



The Effect of Training Model and Tennis Skill Level on Concentration and Groundstroke Skills in Tennis Athletes

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ABSTRACT

The rhythm training model is a new training model applied in Indonesia, especially in tennis. The rhythmic movements that are applied using a metronome are designed to improve motor movement, focus, concentration, and increase the athlete's confidence. The purpose of this study was to examine the effect of the rhythm exercise model on groundstroke and concentration in tennis athletes. The researcher used the experimental method, with the research design used in this study being a 2x2 factorial design. 24 tennis athletes were selected using the purposive sampling method. The instruments used are Hewitt's Tennis Achievement Test For Groundstroke to measure groundstroke in tennis and Concentration Grid Test to measure concentration level. The results of this study found that there was a difference in the effect between the rhythm training model and the non-rhythmic training model on groundstroke skills and concentration levels in tennis athletes.

Keywords: Tennis; Training Model; Concentration; Groundstroke.

INTRODUCTION

The success of an athlete cannot be separated from the role of the coach in determining the training program. Be it a physical training program, technique, tactics, mental. Harsono (2017) explains that the process of planning an exercise program must refer to procedures that are well organized, methodical, and scientific to help athletes achieve their achievements. To achieve the goals that will be set, coaches and athletes must work together in carrying out their training.

Many training methods can support the performance of an athlete. The training method is important and one of the success factors for athletes to achieve their achievements. Athletes' achievements cannot be separated from several supporting factors. Komarudin (2015) explains that the appearance of the athletes is the result of a combination of several factors, these factors are technique, tactics, mentality. According

to Harsono (2017), the main goals and objectives of training or training are to help athletes to improve their skills and achievements as much as possible. Further explained by Malagon (2019) that many factors influence success in tennis, including physical conditions, technical skills, and tactical strategies.

The training methods developed in Indonesia are none other than helping athletes achieve their goals. In this study, the author wants to discuss the training model in tennis, the exercise model is a rhythm training model. The rhythm training model is relatively new in Indonesia. This rhythm training model combines body movements with metronome beats. The beat of the metronome is adjusted according to the given program. One of the benefits of this training method is to improve coordination of movements, both in group sports and individual sports. Some opinions about the importance of rhythm training are Zachopoulou and Mantis (2001) rhythm ability is the basic ability of all movements that require coordination.

Tennis is a sport that requires good movement coordination, especially in groundstroke skills. According to Hazrina (2019) that there are two groundstroke skills in tennis, namely forehand groundstroke and backhand groundstroke. Nurhayati (2015) explains that skill is the ability to perform movement tasks well. Groundstroke skills in tennis require good movement or technique. Crespo et al (2003) explain that the rhythm function is very important for tennis players so that tennis players get harmonious and rhythmic movements.

In developed countries such as Europe, rhythm training models have been widely used and included in training programs. The importance of rhythm is explained by Sogut (2012) that rhythm training is an inseparable part of sports. Not only in tennis, some sports such as ballet also require a good rhythm, according to Laurance (2000) explaining that rhythm training also affects ballet success, where ballet success is not enough just to have a natural body structure, but also to have the abilities. good rhythm. In addition, the importance of rhythm training in tennis is explained by Segal (2005) that in professional tennis, having a good rhythm will improve ball control ability when the ball hits the racket strings, good ball anticipation, and more effective time to move.

The research on the importance of rhythm training is that participants or samples who participate in the rhythm training method group in tennis have good rhythm skills after being given treatment (Zachopoulou et al. 2000). Other research that supports the importance of rhythm training is in the sport of soccer, the rhythm training model also has a positive effect, which according to Sogut (2012) explains that exercise using the

rhythm method applied to soccer can improve calm and improve ball possession.

Selanjutnya penelitian lain mengenai model latihan ritme ini dilakukan oleh Zachopoulou et al. (2000) dimana dia meneliti kemampuan ritme 50 pemain tenis, 53 pemain bola basket, 52 perenang, dan 52 kontrol. Skor dalam kelompok olahraga terlihat lebih meningkat secara signifikan daripada kelompok kontrol ketika mengikuti tes ritme, dan skor tes kemampuan ritme pemain tenis lebih meningkat signifikan daripada yang ada di tiga kelompok lainnya.

