

# The Effect of Psychological Training Method and Anxiety Level toward the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity Unit

Revina Clarinda Devi<sup>1</sup>, Dimiyati<sup>1</sup>

<sup>1</sup>*Sport Sciences Study Program, Graduate School Yogyakarta State University, Yogyakarta, Indonesia*

**Keywords:** Psychological Exercise, Anxiety Levels, Effectiveness of Flat Services

**Abstract:** This study aims to determine the interaction between psychological training and the level of anxiety toward the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity Unit. This study is an experimental one. The subjects consist of 20 male athletes of UNY's Tennis Student Activity Unit. The data collection to measure the effectiveness of flat service athletes used test instruments namely Hewitt Service Placement Test in Assessing Sport Skill and questionnaires to measure anxiety levels. The data analysis technique used was two-way ANAVA. The results showed that: (1) there was an effect of the imagery training on the effectiveness of flat services, (2) there was an effect of the self-talk training on the effectiveness of flat services, (3) there was a different effect between athletes with high anxiety and low anxiety on the effectiveness of flat services, and (4) there was an interaction between the of psychological training and the level of anxiety on the effectiveness of the flat services of Male Athletes of UNY's Tennis Student Activity Unit.

## 1 INTRODUCTION

In sports, the achievement of each athlete is aimed to be capable of showing special performance and reaching maximum accomplishment. Several factors are required to reach the maximum performance namely physical, technical, tactical, and mentality factors. These factors have their own mutually continuous meaning and task in reaching a success of an athlete. Rushall in (Komaruddin, 2014) explained that some individuals feel that the process of good performance is 70-90% influenced by mental.

One of the sports that loved by people is Tennis. The basic principle is playing tennis is hitting the ball over the net and enter the playing court of the opponent (Sukadiyanto, 2002). Optimal performance in Tennis game is surely affected by many factors which influence the achievement. However, in general, there are coaches who ignore and less allocating the psychological training and considering the mentality of the athlete because the coaches have to focus on trainings that include technique, tactic, and physical. However, mental practice holds an important role in producing good mentality. Mental

skill practice is design systematically to produce the enhancement of physical works and skills on athlete (KOMarudin, 2015). added that "Psychological Skills Training (PST) refers to systematic and consistent practice of mental psychological skill for the purpose of enhancing performance, increasing enjoyment, or achieving greater sport and physical activity self satisfaction" (Weinberg & Gould, 2011).

The implementation of psychological exercise (imagery) does not mean that this exercise can completely replace the practice that is evident in physical demonstration, but both must be given in one unit or must complement each other to optimize the athletes basic training skills during the training process (Nurfadhila, R., 2016).

One of the technical movement skills in Tennis which considered as essential and need to be put into account is service techniques. According to (Loman & Lucas, 2008), service is the most important ball hitting in tennis game and the only ball shot that has to be mastered and controlled by the players who do it which not determined or depended on the ball hit of the opponent.

One of the services which has the opportunity to get points and hard to be received by the opponent is flat service shot. Flat service is the service that produce straight-up and strong ball toward the service box of the opponent (Scharff, R., 2001). Flat service is usually done on the first service because this service is fast and strong. When the first service is conducted, the speed is usually greater and players are successfully hit the ball approximately 40% to 70% in the right service area.

Every athlete must be having the desire to do the best service result but sometimes athletes do not believe the abilities which they have. In addition, there is a non self-pressure that experienced by athletes that comes from external factors such as wind that could be disrupting when doing toss (tossing the ball), the cheer of supporters, and behind the enemy point, therefore, these conditions emerge anxiety. If this anxiety is being ignored, it could affect the effectiveness of the flat service and affect the overall performance. This condition is consistent with the characteristics of anxiety that come from the athletes themselves including the doubt toward their own abilities, the emergence of negative thoughts concerning more superior opponents and the afraid of conducting mistakes (Gunarsa, 2008).

