

The Effect of Using Instructional Media on Sepaktakraw Skill of UKO Athlete in Universitas Negeri Padang

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ABSTRACT

The problem in this research is still low sepaktakraw skills and the discovery of effective learning methods in improving sepaktakraw skills in UKO athletes of University of Padang. The purpose of this research are: (1) to see the effect of using conventional methods in increasing sepaktakraw skills in UKO athlete of University of Padang, (2) to see the effect of the use of instructional media (audio-visual) on improving sepaktakraw skills in UKO athletes of university of padang, (3) to see the differences of influence between conventional methods and the use of instructional media (audio-visual) on increasing sepaktakraw skills in athletes UKO of University of Padang. This research is quasi-experimental. The population of this research is seppakraw athletes in UKO of university of Padang about 26 Peoples, consist of 16 mans and 10 womans. The technique of sampling data is used purposive sampling, by setting 16 male athletes and 10 womens. The technique of collecting the data use an instrument test: (a) control test, (b) passing test, and (c) service test. The data analysis use statistics of dependent sample test, and independent sample test. The results of this research are (1) there is a significant effect of increasing sepaktakraw skills with conventional methods, (2) there is a significant effect of increasing sepaktakraw skills with learning methods (audio-visual), (3) there are differences in sepaktakraw skills between conventional methods of exercise with a group of learning methods (audio-visual). Where the training group learning method (audio-visual) is more effective in improving the sepaktakraw skills in seppakraw athletes UKO of university of Padang. Based on this research, to increase sepaktakraw skill is recommended to use of instructional media (audio-visual), because that is very effective to increase sepaktakraw skills.

Keywords: *exercise methods, sepaktakraw skills*

1. INTRODUCTION

Sepaktakraw or sepakraga is a sport of traditional Malay culture, which is appeared and developed by countries in Southeast Asia, so this sport is considered as the original sports of countries in Southeast Asia. *kata sepak dan raga berasal dari bahasa melayu, dimana sepak berarti menyepak dan raga adalah bola rotan yang digunakan dalam permainan, yang mana pemain-pemainnya berdiri dalam sebuah lingkaran*. "sepaktakraw, atau yang biasa disingkat "Takraw", bisa disebut juga "Kick Volleyball" (bola voli sepak) atau "Soccer Volleyball" (sepak bola voli) [1]. "keterampilan individual meliputi: sepak sila, sepak kuda, sepak petik, sepak badek, sepak cangkul, menggunakan paha, dan menyundul bola (heading). Sedangkan keterampilan penguasaan pertandingan meliputi: sepak mula, timangan, memberikan umpan (passing), melakukan smash, dan melakukan block".

"Sepak sila merupakan salah satu teknik dasar sepak yang mempergunakan lekukan kaki bagian dalam, pada permainan sepaktakraw, sepak sila sangat dominan sekali dipergunakan untuk; 1) menerima bola service lawan, 2) memberikan umpan kepada smasher, 3) menerima smash/menahan smash lawan" [3]. "Sepak sila adalah menyepak bola dengan kaki bagian dalam, yang mana pada saat menyepak posisi kaki pukul seperti bersila. Teknik sepak sila digunakan untuk menerima, menimang dan menguasai bola, mengumpan, operan bola untuk menyelamatkan serangan lawan" [4].

To start the game in sepaktakraw is doing service to the opponent's area by *Tekong*. *tekong biasanya "otak" dalam sebuah regu. "Service adalah suatu gerak kerja yang penting dalam permainan sepaktakraw, karena point hanya dapat dibuat oleh regu yang melakukan service" [5]. Service merupakan serangan yang pertama terhadap regu lawan. Melalui service suatu regu dapat menghasilkan nilai sekaligus memimpin pertandingan sesuai dengan tipe yang dikehendaki regu yang*

melakukan service. Service atau sepak mula merupakan awal dari permainan sepak takraw. Service yang dapat digunakan dalam permainan sepak takraw berdasarkan hasil sepakan, adalah sebagai berikut : (1) Service bawah, (2) Service atas, (3) Service kaki bagian dalam, (4) Service punggung kaki, (5) Service telapak kaki.

To assist is an important sepak takraw skill mastered by athletes, a good assist will have a good basic attack in sepak takraw game. To assist often calls with passing. Mengumpan adalah gerakan lanjutan dari pada menerima bola, di mana diharapkan hasil dari mengumpan dapat dilakukan gerakan selanjutnya yaitu smash". Passing often do in sepak takraw game is to assist ball with push the ball up with enough high to the smasher. *"umpan lambung dilakukan dengan mendorong bola ke atas dengan cukup tinggi, sehingga bola jatuh lurus, didekat jaring sehingga pemain yang sama atau lainnya dapat melakukan smash pada bola ke lapangan lawan"* [1].

