



The Effect of Hadang Game on Dribbling Agility in Futsal Extracurricular Activity at the SDN 81 Rejang Lebong

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Abstract

The research aims to scientifically determine the effect of hadang game training on dribbling agility. This type of research is experimental design and the research design used is one group pretest-posttest design. This research was carried out in the fields of SDN 81 Rejang Lebong in 2022. The population in this study were futsal extracurricular students at SDN 81 Rejang Lebong. The samples taken in this research were 30 students. The research uses an experimental method where the statistical analysis used in this research is the t test. As for the calculation results between the initial test and the final test, there is a significant influence. The calculation results state that the value of $t_{count} = 23.697 > t_{table} = 1.699$ with a level of $\alpha = 0.05$, so H_0 is rejected and H_a is accepted. Based on the results of research conducted, the hadang game has an influence on ball dribbling agility in extracurricular futsal at SDN 81 Rejang Lebong. Futsal extracurricular students' dribbling agility increased after receiving treatment in the form of a game of hadang.



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INTRODUCTION

Futsal is a sport that is experiencing extraordinary development in Indonesia. This can be seen from the many futsal competitions held at general, university and student levels, to the point where there are professional leagues (Raibowo et al., 2021). Futsal is also almost the same type of sport as soccer, one form of similarity is that the goal is to seize the ball from the opponent's control and score as many balls as possible, as well as maintaining the defense so that the ball is not conceded, and the winner is known from the total goals scored. This is in line with the opinion of (Nada, 2021) that the definition of futsal is a version of football played indoors five against five (one goalkeeper and five players) which has been approved by the international football governing body or what we usually call the International Federation. de football association, FIFA 2014), whereas according to (Saputra, 2018) basically, futsal is no different from football, you could even say, futsal is a mini version of football itself, if football is played outdoors, futsal is played indoors . Many things in the game of futsal are exactly the same as football, only there are several aspects of the game that are adapted.

The game of futsal is now developing quite rapidly, both in terms of physicality, technical mastery, physical and mental condition of the players themselves. The sport of playing futsal seems to just flow, because athletes are obliged to improvise on directions from the coach when faced with different situations. different, so it requires high concentration and intelligence. The sport of futsal itself is currently very much in demand by elementary, middle and high school children, so it's no surprise that in every district and city there are lots of futsal fields and futsal clubs, both in rural

and urban areas, this is in line with the opinion (Ilham et al., 2021) futsal is very popular with all groups from children to adults, both men and women, the character of the game of futsal also matches the character of Asian people, one of which is Indonesia, this is because the body posture of Indonesians is not much different from body posture of people from other Asian countries. In Rejang Lebong Regency itself, the sport of futsal is very much liked by small children and adults, especially in one of the schools, namely SD Negeri 81 Rejang Lebong, where almost all students like to play futsal on the school field or when they come home from school, in elementary school extracurricular activities. SDN 81 Rejang Lebong, which has existed since 2019 before the online-based school was held since the Covid-19 pandemic, extracurricular futsal at SDN 81 Rejang Lebong always carried out routine training once a week, but as time went by, since the Covid-19 pandemic, these extracurricular activities were stopped, Extracurricular activities have started to become active again since offline schools were reintroduced.

The futsal extracurricular at SDN 81 Rejang Lebong for this year has not shown maximum results due to the students' poor agility, and the facilities and infrastructure are also inadequate both in terms of the goal and the field. The school field is still covered in empty soil so that when dribbling the ball or grabbing the ball in a futsal game can also affect students' poor agility in dribbling the ball. According to (Hidayat et al. 2021; Nopiyanto et al., 2021) agility is the body's ability to move both without the ball and when controlling the ball with good body balance so that the body is able to control according to the player's movement goals. The student's level of agility in dribbling the ball is also less stable so that when carrying the ball there

is hesitation (stiffness), this causes the ball to be very easily seized by the opponent. Apart from that, it is also caused by students who lack discipline in participating in training and various reasons why students do not participate in extracurricular activities and students' poor physical condition. This is often heard when after training students feel tired. Researchers also looked at the ability of extracurricular players to run well, jump and do all sports activities well. However, the fact is that when playing futsal, students are still found who are less agile in dribbling the ball, such as when they are dribbling the ball but it is very easy for the opposing team to control it again.

