

## **The Influence of Kinesthetics and Learning Motivation on Volleyball Smash Results in Students of SMP Negeri 1 Buay Madang**

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**Abstract:** This study investigated the effect of learning motivation on the results of volleyball smashes in SMPN 1 Buay Madang students. Due to the lack of enthusiasm to move, the child needs to be more inspired. This, of course, weakens the physical condition that is less supportive, plus the student's learning motivation is still deficient when doing volleyball smashes. One type of research is literature research, often called literature research. The descriptive analysis of the study is such that the reader will understand it well. The data used in this study is additional information obtained from the results of research conducted by previous researchers. The data collection method used in this study is the recording or documentation method. The data analysis used in this article is an annotated bibliographic analysis. Based on the literature review, learning motivation affects volleyball learning outcomes. Supporting factors include the role of parents, teachers, and the environment and appropriate opportunities.

**Keywords:** Kinesthetic, Learning Motivation, Smash, Volleyball

### **A. Introduction**

The decline in Indonesian sports achievements in various regional and international competitions proves that the coaching carried out has not run by the planned coaching model and system or the coaching carried out has not run optimally. Through the Ministry of Youth and Sports, the government drafted the National Sports Grand Design (DBON). The Master Plan will guide sports coaching and development from upstream to downstream to realize Indonesia's fit, world achievement, and only character without losing the nation's character (<https://www.kemepora.go.id/detail/392>).

Physical education in schools is the initial means to develop the potential of talented students to be fostered into professional athletes. This is following Law Number 3 of 2005 concerning the National Sports System article 27, paragraph 5, that coaching and development of sports achievements are carried out by involving potential young sports people from the results of monitoring, guiding, and developing talents as a regeneration process. Furthermore according to Sujiono et al, (2010) motor is all

movements obtained by the whole body, while motor development can be called as the development of the elements of maturity and control of body movements (Sujiono, et al., 2010).

The school guarantees the rights and obligations of students in carrying out their duties as students and the certainty of having the opportunity to get sports achievement coaching at school. The rights and obligations that must be accepted and fulfilled by each student are a top priority, aiming to improve academic and non-academic achievements. Physical education learning in schools has regulations that explain students' responsibility in encouraging competition, harmony, and productive relationships in sports achievement. Physical education learning also aims to improve academic achievement and outside academics, taking into account students' background skills, abilities, and achievements so that they can follow the sport of interest.

Physical education in schools is directed at the potential aspects of the full development of students. The process prioritizes elaborating a solid relationship between students' movement skills and the psychological side students (Rokhayati, 2016). Volleyball is a subject that matters in physical education in schools that develops movement skills for students through big ball games. Volleyball is also a popular sport among the people of Indonesia. Volleyball games require the coordination of several basic motion skills that must be mastered, such as passing, blocking, service, and smashing (Ahmadi, 2007).

Smash is one of the basic techniques in volleyball learning that is very vital and must be mastered by students. This is because smash is a technique of hitting the ball used to attack and has a very big chance of getting numbers. The accuracy of smashes in volleyball games is the main capital that is very important for finding or scoring points, and Smash is a hard hit done by jumping toward the ball passed by the setter and aimed at the opponent's field to score points. Therefore, if you want to develop volleyball learning optimally, a teacher must try to improve volleyball smash skills for students.

The anticipated smash in a volleyball game is one of the basic techniques effectively used in adding value by dropping the ball into the opponent's zone, and the opponent fails to pick it up. Volleyball smashes are certainly done by effectively hitting the ball over the net and targeting target areas that are difficult for the opposing team to reach.

In order to perform volleyball smashes well, students must also master the basic techniques of overall volleyball smashes. It guides students to be able to master and feel the sequence of volleyball smash moves which in the end also shows good volleyball smash results.

According to direct observations at SMP Negeri 1 Buay Madang, in general, students have followed the learning according to the instructions given by the teacher. But Researchers found interesting questions that need to be investigated. The problem is, Students of SMP Negeri 1 Buay Madang have poor smash skills. This is due to factors of physical condition that are less supportive, plus student learning motivation is still very low when doing volleyball smashes. Based on these observations, grade VIII students of SMP Negeri 1 Buay Madang OKU Timur need an understanding of motor perception from a series of volleyball smash motions, besides that physical and psychological factor also influence it.

