



STUDENT UNDERSTANDING ON VOLLEYBALL SKILLS

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Abstract

The purpose of this study was to determine the description of students on volleyball playing skills in students of class X Natural Science 3 and Natural Science 5 in SMA Negeri 1 Nagreg. This research is quantitative descriptive. The method used in this study is a survey method. The instrument used was a questionnaire. The arranged instruments were consulted with expert lecturers, then the instruments were tested for validity and reliability. The population in this study were students of Class X Science 3 and X Science 5 of SMA Negeri 1 Nagreg, totaling 68 students. The data analysis technique that will be used is descriptive analysis with percentages. The results showed that the description of students' understanding of volleyball playing skills of students of class X IPA 3 and X IPA 5 in SMA Negeri 1 Nagreg was very good at 7.4% (5 students), good category was 20.6% (14 students), the medium category was 38.2% (26 students), the low category was 20.6% (14 students), the very low category was 7.4% (5 students). So it can be concluded that the students' understanding of the skill in playing volleyball for the students of X Natural Sciences 3 and X Natural Sciences 5 is in the medium category

Keyword:

Understanding of volleyball, Volleyball Skill.

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Introduction

Physical education is one of the subjects in an education. To require students to carry out a movement activity, which aims to improve health, develop physical skills and in still moral qualities such as courage, perseverance and cooperation (Juditya S, 2018) . In order to improve the quality of life both to carry out personal duties and to the nation and state. This is in line with Rosdiana, (2012) ; Dimas Budi Raharjo, (2017) states that:

“Physical education is essentially an educational process that utilizes physical activity to produce holistic changes in individual qualities, both physically, mentally, and emotionally directed to encourage, guide, nurture physically and spiritually. Students and their living environment in order to grow in harmony and optimally so that they are able to carry out tasks for themselves and for the nation and state.

One of the learning materials that become material in physical education is volleyball, where volleyball is a game that requires good movement coordination, in order to be able to carry out the basic techniques of correct movement in playing ball, Nuril Ahmadi, (2007) ; Widianti, (2014) states that:

"The game of volleyball is a complex game that is not easy for everyone to do, because in volleyball it requires movement coordination that can really be relied on to carry out all the movements in the volleyball game".

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Meanwhile, according to Muhajir, (2004) ; Suwarda Gadis Notariya, (2018) states that "the purpose of playing volleyball is to demonstrate the techniques and tactics of playing the ball on the field to achieve victory in every match". So in the game of volleyball to win a match it takes mastery of the correct technique and tactics in playing volleyball. "In volleyball, the techniques that emerge are serving, passing, smashing, blocking and so on. It will not be easy to play volleyball without teamwork because in volleyball, players are required to cooperate with one another" (Suwarda Gadis Notariya, 2018) .

Of course, playing volleyball requires cooperation between players, on the other hand, the most important thing in playing volleyball is that every player must master the skills of playing volleyball. Skill is the implementation of motion tasks related to the achievement of an expected goal. The higher a person's ability to achieve the expected goals, the more skilled that person is in solving all problems in performing motion tasks. This is in line with what was said by Ma'mun A and Yudha, (2000) ; Eko Zanuarsyah Utomo (2017) states that " Skill is a consistent degree of success in achieving a goal efficiently and effectively. In general, what is meant by skill is the ability to move to a certain level...". According to Sugiyanto, (1991) in Utomo EZ (2017) states that "movement skills are the ability to perform movements effectively and efficiently. Movement skills are the embodiment of the quality of coordination and control of the body in motion. Movement skills are obtained from the learning process, namely by understanding the movement in doing.

From this explanation, it can be interpreted that skill is a person's ability to perform movements effectively and efficiently. This movement can be realized if someone understands the process of how to move to be carried out. Movement skills will be realized when accompanied by student understanding. So, to be able to perform skills in playing volleyball, correct understanding is needed so that movement skills can be carried out well. Basically, to be able to perform skills in playing volleyball, students must be able to understand volleyball game material.

Understanding is a process of a person's ability to interpret or do the material being studied. Understanding can be obtained in the learning process, the ability of students to capture or remember the meaning of the material being studied. This is in line with Sudaryono, (2012) quoted by Rika Emilda, (2015) "comprehension is a person's ability to understand or understand after it is known or remembered, the ability to capture the meaning of the meaning of the material being studied..." while the facts in the field students' understanding on when the physical education learning process in volleyball game material is still not optimal, even though understanding is very important in playing volleyball. According to Eko Putro Widyoko, (2014) quoted by Febria Leny Sundari, (2016) "understanding is the process of constructing the meaning of learning messages, whether oral, written, or graphic that has been conveyed through teaching, books, other learning resources. ". Therefore, student understanding can be achieved if there is an evaluation of the subject teacher in providing teaching materials that can be studied by students, as well as the ability of students' grasping power to understand the teaching materials being studied. Meanwhile, according to Dimas Budi Raharjo, (2017) "Understanding is the ability to think at a higher level than knowing, understanding is defined as a person's ability to be able to explain and interpret something that has been known



previously. Understanding is not only memorizing verbally but also understanding the concept of the problem stated. In other words, understanding is knowing about something and being able to see it from various perspectives. Comprehension is a level of thinking ability that is at a higher level than memory and memorization.

