

LEVELS OF SERVICE SKILLS FOR ATHLETES CLUB NORTH INDRALAYA

**Ragil Aji Pangestu¹, Rury Rizhardi², Siti Ayu Risma Putri³
Suyatno⁴, Nevy Anggraeni⁵, Muhammad Eka Rio⁶**
Universitas PGRI Palembang^{1,2,3,4,5}
ruryrizhardi@univpgri-palembang.ac.id

Abstract

The problem in this research is that the level of passing skills for volleyball is not known in the North Indralaya sub-district. This study aims to determine the Level of Service Skills for Volleyball at the Athlete Club of North Indralaya District. The variable in this study is a single variable, namely service skills on volleyball. The population in this study were soccer athletes, totaling 20 athletes, while the sample was taken using a total sampling technique so that all populations were sampled in this study. The method in this research is descriptive quantitative with a survey approach. Data collection techniques using the above service test instrument. Data analysis using the Percentage Formula. The results showed that the level of top service skills at the volleyball club in North Indralaya District showed that the athletes who had good categories were 13 athletes (65%) of which 7 athletes from the Cambodian volleyball club and 6 athletes from the Mawar volleyball club, which had sufficient 4 athletes (20%) where 2 athletes from the Cambodia volleyball club and 2 athletes from the Mawar volleyball club, who have a less category 2 athletes (10%) where 1 athlete from the Cambodia volleyball club and 1 athlete from the Mawar volleyball club, and who has a bad category of 1 athlete (5%) from the Mawar volleyball club. It was found that the athlete's score showed an average of top service skills at the volleyball club in North Indralaya District of 38.01. The average value of the second club shows that the service skills on the ball are in the sufficient category.

Keywords: skills; volley ball; top service

Submitted : 18th of March 2023
Accepted : 29th of July 2023
Published : 31th of July 2023

Correspondence author: Rury Rizhardi, Universitas PGRI Palembang, Indonesia.
E-Mail: ruryrizhardi@univpgri-palembang.ac.id

DOI <http://dx.doi.org/10.31851/hon.v6i2.11525>



Jurnal Laman Olahraga Nusantara licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/)

INTRODUCTION

Basically, humans will always want to have physical health and freshness because humans are individual beings who are inseparable from physical and spiritual (Riyoko 2020). Volleyball is one type of sport that is very popular in all circles ranging from children, teenagers, adults, and the elderly, this popularity is

not enough in Indonesian society and even the world. Volleyball until now has grown very rapidly and has been competed as a sport of achievement in Indonesia (Pratama et al., 2022). Indonesian volleyball achievements at the international level that have been achieved include the Sea Game in 1981, 1983, 1987, and 1989 successfully presenting a gold medal, Tawakal (2020: 7). Given the achievements of previous athletes, this proves that Indonesian athletes are able to compete with other foreign athletes (Arisman et al., 2021).

In Indonesia, the sport of volleyball is very developed, therefore various tournaments are held at various levels starting from the student, sub-district, district, provincial, national and international levels. From the results of the competition, outstanding volleyball players from several age groups will emerge, with many volleyball championships in Indonesia. In North Indralaya there are quite a lot of stands club volleyball, however club Each of them must have their own vision and mission in providing input and training for athletes. From several club Volleyball in North Indralaya starts at the age of children and adolescents. It is at this age that athletes need input and motivation to be more enthusiastic while practicing, to develop the talents of athletes in North Indralaya. In this period of children and adolescents it is also very easy to be given the knowledge and skills to play volleyball. Age is a place of achievement for young people in the future which will make the younger generation better at achieving and developing young talents (Arisman & Agun Guntara, 2021). There are external and internal factors that are very supportive in achieving achievements, support that is very valuable is support from oneself, as well as support from others the child's parents, from club volleyball itself, the government and the environment around North Indralaya.

