



Effort to Improve Backhand Service Using Drill Variation Method in Extracellular Badminton at SMA Negeri 28 Tangerang District

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Abstrak

Tujuan dari penelitian ini untuk meningkatkan servis *backhand* metode *drill variations* di esktrtakulikuler Sma Negeri 28 Kab Tangerang. Penelitian ini menggunakan pendekatan kuantitatif dengan metode eksperimen. Penelitian ini berlokasi di SMA Negeri 28 Kab Tangerang yang berjumlah 23 siswa. Populasi ini diambil dengan menggunakan teknik total *sampling* instrumen penelitian ini menggunakan *drill variations* Teknik analisis data menggunakan *Pretest* dan *posttest design* hasil penelitian ini rata rata *Pretest* sebesar 6,57 dan untuk *post test* sebesar 7,57. Hasil data yang di peroleh dari penelitian ini adalah nilai meningkat (2-tailed) 0,00 kurang dari taraf meningkat (α) = 0,05, maka H_0 ditolak dan H_1 diterima , dapat disimpulkan bahwa metode *drill variations* dapat berpengaruh untuk meningkatkan kemampuan servis *backhand* di ekstrakulikuler Sman 28 Kab Tangerang

Kata Kunci: *Metode drill variations , servis backhand , bulutangkis*

Abstract

The purpose of this research is to improve the backhand service using the drill variant method in the extracurricular activities of SMA Negeri 28, Tangerang Regency. This study uses a quantitative approach to the experimental method. This research is located at SMA Negeri 28, Tangerang Regency, with a total of 23 students. This population was taken using a total sampling technique. This research instrument used drill variations. Data analysis techniques used pretest and posttest design. The results of this study were an average pretest of 6.57 and for a post test of 7.57. The results of the data obtained from this study are an increase in value (2-tailed) 0.00 less than the level of increase (α) = 0.05, then H_0 is rejected and H_1 is accepted. It can be concluded that the drill variation method can affect serviceability. backhand at Sman 28 extracurricular, Tangerang Regency

Keywords: *Drill variations method, backhand service, badminton*

Intoduction

Education is the learning of knowledge, skills and habits of a group of people passed down from one generation to the next through teaching and research. In a sense, education is the learning of knowledge, skills and habits of a group of people passed down from one generation to the next through teaching, training or research. Education according to Nana Syaodih (2016: 40) Education means the stage of institutional activities (such as schools and madrasas) that are used to perfect individual development in mastering knowledge, habits, attitudes and so on. Human education is a whole that is very basic for the survival of people. In the world of education the growth and development of quality and reliable human resources. Therefore, education as a forum for human resources, the hope of the nation, must be considered and planned with a mature and clean mind. The game of badminton in general is a racquet sport that is played by two opposing people (for singles) or 2 pairs (for doubles). The game of badminton is also known as using the word badminton, originally this game was called badminton, but because you see the meaning, this sport has another name, namely badminton. This badminton game is played a lot by young people, especially at SMA 28, Tangerang Regency, for the extracurricular activities. there are many students who are still lacking in performing the technique of serving correctly and when there is something wrong the slightest is due to the coach from Sman 28, Tangerang district, even though the students are not taught to become athletes. The coach should have used varied passing not just anywhere. For this reason, coaches need infrastructure that is

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Method

Regarding the number of samples used, the authors took the badminton extracurricular which totaled 23 students and female students from the population who took part in the extracurricular at SMA Negeri 28, Tangerang Regency. This group became the experimental group. meaning that the experimental group received treatment or treatment using variations in teaching styles

The purpose of this study is to find out about efforts to improve the short backhand serve in badminton. From this goal, the authors can find two types of variables in the study, which consist of 1 independent variable and 1 dependent variable, namely

Instruments in a study are important work, but collecting data is far more important. Data collection techniques in this study used pre-test and post-test by completing them with the format of observing short badminton backhand services. The components in the observation format are data collection tools. The data collected is determined by the variables in the hypothesis. The data was collected by a predetermined sample

Research design is a plan to collect and analyze data according to research objectives. The research design provides the researcher with a clearer picture of

how the research will be conducted and how boundaries will be established. Design The research design used by the authors is a single-group pretest-posttest design. In this design the researcher first conducted a pre-test (initial test) before giving treatment, then carried out a post-test. In this way, the results of treatment can be determined more precisely because conditions and conditions before treatment can be compared.

