

ANALYSIS OF EXTRACURRICULAR PARTICIPANTS' SEPAK SILA SKILLS

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Abstract

This research is a Descriptive Research that aims to determine the Analysis of Sepak Takraw Skills of Extracurricular Participants of SMK Negeri 2 Makassar. Data collection uses documentation from test results that include data on Basic Sepak Takraw Technique Skills. The variables in this study are Sepak Takraw Skills in Sepak Takraw Games in Extracurricular Participants of SMK Negeri 2 Makassar. The population taken from 20 students in this study were Extracurricular Participants of SMK Negeri 2 Makassar while the sample determination used the Total Sampling method of Extracurricular Participants of SMK Negeri 2 Makassar as many as 20 students. The data from the research obtained the percentage of Sepak Takraw Skills data from 20 students or (100%), the Very Good category was 1 student or (5%), the Good category was 6 students or (30%), the Moderate category was 10 students or (50%), the less category was 3 students or (15%), and the Less Category was 0 students or (0.0%). Thus, it can be concluded that the percentage of the final data results of Sepak Takraw Skills in the Sepak Takraw Game of Extracurricular Participants at SMK Negeri 2 Makassar is in the Medium category.

Keywords: *Sepak sila, Skills; Sepaktakraw*

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INTRODUCTION

The Indonesian nation is one of the developing countries in the world, therefore developing nations are always active in building from various sectors including sports. Thus, of course, people who are skilled, intelligent, knowledgeable, have personality, sportsmanship, and are physically and spiritually healthy are needed to educate the life of the Indonesian nation. Sport is a powerful means to improve physical and mental quality, especially for the younger generation.

Sepak takraw is a game performed on a rectangular field. The field is limited by a net that is played using a ball made of rattan or plastic woven round. This game is carried out by two squads with the aim of playing the ball and returning it to the opponent's field. In playing it can use all parts of the body except the arms. Starting with a service performed within the service circle, a batter in charge of performing the service is called a tekong. After the serve is made and successfully passes the net then the opponent plays the ball a maximum of three times both by one and a teammate to return across the net so that the ball falls in the opponent's plot.

Skills can point to the specific action displayed or to the nature in which they are performed. Many activities are considered as a skill, consisting of several skills and the degree of mastery achieved by a person describes his level of ability. The term skilled is usually used to describe a person's varying level of ability. Skill is the ability to operate work easily and meticulously (Sri Widiastuti, 2010). Meanwhile, according to Hari Amirullah (2003) the term skilled is also interpreted as an act or task, and as an indicator of a level of proficiency.

M. Furqan H (2002) exercise is a process of perfecting sports that is regulated by scientific principles, especially pedagogical principles. From the above understanding, it can be explained that refinement means increasing the ability of what an athlete already has to a better level than before. This pedagogical principle examines how training is planned, and how to maximize, then how to teach skills from the sport concerned that aims to improve the athlete's ability to the peak of achievement to be achieved.

Exercise is the process of perfecting exercise through scientific approaches, especially the principles of regular and planned education so as to enhance the ability and readiness of sportsmen. There are four aspects of training that must be considered carefully, namely (1). Physical exercise, (2). Technical exercises, (3). Tactical exercises, and (4). Mental exercise (Hasruddin, et. al, 2022). According to Bompa quoted by Djoko Pekik Irianto (2002) training as a sportsman development program for special events, through increasing skills and energy capacity.

From the opinions of the experts above, it can be concluded that training is a process of perfecting the ability of a person in a particular sport and lasts for a long period by paying attention to factors that can affect the results of exercise such as planned exercise programs, scientific and pedagogical approaches and other elements that can affect the results of training such as training methods, Training standards, practice rules so as to achieve the highest standard of performance in accordance with the specified time with the aim of reaching the peak of achievement.

One of the basic techniques of sepak takraw is sepak sila. Sepak sila is an attempt to punt using the inside foot which aims to receive or carry the ball, control the ball, oppose the ball to friends and save the opponent's attack.

