

Passing Skills in Volleyball Games for Extracurricular Students at SMA Negeri 2 Gowa

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A. Conception and design of the study; **B.** Acquisition of data;
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ABSTRACT

The purpose of this study is to find out the passing skills of extracurricular students of SMA Negeri 2 Gowa. The research method used is quantitative descriptive. Data collection in this study was carried out by testing the upper test passing skills. The population in this study is extracurricular students of SMA Negeri 2 Gowa with a total of 20 students (*Random Sampling*). The data analysis technique used in this study is by way of passing a test. The data analysis technique used is descriptive analysis with percentages. Based on the results of the analysis of passing skills for extracurricular students of SMA Negeri 2 Gowa, the very good category is 0 students with a percentage of 0.00%, the good category is 7 students with a percentage of 35.00%, the medium category is 4 students with a percentage of 20.00%, the category is less than 4 students with a percentage of 20.00% and the category is less than 5 students with a percentage of 25.00%. It can be concluded that the passing skills of extracurricular students of SMA Negeri 2 Gowa are included in the Good category.

Keywords : Skills; Top Passing; Bolavoli.

INTRODUCTION

Education is one of the important aspects of a nation. The better the level of education, the better the quality of human resources (Faozi et al., 2019). In general, education is the process of learning knowledge, skills and habits that an individual does from one generation to another (Aji et al., 2020). In improving the quality of education, various efforts have been made, especially in the learning process (Sahabuddin et al., 2020). This learning process takes place through teaching, training and research (Syahrin & Bustamam, 2017). The existence of education can also increase intelligence, noble morals, and personality (Arifin, 2017) as well as useful skills both for themselves and for the general public (Hamzah et al., 2019).

Education consists of formal and informal education (Syarifudin, 2020). Informal education is education obtained from daily life experiences such as in the family environment, community environment, work environment and so on (Abrasyi et al., 2018) Meanwhile, formal education is learning that takes place in schools in an orderly, systematic



manner and following the requirements and rules set by the government (Bismar & Sahabuddin, 2019). Formal education recognizes the existence of various levels and types of education, including primary, secondary and higher education levels, types of general education, vocational, extraordinary education, official education, religious education, and professional academic education (Sahabuddin et al., 2022). Education formally contains intracurricular, co-curricular and extracurricular activities (Kusnadi & Gani, 2020).

Extracurricular activities are activities that are carried out outside of class hours (face-to-face) both at school and outside of school (Muafa, 2019) to further enrich and expand the knowledge and abilities that they have from various fields of study (Moh. Uzer Usman, 2018). In its implementation, students are directed to choose various extracurricular activities carried out by the school (Suganda et al., 2021). One of the extracurriculars carried out at school is sports extracurriculars, students are directed to choose one of the sports extracurriculars according to the student's interests, talents and abilities (Saitya, 2022).

SMA Negeri 2 Gowa is a school that organizes sports and extracurricular activities that aim to improve students' abilities and skills. Extracurricular sports games in this case are volleyball which is a means to shape students' personalities, improve students' physical fitness, and as a forum to channel students' talents and interests to achieve achievements. Extracurricular activities held at SMA Negeri 2 Gowa are a forum for coaching, with continuous coaching, it is not impossible that the hidden talents of a student can be explored in extracurricular activities. Extracurricular activities are activities that are carried out outside of class hours to enrich and expand students' knowledge and abilities. In addition, extracurricular activities are one of the operational tools (supplements and complements) in the school curriculum. Many kinds of extracurricular activities can be held at school, both mandatory and optional, one of which is a volleyball game.

The development of volleyball in the South Sulawesi area, especially in Gowa Regency, when viewed in terms of enthusiasts, has made a lot of progress. However, when viewed in terms of the achievements that have been achieved, it has not been able to show satisfactory results. This is evident from several inter-district championships that have been participated, where students often fail to achieve achievements, in terms of supporting factors to become better have been tried as much as possible (Siregar et al., 2021). Such as the availability of good trainers, the procurement of quality facilities and tools, the formation of a good organization and the atmosphere of encouragement from the community and the government (Arif et al., 2021).

The game of volleyball is one of the many sports that are popular in the community (Effendy et al., 2020). The game of volleyball is favoured by people of various ages, children, teenagers and adults, both men and women (Sahabuddin et al., 2023). It is proven that volleyball is widely played in schools, offices and villages (Bule & Donie, 2020). Volleyball games can be used as a means to educate (Afdi et al., 2019) because volleyball can form a sportsmanlike, honest, cooperative, and responsible person (Erawan et al., 2023). All of these are educational values that can be instilled (Kusnadi & Gani, 2020). Therefore the game of volleyball is given in the environment or as a school sport (Hambali, 2019). Ball Volleyball is a game played by two squads, each of which consists of six players. Each team tries to place the ball in the opponent's area to get points, the first team to reach the number 25 is the winning team (Syahrudin & Suyuti, 2016). Volleyball is a game played by two teams. Each team consists of six people and is separated by a net. Seeing its development which is now increasingly in demand by everyone, the Government of Indonesia has made

volleyball one of the materials that must be studied and mastered by every student (Mushofi, 2017).