Another study conducted by Tanis and Erkut (2018) showed that by following the rhythm training model program for four weeks the group given the rhythm training model showed a significant improvement compared to the control group. Likewise, Schönborn (2003) explains that a rhythm training model must be provided and included in the tennis training program so that a synchronized and harmonious movement is formed. This rhythm training model uses a metronome, according to Sommer et al. (2009) explained that the rhythmic movements that were applied using a metronome were designed to improve motor movement, focus, concentration, and increase the athlete's confidence.

Apart from the technical aspect, another factor that must be improved is the mental factor. The importance of discussing sports training, especially in the psychological or mental fields of athletes, because mental factors greatly determine the performance of an athlete both during training and during competition, according to Komarudin (2015) explaining that concrete evidence of the importance of mental training is raised in the form of a percentage of research results from 50%, 70%, 81%, 90%, even up to 95% good performance is determined by mental. This rhythm training model can also improve the athlete's mentality, especially in terms of concentration. That's because the movement is regulated by the beat of the metronome. Athletes who do it are required to concentrate on the beat of the metronome that has been set and the movements that have been designed.

Furthermore, how can this rhythm exercise affect the athlete's concentration? following the notion of concentration itself is the concentration of thought on a particular object. According to Wilson et al. (2006) explained that concentration is a very important part to support success. Komarudin (2016) explains that concentration is very important for every athlete, both in training and in competition. Furthermore, Lazarus (2000) explains that one of the factors that influence behavior in sports is attention and concentration.

Following the understanding or definition of concentration above, how important concentration is for someone, especially athletes. In the rhythm training model, the movements performed must match the beat of the metronome. A person is required to focus his attention on the beat of the metronome that is adjusted and the movements that are instructed. When athletes can control their concentration, this will affect their performance, both during training and during competition. When the athlete can concentrate properly, his body will produce positive emotions, which is explained by Vast et al. (2010) that positive emotions will result in better concentration and technical ability results during competition.

All activities require concentration, with good concentration we can do work faster with better results. Lack of concentration results in the work being not optimal and being completed in quite a long time. Therefore, concentration is very important and needs to be practiced. Our mind should not be allowed to wander because it can cause concentration problems. The mind must be directed to a certain point or task. That way our minds will be more and more focused day by day. Furthermore, concentration is a very important part to support the success of athletes to complete their tasks (Wilson, Peper, and Schmid 2006).

The background that has been described through research results explains the importance of rhythm training models to improve concentration and groundstroke skills. The research entitled "The Effect of Exercise Models and Tennis Skill Levels on Concentration and Groundstroke Skills in Tennis Athletes" is very interesting to do research, and researchers believe that the rhythm training model has a significant effect on improving concentration and groundstroke skills in tennis athletes.

METHOD

This research method uses the experimental method. Experimental research is one of the most powerful studies because it uses experimental possibilities to generate cause-and-effect relationships between variables (Fraenkel, 2012). Regarding this experimental research (Fraenkel, 2012) it divides into four types of designs, namely "Poor experimental Design, True Experimental Designs, Quasi-Experimental Design, Factorial Designs". The type of experimental research used in this research is Factorial Designs. The research design used in this study was a 2x2 factorial design.

The population in this study were athletes from the BTC (Bandung Tennis Club)

tennis club. In this study, the sample was selected using the purposive sampling technique. To get the sample needed by the researcher, the researcher made the following criteria:

- 1) The sample is a tennis athlete who trains at the BTC tennis club (Bandung Tennis Club).
- 2) The sample is a tennis athlete who has practiced tennis for at least 12.8 months practicing tennis intensively. According to Crespo (2003) in his research on rhythm, tennis players at this level are consistent enough to perform basic techniques but are still having problems with coordinating movements.
- 3) The sample is willing to participate in the training that will be given in this study
- 4) The sample has never received a Rhythm Exercise Model before.

Statistical calculations in testing the hypothesis were carried out using the help of SPSS 21 with Independent Sample T-Test testing to see the comparison between the experimental group and the control group. The Independent Samples t-test is included in parametric testing, meaning that the Independent Samples t-test is used if the data is normally distributed and has a homogeneous variance. If the data are not normally distributed and have no homogeneous variance, then the hypothesis testing uses a non-parametric test with Mann-Whitney U.

