

## ANALYSIS OF VOLLEYBALL TOP SERVICE SKILLS IN EXTRACURRICULAR STUDENTS OF SMPN 3 BATUMANDI

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### **Abstract**

*Volleyball overhead serve skills are one of the important aspects in volleyball that require systematic evaluation to determine the level of skill of students. This study aims to determine the level of volleyball overhead serve skills of students of SMPN 3 Batumandi using quantitative descriptive methods and data collection techniques through volleyball overhead serve skills tests with 12 participants. The results showed that 4 people (33%) showed abilities in the good category with a score range of 21 to more than 41, 6 people (50%) were in the sufficient category with a score range of 13 to 40, and 2 people (17%) were included in the less category with a score range of 3 to 26. These results indicate that most students have overhead serve skills in the sufficient category. These results indicate that it is still necessary to improve volleyball overhead serve skills through a more structured and intensive training program, so it is recommended that coaches or schools can develop more effective training programs to improve volleyball overhead serve skills of students of SMPN 3 Batumandi.*

**Keywords:** Skill; Serve; Volleyball

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### **INTRODUCTION**

In volleyball, there are a number of basic things/techniques that must be possessed in order to be able to play effectively, including: service, underhand pass, overhand pass, block, and smash. Although mastery of basic techniques plays an important role, it is not the only element that determines the quality of volleyball. All of these aspects synergistically contribute significantly to the effectiveness and performance of players in implementing various techniques optimally (Ahmad, 2007).

The upper serve is one of the basic techniques in volleyball that is very important to be mastered by students who take part in volleyball extracurricular activities at school. A good upper serve can be a good start for a team to win the

match. However, there are still many students who have difficulty in doing a good upper serve. SMPN 3 Batumandi is one of the schools that has an active volleyball extracurricular activity and has good achievements in the field of sports. However, it is still necessary to analyze the upper serve skills of volleyball extracurricular students at this school to find out the extent of their skills and what needs to be improved.

The reason I chose this research title was because when I was carrying out teaching assistance at SMPN 3 Batumandi, where I watched a volleyball match between schools live. In the match, I observed that students of SMPN 3 Batumandi tended to be weak in doing overhead serves and used more underhand serves. This observation sparked my interest in further analyzing the level of overhead serve skills of students of SMPN 3 Batumandi, so that I could better understand their abilities and provide appropriate recommendations to improve these skills.

The lack of systematic evaluation of the upper service skills of extracurricular volleyball students at SMPN 3 Batumandi can cause several problems, such as not identifying students' weaknesses in performing upper services, ineffective training programs, and less than optimal improvement in the performance of the school's volleyball team. Therefore, this study aims to analyze the upper service skills of extracurricular volleyball students at SMPN 3 Batumandi, with the hope of providing accurate information about student skills and being a reference for coaches and teachers to develop more effective and efficient training programs. Thus, it is expected that the achievements of the school volleyball team can increase and students can improve their skills in performing upper services.

## **METHOD**

Research is a quantitative descriptive approach that utilizes a survey approach as the main method, with data collection techniques through tests and measurements. This approach aims to explain the objective state of the phenomenon being studied with data representation 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) explains

that descriptive research is generally non-hypothetical, so that in its implementation procedure it does not require the formulation of hypotheses as part of the research stages.

Population in a study is defined as the entire object that is the focus of scientific study (Arikunto, 2013) Meanwhile, Sugiyono (2013) defines population as a generalization area that includes objects or subjects with certain qualities and characteristics that have been determined by the researcher, which are then used as the focus of the study to be analyzed and conclusions drawn 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 a quantitative research approach, the concept of samples or examples is not something that is used in the context of generalization to 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 propositions in the study, data analysis design, and resource limitations such as manpower, costs, and time.

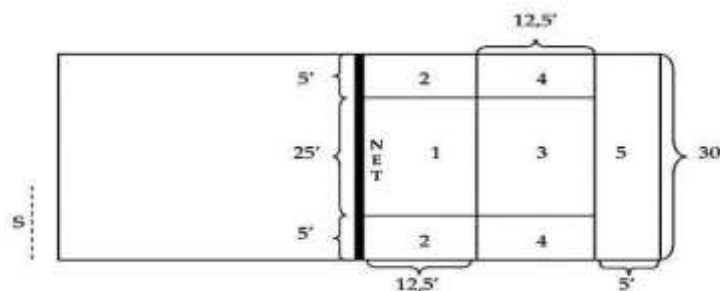
In its implementation, a study does not always have to cover the entire population, but can be conducted on a portion of the population, as emphasized by Arikunto (2013). This study applies the total sampling technique, where all individuals in the population are used as research subjects. Based on these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

In quantitative research, the quality of research instruments is largely determined by the level of validity and reliability, while the quality of 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 collected data is then analyzed to obtain a picture that is in line with the research Tools and facilities required.

