

Fauzi

by 1 1

Submission date: 24-Jun-2025 05:01AM (UTC-0500)

Submission ID: 2705244280

File name: article_Fauzi_.docx (75.37K)

Word count: 2705

Character count: 14710

ANALYSIS OF VOLLEYBALL EXTRACURRICULAR SERVICE SKILLS

M. Riki Fauzi¹, Perdinanto², Norma Anggara³
Universitas Lambung Mangkurat, Banjarbaru, Indonesia^{1,2,3}
riqyahoy123@gmail.com

Abstract

Volleyball is a recreational, interesting, and cost-effective team sport, played by two teams of six people each, and can be carried out indoors or outdoors. The main goal is to keep the ball moving through the net into the opponent's area. This study uses a quantitative descriptive method with a survey approach and data collection techniques in the form of tests. This study does not examine the relationship between variables, but only focuses on one independent variable. The single variable in this study is volleyball serving skills, which is interpreted as the ability of students to serve consistently to support the achievement of game goals effectively and efficiently, so that this skill is an important indicator in assessing the mastery of basic techniques of volleyball among students. This study was conducted for 13 days with 10 repetitions of services for extracurricular students at SMPN 3 Batumandi. Based on the findings of the research on the upper service skills possessed by 12 students of SMPN 3 Batumandi, it is known that as many as 4 people (33%) showed ability in the good category with a score range between 21 to more than 41. A total of 6 people (50%) were in the sufficient category with a score range of 13 to 40, while 2 people (17%) were classified as in the poor category with a score range between 3 to 26. From the results of the distribution, it can be concluded that the majority of students who participated in volleyball extracurricular activities at SMPN 3 Batumandi had upper service skills in the sufficient category, which was 50% of the total participants studied.

Keywords: Skill, Serve, Volleyball

INTRODUCTION

Volleyball is a type of team net sport that is recreational, competitive, and can be played without requiring large costs. This activity involves two teams with more than six players on each team, and can be held both on the open field and in the building. The main goal of the game is to keep the ball moving and pass the net at standard level from one side of the court to the opponent's side on a continuous basis. This activity not only serves as a sports activity, but has also been integrated into the physical education curriculum at various educational strata, from elementary to secondary schools. Education has an essential role, because through education, individuals are able to increase their potential knowledge, skills, and creativity optimally (Arisman et al., 2022). Therefore, success in the field of education is highly dependent on the effectiveness of the learning process that is carried out systematically and meaningfully.

The learning process is a form of educational interaction that occurs between educators as facilitators and students as learning subjects, which aims to build

understanding and competence. At all levels of education, physical education subjects are an integral part of the curriculum that is applied. Physical education is understood as a planned effort with the aim of increasing physical growth and development in a healthy and optimal direction, through activities that are organized in a systematic, directed, and scientific approach. Therefore, physical education is a compulsory subject and must be taught in all educational strata, starting from primary to secondary, as an important part in shaping the character and physical fitness of students as a whole (Tya Maya Ningrum et al., 2023).

In physical education subjects, students gain learning both in the form of theory and practice through various physical activities and sports (Arisman & Agun Guntara, 2021). The implementation of physical education in schools should be optimally developed so that students can improve motor skills, creativity, and innovation, as well as form a healthy lifestyle and adequate physical fitness. To realize this goal, physical education is carried out systematically based on the applicable curriculum. This is in line with the provisions of legislation No. 3 of 2005 concerning the National Sports System, especially Article 5 Paragraph 1, which explains that the purpose of national sports is to maintain and improve health, physical fitness, achievements, quality of life, moral values, noble morals, sportsmanship, discipline, unity, national resilience, and national dignity. In the context of formal education, the learning outcomes of physical education are not oriented to achievement, but to the formation of character and fitness. One of the strategies that can be taken to support the improvement of students' abilities and achievements in the field of sports is to provide additional time in addition to regular learning hours through structured extracurricular activities (Sugarwanto & Okilanda, 2020).