RESULTS AND DISCUSSION

Hypothesis test

Comparative analysis between the rhythm group and the non-rhythm group will be analyzed using the Independent Sample T-Test test because the data normality test is normally distributed and the data homogeneity test has a homogeneous variance. The following table 1 presents the results of data analysis using the Independent Sample T-Test.

Table 1
Independent Sample T-test

Variable	Overall Sample				High Ability Group				Low Ability Group			
	N	Sig.2 Tailed	α	desc	N	Sig.2 Tailed	α	desc	N	Sig.2 Tailed	α	desc
Forehand	24	,000	0,05	S	12	,002	0,05	S	12	,000	0,05	S
Backhand	24	,000	0,05	S	12	,000	0,05	S	12	,001	0,05	S
Concentration	24	,000	0,05	S	12	,000	0,05	S	12	,002	0,05	S

Information :

S : Significant
 TS: Not Significant

Decision-Making Basis

H1 is accepted & H0 is rejected: if the value of Sig. < 0.05

H1 is rejected & H0 is accepted: if the value of Sig. > 0.05

Based on table 1, it is known that the overall sample of the rhythm group and the group without rhythm obtained the following data results, on the forehand with a sig value. (0.00 < 0.05), on the backhand with a value of (0.00 < 0.05) and on the concentration with a value of sig. (0.00 < 0.05). Based on decision making, H1 is accepted & H0 has been rejected: if the value of sig. <0.05, which means that there are significant differences in each variable.

In table 1 it is also known that in the high skill group, both the rhythm group and the group without rhythm, the data results are as follows, on the forehand with a sig value. (0.02 < 0.05), on the backhand with a value of (0.00 < 0.05) and on the concentration with a value of sig. (0.00 < 0.05). Based on the decision making, H1 is accepted & H0 has rejected: if the value of sig. <0.05, which means that there are significant differences in each variable.

In table 1 it is also known that in the low skill group, both the rhythm group and the group without rhythm, the data results are as follows, on the forehand with a sig value. (0.00 < 0.05), on the backhand with a value of (0.01 < 0.05) and on the concentration with a value of sig. (0.02 < 0.05). Based on the decision making, H1 is accepted & H0 has been rejected: if the value of sig. <0.05, which means that there are significant differences in each variable.

Table 2
 Multiple Correlation Test

Group	R	Sig. F Change
Rhythm Group	.569 ^a	,000
Group Without Rhythm	.497 ^a	,000

Decision-Making Basis

If the value of F Change < 0.05, then it is correlated

If the value of F Change > 0.05, then it is not correlated

Relationship Degree Guidelines

Pearson Correlation Value 0.00-0.20 = Uncorrelated

Pearson Correlation Value 0.21-0.40 = Weak Correlation

Pearson Correlation Value 0.41-0.60 = Medium Correlation

Pearson Correlation Value 0.61-0.80 = Strong Correlation

Pearson Correlation Value 0.81-1.00 = Perfect Correlation

Based on table 2 it is known that Sig. F Change rhythm group has a significant value. F Change 0.00 and in the no-rhythm group has a Sig value. F Change 0.000. Then the results of the test are compared with the basis for making decisions. If the value of F Change <0.05 , then the variables are correlated. So it can be concluded that the increase in groundstroke skills (forehand and backhand) has a positive interaction or is related to concentration, which means that the higher the increase in groundstroke skills (forehand and backhand), the higher the concentration increase in tennis athletes. Furthermore, to see the level of interaction of the relationship, it can be seen from the R-value which is then compared with the guidelines for the degree of relationship. In the rhythm group, the R-value was 0.569 and then compared with the guidelines the degree of relationship was in the moderate correlation. Meanwhile, in the group without rhythm, the R-value was 0.497, then compared to the guidelines for the degree of relationship, the correlation was moderate.

