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Volleyball under passing ability survey of grade VII extracurricular students at SMP Perintis Ngulak

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Abstract

The problem raised in this study is how the ability to pass under volleyball in class VII extracurricular students at SMP Perintis Ngulak. This study aims to determine the ability to pass under volleyball in class VII students of SMP Perintis Ngulak. The method used in this study was a survey method with data collection techniques using a volleyball underpass test with a modified Braddy Volley Ball test. The validity of the data analysis used descriptive quantitative statistical analysis techniques as outlined in the form of percentages. The results of this study indicate that the lower passing ability of class VII students of SMP Perintis Ngulak is in the "very good" category of 10% (2 students), the "good" category is 10% (2 students), the "enough" category is 40% (8 students), category "less" by 40% (8 students), "very less" by 0% (0 students).

Keywords: Volleyball, underpass, student

1. Introduction

Physical education is an educational process through physical activity, games or selected sports to achieve educational goals (Agus Mahendra, 2003:12) [15]. Furthermore Agus Mahendra (2003:13) [15] explains that the purpose of learning physical education must include objectives in the psychomotor domain, cognitive domain, and no less important is the effective domain. The physical education goals above will require quite a lot of time to learn and master them. Because Physical Education is held to provide opportunities to study various activities that foster mental, social, emotional, and physical aspects while developing student potential.

Physical Education, which is only given for three hours of lessons or one meeting per week, is thought to have not been able to channel students' skills, talents, interests and abilities towards the sports they like, such as volleyball which is only held about three meetings each semester, it is felt to be very inadequate for develop students' movement skills in a sport. Learning experience is not only obtained during the teaching and learning process, but can be obtained in activities outside of class hours which are commonly called extracurricular. Extracurricular activities function as a vehicle to accommodate, channel, and foster students' interests and hobbies in various fields.

In terms of fostering students' interests and hobbies in various fields, one of the areas developed through extracurricular activities at school is the field of sports. The function and position of the sport itself is always changing. This is caused by objective and subjective conditions that existed at one time and also caused by different views on life and morality, both those that apply to a certain period or those that apply to a nation. But the nature of a sport itself does not change. The goals of sports include profession, work, recreation, health, achievement, business, unifying tools, and means of struggle and actual volleyball playing techniques. In order to master the basic techniques of playing volleyball, it takes a long time to practice. Each student needs different time in mastering a basic technique. Talent, interest, and discipline in practicing are very decisive in mastering the basic skills of playing volleyball.

At this time, many schools are conducting online and offline learning. This is done as a way to break the chain of the spread of the corona virus which is currently very troubling. Currently, learning is mostly done online by utilizing technology such as cellphones and laptops as learning tools. With learning that is carried out online, teachers must use appropriate learning media and according to their needs.

Observations by researchers from the students of SMP Perintis Ngulak mostly take part in volleyball lessons, because they want to be able to play volleyball properly and to be able to excel in playing volleyball. Inadequate facilities and infrastructure at SMP Perintis Ngulak only had 3 balls and 1 was not fit for use. So far, teachers only teach using actual material without any variations or modifications to games, one of which is volleyball. The obstacles in the implementation of the SMP Perintis Ngulak extra-curricular include: the space is only in the yard which is very limited and inadequate, the equipment for volleyball is still not sufficient. There are no volleyball games in the community, no special coaches have been brought in, because of the rain, they cannot practice because the place is open in the school yard.

In the SMP Perintis Ngulak syllabus, it discusses material about volleyball namely, Underpass, Overpass, Underserve, Over serve, Smash/spike, Block/dam. Students receive and study task cards (task sheets) that contain commands and indicators of specific motion tasks for volleyball games (movement of underpass, overpass, underhand serve, overhand serve, smash/spike, dam/blocking). Students carry out teaching assignments in accordance with the target time determined by the teacher to achieve learning completeness in each learning material students receive feedback from the teacher. Students repeat the learning material that has not reached its completeness according to the feedback provided. Students try the specific motion tasks of volleyball games into simple and or traditional games based on the values of discipline, sportsmanship, teamwork, and self-confidence.

Based on observations, there were several grade VII students of SMP Perintis Ngulak who had no known condition of lower passing abilities and had never collected data on lower passing abilities. From these two things, he can do it for reference to training programs so that data collection is really needed about lower passing abilities. With problems related to that, the authors conducted a study entitled "Volleyball Underpassing Ability Survey of Class VII Extracurricular Students at SMP Perintis Ngulak".

