

Volleyball Upper Passing Ability of Class X Students of SMK Negeri 1 Martapura

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Abstract: The success of a volleyball game is supported by the ability of its players to master various basic volleyball techniques. Top passing is one of the basic techniques in volleyball that students must have. The problem in this study is that the level of volleyball upper passing ability at SMK Negeri 1 Martapura is unknown. This study aims to determine the level of volleyball upper passing ability in students of SMK Negeri 1 Martapura. The variable in this study is a single variable, namely the ability to pass over volleyball. The population in this study were X TKJ 1 class students totaling 36 students, while the sample was taken using total sampling technique so that all populations were sampled in this study. The method in this research is descriptive quantitative with a survey approach. Data collection techniques using the upper passing test instrument. Data analysis using the Percentage Formula. The results showed that the level of upper passing ability in class X TKJ 1 students showed that students who had a good category were 17 students (47%), who had a sufficient category of 13 students (36%), who had a category of less than 6 students (10%). The results show that SMK Negeri 1 Martapura students have a fairly good upper passing ability based on the results that get a good category as much as 47% of the total sampling.

Keywords: Physical Education Learning, Top Passing, Volleyball

A. Introduction

The education is a conscious and structured effort in realizing conditions and learning processes so that students' potential in developing religious spiritual abilities, self-control, personality, intelligence, noble character, and skills needed by themselves, society, nation and state looks more active. Law no 20 of the year (2003) National Education System, the Education Process and community life are closely related, therefore education is needed for life guidance, as an example of study and education in school learning is sports learning. Education in Indonesia is designed to develop skills. Education in Indonesia is designed to develop skills to shape the character and civilization of a dignified nation in order to develop the potential of students, with education being able to provide opportunities to compete in an increasingly advanced world, therefore there are various ways to improve the quality of existing education

(Sari, et al., 2022), while according to (Akhbar, 2020) sports education is a science that studies body sports activities through a sports approach that cannot be separated from the elements of educators.

Physical education is an inseparable part of the educational process, as a whole through physical activities chosen to develop and improve three domains namely cognitive, affective and psychomotor. In physical education, mastering the concept of movement and motor learning is an important thing that students must master (Fernando, 2022).

According to Taqwim & Winarno (2018) physical education is an educational process that uses physical activity which aims to use body functions to move as a whole. Physical education can improve freshness and fitness and can form humans who are sportive, brave, disciplined, cheerful and unyielding (Zulraflia, 2013). Physical education can be expected to encourage students to become physically fit human beings. The purpose of this physical education itself is to improve student fitness, where students who are almost in one week have to be in the classroom to learn theoretical subjects according to Khotimah (2020).

There are several aspects that are included in the scope of physical education, namely: 1) games and sports, 2) development activities, 3) gymnastic activities, 4) rhythmic activities, 5) water activities, 6) outdoor education, 7) health. Given the many limitations of various things, the seven activities may not be able to function as expected. However, PE must be implemented as an effort to develop healthy living habits through activities that attract students' attention and interest, so that physical activity becomes a culture and necessity (Ministry of Education, 2006).

In physical education, there are several games in sports that are most popular with students, one of which is the game of volleyball. Volleyball game is a game that uses hands by bouncing a rubber ball into the air over the net, so that the ball can fall in the opponent's field area in order to find victory (Khotimah 2020). The sport of volleyball has several basic techniques that can be learned and need to be mastered. Some basic techniques in volleyball include, service, passing, blocking, smash, sliding. In this study focused on passing techniques. Passing is the effort of a player by using a certain technique whose goal is to get the ball to a friend as soon as possible to play in his own field. According to (Reichenbach & Bringmann, 2020) the basic technique of top passing is a pass, where the player who is in the feeder position to organize an attack. The feeder determines which player is in the best position to attack and then uses the top pass to place the ball in a direction where the attacker can hit the ball aggressively over the net.