### Field Shape

The size of the field is the same as the volleyball court from PBVSI, The size of the squares on the field can be stated as follows :



**Figure 1.** Shape and Size of Service Test Instrument  
 (M. E. Winarno)

### Scoring

A ball that falls exactly on the line is considered to have fallen in the area with the higher score, The test is carried out 1 time with 10 repetitions. The score obtained by the testee is the result obtained when the testee serves, and the ball falls into a certain target area. The numbers on each square represent the score obtained by the testee, The test score is the sum of the results obtained by the test subject, during a service test of 10 repetition.

## RESULTS AND DISCUSSION

**Table 1.** Top Service Skill Classification

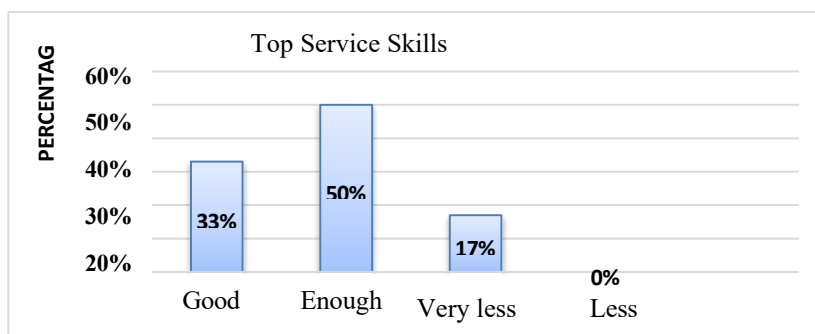
AGE	AGE	AGE	GROUP
13-15 Years	16-18 Years	19 and above	
Value skills	Value skills	Value skills	
21 and above	27 and above	41 and above	Good Enough
13-20	18-26	27-40	Very less
3-12	8-17	12-26	
2 Below	7 and below	11 and below	

(M. E. Winarno)

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

Yes	JK	Class	Age	Top Service		Group
				Value	Score	
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

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 2.** Top Service Skills Diagram

The results of the data analysis showed that most of the students of SMPN 3 Batumandi had sufficient volleyball upper service skills of 50%, which was likely caused by their adequate but not optimal level of training and experience. This shows that these students already have a good basic skill. Therefore, a more intensive and structured training program is needed to improve the upper service skills of these students, so that they can achieve a better level of skill and improve their achievements in volleyball. Meanwhile, 33% of students have good category

skills because they have more intensive training and experience, and have mastered the upper service technique well.

On the other hand, 17% of students have poor category skills due to lack of practice and experience, and have not mastered the upper service technique well., a more intensive and structured training program is needed to improve the upper service skills of the students, so that they can improve their achievements in volleyball. Thus, it is expected that students of SMPN 3 Batumandi can improve their upper service skills and achieve optimal achievements in volleyball.

Factors that influence overhead serve skills include muscle strength, movement coordination, and good overhead serve technique (Widodo, 2020). Good muscle strength can help students execute overhead serves more powerfully and accurately. Adequate practice and experience can improve students' overhead serve skills (Sutopo, 2018). This is because regular practice and extensive experience can help students improve their overhead serve skills, so they can execute the upper serve better and more effectively.

Ineffective overhead serve techniques can be caused by a lack of understanding of the correct overhead serve technique, as well as a lack of proper training (Sudjarwo, 2019). Overhead serve training that focuses on muscle strength and flexibility can help improve students' overhead serve skills, allowing them to perform overhand serves more effectively (Rahmad, 2022). Poor overhead serve skills can also be caused by psychological factors, such as a lack of self-confidence and motivation (Sari, 2020).

## CONCLUSION

Based on the results of this study, it shows that the volleyball upper service skills of students at SMPN 3 Batumandi are mostly in the sufficient category (50%), with 33% in the good category and 17% in the poor category. Based on these results, it is recommended that coaches or schools can design a more structured and intensive training program to improve the volleyball upper service skills of students, with a focus on increasing muscle strength, movement coordination, and upper service techniques. In addition, involving experienced coaches or instructors can also help improve their

skills, so that it is expected that the volleyball upper service skills of students at SMPN 3 Batumandi can improve and their achievements in volleyball can be better. For students, it is recommended to practice more actively and increase their motivation in following the training program, as well as take advantage of the opportunity to learn from experienced coaches or instructors. Thus, it is expected that students can improve their volleyball upper service skills and achieve better achievements in volleyball.

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