Based on the results of the researcher's observations when the researcher was serving as a Class 2 Teaching Campus student, extracurricular futsal at SDN 81 Rejang Lebong was given more tactical or pattern training in the form of playing so that many students felt bored or less serious about training. This also causes many dribbling agility to be poor because there is no special training to improve the dribbling agility of futsal extracurricular students. Looking at the condition of students at SDN 81 Rejang Lebong consisting of various parents' work backgrounds, different economic statuses, different levels of activity, different uses of free time, different discipline attitudes towards training, of course students who take part in futsal extracurricular activities at elementary school Negeri 81 Rejang Lebong has different levels of agility, while the futsal extracurricular at SDN 81 Rejang Lebong has not been able to provide good achievements for the school, so the researchers are interested in providing a method of hadang games to improve students' agility. According to (Indrayana, 2017) the hadang game is a game played

by two teams of men or women, each team consisting of five people. It can be seen that there are many benefits that can be taken from the Hadang game. The approach and guidance regarding the importance of agility training that is usually given has not been able to bring the expected results, the game of hadang is often played by elementary school and junior high school students. The game of hadang requires players to move actively quickly in the desired direction, such as running to the right and left for those who are guarding or blocking, if the player who is not guarding can move forward, backward, to the right and to the left in order to pass through the squares. a plot of the field that is guarded by opposing players so that they reach the finish line and get points. The Hadang game is a game that is liked by elementary and middle school children. In the Hadang game, players are required to move agilely and quickly to get past the opponent's obstacles so they reach the finish line quickly. The hadang game is suitable to see the effect of the hadang game on dribbling agility so that players who participate in training do not get bored easily. Based on the description above, the researcher is interested in conducting research with the title "The Influence of the Hadang Game on Dribbling Agility in Extracurricular Futsal at SDN 81 Rejang Lebong".

METHODS

This type of research is experimental, the definition of experiment according to Sugiyono (2016) is that experimental research is a research method used to find the effect of certain actions on others under controlled conditions. The design in this research is one group pretest-posttest design. The advantage of this design is that it carries out a pretest and posttest so that

differences in results as a result of the treatment given (Treatment) can be seen.

The collection technique in this research uses tests. According to (Nopiyanto & Pujianto, 2021) A test is a series of questions or exercises as well as other tools used to measure skills. At this stage, a meeting was held with the entire sample and a general explanation was given regarding the process to be implemented, after which initial data collection was carried out. The data collection technique in this research uses tests. In collecting data in this study, the researcher prepared the facilities and infrastructure necessary for carrying out the test first, then the participants were lined up to do prayer and attendance, then the participants warmed up first to avoid things that could result in injury, after that the participants were given instructions and carry out a dribbling test through 6 cones at a distance of 1 meter from each other for 2 attempts and take the best time. The data analysis technique in this research uses hypothesis testing. To analyze this data, this research uses a paired samples test, namely comparing the results of the pretest and posttest before testing the hypothesis, first looking for normality and homogeneity of the data. To get a decision to accept or reject the hypothesis at a significance level of 5%.

RESULT

Pre-test (initial test) is carried out by carrying out a dribbling agility test through 6 cones with 2 attempts and the best time will be taken.

Table 1. Frequency Distribution of Pretest Results

No	Interval	Category	Frequency	Percentage
1	≥ 66	Very well	0	0%
2	53-65	Good	15	50%

3	41-52	Currently	14	46.7%
4	≤ 40	Not enough	1	3.3%

From table 1 above, it can be concluded that out of 30 students, 15 students have a "good" score category, 14 students have a "medium" score category, and 1 student has a "poor" score category.

After being given treatment in the form of a game of hindrance to the experimental group, final data was collected after that. The final data collection was carried out the same as the initial data collection, namely the dribbling test through the cone. Meanwhile, to see the descriptive percentage of posttest data, you can see the table below:

Table 2. Frequency Distribution of Post-test Results

No	Interval	Category	Frequency	Percentage
1	≥ 66	Very well	1	3.33%
2	53-65	Good	29	96.66%
3	41-52	Currently	0	0%
4	≤ 40	Not enough	0	0%

From table 2 above it can be concluded that out of 30 students, 1 student has the "very good" grade category and 29 students have the "good" grade category.