To achieve optimal performance and good performance, an athlete must obtain the training material with the right method. So the athletes will be easily to master the technical skills in the match. If this is fulfilled, athletes will be ready and able to compete well and easy to get win in a match. In addition, an athletes also must have a good mental, to get a good achievements will be realized. As mastery of technical skills for sepak takraw athletes too, if the athletes want to achieve good achievements need mastery of good technical skills and good physical conditions too. Another thing that very important is the availability of facilities and infrastructure in a training, to master the technique with the maximum level.

"Latihan merupakan realisasi atau implementasi dari materi atau bentuk-bentuk latihan yang telah direncanakan sebelumnya berulang-ulang dengan tuntutan yang semakin dipersulit untuk memperbaiki kemampuan fisik dan mental"[6]. In this case, the exercise must be done with over and over (not stopped), systematically (regularly), which is sequential also get more a burden, so these achievement can be improved. Exercise is an important thing that needs to be done by every man or women who deals with a sport. The exercise is carried out by athlete may in every training session that is carried out produces new skills and knowledge for that athlete. *"The exercise is doing must be continuous and structured may the abilities acquired can be in maximum level"*[7]. In sepak takraw sports, a lot of training methods can be given to increase the

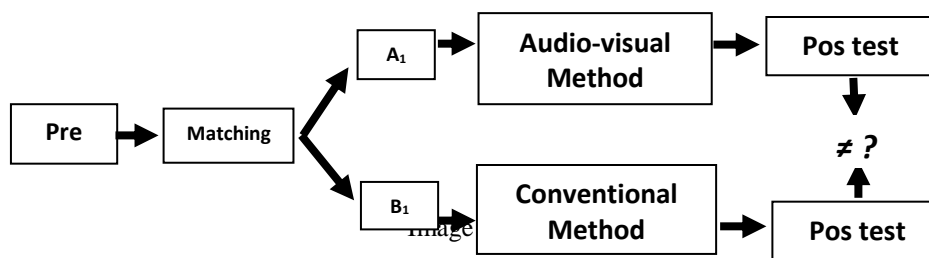
athlete of sepak takraw skills. None of methods in using is instructional media (audio-visual).

Media merupakan berbagai perantara yang bermakna komunikasi. Berasal dari bahasa latin medium (diantara), istilah ini berarti segala sesuatu yang membawa informasi antara sumber (guru) dan penerima (atlet). Sadiman (2006:6) *medefinisikan media adalah perantara atau pengantar pesan dari pengirim ke penerima pesan.,* Media sebagai alat yang digunakan untuk menyalurkan pesan atau informasi dari pengirim kepada penerima data. From the expert above we can conclude that media is a tools can be used in teaching and learning process. Instructional media which is using for the learners or athletes can be stimulates their minds, feelings and attention to be able to learn better than before. In addition, instructional media is used for the teaching and learning process run efficiently and effectively.

Based on the expert above that media (audio-visual) is a modern instructional media that displays elements of images and sounds at once. Images that are seen and accompanied by sound that is heard will make the athlete easier to understand and learn the techniques, the purpose of teaching and learning process can get well. One example of instructional media (audio-visual) is video. Based on the explanation above that is about conventional learning style are speech and demonstrations also instructional media (audio-visual), so the researchers will use conventional and an instructional media (audio-visual).

2. METHOD

The research is a quasi-experimental research. Eksperimen ini disebut kuasi, karena bukan merupakan eksperimen murni, eksperimen ini biasa juga disebut eksperimensemu. Karena berbagai hal, terutama berkenaan dengan pengontrolan variabel, kemungkinan sukar sekali dapat digunakan eksperimen murni. This is can be conclude that this research is quasi-experimental research done by athlete of UKO UNP Padang. Then, this study was designed with pre test and post test by two group design. two group pretest-posttest design yaitu eksperimen yang dilaksanakan pada dua kelompok pembanding. This experimental study is used two groups that received different treatments with the aim to see the effect of conventional methods and instructional methods media (audio-visual) on the skills in sepak takraw athletes of UKO UNP Padang. Information :



Note :

Pre Test = Test given to athletes before being given treatment

Post Test = Test given to athletes after being given treatment

Matching = Distribution of samples / matching samples based on the ranking

A1 = The group of athletes will be given audio-visual learning method

B1 = The group of athletes will be given a conventional method

A₂ = The group of athletes after being given training in audio-visual learning

B₂ = The group of athletes after being given a conventional method

3. RESULTS AND DISCUSSION

Before the hypotheses submitted testing to the requirements analysis test is done first with Normality Test data to find out whether the data from the variables are normally distributed or not normally distributed. This normality test uses the Lilliefors test with a significance level of $\alpha = 0,05$. Lilliefors test hypothesis.

