

The Effectiveness of Imagery Exercise on Improving the Technical Skill of a Basketball Lay-Up

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The purpose of this study is to determine the effectiveness of imagery training on improving the technical skill of a basketball lay-up for students of Faculty of Sports Education, Yogyakarta State University (FIK UNY). The method used in this research was an experimental design with pre-test post-test control group. The population of this study was the new students of FIK UNY academic year 2013/2014. Samples were taken using the proportional random sampling technique. To prove the research hypothesis, a t-test statistical technique was used. Based on the analysis of data, t_{count} was 2.177 with $p < .05$. This means that there is a significant difference in the lay-up technical skill between the control group and the experimental group. The experimental group had a higher mean score of improvement in lay-up technical skill compared to the control group. Thus it can be concluded that imagery exercise improves the basketball lay-up technical skill for students of FIK UNY. The result in basketball lay-up of students who were given the exercise program and the imagery exercise is significantly higher than the students who were given a lay-up shot exercise program without imagery exercise.

Keywords: imagery exercise, lay-up, basketball, students

Penelitian ini bertujuan untuk mengetahui efektivitas latihan imajeri terhadap peningkatan keterampilan teknik lay-up shoot Bolabasket mahasiswa FIK UNY. Metode yang digunakan dalam penelitian ini adalah desain eksperimen dengan teknik *pretest-posttest control group design*. Poluasi dalam penelitian ini adalah mahasiswa baru FIK UNY tahun akademik 2013/2014. Teknik pengambilan sampel menggunakan *proportional random sampling*. Teknik analisis data untuk membuktikan hipotesis penelitian menggunakan statistik uji t. Berdasarkan hasil analisis data diperoleh t_{hitung} 2,177 dengan $p < .05$. Ini berarti terdapat perbedaan yang signifikan keterampilan teknik lay-up shoot antara kelompok kontrol dengan kelompok eksperimen. Kelompok eksperimen memiliki rerata peningkatan keterampilan teknik lay-up shoot yang lebih tinggi dibandingkan kelompok kontrol. Penelitian ini menyimpulkan bahwa latihan imajeri memiliki efektivitas terhadap peningkatan keterampilan teknik *lay-up* shoot Bolabasket mahasiswa FIK UNY. Peningkatan teknik lay-up shoot Bolabasket pada mahasiswa yang diberi program latihan lay-up shoot ditambah latihan imajeri lebih tinggi dibandingkan dengan mahasiswa yang diberi program latihan lay-up shoot tanpa ditambah latihan imajeri.

Kata kunci: latihan imajeri, *lay-up* shoot, bolabasket, mahasiswa

UNY FIK (Sports Education Faculty) is known to admit students who came from remote regions outside the city Yogyakarta, mainly from the numerous outlying villages' high schools. Given the background, it is common for the students to have high skills in regional sports such as football, volleyball, and badminton. Yet, it is also true that they lack proficiency in sports

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that develop in more urban regions, such as softball, swimming, and basketball. According to the curriculum of UNY FIK, students are expected to be proficient and master all of the formerly mentioned sports. Understanding their background, it is difficult for them to learn sports they have never done before, such as basketball. Having studied basketball in college for 12 years, the authors understand the situation. Generally, the students find it hard to learn basketball, especially learning the complicated techniques such as a shooting a lay-up.