According to research conducted by Duhe & Haryanto (2021) entitled *Kinesthetic Perception, Coordination, Hand Eyes and Motivation to Jump Smash*, shows that there is a very strong shared relationship between kinesthetic perception, hand-eye coordination, and motivation with jump smash volleyball athletes in Gorontalo City. The mutually reinforcing relationship between kinesthetic perception, hand-eye coordination, and motivation with volleyball jump smashes can be a challenge for coaches and athletes in order to realize optimal performance.

Development is a manifestation of the implementation of science and technology which today is a very important part of the development of sports in general. Starting from the invention of the exercise model, the Utilization of training equipment, and various other discoveries such as the use of laboratories, biomechanics, and others. All of them are essential to achieve performance in the game of volleyball. It is even more specific to acquire a good mastery of basic techniques in playing volleyball in order to obtain automation and efficiency of motion.

Efforts to improve smash skills are certainly through effective training by paying attention to various factors that affect volleyball smashes. The problems that often occur in learning physical education, especially volleyball smashes, are the lack of knowledge about kinesthetic and motivational factors that affect the results of volleyball smashes.

Kinesthetic is essentially the body's ability to consciously and accurately perceive or perceive the movements of various parts of the body or the whole body when controlling body movements against surrounding objects in the space of motion. Motor perception is helpful in understanding a series of basic techniques and consciously demonstrating them in volleyball smash moves. Moreover, allows students to be able to control and perform volleyball smash movements correctly.

From a student's intrinsic perspective, there are several important factors that correlate with peak performance in sports. Such factors are factors such as certain physical abilities required by the sport being played, psychological factors, mastery of

technique, and posture (Putra et al., 2020). When doing a volleyball smash movement, start from the shape of the foot when stepping, continue the repulsion as high as possible when jumping, and swing the arm carried from the back to the front of the body until the hand hits the ball and finally lands on the floor.

The whole complex movement in the volleyball smash motion series can be performed by the student by having an awareness of the motion that will or is being performed. Then control the series of motions in such a way that the series of volleyball smash skills can be carried out perfectly.

Another factor that students should have when doing volleyball smashes is psychological factors that can affect volleyball smash skills. One of them is the level of learning motivation that students have. Learning motivation is an individual's desire to achieve success with the goal of succeeding in competition based on a measure of excellence. This means that the higher a person's motivation to learn, the more confident he is to succeed in a particular goal.

Motivation is a drive that comes from the individual to achieve a predetermined goal. One form of encouragement that individuals do in achieving a goal and activity is called a strong motivational foundation (Azhar, 2019). High student learning motivation provides a strong impetus to achieve a goal in terms of learning good volleyball smashes. In addition, people with low levels of learning motivation tend to be more passive when displaying their physical skills.

In a study entitled a survey of the Level of Interest in learning physical education students of SMP Negeri 30 Makassar, it was found that problems that often arise in physical education learning are quite diverse from both students and learning packaging will affect student interest in participating in learning (Saleh & Malinta, 2020). This situation also shows a case of laziness in students and can be seen from the lack of seriousness in performing smash moves. Therefore, the success of volleyball smash skills also depends on the level of motivation of students learning on physical education learning.

Based on various expert findings and observations, it is very important for researchers to know the kinesthetic influence and learning motivation on the volleyball smash results of grade VIII students of SMP Negeri 1 Buay Madang OKU Timur.

## **B. Methods**

This study used a qualitative descriptive approach that is universal, flexible, and can be further developed in the research process. Thomas et al., (2001) research aimed at the development of data theory, where the design of qualitative methods. The types

and sources of information used in this study are magazines, articles, additional information from previous research, and information from websites according to the research question. The method used is the descriptive analytical method, research conducted to describe certain symptoms, phenomena, or events (Maksum, 2018).

