

***THE EFFECT OF INSTRUCTIONAL SELF-TALK ON BASKETBALL
PERFORMANCE***

Agung Dirgantara and Bhina Patria

Faculty of Psychology, University of Gadjah Mada

ABSTRACT

The purpose of this research was to demonstrate the differences in performance between group that use self-talk and group who didn't use self-talk at the Galaxy Basketball Club student athletes in Muara Enim, South Sumatra. This study used three tasks to measure performance, namely Free Throw, Perimeter Shots, and Three Point Shots. There were 30 peoples who participated in this study, but there were 2 participants who became outliers so the data from both of them mustn't included in the next phase of analysis. The 28 participants are male student athletes, who actively play basketball. Research data were analyzed using MANOVA ($F = 86,283$, $p < 0,001$) Mann Whitney-U ($p < 0,05$), and Wilcoxon Signed Rank Test ($p < 0,05$) method on SPSS 23.0 for Windows. The results of this study show significant differences on performance between group that use self-talk and group that didn't use self-talk. At each task, group that use self-talk provided better improvements in performance compared to group that didn't use self-talk. The result states that the research hypothesis is accepted.

Keyword: *performance, selft-talk, student athletes, basketball*



PENGARUH *INSTRUCTIONAL SELF-TALK* TERHADAP PERFORMA BASKET

Agung Dirgantara dan Bhina Patria

Fakultas Psikologi Universitas Gadjah Mada

INTISARI

Tujuan penelitian ini adalah untuk membuktikan adanya perbedaan performa antara kelompok yang menggunakan *self-talk* dengan kelompok yang tidak menggunakan *self-talk* pada atlet mahasiswa *Galaxy Basketball Club* di Muara Enim, Sumatera Selatan. Penelitian ini menggunakan tiga tugas untuk mengukur performa, yaitu *Free Throw*, *Perimeter Shots*, dan *Three Point Shots*. Partisipan penelitian berjumlah 30 orang, namun terdapat 2 partisipan yang menjadi *outlier* sehingga harus digugurkan. 28 orang partisipan tersebut berjenis kelamin laki-laki, yang merupakan atlet mahasiswa yang aktif bermain bola basket. Data penelitian diuji dengan menggunakan teknik analisis data *MANOVA* ($F = 86,283$, $p < 0,001$) *Mann Whitney-U* ($p < 0,05$), dan *Wilcoxon Signed Rank Test* ($p < 0,05$) pada *SPSS 23.0 for Windows*. Hasil penelitian ini menunjukkan perbedaan performa yang signifikan antara kelompok yang menggunakan *self-talk* dan kelompok yang tidak menggunakan *self-talk*. Pada setiap tugas, kelompok yang menggunakan *self-talk* mampu memberikan peningkatan performa yang lebih baik dibandingkan dengan kelompok yang tidak menggunakan *self-talk*. Hasil tersebut menyatakan bahwa hipotesis penelitian diterima.

Kata kunci: performa, *self-talk*, atlet mahasiswa, bola basket