In volleyball games, several basic techniques need to be mastered well, including basic techniques of service, passing, smash and blocking. (Noviyanto & Hidayat, 2017). To master these basic techniques, continuous practice is needed through the series of movements that are necessary for the implementation of each basic technique of playing volleyball (August 2017). There are several basic techniques in volleyball, such as top serve, bottom serve, top passing, bottom passing, smash, and block, players must master these techniques well (Khoirudin et al., 2023) because this technique has a great influence on the game of volleyball players (Awake, 2017). Top passing technique: (1) moving towards the ball; (2) the ball is received with the top two joints of the fingers and thumb; and (3) the hips move forward towards the target (Rohmanasari et al., 2019).

In training activities, there are still many students who have poor basic techniques for playing volleyball (Hary, 2019). Basic techniques are the most important thing in the sport of volleyball because basic techniques will determine how to perform a good basic movement (Rohendi, 2020). The problem that arises during the extracurricular activities of volleyball at SMA Negeri 2 Gowa is that during the upper passing practice, there are still some students who have poor upper passing skills and some other students have good upper passing skills.

One of the extracurricular activities at Gowa State High School is a volleyball game which is held 2 times a week and is held on Wednesday and Friday from 15.30-17.00. From the results of observations when carrying out observations at SMA Negeri 2 Gowa, the process of volleyball extracurricular activities has not been very optimal in general. This is due to because of the lack of mastery of each individual in mastering techniques in the game of volleyball (Noviyanto & Hidayat, 2017), especially passing of volleyball some students lack mastery and there are mistakes when passing on the need for effective and efficient practice to improve the ability to pass over volleyball (Urahman & Hidayat, 2019). By touching the ball with improper hands and body positions. Mastery of basic movements, especially passing on volleyball that is not good, will affect the outcome of the match. SMA Negeri 2 Gowa is one of the schools that has extracurricular activities in volleyball. SMA Negeri 2 Gowa School always participates in competition activities held in the Gowa Regency. One of the matches that has been participated in is PORSENI between schools in Gowa Regency. SMA Negeri 2 Gowa has never won a match because several basic techniques are not very mastered, one of which is top passing.

Top passing skills in volleyball are an important part to have (Juniardi & Redno, 2019). Based on the results of researchers' observations on extracurricular participants of SMA Negeri 2 Gowa, there are still many students who have not been able to do the upper passing technique well, even though the coach has taught the basic techniques in the volleyball game, especially the upper passing technique. Seeing the above reality, researchers still see problems in the implementation of volleyball extracurricular activities at SMA Negeri 2 Gowa, especially upper passing skills. Therefore, it is necessary to research to find out the extent of the passing skills of volleyball extracurricular participants at SMA Negeri 2 Gowa. The results of the passing skills test on volleyball are expected to provide an overview in selecting participants who are talented in playing volleyball to be used as school volleyball players or teams.

METHODS

This research is a type of quantitative descriptive research that aims to find out the upper passing skills in volleyball games of extracurricular students of SMA Negeri 2 Gowa. Descriptive research is a form of research aimed at describing existing phenomena, both natural phenomena and man-made phenomena. This research is quantitative descriptive research, namely research conducted to describe certain symptoms, phenomena or events. The population in this study is all extracurricular members of football at SMA Negeri 2 Gowa which totals 20 people. Because the number of this population is quite large, the researcher limited the selection of samples using total sampling which is a sampling technique where the number of samples is equal to the number of populations so that a sample of 20 extracurricular members of volleyball games was obtained. The form of volleyball skill test used in this game is a skill test for mastering the passing technique of volleyball. Volleyball skill test instrument for 15-18 years old.

Table 1.
Assessment Criteria

Percentage	Passing Criteria for Volleyball
81 – 100	Very good
61 – 80	Good
41 – 60	Enough
21 – 40	Less
00 - 20	Very Less

The data obtained is then matched with the value table, then after the upper passing score is known, the data is converted into a table of upper passing test classification norms. The table of norms for classifying the upper passing skill level quoted from the Ministry of National Education (1999:17) is as follows:

Table 2.
Top Passing Skills Classification Norms for Boys

Very Less	Less	Medium	Good	Very good
< 19	20 – 30	31 – 42	43 – 55	> 56

Table 3.
Top Passing Skills Classification Norms for Princesses

Very Less	Less	Medium	Good	Very good
< 9	10 – 19	20 – 36	37 – 53	> 54

RESULTS AND DISCUSSION

Result

The results of the Statistical Analysis of the overall research data were obtained with an average (*mean*) = 29.80 *Median* = 27 and *Standard Deviation* = 13.48 passing ability for volleyball games of extracurricular students of SMA Negeri 2 Gowa. The results of passing skills for volleyball games of extracurricular students of SMA Negeri 2 Gowa can be seen in Table 4.

