

The Influence of Passing Variation Exercise on the Students' inside Kick Skill of Kick Volleyball Extracurricular Activities at Junior High School 2 Godean

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Keywords: Effect, Variation Passing Training, *Sepak Sila's* Skill.

Abstract: The technique of *sepak sila* for *sepak takraw* or known as kick volleyball taught in Junior High School 2 Godean does not perform the best result yet. A particular training model is needed to improve their skills. The purpose of this study was to know the effect of passing variation exercises of *sepak sila's* skills for the students joining kick volleyball extracurricular activities. This research is pre experimental or quasi-experimental research, which employs One Group Pretest and Posttest Design. The subjects of the study were ten students of kick volleyball community in Junior High School 2 Godean. The experiment was conducted in PSTI Junior High School Sleman with instrument validity 0.824, reliability 0.898. The researcher used t test (paired sample t test) as data analysis technique with 5% significant level. The result of this study show that $t_{count} (8,125) > t_{table} (2,262)$, and the value of $p (0.000) < 0,05$, which can be implied that the value of t_{count} is bigger than t_{table} . Thus, it can be concluded that there is an effect of passing variation training of *sepak sila's* skills for the students joining kick volleyball extracurricular activities in Junior High School 2 Godean.

1 INTRODUCTION

Education becomes a tool to nurture the generations of nation-builders who have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by themselves, society, nation and country. Also stated in the Law Number 12 of 2012 at Article 1, education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potentials to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by themselves, society, nation and state.

Kick volleyball extracurricular activities were taught at Junior High School 2 Godean with its inside kick technique which is not yet effective. In the training, students are asked to hold the ball by themselves and play the ball in order to keep the ball lift off after the correct inside kick technique is given. Besides, the passing ball to the inner foot does not fit the tips of the feet, heels and outer foot. In addition, the willingness to vary the method of

kicking or the basic motion of kicking is still low. It can be seen at the time in the extracurricular, students are still very lack in understanding the basic motion components of kicking with the inner foot (football) and still usually perform exercises individually or per person.

Based on the explanation above, the researcher is interested in conducting a research with the title "The Influence of Passing Variation Exercises on the Students' Inside Kick Skill of Kick Volleyball Extracurricular Extracurricular Activities at Junior High School 2 Godean" with 10 students participating in the extracurricular activity. After conducting the test, it was revealed that the variations are effective for developing inside kick technique with the influence of passing variation among students joining kick volleyball at Junior High School 2 Godean.

2 RESEARCH METHODS

2.1 Type of Research

This study is a pre-experimental or quasi-experimental study. Pre-experimental research is a type of research to find out whether there is an effect caused by a particular treatment that is imposed on the subject of the study (Suharsimi, 2005).

2.2 Place and Time of the Study

This study was conducted at Junior High School 2 Godean between April and May.

2.3 Population

The population in this study were ten extracurricular students of kick volleyball at Junior High School 2 Godean. 2 Public.

2.4 Data, Instruments, and Data Collection Method

The data collection method in this study was a test, namely a test of inside kick technique skill. According to Suharsimi (2013), the data collection using test is used to examine basic skills and achievement. This test was conducted for a minute with three times handling chances using inner foot. In collecting the data, the researcher prepared facility and infrastructure before the test commenced. Then, the students lined up and the teacher checked the attendance. After that, the students did stretching. Finally, the students were given an instruction about the test.

2.5 Data Analysis Method

The data in this study was analysed using test of hypothesis. The data analysis used a t-test. The calculation of hypothesis test employed the formulation of t-test. According to Sudijono (2009), the comparative hypothesis mostly uses two samples with the following formulation of t-test.

$$t^o = \frac{Md}{Sd} \quad (1)$$

Md : the difference between variable score I and variable score II

Sd : Standar Deviation (Sudijono, 2009)

3 RESULTS AND DISCUSSION

The result level of the influence of passing variation exercises on the inside kick skill of extracurricular students at Junior High School 2 Godean is in the following table.

Table 1: Distribution of frequency pre-test data

No	Interval	Frekuensi	Persentase
1	21-24	1	10
2	17-20	4	40
3	13-16	3	30
4	9-12	2	20
Jumlah		10	100

If presented in a chart, the results can be seen in Figure 1.