In line with the argument expressed by (Husdarta, 2010), the anxiety emerges on athletes will usually disrupt their performances and the related athletes will have the fear of failing in the match as well as the occurrence of moral burden if they are unable to win the match. The anxiety on athletes in conducting services happen due to lack of confidence when doing service, scared of failing the service especially when the first service chance has already failed and the players about to conduct the second service, these negative thought could embed negative Effect to the outcome of service that being done, therefore, the players will lose the match if these factors are ignored.

According to the observation results of the author, coaches have yet to allocate times for athletes to train their psychology. Based on the results of interviews conducted by the author toward some male athletes of UNY's Student Activity Units (UKM) of Tennis, the factors that caused the failure of flat services during the match were lack of believe on the owned ability concerning their flat service skill and lack of confidence due to the opponents who are more superior. Besides the personal factors, there are external factors such as the wind that makes the tossed ball does not in line with the toss result, thus, the playing athlete feels uneasy in

hitting, the cheers of the opponent's supporters which disrupt the concentration of the athlete in doing service, and in the condition of behind the opponent's point during the match that will make the athlete to be less confidence with the flat service skill, thus, the athlete will only apply the second service (twist/slice) to find safety and consistency.

According to the interview results, the author can conclude that higher anxiety experienced by athletes and the inability to control it will lower the effectiveness of flat service. However, if athletes could control the anxiety experienced by them, thus, the effectiveness of flat service can be maximally accomplished and resulted in points. In that order, psychological training method is required for the Tennis athletes to do proper and maximum flat services. There are some types of psychological training method namely imagery and self-talk practice methods.

Imagery is a mental training by utilizing all senses to manifest experiences within the mind (Cox, 2011), by recalling what stored in brain memory to become meaningful images. This technique involves visual, kinesthetic, auditory, and smelling senses. The imagery mental training/practice is a technique which commonly done by coaches and sports psychology experts to help improving the performance of athletes (Hojjati, 2014). One of the objectives of this imagery is to enhance the movement ability in sports, the implementation of strategies which will be used in a match, and preparing to perform with self-confidence, motivation, concentration, controlling the errors/mistakes on the field, and improving the skills of athletes.

The benefit of this training is evidenced by Nicklaus in which to be success in hitting golf ball, he practiced imagery by imagining the motion pattern from the swing to hitting the ball. This situation facilitates the athletes to conduct good sequence of movement, thus, maximum result will be acquired.

In view of the above, a study regarding the effectiveness of flat service skill of male athletes of UNY's Tennis Student Activity Unit by giving imagery practice method is required. This issue becomes the basis to conduct a research entitled as "The Effect of Psychological training Method and Anxiety Level toward the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity Unit".

## 2 THEORETICAL REVIEW

### 2.1 Tennis Service

According to (Loman & Lucas, 2008), service is the most important ball hitting in tennis game and the only ball shot that has to be mastered and controlled by the players who do it which not determined or depended on the ball hit of the opponent. Strong service with good ball positioning is the weapon to deliver the first attack as well as acquiring points.

### 2.2 Flat Service

Flat service is the service that produce straight-up and strong ball toward the service box of the opponent (Scharff R, 2001). Flat service is usually done on the first service because this service is fast and strong. The ball in flat service is hit on vertical racket surface without any ball rotation. It has to be remembered that during the toss on flat service, the position of the ball is in front of the baseline. The ball in flat service is attempted to be hit by the middle part of the racket then added with the stroke from the wrist. With the stroke from hand, the velocity on ball will increase, however, the ball tends to fly lower, thus, it could cause errors or stuck in the net.

### 2.3 Hewitt Test Instrument

The data collection in Tennis service used an instrument test is Hewitt Service Placement Test in Assessing Sport Skill (1993). The steps in implementing Hewitt Service Placement Test (1996) are performed through the application procedures described as follows:

1. Athletes stand on the right side of middle line behind the baseline.
2. Each athlete has ten chances to hit the ball in service area into the service target area which has been lined or marked and provided with scores within the service area.
3. Then, the serviced ball has to pass the net or the rope installed above the net.
4. The ball that hit the rope or net has to be repeated.
5. Following the provided example, students are allowed to warm-up for 10 minutes on different field.

