



# Relationship Between Self-Efficacy and Teamwork in SMAN 1 Sooko Basketball

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**Abstract.** This study was conducted to determine the relationship between self-efficacy and cooperation in the basketball team of SMAN 1 Sooko Mojokerto. The subjects used in this study were 16 members of the men's basketball team of SMAN 1 SOOKO aged 16–18 years. The research instrument used was the New General Self-Efficacy Scale (NGSE) to measure self-efficacy and the 5-item scale developed by Sharma (2012) to measure the level of teamwork in basketball. The data analysis technique in this study used the Pearson Product Moment Correlation statistical technique. The results of the study found the Pearson Correlation of the two variables ( $r = 0.961$ ). This means that the two variables have a positive correlation direction.

**Keywords:** Self-Efficacy · Teamwork · SMAN 1 SOOKO Basketball Team

## 1 Introduction

Human life is closely related to health and sports. One way to get healthy is through exercise. According to sport is a person's activity that involves physically and psychologically which is useful in maintaining and improving the quality of personal health. Sport is a physical activity that is useful in increasing physical endurance and is very beneficial for health [1]. A series of sports activities is a systematic activity that aims to encourage, grow and increase potential in the body, soul, and even socially. In addition, sport can also be defined as a series of physical activities in which there are various technical skills, which are not only for the health of the body and soul, but also as an arena for competition [2].

Basketball really requires physical fitness, because this game has a long duration of time, is active and dynamic. In all activities, especially those related to efficiency and effectiveness, everyone needs good physical or physical fitness. Physical fitness is the body's ability to make adjustments to the freedom of a given load without feeling more fatigue [3]. Physical fitness according to [4] which is an important factor for students to be able to carry out sports and physical activities, which have a good impact on increasing student achievement. In a good basketball game, it is also necessary to have good physical fitness from the players.

Basketball is a physical activity that can be done by all groups, from children, teenagers to adults. The popularity of basketball can even be done by people in all

countries in the world, especially in Indonesia. Basketball made by Dr. James A. Naismith in 1891 at the Young Men's Christian Association Springfield Massachusetts, USA [5]. In playing basketball, you must be skilled in mastery and technique, physically and mentally healthy. This game is a group sport that is very easy to teach, where each team consists of 5 people. Basketball can be played on an indoor court that only requires a fairly small area; [6]. The development of basketball in Indonesia is growing significantly, such as the fact that it is found that the sport of basketball in Indonesia is in second place [7].

Basketball is a group game that requires special techniques to play it [8]. Techniques that can be done when playing basketball are dribbling, passing, shooting, and laying up. Basketball is a game between 2 groups that compete to put the ball in the basket to get points, where each team consists of 5 people. This sport is very good as a spectacle because it can be carried out on outdoor and indoor fields with a fairly small area. In terms of duration, basketball has a faster game duration than other ball sports, making it more competitive. According to [9] Basketball is a game that has a complex movement, namely the combination of walking, running, jumping, which has elements of speed, strength, accuracy, flexibility, and others.

There are 5 main positions in playing basketball according to [10] namely: (1) Point Guard is a player's position as the spearhead of the team, where players are required to have above average dribbling and passing skills, and players in this position are known as game pattern regulators and provide assists for their teammates. (2) Shooting Guard is a player's position with shooting specialties that vary from 2 points to 3 points, players in this position have above average shooting accuracy which is relied on as a pointer in the team. According to [11] In basketball game, every player has to master shooting skills. (3) Small Forward is a position for players who have speed and dribbling skills that are capable of tearing apart the opponent's defense, players in this position also have above average basketball skills who serve as pointers. (4) Power Forward is a position where a player emphasizes his physical ability in assisting in the inner area with the Center and serving as a rebounder in the team. (5) Center is the position of the basketball player who has the largest and tallest body in the team who serves as the main defender in the team to prevent the ball from entering the ring and serves as the main rebounder.

In the game of basketball, good skills are needed, good communication between players, and cooperation in order to achieve the specified goals. Furthermore, self-efficacy is also needed to achieve these targets. Self-efficacy in sports is a belief in the ability of sports that have the capacity to learn, as well as the behavior needed to achieve certain goals [12]. In connection with a change, believing in the ability to change is one way. An athlete must have high efficacy to control personal health and pain well which will eventually make it easier to face problems and rise from failure. Self-efficacy is a person's ability to control oneself. Self-efficacy is also explained by [13] namely a person's belief in the power possessed to carry out an action to achieve an existing goal.

