

## **The Agility Contribution through Dribble (Basketball Ability) for Student of SMPN 4 Siak Hulu – Kampar**

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### **Abstract**

Contribution of ability in Dribble is necessary; As the observational and research is being done on the field incompetence dribbling ball gives chance to the rivals take the ball easily. Motivation and enthusiast on basketball become the reason why it need to doing for research. In this thesis, there are two variables subject study; free variable and closed variable whereas the free variable is the ability and closed variable is the way to dribble. This research is taken at SMPN 4 Siak Hulu Kampar especially for all male students eighth (VIII<sup>th</sup>) grades. It consists of 96 students (samples). The technical collecting data are taken by observation, interviewing, library research and some sample tests and measurement. The result of this research can conclude that there is a significant relationship between agility and dribble basic technical for playing basketball eighth grade students of SMPN 4 Siak hulu Kampar.

**Keywords:** Dribble ability, agility in playing Basketball, SMPN 4 Siak Hulu Kampar

### **Introduction**

Talking about education is the responsibility of everybody; from the government, social community, and of courses the parents. Education can be separated into formal and non formal, where, school is one of formal education that should be taken by the children. In the school, they can learn many aspects; such as one of the subject study is sport which has goal is developing body fit, physical treatment and health.

Developing technology and information rapidly makes human must be balanced between physical condition and healthy, in order to do every daily activities or in the future. Sport has an important thing in human life. Nowadays, in modernity human life cannot be separated by sports activities; to improve the performance and stay healthy, depend on physical needed both man and woman, age, and interested.

According to Undang-UndangNo. 3 of 2005 (legal fundamental of Indonesia about sport) Article 25 on the National Sports System explained that:

*"Guidance and development are implemented and directed as unity with systematically and continuity toward the national education system. These implementation are for all levels of school grade which give the students chance to choose kinds of sport their interest freely. These programs are treated consider to the potential ability and students interested.*

Based on the explanation above can describe that guidance and development of sport education is done by considering potential ability, interested and student hobbies within intra or extracurricular activities.

Extracurricular activities especially in sport usually do in extra time of school such as weekend. It has purpose not to bother the time of learning process formal education and make the students focus andenjoy their sport activity. It means that this activities can support the student learning process optimally.

Guiding the students to be the winner in any aspects such as an achievement in sport must begin

earlier and become a young athlete needs to have tallente and treat an exercise since the younger age. Especially in basketball, they should follow much exercises and coaches before become an athlete. A young tallented athlete can be foundin the schools, community or such kind social organization.

Many factors may influence someone in playing basketball, one of that is agility in dribble. Dribble is one of the basic techniques in basketball. It focus on the way to controlthe ball; stay bouncing in hand and carry out the rival not to catch the ball. This skill is needed to be able to provide the best in a match / competition. Thus someone who did dribble requires agility.

Agility in dribbling is an important contribution through playing basketball. It depend on how fast someone make the ball move in bouncing beside pay attention the rival strategy (catching that ball).It can conclute that agility is the main factor to improve basketball ability; it may happen to the amatuer player or the professional athlete.

To complete this reseach, selecting Junior High School (SMP) Negeri 4 Siak Hulu Kampar eighth grade, as the object,because this school is one of that have started to provide guidance earlier basketball player, in addition, they try to introduce the basic of techniques playing basketball and it does continuing.

Based on the beginning observations have done, there are some obstacles. First, student agility brings the ball so it difficult to control then too easy for the opposing team take the ball. Unstabil dribbling ball has seen since the first practical observation. Second, less motivation of the students to play basketball. They do not anthusiastic. Next, teaching technical method still uncreative, besides, unlimited time to practise and learn the techniques.

Physical condition of student should become another resisting factor to create the student agility dribbling ball. They easy to be tired and no spirit because the time for exercise too minimum. And, its hard to be able the technique perfectly. This condition can be caused by how to preparing tools or equipment and facilities at that school; such as student ratio and quantity of the ball, ring basket, and size of yard.

## Research Methodology

In this reseach, the author uses two variables subject; free variable and bound variable. free variable is agility and the bound is the technique of dribble in basketball. Agility and dribble are unity cannot separated; where the agility may define in some meaning, are they:

1. Agility is an ability (can move everywhere) so easy and fastly (Nurhasan, 1986; 245)
2. Agility is important to any kinds of sport which need high adaptation through unpredictable condition in turnamen. (ismayanti, 2008;41)
3. It is an ability to change direction of body move as fast as correctly. Kirrkendall, Gruber dan Johnson in Ismaryati (2008;41)

Incollecting data, the author uses some techniques, are: Observations, Interviewing, literature review, thendrilling or pre test and check the scale of probably succeed in the practical observation.

The subject study of this research is all males student of Class VIII's SMP Negeri 4 Siak Hulu Kampar which amounts to 96 persons. Another reason choosen it, because the author is the teacher on duty for this grade. Based on the population is not so big and in accordance with the capability of the time available, the authors define the entire population sampled (full sample). Thus the sample in this study amounted to 96 people. The sample selection only male student with consideration in order to determine the norms and assessment more homogeneous and easier to analyse the data.

## Research Result

### Data Description

This observation contained in the previous section have been described, the variables that exist in this study namely, agility denoted by (X) as the independent variable, while the basketball dribbling

techniques denoted by (Y) as the dependent variable. In this study the respondents amounted to 96 samples.

#### Male's agility Eighth Grade Students SMP Negeri 4 Siak Hulu Kampar

Data obtained from the agility of students using dogging test run. The data that has been processed agility students showed a mean value of 10.63, median 10, mode 14 and a standard deviation of 10.99. Based on the analysis results can be explained in detail that the agility of students is 34 students (35.42%) in the category very well, as many as 29 students (30.21%) in both categories, a total of 21 students (21.88%) in enough categories and as many as 12 students (12.50%) in the low category.

