



Tingkat Pemahaman Permainan Bola Tangan Mahasiswa Program Studi Pendidikan Jasmani Se-Provinsi Bengkulu

Level of Understanding of Handball Games of Physical Education Study Program Students in Bengkulu Province

Andika Prabowo¹, Bogy Restu Ilahi², Septiarko³

¹²³*Program Studi Pendidikan Jasmani, Universitas Bengkulu, Jalan WR. Supratman Kandang Limun, Kec. Muara Bangka Hulu, Bengkulu, 38371A, Indonesia*

Abstrak

Penelitian ini bertujuan untuk mengetahui tingkat pemahaman siswa pendidikan jasmani di Kota Bengkulu terhadap permainan bola tangan. Masalah utama dalam penelitian ini adalah belum adanya data yang menggambarkan tingkat pemahaman mahasiswa pendidikan jasmani di Kota Bengkulu terhadap permainan bola tangan. Penelitian ini menggunakan metode kualitatif dengan pendekatan deskriptif. Subjek penelitian adalah mahasiswa pendidikan jasmani di Kota Bengkulu. Teknik pengumpulan data dilakukan melalui penyebaran kuesioner, wawancara, dan dokumentasi. Analisis data dilakukan melalui tiga tahap, yaitu reduksi data, penyajian data, dan penarikan kesimpulan dan verifikasi. Berdasarkan hasil analisis diperoleh 3,7% (2 responden) mahasiswa memiliki pemahaman dalam kategori sangat tinggi, 55,55% (30 responden) dalam kategori tinggi, 40,74% (22 responden) dalam kategori sedang, sedangkan tidak ada mahasiswa yang berada dalam kategori rendah maupun sangat rendah (0%). Dari hasil tersebut dapat disimpulkan bahwa mahasiswa program studi pendidikan jasmani di Kota Bengkulu memiliki tingkat pemahaman yang relatif tinggi terhadap permainan bola tangan

Kata kunci: Bolatangan, Mahasiswa, Pemahaman

Abstract

Study aims to determine the level of understanding of physical education students in Bengkulu City towards the game of handball. The main problem in this study is that there is no data that describes the level of understanding of physical education students in Bengkulu City regarding the game. This research used a qualitative method with a descriptive approach. The research subjects were physical education students in Bengkulu City. Data collection techniques were carried out through the distribution of questionnaires, interviews, and documentation. Data analysis was carried out through three stages, namely data reduction, data presentation, and conclusion drawing and verification. Based on the results of the analysis, it was found that 3.7% (2 respondents) of the students had an understanding in the very high category, 55.55% (30 respondents) were in the high category, 40.74% (22 respondents) were in the medium category, while there were no students in the low or very low category (0%). From these results, it can be concluded that students of physical education programs in Bengkulu City have a relatively high level of understanding of handball games

Keyword: Handball, Understanding, Student

INTRODUCTION

Sports offer numerous benefits, serving as a medium for recreation, education, health, and competitive achievement while also enhancing physical fitness (Heru et al., 2020). As stated by Nasution and Sibuea (2022), recreational sports refer to physical activities performed during leisure time, driven by intrinsic motivation or personal desires due to the enjoyment and satisfaction they provide.

Globally, including in Indonesia, various sports with outstanding achievements are actively contested. One such sport that has been gaining popularity is handball—a competitive game that integrates elements of basketball and futsal, with its rules undergoing several modifications over time. Originally, handball was played by eleven players on a football field, but as the sport evolved, the number of players was reduced to seven. The International Handball Federation (IHF) serves as the governing body responsible for overseeing the sport while also establishing its distinctive characteristics (Heru et al., 2020).

Understanding can be defined as an individual's ability to interpret something after undergoing an observation process through one of the senses. It falls within the cognitive domain and is positioned at a higher level than knowledge, which serves as the initial stage in the thinking process. Furthermore, understanding involves the process of forming, absorbing, and assimilating information. The effort to gain extensive insight, grasp, and convey a concept is also considered part of understanding (Andika Bayu Putro & Widodo, 2020).

