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The Influence of Speed, Agility, and Confidence on Extracurricular Students' Football Dribbling Ability

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Abstract

This research aims to determine the influence of speed, agility, and self-confidence on ball dribbling ability. This type of research uses path analysis with endogenous variables, namely agility, flexibility, and self-confidence, and the exogenous variable is the ability to dribble the ball. The research sample was 40 male students who took part in extracurricular football activities, taken by purposive sampling. The location of this research is SMP Negeri 4 Binamu, Jeneponto Regency. Research instruments include a dribbling test, a 50m running speed test, a dodging run test, and a self-confidence questionnaire. Research data was analyzed through path analysis and testing was carried out with the help of the SPSS version 26.00 program with a significance level of 0.05. Based on the research results, show 1) there is a direct effect of speed (X1) on self-confidence (X3) ($p<0.05$); 2) There is a direct effect of agility (X2) on self-confidence (X3) ($p<0.05$); 3) There is a direct effect of speed (X1) on dribbling ability (Y) ($p<0.05$); 4) There is a direct effect of agility (X2) on ball dribbling ability (Y) ($p<0.05$); 5) There is a direct effect of self-confidence (X3) on dribbling ability (Y) ($p < 0.05$); 6) There is no influence of speed (X1) through confidence (X3) on dribbling ability (Y) ($p>0.05$); 7) There is no influence of agility (X2) through self-confidence (X3) on ball dribbling ability (Y) ($p>0.05$).

Keywords: Speed, Agility, Confidence and Dribbling Ability.

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Author's Contribution: a – Study Design; b – Data Collection; c – Statistical Analysis; d – Manuscript Preparation; e – Funds Collection

A. Introduction

The game of football requires good cooperation between players to create good attack and defense, for this reason, the game of football requires a good physical condition to support football playing skills. Apart from that, the skill level of the players is something that supports the team's victory (Priyo Utomo & Indarto, 2021).

The quality of a football game is determined by each player's mastery of basic techniques. The more skilled a player is the easier it will be to escape from a situation without losing the ball. Some basic techniques that a player must master to play well are dribbling, shooting, and heading (Irfan et al., 2020).

The dribbling technique is one of the important factors that can create important moments in a match to produce points or goals (Hasbunallah, 2018). Good dribbling skills can be achieved if they are supported by bio-motor and non-bio-motor factors (Syahruddin et al., 2022a) (Syahruddin et al., 2022b). Bio-motor components include agility, speed, coordination, endurance, explosive power, flexibility, balance and body composition (Mintarto, 2019).

Meanwhile, non-bio-motor, namely motivation, self-confidence can also support the ability to dribble the ball, especially in making decisions or individual movements (Dahlan, Hidayat, dan Syahruddin 2020). Factors that influence the success rate of dribbling in a soccer game, apart from the application of basic techniques, are also influenced by the athlete's physical condition, such as strength, speed, and coordination (Hasanuddin & Hakim, 2020).

Speed is one of the main physical elements in dribbling the ball (Dahlan et al., 2020). Speed does not only mean moving the whole body quickly but can also be limited to moving the whole body in the shortest possible time (Herlambang et al., 2022). The speed of body parts such as foot and leg movements is important to provide acceleration against external objects such as football, basketball, tennis, discus throwing, volleyball, and so on. Speed involves coordinating the large muscles in the body quickly and precisely in a particular activity (Sudirman et al., 2022). Speed can be seen from a large number of activities in sports including efficient footwork and rapid changes in body position. A person who move with the coordination mentioned above quickly and precisely means he has good speed (Rahmatullah, 2021).

The aspect of agility also influences dribbling skills. Agility is a form of movement that a player must have to move quickly and change direction deftly (Kristina, 2018). A player who has agility can easily change the direction of his body position quickly while maintaining balance.