### 2.4 Imagery Practice

Imagery is a technique which commonly used by sport psychologist to help someone visualizes or practices the mentality associated with the activities that will be conducted. According to Vealey & Greenleaf (1998) "*Imagery may be defined as using all the senses to recreate or create an experience in the mind*". This definition means that imagery is the utilization of the overall senses to design or embody an experience in a mind.

### 2.5 Self Talk

According to Zinsser, Bunker, and Wiliams (in Komarudin 2015) selftalk is a mental practice program proposed by sport psychologists in aim to regulate cognition, emotion, behavior, and performance.

### 2.6 Anxiety

Anxiety can be defined as a subjective feeling over fear and an increase in physical desire' (Husdarta, 2014).

## 3 METHOD

### 3.1 Research Design

This research used experimental method by implementing a study design namely 2x2 factorial as an experimental research which consists of two treatments and each treatment consists of two levels or degrees by using pre and post test.

### 3.2 Research Subjects

In this research, the taken population is Tennis athletes of Yogyakarta Special Region which amounted to 35 athletes. The research sample was 20 male athletes of UNY's Tennis Student Activity Unit.

It was located in Tennis Court of Universitas Negeri Yogyakarta in which the training time of each group was implemented at the same time namely from July 10 to August 2 2018 for 8 meetings, 2 times a week.

### 3.3 Instrument And Data Collecting Technique

The data collection was done using questionnaire to measure the anxiety level of athletes and to measure the effectiveness of flat service of the athletes by applying test instrument namely Hewitt Service Placement Test in Assessing Sport Skill (1993). The validity test employed product moment correlation formula. The reliability test used Alpha Cronbach formula. The instrument can be determined as reliable if the coefficient of Alpha Cronbach is greater than 0.6.

### 3.4 Data Analysis Technique

The data analysis technique employed two-way ANOVA analysis.

## 4 RESULT

### 4.1 Descriptive Analysis

The data analysis results are presented as follows:

#### 4.1.1 Data of Flat Service of the Group Provided with Imagery Practice

The data of flat service of athlete group provided with imagery practice consist of two namely pre-test and post-test described as follows:

Pre-test Data of Flat Service of the Group is provided with Imagery Practice

The measurement of the determination of the pre-test score trend of flat service of the group provided with imagery practice is presented as follows.

Table 1: The Category of Pre-test of Flat Service of the Group Provided with Imagery Practice

No	Category	F	Percentage
1	Poor	4	40,0
2	Good	6	60,0
Total		10	100,0

According to the table, it has been known that the category of pre-test score trend of flat service of the group provided with imagery practice is on good category (60.0%).

Post-test Data of Flat Service of the Group Provided with Imagery Practice

The measurement of the determination of the post-test score trend of flat service of the group

provided with imagery practice is presented as follows.

Table 2: The Category of Posttest of Flat Service of the Group Provided with Imagery Practice

No	Category	F	Percentage
1	Poor	4	40,0
2	Good	6	60,0
Total		10	100,0

The category of post-test score trend of flat service of the group provided with imagery practice is on good category (60.0%).

#### 4.1.2 The Data of Flat Service of the Group Provided with Self Talk Practice

The data of flat service of athlete group provided with self-talk practice consist of two namely pre-test and post-test described as follows:

Pre-test Data of Flat Service of the Group Provided with Self-Talk Practice

The measurement of the determination of the pre-test score trend of flat service of the group provided with self-talk practice is presented as follows.

Table 3: The Category of Pretest of Flat Service of the Group Provided with Self Talk Practice

No	Category	F	Percentage
1	Poor	6	60,0
2	Good	4	40,0
Total		10	100,0

According to the table above, it has been known that the category of pre-test score trend of flat service of the group provided with self-talk practice is on poor category (60.0%).