Self-support is very important, because it is we who know our own skill level, then government support as well as club itself can be by providing adequate facilities and infrastructure and whatever is needed when practicing and competing (Ihsan et al., 2022). Parental support can be seen from the response of parents who are willing to include their children in it club volleyball, there is

also a goal for parents to include their children in it club able to maintain physical fitness, recreational sports, and achievements in volleyball.

Volleyball has several basic techniques that can be learned and need to be mastered. Some of the basic techniques in volleyball include, service, passing, blocking, smash, sliding. In this study focused on service techniques. Service is the opening shot to start a game, there are 2 basic serving techniques which can be known as the over serve and the under serve, service is needed by every player because service is the main capital to start a match, the most often used is over, therefore over serve is very important in the game of volleyball because with a good top serve a player has the opportunity to get bigger points.

The stages of correct service according to Yohana and Guntur (2017) are several stages in serving volleyball, namely: (1) take a standing position behind the court line, then one of the strongest leg positions is in front. Your weight is resting on the sole of your strongest forefoot, and your shoulder is facing the net. Both knees are bent to form an obtuse angle, while the left hand supports the ball and the right hand holds the top ball. The view is directed at the ball in front. (2) throw the ball up about half a meter above your head, pull your hands back up. When the height of the ball is within reach of the hand, the ball is hit immediately (Okilanda et al., 2018). Hit the ball with open palms and arms reaching as far as they will go. View right foot as a follow-up motion. Then step onto the field of play and assume a normal ready-to-play attitude.

Based on the results of observation activities carried out in club Kamboja volleyball and club Mawar volleyball in Indralaya Utara District that there are still athletes who have difficulty crossing the ball over the net and there are athletes whose muscle power does not work optimally so that the direction of the ball that is hit is uncertain or not on target. This can be caused by several factors, namely the training program factor, second club The group conducted an exercise program only 2 meetings a week. As for the facility factor, the facilities used during training are only sober such as the floor on the field is still dirt so it can hinder training when it is muddy/muddy and there is the HR factor (Human

Resources), there are athletes who are less physically ready such as less height. Judging from the several factors above, the researcher conducted an overhand service skill test so that it is expected to be able to optimize the process of training activities in the future because this skill test can be a benchmark for how high the athlete's skill level is. Athletes can also take advantage of this upper serve skills test as a reference to see their abilities.

METHOD

The research method used in this study is a quantitative descriptive research method. This research was carried out by the rose volleyball club and volleyball club which are located in Soak Batok Village, North Inderalaya sub-district. Athlete population club Kamboja volleyball and club Mawar volleyball which has 20 athletes. Data collection techniques are steps taken by researchers to collect data, in this study researchers used skill tests to obtain data (Putra et al., 2020). According to Sugiyono (2018) Data analysis is the process of systematically searching for and compiling data obtained from the results of field notes and documentation by organizing data into categories, choosing which ones are important and which will be studied, and making conclusions so that they are easily understood by oneself and others.

Data analysis is the process of compiling data and processing data obtained from skills tests, so that researchers can present data according to categories to draw conclusions. Data analysis used in this study was carried out in a quantitative descriptive manner.

RESULT AND DISCUSSION

The purpose of this research is to find out how big the level of top serve skill is at club cambodian volleyball and club rose volleyball. Data is needed to determine the level of service skills in volleyball. Therefore, the data was obtained from the results of the volleyball skills test which referred to the book Fenanlampir which has been implemented by athletes club cambodian volleyball and club 20 athletes in Mawar volleyball to be able to obtain data on the level of service skills in volleyball.