Comprehension, on the other hand, refers to an individual's ability to interpret, define, or internalize knowledge in a distinct manner. A person's skill in comprehending something, retaining it, and recalling it when needed can be classified as understanding (Danang Endarto Putro, 2017).

Based on these perspectives, it can be concluded that understanding is the ability to deeply grasp a concept and articulate it from multiple viewpoints. This aspect is crucial for students in the Physical Education study program as a foundation for learning and developing the game of handball. With a solid understanding, students are expected to play effectively or participate in handball tournaments without facing difficulties in mastering the rules and techniques of the game.

Direct practice on the field alone is not sufficient, as a prior understanding of handball material is essential. Most Physical Education students tend to have a low level of comprehension regarding the theoretical aspects of the game, even though they often excel in technical execution during field practice. Therefore, research on students' understanding of handball is necessary to ensure a balance between their theoretical knowledge and practical skills.

The game of handball follows fundamental strategies and established rules set by the International Handball Federation (IHF), the global governing body for the sport. The IHF has patented the official rules of the game, which have been adopted and implemented by the Indonesian Handball Association (ABTI), the main regulatory body overseeing handball in Indonesia (Junianto & Tuasikal, Abdul Rachman Syam Siantoro, 2023).

In Bengkulu City, handball has been incorporated into the academic curriculum of several universities, including the University of Bengkulu and Dehasen University. At the University of Bengkulu, the Physical Education study program offers handball as an elective course, allowing students to study both the theoretical and practical aspects of the sport.

The lecture process ran smoothly, allowing students from the Physical Education study program at the University of Bengkulu to successfully complete the handball course over one semester. As a result, they were able to organize an internal tournament called "Title Fighter" on December 12, 2023, featuring competition between different generations within the program. The tournament was highly enthusiastic, and students demonstrated their ability to apply the knowledge they had gained, particularly regarding the game rules, to peers who were less familiar with handball (Aprianti et al., 2023).

However, despite the smooth execution of the tournament held on the Physical Education study program field at the University of Bengkulu, many students participating in the event were still found violating the rules, making mistakes, and even lacking awareness of handball regulations. While they displayed good playing skills, some committed serious infractions due to their limited understanding of the official rules of the game.

Given these issues, the presence of lecturers responsible for the handball course during the tournament is crucial. Their supervision would allow for immediate intervention in the event of significant mistakes, ensuring that students receive direct feedback on violations they may not be aware of.

Based on these observations, it is evident that students of the Physical Education study program should have a strong grasp of fundamental handball techniques and rules, as these are taught during lectures and reinforced through internal tournaments. However, many students still lack sufficient knowledge of the technical aspects and regulations, leading to frequent violations and errors that could have been avoided with a better theoretical foundation.

Based on the issues outlined, this study aims to assess the level of understanding among students in the Physical Education study program in Bengkulu City regarding the game of handball. Comprehending handball material is not only essential for practical application on the field but also contributes to the overall development of the sport. Furthermore, a strong understanding of handball can create opportunities for establishing a Handball Student Activity Unit (UKM) outside of regular lecture hours.

Considering this background, the researcher is motivated to conduct a study titled "Survey on the Understanding of Handball Among Physical Education Study Program Students in Bengkulu City."

METHODS

This study employs a qualitative research method with a descriptive approach. The objective of descriptive research is to systematically, factually, and accurately illustrate the realities that occur in society (Urohmah, 2023).

Participants

The research was conducted in Bengkulu City, specifically at two campuses offering the Physical Education Study Program, from June 3, 2024, to June 14, 2024. The primary subjects were selected based on a sampling technique, consisting of 54 active students from the Physical Education Study Program who had completed handball courses at their respective universities.

Sampling Procedures

This study was conducted in Bengkulu City at two campuses offering the Physical Education Study Program. A purposive sampling method was used to select students who had completed handball courses.

Materials and Apparatus

The materials used in this research align with the collected and analyzed data. The conclusion drawn serves as a response to the research questions formulated during the study.

