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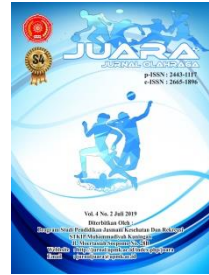
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THE CONTRIBUTION OF EMOTIONAL INTELLIGENCE IN STUDENTS' BASKETBALL PLAYING SKILLS

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Abstract

The basic technique in basketball is a ball control technique that must be mastered by basketball athletes which aim to run the game well. Some of the techniques which are often used are dribbling, passing and shooting. In performing these basic techniques influenced by both internal and external factors. This study aims to determine the relationship between emotional intelligence and basketball playing skills. This study is a quantitative study, with a correlational design involving a sample of 29 students and selected using a total sampling technique. The data was collected using an emotional intelligence questionnaire distributed by google from platform, while playing skills were measured directly by the researcher with a test. The collected data were analyzed with the help of SPSS 25. 0 for windows. The results show that the athletes' emotional intelligence has a correlation with basketball game skills .

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INTRODUCTION

Education in Indonesia have developed, however there are still some people who think that education in Indonesia is not well developed but basically it is not the result of education that has decreased but the standardization of education which is always increasing every year.(Lengkana & Sofa, 2017). The demands of the times require change and development. And through education, students can learn new things and develop themselves to face the challenges of changing times. (Er.Rustiana, Soegiyanto KS, 2012). Education aims to develop self-potential, active learning, self-control, personality, intelligence, noble character, and skills needed by individuals (Bandi, 2011).

Physical education is an integral part of systematically planned education that focuses on introducing a clean and healthy environment through physical activity, in order to achieve national education goals.(Son, 2014). Physical education is also a learning process through physical activities which aim to improve fitness through motor skill development activities, knowledge and healthy and active living behavior in carrying out an activity, as well as sportsmanship and emotional intelligence. Athletes or students are fostered and formed through a series of physical activities, games and sports as well (Mubarok & Afrinaldi, 2021).

Currently, there are many types of sports in the world, one of them is basketball. Basketball is one of a large ball game type played by two teams, each team consists of five people, this sport is very popular and favored by many people, the game of basketball has developed into a popular sport with all levels of society, ranging from children to adults, men and women, urban communities to rural communities because this sport provides many benefits, especially in terms of good physical, mental and social growth (Fatahillah, 2018).

Basketball came to Indonesia, after World War II was brought by Chinese immigrants and developed rapidly so that at the 1st National Sports Week (PON) in 1948 in Surakarta, basketball could be included in the official event of the Basketball Association throughout Indonesia (Gunawan, 2019). The existence of the Basketball Association throughout Indonesia (PERBASI) is a breath of fresh air for basketball in Indonesia because

there is already a place that is overshadowing and mastering the sport of basketball.

The game of basketball is currently developing in schools and universities in Indonesia and many clubs in Indonesia have been established both professional and Amateure teams (Harun et al., 2017). This shows that basketball is very popular and can become a sport that makes the Indonesian nation proud in the international arena. However, in previous studies, it was found that there were still many students who had not mastered the technique of playing basketball well even though students had practiced for at least one semester (Perdima, 2017).

The playing skills of athletes are certainly different, there are athletes who study well and some do not. It depends on how the coach approaches the learning process and how well the athlete pays attention to and understands the information presented by the coach (Putu Ria Tejasari & Suhandana, 2013). To educate athletes to excel, it needs to be done gradually, consistently, integratedly, and supervised. From previous research, it was revealed that several factors that support Indonesian basketball achievements include the availability of quite a number of prospective athletes (talented athletes), professional coaches who can utilize science and technology and have access to the right sports facilities and equipment (Santoso et al., 2022).

The achievement of basketball athletes cannot be separated from the support of several very influential factors, both endogenous and exogenous, among these factors are biological, psychological, environmental and other supporting aspects (Mardiana & Hastuti, 2014). This paper focuses on discussing one of these factors, namely psychological factors, especially emotional intelligence. Emotional intelligence, namely the ability to understand the emotions of oneself and others and understand how to express one's own emotions to maximize personal strengths. Good mastery of dribble, passing and shooting techniques by athletes must of course be supported by the athlete's psychological condition at the time of doing it.

Basketball is a game played by a team and of course relies on the cooperation of everyone in the team, therefore the success of Basketball depends on how team members can work well together. One of the factors that determine the pattern of teamwork is the

emotional intelligence of the team members (Zulfikar et al., 2014). Emotional intelligence is an internal factor that has a lot of influence on a person's behavior, both negative and positive.