From some of the opinions above, it can be concluded that understanding is an application in carrying out explanations and movements in the field to carry out tasks or activities according to known concepts. Therefore, the basic techniques of playing volleyball must first be mastered by every volleyball player. It takes time and a long process so that students' movement skills in playing volleyball can be mastered well. Therefore, students must understand the game of volleyball in order to improve skills in playing volleyball. The results of the research on student understanding stated that "the level of understanding of upper-class students towards the baseball game at SD Negeri Jlaban, Sentolo District, Kulon Progo Regency is included in the medium category of 43.1%" (Febria Leny Sundari, 2016). From the results of the study, it was able to describe students' understanding of the baseball game material. The research was conducted on baseball game material, in contrast to the research that will be examined by the author, namely on volleyball game material.

Understanding is an implementation process in performing motion tasks in volleyball playing techniques. With this understanding, it is expected that students can be skilled in playing volleyball, in order to increase students' understanding of volleyball playing skills. If this research is carried out, the results of this study can be used as evaluation material for students and teachers in improving teaching and learning activities, especially in understanding the game of volleyball and if it is not researched, it will have an impact on aspects of understanding becoming less than optimal in volleyball learning if it is not known. picture of students in volleyball game. Therefore, understanding in playing volleyball needs to be mastered by students because in the process of learning Physical Education understanding must be possessed by every student because understanding is included in the cognitive domain in learning. Therefore, students' understanding of volleyball games needs to be investigated to find out the extent of students' understanding of volleyball playing skills.

Methods

The method used in this research is descriptive quantitative method. "Descriptive method is a method that is arranged in order to provide a systematic description of scientific information originating from the subject or object of research. Descriptive research focuses on a systematic explanation of the facts obtained during the research" (Saragi & Setyorini, 2014). The type of research in this study is a descriptive survey method. The research method used in this research is a survey. According to Nurcahyo, (2011) revealed "surveys are taking samples from a population and using questionnaires as the main data collection tool". From the statement above, it can be said that a survey is a method for collecting information from groups that represent a population by giving questions to individual respondents through questionnaires or questionnaires. According to Sugiono, (2015) in the journal (Cahyo Urip Widodo, 2017) "Questionnaire or questionnaire is a data collection technique where participation or respondents fill out questions



then after they are filled in completely, return them to the researcher". *Multiple choice test* that will be distributed to respondents is used as a tool to collect data. Then the multiple-choice test results will be managed and analysed using descriptive statistics in the form of percentages and categorization. Which aims to describe the picture of students' understanding of volleyball game skills.

Participant

The population is the entire research subject. The subjects in this study were all students of class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg, total 68. Sampling in the study used a saturated sample technique where the entire population was students of class X IPA 3 and X. IPA 5 at SMA Negeri 1 Nagreg, total 68 people, was used as a sample to be used as respondents in the study. As for the sample to be taken in study this is whole student class X IPA 3 and X IPA 5, total 68. Taking sample used in study this use sample saturated. " when " the subject not enough than 100, more good taken all so that the research study population. So withdrawal sample on study this is the total sampling". (Arikunto, 2006) quoted (Erlina, 2014).

Population & Sample

The sampling used in this study is a saturated sample. Saturated sampling is a sampling technique when the population is used as a whole, or all members of the population are used as samples. This is in line with Sugiyono, (2012) quoted by Yusni Oktavia, (2015) who stated that "the determination of the sample uses a saturated sample where the population is part of the sample". So, the sampling in the study used a saturated sample technique where the entire population, namely students of class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg, amounting to 68 people were used as samples to be used as respondents in the study.

The samples to be taken in this study were all students of class X IPA 3 and X IPA 5, totaling 68. The sampling used in this study used a saturated sample. "If the subject is less than 100, it is better to take all of them so that the research is a population study. So the sampling in this study is total sampling". (Arikunto, 2006) quoted (Erlina, 2014)

Instrument

According to Arikunto, (2010) in the journal M. Muzayidin Arifin, (2018) states that "Instruments are tools that are supposed to be used in collecting data" from this understanding the authors conclude that research instruments are tools or facilities used by researchers to obtain data or results related to research problems. The instrument in this research is in the form of a questionnaire or questionnaire. From this questionnaire, results or in-depth descriptions of students' understanding of volleyball game skills can be obtained.

