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Analysis of Volleyball Lower Passing Skills in Junior High School Students

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Abstract: Sports activities are carried out once a week without any structured concept and seem boring. With the infrequency of volleyball games, students when performing lower passes still encountered some difficulties. This research methodology uses a quantitative descriptive approach, which only looks at the results of lower passing skills without testing a hypothesis. Data collection uses a survey, with the 7 subjects in this study carried out on VII grade students of SMP Plus Al-Firdaus totalling 19 students. From the results of data analysis, the results of the volleyball lower passing skills test with an average value of 85 including Excellent with a total of 4 students, while those who get an average value of 77 in the Good classification are 15 students. We can analyse that so far the volleyball learning process, especially the basic technique of lower passing that has been given to students, is in the good category.

Keywords: Skills 1; Volleyball 2; Under Passing 3

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INTRODUCTION

Education is one of the parts that determines character to be better. In addition, education can also be said to be universal, because the scope is very much and one of them is physical education (PE). Jamani activities in the school environment certainly have a lot of positive impacts, starting from knowledge, attitudes and movement skills (Burstiando, 2017). PE is part of an overall education that can improve physical fitness, improve movement skills to make a person much healthier (Erfayliana, 2015). However, it is still found in the field of PE where a PE curriculum can be said to be inappropriate and unsatisfactory (Ljubojevi, 2016).

Physical education is an important part in the formation of students' physical abilities and motor skills at school (Fida, 2020) (Parwata, 2021). One sport that is often taught at the junior high school level is volleyball, which not only trains physical fitness but also technical skills such as lower passing, serving, and spiking. Low passing is a basic technique in volleyball that is very important because it plays a role in receiving the ball and organising team attacks. Good lower passing skills will affect the smoothness of the game and the team's success in the match (Adi, 2021) (Atsani, 2020).

The game of volleyball is characterised by movements such as jumping until it can shift quickly (Kusnandar, 2020). The techniques in volleyball games are such as serving, passing, smash to block (Lutfi, 2021). The essence of the game in volleyball is to be able to pass the ball over the net so that it falls in the opponent's area, and can play the ball 3 times a touch (Fadoli, 2022). In volleyball, the technique that must be mastered for all players is passing. The lower pass is carried out with the body position slightly squatting, both knees bent, both arms together and straight. If someone does not have good passing skills, it will be difficult for them to get maximum results. For students, one of the favourite PE materials is volleyball. However, during learning, there are still some students who have difficulty when doing a good lower pass.

Students in grade VII of SMP Plus Al-Firdaus Karangploso are students who are in the stage of introducing and developing basic volleyball skills. However, in the implementation of sports learning, it is often found that not all students master the lower passing technique well, thus having an impact on overall game performance. Therefore, it is necessary to analyse the lower passing skills to determine the extent of mastery of the technique by students.

The analysis of lower passing skills is important as an evaluation material for Physical Education teachers in designing learning methods that are more effective and in accordance with the needs of students. In addition, the results of the analysis can be the basis for providing appropriate additional training to improve students' technical abilities in volleyball. This study aims to analyse the volleyball lower passing skills of VII grade students of SMP Plus Al-Firdaus Karangploso, so that it can provide a clear picture of the level of mastery of these basic techniques and become a reference in improving the quality of sports learning at school.

MATERIAL AND METHODS

The methodology here uses a quantitative descriptive approach, meaning that later only sees the results of the analysis of volleyball lower passing skills as a whole without carrying out a hypothesis test. The subjects in this study were carried out on VII grade students of SMP Plus Al-Firdaus Karangploso totalling 19 students. The data collection used survey methods and measurement tests. Data analysis uses descriptive quantitative which aims to provide an overview of the results of volleyball Lower Passing Skills in VII grade students of SMP Plus Al-Firdaus Karangploso. The provisions:

Table 1. Test Assessment

No.	Score	Classification
1	81-100	Very good
2	61-80	Good
3	41-60	Medium
4	21-40	Less
5	0-20	Very less

RESULTS

This study has the aim of being able to determine and analyse the lower passing ability of SMP Plus Al-Firdaus Karangploso students. The data of the volleyball lower passing skills test of SMP Plus Al-Firdaus Karangploso students are as follows:

Table 2. Under Passing Test Results

No.	Number of Students	Average Result	Category
1	4	85	Very good
2	15	77	Good

From the results of data analysis of the test results, the average score of 85 in the Excellent classification was obtained by 4 students, while those who got an average score of 77 in the Good category were 15 students. We can analyse that so far the learning activities that have been given to students are in the good category. Reflecting on the test, the teacher can make a future reference on how to provide other learning methods to be more effective both individually and as a team.

DISCUSSION

According to (Budi, 2019), PE is a subject that is mandatory for students at various levels in an effort to improve physical skills. On the other hand, PE is also a learning activity which has a goal in maintaining physical fitness to be better for students (Fadoli, 2022) (Lufthansa, 2022). During the learning process, the teacher should be straightforward and easy for students to understand (Murtiyono, 2015). In fact, there are still volleyball materials that have been found to be obstacles. Volleyball is a sports game which requires strength to make decisions quickly (Ikbar, 2017). Volleyball is a sport that is favoured by a wide range of people (Handhin, 2019).

In volleyball, an important effort in getting points in organising attacks is mastering the basic passing techniques (Atsani, 2020). The lower pass is usually used by teammates and enemies in receiving the serve (Adi, 2021). On the other hand, a pass is an absolute requirement for a volleyball game to run properly (Hamzah, 2019). The importance of providing students with a lower passing learning model is where passing is one of the main requirements that must be mastered by someone in a volleyball game or other sports (Lufthansa et al., 2022). Someone without having good passing skills, it is possible to get less than maximum results (Fadoli, 2022). In addition, a pleasant learning atmosphere can make students more enthusiastic in participating in teaching and learning activities and can carry out tasks from teachers properly and thoroughly.

CONCLUSION

From the results of data analysis of the results of the lower passing test of SMP Plus Al-Firdaus Karangploso students with an average score of 85 in the Excellent classification, there are 4 students, while those who get an average score of 77 in the Good category are 15 students. We can analyse that so far the volleyball learning process, especially the basic technique of lower passing that has been given to students, is in the good category. Reflecting on the test, the teacher can make a reference in the future how to improve the results of volleyball lower passing skills both individually and in teams. Through this volleyball lower passing ability test, it is hoped that it can alleviate the teacher's performance in arranging a learning programme that matches the needs required by his players, as a result, it can achieve maximum results in the learning process carried out, and recognise the readiness of players in navigating the competition that will be undertaken.

REFERENCES

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