

EFFECT OF EMOTIONAL INTELLIGENCE WITH COOPERATION ABILITY ON FUTSAL GAME PERFORMANCE

Muhammad Rizky Nur Dhani*, Dedi Supriadi², Vicki Ahmad Karisman

¹Department of Sport Education, ¹Postgraduated School, Universitas Pendidikan Indonesia,

² Postgraduated School, ² Universitas Pendidikan Indonesia

Abstract

The purpose of this study was to determine the effect of emotional intelligence and cooperation ability on futsal performance. This study uses the correlational method with the type of correlation study and uses a quantitative approach. The population in this study were students who took part in the extra-curricular futsal at SMA Negeri 6 Cimahi with a purpose sampling method, namely 8 students. This research was conducted futsal test. The instrument used is a questionnaire of emotional intelligence and cooperation, and a futsal ability test. Based on the results of data processing and analysis with the help of SPSS 16, it can be concluded that, 1) There is a significant effect of emotional intelligence on the futsal game with a significance value of $0.003 < 0.05$ 2) there is a significant influence on the ability of cooperation on the futsal game with a significance value of $0.000 < 0.05$ 3) there is a significant effect of emotional intelligence with the ability to cooperate with futsal games with a significance value of $0.002 < 0.05$.

Keyword:

emotional intelligence, cooperation, futsal game.

*Corresponding address: Bandung, Indonesia

*Corresponding e-Mail: muhammadrizkynurdhani1226@gmail.com

Introduction

For a country whose society is developed, modern, and cultured, usually has placed sports activities as an integral part of its life, then sport is recognized as an important tool to teach valuable skills such as teamwork, discipline, leadership, games, fairness, and communication, in addition to providing positive and health-care activities for healthy, positive youth. (Kobayashi, Hoye, & Nicholson, 2017).

Sport is a human movement activity according to certain techniques, in its implementation there is an element of play, there is a sense of pleasure, done in spare time, and its own satisfaction. Humans themselves are living beings whose activities are very high. This very high routine must be supported by a balanced psychological and physical condition of the body. The balance of physical and psychological conditions can be achieved by human effort through sports and recreational activities that aim to reduce stresses on the mind (refreshing and relaxation).

Separate physical and mental qualities. In sports, it is divided into 2, namely sports education and sports achievements which are commonly called extracurricular. Sports

education is education that is carried out as part of the educational process to develop and foster a person's physical and spiritual potential or as an individual or member of the community in the form of games, competitions/matches, and intensive physical activities to obtain recreation, communication, and peak performance. in the framework of forming human beings who are sporty, honest, and healthy. So that sports education has the aim of encouraging, awakening, developing, and fostering physical and spiritual strengths in every human being. And to give birth to a citizen who is sporty, honest, healthy.

In addition to sports education, there is also achievement sports according to Agustian Ekrima who said that "Sports are carried out in a focused manner with the aim of obtaining achievements. It can be known through a match, a tournament." or championship. or extracurricular activities are activities outside of normal school hours, according to Dony and dias "Extracurricular activities are activities that are held outside of the lesson hours listed in the program structure according to the circumstances and needs of the school." carried out in schools or subjects outside of school with the aim of expanding students' knowledge, regarding the relationship between subjects, channeling talents and interests, and completing complete human development. Extracurriculars are also not only subjects but sports are also included in extracurricular activities, such as Basketball, Volleyball, Soccer, Futsal, and many more. In addition, extracurricular also has an assessment as an effort to complement different curricular activities outside of school hours in order to improve students' motor development.

In the game of futsal, it is not only skills and physicality that are used according to Justinis, as in Blessing Yoga Saptra said that "Justinus Lhaksana (2017:17), There are ten kinds of components of physical condition that a futsal player must have well, including; endurance, strength, speed, agility, power, flexibility, accuracy, coordination, balance, and reaction (reactions)." but how can we make defense and attack that is.

Salovey & Mayer in Ridwan Saptoto, "use the term emotional intelligence to describe a number of skills related to accurate assessments of the emotions of oneself and others, as well as the ability to manage feelings to motivate, plan, and achieve life goals. According to them, emotional intelligence is the ability to understand emotions, use and utilize emotions to help the mind, recognize emotions and emotional knowledge, and direct emotions reflectively so that it leads to emotional and intellectual development.

To achieve the goal of emotional intelligence is assessed by looking at sports appearance, sports performance can be seen from a person's motivation in his sports appearance. Quoted from Yusuf Hidayat "motivation is a process of actualization of the driving and driving sources such as the psychological process is a reflection of the strength of the interaction between cognition, experience and needs". Because basically there is no achievement without motivation, achievement appears based on a combination of emotional intelligence, sports performance training, the factors that affect emotional intelligence are: 1. Ability to recognize one's emotions, 2. Ability to manage one's emotions, 3. Ability to motivate yourself, 4. The ability to recognize the emotions of others, and 5. The ability to build cooperative relationships. In the factors that affect emotional intelligence there is a factor in cooperation.