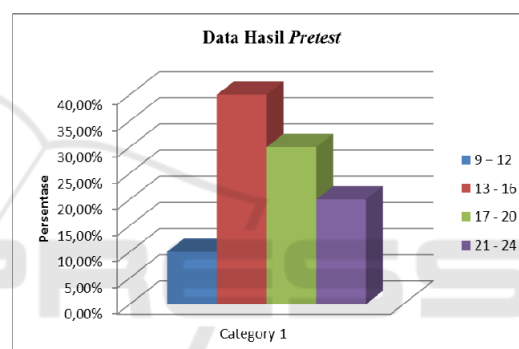


Figure 1: Data of inside kick technique skill from pre-test

The post-test results of 10 extracurricular students of kick volleyball were obtained from minimum score 16, maximum score 30, average score 22.9, median score 22.5, modus score 21 and standard deviation score 4.72. The results description of the study are presented in frequency distribution with numbers of class = $1 + 3.3 \text{ Log } N$, range = maximum score - minimum score, and interval class with the formula = range/ numbers of class (Sugiyono, 2006). The results can be seen in Table 2.

Table 2: Data of inside kick technique skill from posttest

No	Interval	Frekuensi	Persentase
1	28-31	2	20
2	24-27	3	30
3	20-23	3	30
4	16-19	2	20
Jumlah		10	100

If presented in a chart, the result can be seen in the following table.

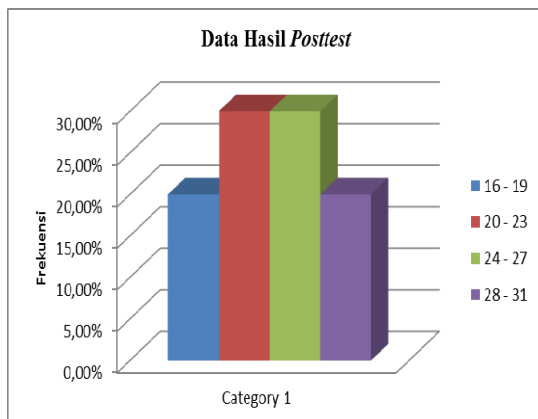


Figure 2: Data of *Inside Kick Skill* from Pre-test

The descriptive statistics was described from the result of inside kick technique skill among extracurricular students of kick volleyball at Junior High School 2 Godean. The mean result of pre-test score is 16.00 while the post-test score is 22.9. An increased result of students' inside kick technique skill in kick volleyball community at Junior High School 2 Godean was 43.12 %.

Table 3: Result of t-test

Pretest – posttest	Df	T-table	T-count	P	Sig 5 %
The Influence of passing variation exercise on the Inside Kick Technique Skill	9	2,262	8,125	0,000	0,05

Based on the result of t-test, the t-test score was $8.125 > 2.262$ (t-table) and the significance value $0.000 < 0.05$. It means that H_0 is rejected and H_a is accepted, which can be implied that there is an influence of passing variation exercise on the students' inside kick skill. The average score from pretest was 16 and the average score from post-test was 22.9. Standard deviation was 6.9. It demonstrated that paired exercise towards inside kick technique skill give better improvement, which is 43.13% compared to the previous passing variation exercise.

4 DISCUSSION

Sepak takraw or kick volleyball is a sport that typically uses foot or head to kick a ball made of rattan and plastic. The players kick the ball by foot, giving a passing to other player and hit the ball to the opposing field over the net. Thus, the elements of foot skills are very important element in this sport. Various techniques rely on feet in playing the ball, including the basic technique of inside kick. *Sepak takraw* as a branch of team sports, the victory of a team is determined by many factors including (1) the technique of playing *sepak takraw* individually and (2) good teamwork between players in a team. The perfect combination of these two could then improve the quality of the game will be better. According to Dervish and Basa (1992), inside kick means kicking the ball using the inner foot.

Kick volleyball has a special characteristic which rules feet as the main support in playing the ball. During the game, the ball must not touch other objects except the player's body, namely legs, thighs, head, shoulders (Yusup, Saputra, and Usli, 2004).

According to Kusyanto (1996), kick volleyball is a typical sport. This sport uses the foot/head to kick a ball made of woven rattan and is played or returned through the network/net.

In the same sense, Yusup, Saputra and Usli (2004) state that kick volleyball is a game that uses balls made of rattan and plastic (synthetic fiber). The ball is kicked by feet, giving the ball to friends and hits the ball to the opponent's field.

