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The Effect of Basic Passing Movements in Volleyball Through Playing Bouncing Ball with A Pair Pattern

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ABSTRACT

This research aims to determine the effect of applying the method quantitatively experimentally with a group Pretest and Post-Test Design. in improving basic volleyball passing techniques at SDN 8 Cicalengka, Cicalengka District, Bandung Regency. Data collection techniques from the pre-test sig normality test = 0.2 Sig value (0.2) > 0.05, the conclusion is that the pretest data is normally distributed. Post-test sig data = 0.11 Sig value (0.11) > 0.05, in conclusion, the posttest data is normally distributed, homogeneity test Sig = 0.32 After carrying out a homogeneity test using SPSS, a sig value of (0.32) is obtained, meaning that the sig value (0.6) > 0.05 then the data The test is homogeneous, and the following is the T-test H0: There is no result/influence. H1: There is a result/influence. If the sig value is > 0.05 then the H1 is rejected. If the sig value is < 0.05 then the H1 is accepted. Sig value: 0.001. As for the results of the paired pattern data from the pre-test and post-test normality tests, the results of the homogeneity test using SPSS obtained a sig value of (0.23), meaning that the sig value is (0.6) > 0.05, so the data is homogeneous, and as for the T-test, there is H0: None H1 results/influence: There are results/influence If the sig value is > 0.05 then the H1 has Rejected If the sig value is < 0.05 then the H1 is Accepted.

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AUTHORS' CONTRIBUTION

- Conception and design of the study;
- Acquisition of data;
- Analysis and interpretation of data;
- Manuscript preparation;
- Obtaining funding

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INTRODUCTION

Volleyball is a sport played by children, and adults, both men and women. according to PBVSI (2004). Regarding the rules of the volleyball game: Volleyball is a sport played by two teams on each court separated by a net. the game aims to miss and to prevent a similar attempt by the opponent. each team can make three bounces to return the ball (excluding blockage). The ball is declared in play after the ball is hit by the server over the net into the opponent's area, play continues until the ball touches the floor, an "out" is blocked or one team fails to return the ball completely (Saputra & Gusniar, 2019).



In volleyball, the team that wins a rally gets one point (rally point system). If the team that receives the serve and wins the rally, will get one point and even to serve, and the player shifts one position clockwise. Under passing is a basic volleyball technique that must be mastered by volleyball players, where Under passing is very useful for welcoming the service ball and then passing it to the tosser to make it easier for him to provide a good pass for the smasher. Bottom passing must be trained well so that the accuracy of the pass can be maximized. According to PUTRA, YA, Sistiasih, VS, & Or, M. (2022) Volleyball is played by two teams where each team consists of two to six people in a field measuring 30 square feet (9 square meters) for each team, and the two teams are separated by a net. Volleyball is played by two teams consisting of six players and competes until they get 25 points first (Afriyanti et al., 2022).

School is a place where students can pursue higher education. Education is an important aspect for the development of human resources, because education is a vehicle or one of the instruments used not only to liberate humans from backwardness, but also from ignorance and poverty. Apart from that, schools are able to create intelligent individuals and become someone who is able to become a better person to help the family and help other people. At SDN 8 Cicalengka school, there are 40 students in grades 1 to 6 in each class and only 1 class per class. There are 8 teachers at Sdn Cicalengka 08, of which there are 3 physical education teachers and 7 class teachers, but that includes religious teachers and others. Good schools don't just happen; they do not arise from the possession of all necessary resources. (Minsih et al., 2019)

This game can be played by anyone, in general to be able to play volleyball you need 2 teams of 6 people each, as well as a volleyball court, ball and net. If you want to get to know volleyball more closely or even take it seriously, there are many things to know first. You should understand the history, basic techniques and rules of the game of volleyball. Volleyball is a sport that uses balls made of rubber or leather and is played in groups by two teams. Each team consists of 6 players whose playing area is separated by a net. The aim of this sport is to hit the ball over the net and at the same time drop it onto the court floor in the opponent's area. Volleyball is a simple and fun game that can be played on the court or in the backyard (Rithaudin & Hartati, 2016).

The way you hit the ball cannot be haphazard, because there are certain techniques that players must master. The game itself is divided into 2-3 rounds. The team that gets a score of 25 first will be declared the winner of that round. The winner of the match is the team that wins two rounds. The sport of volleyball was first created by William G. Morgan at around the end of the 19th century. William G. Morgan previously worked at the Young Men's Christian Association (YMCA) in Massachusetts, especially in the field of physical education. William G. Morgan was originally inspired by basketball created by James Naismith. William apparently wanted to create a game for older people, a sport that was not as physically demanding as running. According to Misrodin, RS, & Dwicahya, N. (2023)

