 2017) sampling technique is a sampling technique, to determine the sample to be used in the study. The sampling technique of this study is purposive sampling, namely taking sample members from the population if they meet certain criteria that are following the research topic with the criteria of age 15 to 16 years with the position of a centre player and above or midfielder position and striker position (Sugiyono, 2017). The number to be studied is 20 players. The data for this study were obtained through tests, concentration using the grid concentration test, balance tests using the Modified Bass Test of Dynamic Balance, and ball shooting accuracy tests using shooting tests towards the target. Then the data analysis was carried out in the form of descriptive analysis, normality tests, and regression tests.

RESULTS AND DISCUSSION
Result

Descriptive analysis is intended to obtain an overview of the research data. Descriptive analysis is conducted for data on concentration, balance and accuracy of kicking the ball in SSB Bank Sulselbar players. Data description is intended to be able to interpret and give meaning to the data. The results of the descriptive analysis can be seen in the following table:

Table 1.
Results of descriptive analysis

Variable	N	Mean	Std. Dev	Min	Max	Sum
Concentration		9.05	4.14	4	18	181
Balance	20	73.75	24.38	35	100	1475
Kicking Accuracy		9.80	2.50	7	17	196

The results of the table above are a description of the data from the variables of concentration, balance and accuracy of kicking the ball in SSB Bank Sulselbar players. The following is an explanation of the table:

a. For concentration data with a sample size of 20 SSB Bank Sulselbar players, the results of the study showed that the average concentration value of the sample was 9.05 with a standard deviation of 4.14. The lowest concentration value was 4 and the highest concentration value was 18. The total concentration value collected from the results of the study was 181.

b. For balance data with a sample size of 20 SSB Bank Sulselbar players, the results of the study showed that the average balance of the sample was 73 points with a standard deviation of 24.38. The lowest balance value was 35 points and the highest balance value was 100 points. The total balance value collected from the results of the study was 1475 points.

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c. For the kicking accuracy data with a sample of 20 SSB Bank Sulselbar players, the results of the study showed that the average kicking accuracy of the sample was 9 points with a standard deviation of 2.50. The lowest kicking accuracy value was 7 points and the highest kicking accuracy value was 17 points. The total kicking accuracy value collected from the research results was 196 points.

Table 2.
Results of Frequency Analysis of Concentration Variables

Category	Value Range	Frequency	Percentage
Very good	21 >	0	0
Good	16–20	2	10
Average	11–15	5	25
Poor	6–10	9	45
Very Poor	< 5	4	20
Average Value		**9.05**	

The table above is the result of the frequency analysis of the concentration variable in SSB Bank Sulselbar players. In the 20 samples studied, there were no samples that fell into the very good category. 2 samples fell into the good category with a percentage of 10 percent. 5 samples fell into the moderate category with a percentage of 25 percent. 9 samples fell into the less category with a percentage of 45 percent and 4 samples fell into the very less category with a percentage of 20 percent. The average value of concentration ability was 9.05 so the average concentration ability of SSB Bank Sulselbar players was in the less category.

Table 3.
Results of Frequency Analysis of Balance Variables

Category	Value Range	Frequency	Percentage
Very good	69>	12	60
Good	50–68	3	15
Average	32–49	5	25
Poor	14–31	0	0
Very Poor	<13	0	0
Average Value		**73.7**	

The table above is the result of the frequency analysis of the balance variable in SSB Bank Sulselbar players. Of the 20 samples studied, 12 samples were in the very good category with a percentage of 60 percent. 3 samples were in a good category with a percentage of 15 percent. 5 samples were in the moderate category with a percentage of 25 percent. And there were no samples in the less and very less categories. The average value of balance ability was 73.7 points so the average balance ability of SSB Bank Sulselbar players was in the very good category.

Table 4.
Results of Frequency Analysis of Kicking Accuracy Variables

Category	Value Range	Frequency	Percentage
Very good	17>	1	5
Good	12–16	2	10
Average	8–11	15	75
Poor	4–7	2	10
Very Poor	<3	0	0
Average Value		**9.80**	

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The table above is the result of the frequency analysis of the kicking accuracy variable in SSB Bank Sulselbar players. Of the 20 samples studied, 1 sample was in the very good category with a percentage of 5 percent. 2 samples were in the good category with a percentage of 10 percent. 15 samples were in the moderate category with a percentage of 75 percent. 2 samples were in the less category with a percentage of 10 percent and no samples were in the very less category. The average value of the ability to kick the ball accurately was 9.80 so the average ability to kick the ball of SSB Bank Sulselbar players was in the moderate category.