Sports techniques have been realized by many people among sportsmen and sports observers and sports observers, sports can support the implementation of sports even better, but in the implementation of sports techniques have not been as effective as applied because in the implementation of sports techniques there are factors that determine the success of learning and practicing techniques and coordination that have not been understood by sportsmen(Ihsan et al., 2022).

The purpose of technical training is to enhance technical movement skills and obtain automation of technical movements in a sport. Movement automation is characterized by consistent and consistent movement results, very little or rarely make movement mistakes, in different and changing situations and conditions can always perform movements consistently.

The steps of the technique movement practice are as follows. First, the trainer provides an explanation and demonstrates the overall technical movements about the technical movements to be trained. Second, athletes perform basic technical movement exercises by paying attention to the keys of movement. Third, athletes perform basic technical movement exercises as a whole in simple situations and conditions. Fourth, the tempo of the exercise is increased and the exercise repeats the basic technique using strength, speed and coordination which is somewhat more difficult. Fifth, complicate the types and forms of technical exercises (Arisman & Agun Guntara, 2021). Sixth, practice higher advanced

technique skills. Seventh, increase the effectiveness of technical movements accompanied by physical formation. Eighth, try technical skills in simple game situations. Ninth, perfect and automatic mastery of technical skills applied in matches (Suharno: 1981).

METHOD

This research is a quantitative descriptive research using tests (observation sheets). The data collection technique uses observation to determine the improvement of sepaksila skills through the technique practice method in students who take part in sepaktakraw extracurriculars. According to Sugiono (2009: 152) descriptive research is research that describes the situation that exists according to reality. According to Arikonto, variables are the object of research, or what is the point of attention of a study. The variables to be studied are, the independent variable, namely the technique training method (X), and the dependent variable, namely the results of the ability to be cooperative (Y). This research design is a brief overview of all the extended processes in planning and execution in a study.

Population is a generalized area consisting of objects / subjects that have certain qualities and characteristics, determined by researchers to be studied and then drawn conclusions (Sugiyono, 2009). Suharsimi Arikunto (2006: 131) the sample is a portion or representative of the population studied. The sample in this study was 20 students of SMK Negeri 2 Makassar who participated in Sepaktakraw. This sampling uses a total sampling technique or whole population. The data analysis method used in this study is by statistical calculations using percentage descriptive analysis.

RESULTS AND DISCUSSION

Descriptive data analysis is intended to get an overview of research data. Analysis of sepak sila skills of sepaktakraw extracurricular participants of SMK Negeri 2 Makassar. Descriptive analysis includes; Total value, average, standard deviation, range, maximum and minimum. From these statistical values, it is expected to give an overview of the analysis of sepaktakraw sepak sila skills of extracurricular participants of SMK Negeri 2 Makassar. The results of descriptive analysis of each research variable can be seen in table 1.

Table 1. Results of Sepak sila Skills Analysis of Extracurricular Participants of SMK Negeri 2 Makassar

	N	Sum	Mean	Stdv	Variance	Range	Min.	Max.
Sepak sila Skills	20	1020	51,00	7,369	54,316	28	39	67

The results of the table above are an overview of the sepak sila skills of sepaktakraw extracurricular participants of SMK Negeri 2 Makassar. It can be stated as follows:

Descriptive results of sepaktakraw sepak sila skills data of extracurricular participants of SMK Negeri 2 Makassar. The listed in Table 1 can be stated as follows:

- N or the number of valid data (valid for processing) is 20 samples, while missing data is zero. This means that all data is ready for processing.
- The mean or average value of sepaktakraw sepak sila skills of extracurricular participants of SMK Negeri 2 Makassar is 51.00.

- The standard deviation is 7.369 and the variance which is the square of the standard deviation is 54.316 The use of the standard deviation is to assess the average spread of the sample.
- The range of skill levels of Sepak Sila Extracurricular Participants of SMK Negeri 2 Makassar is 28 which is the result of subtraction from the maximum value with a minimum value of $67 - 39 = 28$.
- The sum or total number of data on Sepak sila Skills of Extracurricular Participants of SMK Negeri 2 Makassar is 1020.