Post-test Data of Flat Service of the Group provided with self-talk Practice

The measurement of the determination of the post-test score trend of flat service of the group provided with self-talk practice is presented as follows.

Table 4: The Category of Posttest of Flat Service of the Group Provided with Self Talk Practice

No	Category	F	Percentage
1	Poor	6	60,0
2	Good	4	40,0
Total		10	100,0

The category of post-test score trend of flat service of the group provided with self-talk practice is on poor category (60.0%).

## 4.2 Hypothesis Test

The hypothesis test in this research was performed by using two-way anova analysis and paired t-test. The explanation about the result of hypothesis test in this research is as follows:

### 4.2.1 First Hypothesis Test

According to the result of data analysis by using paired t-test, the result of hypothesis test has been acquired as follows.

Table 5: The Result of Paired T-Test (The Effect of Imagery Practice toward the Effectiveness of Flat Service)

Method	<i>Flat Service</i>	Mean	t-count	p
Imagery Practice	Pretest	18,90	8,710	0,000
	Posttest	39,40		

The result of paired t-test on the variable of flat service of the group provided with imagery practice has indicated 8.710 of  $t_{count}$  value and  $p = 0.000 < 0.05$ ; thus  $H_0$  can be rejected, therefore, it can be concluded that there is an Effect of imagery practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. In that order, the first hypothesis which states that "There is an effect of imagery practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit" is **accepted**.

### 4.2.2 Second Hypothesis Test

According to the result of data analysis by using paired t-test, the result of hypothesis test has been acquired as follows.

Table 6: The Result of Paired T-Test (The Effect of Self-Talk Practice toward the Effectiveness of Flat Service)

Method	<i>Flat Service</i>	Mean	t-Count	p
Self-Talk Practice	Pre-test	19,10	17,391	0,000
	Post-test	36,10		

The result of paired t-test on the variable of flat service of the group provided with self-talk practice has indicated 17.391 of  $t_{count}$  value and  $p = 0.000 < 0.05$ ; thus  $H_0$  can be rejected, therefore, it can be concluded that there is an Effect of self-talk

practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. By that result, the second hypothesis which states that "there is an Effect of self-talk practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit" is **accepted**.

### 4.2.3 Third Hypothesis Test

According to the result of data analysis by using two-way anova test, the result of hypothesis test has been acquired as follows.

Table 7: The Result of Two-Way Anova Test

Variabel	Anxiety	Mean	$F_{count}$	p	R Square
Flat Service	High	16,1	5,003	0,038	0,217
	Low	21,4			

The two-way anova test has resulted in 5.003 of  $F_{count}$  value and  $p = 0.038 < 0.05$ ; thus  $H_0$  can be rejected, therefore, it can be concluded that there is a difference between athletes with high anxiety and low anxiety on the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. By that result, the first hypothesis which states that "There is a difference of Effect between athletes with high anxiety and low anxiety toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit" is **accepted**.

The  $R^2$  test on the variable of process skill has resulted in 0.217 of  $R^2$  value. This condition has indicated that the effectiveness of flat service is 21.7% affected by the variables of high anxiety and low anxiety while the rest 78.3% is affected by other factors excluded in this research.

### 4.2.4 Fourth Hypothesis Test

According to the result of data analysis by using two-way anova, the result of hypothesis test has been acquired as follows.

Table 8: The Result of Two-Way Anova (The Interaction between Psychological training and Anxiety Level toward the Effectiveness of Flat Service)

Anxiety	Method	mean	$F_{count}$	p	R Square
High	Imagery Practice	14,40	18,489	0,001	0,681
	Self-Talk Practice	17,80			
Low	Imagery Practice	26,60			
	Self-Talk Practice	16,20			

The two-way anova test has resulted in 18.489 of  $F_{\text{count}}$  value and  $p = 0.001 < 0.05$ ; thus  $H_0$  can be rejected, therefore, it can be concluded that there is an interaction between psychological training method and anxiety level toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. By that result, the fourth hypothesis which states that "There is an interaction between psychology practice and anxiety level toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit" is **accepted**.