Agility is very important, especially in team sports that require dexterity, especially football. Agility plays a role in making it easier to move quickly in all directions without balance, to master advanced techniques, to facilitate orientation toward opponents, and to coordinate multiple or stimulating movements (Achmad Rifai et al., 2020). Agility functions to coordinate multiple/simultaneous movements, facilitate mastery of advanced techniques, efficient, effective, economical movements, facilitate orientation towards opponents and the environment, and avoid injury (Yamin et al., 2016).

Apart from biomotors, non-biomotor components, namely self-confidence, can influence a player's performance. Self-confidence is belief in one's ability or ability to achieve a certain level of achievement, it can even be said that self-confidence is the main capital for a player to achieve brilliant sporting achievements (Sin, 2017). Players who lose self-confidence will lack confidence in their abilities. Self-confidence in general is an important part and characteristic of a person's personality that can facilitate a person's life (Aulia & M., 2020). Self-confidence supports athletes in achieving success in competitions. For this reason, athletes do not need to doubt their abilities, as long as they have trained seriously and have a lot of experience participating in competitions. Komarudin (2013), stated that "self-confidence in sports is very important, which is closely related to "emotional security". The stronger your self-confidence, the stronger your emotional security. Self-confidence creates a sense of security, which can be seen in the athlete's attitude and behavior."

B. Methods

This research is quantitative. In this research, a path analysis model is used (Gumiyanti & Yunidar, 2016), with the exogenous variable being an agility (X_1), speed (X_2), and self-confidence (X_3), while the endogenous variable is the ability to dribble (Y).

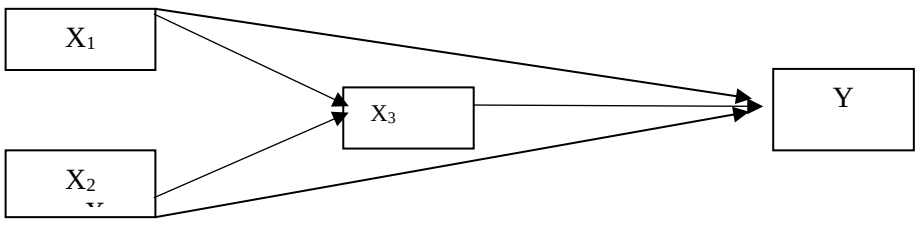

Figure 1. Research Design

The sampling technique used was purposive sampling and a total of 40

football extracurricular students at SMP Negeri 4 Binamu, Jeneponto Regency were collected. The research instrument was a ball dribbling test with a validity of 0.896 and a reliability of 0.879 (Syaifudin et al., 2016), 50m running speed test with a validity of 0.442 and reliability of 0.753 (KEMDIKBUD, 2023), *dodging run test with a validity of 0.82 and reliability of 0.93* (Pratama, 2016), and a self-confidence questionnaire with a reliability of 0.9930 (Rindiasari, Hidayat, Yuliani et al., 2021). Overall data analysis used the autocorrelation test and research data was analyzed with the help of the SPSS version 26.00 program with a significance level of 0.05.

C. Result and Discussion

Result

The results of the descriptive analysis for the variables tested were speed (X_1), agility (X_2), self-confidence (X_3), and dribbling ability (Y).

Table 1. Results of descriptive analysis

Variabel	N	Mean	Min	Max	Stdv
Speed	40	9.69	8.12	12.10	0.94
Agility	40	6.53	5.13	7.64	0.65
Self-Confidence	40	78.27	68.00	93.00	8.57
Dribbling Agility	40	19.88	18.02	22.14	1.10

Based on Table 3, it shows that spee (X_1) has an average value of 9.69, a standard deviation of 0.94, a minimum value of 8.12, a maximum value of 12.10. Agility (X_2) average value 6.53, standard deviation 0.65, minimum value 5.13, maximum value 7.64. Self-confidence (X_3) average value 78.27, standard deviation 8.57, minimum value 68.00, maximum value 93.00. Dribbling agility (Y) average value 19.88, standard deviation 1.10, minimum value 18.02, maximum value 22.14.