Table 1. Assess the skill level of serving in volleyball club Kamboja

Indikator	N	Max	Min	Max-Min	Standar Deviasi	Mean	Median	Modus
Servis Atas	10	50	15,5	34,5	9,83	40,1	43,3	44,4

Based on the percentage analysis carried out, the service skill value for volleyball is presented in the following table

Table 2. Percentage of the value of service skills in volleyball

No	Nilai	Kategori	Frekuensi	Persentase
1	>41	Baik	7	70%
2	27-40	Cukup	2	20%
3	11-16	Kurang	1	10%
4	<11	Buruk	0	0%

Source: phenanlampir et al (2015)

Based on the data in table , it is described in graphical form in the following figure

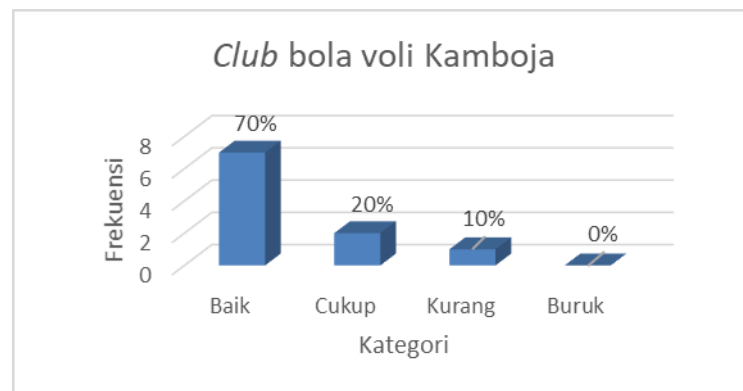


Figure 1. Percentage level of volleyball top serve skills

Based on the table and figure above, it is stated that athletes with top serve skills get a good category of 70% or as many as seven athletes with the initials (JA, AA, PS, AAD, MA, AD, AS). Furthermore, 20% or two athletes get the sufficient category, namely participants with initials (KW and RP) while 10% or one athlete gets the less category, namely with initials (DT). Then those who get the bad category are 0% or not found.

Table 3. Assess the skill level of serving in volleyball club Mawar

Indikator	N	Max	Min	Max-Min	Standar Deviasi	Mean	Median	Modus
Servis Atas	10	47,7	8,8	38,9	13,74	36	42,2	44,4

Based on the percentage analysis carried out, the service skill value for volleyball is presented in the following table

Table 4. Percentage of the value of service skills in volleyball

No	Nilai	Kategori	frekuensi	Persentase
1	>41	Baik	6	60%
2	27-40	Cukup	2	20%
3	11-16	Kurang	1	10%
4	<11	Buruk	1	10%

Source: phenanlampir et al (2015)

Based on the data in the table, it is described in graphical form in the figure as follows

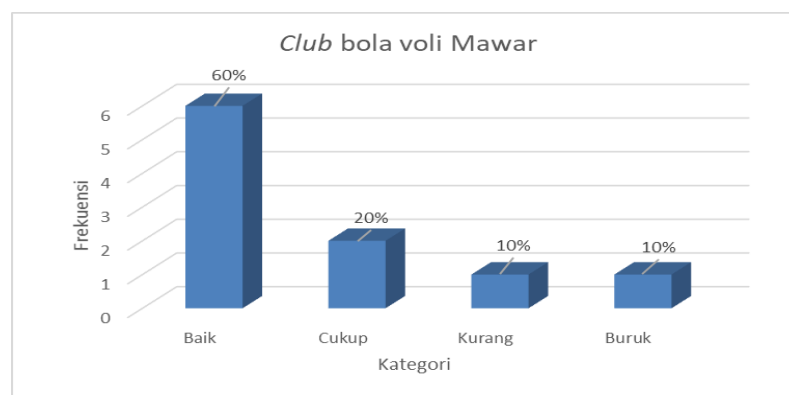


Figure 2. Percentage level of volleyball service skill level

Based on the table and figure above, it is stated that athletes with top serve skills get a good category of 60% or as many as seven athletes with the initials (RR, PK, GF, DA, IS, DL). Furthermore, 20% or two athletes get the sufficient category, namely participants with initials (MH and MS) while 10% or one athlete gets the less category, namely with initials (IN). Then those who get the bad category are 10% or as much as one athlete. From the data above, each athlete gets the same treatment by taking the upper serve skills test six times, referring to the book Fenanlampir.