Extracurricular activities function as a means of developing talents, interests, and potential abilities in students according to their individual characteristics. At SMP Negeri 3 Batumandi, extracurricular activities are organized in a structured manner and cover various fields, such as art, sports, and other activities that are positive and support character building. Some of the types of extracurriculars available include scouting, choir, Islamic spirituality (rohisi), futsal, volleyball,

basketball, badminton, and so on.

Students are given the freedom to determine one or more activities that suit their tendencies, talents, and interests. The coaching is carried out with the aim of becoming a place for children to explore and develop their potential abilities constructively. Volleyball extracurricular at SMP Negeri 3 Batumandi takes place regularly on Mondays after the end of learning hours. This is fostered directly by physical education teachers. The level of engineering ability of children who participate in these extracurriculars varies, reflecting the diversity of backgrounds and experience levels of each participant.

According to Ahmadi (2007, p. 20), in the game of volleyball, there are a number of basic things/techniques that must be possessed in order to be able to play effectively, which include: serve, bottom passing, top passing, blocking, and smash. Although mastery of basic techniques plays an important role, it is not the only element that determines the quality of volleyball (Rizal & Kasrman, 2020). Another aspect that is no less important is the physical abilities of each player. Components of physical abilities include muscle strength, endurance, muscle explosiveness, movement speed, flexibility, body coordination, agility, and balance. All of these aspects synergistically contribute significantly to the effectiveness and performance of players in carrying out various techniques.

Mastery of basic techniques is a fundamental and mandatory requirement for every player. The process to achieve the right movement skills in volleyball activities takes a short time and goes through systematic and continuous training stages. Therefore, students need to get structured training to improve their competence in playing this game. The training should ideally be designed in the form of an effective training program that is aligned with the needs of the students, so that volleyball playing skills can be developed optimally (Pratama et al., 2022).

In volleyball games, essential aspects are mandatory for individuals so that they are categorized as skilled players, including basic technical skills, excellent physique, and the ability to apply game tactics. The limited time available in extracurricular activities causes students to not have enough opportunities to develop these three aspects optimally if it is not accompanied by independent

practice outside of school activities.

Regular exercise, ideally at least three times a week, is believed to have a positive effect on skill improvement. However, at SMPN 3 Batumandi, the implementation of volleyball extracurricular training only takes place once a week. In addition, the facilities and infrastructure to support volleyball at the school are still relatively limited, namely only one outdoor court, one net, and six volleyballs are available. Although volleyball extracurricular activities have been carried out consistently, there has been no periodic evaluation by the activity coaches for students related to playing skills is one of the existing factual problems. Thus, the level of students' skills in playing volleyball at SMPN 3 Batumandi is still not systematically measured.

METHOD

Research is a quantitative, descriptive approach that utilizes the survey approach as the primary method, with data collection techniques through tests and measurements. The objective of this approach is to explain the objective state of the phenomenon being studied by representing data in the form of numbers that can be measured accurately. In this context, research focuses on recording and analyzing data as it is without manipulating variables. Arikunto (2013) explained that descriptive research is generally non-hypothetical, so the implementation procedure does not require the formulation of hypotheses as part of the research stage (Putra et al., 2020).

Population in a study is defined as the whole object that is the focus of scientific studies (Arikunto, 2013). Meanwhile, Sugiyono (2013) Population is defined as a generalized area that includes objects or subjects with certain qualities and characteristics that have been determined by the researcher, which is then used as the focus of the study to be analyzed and drawn conclusions scientifically.

Arikunto (2013) also emphasized that if all elements contained in a research area are used as objects of study, then the research is included in the category of population research. Based on this understanding, the population in this study includes all students of SMPN 3 Batumandi who participate in volleyball extracurricular activities, with a total of 12 students.