The result of  $R^2$  test on the variable of psychological training method and anxiety level toward the effectiveness of flat service has indicated 0.681 of  $R^2$  value. This condition has indicated that the effectiveness of flat service is 68.1% affected by the psychological training method and anxiety level while the rest 31.9% is affected by other factors excluded in this study.

## 5 DISCUSSION

### 5.1 The Effect of Imagery Practice toward the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity

The research result has indicated that there was an Effect of imagery practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. Imagery is a technique which is commonly used by sport psychologists to help someone visualizes or trains the mentality associated with the activity which will be conducted. Holmes & Collins (2001) expressed that at present, most of the sport practitioners have used imagery mental practice that illustrate the structured mental practice technique to create the optimal sport performance.

Imagery is not limited to visualization alone but also refers to kinesthetic, tactile, and smelling senses in which all of them are potentially important (Nurfadhila R, 2016). In imagery, various experiences are acquired through five senses by seeing, feeling, and hearing but in overall, those experiences occur inside the brain. In this term, athletes will create scenery in their brain associated with what they would be doing. In the imagery mental practice, visualization process will occur such as the ability to see ourselves in the mind or the eyes of the heart with full consciousness by recalling

the imagination that has been imagined during the imagery process.

Imagery mental practice refers to the effort of recreating or repeating the experience in mind, namely recreating or repeating an experience in the brain. The process is by recalling the information or experience within the memory and reforming it into an imagination of a meaningful motion pattern (Komarudin, 2015). The aim of the imagery mental practice is to produce sport experiences, therefore, athletes will feel like they are really doing the sport (Holmes & Collins, 2001).

Imagery practice is a psychological training that needs to be mastered by Tennis athletes to help reducing anxiety during the field and improving the effectiveness of good flat service. Elite athletes are mostly use imagery practice as a part of training and match processes, this theory is emphasized by many data which show that athletes used imagery mental practice to make their performances better, not only during the practice but also during the match. Athletes will be able of using the imagery practice to enhance their potentials especially in doing good service move if that practice is conducted systematically. This argument is emphasized with what expressed by Evans, Jones, and Mullen in (Komarudin, 2013) in which all athletes have potential to enhance their imagery skills through systematic practice.

The result of this research is supported the previous study conducted by (Sukamto, 2013) entitled as "*Pengaruh latihan Imagery terhadap Peningkatan Keterampilan Lay Up Shoot Permainan Bola Basket Siswa Peserta Ekstrakurikuler Bola Basket SMA N 1 Bantul*". The analysis results have indicated that there were significant Effect of imagery practice outcome on the experiment group.

### 5.2 The Effect among Athletes with High Anxiety and Low Anxiety on the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity Unit

The results of the research have indicated that there was a difference of Effect between athletes with high anxiety and low anxiety toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit.

According to Levitt as cited by (Husdarta, 2014), "anxiety can be defined as an subjective feeling over fear and an increase physical desire". The kind of anxiety during a match will cause an excessive

emotional stress that could disrupt the match and influence the performance in which the achievement would be maximum as well.

Athletes who have anxiety will worry and panic, thus, they will sometimes find it hard to concentrate. Anxiety will obviously often even always be experienced by athletes, the author has experienced anxiety in following a match. The anxiety will surely affect the performance of athletes due to uneasy feeling. In addition, athletes who experience excessive anxiety in facing a match will probably trigger the emergence of health or behaviour disorder, thus, the performance and confidence as well as the concentration level will decrease.

