

Analysis of Table Tennis Backhand Drive Technique Skills in Extracurriculars Students at Senior Hights School 5 Lubuklinggau

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Abstract: This study aims to determine the results and analyze the ability of backhand drive techniques in students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau. This study is quantitative descriptive research. The research sample amounted to 16 students who participated in extracurricular table tennis at SMA Negeri 5 Lubuklinggau, from this study the results were obtained namely the ability to hit backhand drives with the category “very good” numbered 0 people with a percentage of 0%, in the category “good” amounted to 2 people with a percentage of 12.50%, in the category “medium” amounted to 4 people with a percentage of 25%, in the theory of “less” there were 8 people with a percentage of 25%, while the “very less” category consists of 2 people with a percentage of 2.50%, thus it can be concluded that the results of backhand drive hitting ability in students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau are in the “less” category with average results of 25.68.

Keywords: Backhand Drive, Extracurricular, Table Tennis.

A. Introduction

Table tennis or ping-pong is a small ball game sport played on a rectangular table court using a racket as a ball bat. Table tennis games are usually played by two people (singles) or four people (doubles). According to Silva et al., (2016), table tennis is a sport that requires high levels of physical, mental, and technical skills. They emphasize that engaging in table tennis training and participating in the sport can enhance coordination, reflexes, concentration, and decision-making abilities among young adults. The Ministry of National Education (Erlan, 2014) defines table tennis as a game that uses the table as a court limited by a net that uses a small ball made of celluloid and the game uses a bat or called a bet. In Indonesia, table tennis is a sport that has been much loved by the public because the way to play is not too complicated and can be played by everyone without knowing the age limit. This statement is in line with what was conveyed by (Simpson, 2007) “Table tennis is a sport that knows no age limit for children and adults to play together”. SMA Negeri 5 Lubuklinggau is one of the high schools that is active in playing table tennis through extracurricular

activities, extracurricular is a place for students to develop their talents and potential outside academic activities.

Lerner and Lerner (2013) emphasize that engagement in extracurricular activities presents students with valuable opportunities to expand their learning beyond the confines of formal classroom settings, allowing them to cultivate a diverse range of skills such as leadership, teamwork, and social responsibility. The authors posit that through active participation in extracurricular endeavors, students can acquire practical experiences that contribute to their personal growth and development. This extracurricular activity is usually carried out outside academic hours and exercises are carried out at least once a week, students can choose extracurricular according to their respective interests and talents. One of the extracurriculars at SMA Negeri 5 Lubuklinggau is table tennis, through this table tennis extracurricular activity in addition to aiming to further introduce table tennis to students and is also expected to improve students' ability to play table tennis so that they can excel when participating in competitions, one of the achievements ever achieved by students of SMA Negeri 5 Lubuklinggau in table tennis is getting 1st place student level in Lubuklinggau City.

Table tennis or ping pong is one of the cardio sports with a fairly fast tempo (Lestari et al., 2022). Chen et al. (2017) suggest that table tennis offers significant benefits in terms of physical and mental well-being. They highlight that regular table tennis practice can improve cardiorespiratory fitness, balance, coordination, and also play a role in reducing stress and enhancing sleep quality, particularly among middle-aged and older individuals. Based on this, to support table tennis achievements, in addition to being supported by good physical condition, students must also master playing techniques well, as for the basic techniques in it, namely: bet holding techniques (grip), hitting techniques (stroke), footwork technique, stance technique, each technique has a very important role. One of the basic techniques that is often overlooked by table tennis players is the backhand drive technique, even though the basic backhand drive technique is very important for players to use, especially when returning fast balls from the left corner of the table.

Organizational culture is another factor that is no less important to influence organizational performance than organizational commitment. According to Cameron and Quinn (2015), organizational culture is characterized by patterns of behavior, interaction, and worldview exhibited by individuals within an organization. They emphasize that a strong organizational culture can have an impact on various aspects of an organization, including decision-making, innovation, and performance. In an organization, of course, there are many factors that influence a person to achieve his or her goals, while the course of an organization is influenced by the behavior of many individuals who have their respective interests. Organizational culture is therefore very important, because it is the habits that exist in the organization. These habits

govern the behavioral norms that must be followed by the members of the organization in order to produce a productive culture.

Schein (2017) asserts that organizational culture encompasses shared perspectives, values, beliefs, and norms that shape the behavior of its members. He argues that a strong and aligned organizational culture, in line with the organization's objectives, can serve as a sustainable source of competitive advantage. A productive culture is a culture that can make the organization strong and achieve the objectives of the organization. Punch Drive is a hit that is done by the way the ball is hit with a movement from the bottom of the oblique to the top. The bet position is closed. This punch can be done to attack the opponent and control the ball, drive punches can also be done forehand or backhand.

Table tennis backhand drive is a stroke where the position of the back of the hand holding the bet when hitting the ball is in a forward-facing position or vice versa the position of the palm holding the bet facing back. Aoyagi et al. (2017) emphasize the significance of the backhand drive technique in Table Tennis. They highlight that the backhand drive involves using the backhand side of the racket and employing precise arm and wrist movements to achieve a well-controlled and speedy shot. Smith et al. (2019) stress the significance of proper footwork, body rotation, and wrist action in executing the backhand drive technique in tennis. They emphasize the need for coordinated body movements and precise contact with the ball to generate both power and control.

