



Survey of Volleyball Underhand Serve and Underarm of Students at SMP Negeri 1 Siak Hulu

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Abstract

This research is descriptive research, namely only describing the bottom serving and bottom passing abilities of Class VIII Students of SMP Negeri 1 Siak Hulu in 2023/2024. The population of this study was male students in class VII at SMP Negeri 1 Siak Hulu. In the 2023/2024 academic year, the aim was to determine the lower serving and lower passing abilities of volleyball students at SMP Negeri 1 Siak Hulu. The population in this study were students of SMP Negeri 1 Siak Hulu who had the same age level, namely 12-13 years with a sample size of 30 students and sampling using random sampling, namely a research method using surveys then data collection techniques using tests and measurements. The research results showed that the service ability of students at SMP Negeri 1 Siak Hulu was in the poor category, and The lower passing ability of students at SMP Negeri 1 Siak Hulu obtained the lower passing test results in the sufficient category 37%.



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INTRODUCTION

Physical education is an inseparable part of the overall educational process through the physical activities chosen to develop and improve organic, neuromuscular, interpretive, social and emotional abilities. as is the case at SMP N 1 Siak Hulu, physical education is included as a subjectSports and health physical education which focuses on developing aspects of values in the growth, development and behavioral attitudes of students and helps students improve physical fitness and health through the introduction and cultivation of positive attitudes and behavior as well as through the development of basic movements and various physical activities. In general, the goal of physical education class learning or physical education at school aims so that students can develop motor abilities and skills base (Firdaus & Fahrizqi, 2023).

Sport is a form of structured physical activity and planning involving body movements which is done repeatedly whose aim is to improve physical fitness condition (Bule & Donie, 2020). Sport is part of daily human activities which is useful for shaping the body and spiritual health. Achievement peak performance in sports only can be achieved through the construction process systematic, planned, orderly and continuous (Candrawati, 2018). In every sport there are binding rules in each the game is played by every parent sports organization is one of them PBVSI both refereeing regulations as well as the competition rules happen (Andara, Ratimiasih, & Hudah, 2021).

There are various kinds of physical education learning materials available in junior high schools, one of which is volleyball. Volleyball is not only a recreational sport and just a tool to improve physical fitness, but there are

also skills that have their own value for people who play volleyball and can be used as a tool to express themselves according to their own abilities. Another purpose of volleyball is as a means of maturing children or a tool for educating children with the values contained therein, for example; cooperation, self-confidence, responsibility, courage, and sportsmanship (Keswando, Sistiasih, & Marsudiyanto, 2022). Basic concepts of physical education and educational learning models jeffective asmani needs to be understood by teachers who want to teach physical education. Physical Education as educational component the whole has been realized by many circle (Saputra & Gusniar, 2019). Physical education is part which cannot be separated from human life, through education human nature can learn more many things related to affective, cognitive and psychomotor is a human provision for achieve life goals (Hanief, Subekti, & Mashuri, 2018). In the learning process of physical education, sports and health, teachers play a role in implementing the learning process (Lubis & Agus, 2017).

In volleyball, mastering correct basic techniques is the main asset for learning to develop technical skills and playing tactics. Every player, both beginners and advanced, must have these basic techniques through intensive and directed training (Sukri, 2019). To be able to achieve the goal of playing volleyball, namely winning by creating a good game, players are required to master good basic volleyball techniques too (Prayogatama, 2021). Volleyball is basically not a sport that was born in Indonesia. This volleyball sport was first introduced by an American citizen, who was a physical education instructor, namely William G. It was called mintonette by William G. Morgan at the YMCA on February 9, 1895. Morgan previously used the term

volleyball ball or volleyball in 1896. Initially playing volleyball was for recreational purposes to fill free time or as a distraction after being tired of working or studying (Setyawan, Mesterjon, & Banat, 2022). In volleyball, mastering correct basic techniques is the main asset for learning to develop technical skills and playing tactics. Every player, both beginners and advanced, must have these basic techniques through intensive and directed exercises (Saptiani, Sugiyanto, & Syafrial, 2019). Bottom passing in volleyball is a movement to pass or bait the ball by using certain techniques to friends or teams regu (Sahabuddin, Hakim, & Syahrudin, 2020).

