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RELATIONSHIP OF KINESTETIC CAPABILITY AND EMOTIONAL INTELLIGENCE WITH THE ACCORDANCE OF THE WOODBALL GATTING

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Abstract

Relationship between Kinesthetic Ability and Emotional Intelligence with the Accuracy of the *Gatting* Woodball Punch . Department of Sport Coaching Education, Faculty of Sports Science, Semarang State University

Keywords: Kinesthetic Ability , Emotional Intelligence, Gatting, Woodball.

INTRODUCTION

Woodball is a sport that is developing in Indonesia. Woodball was first introduced in Indonesia in 2006 and has developed in many provinces in Java, Bali, Sumatra and Kalimantan. Woodball was first discovered in 1990 by Mr. Ming-Hui Weng and Mr. Kuang-Chu Young who is of Taiwan nationality. Woodball sports can be played on grass or sand fields. The characteristics of woodball game are similar to golf games, where the goal in this game is to try to put the ball into the target that has been determined with the least number of shots possible. Woodball game starts by hitting the ball on the boundary line start or start area until the entry of the ball into the goal *(gate)* by way of hitting the ball using a paddle *(mallet).*

Woodball has a very important basic technical factor which is a supporting or inhibiting factor for an athlete's achievement. According to Kriswantoro and Wasis. D. Dwiyogo (2009: 59), basic technique is one of the foundations for someone to be able to play well. The basic techniques include techniques without tools and with tools. Techniques without tools include swinging movements, *set-ups* (preparations), and preswing *rhythms* with no tools. While the technique is a routine tool *preswing* with tools *(mallet),* stroke technique long distance, middle-distance punch, punch at close range, and blow *gat ting*

One of the basic techniques that must be mastered well by a woodball player is a punch towards the *gate (gating).* In a woodball game a punch towards the *gate is* always used to finish the game at each *fairway.* It is therefore very important, for woodball players to master the basic techniques of *gatting* well.

There are several things that can affect the success in achievement in sports, including psychological factors or mental factors. Psychological factors that are considered related include: (a) concentration, (b) *intelligence quotient* , (c) *aggressiveness,* (d) confidence / personality . Sports psychology is all knowledge related to an athlete's personality problem and can be applied therein. Therefore sports psychology is a holistic approach to life and the world for an athlete . So I am interested in researching in woodball sports because the similarities of woodball sports are the same as golf, both emphasizing beautiful movements in accordance with the laws of biomechanics, besides that woodball sports are also closely related to self-confidence, fighting yourself and being able to control yourself both in the game and in life.

Relationship Kinetic ability is a factor that can affect athlete achievement. Athletes with Relationships Keen kinesthetic abilities can easily remember correct motor movements, because the sensation of being in a position

to receive information from a *propriocepter*. Relationship Kinesthetic ability is Relationship The ability to cultivate the body and do work that requires the skills of certain limbs such as the skills of the hands and feet.

Unnes woodball athletes who are short respondents, 95% of them practice more in the field directly than the theory provided. This shows that athletes easier to understand learning how to touch (practice) directly from the theory given . Motor performance does not only depend on coordination of body movements alone, but also on the control of body balance. Balance receptors are assumed to be part of the kinesthetic mechanism. Relationship Kinesthetic ability according to Sonawat and Gorgi (2008) in Mohammad Yaumi (2012) is Relationship The ability to use the entire body in expressing ideas, feelings, and using hands to produce or transform something. This intelligence includes special skills such as coordination, balance, dexterity, strength, flexibility and speed. This intelligence also includes skills to control body movements and relationships. The ability to manipulate objects.

Emotional question (EQ) or also called emotional intelligence, is a psychological aspect related to feeling and feeling. Basically, all emotions are impulses to action, an immediate plan to overcome problems that have been instilled gradually by emotions. Emotion provokes action and emotion root the urge to act in solving a problem immediately (G oe leman, 2001: 7). The function of the emotional ability to play woodball is very influential, where an athlete is required to be able to master the emotions contained in him in order to control the game best.

The Woodball Student Activity Unit (UKM) is a place for students to learn about woodball sports and explore how to play woodball to produce achievements. In every woodball exercise, the Unnes woodball athlete who is training initially has the same gatting ability . But the results will be different Relationship ability when they do the next stages of training at a given time, while the training program is given the same. This shows that each athlete has different characteristics and intelligence in accepting and implementing training programs that are carried out, in this case what must be considered is the athlete's mentality in practicing and playing woodball.

Based on the above description of kinesthetic and emotional intelligence in relation to the sports movements above, researchers want to know about the accuracy of gatting punches or in woodball sports, especially from the aspects of the Relationship between kinesthetic abilities and emotional intelligence. Therefore, in this study the writer took the title "The Relationship of Kinesthetic Abilities and Emotional Intelligence with the Accuracy of the Gatting Woodball Punch ", the reasons for choosing the title in this study are: (1) Gatting is one of the most dominant basic techniques performed in woodball games , (2) High achievement in woodball can be achieved if the players have and master good and quality gatting blows, (3) The quality of the strokes is determined from the process of training which can improve the relationship between kinesthetic abilities and emotional intelligence.

The problem formulation is as follows: (1) Is there a relationship between kinesthetic ability and the accuracy of Woodball's gatting? (2) Is there a relationship between emotional intelligence and the accuracy of Woodball's gatting? (3) Is there a relationship between kinesthetic abilities and emotional intelligence with the accuracy of Woodball gatting ?

