The Effect of Agility and Speed on Ability Basketball Dribble for Extracurricular Students SMP Negeri 44 Palembang

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ABSTRACT
This study aims to determine how much influence agility and speed have on basketball dribbling skills in extracurricular students of SMP Negeri 44 Palembang. This research method uses quantitative path analysis method. The population in this study were all students who took part in basketball extracurricular activities at SMP Negeri 44 Palembang, totaling 20 people. The method of determining the sample is by using a saturated sampling technique, totaling 20 people. The data collection technique in this study used a basketball dribble test. Based on the results of the research and discussion in the previous chapter, it is concluded as follows: 1) There is an influence of agility on basketball dribble on students of SMP Negeri 44 Palembang with the percentage of influence being 18.9%. 2) There is an effect of speed on basketball dribble for students of SMP Negeri 44 Palembang with the percentage of influence being 26.4%. It can be concluded that there is an effect of agility and speed on basketball dribbling abilities in extracurricular students of SMP Negeri 44 Palembang.

Keywords: Agility; Speed; Basketball Dribble.

INTRODUCTION
Exercising is a routine activity that must be done every day as part of efforts to maintain health. Sport is an important activity that must be done by humans in order to obtain a healthy body. The development of sports in Indonesia feels increasingly advanced, this cannot be separated from the participation of the community who are increasingly aware and understand the importance and function of sport itself. Besides the government's attention and support, it also supports the development of sports in Indonesia. In carrying out sports, humans have different goals, this is because each human being does sports according to the goals he wants, some are aimed at achievement such as athletes, some are just for recreation to fill spare time to get joy.

Achievement sports are sports that foster and develop athletes in a planned, tiered and sustainable manner through achievements with the support of sports science and technology. One of the coaching to improve achievement through sports is with
extracurricular activities, in schools there are various kinds of extracurricular activities such as football, volleyball and basketball.

Extracurricular is an activity that is held to meet the demands of mastery of study materials and lessons with a time allocation that is regulated separately based on needs. Extracurricular activities are school programs, in the form of student activities aimed at deepening and expanding student knowledge, optimizing related lessons, channeling talents and interests, abilities and skills and to further strengthen students' personalities. Basketball extracurricular is an activity that is held to increase the ability and improve the achievement of students who have talents, interests, and abilities in basketball and as a positive activity for students to avoid environmental influences and promiscuity.

Basketball is one of the most popular sports among young people. This sport has 5 core players, in this game each player has their own task whose goal is to put the ball into the basket as much as possible in order to become a winner. Basketball was created by Dr. James Nainsmith at Springfield College (Springfield City Academy) in the State of Massachusetts in 1891. At first the number of basketball players consisted of 9 people and did not know dribbling, but over time now it is 5 people per team and already know dribble (Sugiarto et al, 2015)

Basketball is played within the boundaries of three-dimensional space, because the basketball hoop is placed at a certain height above the ground (Khoeran, 2017). Basketball is also a large ball sport that is played by 5 people for each team and the ball must be reflected while running or walking, or it can be passed by a teammate with the ultimate goal of putting the ball into the opponent's basket (basketball). Does not concede the ball, and the team that scores the most is the winner (Muhajir, 2013)

Forming achievements in basketball is basically influenced by many training factors, for example due to physical, technical, tactical and mental factors. On the technical factor, this is very important because technique is the initial capital of a basketball player to become a famous player. One's technical skills in playing basketball must be supported by excellent physical condition. There are many physical conditions that a basketball player must have, one of which is agility and speed.

Agility is the ability to change the direction or position of the body from one point to another very quickly (Widiastuti, 2017). Another opinion from (Ismayati, 2008) explains that "agility is a component needed in all activities that require speed and changes in body position."
According to (Mylsidayu et al, 2015) states, Speed is one of the basic components of a very important biomotor needed in every sport. In the game of basketball, agility and speed are needed in some skills, such as dribbling. Someone who has agility and speed will certainly produce good dribbling techniques. Therefore, agility and speed are the capital for every basketball player to be able to perform various techniques well.