Procedures

Data collection techniques included closed questionnaires, interviews, and documentation. The data analysis process involved four interrelated components: data collection, data reduction, data presentation, and data interpretation.

Design or Data Analysis

According to (Sudijono, 2015) the formula for calculating relative frequency

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

(percentage) is as follows:

Information:

P = Percentage Number (%)

F = Answer Frequency

N = Number of Subjects (Respondents)

Table 1. Percentage Rating Criteria

| NO | Presentase % | Kategori |
|-----------|---------------------|-----------------|
| 1 | 81% - 100% | Sangat Tinggi |
| 2 | 61% - 80% | Tinggi |
| 3 | 41% - 60% | Sedang |
| 4 | 21% - 40% | Rendah |

5

0% - 20%

Sangat Rendah

RESULT

Data Interview Results

The researcher conducted interviews with eight respondents, all of whom were students majoring in Physical Education. These interviews aimed to assess students' understanding of handball. Below are the results of an interview conducted by the researcher with one of the respondents:

- 1) What do you know about handball? *“Yang saya ketahui permainan bola tangan itu adalah olahraga yang sedang dikembangkan di Indonesia, termasuk di kota Bengkulu. Bola tangan dimainkan oleh tim yang terdiri dari 7 pemain dan 1 kiper. Meskipun mirip dengan bola basket, bola tangan memiliki perbedaan dalam ukuran bola: 58- 60 cm untuk putra dan 54-56 cm untuk putri.”.*
- 2) What do you know about the basic techniques of handball? *“Teknik dasar dalam bola tangan meliputi passing, dribble, dan shoot. Itulah teknik dasar yang saya ketahui.”.*
- 3) Explain what are the violations in the game of handball and what are the penalties given that you know? *“Pelanggaran terjadi ketika pemain lawan memasuki daerah gawang yang dibatasi garis empat meter; bola akan dipindahkan ke tim bertahan. Sebaliknya, jika tim bertahan memasuki daerah penjaga gawang, bola akan dimulai dari garis putus-putus sembilan meter”.*
- 4) How do you understand the handball game system? *“Sistem permainan bola tangan mirip dengan bola basket. Permainan dimulai dengan peluit, bola dioper ke tim penyerang, dan jika bola masuk ke gawang, itu disebut gol. Setelah gol, bola kembali ke tengah lapangan untuk memulai kembali permainan, meskipun pemain yang mencetak gol sedang merayakan di luar lapangan. Ketika bola sudah di tengah dan wasit meniup peluit, permainan dimulai kembali dengan throw-off”.*
- 5) During the handball game course, does the material provided lead to basic techniques and game rules? *“Teknik dasar dan peraturan telah diajarkan oleh dosen terkait”.*

Questionnaire Result Data

The overall understanding of handball among students in the Physical Education study program in Bengkulu City falls into three categories: "Very High" for 2 students, "High" for 30 students, and "Medium" for 22 students. The detailed distribution can be seen in the following table:

Table 2. Overall Handball Game Understanding Questionnaire Results

| No | Interval | Kategori | Fr | % |
|--------|----------|---------------|----|--------|
| 1 | 81%-100% | Sangat Tinggi | 2 | 3.7% |
| 2 | 61%-80% | Tinggi | 30 | 55.55% |
| 3 | 41%-60% | Sedang | 22 | 40.74% |
| 4 | 21%-40% | Rendah | 0 | 0% |
| 5 | 0%-20% | Sangat Rendah | 0 | 0% |
| Jumlah | | | 54 | 100% |