In the quantitative research approach, the concept of sampling or sampling is not used in the context of generalization of the entire population (Arikunto, 2013). To obtain representative and accurate research results, the determination of samples and informants in a study is influenced by four main elements, namely the desired level of generalization, the formulation of the proposition in the research, the design of data analysis, and the limitations of resources such as energy, cost, and time.

In its implementation, a study does not always have to cover the entire population, but can be carried out on a part of the population, as emphasized by Arikunto (2013). This study applies a total sampling technique, where all individuals in the population are used as research subjects. On the basis of these considerations, the participants involved in this study amounted to 12 students who actively participated in volleyball extracurricular activities at SMPN 3 Batumandi.

In quantitative research, the quality of research instruments is highly determined by their validity and reliability, while the quality in the data collection process is determined by the accuracy of the method to obtain relevant data (Sugiyono, 2013). Data analysis techniques play a crucial role in research activities, because through this analysis the data obtained can be interpreted meaningfully and used as a basis for formulating solutions to research problems.

The data that has been collected is then analyzed to obtain a picture that is in line with the research. In this study, the data analysis technique used is descriptive analysis, while the data processing from the questionnaire results is carried out with a percentage descriptive approach.

RESULTS AND DISCUSSION

Table 1. Top Service Skill Classification

AGE	AGE	AGE	GROUP
13-15 Years	16-18 Years	19 and above	
Value skills	Value skills	Value skills	
21 and above	27 and above	41 and above	Good Enough Less
13-20	18-26	27-40	Very less
3-12	8-17	12-26	
2 Below	7 and below	11 and below	

Table 2. Data on Skills Test Results for Students and Extracurricular Students of SMPN 3 Batumandi

Yes	JK	Class	Age	Top Service		
				Value	Score	Group
1	L	IX	16 th	23	50	Good
2	L	IX	15 th	28	70	Good
3	L	IX	15 th	13	15	Enough
4	L	IX	16 th	9	5	Less
5	L	IX	17 th	33	90	Good
6	L	IX	15 th	21	45	Good
7	P	VIII	13 th	13	60	Enough
8	P	IX	14 th	15	60	Enough
9	P	VII	12 th	13	60	Enough
10	P	VIII	14 th	14	55	Enough
11	P	VIII	14 th	14	55	Enough
12	P	VIII	14 th	12	45	Less

3 Based on the data of the results of the service test on 1 to 10 repetitions, it shows that male students get a good group of 4 people, enough 1 person, and less than 1 person. Meanwhile, female students get a group of 4 people, and less than 1 person.

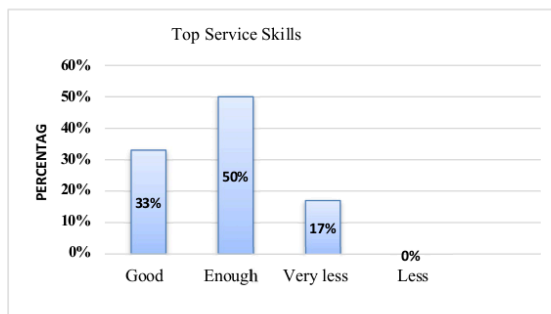


Figure 1. Top Service Skills Diagram

From the diagram, it can be seen that the service skills of volleyball are calculated from a percentage of 100% with 12 students and students of SMPN 3 Batumandi, namely with the formula $x \ 100 = 100\%$. Of the 4 people who have good category skills, it is calculated $x \ 100 = 33\%$, the category is enough 6 people, namely $x \ 100 = 50\%$, the category is less than 2 people, namely $x \ 100 = 17\%$, and

the category is very less than 0%. $\frac{12}{12} \frac{4}{12} \frac{6}{12} \frac{2}{12}$