Based on the observations of researchers in the field, researchers saw the emergence of problems in basketball extracurricular students at SMP Negeri 44 Palembang, especially aspects of agility and speed which in this case researchers saw when students did the dribbling technique of basketball games. Researchers see that the ability of students to dribble basketball still often experiences failure caused by:

**Table 1. Basketball Dribble Problem**

<p>| | |</p>
<table>
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<tbody>
<tr>
<td>1.</td>
<td>See the ball when dribbling</td>
</tr>
<tr>
<td>2.</td>
<td>Does not protect the ball when dribbling or dribbling too high and far from the body</td>
</tr>
<tr>
<td>3.</td>
<td>Difficulty dribbling the ball</td>
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<tr>
<td>4.</td>
<td>Don't have enough strength in dribbling</td>
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<tr>
<td>5.</td>
<td>The ball is taken too quickly by the opponent</td>
</tr>
</tbody>
</table>

One of the most important aspects of basketball dribbling is agility and speed. Thus, agility and speed are the main priorities in training each student's dribbling ability. In addition, schools are not yet supported by complete training facilities. The school does not yet have a licensed basketball coach. The standard of practice that has not been measured, the training method provided is also the same training method in general, so that it has an impact on students' basketball games, especially the level of agility and speed possessed by students. Therefore, the level of student agility is low. This is the reason why researchers are interested in conducting research.

Based on this background, the researcher is interested in conducting a research entitled "The Effect of Agility and Speed on Basketball Dribble Ability in Extracurricular Students of SMP Negeri 44 Palembang".

**METHOD**

The research method is a scientific way to obtain certain data with certain goals and objectives. Path analysis method is included in quantitative research methods. In the social sciences, quantitative research methods refer to systematic empirical research of quantitative properties and phenomena and their relationship to the objectives of quantitative research in general to develop and use mathematical models, theories and hypotheses.
regarding a particular phenomenon. In addition, quantitative research uses a lot of statistics to carry out various measurements, ranging from data collection, validity and so on according to (Gumyanti & Yunidar, 2016).

This study is a path analysis study that is used to examine the strength of the direct and indirect relationship of the independent variable (exogenous) to the dependent variable (endogenous) according to (Sinulingga & Pertiiwi, 2019). In research, path analysis can be interpreted as a research method used to find the effect of each variable that is tied to other variables (Ambarwati et al., 2017).

According to (Sugiyono, 2020) population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions. The population in this study was SMP Negeri 44 Palembang, totaling 20 people aged 13-15 years.

According to (Arikunto, 2013) the sample is part or representative of the population being studied. Meanwhile (Sugiyono, 2020) states that the sample is part of the number and characteristics possessed by the population. The sample takers in this study used a saturated sampling technique. (Sugiyono, 2020) explains that saturated sampling is a sampling technique when all members of the population are used as samples. This is often done when the population is relatively small, less than 30 people, or research that wants to make generalizations with very small errors. Another term for saturated sample is census, where all members of the population are sampled. So the number of samples to be studied is 20 participants in basketball extracurricular at SMP Negeri 44 Palembang. For more details, see the table below.

<table>
<thead>
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<th>Table 2. Research Sample</th>
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<tr>
<td><strong>SMP Negeri 44 Palembang</strong></td>
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<tr>
<td><strong>Value</strong></td>
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</table>

The instruments used in this research are:

a. Agility test using illinois agility run
b. Speed test using a sprint
c. Test basketball dribbling skills using basketball dribble test

The data analysis technique used to test the hypothesis is by using path analysis (Path Analysis) trimming model, all tests using \( \alpha = 0.05 \). Before testing the hypothesis, the normality test was first performed using the Lilefors technique, the homogeneity of variance test was carried out using the Bartlett test technique, and the
significance and linearity test using ANOVA (Analysis of Variance). In accordance with the framework of thinking made to find the relationship between agility (X1), speed (X2), the calculations are carried out with computer aids. The program used is a data processing program, namely SPSS (Statistical Package For Social Science) type 22 according to (Syahruddin et al., 2019).