The objectives of this study are: (1) To examine the relationship between kinesthetic ability and the accuracy of the gatting woodball punch. (2) Test the relationship of emotional intelligence with

the accuracy of Woodball's gatting. (3) Test the relationship between kinesthetic abilities and emotional intelligence with the accuracy of Woodball gatting.

RESEARCH METHODS

This research is a survey research, which is a study that actually takes place in a particular field or region. The data collected is classified according to type, nature, or condition. After the data is complete then a conclusion is made. The design used in this study is correlational design or correlational village design. Correlation is research conducted by researchers to determine the level of relationship between two or more variables, without making additional changes or manipulation of data that already exists (Arikunto, 2010: 3-4).

Research shows that none of the kinesthetic ability tests has a high enough validity coefficient. In this study, the test that will be used is the Obstacle Test. The purpose of the Obstacle Test is to measure the ability to predict position during movement using the eye. The reliability of the Obstacle Test is 0.30 and retested, resulting in 0.53 of the experiments conducted, with the validity of the Obstacle Test being without the use of the eye, there is a clear truth (Barry and Nelson, 1969: 185-186).

The test used to measure emotional intelligence is adopted from Dwi Sunar Kuncoro (2010: 189) in the IQ and EQ Test book. The questionnaire instrument in this study was a closed questionnaire, the answers of which had been provided so that respondents could simply choose. Arikunto, (2006: 152).

The instrument used in this study is to test the accuracy of ga t ting that is made by the researcher. Given the accuracy of test instruments Gatting is not standard , so in this study already conducted a preliminary study to standardize the accuracy of test instruments gat t ing to determine the validity and reliability of the test.

RESULTS AND DISCUSSION

The results of this study look for relationships (1) kinesthetic abilities, (2) emotional intelligence, and (3) accuracy of gatting punches

Table 1 : Linearity test (X1) with (Y)

ANOVA[a]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1,536	1	1,536	,230	,640[b]
	Residual	86,864	13	6,682		
	Total	88,400	14			

a. Dependent Variable: *gatting*

b. Predictors: (Constant), kinestetik

Source: Research Data Analysis Results

Table 1 above shows that for the kinesthetic ability variable anova calculation obtained F of 0.230 and a significance value of 0.640> 0 , 05 . Means it can be concluded that there is no relationship between kinesthetic ability with gatting woodball .

Table 2 : Linearity Test (X_2) with (Y)

ANOVA[a]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	39,642	1	39,642	10,570	,006[b]
	Residual	48,758	13	3,751		
	Total	88,400	14			

a. Dependent Variable: *gatting*

b. Predictors: (Constant), kecerdasan.emosi

Source: Research Data Analysis Results

Table 2 above shows that for the variable emotional intelligence from the ANOVA calculation , an F value of 10.570 and a significance value of 0.006 <0.05. Means it can be concluded that there is a relationship between emotional intelligence and precision of blow Gatting woodball .

Table 3: Linearity Tests (X1), (X2) with (Y)

ANOVA[a]

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	40,830	2	20,415	5,150	,024[b]
	Residual	47,570	12	3,964		
	Total	88,400	14			

a. Dependent Variable: *gatting*

b. Predictors: (Constant), kinestetik, kecerdasan.emosi

Source: Research Data Analysis Results

Table 2 above shows that for the relationship of kinesthetic ability and emotional intelligence to the accuracy of the gatting punch from the ANOVA calculation , an F of 5.150 was obtained and a significance value of 0.024 ≤ 0.05. Means it can be concluded that there is a relationship between kinesthetic abilities and emotional intelligence with the results of gatting woodball punches ..

CONCLUSION

Relationship of Kinesthetic Ability with the Accuracy of Gatting Woodball Punch

Based on the results of the study showed that there is no relationship between kinesthetic ability with the accuracy of gatting punches on the 2017 Semarang State University woodball players, related to the results of this study, it can be explained that in woodball sports a person's movements that are formed from the beginning will be more difficult to make real movements in accordance with the existing biomechanical motion, as well as the automation movement of each person will be different, such as athletes formed at the age of 30 years will be different from athletes formed at an early age.

Relationship of Emotional Intelligence (EQ) with Gatting Woodball Punch Accuracy .

Based on the results of the study showed that there is a relationship between emotional intelligence (EQ) with the accuracy of the gatting punch on woodball players in Semarang State University in 2017 with a correlation coefficient of 0.670. Of price correlation coefficient is positive, it indicates that the relationship is going on is a positive correlation means higher emotional quotient (EQ) a player woodball then it would be better to do a blow Gatting and conversely the less high emotional intelligence (EQ) a player woodball then will be less precise in doing gatting punches . This is consistent with the opinion of Groppel (1989: 256) which says that emotional intelligence is the result of emotional consistency. Players whose emotional state is unstable during the game will find that their appearance is also unstable. The more ups and downs of a player's emotional state during a game, the less likely they are to be able to stabilize their peak performance.

Relationship between Kinesthetic Ability and Emotional Intelligence (EQ) with the accuracy of the Gatting Woodball Punch .

Based on the analysis of the multiple correlations of each predictor both kinesthetic ability and emotional intelligence (EQ) have a significant relationship together on woodball players in Semarang State University in 2017 with a correlation coefficient of 0.680. This gives an illustration that a woodball player who has high kinesthetic ability and is supported by high emotional intelligence will be more precise in doing a gatting woodball punch .

From the results of the study it can be concluded that : 1) There is no correlation between kinesthetic ability with the accuracy of the gatting woodball punch . 2) There is a relationship between emotional intelligence and the accuracy of the gatting woodball punch . 3) There is a relationship between kinesthetic ability and emotional intelligence with the accuracy of the gatting woodball punch .

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