The anxiety experienced by athletes cannot be ignored because it can affect the outcome of flat service's effectiveness and the entire performance as well. If an athlete has low level of anxiety, thus, he/she will do a proper flat service and will not fail the first service (flat service), therefore, she/he could produce effective flat service that troubles the opponent as well as gaining points. However, if the athlete has high anxiety level, thus, the flat service will be not optimal and does not produce good effectiveness of flat service.

### **5.3 The Interaction between Psychological Training and Anxiety Level toward the Effectiveness of Flat Service of Male Athletes of UNY's Tennis Student Activity Unit**

The results of this research have indicated that there was an interaction between psychological training and anxiety level on the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit.

Flat service is the service that produce straight-up and strong ball toward the service box of the opponent (Scharff R, 2001). Flat service is usually done on the first service because this service is fast and strong. The service shot technique is really important for athletes to be able of dominating the course of match and this shot technique does not only become the opening shot but also the form of first attack to gain points. Service is a hard-to-learn shot, however, this shot can contribute on the winning condition and beneficial during the game. Service shot should be done as good as possible to make the opponent experiences difficulty to receive and return the ball, Therefore, it will ease the player who conduct a service to gain points.

The results of this research have indicated that the effectiveness of flat service on Tennis is influenced by psychological training and anxiety level. The optimal accomplishment of the practice result can be achieved through a crucial role of a coach. A coach who uses psychological training and considering the mental of the athletes can help the athletes to reach optimal outcomes in practice and during the match. As revealed by (Harsono, 2015) that the peak performance of athletes is 70% influenced by mentality aspect and only 30% is determined by other aspects, therefore, this mentality aspect has to be managed in systematic and planned manner.

The anxiety level could also affect the effectiveness of flat service on Tennis. Higher anxiety level experienced by athletes and the inability of them to control it will lower the effectiveness of flat service. However, if athletes can control the anxiety experienced by them, thus, the effectiveness of flat service can be achieved maximally and can generate points. Thus, psychological training method is required for the Tennis athletes to be able of doing maximum and good flat services. There are some psychological training methods namely imagery and self-talk trainings.

According to Weinberg & Gould in (Nurfadhila R, 2016), imagery practice can be done before and after the training, before and after the competition, during off-season, during the match, during the private time including during the time in house or other places. Tennis athletes can adopt internal focus with imagery practice in couple of minutes by imagining and feeling the positions of feet, hand movement during hitting, putting attention to the tossed ball and during the shot, the position of racket and the power that will be spend to produce speed and accuracy, thus, the effectiveness of the flat service will be good, then, the external focus when the ball has been hit and entered the service box of the opponent area.

Tennis athletes should also do self-talk when they about to conduct the first service i.e. flat service to make them confidence of how the flat service will be hit. Athletes can say to themselves " I can do flat service", "service flat in", or "do flat service properly". This effort can strengthen the commitment of the athletes, and as the motivation of athletes to be able of performing the flat service properly. More positive words we said to ourselves will improve the outcome we desired.

It can be concluded that by implementing both psychological trainings which include imagery and

self-talk, anxiety can be reduced and the effectiveness of flat services of athletes can be improved. The psychological training helps athletes to be able to do technical skills properly. In addition, imagery and self-talk practices could reduce the anxiety level on the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit.

## 6 CONCLUSION AND RECOMMENDATION

### 6.1 Conclusion

There was an Effect of imagery practice on the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. This result is proved with 8.710 of  $t_{\text{count}}$  value and  $p = 0.000 < 0.05$ .

There was an Effect of self-talk practice toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. This result is proved with 17.391 of  $t_{\text{count}}$  value and  $p = 0.000 < 0.05$ .

There was a difference of Effect between athletes with high anxiety and low anxiety toward the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. This result is evidenced with 5.003 of  $F_{\text{count}}$  value and  $p = 0.038 < 0.05$ . The mean value of flat service of athlete group with high anxiety was 16.10 and the mean of flat service of athlete group with low anxiety was 21.40. These mean values have indicated that the mean of flat service of athlete group with low anxiety is better compared to flat service of athlete group with high anxiety.