RESULTS AND DISCUSSION

Effect of Agility on Basketball Dribble

Based on the calculation of the effect of agility on basketball dribble using SPSS, the t-count value is $2.553 > t$-table is 1.697. In addition, from the results of the value of sig. obtained by $0.016 <0.05$. Thus, it can be concluded that the influence of agility on basketball dribble.

Based on the calculation of the coefficient of determination obtained at 18.9%, it can be concluded that the percentage influence of agility on basketball dribbling is 18.9%, while the remaining 81.1% is influenced by other factors not mentioned in this study. Based on the results of the study, it was obtained that the value of rcount was 0.434 which was located between 0.60 to 0.80 with sufficient category. Thus the influence of agility on basketball dribbling is included in the sufficient category.

Agility is one aspect that supports sports activities, including basketball dribbling. Agility is the ability to change the direction or position of the body from one point to another very quickly (Widiastuti, 2017). In sports, these two different motion systems have an important influence on supporting strength to improve both systems, so that both systems can train simultaneously so that they can produce good abilities.

Effect of Speed on Basketball Dribble

The speed of basketball dribble using SPSS obtained a t-count value of $3.166 > t$-table of 1.697. In addition, from the results of the value of sig. obtained by $0.004 <0.05$. Thus, it can be concluded that the effect of speed on basketball dribbling. Based on the calculation of the coefficient of determination obtained by 26.4%, it can be concluded that the percentage of the influence of speed on basketball dribble is 26.4%, while the remaining 73.6% is influenced by other factors not mentioned in this study. Based on the results of the study, it was found that the value of rcount was 0.513 which was located between 0.60 to 0.80 with sufficient category. Thus the effect of speed on basketball dribbling is included in the sufficient category.
According to (Mylsidayu et al, 2015) states, Speed is one of the basic components of a very important biomotor needed in every sport. In the game of basketball, agility and speed are needed in some skills, such as dribbling. Someone who has agility and speed will certainly produce good dribbling techniques. Therefore, agility and speed are the capital for every basketball player to be able to perform various techniques well.

Discussion on the Effect of Agility and Speed on Basketball Dribble

Based on the table of the results of the calculation of the influence of agility and speed on basketball dribble using SPSS, the F-count value is 5.563 > F-table is 2.37. In addition, from the results of the value of sig. obtained by 0.004<0.05. Thus, it can be concluded that the influence of agility and speed on basketball dribble.

Based on the calculation of the coefficient of determination obtained by 39.1%, it can be concluded that the percentage of agility and speed influence on basketball dribble is 39.1%, while the remaining 60.9% is influenced by other factors not mentioned in this study. Based on the results of the study, it was found that the value of rcount was 0.625 which was located between 0.60 to 0.80 with sufficient category. Thus, the influence of agility and speed on basketball dribbling is included in the high category.

Based on the results of the overall calculation, it is stated that agility and speed have an effect on basketball dribble. Therefore, the elements of agility and speed are elements that must be considered in basketball dribble

CONCLUSIONS AND SUGGESTIONS

Based on the results of the research and discussion in the previous chapter, it is concluded as follows: 1) There is an influence of agility on basketball dribbling in SMP Negeri 44 Palembang students with the percentage of influence being 18.9%. 2) There is an effect of speed on basketball dribble for students of SMP Negeri 44 Palembang with the percentage of influence being 26.4%. Based on the conclusions above, there are several things that can be recommended, namely as follows:

a. For students, the results of this study are expected to improve the quality of dribbling skills in basketball games at SMP Negeri 44 Palembang.

b. For sports coaches/teachers, the results of this study can be used as material for improving basketball dribbling training for students of SMP Negeri 44 Palembang.

c. For schools, the results of this study can be used as material for improving the achievement of the basketball branch at SMP Negeri 44 Palembang.
REFERENCES