

The Regulation of Throwing Ball

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Abstract— The research was underpinned by the fact in the field that students in junior high school have been able to understand the rules of throwing ball games. The research aims to determine the ability of the students in the throwing ball regulation in the city of Medan school year 2019/2020. This research is a quantitative descriptive study. The method used is a poll sheet. The subject of this study is a student of 60 students at the Kota Medan Junior High School. Data analysis techniques using descriptive analysis, which is poured in the form of percentages. The results of research on student skills survey in the throwing ball regulation at SMP City Medan school year 2019/2020. In junior high school Madya Utama Medan Students ' ability to understand the throwing ball rules with a percentage of 80.00%, do not understand the regulation with a percentage of 20.00%. In junior high school hero Medan's students ability to understand the throwing ball rules with a percentage of 85.21%, do not understand the regulation of 14.79%. In junior high School 8 Medan students ' ability to understand the regulation with a percentage of 90.00%, do not understand the regulation of 10.00%. In junior high School 27 Medan students ' ability to understand the throwing ball regulation with a percentage of 89.17% did not understand the regulation of 10.83%. At SMP Negeri 35 Medan Students ' ability to understand the throwing ball regulation with a percentage of 93.33% did not understand the regulation of 6.67%. Overall the ability of the student understands the throwing ball rules with an average percentage of 87.54% and does not understand the game rules of throwing balls with an average of 12.46%.

Keywords: *component, regulation, throwing ball*

I. INTRODUCTION

An interesting and fun game is a game designed for physical education that is easy to do on the students. Currently learners already have a container in carrying out physical activities through sports activities, this activity is also involved in the curriculum of education units.

Teachers as educators must try to develop their competencies in order to achieve educational goals [1]. Physical education in its understanding is a process of

education utilize physical activity to produce holistic changes in individual qualities, both in terms of physical, mental, and emotional. Education the body treats the child as a whole, total being, rather than just think of it as someone who is separate physical and quality mentally [2]. Schools are one place in shaping character [3]. On the other hand that training activities are a fundamental factor if you want to get the peak performance. This condition forces anyone who wishes to do performance training exercises to understand the training procedures themselves in order to achieve the expected goals [4]. Education is a basic need of every human being to ensure his life to be more dignified [5]. Improving the quality of human resources is a serious problem from every country including Indonesia [6].

Physical education and health sports are one of the subjects to be taught in school. This subject develops three learning domains which include: affective, cognitive and psychomotor in children whose implementation can be theoretical and practical activities. Education through physical activity. The physical activities taught include: athletics, gymnastics (aquatics), sports games (football, volleyball, ball throwing ball and development activities (out bound).

In general, in the study of physical education activities or activities carried out widely conducted outside the Rungan or out door. Generally, in physical education, students tend to be more fond of or interested in sport-like activities of a group of physical games. One of the games performed in groups that are widely liked by the students is throwing a ball.

As a teacher, especially teachers should be good at sorting and choosing the different types of games in the learning process. It is adapted to the characteristics of elementary school students who love to play. With learning methods using a play approach, teachers can indirectly incorporate core material, so that at the end of learning the students are able to master the material taught by the teacher. In the ball throwing game, students are encouraged to be able to move with acceleration, speed, agility, strategizing, and on the squad the

guards are required to be able to run fast and capture opponents crossing the booth. With such activity is expected the level of physical freshness of students can increase sufficiently high, so indirectly the learning process of playing catch ball is able to increase the level of physical freshness of students.

The development of the world of physical Education of sports and health especially in the learning of football games so fast and rapidly that it is so popular and social in various regions. Interesting and fun games are felt increasingly rare students get to know the game. Interesting and fun game is expected to be a form of physical activity that in the game, there is a form of art, forming cooperation, foster a sense of pleasure, and foster self-confidence is also able to To improve the child's physical freshness. Unlike games such as soccer, volley ball that have a promising forward expectation such as being a professional club player, national team player, and so forth. Thus, students feel motivated by an idol of a football player or a famous volley ball. An interesting and fun game that is now actually also has a function, which is as one method of Physical Education learning with a pleasant atmosphere according to the characteristics of students who love to play and have fun.