Kick volleyball is a game that uses a ball made of rattan or fiber (synthetic fibre), played on a rectangular and flat field, which could be played in an open and closed field and was separated by the net (Hananto, 2015).

It can be said that the ability to kick is the key of the kick volleyball sport because most sports which use ball relying on the feet, starting from the beginning of the game to score points by kicking the ball.

Improving the players' skill on inside kick technique should be conducted regularly and with effective methods in order to acquire the basic technique skills in the kick volleyball. The results of the t-test analysis were t-value (8.125) > t table (2,262), and p value (0,000) < 0.05. These results indicated that the calculated t-value was greater than t-table. Thus, there is an influence of passing variation on *sepak sila* skills among students of kick volleyball at Junior High School 2 Godean with an increased score 43.12%.

The results can be interpreted that passing variation exercise is able to improve inside kick technique skill for students participating in kick volleyball extracurricular at Junior High School 2 Godean. The variation in this study was conducted by doing inside kick in pairs and passing each ball to their partners. The passing variation exercise could enable children to enjoy the training. This is because the students will have a lot of variation and creativity in doing inside kick in pairs, that the students can change their pairs. The continuous exercise can train foot coordination in performing inside kick, so that the students could improve inside kick in kick volleyball extracurricular activities at Junior High School 2 Godean

The principles of doing practices are significant in an exercise program. The principles of training should be obeyed, so that the training objectives can be achieved (Sukadiyanto and Dangsin, 2011). The expected principles of training have an important role in the physiological and psychological aspects of sportsmen. Understanding the principles of training will improve the quality of training. In addition, the athlete will be able to avoid pain and injury during the exercise process.

The training principles that need to be considered include (1) readiness principle, (2) individual principle, (3) adaptation principle, (4) overload principle, (5) progressive principle, (6) specification principle, (7) the principle of variation, (8) the principle of heating and cooling, (9) the principle of long-term training, (10) the principle of the opponent, (11) the principle of moderation, (12) the principle of schematic (Sukadiyanto and Dangsin, 2011).

The principles of exercise comprise 1) the principle of continuity training, 2) the increase in training load steadily and regularly, 3) the principle of intervals, 4) the principle of individuals, 5) the principle of stress, 6) principle of specification. Therefore, it can be concluded that the principle of training is a procedure that must be considered so that the training objectives could be achieved and it can prevent athletes from injury or pain. Exercising is undoubtedly significant in sports (Suharno, 1981).

The aim of training in general is to help coaches, and sports teachers to be able to apply and have conceptual abilities and skills in helping to express their potential (Sukadiyanto and Dangsin, 2011). The goals and objectives are broadly outlined, including (1) improving basic physical quality, (2) developing and enhancing special physical potential, (3) enriching and improving technical skills, (4) developing and improving strategies, tactics, and

game patterns, (5) improving the quality and psychic abilities of athletes in joining competition.

The principle of giving a ball pass refers to an ability to give feedback or smash in kick volleyball (Hanif, 2015). By having good a ball pass, it will not be difficult for the player to move and create good and perfect smash to trouble other parties by giving the most deadly ball on the opponent's court. As a practice to fool the opponents, they can do the following strategies (1) two players face each other by a meter distance, (2) the player controls the ball with the right foot and passes the ball to the player in front of him with the right foot; a maximum of 3 touches for 5 minutes, (3) the player controls the ball with his left foot and passes the ball to the player in front of him with his right foot; a maximum of 3 touches for 5 minutes, (4) after mastering this technique, the players practice it with one touch, (5) if one touch has been mastered, the player should stand in 5 metre distance, (6) the players perform the aforementioned steps to train the athlete's rules.

Passing the ball is the motion of moving the ball from a player so that it can be continued for the next move (Darwis, 1992).

The aim of passing the ball in kick volleyball is that athletes can easily master basic techniques and dynamic ball conditions (Hanif, 2015). Varied basic technique of giving the ball pass in kick volleyball makes it easy for athletes to improve their basic football techniques. These techniques are useful for the players who move the ball dynamically. Kick volleyball is a skill to improve players' skill in handling the ball, which could lead to a better performance in playing football as well.