Normality Results

Table 2. Results of normality test data on Sepak sila Skills of Extracurricular Participants of SMK Negeri 2 Makassar

Variable	N	KS-Z	Asymp. Sig	Ket
Sepak sila Skills	20	0.151	0.200	Usual

The explanation from the table above can be seen as follows: Data on sepak sila skills of sepaktakraw extracurricular participants of SMK Negeri 2 Makassar Kolmogorov-Smirnov (KS-Z) value obtained 0.151 value and total asymp value 0.200. The value is greater than the value of 0.05 ($P > 0.05$). Thus this data is normally distributed.

Results of hypothesis analysis

Table 3. Recapitulation of percentage results of Sepak Sila Sepaktakraw Skills

No.	Interval	Frequency	Percent	Classification
1	>68	1	5%	Very good
2	57-68	6	30%	Good
3	44-56	10	50%	Keep
4	32-43	3	15%	Less

5	<31	0	0%	Very less
total		20	100%	-

Based on the table above, it appears that the percentage of Soccer Sila Skill data results from 20 students or (100%), the Very Good category is 1 students or (5%), the Good category is 6 students or (30%), the Medium category is 10 students or (50%), the less category is 3 students or (15%), and the Less Once category is 0 students or (0.0%). Thus, it can be concluded that the percentage of the final data results of sepaktakraw sepak sila skills of extracurricular participants of SMK Negeri 2 Makassar is in the Medium category. For the diagram can be seen in the image below

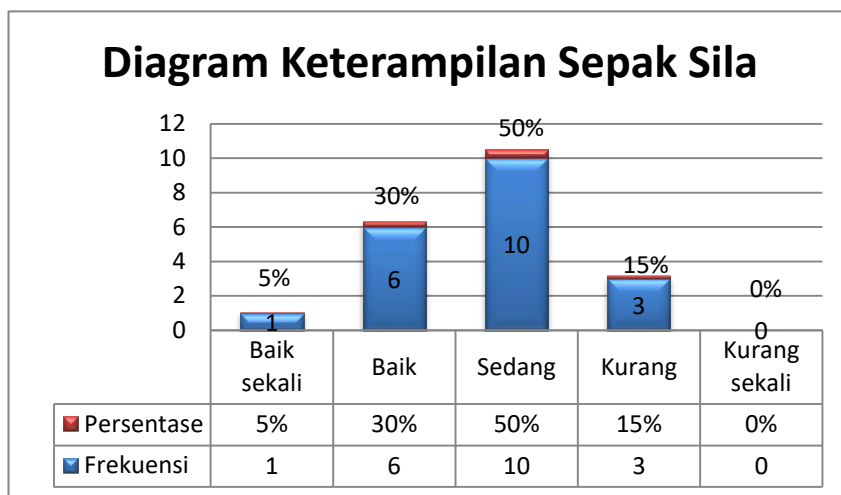


Figure 1. Diagram of the results of sepaktakraw sepak sila skills

Discussion

Based on the data that has been obtained in the research analysis of soccer skills of sepaktakraw extracurricular participants of SMK Negeri 2 Makassar, this

is in accordance with the results of observations and test results of conducting soccer techniques with the acquisition of the following data: percentage of Soccer Sila Skill data results from 20 students or (100%), the Very Good category is 1 students or (5%), the Good category is 6 students or (30%), the Medium category is 10 students or (50%), the less category is 3 students or (15%), and the Less Once category is 0 students or (0.0%). Thus, it can be concluded that the percentage of the final data results of sepaktakraw sepak sila skills of extracurricular participants of SMK Negeri 2 Makassar is in the Medium category. It can be described as follows:

The sepak takraw extracurricular program soccer skills at SMK Negeri 2 Makassar received a “Very Good” category percentage of 5% (1 student), This student demonstrated excellent mastery of basic sepak takraw techniques, including stance, movement coordination, execution, and ball control. The movements were stable, efficient, and largely free from errors, even showing signs of automaticity-an indicator of advanced motor skill proficiency. This achievement suggests a high level of commitment to training, consistent participation in the program, and possibly prior experience or additional practice beyond the extracurricular sessions. Contributing factors may include strong discipline, intrinsic motivation, and effective guidance from teachers and coaches. This student can serve as a role model and source of inspiration for peers during training. Empowering the student to demonstrate techniques in practice sessions can foster a collaborative and supportive learning environment.