Table 5. Assess the skill level of serving in volleyball club North Indralaya District

Indikator	N	Max	Min	Max-Min	Standar Deviasi	Mean	Median	Modus
Servis Atas	20	50	8,8	41,2	11,81	38,01	42,75	44,4

Based on the percentage analysis carried out, the service skill value for volleyball is presented in the following table.

Table 6.Percentage of the value of service skills in volleyball

No	Nilai	Kategori	frekuensi	Persentase
1	>41	Baik	13	65%
2	27-40	Cukup	4	20%
3	11-16	Kurang	2	10%
4	<11	Buruk	1	5%

Source: phenanlampir et al (2015)

Based on the data in the table, it is described in graphical form in the figure as follows

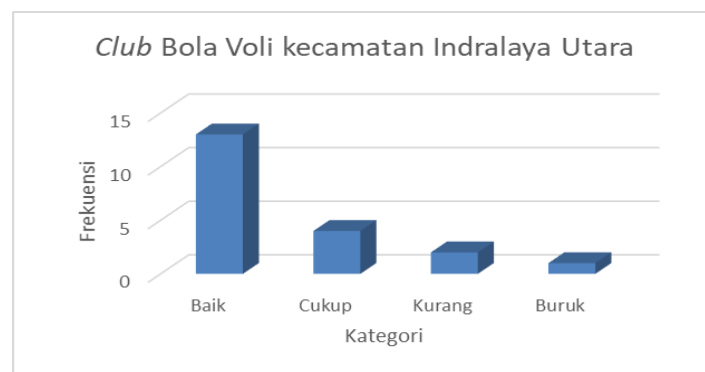


Figure 3. Percentage of the value of service skills in volleyball

The table above shows that the service skill level is above club In volleyball in Indralaya Utara District, it can be seen that 13 athletes (65%) have good category, 4 athletes (20%) have sufficient category, 2 athletes have less category (10%), and 1 athlete has bad category. (5%). It can be concluded that the level of serviceability above in club North Indralaya volleyball is in the good category.

Based on the results of the research that has been carried out related to the skills of one of the basic techniques of volleyball, especially the volleyball service skills are in the sufficient category, where based on the volleyball service skills test, the results shown by the athletes are on average good. It can be seen that the athletes who have a good category are 13 athletes from both club, athletes who have sufficient categories are 4 athletes, athletes who have less categories are 2 athletes and athletes who have a bad category are 1 person, namely from club mawar volleyball.

The results shown are supported by field tests based on the skill tests that the researchers have carried out, including by measuring the volleyball service skills with the assessment norm through the volleyball service skills test club volleyball in Indralaya Utara District of 38.01. The average value of both club This shows that the volleyball service skills are in the sufficient category.

From this study shows the existence of factors that influence both club on volleyball service skills. The results of the assessment of the service skill test in its implementation there were 10 athletes in club Cambodian volleyball in a good category and there is 1 athlete who has a less category due to factors that affect athletes, namely HR factors, these athletes are less enthusiastic about participating in the training program. Then the results of the top service skills test assessment are in club in Mawar volleyball, there are 2 athletes in the adequate category, 1 athlete in the less category and 1 athlete who has a bad category due to inadequate facilities, for example club it still uses the local school field and the field if it is raining then the field cannot be used because it is muddy.

This is also supported by research conducted by Nova Risma and Jatra Siska (2020) that variations on the upper serve can affect the level of volleyball serve skill level significantly. Then research conducted by Evionora E., Asmawi M., & Samsudin S. (2020) found that there were significant differences in the effect of the interaction between learning/practice models and hand-eye coordination on learning outcomes of upper serve skills in volleyball games.