To be able to play kick volleyball, one needs to follow a set of fundamental and routine training especially with regard its basic techniques. Kick volleyball is a game that uses almost every part of the body, primarily legs. Thus, the kick volleyball players are necessary to have a lot of training using legs. However, it is worth mentioning that it does not mean other abilities are unnecessary or unimportant; they cannot be ignored either.

Sepak sila is to kick the ball using inner legs. *Sila* is used to receive and balance the ball, give the ball pass and save the opponent's attack (Darwis, 1992). The technique of doing *sepak sila* is (1) standing with two legs apart and the shoulder is parallel to legs, (2) legs are bent into the knee level, (3) the ball is touched with the inner foot, (4) the foot rests and the body bends slightly with foresight, (5) both hands open and bend at the elbow as a balance guard, (6) when kicking, the ankles are tense

or hardened, (7) the ball is kicked up straight and goes over the head.

Sila refers to kicking the ball using the inner legs. *Sila* is used to receive and control the ball, giving a ball pass for smash attacks and to save the opponent's attack. The techniques of doing *sila* are mentioned as follows (1) the player stands with legs apart and the shoulder are parallel to the legs, (2) legs bend into knee-level, (3) when kicking, the legs are bent and slightly move forward, (4) the ball is touched with the *sepak sila* foot, (5) the foot rests and the body bends slightly with foresight, (6) both hands open and bend at the elbows to maintain balance, (7) when kicking, the ankles are tightened, (8) the ball is kicked straight up and goes over the head.

The purpose of passing the ball exercises in kick volleyball is to let the players handle the ball or master basic techniques as well as dynamic ball conditions. Passing exercises are the basic technique of inside kick in kick volleyball that provide a chance for the players to improve basic inside kick techniques since these practices are conducted in pairs. The ball will move dynamically and the player automatically will move. Kick volleyball is a skill to train athletes to improve their inside kick technique skill.

The ball training in kick volleyball include the following practices (1) players in two rows face several balls, (2) the athletes in Line A catapult the ball into the players in line B, while players in line B kick the ball with the inner foot (*sepak sila*) towards players in line A and the players in line A catch the ball. This exercise is carried out consecutively, (3) A catapults the ball to B, B receives and kicks the ball with the inside foot (*sepak sila*) straight up over the head level or more. Then, B kicks it again with the inner foot to A, and A catches the ball. This exercise is carried out consecutively, (4) the athletes perform exercise 2 and 3 but B kick the ball twice then give it to A. The exercise is carried out consecutively, (5) A gives the ball to B; B kicks the ball with the inner leg (*sepak sila*) to A. A gives it to B, and so on until the ball falls to the ground. As the ball touches the ground, the practice is carried out again, (6) A and B shoot-kick using the inside foot (*sepak sila*) like the above exercises. each player must punt the ball once before giving the ball to his opponent, (7) like exercise 5, each player plays or pokes the ball twice before turning it over their partner, (8) like exercise 6, each player plays or moves the ball several times before giving it to their partner.

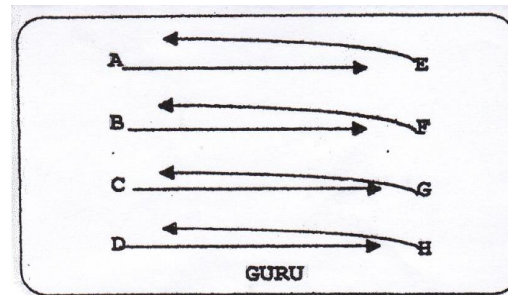


Figure 3: Exercise in Pairs. Sources: (Ratinus Darwis and Penghulu Basa, 1992: 19)

5 CONCLUSION AND RECOMMENDATION

5.1 Conclusion

Based on the results of the study, t -value (8.125) > t table (2.262), the value of p (0.000) < 0.05. These results indicated that the calculated t -value is greater than t -table. Therefore, there is an influence of passing variation exercise on the students' inside kick technique skill in kick volleyball extracurricular at di Junior High School 2 Godean.

5.2 Recommendation

For the students who still have a low level of ability in performing inside kick techniques, they can improve by practising a routine paired passing variation exercises.

For the coaches, they should give exercise with various and effective methods so that the students are expected to develop their inside kick technique skill. For the future researchers, the results of this research can be used as a reference and as a theoretical study for further research. They could conduct the research with a wider sample and population and different variables, so that the exercises that influence inside kick technique skill can be identified.

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