THE EFFECT OF BOTTOM PASSING PRACTICE WITH WALL AND PAIRS ON THE ACCURACY OF VOLLEYBALL

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Abstract

The problem in this research is whether there is an effect of Down Passing Practice with a Wall and in Pairs on the Accuracy of Bottom Passing in Volleyball and which exercise is better for improving the accuracy of Bottom Passing in Volleyball between the Down Passing with a Wall and Pairs with friends. This research method used experiments with a population of 23 athletes participating in the women's volleyball rosella kalirejo and a sample of 16 athletes was taken using the purposive sampling technique. The free variable is the bottom passing exercise with the wall, while the bound variable is the training with a partner. The Research results showed: 1) experimental group 1 tcount value = 2.328 > ttable = 1.8125, the practice of lower passing service with a wall had a significant effect. 2) Experimental group 2 tcount value = 6.155 > ttable = 1.8125, training in pairs with friends had a significant effect The conclusion of this research is that training in passing under a wall is better than practicing passing in pairs with a friend for accuracy in volleyball underpassing. This research is expected to lead to the application of the bottom passing exercise on the wall to improve the accuracy of volleyball passing.

Keywords: Volleyball, Accuracy, Volleyball Bottom Passing

INTRODUCTION

In life, exercise is very important. Nowadays, society cannot avoid participating in exercises to keep your body in good condition and to improve good performance. People who exercise can become more disciplined, physically and spiritually healthy, and ultimately become better people. To stay fit, one can do a variety of sports activities. (Rusdin et al., 2022). Sports can be done in several forms, such as jogging, walking, running, basketball, badminton, and volleyball. Many people, especially school children, love to play volleyball.

(Nono et al., 2021). In the sport of volleyball, there are two teams of six people each bounce a ball into the air over a net or rope. (Lardika & Salam, 2019). The popularity of volleyball as a sport is increasing. It is estimated that the seeds of this sport's popularity will grow and can play in the Professional league.

The volleyball players must be able to master all the basic movements or skills of volleyball required for players to play the game successfully and efficiently. These skills include serving, spike techniques, down passing, and top passing and blocking (Raihanati & Wahyudi, 2021). Some of these basic techniques are very influential Passing is one of the methods used to help in the game of volleyball.

Based on observations on the field, it is known that the bottom passing ability of the Rosella Kalirejo women's volleyball club participants is still many of them who have not been able to make a perfect bottom pass. Therefore, there needs to be a training model that is in accordance with the characteristics of participants who are included in the game of volleyball who are still at the level of learning/practicing. So, coaches must pay more attention in choosing the right training model and in accordance with the age of the students.

METHOD

This research uses quantitative research methods. This is based on the assumption that the variables studied have semantic relationships. The experimental approach is used because the researcher seeks to understand the description of the data that is deliberately created. The purpose of the experimental research approach is to find out how a treatment will affect a particular subject (Kurniawati, 2017). The research techniques used to determine how a particular therapy affects others in a controlled environment are known as experimental research techniques. (Sugiyono, 2016:72).

The research was conducted on the Rosella Kalirejo Women's Volleyball Club Athletes Age 15 with a population of 23 athletes and then a sample of 16 athletes was taken using the purposive sampling technique. In this study, the AHHPERD Passing Accuracy test was used before and after because it was

considered the right instrument to measure the accuracy of Passing (M. Yunus, 1992:198). To see the variation in paired results and between exercises that pass up to the wall, the data calculation is assisted by using the IBM SPSS Statistic 25 assistant.

RESULT AND DISCUSSION

After the research was carried out and the results of the pre-test and post-test were obtained, the data was processed using the help of IBM SPSS Statistic 25.

Tabel 1. General descriptive analysis

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Pre-test Kel. Eksperimen 1	11	13	24	18.09	3.727
Post-test Kel. Eksperimen 1	11	15	31	22.55	5.392
Pre-test Kel. Eksperimen 2	11	8	24	17.55	4.655
Post-test Kel. Eksperimen 2	11	20	34	27.18	4.729
Valid N (listwise)	11				

To find out the influence of each exercise given, the researcher used a hypothesis test in the form of a t-test for pairs. Before conducting this paired t-test, existing data must meet several conditions such as through homogeneity and normality tests. The following is a declaration of normal and homogeneous data, the paired t-test can be carried out.

Tabel 2. Results of Paired t-test Experiment 1

		Paired Samples Test							
		Paired Differences					T	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pretest Kel. Eksperimen 1 - Posttest Kel. Eksperimen 1	4.455	6.346	1.913	8.718	.191	2.328	10	.042

Tabel 3. Paired t-test Experiment 2 Results

		Paired Samples Test							
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference		T	df	Sig. (2-tailed)
					Lower	Upper			
Pair 2	Pretest Kel. Eksperimen 2 - Posttest Kel. Eksperimen 2	5.727	5.198	1.567	13.118	6.155	6.167	10	.000

From the table above, it is explained that the training method given to each group has a large impact. This is indicated by the value of Sig. each with two tails

smaller than 0.05. For the Tcal value of Group 1, which is 6.167 and 2.238 for Group 2.

Discussion

The average results of the pre-test for experimental groups 1 and 2 were shown which tended to be the same, namely 18.09 and 17.55. This is because the distribution of the accuracy of the passing of athletes during the pairing process is the same and evenly distributed in each experimental group. Meanwhile, the average post-test results of the experimental group 2 showed a higher result of 27.18 compared to the experimental group 1 which was 22.55. Based on the presentation of the results of the discussion, it shows the difference in the accuracy of the bottom passing before and after.

The results of the post-test accuracy of the lower passing are higher than the results of the pre-test, this happens because of the treatment or training method provided so that it affects the final test or post-test. In line with research from (Ikhsan Maulana Putra et al., 2022) which states that the training method given before the final test can have a significant impact on how accurate the Lower Passing is done during the final test. And in accordance with research from (Alfiah Rizqi Azizah & Nugroho Dwi Prastyo, 2020) that the results of the accuracy test of the passing under the women's volleyball class XI of the extracurricular participants of Madrasah Aliyah Negeri 3 Kebumen Volleyball for the 2019/2020 Academic Year which are categorized as quite can be improved by increasing the frequency of lower passing practice so that it can automatically improve the technique and understand the mistakes made when passing in the volleyball game.

The accuracy of the bottom pass in volleyball is significantly affected by the two practice techniques used in each group; However, paired bottom passing exercises in Group 2 with walls have a greater impact than paired bottom passing exercises in Group 2.1. It can be seen from the results of the score of Group 2 (6.167) is greater than that of Group 1 (2.238).

CONCLUSION

Based on the exposure after investigation and debate, it was found: 1) The accuracy of passing under volleyball practice that hits the wall has a great influence on the volleyball passing under 2) The accuracy of the passing under volleyball practice in pairs with friends has a great influence on volleyball under passing. 3) It is better to practice use the wall than to do pair exercises because it helps the child get used to the bottom passing if done correctly. In addition, the implications of this study must also be included.

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