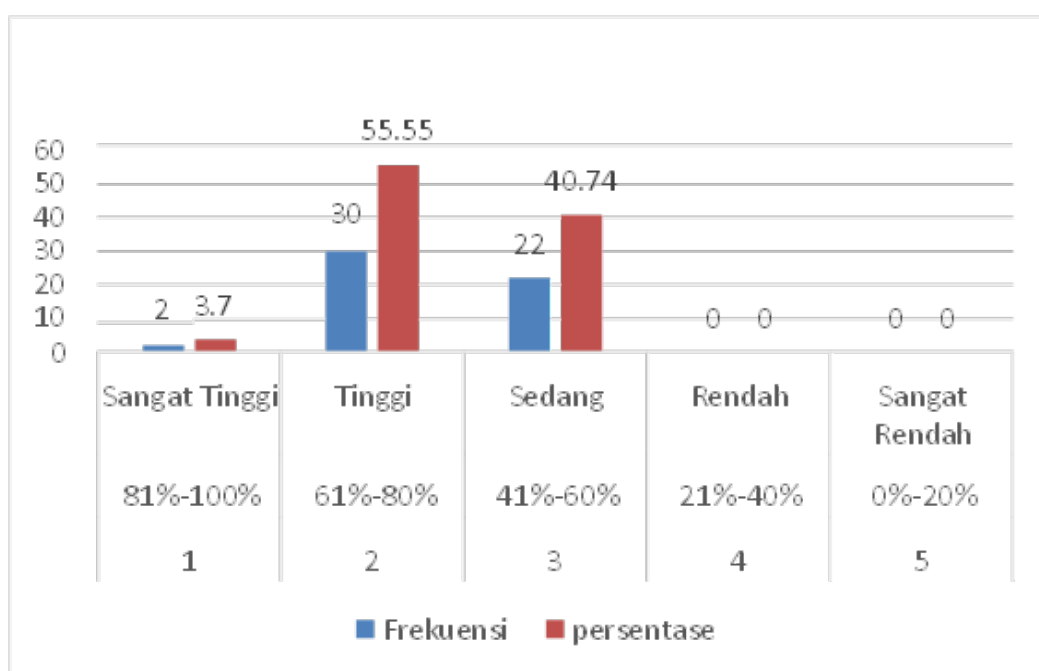


Figure 1. Overall Handball Game Understanding Questionnaire Percentage

In general, the understanding of ball games is classified as very high 3.7%, students who have an understanding classified as high 55.55%, students who have an understanding classified as medium 40.74%, students who have low and very low understanding 0%, so that in general the understanding of handball games at the student level in Bengkulu City can be categorized as high.

DISCUSSION

Exercise is one of the basics in human needs that can affect strong and strong physical and mental exercise. As corpore sano which means that in a strong body

there is a healthy soul, so that every individual who regularly does sports activities can have better physical and mental health than individuals who rarely or do not exercise (Rofik & Kafrawi, 2022).

Handball is one type of game using a large ball media which is carried out in a team manner, each team consists of 14-16 players with 7 core players including the goalkeeper and the rest are Reserve players (Armadhani & Gigih, 2022).

The results of the questionnaire of understanding of handball games at the level of students of physical education study programs in Bengkulu City as a whole are included in the “high” category of 55.55% with a total subject of 54 people. students of physical education study programs in Bengkulu City. All items of the questionnaire statement were filled in by students according to the understanding possessed by students, it is known that overall they are in the “very high” category totaling 2 respondents, the “high” category totaling 30 respondents, and the “medium” category totaling 22 respondents.

According to the results of research (Siantoro & Pd, 2016) classified according to the category, it was found that players and referees understood the rules of the game with a good category as many as 39 questionnaires or 48.75% while players and referees who understood the rules of the game with a sufficient category were 25 questionnaires or 32.25%.

Meanwhile, players and referees who understand the rules of the game with a poor category are 13 questionnaire items or 16.25% while players and referees who understand the rules of the game with a poor category are 3 questionnaire items or 3.75%. Respondents who have a good level of understanding are 14 people with a percentage of 63.64%. Respondents who have a sufficient category are 8 respondents with a percentage of 36.36% while respondents who have a poor category do not exist and respondents who have an unfavorable category also do not exist. This also confirms the idea (Siantoro & Pd, 2016) that for understanding in handball game material is good and high where this will be adequate in the learning process of students in handball game material in lectures.