From the various interesting and fun games offered, throwing balls are a game that is favored by junior high school children. But the game does not have any regular rules, it results in misunderstanding among the students. In-school gurus more often use throwing ball games, but there are always obstacles in doing so, students who do not know and understand the rules about throwing balls even play without clear rules. This is normal because the rules have not been made in a book or video, so they are difficult to implement without their knowledge. To answer that all researchers will prepare a throwing ball rules in various ways one of them with the video so that students can play with clear settings. In carrying out this regulation, students are required to have good knowledge in listening, to remember, to apply and or to implement the throwing ball rules.

II. METHODS

This research is a quantitative descriptive study, in this study describing the state of the game rules an interesting and enjoyable throwing ball in junior high school in Medan. Based on the nature and problems of the data collection techniques are conducted through surveys, while the data collection tools use observation sheets. The purpose of this study knows how much student knowledge of throwing ball rules

The definition of the state research operation of a game rules throwing ball on physical education learning as a support to achieve the goal of physical education learning so that it can be done optimally according to its function

The population of this research is Madya Utama Medan Junior High School, Pahlawan SMP Medan, elementary School 8 Medan, state Junior High School 8 Medan, state Junior High School 27 Medan and SMP 35 Medan. The sample in this study which amounted to 12 students each school, will explain the condition of interconnectedness of

throwing ball game there are 5 schools, three junior high school in Medan City.

Researchers consider that the level of student knowledge is the most important element in understanding the regulations that have been given so that no more quarrel or misunderstand it in accordance with the purpose of the Physical Education learning is increasing Knowledge in order to deny students ' physical freshness. Therefore, researchers want to know the knowledge about throwing ball rules in exciting and fun games. One interesting and fun game that is chosen as a method of learning rules by using a 14 x 9 metres field. The game rules are given to students because the rules of this game are quite complex.

According to the above exposure researchers are eager to do some research to know what makes students understand the rules that have been given.

TABLE I. NAME – NAME OF SCHOOL

No	School Name
1	SMP Madya Utama Medan
2	SMP Pahlawan Medan
3	SMP Negeri 8 Medan
4	SMP Negeri 27 Medan
5	SMP Negeri 35 Medan

A. Research Instruments

In this study the method used was the survey method by using an observation sheet as a data retrieval tool to record the results of the survey conducted.

TABLE II. RESEARCH INSTRUMENTS GRIDS

Variabel	Indikator	Grain	Amount
Regulation of throwing ball	Rules before playing	1 s/d 10	10
	Rules in the game	11 s/d 40	30
Total Amount			40

Data collection techniques in research on the state of a game rules throwing ball in the school using a descriptive method. Data is obtained from the process of visiting researchers to school, then for the help of a physical education teacher researchers see and fill in the data of the observation sheet has been arranged.

B. Analysis Techniques

The data analysis technique in this research is to use a descriptive analysis technique which is then interpreted as a descriptive analysis in this study is to know how the rules of the game are interesting and fun with throwing balls at Schools. To determine how many percent of students know the rules of the game are interesting and fun throwing balls of students in schools in physical learning. Descriptive statistics are statistics that have the task of organizing and analyzing number data, in order to provide a regular, concise and clear

picture of a symptom, event or circumstance so that Can be drawn a certain sense or meaning.