2. Materials and Methods

A. Research design

This research is a descriptive research that describes an ongoing situation or situation without submitting a hypothesis, Suharsimi Arikunto (2006:32) [37], states that "descriptive research is not intended to test a particular hypothesis, but only describes "what is" about a variable, a variable or circumstances". The method used in this study is a survey with test and measurement techniques.

B. Operational Definition of Research

Variables According to Sugiyono (2007:61) [27], a research variable is an attribute or a trait or value of a person, object or activity that has certain variations set by the researcher to be studied and then conclusions drawn. The variable in this study was a single variable, namely the ability to pass under volleyball in class VII extracurricular students at SMP Perintis Ngulak. The operational definition is how to play the ball by grade VII students of SMP Perintis Ngulak by using the two arms obtained for volleying the ball and for passing the volleyball which is played to their team mates as measured using a modified Braddy Volley Ball.

C. Population and Research Sample

According to Sugiyono (2011:61) [27], the population is a

generalization area consisting of objects and subjects that have certain qualities and characteristics determined by researchers to be studied and then conclusions drawn. The population of this study were all students of class VII SMP Perintis Ngulak, totaling 59 students consisting of 2 classes. According to Sugiyono (2013:118) [28], the sample is part of the number and characteristics possessed by the population. Meanwhile, according to Arikunto, (2006:134) [37], the sample is part or representative of the population studied. The sampling technique in this study is Simple Random Sampling which gives a different number to each member of the population, then chooses a sample with random numbers. The sample taken in this study was 40% of the total population by randomly selecting a numbered class to be used as a sample. Considering that the population of this study was the SMP Perintis Ngulak students, the sampling was carried out on all existing populations, so that a sample of 20 students was obtained.

D. Place and time of research

This research was conducted at SMP Perintis Ngulak, Sanga Desa District. The time of this research will be carried out on September 23 to October 20.

E. Research Instruments

According to Sugiyono (2007:98) [25] this research instrument is a tool or test used to collect data to support the success of a study. The instrument is a tool at the time of research using a method (Suharsimi Arikunto, 2006:149) [37]. The instrument that will be used to measure the basic movement ability of passing down is a modification and development based on a standardized instrument (braddy volley ball test). The size of the Beaddy Volley Ball Test test, before being modified, was a target on a wall measuring 125 cm wide with a target distance from the floor for women 200 cm and for men 210 cm, with a validity of 0.78 and a reliability of 0.83 (Suharno HP, 2002:67). The instrument for measuring lower passing ability uses the Braddy Volley Ball Test, while the target height is adjusted to the volleyball net height min. Boys: 2.15 cm Girls: 2.00 cm with a test distance of approximately 3 m as seen in the picture below. Instructions for carrying out the modified Braddy Volley Ball Test are as follows:

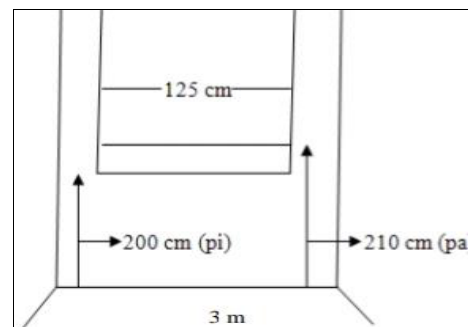


Fig 1: Modification of the brandy volley ball test (source: Suharno HP, 2001:67)

Implementation

1. Testi stands facing the target with a volleyball in hand.
2. After the signal "yes" or the whistle, the ball is thrown to the target wall (does not count), then the tested passes

- under the rules of the game towards the target which is 125 cm wide and 200 cm high for women and 215 cm for men.
- The tastes do the test for 1 minute trying to volley the ball towards the target as much as possible with the bottom pass
 - If the ball is difficult to control (the ball falls on the ground), then before the time runs out, the test immediately throws the ball against the wall and passes again as quickly as possible.
 - If there is a "stop" signal or a second whistle, the test will stop.
 - Assessment: each taste does 2 turns with the final score resulting from one of the highest frequency of the 2 turns.
 - Equipment: Whistle, Stopwatch, Volleyball, Record book.