For basic technical material, there are still many students who do not understand a term catching in research, in their questionnaires there are still many who do not know that term there which makes the basic technique category low. In

the field they have mastered but in the material they have not mastered or have not fully understood the term. It is concluded that from all the material in the questionnaire and related to the interview, students or respondents have a good understanding of the material and there are several points that they have not understood..

This shows that some understanding of handball games at the level of physical education study program students in Bengkulu City is high. Based on the statement items that have been answered, the understanding of physical education study program students in Bengkulu City is also fairly good. This can be said to be in line with what is described (Rohmana & Herpandika, 2021). That understanding is a human skill in terms of translating, defining or interpreting information obtained about something in their own way. So students have been categorized as being able to understand something in their own way. In addition, based on the results of interviews that have been conducted with several sources from students of the PE study program, it can be concluded that:

Understanding of Handball Games Based on the results of interviews with students majoring in PE, it can be concluded that their understanding of the game of handball is quite diverse and shows varying levels of knowledge. The majority of respondents understood that handball is played by two teams of seven players each, including one goalkeeper. This game has the main goal of scoring as many goals as possible to win. This is in line with the opinion (Habiburrahman et al., 2022).

The goal of a handball game is to score and avoid conceding. The team with the most number of scores until the last round wins the match. Some respondents also related handball to other sports such as basketball and futsal, which shows their understanding of the physical and strategic aspects of the game. (Prabowo et al., 2020)

Basic Handball Techniques

The basic techniques in handball that are most widely recognized by respondents include dribbling, passing and shooting. Dribbling in handball is done with one hand and the ball should not be lifted too high, while passing is throwing the ball to a teammate to organize an attack. Shooting techniques, which aim to

score goals, were also mentioned by many respondents. Some respondents also added catching and dribbling techniques as part of the basic techniques they learned. These basic techniques are in accordance with the theory based on the sports book source of handball games by (Susanto, 2017).

Violations and Penalties

According to (Asyfendi & Vishnu, 2023). Handball has the characteristics of a high intensity game with many movements such as sprinting, turning, throwing, blocking, pushing, grabbing and jumping. So that many violations occur - violations that are quite hard and sometimes there are also fatal. Based on the results of the interviews, the respondents showed a fairly good understanding of the various types of fouls in handball and the penalties imposed. (Fitri et al., 2024)

Commonly mentioned fouls include illegal dribbling, traveling (taking more than three steps without throwing the ball), and offensive and defensive fouls. The penalties vary from free throws to penalties, as well as two-minute penalties for certain offenses. Respondents also mentioned the rule that substitutions must be made at the designated line, with a two-minute suspension if this rule is broken..

Game System

The handball game system understood by the respondents generally involves a throw-off from the center of the field to start play after the referee blows the whistle. Substitutions must also be made at the designated line, and substitutes must wait until the player they are replacing leaves the field. Some respondents also mentioned the use of time-outs for rest and strategizing.

Lecture Material

From these interviews, it appears that the lectures given to students have covered the basic techniques and rules of handball. The lecturers seem to have provided good basic knowledge about techniques such as passing, dribbling, and shooting, as well as the rules of the game that need to be followed. This is in line with what is explained by (Erlyanda & Sari, 2022).

This game requires basic movements that resemble basketball games, such as the ability to run fast, run to change direction by jumping, throwing and moving explosively. Basic movements have been introduced by lecturers and students also

get an understanding of strategies and how to avoid violations through direct practice and tournament experience.

CONCLUSION

Based on the results of the research which includes questionnaires and interviews, it can be concluded that the understanding of Physical Education study program students in Bengkulu Province about the game of handball as a whole is high, with 55.55% of respondents in this category. However, the understanding of specific aspects of the game showed significant variations. From the questionnaire, it can be seen that the basic technique indicator of the handball game is low with 33.33%. The handball game system indicator was high with 59.25%, while the handball game rules indicator showed a high understanding with 46.29%. The results of the interview also support the findings in this study, showing that students have a good understanding of the material about handball games, although there are several aspects such as basic techniques, namely catching and shooting, which require increased understanding of the material. Students also show a good understanding of violations and penalties as well as the game system. Overall, it is concluded that students' understanding of the game of handball is good, but there are certain areas that require further emphasis