Research instruments are tools or facilities used by researchers in collecting data so that their work is easier and the results are better, in the sense that they are more accurate, complete and systematic so that they are easy to process. The facilities used by researchers provide convenience in data collection and processing so that the data obtained is better by using tests.

Result and Discussion

Tabel 3.4
Results of Pre Test Experiment
Descriptive Analysis

Statistik	
Mean	6,57
Median	7,00
Std. Deviation	1,472
Variance	2,166
Minimum	4
Maximum	9

From the results of the Pre Test Experiment values, there is a breakdown with data, namely Mean 6.57, Median 7.00, then a Minimum value of 4 and a maximum value of 9 with Std. Deviation 1.472 and Variance 2.166

Table 3.5
Results of Experimental Post Test
Descriptive Analysis

Statistik	
Mean	7,57
Median	8,00
Std. Deviation	1,472

Variance	2,166
Minimum	5
Maximum	10

From the results of the Post Test Experiment, there is a breakdown with the data, namely the Mean 7.57, the Median 8.00, then the Minimum value is 5 and the maximum value is 10 with Std. Deviation 1.472 and Variance 2.166

Normality Test Calculation Results

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
pre test	,161	23	,126	,918	23	,061
pos test	,156	23	,153	,924	23	,081

From the table above it shows a significant result value from the acquisition of the Pre Test and Post Test (0.126 and 0.153) therefore for the data obtained according to the significant level determined by 0.05 (sig > 0.05) it can be concluded in the data the population is normal, and from the tests above there is an increase in the pre-test and post-test, therefore the data in this study are normally distributed.

Homogeneity Test Calculation Results

Test of Homogeneity of Variances

Levene Statistic	d	f	df	Sig.
,000	1	44		1,000

The table above shows that the sig. in the table is greater than the significant level value of 0.05 (1.000 > 0.05), according to the significant value level it can be concluded that the data in this study is homogeneous

Paired Samples Test									
	Paired Differences					T	d	Sig (2-tailed)	
	Mean	Standard Deviation	Standard Error	95% Confidence Interval of the Difference					
				Lower Bound	Upper Bound				
Pre-test	6.57	1.472	0.38	-0.14	1.14	15.174	21	0.000	
Post-test	7.57	1.472	0.38	0.81	1.95	15.174	21	0.000	

Based on the data from the Pre Test and Post Test tables which have been analyzed with the test (Dependent sample), it can be seen from the calculated t value, namely 15,174, and df = 21 obtained from the N-1 formula and t table at a significant value of 0.05, which is 351. To find out there is or is not the effect of the short backhand service variation, it can be seen on the significant value above which will show that the sig (2-tailed) value < 0.05 (0.000 <0.05) then it can be

concluded that the hypothesis is accepted, so it can be concluded that there is a significant influence on the game badminton with short backhand service variations performed at SMA Negeri 28 Tangerang Regency

taking the results of the initial test or post-test research in the study and analyzing them through Descriptive Statistics obtained a mean pre-test of 6.57 and a Standard Deviation of 1.472, while the post-test obtained a mean value of 7.57 with a Standard Deviation of 1.472, and the results of the calculation of the T-test using the Paired sample t-test, the result is sig (2-tailed) 0.000 <0.05, it can be concluded that H0 is rejected and H1 is accepted.

Conclusion

this drill method can have a positive influence on the service, it is concluded that there was an increase in students before and after being given. descriptive Statistics obtained the mean from the pre test of 6.57 treatments while for the post test obtained a mean value of 7.57 from the researchers who are significant where extracurricular members better understand drill variations of badminton and techniques that have been mastered, especially in the backhand serve

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Profil Penulis

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