The sport of volleyball has several basic techniques that a volleyball player needs to master. These include serving, passing, bait, smash and block. The sport of volleyball has quite a lot of fans throughout the world, both in clubs, offices, schools and villages. This is because volleyball requires simple equipment and brings enjoyment to those who play (Totales, Sembiring, & Supriyanto, 2021). Basic ball steps volleyball must be mastered in order to be able to do it, be varied and the game can be running well. Mastery of good basic volleyball steps is the beginning of game tactics for good volleyball too (Purnomo Adi & Indarto, 2021). In Indonesia, the sport of volleyball is known and played by all levels of society. A rapid development can be seen from the increasing number of volleyball associations and the frequent holding of volleyball matches or championships, especially on every national holiday, the anniversary of a particular agency or institution, from the lowest level, such as between villages, to the higher level, such as between provincial associations or associations. This is proven by the large number of people who prefer the sport of

volleyball, especially among children, teenagers and adults, both men and women. This fact is a potential that can be developed towards increasing achievement. To achieve Optimal performance is required well programmed training (Afdi, Zulman, & Asmi, 11AD).

In volleyball, mastering correct basic techniques is the main asset for learning to develop technical skills and playing tactics. Every player, both beginners and advanced, must have these basic techniques through intensive and targeted exercises. Based on field observations, there are still many students who are unable to perform basic volleyball techniques, especially bottom serves and bottom passes. Meanwhile, serving and passing are basic technical components that are very important in playing volleyball. Sport in context education has a definition as means to educate students through the process of movement (Effendy, Kharisma, & Ramadhan, 2020). Volleyball is a group activity, the ability of a volleyball team determined by basic engineering skills owned by each team member in carrying out their respective functions (Khotimah, 2020). Every technical volleyball game has characteristics of each movement, where these techniques come into being internal movement components of volleyball games (Siregar, Sembiring, & Siregar, 2020). Football sport volleyball is one of those games complex and not easy to do by everyone, because in every volleyball games are required really capable movement coordination relied on for all internal movements of the volleyball game itself (Saputra, Fussalam, & Kurniawan, 2021). To achieve a good level of passing and serving ability, it is necessary to master the passing and serving technique movements themselves, in addition to the practice ball which must be varied with

the aim of aiming. on improving these techniques (Julianti B, 2019). The basic technique of under passing is an activity to receive a smash attack from the opposing team and use the lower arm (Adhi, 2023).

METHODS

Research Design

This research is descriptive research, namely only describing the bottom serving and bottom passing abilities of Class VII Students of SMP Negeri 1 Siak Hulu in 2023/2024. The research method is survey and then data collection techniques are tests and measurements. Carrying out the test by carrying out the test once on a predetermined sample.

Population and Amount

Population

The meaningful value of research is largely determined by the results obtained from the data source. Meanwhile, the form of research carried out is also very much determined by the data source. Data sources consist of two forms based on the circumstances, namely population and sample. The population in this study were class VII male students at SMP Negeri 1 Siak Hulu.

Sample

Sampling is intended so that research can take place effectively and efficiently. The sampling technique in this research is Simple Random Sampling, namely giving a different number to each member of the population, then selecting a sample with a random number Sample The population in this study is class VII, namely only two classes. The sample taken in this study was 50% of the existing population by randomly selecting classes that had been

given a number to be used as samples, the class that was obtained was class VII 1 and class VII 2. Considering that the population in this study is students of SMP Negeri 1 Siak Hulu, sampling was carried out on all existing populations, so that a sample of 30 boys was obtained.

Data analysis technique

The data analysis technique in this research uses descriptive analysis with percentages. To answer the existing problem formulation, after the data is grouped into each category, then look for the percentage of each data using the percentage formula. The formula used:

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

Information :

P = Percentase

F = Frequency

N= Number of Test Samples

RESULT

Categorization and percentage of basic service technical abilities under volleyball among students at SMP Negeri 1 Siak Hulu in 2023/2024.

Table 1. Service data below

Category	Class Interval	f	%
Very Good	$2,98 \leq X$	4	13
Good	$1,84 \leq X < 2,98$	9	30
Enough	$0,70 < X < 1,84$	7	23
Not Enough	$-0,45 < X < 0,70$	10	33
Very Not Enough	$X < -0,45$	0	0
Amount		30	100

From the results of table 1, data from 30 research samples among students at SMP Negeri 1 Siak Hulu in 2023/2024, the results for each respondent were 4 people with a percentage of 13% were

classified as very good, 9 people with a percentage of 30% were in the Good classification, 7 people with a percentage of 23% were in the fair classification, 10 people with a percentage of 33% were in the poor classification, and 0% were classified as very poor. Based on the results of this analysis, it shows that the level of volleyball passing ability of students at SMP Negeri 1 Siak Hulu is in the poor category. Categorization and percentage of basic volleyball underpassing technical abilities among students at SMP Negeri 1 Siak Hulu in 2023/2024.

