

ABSTRAK

HAMDAN ZULVA. 2025. **Hubungan Konsentrasi dan Percaya Diri dengan Shooting pada atlet SSB PNB U.14**. Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui hubungan antara konsentrasi dan percaya diri dengan keterampilan shooting pada atlet Sekolah Sepak Bola (SSB) PNB Cianjur usia 12–14 tahun. Metode penelitian yang digunakan adalah metode deskriptif kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah seluruh atlet SSB PNB Cianjur yang berjumlah 35 orang, yang sekaligus dijadikan sebagai sampel penelitian. Instrumen yang digunakan terdiri atas tes Concentration Grid Exercise (CGE) untuk mengukur konsentrasi, angket skala Likert untuk mengukur tingkat percaya diri, serta tes ketepatan shooting untuk mengukur keterampilan shooting. Analisis data dilakukan menggunakan uji korelasi Product Moment dan korelasi ganda. Hasil penelitian menunjukkan hubungan antara konsentrasi dengan keterampilan shooting dengan nilai $r = 0,611$ dan $t_{hitung} = 4,43 > t_{tabel} = 2,03$. Hubungan antara percaya diri dengan keterampilan shooting dengan nilai $r = 0,535$ dan $t_{hitung} = 3,61 > t_{tabel} = 2,03$. Selain itu, hubungan antara konsentrasi dan percaya diri dengan nilai $r = 0,667$ dan $F_{hitung} = 12,85 > F_{tabel} = 3,29$. Dengan demikian, dapat disimpulkan bahwa Terdapat hubungan yang signifikan antara konsentrasi dengan keterampilan shooting, terdapat hubungan yang signifikan antara percaya diri dengan keterampilan shooting dan Terdapat hubungan yang signifikan antara konsentrasi dan percaya diri secara bersama-sama dengan keterampilan shooting dalam permainan sepak bola pada atlet SSB PNB Cianjur usia 12–14 tahun.

Kata kunci: konsentrasi, percaya diri, shooting, sepak bola

ABSTRACT

HAMDAN ZULVA. 2025. *The Relationship between Concentration and Self-Confidence with Shooting Skills in U14 PNB SSB Athletes*. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University.

This study aims to determine the relationship between concentration and self-confidence with shooting skills in PNB Cianjur Football School (SSB) athletes aged 12–14 years. The research method used is a quantitative descriptive method with a correlational approach. The population in this study were all 35 PNB Cianjur SSB athletes, who also served as research samples. The instruments used consisted of a Concentration Grid Exercise (CGE) test to measure concentration, a Likert scale questionnaire to measure self-confidence levels, and a shooting accuracy test to measure shooting skills. Data analysis was carried out using the Product Moment correlation test and multiple correlations. The results of the study showed a relationship between concentration and shooting skills with a value of $r = 0.611$ and $t_{\text{count}} = 4.43 > t_{\text{table}} = 2.03$. The relationship between self-confidence and shooting skills with a value of $r = 0.535$ and $t_{\text{count}} = 3.61 > t_{\text{table}} = 2.03$. In addition, the relationship between concentration and self-confidence with a value of $r = 0.667$ and $F_{\text{count}} = 12.85 > F_{\text{table}} = 3.29$. Thus, it can be concluded that there is a significant relationship between concentration and shooting skills, there is a significant relationship between self-confidence and shooting skills and there is a significant relationship between concentration and self-confidence together with shooting skills in soccer games in SSB PNB Cianjur athletes aged 12–14 years.

Keywords: concentration, self-confidence, shooting, soccer