

## ABSTRAK

TEGAR RAEHAN PRAMUDYA. 2025. **Hubungan Konsentrasi dan Kepercayaan Diri terhadap Ketepatan Lemparan Atas Bola *Softball* pada UKM *Softball* Universitas Siliwangi**. Skripsi. Jurusan Pendidikan Jasmani, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Siliwangi.

Lemparan atas merupakan salah satu teknik dasar yang penting dalam olahraga *softball* karena berperan langsung dalam strategi bertahan serta memengaruhi keberhasilan tim dalam mencegah lawan mencetak poin. Keberhasilan dalam melakukan lemparan atas dipengaruhi oleh sejumlah faktor, terutama aspek psikologis seperti konsentrasi dan kepercayaan diri. Penelitian ini bertujuan untuk mengetahui sejauh mana hubungan antara konsentrasi dan kepercayaan diri terhadap ketepatan lemparan atas pada atlet UKM *Softball* Universitas Siliwangi. Penelitian ini menggunakan metode deskriptif kuantitatif dengan populasi sebanyak 16 atlet UKM *Softball* Universitas Siliwangi, yang dipilih melalui teknik *purposive sampling*. Berdasarkan hasil analisis data menggunakan uji koefisien korelasi dan pengujian hipotesis menggunakan bantuan perangkat lunak *Statistical Package for the Social Sciences* (SPSS), diperoleh kesimpulan terdapat hubungan yang signifikan antara konsentrasi terhadap ketepatan lemparan atas bola softball, terdapat hubungan yang signifikan kepercayaan diri terhadap ketepatan lemparan atas bola softball, secara simultan, terdapat hubungan yang signifikan konsentrasi dan kepercayaan diri terhadap ketepatan lemparan atas bola softball.

**Kata Kunci:** Ketepatan Lemparan Atas, Kepercayaan Diri, Konsentrasi, *Softball*.

## **ABSTRACT**

TEGAR RAEHAN PRAMUDYA. 2025. *The Relationship Between Concentration and Self-Confidence on the Accuracy of Overhand Throw in Softball at UKM Softball Universitas Siliwangi*. Undergraduate Thesis. Department of Physical Education, Faculty of Teacher Training and Education, Universitas Siliwangi.

*Overhand throw is one of the fundamental techniques in softball, playing a direct role in defensive strategies and affecting a team's success in preventing opponents from scoring points. Success in performing overhand throws is influenced by several factors, particularly psychological aspects such as concentration and self-confidence. This study aims to determine the extent of the relationship between concentration and self-confidence on the accuracy of overhand throws among athletes of the Softball Student Activity Unit at Siliwangi University. This research employed a descriptive quantitative method with a population of 16 athletes selected through purposive sampling. Based on data analysis using correlation coefficient tests and hypothesis testing with the assistance of the Statistical Package for the Social Sciences (SPSS) software, the results showed a significant relationship between concentration and overhand throw accuracy in softball, a significant relationship between self-confidence and overhand throw accuracy in softball, and simultaneously, a significant relationship between concentration and self-confidence on overhand throw accuracy in softball.*

**Keywords:** *Overhand Throw Accuracy, Concentration, Self-Confidence, Softball*