The analysis used is quantitative descriptive by classifying the types of data obtained from the observation and grouped sheets. The Data is categorized as to the number of students who know the rules of interesting and exciting game with throwing balls in physical education in schools with a classification formula in this study are as follows:

TABLE III. FORMULA

Rentangan Norma	Kategori
$X > M + 1,5 SD$	Sangat Baik
$M + 0,5 SD < X \leq M + 1,5 SD$	Baik
$M - 0,5 SD < X \leq M + 0,5 SD$	Sedang
$M - 1,5 SD < X \leq M + 0,5 SD$	Kurang
$X \leq M - 0,5 SD$	Kurang Sekali

The result of the research data classification is then described into percentage analysis with the following formula:

$$P = \frac{F}{N} \times 100 \%$$

Description:

P = Percentage

F = Frekuensi

N = Amount

III. DISCUSSION

The Data that is squeezed in the research is presented in a percentage divided into four parts, namely the game of ball throwing, ball kasti, broken plates and Samelang. Question asked a total of 40 items that use 2 alternate answers "yes" or "no" with a score of "Yes = 1" and "no = 0".

The following is the result of a descriptive analysis of the desire to know the ability of students about the game rules of throwing balls in the learning of Physical Education in school year 2019/2020 consisting of 5 schools with 60 respondents.

The results of the analysis obtained the average value of students' ability to understand the throwing ball rules at the Madya Utama Medan Junior High school year 2019/2020, based on the acquisition of the answer data "yes" with a percentage of 80.00% and "No" with a percentage of 20.00%. In the form of data bar diagram described as follows



Fig 1. Diagram of students' ability to understand the throwing ball rules in primary schools Madya Utama Medan school year 2019/2020

Of the average value of students' ability to understand the rules of the throwing ball game in the school of Hero SMP Medan year 2019/2020 based on the acquisition of data this

shows that the ability of students understand the rules of the game is good.

The results of the analysis were obtained the average value of students' ability to understand the game rules of throwing ball in the school of Hero SMP Medan 2019/2020 academic year based on the acquisition of the answer data "yes" with a percentage of 85.21% and "no" with a percentage of 14.79%. In the form of data bar diagram It is described as follows:

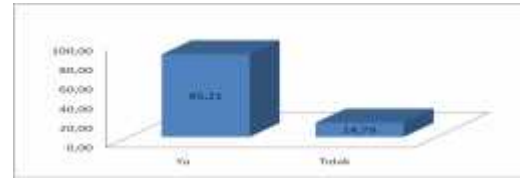


Fig. 2. Diagram of students' ability to understand the throwing ball rule at SMP School of Heroes Medan year 2019/2020.

From the average value of students, the ability to understand the throwing ball rules at SMP Negeri 8 Medan school year 2019/2020 based on data acquisition This shows that students' ability to understand the rules of the game is good.

The results of the analysis obtained the average value of the students understand the throwing ball in the school of 8-year-old Medan 2019/2020 based on the acquisition of the answer data "yes" with a percentage of 90.00% and "No" with a percentage of 10.00%. In the form of data bar diagram It is described as follows:

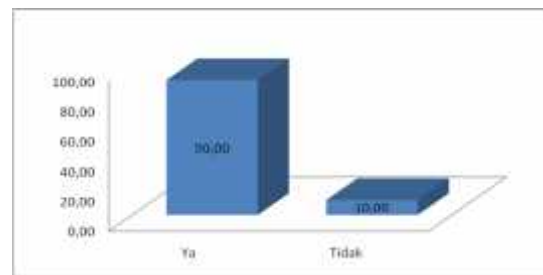


Fig. 3. Students' ability Diagram understands the throwing ball rules at SMP Negeri 8 Medan school year 2019/2020.

From the average value of students, the ability to understand the throwing ball rules at SMP Negeri 27 Medan school year 2019/2020 based on data acquisition This shows the game is very endeared to students but not using the technology.

The results of the analysis were obtained the average value of the martyred Shiva to understand the throwing ball regulation at SMP Negeri 27 Medan school year 2019/2020 based on the acquisition of the answer data "yes" with a percentage of 89.17% and "no" with a percentage of 10.83%. In the form of data bar diagram described as follows

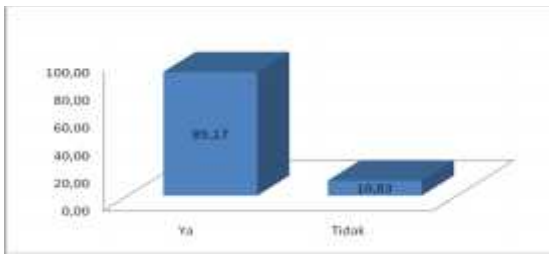


Fig. 4. Student Ability Diagram understands the throwing ball rules at SMP Negeri 27 Medan school year 2019/2020

From the average value of the students' ability to understand the throwing ball regulation at SMP Negeri 35 Medan school year 2019/2020 based on data acquisition This shows the game is very endeared to students.

