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Analysis Of Volleyball Basic Technical Skills In Extracurricular Activities

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Abstract

This study aimed to determine the ability of basic volleyball techniques in MAS Wathaniyah Belopa's extracurricular activities. The type of research used is quantitative descriptive research. The sampling technique in this study used the total sampling technique with a complete sample of 24 people. The data analysis used is descriptive, a quantitative data analysis technique that aims to describe or provide an overview of the data. The results showed that the ability level of basic volleyball techniques in extracurricular activities at MAS Wathaniyah Belopa was based on the research results obtained from the results of the under-serve and over-serve in volleyball extracurricular activities at MAS Wathaniyah Belopa, out of 24 students who took the volleyball service test, the lower serve skill level dominates the medium category with a percentage of 50%. Then the upper serve skills dominated the less category by 41.7% of the 24 students who took the test. Underhand passing and upper passing skills in volleyball extracurricular activities at MAS Wathaniyah Belopa, of the 24 students who took the volleyball passing test, the level of lower passing skills dominated the medium category with a percentage of 50%. Then the top passing skills dominate the good category by 58.3%. Smash skills in volleyball extracurricular activities at MAS Wathaniyah Belopa showed that of the 24 students who took the volleyball smash test, the level of smash skills dominated the medium category with a large percentage of 41.7%. The primary technical skills of playing volleyball in MAS Wathaniyah Belopa's extracurricular activities are suitable.

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INTRODUCTION

Physical education, sports, and health are essential teaching programs in forming the students' fitness. Sports and health learning are expected to direct students to be able to do sports activities to create a healthy and robust generation (Widayat, 2017). Sport is an activity or effort that can encourage, develop, and foster a person's physical and spiritual potential with a systematic process, either as an individual or as a community member, in the form of games. These sports competitions have undergone changes and game rules to keep up with the times and technology in the world. According to (Gumilang & Ramadan, 2019; Damsir et al., 2021), Sport is one of the ways to realize the primary objectives of the law to participate in educating the life of the nation and state. (Nugraha, Armariena, & Imansyah 2022) The national sports education curriculum also plays a vital role in making people bright based on knowledge and having a healthy body and a strong soul.

Volleyball is one of the big ball games played by two teams, each with six players. In volleyball games, each team bounces the ball over the net or nets, trying to kill the ball from hitting or reflecting the ball from the opponent. (Bahtiar 2020). Seeing the vital role of physical education in schools, it is an obligation for the Government and school apparatus to fulfill every standardization of the physical education curriculum requirements to support the teaching and learning process of physical education in schools.

As we often encounter in the community, many types of sports are often done by the community to maintain body condition and stay fit, such as walking, jogging, running, basketball, volleyball, badminton, etc. One of the many sports that are popular among Indonesians is volleyball (Kahar et al., 2022). Volleyball is a branch of the Sport used as an educational tool and means. The volleyball game is handy in physical formation. The people's enthusiasm to play, practice, or watch volleyball matches is relatively high (Hita, 2020).

Volleyball is a sport in physical education to encourage the development of motor skills, physical (psychomotor) abilities, and knowledge in students (William, 1942). The game of volleyball is one of the sports that are very popular among people because of the facilities needed where there is empty land that can be used to play. Even in school lessons, volleyball material is quite in demand by students because they already have a sense of interest in playing volleyball. However, the mastery of the material and skills in playing volleyball by students in several schools has yet to achieve satisfactory results because the material received by students has yet to be fully completed or the program provided has not been effective. (Kurniawan & Ramadan, 2016; Arisandi & Susilawati, 2021) This primary factor can only be achieved by training and matches that are planned and carried out continuously and continuously.

In volleyball, several basic techniques must be mastered by every player, including serving, passing, and smashing (Dr. Deddy

Whinata Kardiyanto, 2020). However, many students at school still need to pay more attention to these four primary techniques, even though the techniques in volleyball are interrelated and are a model that must be applied continuously if you want to excel in playing volleyball. So a student and even an athlete must maximally perform the basic techniques of volleyball when playing or competing so that it does not become an obstacle for students to develop in playing volleyball (Ramadan et al., 2020; Keswando et al., 2022).