Discussion

From the research that has been done, there are several findings, the findings are in the form of data that is processed through a statistical approach and the results obtained from the research findings. These findings are the result of practice and the results are known through tests, both pre-test, and post-test. The research findings obtained as answers to research problems that have been proposed by researchers, which will be described as follows:

The difference in the effect between the rhythm training model and the non-rhythmic training model on the level of concentration and groundstroke skills in tennis athletes

Table 1 shows the average test results from the comparison of groups in the rhythm group and the group without rhythm as a whole. Based on the results of statistical processing using the Independent Sample T-Test test, for the forehand variable, the sig value is obtained. 2 tailed (0.000), for the backhand variable the sig value is obtained. 2 tailed (0.000) and for the concentration variable, sig. 2 tailed (0.000). Based on decision making H1 is accepted & H0 is rejected: if the value of Sig. <0.05 , then on the forehand

variable, backhand variable, and concentration variable, there is a difference in influence between the rhythm group and the no-rhythm group.

After testing using statistical analysis with Independent Sample T-Test testing, it can be concluded that "there is a different effect between the rhythm training model and the non-rhythmic training model on the level of concentration and groundstroke skills in tennis athletes".

In this study, it was found that the rhythm training model has a greater influence because rhythm training is an integral part of sports (Sogut et al, 2012). Rhythm training is the dynamic grouping, structuring, and accentuation of sequential elements of a process, the arrangement of which is determined by a necessary and/or personally selected temporal scheme (Schönborn, 2003). Previous studies reported the existence and importance of rhythm in sports skills. Weikart in Sogut et al (2012) confirmed that swimmers get their beats by moving their arms and legs in a coordinated pattern of punches and kicks. In addition, Zachopoulou et al. (2000) show that swimming skills require a constant rhythm. Similarly, according to Laurence (2000), rhythmic ability facilitates success in ballet. Borysiuk and Waskiewicz (2008) stated that the footwork rhythm of the fencer provides information about the distance between the opponents fighting. Zachopoulou et al. (2000) stated that there is an external stimulus by which basketball and tennis players are forced to synchronize their movements and that the production of rhythm for the same movement for a long duration is mandatory for athletes.

More specifically in tennis, there is a lot of literature that states the importance of rhythm training in tennis. Bourquin (2003) states, the role of rhythm is important for tennis players to get a harmonious movement. In addition, Segal (2005) states that, in professional tennis, good rhythm includes the ability to perfect control during impact, observation of successful ball movement, easy ball transmission, and effective timing. Furthermore, Zachopoulou et al. (2000) asserted that the implementation of motor skills in tennis requires synchronization of movements with external stimuli, namely the trajectory of the ball. Similarly, Schönborn (2003) states that rhythmic stroke production should be included in tennis training. The results of this study indicate that the rhythm training model is good in improving tennis skills, more specifically in groundstroke skills (forehand and backhand). The rhythm training model not only regulates movement but makes movement more efficient. Practicing with rhythm models not only regulates our movements but also provides an opportunity to perform those movements more

efficiently and precisely (Thaut, 2005). In addition, Zachopoulou et al. (2003) suggested that the development of rhythmic abilities leads to improved motor coordination. It has been reported that rhythm training also timing the sequence of muscle contractions that move (Thaut, 2005). Reid et al. (2003) asserted that during stroke production, it is very important for a tennis player to control the movement of different body segments and coordinate the contraction of different muscle groups. Tennis rhythm training is a more effective way to improve forehand consistency performance (Sogut et al, 2012).

In this study, it was also found that along with training the athlete's concentration rhythm model also increased. In sports, concentration is an important factor in winning. A major component of concentration is the ability to focus attention on the task at hand and thus not be distracted or affected by irrelevant external and internal stimuli (Wilson et al, 2006). Concentration training cannot be done instantly but requires intensive practice. Coaches and athletes need to know what methods can be used that can allow athletes the opportunity to practice special attention skills in sporting situations. Once concentration skills are learned in a relatively stress-free environment, coaches need to add additional challenges so that athletes can train them in overload situations (Wilson et al, 2006). Rhythm model training makes athletes more focused in carrying out movements because rhythm training models can lead to increased motor coordination (Zachopoulou et al, 2003), providing an opportunity to perform the movement more efficiently and precisely (Thaut, 2005) so that movement is more effective. to improve consistency performance (Sogut et al, 2012).