Cooperation according to Baron and Byane in Sembiring's thesis, namely "cooperation is a joint effort between individuals or groups of people to achieve one or several common goals." Cooperation is something that really needs to be highlighted in every sports

performance, because basically when cooperation is well established it will give maximum results in every sports performance. The relationship between emotional intelligence and cooperation is closely related because emotional intelligence requires good interaction with other individuals, when the interaction is well established, the cooperation will be in harmony with the interaction, which will affect the chemistry of sports appearance. The factors that influence cooperation are: 1. Realizing interests, 2. Developing attitudes. The relationship between emotional intelligence and cooperation in futsal is closely related because in sports, cooperation achievement is the main factor in team sports, besides when talking about cooperation we cannot rule out emotional intelligence related to individual psychology for the team. When we talk about team sports, of course we know that futsal consists of 5 people in a team who are in the field, to achieve a goal or win means that there must be good cooperation from the team to unite 5 thoughts into one. It's easy to have a strong chemistry. The chemistry is formed from emotional intelligence itself, the emotions that exist in an individual affect the quality of the team and the ability to manage feelings to motivate, plan, and achieve common goals. When emotions are unstable due to several factors in a team, for example, there is displeasure with other individuals so that the person is reluctant to cooperate with the friend he does not like.

Methods

The research method is basically a scientific way to obtain data with a specific purpose and use. Based on this, there are four keys that need to be considered, namely: scientific method, data, purpose, and usability. The scientific method means that research activities are based on scientific characteristics, namely rational, empirical and systematic. Rational means that the research must make sense, Empirical then the research must be observable by the human senses, Systematic means, the process used in the research uses certain steps that are logical.

To achieve this goal, the author in this research method uses a descriptive method, in which the selection of this descriptive method itself refers to the formulation of the problem, independent variables and dependent variables. The objectives to be achieved are: The objectives of this study are (1) to determine the effect of emotional intelligence on futsal games; (2) to determine the effect of cooperation in the performance of the futsal game; and (3) to determine the relationship between emotional intelligence and teamwork in the performance of the futsal game.

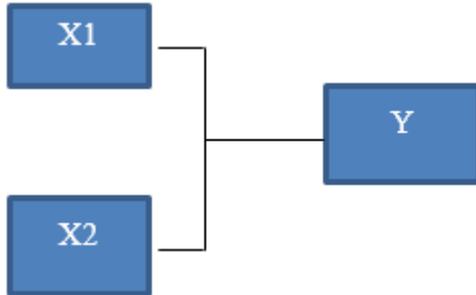
The research method is a scientific way to obtain data with specific purposes and uses. Sugianto The method used in this research is a descriptive method with a correlation type of research. The term descriptive comes from the language to describe which means to describe or describe something, for example circumstances, conditions, situations, events, activities, and others. Thus, what is meant by descriptive research is research that is intended to investigate the circumstances, conditions or other things that have been mentioned, the results of which are presented in the form of a research report.

Researcher Design:

In this study, there are 2 variables, namely:

1. The independent variables (free) in this study are Emotional Intelligence and the ability to work together.

2. The dependent variable (bound) in this study is the performance of the futsal game. The two variables can be described in the form of a research paradigm as follows:



Population

Every research carried out by a researcher first needs to determine the population as a source of data for research purposes. The population can be in the form of humans, values, documents, and events that are used as objects of research. The population in the study is divided into two, namely the general population and the target population. The general population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are applied by researchers to be studied and then drawn conclusions. In the investigation, good considerations are needed, so that the data sources to be obtained are in accordance with the problems studied. The research population is futsal athletes at SMA Negeri 6 Cimahi extracurricular, totaling 24 people.

In this study using purposive sampling because the researchers chose deliberately the subjects to be researched which amounted to 8 people. Because the researchers chose the players whose performance was stable in each game. The sample is part of the number of characteristics possessed by the population. The sample used by the researcher using a non-random sample (non-random) is a non-random sampling method where each member does not have the same opportunity to be selected as a sample member and researchers usually adjust to the needs and objectives of the study. So taking members according to certain objectives and considerations of the researcher can be fulfilled. So the sample used in this study amounted to 8 people.

Result

The results of the calculation of the correlation coefficient between two variables (r)

Correlations

		EMOTIONAL INTELLIGENCE	COOPERATION	FUTSAL
EMOTIONAL INTELLIGENCE	Pearson Correlation	1	.876**	.890**
	Sig. (2-tailed)		.004	.003
	N	8	8	8
COOPERATION	Pearson Correlation	.876**	1	.949**
	Sig. (2-tailed)	.004		.000
	N	8	8	8
FUTSAL	Pearson Correlation	.890**	.949**	1
	Sig. (2-tailed)	.003	.000	
	N	8	8	8

This research is a correlational research conducted at SMA Negeri 6 Cimahi. In this study, the author will only examine the categories of emotional intelligence, cooperation skills, and the performance of the futsal game. The first variable, namely emotional intelligence, which is assessed is the result of a questionnaire that has been validated and filled out by futsal extracurricular students at SMA Negeri 6 Cimahi. The second variable is the ability to cooperate which is assessed using observational media which is assessed directly by the trainers. And the third, the dependent variable on the performance of the futsal game, was taken with the format of passing, shooting, and dribbling tests where data were collected for 8 meetings.

