

Bottom Passing of Students at SMA Negeri 1 Binamu

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Bottom Passing of Students at SMA Negeri 1 Binamu

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Abstract

Objective. This quantitative descriptive study aims to determine the volleyball bottom passing ability of Binamu State High School students. The data collection techniques used are tests and measurements.

Materials and Methods. The population in this study were students at SMA Negeri 1 Binamu, with a sample size of 22 students. The instrument used in this research was a test, namely the Brumbach forearm pass wall-volley test. The data analysis technique used is a descriptive percentage.

Results. The research data shows that the maximum score that students can achieve is 39, and the minimum score is 24. The research data that has been classified shows that the ability to pass under volleyball in PJOK Learning at SMA Negeri 1 Binamu is in the "inferior" category at 13.6 % (3 students), the "poor" category was 18.2% (4 students), the "Enough" category was 36.4% (8 students), the "good" category was 22.7% (5 students), and the "very good" was 9.1% (2 students).

Conclusion. Thus, it can be concluded that the ability to pass under volleyball in PJOK Learning at SMA Negeri 1 Binamu is in the Sufficient category.

Keywords: Bottom passing, Volleyball, Students

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Introduction

Sport is a physical activity used to train the human body to be physically and spiritually healthy. By exercising regularly and regularly, humans can encourage the development and development of a person's physical and spiritual potential, both individually and in community groups, in the form of games, competitions, or competitions. Exercise is helpful for improving fitness. According to Darmawan (2017, p. 156), Fitness is a person's ability to carry out physical activities for a long period without experiencing significant fatigue. Sustainable physical activity is carried out to obtain recreation, victory, and peak achievement in forming quality human beings. According to Prativi & Articles (2013, p. 33), Sports activities greatly influence a person's physical fitness. Moreover, these activities directly contribute to the components of

physical fitness. Besides that, sport also aims to establish friendly relations between athletes and society. There are many sports that can be played by humans, including volleyball.

Volleyball is a type of large ball game played by two teams where each team consists of 6 people on each court separated by a net (Kastrena et al., 2020). The volleyball game aims to drop the ball into the opponent's court through the top of the net. The volleyball game was invented by William G. Morgan on February 9, 1895, in Holyoke, Massachusetts (United States).

In volleyball, there are several basic game techniques that every player must master, including serving, passing, smashing, and blocking. (Saputra & Gusniar, 2019). To be able to play volleyball correctly and improve the quality of the team's play. Of the several volleyball-playing techniques above, passing is the main foundation in playing volleyball. Passing is a player's attempt to hold or pass the ball to a teammate. Passing is one of the most essential techniques in the game. The better the lower passing that each player has, the better the attack will be organized, making it easier to get points (Afdi et al., 2019). In volleyball, passing is divided into two, namely, upper passing and lower passing. Bottom passing is a pass that is done with two hands linked together, a swing and impact from under the arm, contact with the ball on the proximal part of the wrist with as wide an area as possible so that the ball does not make much rotation (Siregar et al., 2021). Passing is a technique that can be used in various variations, either to receive the ball from a serve, attack the ball, or pass.

The lower passing ability used by players generally pays less attention to the effectiveness of movements and is less precise in carrying out passing techniques. It is like making movements that do not need to be done when passing down. Ability means an individual's capacity to carry out various tasks in a job. Ability is an innate or learned trait that enables someone to complete their work mentally and physically. Lack of mastery of preparation techniques, execution movement techniques, and finishing techniques in making down passes. This should concern every volleyball player and coach, as is the knowledge of how to analyze bottom passing skills. To improve down-passing skills, players must be able to carry out the correct down passing movement technique.

To become a skilled volleyball player, he must master the basic techniques of playing volleyball properly and correctly. One of the abilities he must have is passing. Without mastery of these techniques, he cannot play well. A person is said to be capable if the activities he or she carries out can be carried out with good quality, quickly, or accurately. The level of ability to play volleyball is an essential thing that a player must master. The higher the student's ability level, the more excellent the opportunity for achievement.

Materials and Methods

Study Participants

(Abdussamad, 2022) states that population is a generalized area consisting of objects/subjects with specific quantities and characteristics determined by researchers to be studied and then conclusions drawn. The population in this study were students at SMA Negeri 1 Binamu. Samples were drawn using the *Random Sampling method* with 22 students.

Study Organization

This type of research is quantitative research using quantitative descriptive methods. The analysis generally uses research sheets and questionnaires as data collection tools. Adheres to the rule of a quantitative approach, namely, the larger the sample, the more reflective the results are of the population. (Sugiyono, 2013).

Statistical Analysis

The data analysis technique used in this research is descriptive statistics with percentages. According to Arikunto (2010), in general, data analysis work includes three steps, namely: 1) preparation, 2) tabulation, and 3) descriptive statistics in this research to describe the level of students' volleyball playing abilities.

