Students' Smash Ability Level In Volleyball Extracurricularies At SMPN 17 Banda Aceh

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Abstract: Volleyball development is part of the development of quality human resources. It is a responsibility for all of us to pay special attention to education, especially in basic education, because it is the initial milestone in the formation of the character of students. This study aims to determine the level of Samsh's ability of volleyball extracurricular participants at SMP Negeri 17 Banda Aceh. This research is a quantitative descriptive research. The data collection techniques used are tests and measurements. The population in this study was all volleyball extracurricular participants at SMP Negeri 17 Banda Aceh with a total of 9 people. The sample in this study was all volleyball extracurricular participants at SMP Negeri 17 Banda Aceh with a total of 9 people. The instrument used in this study is by means of a test, namely the Smash test according to the Ministry of Education and National Education book. The data analysis technique used is percentage descriptive analysis. The results showed that the level of Smash ability category was either 0 students or 0%, either 4 students or 44%, medium 3 students or 34%, less 2 students or 22% and less once 0 students or %.

Keywords: Smash Ability, Volleyball Extracurricular, SMP Negeri 17 Banda Aceh
INTRODUCTION

The current development of Science and Technology (IPTEK) has made the world of sports also develop. Advances in science and technology play a very important role in giving birth and growing and stabilizing motor skills in sports. One sport that has developed along with the development of science and technology is volleyball. Nowadays, volleyball is not only a recreational sport, but is also a sport where people are expected to perform well (Dhiu et al., 2021). Volleyball is a big ball game that uses a net, ball and field as equipment and other facilities. Volleyball is played by two opposing teams, each team consisting of six people. The aim of the volleyball game is to get as many points as possible to win each set, in the match you are required to defend and thwart the opposing team's attacks to get points (Ayyub et al., 2022). Volleyball development is part of the framework for developing quality human resources. It is the responsibility of all of us to pay special attention to education, especially basic education, because it is the initial milestone in the formation of students' character. In order to improve the achievements of volleyball, a forum is needed in the form of a volleyball association, this is an effort to improve the achievements of students who are members of volleyball clubs in order to face local, regional and national events (Syaleh, 2017).

Physical Education is part of the subjects taught in schools. Physical education is a subject taught from Elementary School to Junior High School. Physical education plays a role in stimulating physical growth and development. It is an inseparable part of education in general, influencing the potential of students in cognitive, affective, and psychomotor aspects through physical activities (Milliandika et al., 2023). Physical education, sports, and health taught in schools aim to develop students' abilities to improve motor skills, physical and mental growth. Understanding the concepts of physical activity and sports, developing social skills such as sportsmanship, honesty, discipline, responsibility, cooperation, and confidence, as well as developing self-management skills in the effort to develop and maintain physical fitness through various selected physical activities and sports. Physical education, sports, and health encompass several scopes, including games and sports, traditional sports and games, gymnastic activities, rhythmic activities, aquatic activities, and extracurricular activities (ALK). Additionally, it includes health aspects involving the development of a healthy lifestyle in daily life, and development activities covering body posture mechanics, body posture forms, physical fitness components, and other supporting activities (Lestari et al., 2022).

In Junior High School (SMP), the curriculum used includes both the 2006 and 2013 curricula. In both curricula, volleyball is included as one of the Basic Competencies that must be taught in the learning process, as in SMP Negeri 17 Banda Aceh. Volleyball, like basketball, football, and other sports, is a game that is enjoyable and popular among students. Volleyball is a complex game that requires coordinated movements for performing all the basic technical moves. Therefore, students are required to master basic techniques such as service, passing, smashing, and blocking (Ardini, E. R et al., 2022). Basic techniques in volleyball
include overhand passing, underhand passing, overhand serving, underhand serving, looping, blocking, and the most crucial technique, attacking or smashing. Smash is used to launch powerful attacks commonly used in volleyball. A volleyball player without good smashing abilities cannot be considered a proficient player (Permana & Suharjana, 2013).