The purpose of this study is to prove whether there is a relationship between emotional intelligence and skills in basketball games (dribbling, passing and shooting). In the basic basketball technique above, the athlete is able to push himself to try to do the right technique and can develop good chemistry in his team when playing on the field and able to control himself while doing (dribbling, passing and shooting).

METHODS

This study uses a quantitative approach with a descriptive correlational design which aims to determine the relationship between emotional intelligence and basketball playing skills (*dribbling, passing* and shooting) for the students who programmed the basketball course at the Physical Education study program. This research was conducted on the basketball Court of Muhammadiyah Palopo University with 29 students who took part in the 3rd semester A1 basketball class, who were selected using a total sampling technique. Data on basketball playing skills were collected using dribbling, passing and shooting tests while emotional intelligence used a questionnaire (questionnaire) distributed via google form.

The data on dribbling, passing and shooting skills are carried out with several procedures, which are providing explanations about the testee, and directing the testee in his position. For the dribbling test using a zig zag-shaped track and a stopwatch, the testee dribbles by alternating hands beyond the provided track. For passing, it is assessed by the testee throwing the ball towards the wall as a target with a chest pass, the ball that reflects off the wall is caught and reflected back as much as possible for 30 seconds. As for shooting, it is done by shooting the ball into the ring as much as possible with in one minute.

The research design can be seen in the following figure:

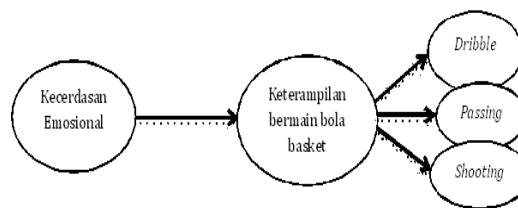


Figure 1. Research design

After all the data were collected, the researchers conducted descriptive analysis, normality test, and regression test. For data on basketball playing skills, the T-Score test was first carried out. Data were analyzed using SPSS for windows 25.0.

FINDINGS AND DISCUSSION

Findings

Overview of Emotional Intelligence

Table 1. Overview of sample emotional intelligence

No	Interval	F	%	Classification
1	>126	1	4	Very good
2	115 – 125	10	35	Good
3	105 – 114	9	31	Fairly Good
4	95 – 104	8	28	Bad
6	< 94	1	3	Very Bad
Total		29	100	

Based on the table above, it can be concluded that the level of emotional intelligence in basketball players at muhammadiyah Palopo University are mostly in the good category, which is 35%, for the very good emotional intelligence category, only 4%, the Fairly Good category is 31%, the Bad category is 28%, and very Bad 3%.

Overview of Basketball Playing Skills

Table 2. Overview of basketball playing skills

No	Interval	F	%	Classification
1	>169	1	4	Very good
2	157- 168	8	27	Good
3	145 – 156	10	34	Fairly Good
4	132 – 144	7	24	Bad
6	<131	3	11	Very Bad
Total		29	100	

The table above explains that the playing skills of basketball athletes at Muhammadiyah Palopo University are mostly in the Fairly Good category which is 34%, in the good category is 27%, for the very good category only 4%, in the Bad category is 24%, and very Bad is 11%.

Data Normality Test

Before testing the hypothesis in this study, a normality test was conducted to determine whether the data were normally distributed. The data on all variables in this study are normally distributed, it is based on decision making, which is the significant value is 0.05, then the data is normally distributed. The results of the normality test can be seen in the following table:

Table 3. The Data Normality test

Variable	df	sig
EI	29	0.573
Play skills	29	0.484

* This is a lower bound of the true significance
a. Lilliefors Significance Correction

Hypothesis testing

Table 4. Correlation test results of emotional intelligence and skills

Model	Unstandardized		Standardized		
	Coefficients		Coefficients		
	B	Std.error	beta	t	sig
constant	59,403	17,749		3,347	
EI	,828	,162	,702	5,126	,000

a. Dependent Variable: Basketball Playing Skill

The table above explains that the significance value is less than 0.05 (0.000 ≤ 0.05) and the t arithmetic value is greater than t table (5.126 ≥ 2.055) its mean there is significant correlation between emotional intelligence and basketball playing skill.

Table 5. The results of the emotional intelligence regression test on basketball playing skills

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.702a	.493	.474	8.81934

a. Predictors: (Constant), Emotional Intelligence

From this table, it can be seen that the contribution of emotional intelligence to basketball playing skills is 49.3%, meaning that the contribution of emotional intelligence to

athletes' playing skills is only 49% and is still influenced by other factors.

