

ABSTRAK

YUKAZIELAN RAHJUN KUSMANA. 2026. **Hubungan *Self-Efficacy* dan Koordinasi Mata-Tangan dengan Ketepatan Lemparan Atas Bola *Softball* pada Atlet UKM *Softball* Universitas Siliwangi.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Softball merupakan olahraga yang menuntut penguasaan teknik dasar yang baik, salah satunya adalah lemparan atas yang memerlukan ketepatan tinggi. Ketepatan lemparan atas berkaitan dengan berbagai faktor, termasuk faktor psikologis seperti *self-efficacy* serta kemampuan koordinasi mata-tangan. Penelitian ini bertujuan untuk mengetahui hubungan antara *self-efficacy* dan koordinasi mata-tangan dengan ketepatan lemparan atas pada atlet UKM *Softball* Universitas Siliwangi. Metode penelitian yang digunakan adalah metode kuantitatif dengan pendekatan korelasional. Populasi dalam penelitian ini adalah seluruh atlet UKM *Softball* Universitas Siliwangi sebanyak 40 orang, dengan sampel sebanyak 16 orang yang diambil menggunakan teknik *purposive sampling*. Instrumen yang digunakan meliputi angket *self-efficacy*, tes koordinasi mata-tangan (*hand-wall toss test*), dan tes ketepatan lemparan atas (*overhand accuracy throw*). Teknik analisis data menggunakan uji normalitas, analisis korelasi *Product Moment Pearson*, analisis korelasi ganda (*multiple correlation*), uji t, dan uji F. Hasil penelitian menunjukkan bahwa terdapat hubungan yang sangat kuat antara *self-efficacy* dengan ketepatan lemparan atas dengan nilai koefisien korelasi sebesar $r = 0,959$. Terdapat hubungan yang sangat kuat antara koordinasi mata-tangan dengan ketepatan lemparan atas dengan nilai koefisien korelasi sebesar $r = 0,963$. Secara bersama-sama, terdapat hubungan yang sangat kuat antara *self-efficacy* dan koordinasi mata-tangan dengan ketepatan lemparan atas dengan nilai koefisien korelasi ganda sebesar $R = 0,994$ dan koefisien determinasi sebesar 98,79%. Hasil uji F menunjukkan nilai F_{hitung} sebesar 186,40 lebih besar daripada F_{tabel} sebesar 3,81, sehingga dapat disimpulkan bahwa terdapat hubungan secara bersama-sama antara *self-efficacy* dan koordinasi mata-tangan dengan ketepatan lemparan atas pada atlet UKM *Softball* Universitas Siliwangi.

Kata kunci: ketepatan lemparan atas, koordinasi mata-tangan, *self-efficacy*, *softball*.

ABSTRACT

YUKAZIELAN RAHJUN KUSMANA. 2026. *The Relationship between Self-Efficacy and Eye-Hand Coordination with the Accuracy of Overhand Throws in Softball among Softball Student Activity Unit Athletes at Siliwangi University*. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

Softball is a sport that requires good mastery of basic techniques, one of which is the overhand throw, which requires a high level of accuracy. Overhand throw accuracy is associated with various factors, including psychological factors such as self-efficacy and eye-hand coordination ability. This study aimed to determine the relationship between self-efficacy and eye-hand coordination with overhand throw accuracy among Softball Student Activity Unit athletes at Siliwangi University. This study employed a quantitative method with a correlational approach. The population consisted of 40 Softball Student Activity Unit athletes at Siliwangi University, with a sample of 16 athletes selected using a purposive sampling technique. The instruments used included a self-efficacy questionnaire, an eye-hand coordination test (hand-wall toss test), and an overhand throw accuracy test (overhand accuracy throw). Data were analyzed using a normality test, Pearson Product Moment correlation analysis, multiple correlation analysis, t-test, and F-test. The results showed a very strong relationship between self-efficacy and overhand throw accuracy, with a correlation coefficient of $r = 0.959$. A very strong relationship was also found between eye-hand coordination and overhand throw accuracy, with a correlation coefficient of $r = 0.963$. Simultaneously, self-efficacy and eye-hand coordination had a very strong relationship with overhand throw accuracy, with a multiple correlation coefficient of $R = 0.994$ and a coefficient of determination of 98.79%. The F-test results showed that the calculated F-value (186,40) was greater than the critical F-value (3.81). Therefore, it can be concluded that there is a simultaneous relationship between self-efficacy and eye-hand coordination with overhand throw accuracy among Softball Student Activity Unit athletes at Siliwangi University.

Keywords: eye-hand coordination, overhand throw accuracy, self-efficacy, softball.