

Model of Hanging Ball Training on Men's Volleyball Service Ability

Supriyanto*, Riki Agustian

Universitas Negeri Semarang, Indonesia

*Corresponding Author: supriyanto18585@students.unnes.ac.id

Abstract. This study aims to determine the effect of the Hanging Ball Training Model on the Service Ability of Male Volleyball at PST club Bengkulu City. This study refers to a quantitative research approach and uses quasi-experimental research techniques. The sample in this study were 30 athletes. The sampling technique used was purposive sampling technique. The instrument used was top service test. Based on the results of the study that showed there was a significant effect between hanging ball training on service ability on volleyball at SMPN 2 Bengkulu City, it was proven from $t_{\text{count}} = 5.397 > t_{\text{table}} = 2.048$ at a significant level $= 0.05$. with an increase in the percentage of 30.06%, then H_a is accepted. "There is an effect of Hanging Ball training on the Service Ability of Male's Volleyball at PST club Bengkulu City" was accepted.

Keywords: Hanging Ball; Volleyball

INTRODUCTION

Sport is an activity that involves the body to be healthy and fit and able to improve performance (Sudiana, IK, & Sepyanawati, 2019). Sport has a pretty good impact on our daily lives. Sports are also forms of physical activity contained in games, competitions and intensive physical activities in order to obtain recreation, victory and achievement.

Currently, volleyball is one of the sports that is growing and popular in Indonesia. Its development can be seen from the high participation of the community in playing volleyball, both young and old. Volleyball is not only known as a sport that requires a lot of energy, but also as an activity for recreation and community gathering, both in schools, offices and the wider community.

In volleyball, there is a team game concept that requires strong cooperation and mutual understanding between each team member. (Subroto and Yudianta, 2010). According to Setiadi (2011), volleyball is a team game with a ball as a game tool. According to Priambodo, (2020) Volleyball is a fast game so attacking techniques are more dominant than defensive techniques. (Oktariana & Hardiyono, 2020) Volleyball is a type of sport that is very popular among all Indonesian people. This game can be enjoyed by all ages, from children to adults, both boys and girls.

Top serve is a way of serving by bouncing the ball over the head and then being hit with the hand before falling so that the ball crosses the net and enters the opponent's playing area (Yoenoes,

2009). Playing volleyball is a sporting activity that has a high level of complexity and is not easy for every individual to do well. (Aguss et al., 2021)

Initially, serve in volleyball was only used as an opening shot to start a match. However, as the game has evolved, the serve has now been transformed into an attack aimed at gaining points. Therefore, techniques and variations of serving have experienced significant developments in volleyball. (Saptiani, 2019)

Volleyball is a fun sport because it can adapt to various conditions that may arise in it, such as indoor and outdoor games. This game can be played by any number of players, from two people (beach volleyball) to six people, and can be enjoyed by all ages and skill levels. The games are eye-catching, played with easy-to-understand rules, and require little equipment.

Mastery of poor serving techniques will have an impact on the course of the game and the achievements to be achieved. From the problems found in this male, the research wanted to provide a solution in the form of exercises using hanging balls, with the hope of improving the volleyball service ability for the men of the Bengkulu City PST Club, based on the background described above.

METHODS

This research is a Quasi Experimental Design using One-Group Pretest-Posttest Design. The sample used was male participants, then a pretest or initial test was carried out, after which the athletes were given treatment and ended with a posttest or final test.

Before being given treatment, the group was given a pretest with the aim of knowing the stability and clarity of the group's condition before being given treatment. If the results of the pretest are different, it means that the group is unstable, uncertain, and inconsistent. After the stability of the group's condition can be clearly identified through the posttest, then it is given treatment. This research design uses only one group, so it does not require a control group.

Theoretically, a variable can be defined as an attribute of a person or object that has "variations" from one person to another or one object to another object. Variables can also be attributes of a particular scientific field or activity. Height, weight, attitude, motivation, leadership, and work discipline are the attributes of each person. Weight, size, shape, and color are the attributes of the object. Organizational structures, delegation models, leadership, supervision, coordination, work procedures and mechanisms, job descriptions, and policies are examples of variables in administrative activities. Variables in research can be divided into two based on their relationship with other variables, namely the independent variable and the dependent variable (Sugiyono, 2013).

In accordance with the intent and purpose of this study, data collection was carried out by measuring using the initial test (pre-test), followed by giving treatment/stimulus to the group studied, and ending with measuring the

dependent variable again after being given a stimulus (post-test).) (Jaya et al., 2019). The initial test aims to find out the initial data on top serve ability before the top serve ability after the sample gets treatment. The final test aims to determine the increase in the ability to serve after the sample has been treated for one and a half months or 16 meetings with a frequency of practice 3 times a week.