Extracurricular activities are activities carried out outside of school hours (face to face) both at school and outside of school to enrich and broaden one's horizons. (Rianti et al., 2021; Hidayat & Iskandar, 2019). Volleyball extracurricular activities are used as a tool to achieve educational goals that should be achieved through a creative, critical, and interactive relationship that provides direction for the growth of creativity, critical thinking, and self-confidence. Volleyball learning invites students to be able to develop according to their wishes. In fact, in the field, the volleyball extracurricular process is still something that students still need to be interested in, especially at MAS Wathaniyah Belopa, Kab. Luwu. Based on observations from extracurricular lessons conducted in the afternoon, the student's enthusiasm for participating in volleyball learning/practice needed to be improved.

Based on the results of observations that have been made, there are still many things that could be improved with the basic

techniques demonstrated by students during the learning process. The basic techniques carried out by students have not fully mastered the observations of researchers, so the learning process does not reach the assessment standards. This impacts the learning process, extracurricular exercises, and during matches.

So this research got a problem which says how good the skills of the basic volleyball skills of students of MAS Wathaniyah Belopa Kab are. Luwu aims to find out and analyze basic volleyball techniques. This research focuses more on basic techniques to provide training and improvement material so that teachers or trainers can improve basic volleyball techniques that need to be corrected.

METHODS

The research used is quantitative descriptive research; quantitative is scientific research that aims to develop mathematical models, theories, or hypotheses related to the phenomenon to be studied (Ramadan & Juniarti, 2020). In accordance with the type of research, quantitative research also uses quantitative data and quantitative data analysis techniques. This method is used to answer and solve problems encountered during research, which aims to reveal something real (Subairi, 2012). The research instrument uses a questionnaire to test basic technical skills in volleyball games: service, passing, and smashing. Sampling Technique In determining the sample (Hatmoko, 2015) states that if the subject is less than 100, it is better to take all

of them so that the research is a population study. Furthermore, if the subject is large, it can be taken between 10-15% or 20-25% or more. In this study, the sample was taken using the total sampling technique because only 24 students were participating in the men's volleyball extracurricular activity at MAS Wathaniyah Belopa, which means the sample is saturated.

According to Arikunto (Arikunto, 2010), the source of data is the subject from which the data is obtained, which can be in the form of objects or motions, or processes of

something. The data taken is obtained from the direct observation and documentation of MAS Wathaniyah Belopa Kab. Luwu. In this study, the data analysis used was descriptive, a quantitative data analysis technique that aims to describe or provide an overview of the data researchers have collected without making general conclusions. In quantitative research, descriptive data analysis is used to determine the data's characteristics, including calculating the average value, median value, variance value, maximum value, and minimum value.

Table 1. Category Determination

Presentation Intervals	Category
86 % - 100 %	Special
69 % - 85 %	Very well
52 % - 68 %	Well
35 % - 51 %	Currently
18 % - 34 %	Not enough
0 % - 17 %	Less Once

FINDINGS AND DISCUSSION

Findings

Based on test results data on extracurricular volleyball students at MAS Wathaniyah Belopa District. Luwuvia questionnaire. The collected data is then

analyzed using statistical calculations. The following is a description of the results of each test carried out.

1. An overview of the results of passing under MAS WathaniyahBelopa based on the questionnaire survey that has been done Can be seen in the following table:

Table 2. MAS WathaniyahBelopa extracurricular service results

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	0	0
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	8	33.3
4	35 % - 51 %	Moderate	12	50
5	18 % - 34 %	Bad	4	16.7
6	0 % - 17 %	Very Bad	0	0
AMOUNT			24	100

It can be seen in the table above that the abilities of MAS WathaniyahBelopa extracurricular members in performing Forehand Service are as follows: For the Excellent category is 0%, the Very Good category as much as 0%, Good category

33.3%, moderate category is 50%, Bad category 16.7%, and very Bad category 0%.

2. An overview of the service results for MAS WathaniyahBelopa based on the questionnaire survey that has been conducted can be seen in the following table:

Table 3. Service Results for MAS WathaniyahBelopa Extracurriculars

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	0	0
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	2	8.33
4	35 % - 51 %	Moderate	8	33.3
5	18 % - 34 %	Bad	10	41.7
6	0 % - 17 %	Very Bad	4	16.7
AMOUNT			24	100

It can be seen in the table above that the abilities of MAS WathaniyahBelopa extracurricular members in Top Service are as follows: For the Excellent category is 0%, Very Good category is 0%, Good category is 8.33%, Moderate category is 33.3%, Bad category is 41.7%, and for the very Bad category is 16.7%.