The type of questionnaire used is a multiple choice test or multiple choice test. Namely a questionnaire that will be presented in the form of multiple choice questions, where each item has more than one alternative answer. In the questionnaire used in this research, there are four alternative answers, in this case the respondents just choose the answers they know.

Procedure

A research must be based on empirical data with correct research procedures and also a clear systematic. Regarding the research procedure, according to Arikunto, (2013) in the journal Yusni Oktavia, (2015) suggests that:

“The research line of thought, regardless of the type of research, always starts with a problem or obstacle. This gap occurs because of the difference in conditions between the real conditions and the expected conditions. With this problem, researchers are looking for the right theory to overcome the problem through research, namely finding out about the possible causes of the condition that is the problem. The results of the research will be used to overcome the perceived problems.

The research that will be carried out by the author also has a procedure in research; The duration of the research in this study is calculated from the date of issuance of the research permit with a period of approximately 2 months, 1 month of data collection and 1 month of data processing. So from these data it can be concluded about the description of students' understanding of volleyball playing skills at SMA Negeri 1 Nagreg, so this research is considered complete.

Data Analysis

"Data analysis is a series of activities for studying, grouping, systematizing, interpreting and verifying data so that a phenomenon has social, academic and scientific value" (Sandu Siyoto, 2015). In a study, data is the most important factor. Because the data analysis can then be drawn as a conclusion, data analysis is also referred to as data processing and interpretation. With the aim of "understanding what is behind the data, grouping, summarizing into a compact and easy to understand, and finding general patterns that arise in the data" (Sandu Siyoto, 2015).

Selecting the data, the questionnaire that has been distributed to the sample to be worked on, after that it is returned to the researcher. The results of the answers from the sample are used as data sources. After that it was selected to check the validity of filling out the questionnaire. In selecting the data, the researchers examined the data that had been collected and checked all the answers in the questionnaire to ensure the answers were in accordance with the directions given. After that determine the score obtained from the answers to each questionnaire.

Next, input data and scores into a Microsoft excel computer and then each data is processed and analyzed through the Statistical Product and Service Solution (SPSS). What is meant by "SPSS is a computer program used to make statistical analysis" (Rochmat A.P, 2016). The data processing aims to obtain conclusions. The conclusion from the data obtained is expected to be able to answer the problem formulation.

Result

Results analysis descriptive quantitative data showing that overview understanding student class X IPA 3 and X IPA 5 SMA Negeri 1 Nagreg on Skills play volleyball _ including in category currently of 38.2 % with _ amount student as many as 26 students , the results this showing that understanding students class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg is at on category medium.

Table 1. Categorization of Students' Understanding of Volleyball Playing Skills

No	interval	Frequency	Percentage (%)	Category
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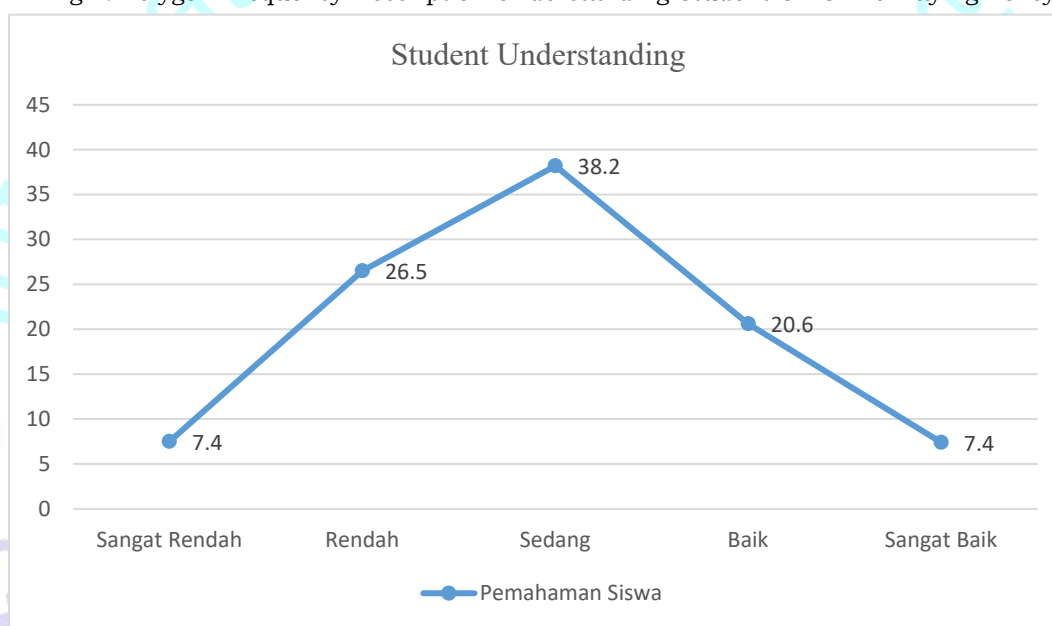