Self-efficacy according to [14] namely the individual's capacity to overcome special conditions related to the assessment of the ability to do something. From this idea, an athlete, especially basketball, in strengthening his performance must have self-efficacy.

Various studies were conducted to determine the correlation of self-efficacy with performance, for example research conducted by Moritz et al. The development of self-efficacy is as important as the development of mastery of concepts [15].

In addition to self-efficacy, the game of basketball requires cooperation between players to achieve the desired target. Cooperation is a social process by 2 or more people in which there is a breakdown of tasks, where each person carries out the tasks that are his responsibility in order to achieve a common goal [16]. From the theory above, it can be seen that cooperation is very important for a team to achieve common goals and objectives. The value of cooperation is a value in sports that is needed in dignified social harmony, one of which is basketball [17].

The results of interviews conducted by researchers with 2 members of the basketball club, namely MC and FDL, said that teamwork greatly affects their confidence when playing. When their team is not united, their confidence will decrease, and game performance will drop drastically. So it can be concluded that teamwork greatly affects their self-efficacy. Basically, individual closeness can increase self-confidence which increases team performance. Agree with [18] which explains that self-efficacy is obtained from self-confidence in one's capacity to perform a task, for example preparing oneself to carry out a responsibility to the maximum extent possible. Social persuasion is an attempt to gain sovereignty over a group. Based on the explanation that has been explained, a factor that can increase self-efficacy is team closeness, namely in the form of cooperation. According to [19] Cooperation is the energy of several individuals to achieve existing goals. While based on [20] Cooperation is an organized and well-managed group collaboration. Teamwork in basketball is very much needed. In addition, the accuracy and accuracy of entering the ball in the enemy's basket is also very necessary to achieve victory [21].

Based on previous research, one of [22] explained that there was a significant effect of Self Efficacy on cooperation. This means that self-efficacy can affect the level of cooperation of a team absolutely. According to research from [23] that there is a strong correlation between self-efficacy on learning achievement in sports subjects. Research results from [24] It was explained that there was a dominance over the modification of the volleyball game in order to develop student cooperation in physical education lessons. Research results from [25] shows that cooperation and enthusiasm at work affect employee performance. Based on the description above, the researcher raised the title "The Relationship of Self-Efficacy with the SMAN 1 SOOKO Basketball Team Cooperation" to find out whether there is a correlation between self-efficacy and the SMAN 1 SOOKO basketball team collaboration.

## 2 Method

The research design used is correlation research, aims to determine the relationship Among self-efficacy and cooperation in team basketball. Correlational research according to [22] is a study that includes data collection efforts used to determine the existence of a relationship and the level of connection between 2 or more variables. In this study, researchers carried out 2 stages, namely analysis and validation. The location of this research is at SMAN 1 Sooko Mojokerto. The subject of this research is the basketball

team of SMAN 1 Sooko Mojokerto who is still a student at the school. The first stage in the analysis is (1) the initial analysis to find out the problems of the Basketball Team. (2) analysis of the research model to be carried out to identify and design the research model used. The second stage in the validation is (1) choosing the research scale that will be used in the study. (2) validate the items, in order to get the right scale to identify the problem to be studied.

Instrument collection data using questionnaire. This data collection tool is used to obtain the level of the problem to be studied. This study is used as a series of written questions that must be answered by participants or respondent to collect data in the field [26]. The data analysis technique used is a correlation test with a statistical correlation technique in the form of Pearson's Product Moment (PMP). PMP not only knows the correlation between variables, but can also explain and predict an event that is related to the variable relationship (self-efficacy and cooperation). This research is quantitative based on data from instrument questionnaire. Respondents can choose the level of agreement with the existing statements by selecting the available answers.

### 3 Result and Discussion

This research was conducted on 16 students of SMAN 1 SOOKO with ages 16–18 years who are members of the basketball team. The following is a demographic presentation of data from subject studywe (Table 1).

#### 3.1 Test Research Data

Based on the Table 2, it is known that all questions from the Self-Efficacy variable and the Cooperation variable show  $r_{count} > r_{table}$  or  $r_{count} > 0.623$ . Then it can be said that the Self-Efficacy scale and the Cooperation scale are declared valid.

Based on the Table 3, it was found that the Cronbach Alpha value  $> 0.60$ . So it can be said that the Self-Efficacy scale and the Cooperation scale are said to be reliable.

Based on the normality test for the two variables, it was found that sig (0.220 and 0.250)  $> 0.05$ , which means that it is normal (Table 4).

