

ABSTRAK

HUBUNGAN KEPERCAYAAN DIRI DAN KONSENTRASI TERHADAP KETEPATAN HASIL SMASH SISWA SISWI EKSTRAKURIKULER BOLA VOLI DI SMK PGRI 2 KEDONDONG

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Penelitian ini bertujuan untuk mengetahui hubungan kepercayaan diri dan konsentrasi terhadap ketepatan hasil smash siswa siswi ekstrakurikuler bola voli di SMK PGRI 2 Kedondong. Metode penelitian yang digunakan dalam penelitian ini adalah korelasi. Sampel penelitian diambil dari peserta ekstrakurikuler bola voli di SMK PGRI 2 Kedondong, berjumlah 50 putra dan 50 putri. Instrumen penelitian yang digunakan yaitu untuk tes konsentrasi menggunakan grid concentration tes, untuk tes kepercayaan diri menggunakan angket, tes pukulan smash bola voli menggunakan tes keterampilan smash.

Hasil penelitian menunjukkan bahwa 1) tidak ada ada hubungan yang signifikan kepercayaan diri terhadap hasil smash voli pada siswa putra dan putri ekstrakurikuler bola voli di SMK PGRI 2 Kedondong. 2) Tidak ada hubungan yang signifikan konsentrasi terhadap hasil smash voli pada siswa putra dan putri ekstrakurikuler bola voli di SMK PGRI 2 Kedondong. Dan 3) Tidak ada hubungan kepercayaan diri dan konsentrasi terhadap hasil smash voli pada siswa putra dan putri ekstrakurikuler bola voli di SMK PGRI 2 Kedondong.

Kata kunci: kepercayaan diri, konsentrasi, *smash*

ABSTRACT

RELATIONSHIP BETWEEN SELF-CONFIDENCE AND CONCENTRATION ON THE ACCURACY OF SMASH RESULTS OF EXTRACURRICULAR STUDENTS VOLLEYBALL AT SMK PGRI 2 KEDONDONG

By

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This study aims to determine the relationship between self-confidence and concentration on the accuracy of smash results of male and female students participating in volleyball extracurricular activities at SMK PGRI 2 Kedondong. The research method used in this study is correlation. The research sample was taken from participants in volleyball extracurricular activities at SMK PGRI 2 Kedondong, consisting of 50 male and 50 female students. The research instruments used were the grid concentration test for concentration, a questionnaire for self-confidence, and the smash skill test for volleyball smash performance.

The results of the study indicate that: 1) there is no significant relationship between self-confidence and volleyball smash performance among male and female students in the volleyball extracurricular program at SMK PGRI 2 Kedondong. 2) There was no significant relationship between concentration and volleyball smash results among male and female students in the volleyball extracurricular activity at SMK PGRI 2 Kedondong. And 3) There was no relationship between self-confidence and concentration and volleyball smash results among male and female students in the volleyball extracurricular activity at SMK PGRI 2 Kedondong.

Keywords: self confidence, concentration, smash