Data collection is carried out to obtain information relating to certain phenomena, conditions, or variables and is not intended to test hypotheses (Arikunto, 2006). namely the collection, preparation, and analysis of research target data. Research focuses on the discovery of theories, propositions, laws, principles, or ideas used to analyze and solve the proposed research problem. Descriptive analysis is at the heart of the study, that is. The information obtained is described sequentially, then understood and explained so that the reader can understand it correctly. The data collection technique used is the recording method (documentation). This method is a method of searching or extracting data that involves questions about literary meaning (Arikunto, 2006). Although the data used are secondary information obtained through indirect observation. However, the information was obtained from the results of research conducted by previous researchers. Secondary data sources are original scientific reports contained in books or articles, or journals (print and/or nonprint) about the kinesthetic influence and learning motivation of student volley ball hitting result.

### C. Results and Discussion

Author, Title	Research	Method	Result
Duhe, E. D. P., & Haryanto, A. I. (2021). Kinesthetic Perception, Hand-Eye Coordination, And Motivation For Jump Smashes. <i>Jurnal Sporta Saintika</i> , 6(1), 58-66	Edy Dharma Putra Duhe	The research method used is descriptive correlational. The population used was athletes from the Gorontalo City men's volleyball team totaling 15 people, with samples taken using the total sampling method.	From the results of the study, the relationship between kinesthetic perception and volleyball jump smash obtained a calculated r value of $0,87 > 0,541$ . Then, the results of research on the relationship between hand-eye coordination and volleyball jump smash obtained the calculated r-value that is $0,71 > 0,541$ , And the results of research on the relationship between motivation and volleyball jump smash obtained a calculated r-value, namely $0,80 > 0,541$ While the joint relationship between kinesthetic perception, hand-eye coordination and motivation with volleyball jump smash obtained the calculated r-value, namely $0,82 > 0,541$ . The conclusion of this study is that there is a significant shared relationship between kinesthetic perception, hand-eye

			coordination, and motivation with a volleyball jump smash.
Putra, F. W., Suwo, R., & Nasarudin, N. (2020). The relationship of kinesthetic perception with soccer skills in the game of sepak takraw. <i>Kinesthetic</i> , 4(1), 41-46. <a href="https://doi.org/10.33369/jk.v4i1.10398">https://doi.org/10.33369/jk.v4i1.10398</a>	Fatwa Wara Putra	Using descriptive research with correlational methods. The population in this study was DDI Kendari High School students who participated in 30 sepak takraw extracurricular activities. The sample in this study used a technique (total sampling), namely all students who participated in sepak takraw extracurricular activities at DDI Kendari High School, totaling 30 people. The instrument used is a kinesthetic perception test with a Perception Distance Jump Test. Football skill test with 60 seconds football mastery test	The results showed that there was a relationship between kinesthetic perception and soccer skills in the sepak takraw game with strong categories, indicated by $(r^2) = 60,90\%$ . The better the student's kinesthetic perception, the higher his football ability. The conclusion is that there is a close relationship between kinesthetic perception and soccer skills in the game of sepak takraw
Kosasih, A. H. (2020). The social motivation of students who take part in volleyball extracurriculars at Smpn 1 Cikancung, Bandung Regency. <i>Jurnal MAENPO: Jurnal Pendidikan Jasmani Kesehatan Dan Rekreasi</i> , 10(1), 23. <a href="https://doi.org/10.35194/jm.v10i1.945">https://doi.org/10.35194/jm.v10i1.945</a>	Alam Hadi Kosasih	The method that fits the problem is the descriptive method, using closed questionnaires as a tool to collect population and sample data.	The results found that students' social motivation was included in the high category of 75.2%. Achievement motivation is more dominant than affiliate motivation and power motivation. Achievement motivation gets 81.45%, affiliate motivation 74.85%, and power motivation 70%. From this study, it can be seen that students who participate in volleyball extracurricular activities at SMPN 1 Cikancung, Bandung Regency have social motivation, especially the most dominant achievement motivation. The next result is that there are differences in social motivation between boys and girls students, and there are differences in social motivation between grade VII, VIII,