To clarify the relationship between latent variables in this study, an image of a substructure model is presented that explains the relationship between variables X_1, X_2, X_3, dan Y. Sub-structure Model 1. The results of sub-structure test 1 are explained in full through Figure 2 regarding the intermediate path diagram X_1, X_2, terhadap X_3. The sub-structure path coefficient analysis model 1 is expressed in the equation $X_3 = P_{X1X3} + P_{X2X3}$. Testing the path coefficients of substructure model 1 will provide decision-making for testing hypotheses 1 and 2.

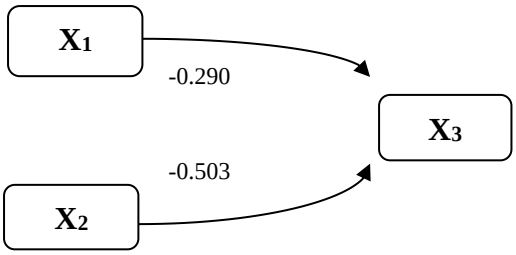

Figure 2. Substructure Model Test 1

So the path equation is as follows:

$X_3 = P_{X1X3} + P_{X2X3}$

$X_3 = -0.290\ X_1 - 0.503\ X_2$

Testing the path coefficient of substructure model 1 will provide a decision to test hypotheses 1 and 2. Sub-structure Model 2, and substructure 2 test results are fully explained through the path diagram between X1, X2 to X3. The substructure 2 path coefficient analysis model is expressed in the equation $Y=P_{X1Y} + P_{X2Y} + P_{X3Y}$

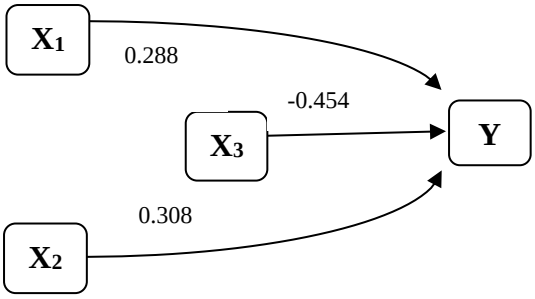

Figure 3. Model of Sub-Structure Test

Results II

So the path equation is as follows::

$Y = P_{X1Y} + P_{X2Y} + P_{X3Y}$

$Y = 0.288\ X_1 + 0.308\ X_2 - 0.454\ X_3$

Testing the path coefficients of the substructure model II will provide decision-making for testing hypotheses 3, 4, and 5. Based on the test results for Structure I and Structure II, the path diagram for all variables can be depicted as follows.

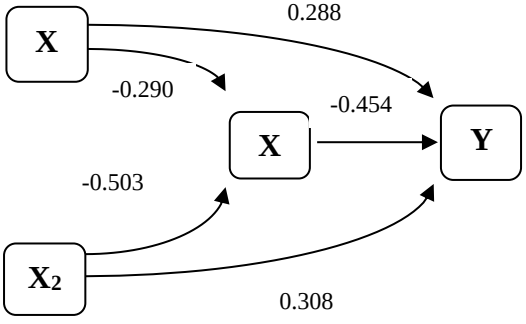

Figure 4. Model of Test Results for Sub Structures I and II

Discussion

The results of testing the first hypothesis show that there is a direct influence between speed (X1) on self-confidence (X3). Based on the results of the analysis, the data obtained shows that the

beta coefficient value is -0.290 with Tcount -2.213 and significance (p) = 0.033 (p<0.05). This shows that there is a significant influence between speed (X1) on self-confidence (X3). Confidence is highly expected when athletes carry out movement activities, and the impact is that athletes will get maximum movement time. When moving quickly athletes are expected to be able to generate self-confidence as a result of what is the goal when moving and can be achieved using maximum movement. The results of this research are in line with what Kurniawan found that there is a positive influence on self-confidence in SSB Putra Wijaya Padang athletes (Kurniawan, 2018).