Observations indicate that SMPN 17 Kota Banda Aceh has adequate sports facilities, especially for volleyball. The school offers various extracurricular activities to support and nurture students' talents. However, the development of sports in SMPN 17 Kota Banda Aceh is not satisfactory, with few students achieving success, especially in volleyball extracurricular activities. Many students still face challenges in executing the smash technique during volleyball games. The problem identified during volleyball lessons at SMPN 17 Kota Banda Aceh is that, during smash training, some students exhibit poor smashing skills, while others excel. Often, students struggle to cross the net, and the ball does not hit the target area or goes out of bounds. This is attributed to inaccurate ball contact with the hands, affecting precision and targeting (Is, Z. 2023). The main issue during volleyball training at SMPN 17 Kota Banda Aceh is that students are only taught basic techniques, with no training programs for physical and technical components. This results in a lack of skills among students, especially in smash abilities, at SMPN 17 Kota Banda Aceh. Another problem is the frequent defeat of the volleyball extracurricular team at SMPN 17 Kota Banda Aceh in inter-school competitions and other events organized by student organizations. One contributing factor is the lack of smashing skills among the players in the volleyball extracurricular at SMPN 17 Kota Banda Aceh.

Given these problems, it is essential to evaluate the factors causing them, whether due to inadequate ball-hand contact or other factors. Suboptimal teaching and training outcomes also affect smash abilities because teacher or coach delivery lacks variation, leading to low motivation among students at SMPN 17 Kota Banda Aceh in participating in smash training. Therefore, the author aims to evaluate the smashing abilities of students in the volleyball extracurricular at SMPN 17 Kota Banda Aceh through a research titled "Evaluation of Student Smash Abilities in the Volleyball Extracurricular at SMPN 17 Kota Banda Aceh."

**METHOD**

This research employs a qualitative approach. According to Sukmadinata (2014:99), qualitative research uses a case study research design, focusing on one selected phenomenon to be deeply understood while disregarding other phenomena. Bogdan and Taylor, as cited in Moleong (2014:3), define qualitative research as a research procedure that produces descriptive data in the form of written words or notes from people and observed behaviors. The qualitative design used in this study is evaluative research, which is essentially a part of applied research. Evaluative research is directed towards the nature of an activity. In this context, an essential part of evaluation is the existence of a goal or expected condition,
and this goal is then assessed through evaluation. Evaluation assessment involves not only planned changes but also unplanned changes. Therefore, evaluation can be carried out successfully if the program includes clear objectives, capable of defining the expected results to be achieved through the conceptual framework of the evaluation research methodology.

In this study, the researcher intends to evaluate the smashing abilities of students in the volleyball extracurricular at SMPN 17 Banda Aceh and the supporting and inhibiting factors for these abilities. According to Sugiyono (2015:117), the population is the generalization area consisting of objects/subjects with certain qualities and characteristics set by the researcher for study and subsequent conclusions. In this research, the population consists of students participating in volleyball extracurricular activities at SMPN 17 Banda Aceh, totaling 12 individuals. Sampling, as defined by Arikunto (2015:17), is a part or representative of the studied population. The sampling technique used in this study is total sampling, where the sample size is equal to the population. Arikunto (2015:112) suggests that if the subject is less than 100, it is preferable to take all of them as samples. Based on the opinions above and considering the small population size, the entire population is taken as the research sample, making this a population study with 12 individuals involved in volleyball extracurricular activities at SMPN 17 Banda Aceh. Total sampling is chosen because the subject size is less than 100.

Data collection techniques involve the methods used to collect data during the research. In this study, the author employs a single data collection technique, which is the smash test. The aim is to measure the ability to direct the smash accurately towards the target. The tools used include a volleyball court, net, net pole, and volleyball. The implementation involves the testee being in the attacking or free zone on the playing field. The ball is tossed or served near the net towards the testee. With or without a prelude, the testee jumps and hits the ball over the net into the opposing field, where there are targets with scores. A smash that scores is one where the ball falls within the playing field. The score from the smash corresponds to the values indicated on the field. The accuracy or precision test for volleyball smash used is the volleyball skills test for 13-15-year-olds (Depdiknas, 1999:15).