			and IX students in participating in extracurricular volleyball.
Hadjarati, H., & Haryanto, A. I. (2020). Motivation for Floor Gymnastics Learning Outcomes. <i>Multilateral Jurnal Pendidikan Jasmani Dan Olahraga</i> , 19(2), 137. <a href="https://doi.org/10.20527/multilateral.v19i2.8646">https://doi.org/10.20527/multilateral.v19i2.8646</a>	Hartono Hadjarati	This research is correlational research using survey methods with test and measurement techniques. Research instruments in the form of measuring motivation and assessing the learning outcomes of the front roll. In the validity test, the questionnaire questions had 23 valid and two invalids, with a total of 25 questions tested at SMP Negeri 2 Telaga with 54 students. Sample number of 25 people using Cluster Random Sampling	The results of this study are that the motivation variable has a very strong or convincing relationship with the results of learning front roll in floor gymnastics. This further strengthens that the higher the motivation of students, the higher the learning outcomes of the front roll.
Muchlisaa, A. W. (2017). The Influence of Eye-Hand Coordination, Explosive Power of Leg Muscles and Achievement Motivation on Smash Skills. <i>Gelombang Pendidikan Jasmani Indonesia</i> , 1(2), 213. <a href="https://doi.org/10.17977/um040v1i2p213-218">https://doi.org/10.17977/um040v1i2p213-218</a>	Ayu Widhi Muchlisaa	The method used in this study is an experimental method Sampling technique using purposive sampling.	The results showed an influence of leg muscle explosive power on smash skills with a significance value of 0,248. There is an effect of eye-hand coordination on achievement motivation with a significance value of 0,550 and a motivational influence on smash skills with a significance value of 0,429. And there is an influence of limb muscle explosiveness and eye-hand coordination on achievement motivation. The conclusion of this study is that there is a positive influence between eye-hand coordination, leg muscle explosive power, and achievement motivation on the smash skills of men's volleyball club athletes in Pekanbaru City.

## Discussion

The results of the first study showed an influence of leg muscle explosive power on smash skills with a significance value of 0,248. There is an effect of eye-hand

coordination on achievement motivation with a significance value of 0,550, and a motivational influence on smash skills with a significance value of 0,429. And there is an influence of limb muscle explosiveness and eye-hand coordination on achievement motivation. The conclusion of this study is that there is a positive influence between eye-hand coordination, leg muscle explosive power, and achievement motivation on the smash skills of men's volleyball club athletes in Pekanbaru City. This study produced findings stating that there is a powerful relationship between motivation and jump-smash volleyball athletes in Gorontalo City.

This study produced findings stating a strong shared relationship between kinesthetic perception, hand-eye coordination, and motivation among jump-smash volleyball athletes in Gorontalo City. The mutual relationship between kinesthetic perception, hand-eye coordination, and motivation with volleyball jump smashes can be challenging for coaches and athletes to realize optimal performance.

Results of the Second Study If someone has good kinesthetic perception, the ability of football will be good. Vice versa, if someone has low kinesthetic perception, then the ability to play sila will be low. Based on the results and findings obtained in this study, it shows that the overall research hypothesis can be proven through empirical data, where the kinesthetic perception studied has a close relationship with the variable of football skills in the sepak takraw game of extracurricular male students of DDI Kendari High School.

The results of the third study concluded that: 1. Conclusion The social motivation of students participating in volleyball extracurricular activities at SMPN 1 Cikancung Bandung Regency is included in the high category. 2. Special conclusions. a. The achievement motivation of students participating in volleyball extracurricular activities at SMPN 1 Cikancung Bandung Regency is included in the very high. b. The powerful motivation of students who participate in volleyball extracurricular activities at SMPN 1 Cikancung Bandung Regency is included in the high category. c. The affiliated motivation of students who participate in volleyball extracurricular activities at SMPN 1 Cikancung Bandung Regency is included in the high category.

The results of the four findings in this study show that the correlation value between motivation and the learning outcomes of the front roll is positive. The higher the motivation of students, the better the results of learning the front roll of students and the results of learning the front roll. This is important for educators to improve learning achievement for Physical Education, Sports, and Health in general and especially in floor gymnastics (Sukintaka, 2004).

The results of this fifth study show a positive influence between eye-hand coordination, leg muscle explosive power, and achievement motivation on the smash skills of men's volleyball club athletes (Rohit, 2017).

#### **D. Conclusion**

Based on the research results above, I assume that my research also has the potential to obtain the same results as the previous study. Which activates the kinesthetic effects and learning motivation for volleyball collision results.

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