#### Basketball Dribble Techniques Males Students of Class VIII SMP Negeri 4 Siak Hulu Kampar

Dribble basic techniques in this study is the ability of students to do the dribble in the game of basketball. Data basketball dribble engineering students who have been treated showed a mean value 15.07, median 14, mode 15 and a standard deviation of 13.37. According to the research done can be explained that the basic techniques in detail dribble basketballs are 34 students (35.42%) in the excellent category, a total of 42 students (43.75%) in both categories, a total of 18 students (18, 75%) in the medium category and as many as 2 (2.08%) in the low category.

#### Data analysis

By obtaining data from agility and basic techniques of dribbling a basketball, then processed according to the statistical techniques *product moment*, to determine whether there is a relationship or correlation of these two variables which is the central issue in this thesis.

Furthermore, to determine whether the variable agility (X) with variable dribble a basketball basic techniques (Y) there is a significant relationship, use the formula "r" product moment. From the processed data count equal to  $r = 0.4019$ . Based on these calculations can be explained that it has a value of 0.4019. This value if seen in correlation coefficient table classified enough.

Table 1. Correlation Result

Mean		df (n-2)	Standard Significant	r table	r count
Agility	Dribble techniques				
10.63	15.07	94	5%	.202	.4019

To test the hypothesis whether there is a relationship agility to dribble a basketball basic technique then used correlation "r" on the product moment ( $r_{xy}$ ) at significance level of 5% was found to show  $r_h = 0.4019$  at significance level of 5%  $r_t = 0.202$  thus  $r_{count} \geq r_{table}$  or  $0.4019 \geq 0.202$ . This means that the correlation of the variables X and Y or the relationship of the basic techniques dribble agility

basketball is significant, so the hypothesis is accepted. With testing rule as follows:

If  $t \geq t_{table}$  then significant ( $H_a$ )

If  $t \leq t_{table}$  then it is not significant ( $H_o$ )

While the magnitude of the relationship agility to dribble a basketball basic technique male student of Class VIII SMP Negeri 4 SiakHulu Kampar the result of 16.15%. Based on the results obtained agility there is relation to dribble techniques basketball male student of Class VIII SMP Negeri 4 SiakHulu Kampar of 16.15%. While the remaining 83.85% influenced by other factors such as strength, speed and other factors not examined in this thesis.

### **Data interpretation**

Based on test results analysis of the above data, it can be explained that there is a significant relationship between the variables  $x$  to the variable  $y$  is between agility of the basic techniques of dribbling a basketball. Thus it can also be stated that agility contributes to the basic techniques of the game of basketball dribble.

The magnitude of the relationship between agility to dribble basic techniques showed considerable value. Insufficient relationship to the basic techniques dribble agility because students have not been able to fully master the techniques in the game of basketball dribble, dribble the basic techniques in the game of basketball is also not accustomed to each exercise so that it can control the ball with the best. Thus it can be explained that in order to improve a significant relationship between agility with basic techniques dribble the basketball game needs to be supported by intensive exercises by students.

From the foregoing description, it can be interpreted that there is a significant contribution to the agility of the basic techniques of dribbling basketball male student of Class VIII SMP Negeri 4 SiakHulu Kampar,

The results of the study explain that agility significant in contributing to the basic techniques of dribbling basketball male student of Class VIII SMP Negeri 4 SiakHulu Kampar, The adequacy of this relationship is based on research done it is because (1) Less intense the exercise agility to support students basic techniques dribble the basketball game. (2) Less skilled students in doing dribble basketballs (3) In the sport of basketball student less than the maximum in doing so agility is less able to generate the maximum, (4) In the basketball game a lot of things that must be controlled, such as a technique in order to perform dribble to get better.

Based on the above can be explained that in the basketball game is also necessary techniques to be mastered properly, making it easier to do the game.

This is in accordance opinions Kosasih (1993; 201) explained that to be a good basketball player needs to mastery fundamentals (basics of technique, tactics and strategy) of the basketball game. Basketball games including complex game moves, meaning that the movement is composed of combined elements neatly coordinated motion, so play well. Interest basketball game ball into the basket opponent and keep their own basket to not concede the ball. To be able to play the ball very well, have to do with good movement technique.

He also explained that basically the efficient movement is the correct movements without loss of energy wasted. For example, the movement pushing something that is efficient, then all the muscles to work towards the future, there is no muscle that moves sideways, both muscles in the legs, thighs, torso, arms and hands. Thus the efficient movement is a movement that exertion somewhat effective and efficient needs to be based on a good mastery of basic techniques.

### **Conclusion**

Based on the data analysis and interpretation that have been put forward on the interpretation of the data, the research results can be summarized as follows: There is a significant relationship between agility to dribble basic techniques in the basketball game male student of Class VIII SMP Negeri 4 Siak Hulu Kampar.

To get the data in this thesis course there are obstacles ranging from preliminary studies to the retrieval and processing of data. The barriers are:

1. In conducting preliminary studies in the field to obtain information, the author takes quite a long
2. There are limitations to the analysis that the authors have difficulty in writing background and formulation of the problem.

Moreover, the authors exposed also to limitations of time, money and effort that the author actually designing and doing everything that has been planned according to the schedule that the author made.

The advice can be given are: The students should be able to increase agility for students who have good agility will be able to support sports activities such as basketball games. And, the teacher should

make approaches to students in terms of applications of the theory of the sport so that students can be guided better.

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