



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 a structured concept and seem boring. With the rarity of volleyball games, students when doing lower passes still encounter some difficulties. This research methodology uses a quantitative descriptive approach. Data collection using surveys, with the subjects in this study conducted on VII grade students of SMP Plus Al-Firdaus totaling 19 students. Research planning begins with the development of research instruments, namely observation sheets, rubrics for assessing lower passing techniques, and student motivation/enthusiasm questionnaires, as well as submitting a research permit application letter to the principal of SMP Plus Al-Firdaus. The steps in data collection are: 1) Students perform lower passes according to the teacher's instructions. 2) Each student is given the opportunity to do 10 times the lower pass. 3) Each trial is evaluated using an assessment rubric (aspects of technique, accuracy, and consistency). Data analysis using a quantitative descriptive approach, from the results of data analysis obtained the results of the volleyball lower passing skills test with an average score of 85 including Excellent with a total of 4 students, while those who obtained an average score of 77 in the good classification were 15 students. We can analyze that so far, the volleyball learning process, especially the basic lower passing techniques that have been given to students, is in the good category.

Keywords: Skills ; Volleyball; Under Passing

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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.

SMP Plus Al-Firdaus is one of the schools based on a boarding school model, meaning that in every learning activity, especially physical education, the values of the boarding school

such as discipline, cooperation, and honesty are integrated into every training session. For example, training is conducted in groups with rotating group leaders, so that each student learns to take responsibility and support one another. Training is structured as competitive games between groups, with evaluations focusing not only on passing techniques but also on sportsmanship and teamwork. The innovations in this study include: 1) Integrating boarding school values into the development of sports skills. 2) Holistic evaluation combining skill and character aspects of students. 3) Providing a relevant and applicable training model for the boarding school environment. 4) Improving underhand passing skills while shaping the character of students. 5) Serving as a reference for coaches and physical education teachers in boarding schools in developing more effective and meaningful volleyball training. With this innovation, the research not only contributes to the development of sports skills but also to the character formation of students in line with the educational vision of the boarding school.

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 used in this study was a quantitative descriptive approach, meaning that the results of the analysis of overall underhand passing skills in volleyball would only be observed without conducting hypothesis testing. Research planning began with the development of research instruments, namely observation sheets, underhand passing technique assessment rubrics, and student motivation/enthusiasm questionnaires, as well as submitting a research permit request letter to the principal of SMP Plus Al-Firdaus. The research subjects were 19 seventh-grade students at SMP Plus Al-Firdaus Karangploso. Data collection for the Underhand Passing Skill Test involved the following steps: 1) Students performed underhand passing according to the coach/teacher's instructions. 2) Each student was given the opportunity to perform 10 underhand passes. 3) Each attempt was evaluated

using an assessment rubric (technical aspects, accuracy, and consistency). Data analysis used a quantitative descriptive approach aimed at providing an overview of the results of underhand passing skills in volleyball among seventh-grade students at SMP Plus Al-Firdaus Karangploso. Reporting Results by compiling a research report containing findings, discussions, and recommendations for the development of volleyball training at the school. 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.

The results of the study indicate that, based on the exam scores analysed, there are two main groups based on student performance categories. First, there are four students who achieved an average score of 85, which falls into the excellent category. This indicates that a small number of students have achieved a very good level of mastery of the material or skills. Second, 15 students obtained an average score of 77, which falls into the good category,

indicating that the majority of students have understood the material quite well, although they have not yet reached the very good level.

The conclusion drawn from this data is that, overall, the learning activities that have been carried out so far are effective and fall into the good category. This means that the learning methods and processes used have been able to help students achieve adequate understanding and skills. However, reflection on these exam results also provides an opportunity for teachers to evaluate and improve their teaching methods in the future. Teachers can use this data as a reference to develop more effective learning strategies, both to improve the abilities of individual students who are still in the good category and to strengthen teamwork and learning within the group. In this way, learning can be more focused and capable of improving students' overall performance in the future.

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.

This is supported by previous theories put forward by (Mulyanto, 2026) (Falenzo, 2024) that underhand passing is a basic technique in volleyball that is performed using the inside of the forearm to pass or receive the ball, especially from a serve or opponent's attack such as a smash. This technique is important for maintaining the team's defence while building an effective attack. Underhand passing involves a forward-leaning body position, arms kept close and straight, and ball contact at the wrist area up to the elbow. Underhand passing skills include initial posture (foot and knee position), ball reception movement, and follow-through movement after ball contact. The technique must be executed in a structured manner to produce accurate and consistent passes (Manurizal, 2024). Mastery of this technique greatly influences the smoothness of the game and the effectiveness of the team's attack and defence. Structured and continuous underhand passing training is essential for players to master the technique well and consistently in matches (Hulfian, 2020). Evaluation of underhand passing skills is an important indicator in assessing the technical readiness of volleyball players at the junior high school level.

The novelty of this study lies in 1) Local and Specific Context, this study was specifically conducted on seventh-grade students at SMP Plus Al-Firdaus, which has not been extensively researched previously. This provides a more contextual understanding of the conditions and skill levels of underhand passing at the school, making the results more applicable for developing volleyball education in that school environment. 2) Focused Skill Analysis Approach, unlike previous studies that tended to be general or combined several basic volleyball techniques, this study focuses deeply on the analysis of underhand passing skills alone, using measurable and systematic assessment instruments in accordance with underhand passing technique standards.

Practical Recommendations for Learning Development This study not only analyses skills but also provides recommendations that physical education teachers at SMP Plus Al-Firdaus can use to improve lower passing teaching methods, both individually and in groups, making them more effective and aligned with the characteristics of students at the school. Thus, this study contributes new empirical data and practical recommendations that can help improve the quality of volleyball learning at SMP Plus Al-Firdaus, while enriching the literature on mastering underhand passing techniques at the junior high school level.

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.

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