

ABSTRACT

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The effect of imagery training on basketball athlete's self confidence in doing free throw (M. Nisfianoor, M. Si., Psi. and Sandi Kartasasmita, M. Psi.) Psychology Study Program, Undergraduate Level Program, Tarumanagara University, 51 pages + R1- R4.

Freethrow is a part in basketball sport. A basketball athlete need to have a good self-confidence to performs a good free throw. But if the athlete have a self-doubt in his mind, than its bigger the chance that he will miss his shot on the free throw. Imagery is one of the mental training that has been used for long in sports. This research objective is to find the impact of imagery training on the level of Basketball athlete's self-confidence in doing free throw. It involves 11 basketball athletes from club X. The method of this research is experimental. Results shows significance level of 0.011 ($p= 0.011$, $p < 0.05$). This means that there is a difference on basketball athlete's self confidence between before and after having imagery training.

Key Words:

Imagery, self-confidence, free throw