REFERENCES

- Aprianti, N. I., Rakhmawati, T. A., & Priyanto, C. wahyu. (2023). Profil Kondisi Fisik Atlet Porprov Bola Tangan Di Kabupaten Purworejo Tahun 2023. *Jurnal Ilmiah Penjas*, 9(2), 213–218.
- Armadhani, W. P. M., & Gigih, S. (2022). Profil Kondisi Fisik Atlet Bola Tangan Bojonegoro Putra Menuju Poprov 2022. *Jurnal Prestasi Olahraga*, 5(7), 51–58.
- Asyfendi, moh arsyad, & Wisnu, H. (2023). minat siswa terhadap ekstrakurikuler bola tangan di sman 1 driyorejo. *Jurnal Basicedu*, 7(3), 1601–1608.
- Erlyanda, P., & Sari, Y. P. (2022). Analisis Kemampuan Koordinisasi Motorik Tangan dan Mata Dalam Permainan Bola Tangan di SDN 2 Mengandung Sari. *Edukasimu.Org*, 2(1), 1–8.
- Fitri, D. A., Yarmani, Raibowo, S., & Pujiyanto, D. (2024). *Hubungan Antara Pola Hidup Sehat Dengan Tingkat Kebugaran Jasmani Siswa Sekolah Menengah Pertama Negeri 1 Ujan Mas Kabupaten Kepahiang*. 5(2).<https://doi.org/10.33369/gymnastics>

- Habiburrahman, muchammad iqbal, Septiadi, F., & Nurudin, ahmad alwi. (2022). Minat Siswa SMA Negeri Terhadap Olahraga Bola Tangan : Studi survei di kota sukabumi. *Jurnal Educatio*, 8(2), 428–433.
- Heru, M., Bachtar, & Nugraheni, W. (2020). Evaluasi Perkembangan Prestasi Bola Tangan Kota Sukabumi Di Pekan Olahraga Daerah Jawa Barat Tahun 2018. *Jurnal Syntax Transformation*, 1(9), 641–648.
- Junianto, T., & Tuasikal, Abdul Rachman syamSiantoro, G. (2023). Penerapan Permainan Kecil Terhadap Motivasi Belajar Siswa Sd. *Journal of SPORT (Sport, Physical Education, Organization, Recreation, and Training)*, 7(1), 40–45. <https://doi.org/10.37058/sport.v7i1.6569>
- Nasution, A. F., & Sibuea, N. (2022). Analisis Hubungan Filsafat dengan Pendidikan Jasmani dan Olahraga. *All Fields of Science Journal Liaison Academia and Sosity*, 2(2), 323–337.
- Prabowo, A., Ihsan, N., Barlian, E., & Welis, W. (2020). Development of digital based vertical jump test instruments. *Journal of Physics: Conference Series*, 1481(1). <https://doi.org/10.1088/1742-6596/1481/1/012029>
- Putro, Andika Bayu, & Widodo, A. (2020). Analisis Tingkat Pemahaman Peraturan Permainan Futsal Para Pelatih Futsal Di Kabupaten Ponorogo. *Jurnal Kesehatan Olahraga*, 8(3), 139–146.
- Putro, danang endarto. (2017). Tingkat Pemahaman Guru Penjas Sekolah Menengah Atas Dan Kejuruan Se-Kabupaten Pacitan Terhadap Peraturan Permainan Futsal Tahun 2017. *Jurnal Pendidikan Jasmani*, 1(1), 52–56.
- Rofik, moh nur, & Kafrawi, fatkur rohman. (2022). tingkat pengetahuan penanganan cedera olahraga metode prices (protect, rest, ice, compression, elevation, support) pada atlet bola tangan. *Jurnal Kesehatan Olahraga*, 10(2), 245–255

Septiarko, Andika Prabowo, Bogy Rsetu Ilahi

Tingkat Pemahaman Permainan Bola Tangan Mahasiswa Program Studi Pendidikan Jasmani Se-
Provinsi Bengkulu