Results

Bottom passing ability in PJOK learning at SMA Negeri 1 Binamu, divided into three phases: preparation, implementation, and follow-up movements. Analysis of the bottom passing ability in the volleyball game of SMA Negeri 1 Binamu students was measured using the *Brumbach forearms pass volleyball test*, namely bouncing the ball against the wall using the bottom pass for 1 minute.

The results of data analysis for class _ _ _ _

Complete results can be seen in the following table:

Table 1. Data analysis results

Statistics	Results
<i>N</i>	22
<i>Mean</i>	31
<i>Median</i>	32
<i>Standard Deviation</i>	4
<i>Minimum</i>	24
<i>Maximum</i>	39

When displayed in the form of a frequency distribution, the analysis of the bottom passing ability in the volleyball game of Binamu 1 Public High School students is presented in the following table:

Table 2. Frequency distribution, bottom *passing ability analysis*

No	Intervals	Frequency	Category	Percentage
1	>37	2	Very well	9.1%
2	33-37	5	Good	22.7%
3	29-33	8	Enough	36.4%
4	25-29	4	Not enough	18.2%
5	<25	3	Very less	13.6%
Amount		22		100%

¹ Based on the frequency distribution in the table above, the volleyball bottom passing ability in PJOK learning at SMA Negeri 1 Binamu can be presented in Figure 4.1 as follows:

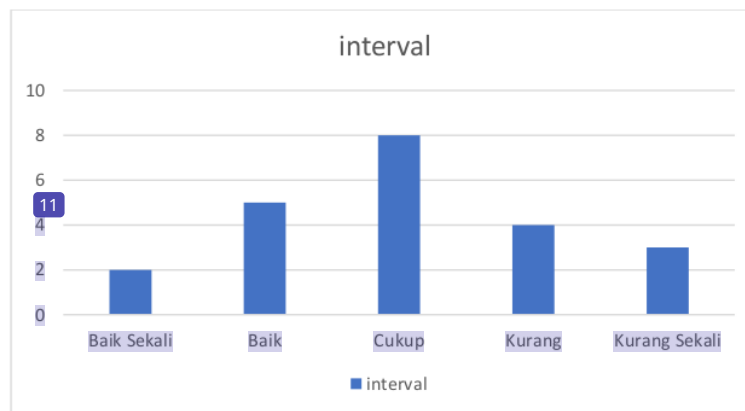


Figure 1. Volleyball bottom passing ability

Table 4.2 and Figure 4.1 above show that the volleyball bottom passing ability in PJOK Learning at SMA Negeri 1 Binamu is in the "inferior" category at 13.6% (3 students), the "poor" category is 18.2% (4 students), the "Fair" category was 36.4% (8 students), the "good" category was 22.7% (5 students), and the "outstanding" category was 9.1% (2 students).

Discussion

Bottom passing in volleyball is a movement to pass or pass the ball using specific techniques to a friend or team (Rahmat & Wahidi, 2018). Techniques in volleyball are helpful so that players can make plays better (Adi & Indarto, 2021) .

Factors that influence when students take a bottom-passing ability *test* with a "sufficient" result are poor basic technique, lack of practice, pressure or tension, an environment that is not conducive, and poor physical condition. Only some students participate in volleyball extracurriculars and others only practice down passes during PJOK lessons, so only a few students can do down passes well. To master the bottom passing technique well in volleyball, several other supporting factors are needed. These are the training factor, the training facility factor, and the high willingness factor to perform the lower passing movement well.

In the contact attitude, the ball is usually hit incorrectly, so the passing results are not good. Passing means passing or passing. This technique is an essential technique that is quite tricky and is used in volleyball games. Likewise, in physical education learning, a student must master bottom passing because it will determine how students play in volleyball receiving a good pass is the beginning of a successful smash, and if the pass is good, then the game will run well, too.

Teachers must pay attention to mistakes and how to correct lower passes. In general, students are unable to observe where the mistakes are made. A teacher must be able to observe every form of movement made by his students so that they can find out where the mistakes are. For every mistake made, the teacher can immediately correct the wrong movement so that the quality of the bottom passing is as expected. Accuracy in passing down is also essential for volleyball players when giving passes to their team to attack the opposing team (Pelamonia et al., 2021).

Conclusions

Based on the research and discussion results, it can be concluded that students' ability in bottom passing were fair or good. Where the detail is the "inferior" category at 13.6% (3 students), the "poor" category is 18.2% (4 students), the "Fair" category was 36.4% (8 students), the "good" category was 22.7% (5 students), and the "outstanding" category was 9.1% (2 students).

Acknowledgment

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Conflict of interest

The data presented in this research does not have any conflict of interest with any party. If this is discovered later, full responsibility for this matter lies with the author.

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