3. An overview of the results of passing under MAS WathaniyahBelopa based on the questionnaire survey that has been conducted can be seen in the following table:

Table 4. MAS WathaniyahBelopa extracurricular passing results

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	0	0
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	2	8.33
4	35 % - 51 %	Moderate	8	33.3
5	18 % - 34 %	Bad	12	50
6	0 % - 17 %	Very Bad	2	8.33
AMOUNT			24	100

It can be seen in the table above that the ability of students belonging to MAS WathaniyahBelopa extracurricular members in Lower Passing is as follows: For the Excellent category, it is 0%, the Very Good category is

0%, the Good category is 8.33%, the moderate category is 33.3%, the wrong category is 50%, and for the naughty category is 8.33%.

4. An overview of the passing results for MAS WathaniyahBelopa based on the

questionnaire survey that has been conducted can be seen in the following table:

Table 5. Passing results for MAS WathaniyahBelopaextracurriculars

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	1	4.17
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	4	16.7
4	35 % - 51 %	Moderate	5	20.8
5	18 % - 34 %	Bad	14	58.3
6	0 % - 17 %	Very Bad	0	0
AMOUNT			24	100

It can be seen in the table above that the abilities of the MAS Wathaniyah Belopa extracurricular members in the Upper Passing are as follows: For the Excellent category is 4.17%, Very Good category is 0%, Good category is 16.7%, Moderate category is 20.8%, the Outstanding category is 0%, Good

category 16.7%, Badis 58.3%, and for the very Bad category is 0%.

5. An overview of the results of MAS WathaniyahBelopa's smash based on the questionnaire survey that has been conducted can be seen in the following table:

Table 6. Results of MAS Extracurricular Smash WathaniyahBelopa

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	0	0
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	8	33.3
4	35 % - 51 %	Moderate	4	16.7
5	18 % - 34 %	Bad	10	41.7
6	0 % - 17 %	Very Bad	2	8.33
AMOUNT			24	100

It can be seen in the table above that the abilities of MAS WathaniyahBelopa extracurricular members in Smash are as follows: 0% for the Excellent category, 0% for the Very Good category, 33.3% for the Good category, 16.7% for the moderate category, 16.7% for the lousy category.

41.7%, and for the naughty category is 8.33%.

Based on the three tests, the average descriptive analysis of essential technical skills was obtained for the extracurricular volleyball students at MAS WathaniyahBelopa, which can be seen in the following table:

Table 7. Average Student Test Results for Extracurricular Volleyball MAS WathaniyahBelopa Regency.Luwu

No	intervals	Criteria	Frequency	%
1	86 % - 100 %	Excellent	0	0
2	69 % - 85 %	Very Good	0	0
3	52 % - 68 %	Good	5	20.8
4	35 % - 51 %	Moderate	7	29.2
5	18 % - 34 %	Bad	10	41.7
6	0 % - 17 %	Very Bad	2	8.33
AMOUNT			24	100

It can be seen in the table above that the ability of students who are members of the volleyball extracurricular MAS WathaniyahBelopa in performing basic volleyball playing techniques is as follows: 0% for the Excellent category, 0% for the Very Good category 0%, good category 20.8%, moderate category 29.2%, bad category 41.7%, and very bad category 8.33%.

Discussion

One of the students' skills in playing volleyball can be seen from the student's ability to perform service, passing, or smash techniques volleyball. (Wulandari et al., 2022) To play volleyball well, a person is required to have the ability or skills to play volleyball, fundamental physical and mental skills. The research results show that:

1. Service (Under and Over)

Underhand and overhand serve skills in extracurricular volleyball students at MAS WathaniyahBelopa, showed that of the 24 students who took the volleyball serve to test, the level of forehand serve skill dominated the moderate category with a percentage of 50%. Then Overhead serve skills dominate the Bad category in 41.7% of the 24 students who took the test.