The results of testing the second hypothesis show that there is a direct influence between agility (X2) on self-confidence (X3). Based on the results of the analysis, the data obtained shows that the beta coefficient value is -0.503 with Tcount -3.846 and significance (p)=0.000 (p<0.05). This shows that there is a significant influence between agility (X2) on self-confidence (X3). Athletes who have self-confidence will not doubt the athlete's abilities. (Komarudin, 2014) explains that athletes who have self-confidence always think positively about showing their best and allow themselves to believe that they can do it so that their performance remains good. Self-confidence is very important in sports, for example, football, because it makes people confident to succeed, which changes negative perceptions into positive ones. Therefore, one of the main assets and absolute requirements for achieving achievements in the sport of football is having self-confidence.

The results of testing the third hypothesis show that there is a direct influence between speed (X1) on dribbling ability (Y). Based on the results of the analysis, the data obtained shows that the beta coefficient value is 0.288 with a Tcount of 2.939 and significance (p) = 0.006 (p<0.05). This shows that there is a significant influence between speed (X1) on dribbling ability (Y).

The speed factor is very important in improving a soccer player's dribbling ability. The increasing speed of a soccer player will be followed by an increase in the soccer player's dribbling skills or abilities. Speed refers to the speed of movement in performing a skill, not just running speed. Moving the feet quickly is the most important physical skill for players and the ability to accelerate in changing direction must be improved. By having speed, players who dribble the ball can break through and weaken the opponent's defense area. Speed supported by explosive power is useful for fastbreaks, dribbling, and passing. Speed does not only mean moving the whole body quickly but can also be

limited to moving the whole body in the shortest possible time. Speed involves coordinating the large muscles in the body quickly and precisely in a particular activity. Speed can be seen from a large number of activities in sports including efficient footwork and rapid changes in body position. Someone who can move with the coordination mentioned above quickly and precisely means they have good speed which influences the results of dribbling the ball. The results of this research are in line with what Kurniawan found that there is a positive influence between speed on dribbling ability in soccer games in SSB Putra Wijaya Padang athletes (Kurniawan, 2018).

The results of testing the fourth hypothesis show that there is a direct influence between agility (X2) on ball dribbling ability (Y). Based on the results of the analysis, the data obtained shows that the beta coefficient value is 0.308 with Tcount 2.827 and significance (p) = 0.008 (p < 0.05). This shows that there is a significant influence between agility (X2) on ball dribbling ability (Y).

The results of testing the fifth hypothesis show that there is a direct influence between self-confidence (X3) on ball dribbling ability (Y). Based on the results of the analysis, the data obtained shows that the beta coefficient value is -0.454 with Tcount -3.927 and significance (p) = 0.000 (p < 0.05). This shows that there is a significant influence between self-confidence (X3) on dribbling ability (Y). Self-confidence plays an important role in achieving sports achievements. Athletes who have self-confidence will be able to reflect on their abilities through achievements and are not influenced by the past. Thus, self-confidence is also important for football players so that when faced with problems on and off the field, they can overcome all problems. The better your self-confidence, the better your dribbling ability. This means that football players who have high self-confidence will appear more skilled at dribbling the ball, passing the ball to their teammates, and even being able to create goals when attacking. This is in line with the research (Kurniawan, 2018) that there is a positive influence between self-confidence and dribbling abilities in the game of football (Y) in SSB Putra Wijaya Padang athletes. Furthermore, Fajri said that there is a positive relationship between self-confidence and ball dribbling skills. This means that the better your self-confidence, the better your dribbling skills. Conversely, the lower your self-confidence, the lower your dribbling skills will be. Thus, self-confidence is one of the variables that is closely related to dribbling skills (Fajri,

2016).