F. Data analysis technique

The data analysis technique used in this research is quantitative descriptive analysis with percentages. The data obtained is then analyzed and expressed in quantitative form with a percentage. To determine these categories using statistical formulas. Analysis of the data used in this study using quantitative descriptive statistics with percentages. According to Anas Sudijono (2006:74) [4], the formula used to find the percentage is as follows:

$$P = \frac{F}{N} \times 100\%$$

Information

Q: Percentage Number.

F: The frequency for which the percentage is being sought.

N: Number of Respondents.

Categorization is grouped into five categories, namely very good, good, quite good, not good, and very bad based on the normal distribution categorization according to Saifudin Azwar (2001:163) [21].

Table 1: Categorization Table

Interval Skor	Kategori
$M + 1,5 SD \leq X$	Sangat baik
$M + 0,5 SD \leq X < M + 1,5 SD$	Baik
$M - 0,5 SD < X < M + 0,5 SD$	Cukup
$M - 1,5 SD < X < M - 0,5 SD$	Kurang
$X < M - 1,5 SD$	Sangat kurang

Provision:

M: average value (Mean)

X: score

S: standard deviation

Results and Discussion

Results

Description of Location and Research Object

SMP Perintis Ngulak was established on February 17, 1971 and was inaugurated on September 8, 1974 by Markoni S, P. SMP Perintis Ngulak is located at Jl. Ketapang, Ngulak Village, RT07 RW03, Sanga Desa District, with a building area of 448 M², and a land area without buildings of 2,412 M². Since the existence of SMP Perintis Ngulak. There have been several leadership changes. The study time for SMP Perintis Ngulak students starts at 13.00-17.00 Monday then Tuesday – Thursday 13.00-16.30 while Friday 13.30-16.00 this applies to all grade levels starting from grades VII, VIII and IX. In the SMP Perintis Ngulak syllabus, material about volleyball is discussed, namely, lower pass, upper pass, lower

serve, upper serve, smash/spike, block/dam. Students receive and study task cards (task sheets) that contain commands and indicators of specific motion tasks for volleyball games (movement of underpass, overpass, underhand serve, overhand serve, smash/spike, dam/blocking). Students carry out teaching assignments in accordance with the target time determined by the teacher to achieve learning completeness in each learning material students receive feedback from the teacher. Students repeat the learning material that has not reached its completeness according to the feedback provided. Students try the specific motion tasks of volleyball games into simple and or traditional games based on the values of discipline, sportsmanship, teamwork, and self-confidence.

Description of Research Results

The subjects in this study were 20 class VII extracurricular students of SMP Perintis Ngulak. The results of the data on the lower passing ability of class VII students of SMP Perintis Ngulak are as follows.

Table 2: Lower passing ability results

No	Name	Score
1	ARL	29
2	FA	27
3	RR	27
4	M.YP	38
5	RN	34
6	TGA	31
7	JD	35
8	ADT	29
9	ADP	34
10	PA	34
11	KA	33
12	RD	31
13	RB	31
14	AF	29
15	FTR	28
16	LN	28
17	RZ	27
18	RY	45
19	RM	41
20	MS	40
Mean		32,55
Std. Deviation		5,015
Minimum		27,00
Maximum		45,00

Frequency distribution of research data on the lower passing ability of class VII extracurricular students at SMP Perintis Ngulak obtained the lowest (minimum) score of 27.0, the highest (maximum) score of 45.0, the average (mean) 32.55, The median (median) 32.54, the value that often appears (mode) is 27.0, the standard deviation (SD) is 5.015, the frequency distribution is presented in table 4.3 as follows.

Table 3: Frequency distribution of lower passing abilities in class VII students of SMP Perintis Ngulak

No	Interval	Kategori	Frekuensi	Personates
1	$40,07 \leq X$	Sangat baik	2	10%
2	$35,05 < X \leq 40,06$	Baik	2	10%
3	$30,04 < X \leq 35,04$	Cukup	8	40%
4	$25,02 < X \leq 30,03$	Kurang	8	40%
5	$X \leq 25,01$	Sangat Kurang	0	0%
Jumlah			20	100%

Based on the frequency distribution in the table above, the ability to pass under volleyball in class VII extracurricular students at SMP Perintis Ngulak can be presented in the

diagram in Figure 2 as follows.