RESULTS AND DISCUSSION

In the study entitled "The Influence of the Hanging Ball Training Model on Men's Volleyball Service Ability", the researcher collected data using certain steps. First, the researcher gave a pretest which involved serving in men's volleyball as a first step. Next, the researcher gave treatment in the form of exercises using a hanging ball for 16 meetings. After that, a posttest was carried out which involved serving over as the final evaluation. The data obtained was then analyzed to determine whether there was an effect of using the hanging ball training model on the ability to serve in men's volleyball.

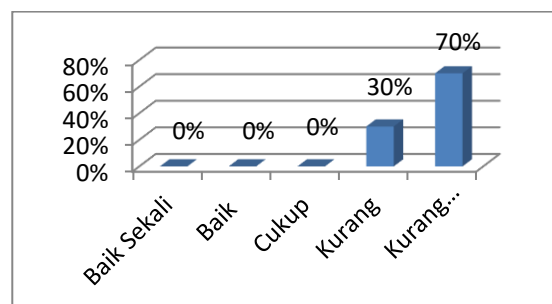
Based on the pretest that has been carried out by 30 samples, each person performs a service test for 6 service times, the following results are obtained:

Pretest Frequency Distribution Table

No	intervals	Category	Frequency	Percentage
1	27>	Very well	0	0
2	21-26	Good	0	0
3	15-20	Enough	0	0
4	8-14	Not enough	9	30
5	<7	Less Once	21	70
Amount			30	100

Based on the table above, the data on the results of the over serve test is obtained, namely that there are 9 athletes in the "Less" category, and 21 athletes are in the "Less once" category.

Pretest Frequency Distribution



Based on the picture above, the data obtained from the pretest results is that there

are 30% of athletes in the "Less" category, 70% of athletes are in the "Less once" category.

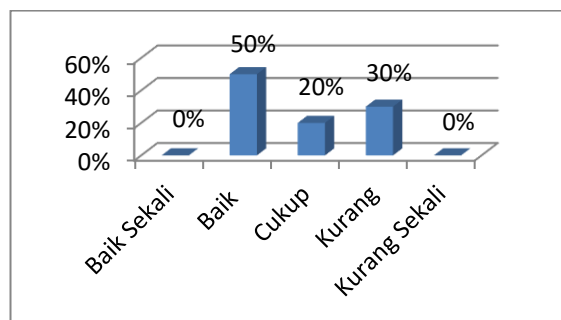
Based on the posttest that has been carried out by 30 samples, each person performs a service test for 6 service times, the following results are obtained:

Posttest frequency distribution table

N	interv	Categ	Freque	Percent
o	als	ory	ncy	age
1	> 28	Very well	0	0%
2	21-26	Good	15	50%
3	15-20	Enough	7	20%
4	8-14	Not enough	8	30%
5	<7	Less Once	0	0%
Amount			30	100%

Based on the table above, the data obtained from the posttest results are that there are 15 athletes in the "Good" category, 7 athletes in the "Enough" category, and 9 athletes in the "Less" category.

Posttest Frequency Distribution



After obtaining the results of the top serve test, these results were analyzed to determine the effect of the hanging ball training model on the ability to serve in men's volleyball, with the obtained value $t_{\text{count}}=5.397 > t_{\text{table}}=2.048$. The accuracy or accuracy of placing the ball during service is very important in volleyball. Players are required to be able to serve properly and perfectly. Errors in serving can provide an advantage for the opposing team. Every player must master the basic technique of serving well (Murtono & Panggalo, 2021). Important exercises are carried out in mastering the basic movement techniques of volleyball games, so that

students can master volleyball techniques well. The ability to serve as one of the basic skills in playing volleyball must be mastered by students. At a more advanced stage, serving is not only directed at the student's ability to enter the ball but also in placing the ball right on target. The ability to play volleyball is not enough if it is only taught in Physical Education subjects, so the solution that can be done is to have volleyball training activities (Murtono & Panggalo, 2021).

The size of the Hanging Ball Training Model on Men's Volleyball Upper Service Ability is 30.06%. After knowing that there is an influence of hanging ball on the upper service ability, service ability for men's volleyball is 30.06%. The use of appropriate training methods, the availability of facilities and infrastructure will support the coach in the formation of students' volleyball playing abilities. Training is not only focused on practice but can be directed at achievement programs so that it can bring the good name of the school. Student mastery of good volleyball playing techniques will be able to increase achievement with maximum results (Murtono & Panggalo, 2021).

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that there is a significant effect between hanging ball practice on the ability to serve in Men's Volleyball Bengkulu City PST Club, with a $t_{\text{count}} > t_{\text{table}}$ of 2.048 and an increase of 30.06%.

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