This research was carried out for two days, starting with initial observation aimed at preparing the location, as well as checking the completeness of the facilities and tools used in the implementation of data collection. The process of implementing the research was carried out in two days by involving 10 repetitions of the upper service by SMPN 3 Batumandi students. In order to be skilled in volleyball activities, mastery of upper service techniques is closely related to movement proficiency, physical condition, tactics, and mental readiness. So that the mastery of basic techniques of playing volleyball needs to be studied thoroughly as a foundation in the development of quality and achievement of the sport. Based on the results of observations of 12 students who chose volleyball, data was obtained that 4 people (33%) were categorized as good with scores between 21–41 and above, 6 people were categorized as enough with points of 13–40, and 2 people (17%) were classified as poor with a score range between 3–26.

CONCLUSION

Based on the results of the research, it can be concluded that the level of upper service skills possessed by students in extracurricular activities at SMPN 3 Batumandi is in the sufficient category, with an achievement percentage of 50%.

REFERENCES

- Arisman, A., & Agun Guntara, R. (2021). The Research Of Students' Motor Ability In Archery Extracurricular. *Jurnal Maenpo : Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi*, 11(1), 13. <https://doi.org/10.35194/jm.v11i1.1216>
- Arisman, A., Dos Santos, M. H., Okilanda, A., Noviarini, T., Hasnah, H., Ishar, A. A., Walinga, A. N. T., & Putra, D. D. (2022). Konsep Pendidikan Jasmani dalam Membangun Karakter Era 5.0. *Wahana Dedikasi: Jurnal PkM Ilmu Kependidikan*, 5(2), 372–378.
- aqer, S., & Bawono, M. N. (2019). Kontribusi Konsentrasi Terhadap Hasil Ketepatan Servis Atas Pada Peserta Ekstrakurikuler Bolavoli Putra SMPN 3 Madiun. *Jurnal Kesehatan Olahraga*, 7(2), 534–541.
- Dr. M.E. Wiramo, M.Pd. 2006 Tes Keterampilan Olahraga. Malang : Laboratorium Jurusan Ilmu Keolahragaan Fakultas Ilmu Pendidikan Universitas Negeri Malang.
- Duwi Stiawan. (2022). *Analisis Keterampilan Servis Bola Voli Bagi Siswa Ekstrakurikuler Bola Voli MTs Hidayatul Islamiah Parit Kahar*. 2(2), 154–163.

- Dwi Arfianto. 2010. *Survei Keterampilan Teknik Dasar Bermain Bola Voli Siswa Putra Peserta Ekstrakurikuler Bola Voli Di SMA/SMK/MA se kecamatan Sukorejo Kab. Kendal tahun ajaran 2010/2011*.
- Faruq Muhyi M. 2010. *Meningkatkan kebugaran Jasmani Melalui Permainan Bola Voli. Surabaya*. PT Gramedia Widiasarana
- Pratama, R. R., Arisman, A., Marta, I. A., Okilanda, A., & Putra, D. D. (2022). Zig-Zag Run in Improving Basketball Dribbling Skills. *Halaman Olahraga Nusantara (HON)*, 5(11), 405–413. <https://doi.org/http://dx.doi.org/10.31851/hon.v5i2.7719>
- Putra, D. D., Okilanda, A., Arisman, A., Lanos, M. E. C., Putri, S. A. R., Fajar, M., Lestari, H., & Wanto, S. (2020). Kupas Tuntas Penelitian Pengembangan Model Borg & Gall. *Wahana Dedikasi : Jurnal PkM Ilmu Kependidikan*, 3(1), 46. <https://doi.org/10.31851/dedikasi.v3i1.5340>
- Rizal, B. T., & Kasriman, K. (2020). Pengaruh Gaya Mengajar dan Koordinasi Mata Tangan Terhadap Keterampilan Smash Bola Voli. *Jurnal MAENPO: Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi*, 10(2), 72. <https://doi.org/10.35194/jm.v10i2.1065>
- Sugarwanto, S., & Okilanda, A. (2020). Pengaruh Latihan Kelentukan Statis Terhadap Senam Lantai Forward Roll Pada Atlet Usia Dini Exstudio Body Shape Center Palembang. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 4(1), 40–46.
- Sugiyono, 2013. *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. Bandung: Alfabeta
- Suharno Hp. 2002. *Metodik Melatih Permainan Bola Volly*. Yogyakarta IKIP Yogyakarta
- Tya Maya Ningrum, D., Velyan Mahyudi, Y., Prayogo, G., Dwiansyah Putra, D., & Winarno, M. (2023). Diseminasi Aktivitas Fisik Menuju Kebugaran Peserta Didik SMK. *Universitas Bhayangkara, Bekasi*, 6(2), 2–9. <http://dx.doi.org/10.31851/dedikasi.v6i2.13619>
- Windi Widayat. 2017. *Keterampilan Teknik Dasar Bola Voli Pada Siswa Peserta Ekstrakurikuler Di Sd Negeri 2 Parangtritis Kretek Bantul*.