Researchers also found problems when students carried out training, there were still some students who did not pay attention to the trainer's instructions, such as

laughing and chatting during training and lazing around when carrying out the instructions given by the trainer. Most students feel bored and tired of carrying out the exercises given. The variety of forms of lower passing training implemented by the Extracurricular Volleyball coach at SD Cicalengka 8 is still very limited, while the variations in the forms of training that have been implemented by the coach are carrying out lower passing in pairs and individually. The aim of this research is to improve passing learning outcomes at the lower level. The form of training applied by the trainer must be varied because variations in training can increase training results, participation and the active role of students in participating in training, creating a training atmosphere that is fun, not boring or monotonous for students during training. (Saputra & Gusniar, 2019)

The role of the trainer in providing varied forms of training is very necessary so that female students are more active and interested in carrying out the exercises and that female students are not lazy when carrying out what the trainer instructs. Based on the description of the background to the problem above, the researcher is interested in conducting research whose results are expected to improve volleyball passing for Cicalengka State Elementary School girls. The researcher saw from the results of the preliminary test, there were students who were in the moderate category, and those in the poor category, so the exercises that the researcher applied were pair bottom passing exercises and wall training for volleyball bottom passes. According to researchers, this form of exercise was chosen so that it would not be too easy for students in the moderate category to do it, while those in the poor category could do it. It is hoped that the downward passing exercise with variations carried out by researchers will not be monotonous so that female students do not feel bored and fed up when doing the exercise. In volleyball, each player needs to have and be proficient in several basic skills, such as passing the ball. (Rithaudin & Hartati, 2016)

METHODS

The method used in the research is the experimental method. Experiments are observations under artificial conditions (artificial conduction) where these conditions are created and regulated by the researcher, thus experimental research is research carried out by manipulating the research object and using controls. Setiadi, (2013). According to Nasution (in Mulyadi, 2012). Research design can provide a clear picture of what must be done in research. A research activity design aimed at collecting, processing, analyzing and presenting data to solve a problem in research is called a research design. The research design that will be used by researchers is One Group Pre Test and Post Test Design (Creswell, 2015)

The population taken in this research were students of Sdn Cicalengka 8 class 6 in the Bandung district, Cicalengka sub-district. They were chosen because they had more mastery in volleyball Under passing techniques. This research used purposive sampling and sampling techniques with certain considerations because the subject being studied

Take has its own criteria, namely elementary school students, grade 6 students and 6th graders who have better basic volleyball passing techniques than other classes.

Based on the research method taken, namely experimentation. The research uses an instrument in the form of a test Brumbach forearms pass wall-volley test. In connection with the research problem to be studied, this research is used as a measuring tool to measure skills

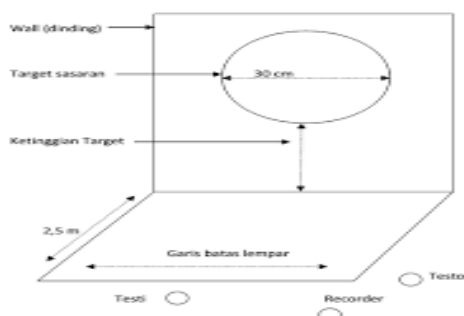


Figure 1.

Bounce Ball test wall (Farhaini, Nurul, 2023)

Testi stands facing the target with a volleyball in hand, after the whistle signals the start, testi starts throwing the ball against the wall. The ball that bounces off the wall is hit (Under passing) into the target area. The counters count the balls that are on target. If the ball is released (runs off), the ball can be held and then started again by throwing the ball against the wall to be hit again until time runs out. Execution time is 60 seconds. Until the whistle sounds to signal the end of the test.

Every ball that bounces off the wall, using all parts of our body in accordance with the rules of the game, the ball enters the target area and hits the boundary line of the target area is given a score of 1. The test score is the sum of the scores for 60 seconds. This test is given 1 (one) time.

Table 1.

The test score is the sum of the scores for 60 seconds

No	Assessment	Category
1.	35-40	Very well
2.	30-35	Good
3.	25-35	Currently
4.	20-25	Not enough
5.	10-20	Very less

RESULTS AND DISCUSSION

The results of this research aim to describe information about the influence of basic volleyball under passing movements through playing bounce ball with a paired pattern, the learning of volleyball under passing for class V students at SDN 8 Cicalengka, Bandung Regency has increased. Comparison of the increase in scores of students who reach the KKM.

Bounce ball data

Table 2.
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Variance
Pretest	25	8	70	22.92	12,513	156,577
Post-test	25	20	107	42.36	17,454	304,657
Valid N (listwise)	25					

Normality Test

Table 3.
One-Sample Kolmogorov-Smirnov Test

	Z score (pretest)	Z score (post-test)
N	25	25
Normal Parameters, b	Mean	0E-7
	Std. Deviation	1.00000000
	Absolute	,217
Most Extreme Differences	Positive	,217
	Negative	-.118
Kolmogorov-Smirnov Z	1,087	1,199
Asymp. Sig. (2-tailed)	,188	,113

Pre-test sig data = 0.2; The sig value (0.2) > 0.05, the conclusion is that the pretest data has a NORMAL distribution.