From the results of the Table 5, it can be found that the answer to the value of the sig deviation from linearity is 0.450, which means it is greater than 0.05. The results of the linearity test, if the sig deviation from linearity is greater than 0.05, it can be concluded that there is a significant linear relationship between the independent variable

**Table 1.** Demographic data of male students of sman 1 sooko.

No	Subject Age	Frequency
1	16 years	3
2	17 years	7
3	18 years	6
	Total	16

**Table 2.** Results of item validity test.

Variable	Question Items	r count	r table	Information
Self Efficacy	Item 1	0.910**	0.623	Valid
	Item 2	0.845**	0.623	Valid
	Item 3	0.895**	0.623	Valid
	Item 4	0.894**	0.623	Valid
(Variable X)	Item 5	0.930**	0.623	Valid
	Item 6	0.942**	0.623	Valid
	Item 7	0.906**	0.623	Valid
	Item 8	0.942**	0.623	Valid
	Item 1	0.950**	0.623	Valid
	Item 2	0.886**	0.623	Valid
Cooperation	Item 3	0.866**	0.623	Valid
(Y variable)	Item 4	0.827**	0.623	Valid
	Item 5	0.956**	0.623	Valid

**Table 3.** Results of item reliability test.

Variable	Cronbach Alpha	Information
Self Efficacy (X)	0.966	Reliable
Cooperation (Y)	0.934	Reliable

**Table 4.** Data normality test results.

	Self Efficacy	Cooperation
Kolmogorov-Smirnov Z	1.051	1.019
asypm. Sig. (2-tailed)	.220	.250

**Table 5.** Linearity test results.

		Sig.
Self Efficacy x Cooperation	linearity	.000
	Deviation from Linearity	.450

**Table 6.** Pearson product moment correlation results.

		Self Efficacy	Cooperation
Self Efficacy	Pearson Correlation	1	.961
	Sig. (2-tailed)		.000
Cooperation	Pearson Correlation	.961	1
	Sig. (2-tailed)	.000	

and the dependent variable. The conclusion from this is that the research data that has been presented is linearly significant. After the Normality Test and Linearity Test were carried out, it could be seen that the research data could be significantly distributed normally and linearly, then the PMP correlation analysis was carried out to determine whether or not the relationship between Efficacy and basketball team collaboration at SMAN 1 Sooko was carried out. The following are the results of the measurements that have been obtained (Table 6).

### 3.2 Correlation Test Results of the Two Variables

The results of the research that have been carried out, obtained data that it is known that there are 16 research samples, which are classified as male and dominated by age [16] years. Furthermore, to find out whether there is a relationship between self-efficacy and teamwork in Basketball, a Correlation Test is carried out using a correlation test (Pearson's Product Moment). The results of the research that have been carried out, the Sig values in the two variables are as follows ( $0.000 < 0.05$ ) the conclusions of the two variables are correlated, then from the results of the research conducted it can be seen that the Pearson Correlation value for the two variables is ( $r = 0.961$ ) which means that the two variables have a significantly positive correlation direction. From the explanation above, it can be concluded that the results of the study show that the self-efficacy of the basketball team at SMAN 1 Sooko is related to the level of cooperation in the team. This is in accordance with the results of previous research, namely research conducted by [22] which explains that there is a significant effect of Self Efficacy on cooperation.

It can be concluded that it can be seen that the self-efficacy of students can affect the level of cooperation in the basketball team. Likewise, research that has been carried out on students from the SMAN 1 SOOKO Basketball team has proven that self-efficacy has a positive relationship with teamwork. This can be interpreted if the self-efficacy of students who are members of the basketball team is high, then the level of teamwork will also be high. Conversely, if the self-efficacy of students who are members of the SMAN 1 SOOKO basketball team is low, then the basketball team's cooperation will also be low. In addition, it also refers to research from [27] the concept of a significant relationship between the self-concept of the athlete category and the quality of class social interaction in basketball lectures, the relationship is at a moderate correlation coefficient level. In addition, this research is in accordance with research from [28] the

result is that there are differences in the technical skills of learners who have high self-efficacy with low self-efficacy and the tone of interaction between learning strategies and learners' self-efficacy on learning outcomes of technical skills.

## 4 Conclusion

From the results described above, the researchers concluded that there was a positive correlation that significant Amongself-efficacy with teamwork, where the more the more increasing the Self-Efficacy of students from the SMAN 1 SOOKO basketball team will also have an effect on increasing the cooperation of the SMAN 1 SOOKO basketball team.

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