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The Relationship Between Self-Efficacy and Team Cohesion with Competitive Anxiety in U-15 Soccer Students of Academy AT Pharmacy

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ABSTRACT

The purpose of this study was to determine: 1) To determine the effect of Elrondo passing drills on the passing accuracy of KKO students at SMA Negeri 1 Sumberlawang in the futsal branch in 2025. and Triangle passing drills.

This research is a quantitative study using a true experimental method. The subjects of the study were 20 KKO students from SMA Negeri 1 Sumberlawang in the futsal branch, year 2025. Data collection was conducted using the Development Passing Test Instrument. Data analysis was performed using SPSS 25, preceded by prerequisite tests, namely the normality test and homogeneity test. Hypothesis testing was conducted using the paired t-test and independent t-test.

The research results are as follows: 1) El Rondo passing drills had a significant effect on passing accuracy with an improvement of 34.23%. 2) Triangle passing drills had a significant effect on passing accuracy with an improvement of 22.40%. 3) El Rondo passing drills were more effective in improving passing accuracy, showing a higher percentage increase compared to Triangle passing drills.

The results of the study are as follows: 1) There is a significant effect of Elrondo passing drills on passing accuracy, with a significant value (2-tailed) of $0.002 < 0.05$.

2) There is a significant effect of triangle passing drills on passing accuracy, with a significance value (2-tailed) of $0.001 < 0.05$. 4) Elrondo passing drills are more effective in improving passing accuracy, with an improvement percentage of 34.23%, which is higher than the triangle passing drill percentage of 22.40%.

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1. INTRODUCTION

Futsal is a very popular sport and is enjoyed by various groups of Indonesian people, both in urban and rural areas, from children to adults (Narlan & Juniar, 2017). This sport is a team sport consisting of 5 people each, with 1 goalkeeper and 4 players. Futsal is a high-intensity and very fast-paced sport. In futsal, the main objective is to score as many goals as possible against the opponent and protect the goal from the opponent's attack (Sukirno, 2015). The team that scores more goals

than the other team is declared the winner. This game is played indoors on a rectangular field smaller than a soccer field, so players must make quick decisions.

In playing futsal, it is necessary to have good skills regarding basic techniques to support the game. Basic techniques in futsal include kicking the ball (shooting), passing the ball (passing), dribbling the ball (dribbling), receiving and controlling the ball (controlling), and heading the ball (Adhitya & Bulqini, 2024). In futsal, players are required to pass to their teammates quickly to create scoring opportunities, passing is one of the most frequently used techniques (Naser, Ali, & Macadam, 2017). Passing techniques are very important for players because they move the ball from one place to another to improve their quality. Players are required to be able to master good passing techniques to improve quality so they are able to control the flow of the game, control the game, and provide passes from foot to foot to maintain the ball in control. Passing that is done quickly and accurately has a significant influence in futsal, which is known for its very high intensity game. To achieve this, a long training process is needed to produce satisfactory results.

Based on observations, discussions with coaches, and a research internship at the SMAN 1 Sumberlawang Futsal KKO, accuracy in basic passing techniques is still lacking. During training and competitions, many KKO students still lack the ability to execute accurate passes. Inaccurate passing was evident during the coaches' implementation of the training program, observations during in-game matches, and during competitions. According to the analysis, the cause of the lack of passing accuracy among SMAN 1's futsal players was:

Sumberlawang is characterized by incorrect technique, player vision during passing, poor foot-to-ball contact, pressure from opponents, and insufficient variety provided by coaches during training. Therefore, appropriate training variations are needed to improve futsal passing accuracy and improve composure in ball control, as explained above. These include el rondo passing, triangle passing, diamond passing, and passing drills.

Based on this, the researchers chose the Elrondo passing and Triangle passing exercises because they are easy to apply during training. Furthermore, they can be performed using several training tools and do not take up much space. Previous research has shown that Elrondo passing and Triangle passing exercises have an effect on passing accuracy. However, much remains to be studied to gain a deeper understanding of these passing training models. Further research is needed to explore specific aspects that may be key to understanding the Elrondo and Triangle passing training models comprehensively. Therefore, the researchers intend to determine the effect of Elrondo passing and Triangle passing exercises on passing accuracy skills in KKO students of SMA Negeri 1 Sumberlawang in the 2025 futsal sport.

This is the background to why this research was conducted. This study aims to determine the effect of Elrondo passing training and Triangle passing training on the passing accuracy of KKO students at SMA Negeri 1 Sumberlawang in futsal in 2025 and to determine which training is more effective in improving passing accuracy between the two.

2. METHODS

This research was conducted at the New Asia Sports Centre futsal field in Geneng Duwur Village, Gemolong District, Sragen Regency, Central Java from April 9 to May 24, 2025. The subjects in this study were all KKO students of SMAN 1 Sumberlawang futsal branch in 2025.