Table 5.
Data Normality Test Results

Variable	N	KS-Z	Sig	α	Information
Concentration		1.071	0.202	0.05	Normal
Balance	20	0.883	0.417	0.05	Normal
Kicking accuracy		1.008	0.262	0.05	Normal

The table above shows the results of the normality test of concentration, balance and kicking accuracy data on SSB Bank Sulselbar players using the Kolmogorov Smirnov Test. The following is an explanation of the results of the normality test:

a. In the normality test of the concentration variable data, the Kolmogorov-Smirnov value was obtained at 1.071 with a significant value of 0.202. Because the significant value is greater than the value of α0.05, the concentration data obtained shows a normal distribution.

b. In the normality test of the balance variable data, the Kolmogorov-Smirnov value was obtained at 0.883 with a significant value of 0.417. Because the significant value is greater than the value of α0.05, the balance data obtained shows a normal distribution.

c. In the normality test of the kicking accuracy variable data, the Kolmogorov-Smirnov value was obtained at 1.008 with a significant value of 0.262. Because the significant value is greater than the value of α0.05, the kicking accuracy data obtained shows a normal distribution.

Table 6.
Results of Concentration Regression Test on Ball Kicking Accuracy

Variable	N	R Square	Sig	α
Concentration Kicking accuracy	20	0.284	0.016	0.05

The table above is the result of the test data on the contribution of concentration to the accuracy of kicking the ball in SSB Bank Sulselbar players. The results of the regression test obtained a significant value of 0.016 <α0.05. This means that there is a significant contribution of concentration to the accuracy of kicking the ball in SSB Bank Sulselbar players. Furthermore, the coefficient of determination is known to be 0.284. This means that concentration contributes 28.4 percent to the accuracy of kicking the ball in SSB Bank Sulselbar players.

Table 7.
Results of Balance Regression Test on Ball Kicking Accuracy

Variable	N	R Square	Sig	α
Balance Kicking accuracy	20	0.338	0.007	0.05

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The table above is the result of the test data on the contribution of balance to the accuracy of kicking the ball in SSB Bank Sulselbar players. The results of the regression test obtained a significant value of $0.007 < \alpha0.05$. This means that there is a significant contribution of balance to the accuracy of kicking the ball in SSB Bank Sulselbar players. Furthermore, the coefficient of determination is known to be 0.338. This means that balance contributes 33.8 percent to the accuracy of kicking the ball in SSB Bank Sulselbar players.

Table 8.

Results of Balance Regression Test on Ball Kicking Accuracy

Variable	N	R Square	Sig	α
Concentration & Balance Kicking accuracy	20	0.592	0.000	0.05

The table above is the result of the test data on the joint contribution of concentration and balance to the accuracy of kicking the ball in SSB Bank Sulselbar players. The results of the regression test obtained a significant value of $0.000 < \alpha0.05$. This means that there is a significant contribution of concentration and balance together to the accuracy of kicking the ball in SSB Bank Sulselbar players. Furthermore, the coefficient of determination is known to be 0.592. This means that concentration and balance together contribute 59.2 percent to the accuracy of kicking the ball in SSB Bank Sulselbar players.

Discussion

Concentration Analysis on Kicking Accuracy

Concentration is a mental ability that is very necessary in football. This ability will be needed in several conditions when playing or competing in football, one of which is kicking the ball by directing the ball to one point in the goal area. In this study, the concentration ability of SSB Bank Sulselbar Football Players is in the poor category. This means that there is an indication that players have difficulty in maintaining optimal focus both in training and in competition conditions.

As in the theory discussed earlier, a lack of concentration can be caused by several factors, namely high levels of stress or pressure on players. Given that football is a competitive sport. Players often compete with high pressure. This pressure can come from the expectations of the coach, and fellow players and the main thing is the high expectations of the audience for the player. If the player is not supported by a good mentality, it will easily interfere with the player's concentration.