Soccer skills sepaktakraw extracurricular participants of SMK Negeri 2

Makassar, who get the "Good" category percentage of 30% (6 students Sepaktakraw soccer skills extracurricular participants of SMK Negeri 2 Makassar), because students of SMK Negeri 2 Makassar are able to practice a combination of specific movements Basic Soccer Sila Techniques, basic attitudes, implementation stages, and Basic Soccer Sila Techniques, who are good at doing Sepak Sila and all the necessary movement components have been able to be mastered By these students stop by when doing Sepak Sila has done no mistake, this is because the students have gone through regular training and discipline to improve their abilities, especially the basic techniques of Sepak sila.

The skills of the sepaktakraw sepak sila extracurricular participants of SMK Negeri 2 Makassar, who get the "medium" percentage category of 50% (10 students of SMK Negeri 2 Makassar), students of SMK Negeri 2 Makassar still need to be improved so that in doing the Basic Soccer Sila Techniques can be better and correct, when doing the Basic Soccer Sila Techniques they still make mistakes at the implementation stage and the Basic Soccer Sila Techniques are still wrong so that they affect the points they get when do sepak sila sila. Because these students still lack focus in practice so that the test results obtained are not optimal.

The soccer skills of sepaktakraw extracurricular participants of SMK Negeri 2 Makassar, who get the category of "less" percentage of 15% (3 students of SMK Negeri 2 Makassar), students of SMK Negeri 2 Makassar have not been able to perform the Basic Soccer Sila Techniques correctly as proven when doing the Basic Soccer Sila Techniques still make mistakes when the basic attitude, implementation stage and Basic Soccer Sila Techniques are still wrong so that they affect the points

they get when doing soccer Please. Because these students still lack focus and concentration in practice so that the test results obtained are not optimal. So it is expected that coaches and coaches can provide motivation and training programs that can improve the students' soccer skills.

The temporary conjecture in this study is in line with the results of frequency descriptive analysis, it can be concluded that the results of the medium category obtained the highest score of 50%, this proves that the analysis of sepak sila skills in students of SMK Negeri 2 Makassar is good and needs to be improved again in order to be more accomplished in the field of sepaktakraw sports.

There are several factors that support in improving the ability to play sepaktakraw. For sepaktakraw players, excellent physical needs or abilities are essential because in the game of sepaktakraw various physical components are needed to support in order to play well so that they can achieve maximum results.

The physical needs needed for sepaktakraw players include two aspects, namely physical coaching in general and physical coaching in particular. Physical coaching in general includes: endurance, strength, speed, agility, and flexibility. As for physical coaching specifically includes: stamina, coordination, balance, accuracy, automatization, and body composition. In addition, the mental factor of the player also determines the quality of play.

Thus, a conclusion can be drawn that the level of sepak sila skills in students of SMK Negeri 2 Makassar. The medium category is influenced by several elements that are very influential on the ability of sepaktakraw, especially sepak sila. Therefore, basic sepaktakraw skills in students need to be considered again,

especially for trainers. With good basic skills, it can improve the sepak takraw game of SMK Negeri 2 Makassar students.

CONCLUSION

Based on the results of the research and discussion described above, conclusions were drawn that the skills of sepak sila sepak takraw extracurricular participants of SMK Negeri 2 Makassar are the Very Good category is 1 students or (5%), the Good category is 6 students or (30%), the Medium category is 10 students or (50%), the less category is 3 students or (15%), and the Less Once category is 0 students or (0.0%). Thus, it can be concluded that the sepak sila skills of sepak takraw extracurricular participants of SMK Negeri 2 Makassar are in the medium category with 50%.

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