This shows that it is inevitable that all MAS volleyball players WathaniyahBelopa have very bad serves. This can be influenced by several factors: the less intensive practice of serving, resulting in inappropriate contact with the ball, which causes the ball to be hit imperfectly and far from the target. Even though the ability to serve is vital, in a match, if all the players cannot serve, the game will not run.

Service techniques that are still lacking can be caused by several factors, namely factors from within the students themselves in serving during the test. Moreover, the physical factors of students who are still young junior high school children so that the strength of the hands is not fully maximized or strong. This research is strengthened by previous research (Ruslianda, 2019), Survey of Overserving and Underserving Skills of Students Volleyball Extracurricular Participants at SMP It SunanGunungJati.

2. Passing (Bottom and Top)

The skills of forehand passing and overhead passing in extracurricular volleyball students at MAS WathaniyahBelopa showed that of the 24 students who took the volleyball passing test, the level of lower passing skills dominated the wrong category with a

percentage of 50%. Judging from the results, this can be influenced by several factors, including the position of the feet not balanced so that the direction of the ball is not perfect, the impact of the ball is not correct, for example on the tip of the hand so that the reflection of the ball is not perfect which causes the reflection of the ball to tend to be wild so it is difficult to reach.

For overhead, passing skills dominated the wrong category by 58.3% of the 24 students who took the test. From these results can be influenced by several factors, including the ball touching the palms of the hands and being held up, the ball moving up instead of rising forward, and the position of the feet not being balanced. Hence, the direction of the ball could be better. In addition, posture also influences; low posture will be more challenging to direct the ball to the target, but it will be easier for students with high posture to direct the ball to the target. The flexibility of the fingers in carrying out the overpass determines the frequent occurrence of students doing the overpass. However, the ball changes direction instead of rising forward, which needs to be corrected on target.

3. Smash

Smash skills for extracurricular volleyball students at MAS WathaniyahBelopa show that of the 24 students who took the volleyball passing test, the level of smash skills dominated the wrong category with a percentage of 41.7%. Judging from the results of the existing tests, this can, of course, be influenced by several factors, including

improper ball contact causing the ball to be unable to cross the net or bounce off the court, or due to a lack of vertical jumps so that the smash results are not optimal. In carrying out the essential technical movements of volleyball, of course, many factors influence, including the strength of the muscles of the arms and hands.

The three tests averaged the abilities of MAS WathaniyahBelopa's volleyball extracurricular students in performing basic volleyball playing techniques as follows: for the Excellent category is 0%, Very Good category is as much as 0%, the Good category is 20.8%, the Moderate category is 29, 2%, bad category 41.7%, and for the naughty category is 8.33%. This means that the essential technical skills of playing volleyball for MAS WathaniyahBelopa's volleyball extracurricular students are in the lower category.

From the research results at MAS WathaniyahBelopa, Smash, and Service are the weakest parts of basic abilities because smashing requires arm or hand strength and accuracy in combining jumping movements on the legs and hand movements when hitting the ball. At the same time, in Service in general, students still need help directing the ball on the target to be aimed so that the point at the point of assessment is reduced or slightly. In the passing technique, the students have not been able to do well because when passing the ball, the ball is not correct, so sometimes the ball is stuck in the palm, and students need help directing the ball to the target. In the under-passing technique,

Each student has different abilities in mastering techniques; some students trained with the same type of technique do not necessarily master the technique.

CONCLUSION

Based on the data analysis and discussion presented earlier, the results of this study can be concluded that the essential technical skills of playing volleyball in extracurricular activities show that:

The underhand and overhand serve in volleyball extracurricular activities at MAS Wathaniyah Belopa, out of 24 students who took the volleyball service test, the level of underserving skills dominates the medium category with a percentage of 50%. Then the upper serve skills dominated the less category by 41.7% of the 24 students who took the test. Underhand passing and upper passing skills in volleyball extracurricular activities at MAS Wathaniyah Belopa, of the 24 students who took the volleyball passing test, the level of lower passing skills dominated the medium category with a percentage of 50%. Then the top passing skills dominate the good category by 58.3%. Smash skills in volleyball extracurricular activities at MAS Wathaniyah Belopa showed that of the 24 students who took the volleyball smash test, the level of smash skills dominated the medium category with a large percentage of 41.7%. The primary technical skills of playing volleyball in MAS Wathaniyah Belopa's extracurricular activities are suitable.

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