In SSB Bank Sulselbar itself, there is a lack of training aimed at increasing focus or concentration, so the level of concentration on the players is in the poor category, the training carried out is more often aimed at improving physical and technical abilities. Meanwhile, mental training is often lacking, and mental abilities are usually only honed through trial matches. Without targeted training to increase concentration when competing, it will be difficult for players to develop into reliable soccer players.

To measure the level of concentration of SSB Bank Sulselbar players using a grid concentration test, this test is a measuring tool to obtain concentration data.

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Researchers made several different test sheets or blanks with random numbers to increase objectivity to avoid samples following or seeing those around them,

Based on the results of the regression test, concentration contributed 28.4 percent to the accuracy of kicking the ball. This means that concentration plays a positive role in the accuracy of kicking the ball where if the player's concentration is higher, the potential to kick accurately and in a targeted manner is also greater. The ability to concentrate helps players focus on the performance being carried out and can ignore external disturbances such as the sound of the audience or interference from opponents. In match conditions with high tempo and tension, the ability to maintain concentration or focus is an absolute indicator that a soccer player must have. Likewise, when kicking a goal, high concentration involving the coordination of the brain, eyes and muscles will play a role in the results obtained. On the other hand, if a soccer player lacks concentration skills, it can lead to failure when directing the ball to the target even though the technique he has mastered is good.

Balance Analysis of Kicking Accuracy

The average balance ability of SSB Bank Sulselbar Players is very good, the test used to obtain dynamic balance test results on SSB Bank Sulselbar players is the Modified Bass Test Of Dynamic Balance, the purpose of this instrument is to measure dynamic balance during movement and after movement because in football dynamic balance is needed to maintain balance when moving from one place to another. Where good balance is a person's ability to be able to maintain their movement position.

In football, balance is needed, including when moving to avoid opponents or when kicking. With good balance, football players can benefit from several conditions. The first is maintaining body stability when kicking. Because in football, body position plays an important role, especially when kicking. With good balance, players can control their bodies to remain stable, so that they can make more targeted kicks. Second, a good balance can help players avoid injury. Because of the ability to make the body more stable when moving, it automatically helps the body avoid injury due to unstable movements such as injuries to the ankles, knees or waist.

Next, in the results of this study, balance contributes 33.8 percent to the ability to kick the ball accurately. In soccer, balance is needed when controlling the position of the body to remain stable when kicking. With good balance, players can keep their bodies from swaying even when in a difficult position or having to kick in a short time. The balance will also affect the power of the kick. Because with good balance, soccer players can adjust their weight with the point of gravity so that players can produce faster and more targeted kicks.

Analysis of Concentration and Balance on Kicking Accuracy

Together, concentration and balance contribute 59.2 percent to kicking accuracy. This means that concentration and balance can work synergistically to help soccer players improve their kicking accuracy. The combination of concentration and balance provides great benefits to a soccer player. When a soccer player is focusing on the target

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of the kick, balance will help to keep the body position stable so that it can execute a more targeted kick. If only one is strong, the kicking accuracy ability may not be perfect. For example, if a player only has good balance but does not have good concentration, the kick result may be fast but the result is an undirected kick. And vice versa, if only concentration is good and is not supported by good balance, the player may have focused on kicking, but because the balance is not perfect, the player loses stability and ends up hitting the ball incorrectly.

The results of this study have provided information that several physical indicators will support the improvement of player technique. In this study, it has been proven that concentration and balance make a significant contribution to the kicking accuracy ability in soccer games. Of course, there are still many indicators and factors that also need to be studied further so that they can become more detailed information in terms of developing the ability to accurately kick a soccer player.

CONCLUSION

Based on the results of data analysis, discussion and theories that have been explained previously, the conclusions in this study are:

1. There is a significant contribution of 28.4 percent of concentration to the accuracy of kicking the ball in SSB Bank Sulselbar players.
2. There is a significant contribution of 33.8 percent of the balance to the accuracy of kicking the ball in SSB Bank Sulselbar players.
3. There is a significant contribution of 59.2 percent of concentration and balance to the accuracy of kicking the ball in SSB Bank Sulselbar players.

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