There was an interaction between psychological trainings and anxiety level on the effectiveness of flat service of male athletes of UNY's Tennis Student Activity Unit. This result is proved with 18.489 of  $F_{\text{count}}$  value and  $p = 0.001 < 0.05$ .

### 6.2 Recommendation

1) The coaches of UNY's Tennis Student Activity Unit are expected to be able of implementing imagery practice method to provide positive Effect in decreasing anxiety and improving the effectiveness of proper flat service, therefore, the athletes can manage their mentality in proper manner during the course of the match; 2) The addition of time frequency is required in implementing psychological training methods by frequently using it during the training, therefore, the

objectives in match to acquire good flat services and producing high points can be realized; 3) The athletes have to always try managing their anxiety levels during the course of Tennis match to create good flat service, thus, the shot that makes it difficult to be received by the opponent and faster points can be produced.

## REFERENCES

- Cox, R.H. 2002. *Sport Psychology: concepts and applications*. Cahmpaign: McGraw Hills. Hunt Publishing Company.
- Gunarsa, S.D. 2008. *Psikologi Olahraga Prestasi*. PT BPK Gunung Mulia. Jakarta.
- Harsono. 2015. *Periodisasi Program Pelatihan*. PT. Remaja Rosdakarya. Bandung.
- Husdarta. 2014. *Psikologi Olahraga*. Penerbit Alfabeta. Bandung.
- Hojjati, A. 2014. Comparison ability of movement imagery perspectives in elite, sub-elite and non-elite athletes. *International research journal of applied and basic sciences*. Vol, 8 (6): 712-716.
- Holmes, P.S., & Collins, D.J. 2001. The PETTLEP approach to motor imagery: a functional equivalence model for sport psychologists. *Journal of Applied Sport Psychology*. 60-83. PP. 1041-3200
- Komarudin. 2014. *Psikologi Olahraga*. PT Remaja Rosdakarya. Bandung.
- Komarudin. 2015. *Psikologi Olahraga: Latihan Keterampilan Mental Dalam Olahraga Kompetitif*. PT Remaja Rosdakarya. Bandung.
- Loman, Lucas. 2008. *Petunjuk Praktis Bermain Tennis*. Angkasa. Bandung.
- Nurfadhila, R. 2016. Pengaruh Latihan Imagery dan Koordinasi Terhadap Keterampilan Forehand Drive Petenis Pemula. *Jurnal Keolahragaan*, 4 (2) p. 196-206. <https://journal.uny.ac.id/index.php/jolahraga/article/view/10898/8529>. <https://doi.org/10.21831/jk.v4i2.10898>
- Schraff, Robert. 2001. *Bimbingan Main Tennis Cepat dan Mudah*. Mutiara. Jakarta.
- Strand, Bradford N. & Wilson, Rolayne. 1993. *Assessing Sport Skills*. United States of America: Human Kinetics Publishers.
- Sukadiyanto. 1996. Permainan Tennis Salah Satu Whaan Membina Remaja Untuk Beprestasi dan Berkepribadian. *Cakrawala Pendidikan* (No.3. Th. XV, November). Lembaga Pengabdian Kepada Masyarakat. IKIP Yogyakarta.
- Sukamto. (2013). Pengaruh latihan Imagery terhadap Peningkatan Keterampilan Lay up Shoot Permainan Bola Basket Siswa Peserta Ekstrakurikuler Bola Basket SMA N 1 Bantul. *Skripsi*. UNY.
- Vealey, R, & Greenleaf, C. 1998. *Seeing is believing: Understanding and using imagery in sport*. Applied Sport Psychology: Personal growth to peak performance (2nd ed).pp. 220-224).



Weinberg, Robert S. & Gould, Daniel. 2011.5th ed.  
*Foundation of Sport and Exercise Psychology*. Illinois.  
United States: Human Kinetics.