The results of the analysis were obtained the average value of the martyred student to understand the throwing ball rules at SMP Negeri 35 Medan school year 2019/2020 based on the acquisition of the answer data "yes" with a percentage of 93.33% and "no" with a percentage of 6.67%. In the form of data bar diagram described as follows:

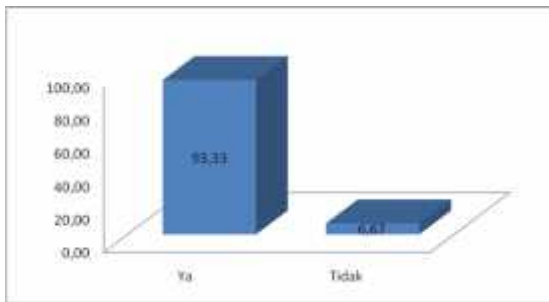


Fig. 5. Students' ability Diagram understands the throwing ball regulation at SMP Negeri 35 Medan school year 2019/2020.

Based on the calculation of research results in SMP Madya Utama Medan showed that with the answer "yes" 80.00% and "no" 20.00% meaning the ability of students understand the rules of throwing ball in junior high school Madya Utama Medan is very high. This is because many students often practice the game by being applied to the Physical Education lesson.

Based on the calculation of research results in SMP Pahlawan Medan showed that the answer "yes" 85.21% and "No" 14.79% means the ability of students to understand the rules of throwing ball in junior high school hero Medan very highly. This is because many students are very helpful with this new game.

Based on the calculation of data on the research result at SMP Negeri 8 Medan showed that the answer "yes" 90.00% and "no" 10.00% meaning the ability of students understand the throwing ball rules in the school state 8 Medan SMP is very high. This is because often the game involves a lot of students doing a game at SMP Negeri 8 Medan.

Based on the calculation of data on the research results in SMP Negeri 27 Medan showed that the answer "yes" 89.00%

and "No" 10.83% means the ability of students to understand the throwing ball rules in the state Junior high School 27 Medan is very large.

Based on the calculation of data on the research results at SMP Negeri 35 Medan showed that the answer "yes" 93.33% and "No" 6.67% means the ability of students understand the rules of throwing ball in the school state SMP 35 Medan is very large.

The game is done with a field size of 9-10 x 14-15 meters, with this size the students can assemble, move and play, the game can be played with two balls, which is red and colored in white. This ball is while using volleyball, because there is no development of the research on the ball.

The game's rules consist of 12-15 participants and 5 spare persons, led by one of the match captains in the chest numbered 1. Participants of this throwing ball game consist of invaders and defensive players. The match captain prepares the members in a two-or march-lined position, which will then be reported to the trainer or match committee, if all complete participants with the backup player. The time in this game is 20 minutes with the number of students involved can be as much as 30-34 students.

Based on the overall analysis of the throwing ball rules, the ability of students to understand the rules of the throwing ball game in the school in the Physical Education learning is very good, because the game is very interesting for students and students are delighted Learn the rules of the throwing ball game, involving many students can do in the small field, make students always communicate because the game is done in groups and games that lead to improve physical fitness Students.

IV. CONCLUSIONS

Based on the results of data analysis, the results of this research can be concluded that the ability of students understand the rules of throwing ball an interesting and enjoyable game in the school of the City of Medan year 2019/2020 as a whole that students understand the rules of a game throwing ball at an average of 87.54% and who do not understand the rules of game throwing balls at an average of 12.46%.

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