The results of testing the sixth hypothesis show that there is no significant influence of speed (X1) through confidence (X3) on ball dribbling ability (Y). Based on the results of the hypothesis test carried out, the beta coefficient value obtained was -0.083, which has a smaller value when compared to the beta coefficient of the direct influence of speed on ball dribbling ability, namely 0.288, so the proposed hypothesis was rejected. This means that the ability to dribble the ball in a soccer game which is influenced by speed will not experience a significant increase if it is also influenced by self-confidence.

Self-confidence plays a role in improving sports performance (Arifin, 2017). Success and failure in achievement are determined by the integration of physical, technical, tactical, and psychological factors. Due to the importance of physical condition and psychological aspects in the game of football, a player must have these two aspects. However, in line with the results of this study, there is no direct influence of speed on the ability to dribble the ball through confidence because the sample when filling out the instrument is not in a stable state. This means that after completing several elements of the physical condition test, in some cases the sample is asked various questions through a questionnaire so that the focus on the questions on the self-confidence instrument is not optimal. From one side there is a coefficient value but when compared with the probability value the calculated value is smaller. On the other hand, seeing the direct influence of both speed and confidence has a significant impact.

The results of testing the seventh hypothesis show that there is no significant influence of agility (X2) through self-confidence (X3) on ball dribbling ability (Y). Based on the results of the hypothesis test carried out, the beta coefficient value obtained was -0.154, which is a smaller value when compared to the beta coefficient of the direct influence of agility on ball dribbling ability, namely 0.308, so the proposed hypothesis was rejected. This means that the ability to dribble the ball in a soccer game which is influenced by agility will not experience a significant increase if it is also influenced by self-confidence.

The results of this analysis show that as a soccer player's agility increases, his dribbling speed will increase. Agility is a physical component that a football player must have because by having agility the player will be faster and more effective when moving. (Mawardi & Wahyudi, 2021). Agility is important in freeing oneself from an opponent's control when dribbling the ball or passing an opponent by

attacking to create a goal. Agility involves coordinating the large muscles in the body quickly and precisely in a particular activity. Someone who can change different positions at high speed with good coordination means their agility is quite good. Individuals who can change from one position to another with high coordination and speed have good fitness in the agility component. Agility is very important when making feints when dribbling the ball. Deceptive movements can be carried out by controlling accuracy, speed, and precision. Therefore, in the game of football, the technical ability to dribble requires zig-zag movements to be able to change direction. A player who can make movements quickly and can change direction will easily make movements even in limited space, both in possession of the ball and without the ball.

Self-confidence plays a role in improving sports performance (Arifin, 2017). In line with the results of this study, there was no direct influence of agility on the ability to dribble the ball through confidence because the sample when filling out the instrument was not in a stable state. This means that after completing the sample agility test for a few moments, continue filling in the confidence questionnaire so that you are less focused on the questions on the instrument. However, based on the calculated coefficient value obtained and compared with the probability value, the calculated value is smaller. But seeing the direct impact of both agility and confidence has a significant impact.

D. Conclusion

Based on the research results and discussions that have been presented, the following conclusions can be drawn:

1. There is a direct effect of speed on the self-confidence of extracurricular football students at SMP Negeri 4 Binamu ($p<0.05$).
2. There is a direct influence of agility on the self-confidence of extracurricular football students at SMP Negeri 4 Binamu ($p<0.05$).
3. There is a direct effect of speed on the ball dribbling ability of extracurricular soccer students at SMP Negeri 4 Binamu ($p<0.05$).
4. There is a direct influence of agility on the ball dribbling ability of extracurricular soccer students at SMP Negeri 4 Binamu ($p<0.05$).
5. There is a direct influence of self-confidence on the ball dribbling ability of extracurricular football students at SMP Negeri 4 Binamu ($p<0.05$).
6. There is no effect of speed through self-confidence on the ball dribbling ability of extracurricular students at SMP Negeri 4 Binamu ($p>0.05$).

7. There is no influence of agility through self-confidence on the ball dribbling ability of extracurricular football students at SMP Negeri 4 Binamu (p>0.05).

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F. Conflict of Interest

No conflict of interest

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