Passing is a technique in a Bolavoli game whose purpose is to pass the ball to a teammate, to then be played back and can also be said to be the first step in arranging an attack pattern to the opposing team (Lubis et al., 2020). It can be concluded that passing is the basis for organizing attacks. In the basic techniques of the Bolavoli game. There are two types of passing in the game of Bolavoli, namely down passing and up passing (Lubis et al., 2020).

Passing in volleyball games is divided into two, namely lower passing and upper passing. In this paper, researchers will examine volleyball top passing, because top passing is useful for receiving serves from opponents, for picking up the ball after a block or ball from the net reflection, building attacks and passing the ball. Players must often practice top passing so that the direction of the ball is controlled and can be directed according to the target. In practicing top passing, the foot position must be strong with the help of the stance as well of course and balance is needed so that the fingers can make the maximum push when doing top passing. In training and in games, it is necessary to emphasize the importance of proper and safe upper passing.

Based on the author's observations during physical education learning for students in class X TKJ 1 at SMK Negeri 1 Martapura, students really like physical education material in the form of games, especially volleyball games, from the learning process carried out there are still mistakes that occur by students. It can be seen that when students pass, the ball is not in accordance with the target, often the ball does not pass the net so that the ball leaves the opponent's field area and the techniques used are still wrong.

As a teacher, the author needs to know the level of students' ability to pass volleyball. So that in the future the author can better choose a variety of approaches, strategies, or methods that are appropriate to the situation so that the planned learning objectives will be achieved.

B. Methods

This This Data collection research methods are important in a study, because they are directly related to the data obtained (Lanos et al., 2021). The research method used in this research is quantitative descriptive research method. Data collection techniques are steps taken by researchers to collect data, in this study researchers used a volleyball top passing ability test which refers to the research instrument by Faruq & Albertus, (2015).

Table 1. Volleyball Upper Passing Assessment Instrument

Destination	To measure the accuracy of directing the ball when passing
Equipment	<ul style="list-style-type: none"> ● Two long poles each 3.5m high ● Two threads of rope of 10 m each ● Volleyballs are at least one and at most 6 or unlimited, ● Stopwatch ● Test form and stationery
Officer	<ul style="list-style-type: none"> ● One person is in charge of throwing the ball to the test participants. Another person is partly an observer of the ball from the pass, whether the ball passes over or under the rope stretched above the attack line and at the same time records the place where the ball
Implementation	<ul style="list-style-type: none"> ● The tester stands behind the attack line ● The tester performs the ball <i>passing</i> movement freely, but must ● in accordance with legal <i>passing</i> rules according to applicable regulations ● Six chances are given to each test taker ● A ball that is played illegally, does not go beyond the rope touching the net or falls outside the designated area is declared a failure and is still counted as a failure and is still counted as having committed to play the ball.
Assessment	<ul style="list-style-type: none"> ● The score of each pass is determined by the number of targets touched by the ball. ● A score of 0 is also given for each ball played illegally, such as lifting, pushing, and so on ● A score of 0 is also given if the ball does not go beyond the stretched rope, touches the net, touches the center line or the ball falls outside the target ● The ball that touches the target line except the center line is counted as having entered the target with a larger number ● The final passing score is the sum of the four best scores

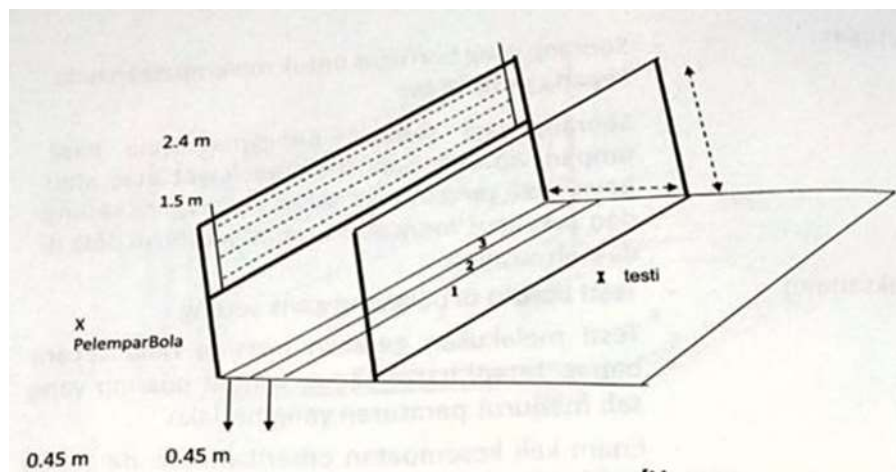


Figure 1. Assessment Instrument from Faruq & Albertus, (2015)