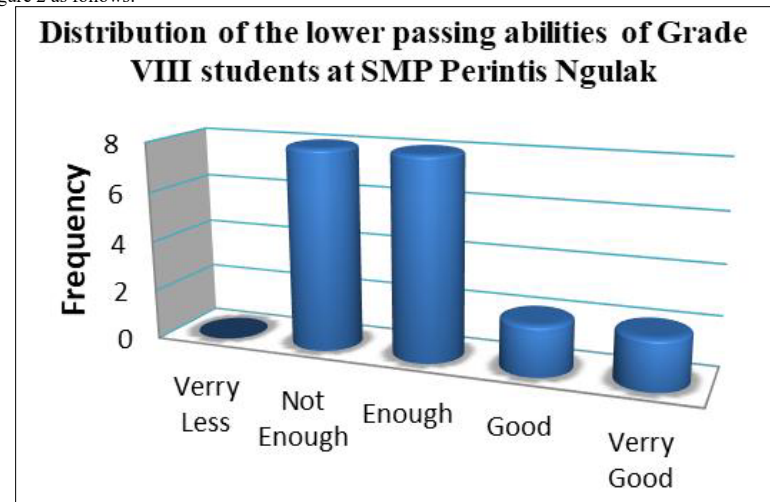


Fig 2: A bar chart of the lower passing abilities of class VII students of Ngulak Pioneer Middle School

Based on table 3 and the graph above, it shows that the lower pass ability of class VII students of SMP Perintis Ngulak is in the "very poor" category of 0% (0 students), the "less" category is 40% (8 students), the "sufficient" category is 40% (8 students), the "good" category is 10% (2 students), "very good" is 10% (2 students).

Discussion

This study aims to determine the level of underhand passing ability in volleyball extracurricular class VII students at SMP Perintis Ngulak. Based on the results of this analysis, it shows that the level of lower passing ability in volleyball in class VII extracurricular students at SMP Perintis Ngulak is in the sufficient category. There are students who have been able to do underhand passing well, but there are still many students who are wrong in doing under passing techniques. Students do not know good and correct underhand passing techniques, especially in prefix and planning attitudes. In the initial attitude that should be a low body position, the legs are bent, but there are still many students who are still in an upright position. In the partnering attitude, most of the ball tapping is not correct, so that the results of the passing are not correct, passing which means baiting or passing, this technique is a basic technique that is quite difficult to use in volleyball games. Likewise in physical education lessons, the mastery of lower passing must be mastered by students. Because it will determine how students play in volleyball games, because receiving good passing is the beginning of smash success and if passing is good then the game will go well too. Errors and ways to improve passing under must be noticed by the teacher. In general, students are not able to observe the location of the mistakes made. A teacher must be able to observe every form of movement made by his students, so that he will know the location of the mistake. Every mistake made, the teacher as soon as possible to correct the wrong movement, so that the quality of the passing that is done results as expected.

According to Sunardi and Deddy Whinata Kardiato (2013: 24), passing is passing the ball to a friend in a team with a

certain technique, as the first step to developing an attack pattern on the opposing team. Passing down is a basic volleyball technique. This technique is used to receive serves, receive spikes, hit the ball from waist down and play the ball bouncing off the net. Passing down is the beginning of an attack in volleyball. The success of the attack depends on the good and bad passing under. If the ball is passed badly, it is difficult for the feeder to place a good ball for the attackers. This research was carried out as best as possible, but not apart from the limitations that exist. Limitations during the study, namely:

1. Problems with physical and mental conditions are not taken into account when carrying out the test
2. Time and place conditions were not taken into account at the time of the test
3. Not paying attention to the food consumed and the time of consuming food before the test
4. When data collection was not assisted by data collection officers.

Conclusions

From the results of data analysis, description, submission of research results, and discussion, it can be concluded that the lower passing skills of class VII extracurricular students at SMP Perintis Ngulak are in the "very good" category of 10% (2 students), the "good" category by 10% (2 students), the "enough" category by 40% (8 students), the "less" category by 40% (8 students), the "very poor" category by 0% (0 students).

Based on the research conclusions above, there are several suggestions that can be submitted, namely:

1. For researchers who are interested in researching lower passing skills, they should: Pay attention to the factors that influence lower passing skills when fostering students, pay attention to students' lower passing skills so that they further improve and always motivate students to practice hard, carry out exercises outside of extracurricular activities so that they are as supportive as possible lower passing skills for those who are lacking, as

well as developing and perfecting this research

2. When collecting data, it must be assisted by a data collector who is accompanied by a statement of ability as a researcher's assistant officer.

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