![Smash Accuracy Test Instrument](picture)

Picture. Smash Accuracy Test Instrument
Source: Ministry of National Education (1999: 15)
RESULTS

The results of research regarding the Smash Ability Level of Extracurricular Volleyball Game Participants at SMP Negeri 17 Banda Aceh are presented as follows:

Table 4.1 description of research results

<table>
<thead>
<tr>
<th>No</th>
<th>Skor</th>
<th>Frekuensi</th>
<th>Persentase(%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Baik Sekali</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Baik</td>
<td>4</td>
<td>44</td>
</tr>
<tr>
<td>3</td>
<td>Sedang</td>
<td>3</td>
<td>34</td>
</tr>
<tr>
<td>4</td>
<td>Kurang</td>
<td>2</td>
<td>22</td>
</tr>
<tr>
<td>5</td>
<td>Kurang Sekali</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td><strong>Jumlah</strong></td>
<td><strong>9</strong></td>
<td><strong>100,00</strong></td>
</tr>
</tbody>
</table>

Based on these results, the category is very good 0 students or 0%, good 4 students or 44%, fair 3 students or 34%, less than 2 students or 22% and very poor 0 students or %. The following is a bar chart based on the results of the volleyball smash accuracy:

The research results show that in the very good category 0 students or 0%, good 4 students or 44%, moderate 3 students or 34%, less than 2 students or 22% and very poor 0 students or 0%, volleyball smash ability is included in the category Good. Thus, the students' smash ability in extracurricular volleyball at SMPN 17 Banda Aceh City as a whole is categorized as good.
DISCUSSION

Extracurriculars are efforts made by the school to select students' talents and then develop them optimally so that one day the students will be able to bring the school to a good name. Extracurriculars must be held in every school, because extracurriculars are a place for every student to express their talents and abilities, especially in the field of sports. If a school does not hold extracurricular sports, it means the school is hampering students' potential, so that students' talents do not develop. Because extracurriculars not only develop talents, but also strengthen the formation of students' personalities. Extracurricular activities are part of everything. Students must participate in activities at school according to their choice and these activities are carried out outside class hours, so that through extracurricular activities it can attract students who have interests and talents, especially in certain sports, for example volleyball.

Likewise with the implementation of extracurricular volleyball at SMPN 17 Banda Aceh City. In its implementation, it is influenced by many factors in achieving the desired goals, these factors include student motivation, facilities and infrastructure. One of the abilities that is continuously being improved by extracurricular volleyball at SMPN 17 Banda Aceh City is the students' smashing ability. One way to get points is to carry out attacks through. The attack in the game of volleyball is called a smash. One of the most popular techniques in volleyball. Most volleyball players train hard to master the smash technique so they can contribute points to the team. The smash technique in general is a technique of hitting the ball hard and purposefully with the aim of getting points.

The implementation of this test is that each subject performs a normal fast forward smash 10 times in turns. The subject is in the attack position and then throws the ball towards the setter, which only consists of one person without changing because it has the same effect on each smash. Then from the 10 smash opportunities, the total score will be obtained from the results of the accuracy of the smash on the target plot that has been created.

One of the strategic factors that is very important in the sports training process is to achieve maximum performance in a sport. The training process must directly be able to develop physical potential by paying attention to the physiological basics and the sport in question. A training program is a training aid in a sport that is created systematically and has planned various physical aspects of training. For a certain time and purpose, it has been determined according to needs. The aim of the training is achievement, including in the sport of volleyball.

Students' smash ability in extracurricular volleyball at SMPN 17 Banda Aceh City is influenced by students' internal and external factors. Suharno (2015: 51) states that factors that influence achievement can come from internal and external factors. Internal factors (physical, psychological, fatigue), external factors (family, school, community). Physically, students who take part in volleyball extracurriculars are in good physical condition, none of them have
physical or mental limitations or disabilities. However, from a psychological perspective, it looks lower, this can be seen from the students' lack of attention, interest and readiness during extracurricular volleyball training. It was also seen that many students were absent or did not attend several exercises.

CONCLUSION

Based on the results of the research that has been carried out, it can be concluded that the volleyball smash ability of students at SMP Negeri 17 Banda Aceh, namely from the test results in the very good category, 0 students or 0%, good 4 students or 44%, while 3 students or 34%, less than 2 students or 22% and less than 0 students or 0%. Based on the research results in cycle II, classically the success indicator was 77.42% in the good and very good categories so this research does not need to be continued to the next cycle.

REFERENCES