CONCLUSION

Based on research data, a measurement test was carried out on the basic techniques of volleyball, especially the upper serve in athletes club North Indralaya sub-district volleyball. It can be concluded that the research data on service skills test above club Volleyball 6 times has a good category of 7 athletes, 2 athletes in sufficient category, 1 athlete in poor category and no bad category. Whereas club Mawar volleyball has a good category of 6 athletes, an adequate category of 2 athletes, a less category amounted to 1 athlete and the bad category amounted to 1 athlete. It can be concluded that the data from the research on serving over athletes club North

Indralaya sub-district volleyball. There are 13 athletes (65%) who have a good category have categories who have enough category 4 athletes (20%), who have less category 2 athletes (10%) , who have bad category 1 (5%). Based on the results of the tests above, it can be concluded that the level of service skill is above the athletes club Volleyball in Indralaya Utara District is included in the moderate category level with an average value of 38.0 1.

REFERENCES

- Albertus Fenanlampir, et al. (2015). Sports Tests and Measurements. Yogyakarta: CV ANDI OFFSET.
- Asnaldi, Arie. Pendidikan Jasmani. <http://artikel-olahraga.blogspot.co.id/> Acces date 1 January 2018.
- Arisman, A., & Agun Guntara, R. (2021). The Research Of Students' Motor Ability In Archery Extracurricular. *Jurnal Maempo : Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi*, 11(1), 13. <https://doi.org/10.35194/jm.v11i1.1216>
- Arisman, A., Okilanda, A., Dwiansyah Putra, D., & El Cintami Lanos, M. (2021). Resistensi Yoga dalam Meningkatkan Konsentrasi Ketepatan Memanah. *Jurnal Patriot*, 3, 71–81. <https://doi.org/10.24036/patriot.v>
- Evionora, E., Asmawi, M., & Samsudin, S. (2020). Top Serviceability Volleyball Game (Experimental Study of Learning Models and Hand Eye Coordination). *Fresh Journal*, 8(2), 68-79.
- Ihsan, N., Okilanda, A., Donie, D., Putra, D. D., Wanto, S., & Arisman, A. (2022). Practical Group Defense Exercise Design in Football Game for 13-Year-Old Students. *Teoriâ Ta Metodika Fizičnogo Vihovannâ*, 22(2), 194–201. <https://doi.org/10.17309/tmfv.2022.2.07>
- Jaya, H., Insanisty, B., & Sofino, S. (2018). Effects of Modified Exercise Models Hanging Ball Against Extracurricular Men's Service Ability Smkn 3 Bengkulu City. *Kinesthetic: Educational Scientific Journal Jheaven*, 2(2), 153-159.
- Okilanda, A., Arisman, A., Lestari, H., Lanos, M. E. C., Fajar, M., Putri, S. A. R., & Sugarwanto, S. (2018). Sosialisasi Petanque Sebagai Olahraga Masa Kini. *Jurnal Bagimu Negeri*, 2(1), 69–76. <https://doi.org/10.26638/jbn.638.8651>
- 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(II), 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>
- Risma, N., & Jatra, R. (2020). Effect of Variation Exercise on Ability Service for volleyball to female students in the Student Activity Unit Penjaskesrek. *Journal Of Sport Education (JOPE)*, 2(2), 55-60.
- Riyoko, E., & Rizhardi, R. (2020). Efektivitas Metode Latihan Global dalam Meningkatkan Keterampilan Bermain Sepakbola. *Gelanggang Olahraga: Jurnal Pendidikan Jasmani dan Olahraga*, 4(1), 107-114.
- Sugiyono. (2018). *Quantitative Research Methods, Qualitative And R&D*. Bandung: Alfabeta.
- Sukurno. et al. 2017. *The Relationship between Eye-Hand Coordination with Top Passing Results in Men's Volleyball Games at SMA Negeri 15*. In the *Altius Journal*, Volume 6, Number 1, January 2017: Sriwijaya University.
- Tawakal, I. (2020). *Volleyball For Beginners National & International*. South Tangerang: Brilliant.
- Yohana Bela Christian, G. Guntur (2017) . Effect of Training Methods and Eye-Hand Coordination on Service Skills in Volleyball. *Sports Journal*, ISSN 2339-0662