Table 4.
Passing Skills Over Volleyball Game

No.	Name	Test Results
1	Bagus Hadi Nugroho	15
2	Harlan	27
3	Fadil	14

No.	Name	Test Results
4	Revelation	35
5	Tio	52
6	Aby	52
7	Qodry	52
8	Joseph	19
9	Akbar	16
10	Qodry	32
11	Awa	49
12	Syahrul	27
13	Akbar	18
14	Servant	25
15	Inspiration	46
16	Ikhsan	44
17	Ridwan	27
18	Fitrah	34
19	Alief	41
20	Denis	32

Table 5.
Descriptive Analysis of Passing Skills Over the Game of Volleyball

No.	Interval	Classification	Frequency	Percentage
1	> 56	Very good	0	0,00
2	43 – 55	Good	7	35,00
3	31 – 42	Medium	4	20,00
4	20 – 30	Less	4	20,00
5	< 19	Very Less	5	25,00
Total		-	20	100%

Based on Table 5 above, it appears that the percentage of passing skill analysis data for volleyball games of extracurricular students of SMA Negeri 2 Gowa is from 20 people or (100%), the very good category has no students or (0.00%), the good category is 7 students or (35.00%), the medium category is 4 students or (20.00%), the less category is 4 students or (20.00%), and the category of less than 5 students or (25.00%). Thus, it can be concluded that the percentage of final data results of passing skill skills for volleyball games of extracurricular students of SMA Negeri 2 Gowa is included in the category of Less Once.

Discussion

From the results of the research on the level of passing skills for volleyball games of extracurricular students of SMA Negeri 2 Gowa who used the upper passing test according to the Ministry of National Education 2000 book, data was obtained from the results of the study that showed that the level of upper passing skills between one participant and another was different. The data on the results of the achievement of students who have done the upper passing test are then converted according to the classification norms of the upper passing test in Table 5.

The results of the data classification for the passing skill level of the participants above show that, of the 20 participants who took the test, it shows that the participants whose upper passing skill level is in the good classification are 7 people if the percentage is 35.00%, the medium classification is 4 people if the percentage is 25.00%, the classification is less than 4 people if the percentage is 20.00%, the classification is less than 5 people if the percentage is by 25.00%. So it can be categorized that SMA Negeri 2 Gowa students have good upper passing skills.

The results mentioned above are explained by each individual having different levels of technique, some are very good and some are not good. Playing volleyball requires basic technical skills that are used to be able to play volleyball, namely *top service, top passing, and bottom passing*. *Top passing* is the most decisive element to improve students' movement skills in playing volleyball. To be able to form a school football team, the basic technical component of the upper passing greatly affects the student's skills in playing football.

Extracurricular activities for volleyball games for students of SMA Negeri 2 Gowa have been scheduled to be carried out every week. Students participating in extracurricular volleyball consist of students who have an interest and are quite talented in the field of volleyball sports. This considerable interest and talent affects students' football skills, especially *upper passing* skills.

In addition, the most influential factors mostly come from personal factors because students when conducting a passing skill test on many students in terms of emotions, physical size, motivation, and attitude are still not controlled, especially in terms of emotions and attitudes. To be able to master the top passing technique in the game of volleyball is influenced by many factors, including the learning process, personal, and situational. (1) Learning factors, learning factors affect the final results of the test because every practice must be given or taught by students about the upper passing technique. There are students who when they come to practice always listen and understand what the coach teaches, especially about the top passing technique in the volleyball game, so that the provision of material by the coach is not in vain and students can also apply it to the real volleyball game, but there are students who come to practice just to play and when the coach gives the passing technique skills over volleyball the student does not listen and tends to joke with friends others. When the test is carried out, some students pass on it do not understand and apply the material provided by the coach regarding the skills of the upper passing technique (2) Personal factors that affect students include perception, intuition, physical size, ability, emotions, motivation, and attitude, and age. Of the several factors above, the more dominant ones are emotions and motivation, because when carrying out the test, if the student's emotions cannot be controlled, then when carrying out the series of tests they are always in a hurry. Likewise motivation and age, these two factors are very influential because if there is no motivation to not able to carry out the test correctly and students still cannot adapt to the series of tests that are carried out, students tend to think and adapt for too long even though this test is familiar to students. (3) Situational factors, for this factor are more directed to the surrounding environment, namely friends.

In addition to the 3 factors above, the level of passing skills for volleyball extracurricular participants is due to the seriousness of students in taking the test, psychological and mental factors such as students being happy in running the test, and physical factors of optimal students.

CONCLUSION

Based on the results of the overall study, it can be concluded that the passing skills of volleyball for extracurricular participants at SMA Negeri 2 Gowa are in the good category which shows that students have a good understanding of the basic techniques in the game of volleyball.

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