



improving technique, and psychological factors that can encourage athlete growth (Nugroho, 2016).

The aim of the human resource improvement program organized by the government is to increase the level of competition in Indonesian sports by fostering and developing the sport itself (Bangun, 2016). Development and development of national sports must continue to be developed and practiced in order to improve overall sports achievements. The guidance and development program is not only the responsibility of the entire government, of course, participation from various parties is needed so that everything runs smoothly. The overall coaching system, starting from the regional level to the national level, will influence the level of success achieved by Indonesian athletes in the future.

One method of fostering and developing sports in Indonesia is through the role of management of sports bodies or organizations within the framework of the Olympic Movement (Rahadian et al., 2021). Sports institutions or organizations under the scope of the Olympic movement, such as the International Olympic Committee (IOC), the Olympic Council of Asia (OCA), the Southeast Asian Games Federation (SEA Games Federation), the National Sports Committee, the Indonesian Olympic Committee (KOI), the Main Organization of Sports and Functional Branches, as well as associations or sports clubs (Petrusz et al., n.d.).

The sports organization mentioned above is a unified whole to achieve various sports development goals. Increasing the achievement of various sports is carried out through the coaching and development of planned sports that are systematic, tiered and sustainable. This process begins with acculturation which includes the introduction of motion at a young age, making sport a lifestyle, nursery, namely talent search and empowering sports centers, and increasing achievement, namely fostering national leading sports so that top athletes can reach peak achievements (Soan, 2017).

At club level, coaching patterns sometimes make programs unclear while they are still operational. This is caused by a number of things, including, but not limited to, the instability of the match schedule to be held, the quality of coaches, facilities and infrastructure, and many more. This little-known training program can also affect the athlete's overall physical condition. Healthy conditions in both the physiological and psychological fields of athlete psychology.

A structural research-supported sports methods approach is used to create coaching, and the design is intended to facilitate physical training, physiotherapy and rehabilitation, relaxation, and psychology, which are terms related to these components.

The strategy focuses on internal, external, internal and external circulation. Combining sport science with the basics of court tennis and incorporating it into building designs may, with any luck, make solving coaching problems in the sport easier.

The training components provided in stages include physical training, tennis technique training, and tennis tactic training by prioritizing sports knowledge to improve squash athletes' abilities. These exercises are structured and organized into a training program in order to determine which athlete is performing at his peak level. There are a number of aspects of the overall physical condition of an athlete which, if improved, can increase peak performance (Mahendra, 2014). In the case of squash players, these aspects include: Athletes are required to train in a variety of areas, including balance, which is one such area, as well as strength, speed, endurance, flexibility, agility, reaction and speed of reaction.

Improvement of methods and strategies begins by focusing on a person's physical condition as the foundation. The capacity to condition is essential for someone to optimize their own tactics. Therefore, it is very clear that good physical condition is a very important requirement for achievement (Saputra & Aziz, 2020). This is because the more advanced the skills an athlete has, if it is not matched by good physical abilities, then the expected achievements will not be realized.

The conclusion that can be drawn from the description and explanation given above is that there are several elements that determine whether a person achieves or not; One such aspect is the sports science method adopted. Therefore, in order to support an achievement and see firsthand the reality on the ground, researchers are interested in seeing how the

competence of student squash coaches can be improved. Game situation training is one type of exercise that is expected to be included in the application of sports science. Athletes are encouraged to train in a way that will make them feel more satisfied and enthusiastic about their training conditions, which will ultimately result in a better physical condition.

**METHODS**

This research will use experimental research methods. In investigating the relationship between cause and effect, this experimental research only uses the use of a study group, not a control group. Research that is classified as experimental is research that seeks to find possible outcomes for research subjects as a result of being subjected to an action or treatment.

Researchers used a research method known as the One Group Pretest-Posttest method. This is important because the researchers plan to test their physical condition first in the form of a test of their squash playing skills. Then given training according to the program, and after giving training for 8 weeks with 16 meetings, then it was measured again with a Squash playing skill test. This study will compare the findings of the pre-test and post-test to determine whether there is a significant change as a result of receiving the treatment.

The following is a list of processes involved in collecting data for this study:

1. Collecting data for exam preparation will equip athletes or players with an understanding of the exam. The goal is to

collect data in a way that is tailored to the problem at hand. In this special investigation, the necessary preparations consist of preparation of tools, as well as preparation of test equipment.

2. Game Situation. During the process of applying game situations, there are many types of games that are played during game situation practice. The game consists of 1 on 1, 2 on 1, playing with a quarter of the court, up to a full court.

Test Procedure: Athletes or players standing in the marking area must move one meter, then when the signal bell rings, they must hit the ball and move forward for one minute. The total value that is calculated is the number of successful punches taken in 60 seconds. If the ball goes out of play, the

accumulated score will carry over to the next stroke regardless of whether the ball is live or not. The data collection process was broken down into three different waves: pre-test, treatment, and post-test.

## FINDINGS AND DISCUSSION

In order to find out the results of research on improving the ability to play squash through the game situation method, it is necessary to carry out statistical tests. The statistical tests in this study were carried out by utilizing the SPSS application using the Paired Sample T Test. Before testing the hypothesis, a normality test must be carried out as a prerequisite test in this study. The normality test results can be seen in the table below.