Data sig post-test = 0.11; Sig value (0.11) > 0.05, the conclusion is that the posttest data has a NORMAL distribution.

Homogeneity Test

Tabel 4.
Test of Homogeneity of Variances

Levene Statistics	df1	df2	Sig.
1,016	1	48	,318

Sig= 0.32; After carrying out a homogeneity test using SPSS, a sig value of (0.32) was obtained, meaning that the sig value was (0.6) > 0.05, so the data was homogeneous.

Paired Sample T-Test

Tabel 5.
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 - post-test	-19,440	6,989	1,398	-22,325 -16,555	-13,908	24	,001

Paired pattern data

Table 6.
Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Variance
Pretest	25	8	70	22.92	12,513	156,577
Post-test	25	20	87	42.48	15,514	240,677
Valid N (listwise)	25					

Normality Test

Table 7.
One-Sample Kolmogorov-Smirnov Test

		Z score: pretest	Z score: post-test
N		25	25
Normal Parameters, b	Mean	0E-7	0E-7
	Std. Deviation	1.00000000	1.00000000
	Absolute	,217	,195
Most Extreme Differences	Positive	,217	,195
	Negative	-.118	-.112
Kolmogorov-Smirnov Z		1,087	,977
Asymp. Sig. (2-tailed)		,188	,295

Pre-test sig data = 0.2. The sig value (0.2) > 0.05, the conclusion is that the pretest data has a normal distribution.

Data sig post-test = 0.3. Sig value (0.3) > 0.05, the conclusion is that the posttest data has a normal distribution.

Homogeneity Test

Table 8.
Test of Homogeneity of Variances

Levene Statistics	df1	df2	Sig.
1,493	1	48	,228

Sig= 0.23

After carrying out a homogeneity test using SPSS, a sig value of (0.23) was obtained, meaning that the sig value was (0.6) > 0.05, so the data was homogeneous.

Paired Sample T-Test

Tabel 9.
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 - posttest	-19,560	5,268	1,054	-21,735	-17,385	-18,563	24	,001

Effectiveness Results

Table 10.
Descriptives

class		Statistics	Std. Error
NGain_Percent	Mean	26.9826	2.30813
	95% Confidence Interval for Mean	Lower Bound Upper Bound	22.2189 31.7464
	5% Trimmed Mean	26.1665	
	Median	25.0000	
	Variance	133,186	
	Std. Deviation	11.54064	
	Minimum	13.04	
	Maximum	56.67	
	Range	43.62	
	Interquartile Range	11.22	
	Skewness	1,293	,464
	Kurtosis	,838	,902
	Mean	28.1489	4.37640
	95% Confidence Interval for Mean	Lower Bound Upper Bound	19.1165 37.1814
	5% Trimmed Mean	24.6471	
	Median	23.5955	
reflection	Variance	478,823	
	Std. Deviation	21.88201	
	Minimum	10.81	
	Maximum	123.33	
	Range	112.52	
	Interquartile Range	13.52	
	Skewness	3,674	,464
	Kurtosis	15,872	,902

Table 11.

N-Gain Effectiveness Interpretation Category

Percentage (%)	Interpretation
< 40	Ineffective
40-55	Less effective
56-75	Effective enough
> 76	Effective

The average value of the reflection group was 28.15% while the pair group was 26.98%. It can be concluded that the reflection group was more effective than the pair group.

CONCLUSION

Based on the explanation above, it can be concluded that the meaning of Under passing is one of the basic techniques in the game of volleyball, which is a player's attempt to pass the ball to a friend using both wrists together, and the ball is bounced off the wall by the ball hitting it directly. in the middle. Here are the resultsData from the pre-test sig normality test = 0.2 Sig value (0.2) > 0.05, the conclusion is that the pretest data is normally distributed. Post-test sig data = 0.11 Sig value (0.11) > 0.05, in conclusion the

posttest data is normally distributed, homogeneity test Sig = 0.32 After carrying out a homogeneity test using SPSS, a sig value of (0.32) is obtained, meaning that the sig value (0.6) > 0.05 then the data The test is homogeneous, and the following is the T test H0: There is no result/influence. H1: There is a result/influence. If the sig value is > 0.05 then the H1 is rejected. If the sig value is < 0.05 then the H1 is accepted. Sig value: 0.001. As for the results of the paired pattern data from the pre-test and post-test normality tests, the results of the homogeneity test using SPSS obtained a sig value of (0.23), meaning that the sig value is (0.6) > 0.05, so the data is homogeneous, and as for the T test, there is H0: None H1 results/influence: There are results/influence If the sig value is > 0.05 then the H1 is Rejected If the sig value is < 0.05 then the H1 is Accepted

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