C. Results and Discussion

The purpose of this study was to determine how much the level of upper passing ability of class X TKJ 1 students at SMK Negeri 1 Martapura. To find out the ability to pass over volleyball, data is needed.

Therefore, data is obtained from the results of the volleyball upper passing ability test which refers to the Faruq & Albertus, (2015) book which has been carried out by class X TKJ 1 student with 36 students to be able to obtain data on the level of volleyball upper passing ability.

Table 2. The value of the level of volleyball upper passing ability of students X TKJ 1

Indicator	N	Max	Min	Max-Min	Standard Deviation	Mean	Median	Mode
Upper Passing Ability	36	50	11.1	38.9	9.7	27.8	22.2	22.2

Based on the percentage analysis carried out, the value of volleyball upper passing ability is presented in the following table.

Table 3. Percentage value of volleyball upper pass ability

	Percentage	Category	Frequency	Percentage
1	>27	Good	17	47%
2	18-26	Simply	13	36%
3	8-17	Less	6	16%
4	<8	Bad	0	0%

Based on the data in table 3, it is depicted in graphical form in the figure as follows

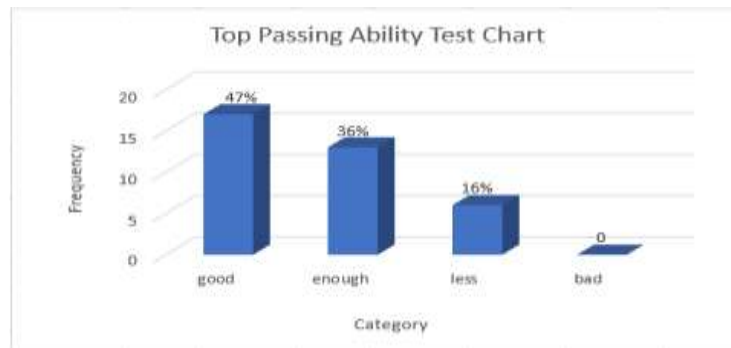


Figure 2. Percentage level of volleyball upper pass ability

Based on the table and figure above, it is stated that students with the ability to pass over get a good category as many as 46% or as many as 17 students. Furthermore, 36% or 13 students get the sufficient category while 16% or 6 students get the less category.

Then those who get the bad category are 0% or not found. Based on the results of research that has been conducted related to the skills of one of the basic techniques of volleyball, especially the ability to pass over volleyball is in the good category, where based on the volleyball top passing ability test, the results shown by students are on average good. It can be seen that the results of the study show that the level of upper passing ability in class X TKJ 1 students shows that students who have a good category are 17 students (47%), who have 13 (36%) enough categories, who have 6 students (10%) less categories. The results show that the State Vocational High School 1 Martapura students have a fairly good upper passing ability in terms of the results that get a good category as much as 47% of the total sampling.

The results shown are supported by field tests based on ability tests that researchers have conducted including the measurement of volleyball top passing ability with assessment norms through volleyball top passing ability tests, student scores show the average top passing ability in class X TKJ 1 students at SMK Negeri 1 Martapura of 27.8.

D. Conclusion

Based on the data from the research results, the surveillance test conducted on the basic techniques of volleyball, especially the upper pass at SMK Negeri 1 Martapura students in class X TKJ 1. It can be concluded that the data from the research results of the measurement test of the ability to pass over volleyball 6 times has a good category totaling 17 students, enough category totaling 13 students, the category less totaling 6 students.

Based on the test results above, it can be concluded that the level of upper passing ability at SMK Negeri 1 Martapura in class X TKJ 1 is in the good category with an average value of 27.8.

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