Table 1 Normality Test

| Squash Ability    | Kolmogorov-Smirnov | Saphiro-Wilk | $\alpha$ |
|-------------------|--------------------|--------------|----------|
| Pre-Test Results  | 0,200              | 0,128        | 0,05     |
| Post-Test Results | 0,200              | 0,170        |          |

Based on the results of the normality test above, it is known that the sig. the results of the pre-test and post-test of the ability to play squash for Physical Education, Health and Recreation students at FIK UNM were all

greater than 0.05. So it can be said that the research data on students' squash abilities is in a normal distribution. After the prerequisite test is fulfilled, then the hypothesis test is carried out with the following summary.

Table 2. T Test Table

| Squash Ability    | N  | Mean  | Correlation | Sig.  | Sig. (2-tailed) |
|-------------------|----|-------|-------------|-------|-----------------|
| Pre-Test Results  | 47 | 40,72 | 0,414       | 0,004 | 0,000           |
| Post-Test Results |    | 54,79 |             |       |                 |

In the table above it can be seen that of the 47 samples the mean or average pre-test and

post-test squash abilities were respectively 40.72 and 54.79. So that it can be said that

descriptively the results of the pre-test and post-test have a different average value or the post-test value is greater than the squash ability pre-test value. Furthermore, the correlation section shows that there is a correlation or relationship between the pre-test and post-test results with the sig. of 0.004 or less than 0.05, and with a correlation value of 0.414. Meanwhile, to find out whether the game situation method can improve the ability to play squash can be seen in the Si value. (2-tailed). In the Sig column. (2-tailed) obtained a value of 0.000 or less than 0.05. So it can be said that the game situation training method has an effect on increasing the ability to play squash in Physical Education, Health and Recreation students at FIK UNM.

**Discussion**

The results and data presented above prove that a very deep expertise and understanding of sports science is needed to improve the performance of athletes or students and enable them to reach the pinnacle of their achievements. Every developed country has implemented it into the world of sports in fostering the development of young athletes at a young age. In the phase of the training process that uses the game situation training method, players are required to find solutions to problems on their own, such as how to position the body when receiving the ball in order to successfully return it (Firmansyah & Widodo, n.d.).

Because the movements are displayed automatically over and over again, the application of this method can also improve the player's ability to grasp concepts related to the given training method. Students who participate in the situation

game training method make movements according to what the instructor orders them to do, and they do it in the same way repeatedly (Febriani & Rifki, 2020). When exercising, it is important to practice the movement repeatedly so that your body gets used to it (automation) (Setiawan, n.d.).

According to Effendi in (Irja & Rifki, 2019), the elements that influence the training game situation, namely "the form of the drill, the location, and the concept of movement will be different", and have a direct effect on certain aspects. from the observer. This suggests that from the coach's perspective on the pitch, he may only see certain transitions (such as changing from counter-attacking to offensive play, for example). In addition, the coach observes the defensive strategies used by each player individually.

In providing training, every trainer and trainer is required to use training methods (Wibowo et al., 2020). This is because using the training method allows exercises to be planned and carried out consistently with the objectives and current conditions. The training method is an organized and methodical approach to doing work (NOVIANTORO & PURNOMO, 2018). Individuals or athletes achieve their goals by providing them with practical training and facilitating the execution of the training process.

Therefore it is hoped that each trainer has the ability to choose a training method that is in accordance with the planned training system (Mariati & Rasyid, 2018). Both advantages and disadvantages can be attributed to training methods. Therefore it can be concluded that the purpose of a training method is as a tool to achieve the goals that have been set. The better it is, the more effective the training method is in achieving

the intended training objectives (Nurbait et al., 2020).

The game training method is appropriate to be applied to this situation because it has proven effective results in improving the ability to play squash for students who are the object of this study. Knowledge and understanding of various training methods is an absolute necessity for all sports coaches. This knowledge and understanding must be continuously expanded, and additional research must be conducted to improve the performance of athletes and the clubs they build. If a coach has a lot of knowledge and good understanding, it will be easy for him to analyze and monitor the development of the athlete being built (Romas & others, 2019). Research that has been conducted so far shows that there is one type of method that improves the ability of athletes to play squash. This form of exercise is a real contribution to the growth of athletes, especially squash athletes.

**CONCLUSION**

The findings and conclusions drawn from the data previously presented prove that, in addition to knowledge about how athletes perform, various efforts and methods are needed to improve athlete performance and achieve peak performance. All developed countries have implemented it in the realm of sports, starting with all the clubs that foster young athletes from an early age.

Knowledge and understanding of various training methods is something that all sports coaches must have. This knowledge and understanding must always be developed and carried out in-depth studies in improving the

achievements of the athletes and clubs they coach. By having a lot of knowledge and good understanding, the coach will easily be able to analyze and monitor the development of the athletes he coaches.

This situation game method is a form of exercise that can improve the ability of athletes in playing squash which has been proven by the research that has been done. As a result, this form of training is a real contribution to the growth of athletes, especially for students who are the seeds of squash athletes in the future.

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