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1	Over 21.27	5	7.4	Very good
2	18.25 – 21.27	14	20.6	Well
3	16.24 – 21.26	26	38.2	Currently
4	15.24 – 18.24	18	26.5	Low
5	Less than 12.21	5	7.4	Very low
	Total	68	100	

If shown in form polygon frequency, then the image data understanding student on Skills class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg could see from figure 1.

Fig 1. Polygon Frequency Description Understanding Student On Skills Playing Volleyball



The results showed that this medium category means that physical education learning about volleyball games that have been taught still requires additional learning in theory and practice. Overall there are four aspects of students' understanding of playing ball skills, namely there are aspects of the essence of volleyball.

Discussion

Results analysis descriptive quantitative data showing that overview understanding student class X IPA 3 and X IPA 5 SMA Negeri 1 Nagreg on Skills play volleyball _ including in category currently of 38.2 % with _ amount student as many as 26 students, the results this showing that understanding students class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg is at on category medium.

Results study showing category currently this means learning education physical about volleyball game that has been taught still need learning addition by theory nor practice. by whole there is four aspect understanding student on Skills play ball that is there is aspect essence volleyball game rules technique base and aspect means and infrastructure that will discussed below this:

Aspect essence

Based on data analysis carried out, can is known that description understanding on aspect essence volleyball game including in category medium. That thing showed on

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respondents who answered the most that is enter in category currently that is as much as 54.4 % with amount as many as 37 students. Score the obtained from results amount score student to aspect essence ball game volleyball at intervals of 3.88 -5.35.

From the results of observations, the students' understanding of the essence of the volleyball game is not yet optimal, this is due to the lack of concentration of students during learning so that the material presented by the teacher cannot be understood properly. This is because the learning time during the day is one of the factors that students do not concentrate.

Aspect Regulation

Based on data analysis carried out, can is known that description understanding on aspect regulation volleyball game including in category medium. That thing showed on respondents who answered the most that is enter in category currently that is as much as 64.7 % with amount as many as 44 students. Score the obtained from results amount score student to aspect regulation volleyball game at intervals of 3.32 - 4.34.

From the results of observations, the students' understanding of the rules of playing volleyball has not been optimal because the learning strategies carried out by the teacher are not so good, so that in the material for the rules of the volleyball game, students are in the moderate category due to the lack of explanation from the teacher about the rules of the volleyball game at the time of learning.

Aspect Technique Base

Based on data analysis carried out, can is known that description understanding on aspect technique base volleyball game _ including in category medium. That thing showed on respondents who answered the most that is enter in category currently that is as much as 33.8 % with amount as many as 23 students. Score the obtained from results amount score student to aspect technique base volleyball game _ at intervals of 2.96 – 4.01.

The students' understanding of basic techniques in volleyball games is not yet optimal due to the lack of precise methods used in learning, what has been planned in the learning implementation plan is not in accordance with the actual learning process so that students' understanding of basic techniques in playing volleyball is not optimal.

Aspect Infrastructure

Based on data analysis carried out, can is known that description understanding on aspect means and infrastructure volleyball game _ including in category good. That thing showed on respondents who answered the most that is enter in category good that is as much as 33.8 % with amount as many as 23 students. Score the obtained from results amount score student to aspect technique base volleyball game _ at intervals of 4.35 – 5.37.

Of the four aspects of students' understanding of volleyball playing skills, the aspect of facilities and infrastructure is the aspect that has the best understanding. This is because the facilities and infrastructure for volleyball games at the schools studied are very supportive so that students can know and understand aspects of facilities and infrastructure in volleyball games.

Conclusion

Based on the results of research and discussion, this study concludes that the description of students' understanding of the skills of playing soccer for students of class X IPA 3 and X IPA 5 SMA Negeri 1 Nagreg in the very good category as many

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as 5 students with a percentage of 7.4%, in the good category as many as 14 students. with a percentage of 20.6%, while the medium category was 26 students with a percentage of 38.2%, the low category was 18 students with a percentage of 26.5%, and the very low category was 5 students with a percentage of 7.4%. Thus, it can be concluded that the description of students' understanding of volleyball playing skills for students of class X IPA 3 and X IPA 5 at SMA Negeri 1 Nagreg is included in the medium category, which is 38.2%.

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