Discussion

Based on the Study above which is involving a sample of 29 students of the A1 class Physical Education study program, it was discovered that the majority of the samples had good emotional intelligence and the majority of basketball playing skills were in the Fairly Good category. The results also show that there is a correlation between emotional intelligence and basketball playing skills with a variable contribution of 43.9%.

Increasing athletes' achievement, especially in basketball, cannot be separated from mastering the form of exercise, technique and tactics in basketball since technique and tactics are two special parts that must be processed by basketball players to be able to play basketball well individually (Arrias et al., 2019). The basic technique of basketball is a combination of the three basic techniques, namely passing, dribbling and shooting. Thus, if the basic technical skills can be fully mastered by the athlete, it will be easier to achieve maximum performance.

Dribbling is a way of bringing the ball forward by bouncing the ball to the floor using one hand or alternately either by walking or running. The most important thing that must be considered in dribbling is protecting the ball so that the ball is not easily possessed by the opponent so that physical and technical factors must be considered by athletes (Kosanke, 2019; Aziz, 2016). In essence, every basketball player is required to be able to do good, agile dribbling without losing balance when passing each opponent.

Dribbling has an important role in basketball game in order to support other basic techniques such as shooting and passing. Good dribbling skills in basketball games can make the game more varied and the athlete's spirit will be more visible, besides that good dribbling skills can also support shooting and passing in an empty opponent's area without tight guard from the opponent so that they can shoot to the ground. The opponent's ring and produce points. Apart from dribbling, another skill that basketball athletes must have is the skill to pass accurately.

Passing is a technique of moving or passing the ball from one player to another. Passing requires many techniques that are very important in order to stay in control of the ball.

At the time of passing, The hands will form like a big bowl. While the ball will be between the palms with the position of the palms attached to the side of the ball slightly backwards (Darani, 2021). Passing aims to move the ball quickly to a friend and move towards a position approaching the opponent's ring so that it can shoot quickly and precisely.

Shooting is the movement of shooting the ball towards the opponent's ring using both hands, where the purpose of shooting is to put the ball into the opponent's ring in order to score as many points as possible and win a match. In a competition, athletes must try to shoot as often as possible to train automatic movements properly and train their speed and focus (Utomo & Kartiko, 2015). One of the basic skills of basketball that is most often used and is considered to be able to cover deficiencies in other basic skills, which is shooting skills because the goal of playing basketball is to make the right shot at the opponent's ring to score as many points as possible.

The results of this study indicate that the students' basketball playing skills are in the Fairly Good category, this means that it is still necessary to have regular practice using varied training methods by paying attention to several elements or training focus such as speed, target, timing, tricks. Communication among the team members, body position and physical condition of the players. A previous study that focused its research on the supporting factors of basketball learning found that physical factors contributed 18.57%, psychological 35.66%, teacher factors 24.20%, infrastructure suggestions 17.31% and the environment 4.26% (Ferdian, 2016). In addition, it was also found that the psychological factors of players can also be an obstacle in the game (Jamili, 2017). These findings provide information that in sports games, especially basketball, we cannot ignore the psychological factors of players, in this case emotional intelligence is one of them.

Emotional intelligence is the ability possessed by a person to control himself, mental resilience in dealing with problems, able to deal with pressure, have high motivation and be able to cooperate with other people. Emotional intelligence (emotional quotient) as a form of intelligence that involves the ability to monitor the feelings and emotions of oneself or others, to distinguish between them and to use this information to guide one's thoughts and actions (Setya and Cahyo Kartiko, 2012).

From this definition, it can be understood that emotional intelligence is needed in games or sports that are played in teams or groups such as basketball. Everyone must have high emotional intelligence to be able to control their stress levels and manage their emotions effectively in order to have joy, moderate improvement, healthy friendships, and the ability to get the most out of them because their inability to manage emotions effectively can experience difficulties during the process. training and in social situations with the coach and his team (Riska Anzeli, Rais Firlando, 2021).

Emotional intelligence has an important role in sports so it is necessary to make efforts to improve the emotional intelligence of athletes. One effort that can be done is the application of appropriate learning models such as the Personalized System Instruction learning model and the Inquiry learning model as well as other learning models that aim to improve the athlete's social skills (Praja, 2017).

Conclusion

Based on the results of the study, it was discovered that the level of emotional intelligence in basketball players at Muhammadiyah Palopo University is in the good category and the basketball playing skills are in the Fairly Good category. In addition, it was also found that there is a correlation between emotional intelligence and basketball playing skills, so it can be concluded that basketball players need to pay attention to psychological aspects, one of them is emotional intelligence so that they can control themselves, have motivation, and cooperate with the team in playing.

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