The difference in the effect between the rhythm training model and the non-rhythmic exercise model on the level of concentration and groundstroke skills in the group with high skill levels

Table 1 shows the average test results from the comparison of groups in the rhythm group and the group without rhythm in the high skill group. Based on the results of statistical processing using the Independent Sample T-Test test, for the forehand variable, the sig value is obtained. 2 tailed (0.002), for the backhand variable the sig value is obtained. 2 tailed (0.000) and for the concentration variable, sig. 2 tailed (0.000). Based on decision making H1 is accepted & H0 is rejected: if the value of Sig. <0.05, then on the forehand variable, backhand variable, and concentration variable, there is a difference in influence between the rhythm group and the no-rhythm group.

After testing using statistical analysis with Independent Sample T-Test testing, it can be concluded that "there is a difference in the effect between the rhythm training model and the non-rhythmic training model on the level of concentration and groundstroke skills in the group with high skill level and the rhythm group is superior to the rhythm group." group without rhythm".

Rhythm is very important in the implementation of motion because rhythm regulates human motor skills so that they are more productive and rational (Tanır & Erkut, 2018), with good rhythm training can maximize motion so that it is more effective and efficient (Thaut, 2005). In athletes who have high skills Rhythm training is very supportive in continuous improvement. Continuous improvement that is, the phenomenon where certain skilled players appear to be able to improve their proficiency even though they are already experts (Toner & Moran, 2014). In athletes with high skills have higher cognitive control. Cognitive control refers to the functioning of the cognitive system that allows people to regulate their behavior according to higher goals or plans (Vebruggen, McLaren, & Chambers, 2014). The existence of high cognitive control makes it easier for high-skill athletes to focus on rhythm training, in this case focusing on groundstroke skills (forehand and backhand) in tennis athletes.

The difference in the effect between the rhythm training model and the non-rhythmic exercise model on concentration and groundstroke skills in the group with low skill levels

Table 1 is a test of the average results of the comparison of groups in the rhythm group and the group without rhythm in the group with low skills. Based on the results of statistical processing using the Independent Sample T-Test test, for the forehand variable, the sig value is obtained. 2 tailed (0.000), for the backhand variable the sig value is obtained. 2 tailed (0.001) and for the concentration, variable obtained the value of sig. 2 tailed (0.002). Based on decision making H1 is accepted & H0 is rejected: if the value of Sig. <0.05, then on the forehand variable, backhand variable, and concentration variable, there is a difference in influence between the rhythm group and the no-rhythm group.

After testing using statistical analysis with Independent Sample T-Test testing, it can be concluded that "there is a difference in the effect between the rhythm training model and the non-rhythmic exercise model on the level of concentration and groundstroke skills in the group with low skill level and the rhythm group is superior to the rhythm group." group without rhythm".

Participation in rhythmic activities in sports allows the development of performance in learning sports skills (Zachopoulou, Tsapakidou, & Derri, 2003). Sogut et al (2012) stated that rhythm training is relevant to skill learning. According to Gallahue, Ozmun, & Goodway (2006), performing locomotor and non-locomotor activities at different tempos and intensities provides the basic components of rhythm and ensures the development of sports skills, as well as assisting in the learning of perfect flowing movements. The teaching of rhythmic movements facilitates the learning of motor skills by ensuring the correct smoothness of movements through combining the parts of the movement in a certain order (Sakai et al, 2004). Previous research supports that rhythm training has a very large effect in increasing sports activity, in this case improving groundstroke skills in tennis.

The interaction between increasing the level of tennis groundstroke skills on concentration in tennis athletes

In **Table 2** it is found that the rhythm group of tennis groundstroke skills (forehand and backhand) simultaneously or together correlates with concentration with the value of Sig. (0.000) and the correlation coefficient (0.569) which shows that the correlations on these variables are moderately correlated. Then it is shown that the relationship between these variables is positive so that the increase in tennis groundstroke skills (forehand and backhand) will increase concentration. Likewise in the group without the rhythm of tennis groundstroke skills (forehand and backhand) simultaneously or together it correlates to concentration with the value of Sig. (0.000) and the correlation coefficient (0.497) which shows that the correlation of these variables is moderately correlated. Then it is shown that the relationship between these variables is positive so that increasing tennis groundstroke skills (forehand and backhand) will increase concentration.