ORIGINALITY REPORT

10%

SIMILARITY INDEX

7%

INTERNET SOURCES

6%

PUBLICATIONS

1%

STUDENT PAPERS

PRIMARY SOURCES

- 1 jurnal.univpgri-palembang.ac.id 3%
Internet Source
- 2 Nazirah Nazirah. "Floating Serv Ability Volleyball Skill: the Relationship of Muscle Strength for Junior High School", INSPIREE: Indonesian Sport Innovation Review, 2024 1%
Publication
- 3 A.H.G. Kusumah, C.U. Abdullah, D. Turgarini, M. Ruhimat, O. Ridwanudin, Y. Yuniawati. "Promoting Creative Tourism: Current Issues in Tourism Research", CRC Press, 2021 1%
Publication
- 4 Ashadi, Joko Priyana, Basikin, Anita Triastuti, Nur Hidayanto Pancoro Setyo Putro. "Teacher Education and Professional Development in Industry 4.0", CRC Press, 2020 1%
Publication
- 5 N Jusniani, E Setiawan, S Inayah. "Secondary School Students' Mathematical Communication Through Think-Talk-Write (Ttw) Learning Model and Interactive Media", Journal of Physics: Conference Series, 2020 1%
Publication
- 6 Lazuardy Akbar Fauzan. "The Effect of Drill and Elementary Training to Forehand Ability of Tennis Athletes", Kinestetik : Jurnal Ilmiah Pendidikan Jasmani, 2022 1%

7	journal.drafpublisher.com Internet Source	1 %
8	Fery Ferdian, Umar, Sayuti Syahara, Didin Tohidin, Yovhandra Ockta. "The Effect of Circuit Training Exercises and Set Systems on Learning Motivation Towards Discus Throw Results of Students of SMP Negeri 2 Pendalian IV Koto", <i>Kinestetik : Jurnal Ilmiah Pendidikan Jasmani</i> , 2023 Publication	<1 %
9	e-journal.hamzanwadi.ac.id Internet Source	<1 %
10	ojs.unm.ac.id Internet Source	<1 %
11	www.nivel.nl Internet Source	<1 %
12	Ade Gafar Abdullah, Vina Adriany, Cep Ubad Abdullah. "Borderless Education as a Challenge in the 5.0 Society", CRC Press, 2020 Publication	<1 %
13	Ari Kuncoro, Viverita, Sri Rahayu Hijrah Hati, Dony Abdul Chalid. "Enhancing Business Stability Through Collaboration", CRC Press, 2017 Publication	<1 %
14	Muhammad Rusli, Jud Jud, Marsuna Marsuna. "Analysis of basic shooting technique abilities in soccer games", <i>Jurnal Maenpo : Jurnal Pendidikan Jasmani Kesehatan dan Rekreasi</i> , 2024 Publication	<1 %

Exclude quotes On

Exclude matches Off

Exclude bibliography On