Table 2. Data Passing below

Category	Interval Kelas	f	%
Very Good	$3,80 \leq X$	5	17
Good	$2,73 \leq X < 3,80$	5	17
Enough	$1,67 \leq X < 2,73$	11	37
Not Enough	$0,60 \leq X < 1,67$	9	30
Very Not Enough	$X < 0,60$	0	0
Amount		30	100

Based on the results in table 2 with data from 30 research samples of students at SMP Negeri 1 Siak Hulu in 2023/2024, the results of each respondent were 5 people with a percentage of 17% included in the very good classification, 5 people with a percentage of 17% in the Good classification, 11 people with a percentage of 37% in the fair classification, 9 people with a percentage of 30% in the poor classification, and 0% for very poor classification. Based on the results of this analysis, it shows that the level of volleyball passing ability of students at SMP Negeri 1 Siak Hulu is in the sufficient category.

DISCUSSION

Lower Service Classification

From the research results in table 1 we can see that between those who have

very good abilities and those who have less abilities there is a very prominent gap, this shows that each child's abilities are different and the factors they have provide different results. For the children who got very good points, most of them had better body posture than their friends. The energy used also seemed not optimal so the ball did not go over the net and only hit the net. For students who have less ability, sometimes they are not serious about taking the test, because the ball is hard or the hand hurts when serving so the student does not perform the test optimally. To achieve a good understanding of the basic bottom serve techniques, regular and measured practice is needed and you must also pay attention to correct or perfect movements when performing the bottom serve so that you can master the bottom serve technique in volleyball games well (Buamona & Pribadi, 2022). The game of volleyball is a sport played by two teams on each court separated by a net, by hitting the ball in the air through a net in the form of a net, with the aim of dropping the ball in the opponent's court area to get winning numbers or points in the game. game (Abd, 2023). Serving is an attempt to get the ball into the opponent's area by hitting the ball using one hand or arm by the back row player in the service area. Initially, serve was only the opening stroke to start a game (Jaya, Insanisty, Sofino, & Defliyanto, 2019).

Bottom Passing Classification

Bottom passing is the beginning of an attack in volleyball. Passing decisions are very necessary in the game of volleyball, because with the right direction of the ball, someone will pass, it will be easier to pass to other players and it will be easier to carry out attacks. Wrong or inappropriate bottom passing is also one of the factors that causes defeat in a match. Students who have a low level

of passing ability also have factors that we can find, including that students who take the test make many mistakes regarding the technique used so that the ball does not go towards the target correctly and even goes out of the field. Apart from that, balls that are not standard also affect the results achieved for students who have not mastered passing techniques and will make it difficult to control the ball being passed. Bottom passing is the beginning of an attack in volleyball. The success of the attack depends on the good and bad passing down. If the ball being passed is bad, the feeder will have difficulty placing a good ball for the attackers (Pribadi, 2023).

The results of this research show that the overall level of lower serving and lower passing ability in volleyball students at SMP Negeri 1 Siak Hulu is still on the verge of average. average with the lower service category is adequate. This illustrates the situation in the field of the level of passing ability possessed by students at SMP Negeri 1 Siak Hulu who need to get more practice to improve and improve the service ability of both bottom serves and bottom passes. The results of this research require better training so that students are able to master the technique well. Mastering good serving techniques will encourage students to be able to play games with better quality. The gaps obtained from the results of this research should be used as evaluation material for schools and teachers to be able to further improve the quality of the equipment and teaching provided. By packaging learning well by paying attention to the level of student ability, it will help students improve and improve ground service and pass pass.

CONCLUSION

Based on the results of the research and discussion that have been

presented, it can be concluded that the lower service ability of students at SMP Negeri 1 Siak Hulu obtained from the lower service test results is in the poor category, and for the lower passing ability of students at SMP Negeri 1 Siak Hulu the results of the lower passing test are found to be at sufficient category. The world of modern sports displays many techniques that have good accuracy, this needs to be an example so that people want to learn and practice.

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