Concentration is one of the factors affecting the performance of athletes both during training and during competition. Concentration must be trained by the coach because if the athlete fails to control his concentration, the athlete is difficult to predict to be able to focus on doing his job well (Komarudin, 2015). Two general factors influence people's concentration levels: firstly exogenous factors such as time pressure and intellectual challenge (increased task difficulty must be compensated for to maintain the desired level of performance) and endogenous factors such as motivation and trait capacities for attentive engagement" (Sörqvist and Marsh) 2015). Concentration or attention, in general, is a mental state that focuses on an activity (Tanir & Erkut, 2018). In the

structure of attention, there is a state of arousal and a function of selection. The mind in a state of readiness to receive stimuli that come from the outside world pays attention to the stimuli and chooses the one that is suitable for its purpose from among the large number of stimuli it encounters. The element that directs this process is the attention mechanism (Asan, 2011). Attention skills have an important role in the success of student achievement and are one of the important factors in sports education. It was observed that especially in ball sports such as basketball, visual attention is very important (Bereket et al, 2016).

In this study, it was found that the rhythm group of tennis groundstroke skills (forehand and backhand) simultaneously or together correlated to concentration in both the rhythm group and the non-rhythmic group. This means that when tennis groundstroke skills (forehand and backhand) increase, the level of concentration will also increase. Previous research findings from Takahata, et al (2004) showed that rhythm increases the concentration and motivation required for karate. The findings of Takahata (2014) support the results of this study which shows that rhythmic exercise can improve concentration in tennis.

CONCLUSIONS AND SUGGESTIONS

Conclusion The purpose of this study was to determine the difference in the effect of the rhythm training model and the non-rhythmic training model on groundstroke skills and concentration levels in tennis athletes. Based on the formulation of the problem and the results of data processing as well as the findings that have been discussed previously, it was found that there was a difference in the effect between the rhythm training model and the non-rhythmic training model on groundstroke skills and concentration levels in tennis athletes. This study also analyzes the effect of rhythm training on athletes with high skills and athletes with low skills. The results of the calculation of the data found that rhythm training has a significant effect on improving groundstroke skills and concentration levels in tennis athletes, both athletes with high skills and athletes with low skills. Then there is an interaction or relationship simultaneously or jointly between groundstroke skills and concentration. The level of relationship obtained has a moderate correlation with a positive correlation direction, meaning that when groundstroke skills increase, concentration will also increase.

Improving groundstroke skills is very important because groundstroke skills are a basic technique that must be mastered by a tennis athlete. Groundstroke skills include serving, forehand and backhand. This research focuses on improving forehand and backhand skills. The rhythm training model makes groundstroke movements (forehand and backhand) more stable, well-coordinated, and makes the movement more efficient and precise which makes the movement more harmonious. Several studies have shown the benefits of rhythmic exercise in other sports such as basketball, swimming, fencing, and other sports. Especially in the sport of tennis, good rhythm includes perfect control skills during impact, successful observation of ball movement, easy ball transmission, and effective timing.

Rhythm training that makes movement more efficient and precise affects the physical and mental state of an athlete. Tennis is a sport that takes a long time in one match, causing a very depleted physical condition. The efficiency and accuracy of the athlete in carrying out the movement is an important factor in achieving a victory because with good efficiency and accuracy an athlete will not get tired easily so he does not do unnecessary movements that can lead to fatigue quickly. Fatigue will greatly affect the athlete's mentality, in this case, the athlete's concentration will be quickly drained so that fatigue is experienced not only physically but also mentally. The results of this study which show a positive interaction between groundstroke skills and concentration levels can be a special concern for trainers to provide training that is not only focused on technique and physical but also mental.

Suggestions in this study, although there was an increase in groundstroke skills (forehand and backhand) and an increase in concentration, the samples used were athletes who were used to receiving hard training before so that their bodies adapted more quickly to new types of exercise. In the future, the researcher hopes that this Rhythm Exercise model can be applied to early-age tennis athletes or beginner tennis athletes so that the results obtained may be more diverse. In addition, the author hopes that the results of this study can be applied by tennis coaches so that the benefits of this research can be felt by many people.

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