The backhand drive punch technique has less arm reach compared to the Forehand drive punch technique; this is because when doing the movement is blocked by the player's body. The backhand drive technique is carried out if the ball is on the left side of the body with a bet movement from the bottom meow up, According to Sutarmin (2002). There are two kinds of strokes in table tennis games, the first forehand punch is a punch that is done where when hitting the ball, the palm position that holds the bet is facing forward and the second Backhand punch is a punch that is done where when hitting the ball, the palm position that holds the bet facing back or the back position of the hand holding the bet facing forward. The steps on how to do the correct backhand drive technique are, first lower the body position and then move your hand towards the left waist. If right-handed, with an elbow angle of 90⁰ move your hand and bet forward, keeping your elbow 90⁰ and bet straight. In more detail here is how to perform the backhand technique: 1) the position of the body behind the table is facing towards the opponent; 2) both legs are bent and opened shoulder-width apart with one leg slightly more forward; 3) the hand that holds the bet in front of the body by forming a small angle; 4) with the body, the direction of the blow from back to front side Hit the ball when it is at its highest point.

According to Dinda (2019) in his research there are still many players who cannot perform the Backhand drive technique because the hand movements are not good and coordination is good so that there are still many directions of backhand drive strokes that are not on target. Based on the researcher's observations on extracurricular table tennis activities at SMA Negeri 5 Lubuklinggau, there are still many students who have difficulty in making backhand drive strokes from the results of backhand drive punches made by students, there are still many who come out of the table and involve not crossing the net, according to researchers this is because students still do not master the backhand drive technique.

Based on this, we want to further analyze how the skill level of backhand drive technique in students who take part in table tennis extracurricular at SMA Negeri 5 Lubuklinggau, from the results of this study can later be used as a reference for coaches and coaches in making exercise programs in improving achievement, especially for students who take part in table tennis extracurricular activities at SMA Negeri 5 Lubuklinggau.

B. Methods

This research is a type of quantitative descriptive analysis research, because in this study the goal to be achieved is to analyze technical facts, with a test of basic table tennis abilities. Furthermore, according to Suryabrata (2013) descriptive research is research intended to inform about the status of existing symptoms, namely symptoms according to what they are at the time the research is carried out. For this reason, this study uses a test survey method to measure the skill of table tennis backhand drive techniques in extracurricular students at SMA Negeri 5 Lubuklinggau. This study aims to obtain empirical data from the object, namely an overview of the level of backhand drive hitting of table tennis extracurricular students at SMA Negeri 5 Lubuklinggau. The variables in this study are: table tennis backhand drive technique skills measured using the back board test. The norm for assessing the skill of table tennis backhand drive technique is as follows:

Table 1. Norm for Assessing the Skill

Score	Categories
0-53	Very Good
44-52	Good
26-43	Medium
17-25	Less
0-16	Very less

C. Results and Discussion

Data on the skill test of students carrying out table tennis backhand drive punch techniques, namely the results of table tennis backhand drive ability tests on students who participated in table tennis extracurricular at SMA Negeri 5 Lubuklinggau with a total sample of 16 students. The test uses a back board test instrument as for the implementation of the test, namely students do a backhand drive punch technique towards the back board for 30 seconds, the test is carried out as many as 3 attempts are taken the highest score, from the implementation of the test obtained the following results lowest score (minimum) 14, highest score (maximum) 47, total scores produced from all students are 411 with an average (mean) 25.68, Standard Deviation (SD) 9.60 Based on the results obtained from research on the basic ability level of backhand drive punch techniques in students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau, the results can be displayed in the form of a percentage table the percentages are as follows.

Table 2. The Skill Level of Backhand Drive Techniques

No	Interval	Categories	Frequency	Percentage %
1	0-53	Very good	0	0 %
2	44-52	Good	2	12,50 %
3	26-43	Medium	4	25 %
4	17-25	Less	8	50 %
5	0-16	Very less	2	12,50%
Total			16	100 %

It can be seen from the table above that the skill level of backhand drive techniques in students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau is in the "very good" category with 0 people with a percentage of 0%, in the "good" category there are 2 people with a percentage of 12.50%, in the "medium" category there are 4 people with a percentage of 25%, in the "less" theory there are 8 people with a percentage of 25%, While the category is very less than 2 people with a percentage of 2.50%, based on the table above, it can be implied that most of the backhand drive technique skills in students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau are in the "less" category with an average result of 25.68.

D. Conclusion

From the results of research and discussion, it can be concluded that the skill level of backhand drive technique of students who take part in extracurricular table tennis at SMAN 5 Lubuklinggau is still in the category of 'less' with an average result of 25.68 for that there needs to be special attention for teachers and coaches in an effort to

improve students' backhand drive skills through intensive and directed exercise programs Through the results of this study researchers can provide advice as follows 1) to students to be able to focus on doing exercises to improve backhand drive hitting techniques, 2) to coaches to be able to make appropriate training programs and methods in an effort to improve the backhand drive skills of students who take part in extracurricular table tennis at SMA Negeri 5 Lubuklinggau.

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