This research method uses a pure experimental quantitative method or true experimental research. The research subjects were all 20 students of the KKO SMAN 1 Sumberlawang futsal branch in 2025. The sampling technique.

The sample used total sampling with ordinal pairing matching, which is grouping based on the pretest results ranking so that both groups are balanced. The data collection process used the Developed Passing Test Instrument (Doewes, Elumalai & Azmi, 2022). Data analysis used SPSS, which first tested the prerequisites, namely the normality test, and then conducted hypothesis tests, namely the independent t-test and the paired t-test.

3. RESULT AND DISCUSSION

The results of the pretest and posttest research on the effect of Elrondo passing training and triangle passing training on the passing accuracy of KKO students at SMAN 1 Sumberlawang in the futsal sport branch in 2025 are as follows.

Table 1.1 Data Description

Descriptives			
	Kelompok	Statistic	
Pretest	Elrondo	Mean	41.8
		Median	40
		Std. Deviation	8.60
		Minimum	31
		Maximum	62
	Triangle	Mean	40.5
		Median	40
		Std. Deviation	5.54
		Minimum	33
		Maximum	49
Posttest	Elrondo	Mean	47.8
		Median	48.5
		Std. Deviation	8.31
		Minimum	37
		Maximum	64
	Triangle	Mean	45.7
		Median	45.5
		Std. Deviation	4.95
		Minimum	39
		Maximum	56

Based on the table, the pretest data of the elrondo passing exercise obtained an average of 41.8 with a minimum value of 31 and a maximum value of 62. While the pretest data of the triangle passing exercise obtained an average of 40.5 with a minimum value of 33 and a maximum value of 49. Then the posttest data of the elrondo passing exercise obtained an average of 47.8 with a minimum value of 37 and a maximum value of 64. While the posttest data of the triangle passing exercise obtained an average of 45.7 with a minimum value of 36 and a maximum value of 56. These values were obtained from the overall results of passing with a one-minute passing test time.

1. Prerequisite Test

a. Normality Test

A normality test was conducted to determine whether the data obtained from the test followed a normal distribution (Azis & Hermansyah 2023). In this study, the normality test used the Shapiro-Wilk method with the assistance of SPSS. Data were normally distributed if the significance value was greater than 0.05. The following are the results of the data normality test in this study.

Table 1.2 Normality Test

		Shapiro-Wilk		
		Statistic	Df	Sig.
Pre-test	Passing Elrondo	.889	10	.165
	Passing Triangle	.950	10	.666
Post-test	Passing Elrondo	.944	10	.597
	Passing Triangle	.913	10	.304

The results of the table above show that the pretest and posttest data for passing Elrondo have significance values of 0.165 and 0.597. Furthermore, the pretest and posttest data for passing Triangle have significance values of 0.666 and 0.304, respectively. This concludes that this study has a significance level greater than 0.05, indicating a normal distribution.

b. Homogeneity Test

The statistical homogeneity test is used to determine whether two or more groups of population data samples have the same level of variance. The homogeneity criterion states that the data is homogeneous if the sig value is >0.05 , and if the sig value is <0.05 , the data is not homogeneous. In this study, homogeneity was tested using the Levene test. The results are as follows.

Table 1.3 Homogeneity Test

		Levene Statistic	df1	df2	Sig.
Hasil Latihan	Based on Mean	3.298	1	18	.086
Passing	Based on Median	3.240	1	18	.089
Elrondo dan Passing Triangle	Based on Median and with adjusted Df	3.240	1	16.843	.090
	Based on trimmed mean	3.283	1	18	.087

The results of the homogeneity test in the table above show that the Elrondo passing and Triangle passing exercises have sig values of 0.086 and 0.089, which are greater than 0.05, which can be said to be homogeneous variants.

2. Hypothesis Testing

a. Comparison of pretest and posttest of Elrondo passing practice

The results of the first hypothesis test were used to compare pretest and posttest data on the effect of Elrondo passing training on improving the passing accuracy of KKO students at SMAN 1 Sumberlawang. The results of the first hypothesis test are as follows:

Table 1.4 Hypothesis Test of the Effect of Elrondo's Passing Practice

Paired Samples Test

		Paired Differences					T	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRE TEST - POST TEST	-6.00000	4.47214	1.41421	-9.19917	-2.80083	-4.243	9	,002

There is a significant difference between the initial variable and the variable with the influence of the treatment given if the significance value (2-tailed) < 0.05 and vice versa. Based on the data analysis above, a significance value of 0.002 and less than 0.05 can be stated that the hypothesis is accepted, which can be interpreted as the influence of Elrondo passing practice on the passing accuracy of KKO students at SMAN 1 Sumberlawang.

b. Comparison of pretest and posttest of triangle passing exercise

The results of the second hypothesis test were used to compare pretest and posttest data on the effect of triangle passing training on improving the passing accuracy of KKO students at SMAN 1 Sumberlawang. The results of the second hypothesis test are as follows:

Paired Samples Test

		Paired Differences					T	Df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRE TEST - POST TEST	-5.20000	2.44040	.77172	-6.94576	-3.45424	-6.738	9	.001

Table 1.5 Hypothesis Test of the Effect of Triangle Passing Practice

Based on the data analysis above, a significance value of 0.001 and less than 0.05 can be stated that the hypothesis is accepted, which can be interpreted as having an effect of triangle passing practice on the passing accuracy of KKO students at SMAN 1 Sumberlawang.

c. Comparison of the results of Elrondo passing training and triangle passing training

The third hypothesis test uses an independent sample t-test to determine significant differences in the results of Elrondo passing and triangle passing exercises. A significant difference exists between the initial variable and the variable with the influence of the treatment if the significance value (2-tailed) is <0.05 . The following are the results of the independent sample t-test:

Table 1.6 Comparison of Elrondo Passing Training Results and Triangle Passing Training
Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means		
		F	Sig.	t	df	Sig. (2-tailed)
Hasil Latihan Passing	Equal variances assumed	3.298	.086	.687	18	.501
	Equal variances not assumed			.687	14.663	.503

The results of the analysis of the table data above using the independent sample t-test obtained sig. (2-tailed) values of 0.501 and greater than 0.05, it can be concluded that there is no significant difference between the Elrondo passing training group and the triangle passing training group.

d. Comparison of Elrondo Passing Training and Triangle Passing Training on Futsal Passing Accuracy

The N Gain test was used in this study to determine the magnitude of the difference in improvement between Elrondo passing training and Triangle passing training on the passing accuracy of KKO SMAN 1 Sumberlawang with the help of the SPSS 25 program as follows :

Table 1.7 Elrondo's N Gain Passing Test

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
NGAIN	10	.08	1.00	.3423	.28501
Valid N (listwise)	10				

It is known from the results of the table above that the percentage increase in passing accuracy given the Elrondo passing training treatment obtained a result of 34.23%.

Table 1.8 N Gain Passing Triangle Test

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
NGAIN	10	.11	.47	.2240	.11224
Valid N (listwise)	10				

It is known from the results of the table above that the percentage increase in passing accuracy that was given the triangle passing training treatment obtained a result of 22.40%.

Based on the analysis in the table, the results showed an increase in Elrondo passing of 34.23%. Meanwhile, the analysis showed an increase in Triangle passing of 22.40%. Therefore, it can be said that Elrondo passing training is more effective than Triangle passing training in improving the passing accuracy of KKO SMAN 1 Sumberlawang.

3. DISCUSSION

1. The Effect of Elrondo's Passing Training on Futsal Passing Accuracy

Elrondo's passing This is a passing exercise using a circular or square pattern, with two players positioned in the middle to cut off the ball. The Elrondo pass aims to require players to move and think quickly when delivering a pass. Research results indicate a value of significance (2-tailed) of 0.002 and less than 0.05, it can be concluded that there is an influence of El Rondo passing training on passing accuracy in KKO students of SMAN 1 Sumberlawang in the futsal sport.

2. The Effect of Triangle Passing Training on Futsal Passing Accuracy

The triangle passing drill is a type of triangular passing drill that involves passing from one corner to another. This drill aims to move the ball in three-corner rotations with players moving and shifting. The results of the study showed a significance value (2-tailed) of 0.001 and less than 0.05, thus it can be concluded that the Elrondo passing drill has an effect on passing accuracy in KKO students of SMAN 1 Sumberlawang futsal.

3. The Difference in the Effects of Elrondo Passing Practice and Triangle Passing Practice

Based on the research results, it was concluded that these two exercises have significant differences. The results of the Elrondo Passing Exercise and the Triangle Passing Exercise showed a percentage increase in futsal passing accuracy with the Elrondo passing exercise treatment of 34.23%. Meanwhile, the percentage increase in futsal passing accuracy with the triangle passing exercise treatment was 22.40%. Based on these research results, it can be said that the Elrondo passing exercise is better than the triangle passing exercise.

4. CONCLUSION

Based on the results of research and data analysis conducted on 20 KKO students of SMAN 1 Sumberlawang futsal sport in 2025 regarding the effect of elrondo passing training and triangle passing training on passing accuracy, the results of hypothesis testing with paired sample t-test showed a significant effect of elrondo passing training and triangle passing training on passing accuracy with each sig (2-tailed) value of 0.002 <0.05 and sig (2-tailed) 0.001 <0.05. Elrondo passing training is more effective in increasing passing accuracy with a percentage increase using the N Gain Test of 34.23% greater than the percentage of triangle passing of 22.40%.

AUTHOR'S STATEMENT

This article is the author's original work and has never been published in any scientific journal, and is not currently in the process of being reviewed or published in another journal.

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