According to relevant research that has been carried out previously by Salovey & Mayer in Ridwan Saptoto, "using the term emotional intelligence to describe a number of skills related to accurate assessments of the emotions of oneself and others, as well as the ability to manage feelings to motivate, plan, and achieve life goals. According to them, emotional intelligence is the ability to understand emotions, use and utilize emotions to help the mind, recognize emotions and emotional knowledge, and direct emotions reflectively so that it leads to emotional and intellectual development.

So that emotional intelligence affects the ability to cooperate among athletes. According to H. Kusnadi in Septian "meaning cooperation as two or more people to carry out joint activities that are carried out in an integrated manner directed to a specific target or goal." By increasing the ability to cooperate, it will also affect the appearance of the futsal

game. Because every individual who is good and can control emotions can help for mental development on the field.

The relationship between emotional intelligence and cooperation in futsal is closely related because in sports, cooperation achievement is the main factor in team sports, besides when talking about cooperation we cannot rule out emotional intelligence related to individual psychology for the team. When we talk about team sports, of course we know that futsal consists of 5 people in a team who are in the field, to achieve a goal or win means that there must be good cooperation from the team to unite 5 thoughts into one. It's easy to have a strong chemistry. The chemistry is formed from emotional intelligence itself, the emotions that exist in an individual affect the quality of the team and the ability to manage feelings to motivate, plan, and achieve common goals. When emotions are unstable due to several factors in a team, for example, there is displeasure with other individuals so that the person is reluctant to cooperate with the friend he does not like. The advantages with the questionnaire applied, each statement is quite clear, relatively easy for students to answer, each statement is neutral, objective and this questionnaire is to collect unanimity of answers to the problems at hand.

Conclusion

Based on the results of the research that the author did and the calculation of data analysis from the measurement results, in this section the author can put forward the following conclusions: Emotional intelligence and cooperation ability have a significant relationship with the performance of the futsal game because the statistical results of tcount are greater than ttable so that the correlation is significant (H_0 is rejected or H_1 is accepted). The results of research on the effect of emotional intelligence with the ability to cooperate on the performance of the futsal game are evidence that emotional intelligence and the ability to cooperate play an important role in the performance of the futsal game. Students who have high emotional intelligence and cooperative abilities will be able to play futsal games as expected. Therefore, the relevant parties who play a role must be able to improve the affective abilities of students, especially emotional intelligence and also the ability to work together so that they can improve results in futsal games and in other aspects.

References

- Baron, & Byane. (2004). Social Psychology. Jakarta: Erlangga.
- Bihler. (2008). Management Skills. Jakarta: Prenanda Media Fattah.
- Budiman. (2009). Research on the Development of Bodily Kinesthetic Intelligence Model. UPI Dipa Research Grant, 77.
- Casmini. (2007). Emotional Parenting. Yogyakarta: Pilar Medika.
- Dony, & Dias. (2013). Students' Interest in Participating in Futsal Extracurricular Studies on Students Participating in Futsal Extracurriculars at SMP Negeri 2 Buduran. Surabaya State University.
- Ekrima, A. (2010). Sports Center DI Yogyakarta. 13.
- Goleman. (2002). Emotional Intelligence Jakarta: Gramedia Pustaka Utama.
- Hidayat, Y. (2010). Physical Education Psychology. Bandung: Erlangga.
- Hoedaya. (2009). Developing Associative Behavior of Elementary School Students Through the Application of the Play Approach in the Context of Physical Education Learning. Indonesian University of Education, Bandung.

- Kanca, I. N. (2014). Passingbola futsal tactical training method. Ganesha University of Education.
- Lhaksana, J. (2011). Modern Futsal. Be Champion, 114.
- Nurita, M. (2012). The Relationship Between Emotional Intelligence (EQ) and Nurse Performance at Fatmawati General Hospital, South Jakarta.
- Saptoto, R. (2010). Relationship between Emotional Intelligence and Adaptive Coping Ability. Gajah Mada University.
- Saputra, R. Y. (2016). The relationship between agility speed and cardiorespiratory endurance with futsal playing skills of futsal extracurricular participants in the 2014/2015 academic year at SMA Negeri 1 Milati. Surabaya State University.
- Saputra, Y. D. (2013). The level of basic technical skills in playing Futsal for High School and Vocational Extracurricular Participants. Yogyakarta State University.
- Septian. (2014). Leadership and Cooperation. Faculty of Sports.
- Sugianto. (2013). Easy Ways to Compose Thesis, Thesis and Dissertation (STD). Bandung: Alfabeta.
- Sugiyono. Research Methods: Alfabeta. 2006 109 pages
- Suharsimi, A. (2006). Research Procedure: A Practical Approach: Rineka Cipta.
- Calm, J. D. (2008). Proficient in Playing Futsal: DAR Mizan