Table 3. Research Data Normality Test Results

Group	L_{hitung}	Etc	L_{tabel}	Criteria
Pretest	0.094	30	0.161	Normal
Posttest	0.146			

This means that the data is normally distributed and otherwise the data is not normally distributed. $\leq L_{tabel}$

Table 4. Homogeneity Test Calculation Results

Group	Dk(n-1)	Fcount	Ftable	Criteria
Experiment	29	1.97	2.42.	Homogeneous

If then the data is homogeneous and vice versa then the data is not homogeneous. $F_{hitung} \leq F_{tabel}$ Hypothesis testing is used to determine whether or not there is an influence of the Hadang game on dribbling agility in extracurricular futsal at SDN 81 Rejang Lebong. To test the hypothesis in this study, we used a similar sample t test. The similar sample t test means that the distribution of data being compared comes from the same group of subjects (Alexon, 2012).

Table 5. T-Test Calculation Results

Group	Etc (n-1)	Q _{count}	Q _{table}	Criteria
Experiment	29	23,697	1,699	There is Influence

Based on table 5, the results of the t test calculation show that the value $t = 23.697 > t_{table} 1.696$ means that H_a is accepted. So there is an influence of the game of hadang on increasing dribbling agility in extracurricular futsal at SDN 81 Rejang Lebong. Specifically, the results of the treatment can be known by calculating the difference between the average and the pre-test average, the results of the percentage increase are as follows:

Table 6. Percentage Increase

Mean Difference	Mean Pre Test	Percentage Increase
7.9	51.93	15.21%

Based on table 6, it can be seen that the increase in dribbling agility was 15.21% after being given the hadang game training method.

DISCUSSION

The research conducted, it shows that the t count is $23.697 > 1.696$ t table. This result shows that H_a is accepted, which means that there is a significant influence between the dribbling agility of students who take part in the futsal extracurricular at SDN 81 Rejang Lebong before and after being given hadang game training. Based on the comparison of the results of the difference between the mean difference and the mean pretest, it can be seen that the percentage increase in dribbling agility in extracurricular futsal at SDN 81 Rejang Lebong is 15.21%. In the game of hadang, players have to move agilely and quickly to get past the opponent's obstacles so that they reach the finish line quickly. By playing the game of hadang, the players' agility can increase because in the game of hadang they move more both forward, backward, moving to the right and left. for both guards and attackers. Likewise with dribbling agility according to (Rahardian et al., 2019) When playing futsal, players are required to move a lot back and forth, left and right very quickly. From this opinion, without neglecting other aspects, good agility is a measure of an individual's ability in playing futsal, considering that agility is a complex biomotor ability, so in an effort to improve agility a training method must be chosen which aims to stimulate the components involved in it.

So it can be concluded that blocking games and dribbling agility have lots of movement so that dribbling agility can increase. This is supported by research results (Bernhardin, 2021) in his research stated that there was an influence of the traditional game of hadang on students' agility, this is in line with the results of the research I have conducted that there was an influence of the game of hadang on dribbling agility in extracurricular futsal at

SDN 81 Rejang Lebong after being treated in the form of a game of hadang

According to (Machmud, 2021) The Hadang game is a traditional game found in various provinces, such as on the island of Java it is called Gobak Sodor, Jakarta it is called Galah Asin, North Sumatra it is called Margalah, South Sulawesi it is called Massallo and in Bengkulu it is called Hadang. Meanwhile, according to (Suprianto & Martiani, 2019) Hadang is a traditional sports game that does not use any equipment like previous traditional games. The Hadang game is played in teams, both men and women, the number of team members is 8 people, consisting of 5 people as core players and 3 people as reserve players. Based on the explanation, it can be concluded that the Hadang game is a game that in each region has a name, in the Hadang game there are 8 players with 5 as core players and 3 reserve players. (Muhammad et al., 2021) Agility refers to rapid changes in direction or position of the body which are carried out in conjunction with other movements and agility has an important role in achieving the ability to perform well in order to have, maintain and keep agility abilities as one unit with other physical abilities. Then obey (Hidayat et al. 2021) Agility is the body's ability to move both without the ball and when controlling the ball with good body balance so that the body is able to control according to the player's movement goals.

CONCLUSION

Based on the results of the research conducted, it can be concluded that there is an influence of the hadang game on dribbling agility in extracurricular futsal at SDN 81 Rejang Lebong. The dribbling agility of futsal extracurricular students became better after being given treatment in the form of a game of hadang.

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