Table 1. Summary of normality data

| Data | L _{observation} | L _{table} | Note |
|--|--------------------------|--------------------|--------|
| Method of audio-visual (<i>Pre Test</i>) | 0.1054 | 0.285 | Normal |
| Method of audio-visual (<i>Pre Test</i>) | 0.1964 | 0.285 | Normal |
| Method of konvensional (<i>Pre Test</i>) | 0.1515 | 0.285 | Normal |
| Method of konvensional (<i>Pre Test</i>) | 0.2043 | 0.285 | Normal |

The effect of instructional media method (audio-visual) on the sepaktakraw athlete skills of UKO UNP Padang, based on the statistical test using is the t-test which is seen the effect of average level in the same group with a significant level of 0,05. The results of the first test (pre test) of instructional media learning (audio-visual) with 8 sample peoples obtained an average calculation (mean) is 50,00. As for average score of the final test count (post test) is 71,15. Based on the results of data analysis, it can be seen that $t_{count} = 11.32 > t_{table} = 1.86$. This means that is learning with instructional media method (audio-visual) has a significant influence on the sepaktakraw athletes skills of the UKO UNP Padang. The increase in athletes sepaktakraw skills are 21,15, which is from the average score of the 50,00 pre test and post test is 71,15 as presented in the following table.

Table 2. Summary of first hypothesis testing results.

| Audi o-visual | Mean | T _{counting} | t _{table} | Result | Note |
|------------------|-------|-----------------------|--------------------|--------------|--|
| <i>Pre Test</i> | 50,00 | 11,32 | 1.86 | Significance | H₀ rejected and H_a accepted |
| <i>Post Test</i> | 71,15 | | | | |

The effect of instructional media method (audio-visual) on the sepaktakraw athlete skills of UKO UNP Padang, based on the statistical test using is the t-test which is seen the effect of average level in the same group with a significant level of 0,05. The results of the preliminary test (pre test) of instructional media learning (audio-visual) with 8 sample peoples obtained an average calculation (mean) is 50,00. As for the average score of the final test counting (post test) is 58,67. Based on the results of data analysis, it can be seen that $t_{count} = 7.16 > t_{table} = 1.86$. This means that is conventional method has a significant effect on sepaktakraw athlete skills in UKO UNP Padang. The increasing of sepaktakraw athletes skills is 8,67. Which is the average score pre test is 50,00 and post test is 58.67 as presented in the following table.

Table 3. Summary of second hypothesis testing results.

| Audi o-visual | Mean | T _{counting} | t _{table} | Result | Note |
|------------------|-------|-----------------------|--------------------|--------------|--|
| <i>Pre Test</i> | 50,00 | 7,16 | 1.86 | Significance | H₀ rejected and H_a accepted |
| <i>Post Test</i> | 58,67 | | | | |

The differences effect of audio-visual learning in training method with conventional training methods on the sepaktakraw athletes skills of UKO UNP Padang, based on the statistic test using is the independent sample t-test to see differences in influence from the average score between group of samples with a significant level is 0,05 . The final test results (post test) is an audio-visual method obtained an average calculation (mean) is 71,15. As for the average score of the final test (post test) the conventional method is 58,67. Based on the results of data analysis, it can be seen that $t_{count} = 3.36 > t_{table} = 1.86$. This means that are differences in the effect of the training effect between the instructional media method (audio-visual) and the conventional method. The differences effect of each increasing in the training method on sepaktakraw athletes skills is 12,48, as presented in the following table.

Table 4. Summary of third hypothesis testing results.

| Group | Mean | T _{counting} | t _{table} | Result | Note |
|--------------|-------|-----------------------|--------------------|--------------|--|
| Audio-visual | 71,15 | 3,36 | 1,86 | Significance | H₀ rejected and H_a accepted |
| konvensional | 58,67 | | | | |

4. CONCLUSION

Based on the results of data analysis, the results of testing hypotheses and the results of discussion of these research obtained, then in this chapter some conclusions and suggestions will be presented.

1. The effect of learning instructional media (audio-visual) method on the sepaktakraw athletes skills of UKO UNP Padang, with the increasing sepaktakraw athletes skills is 21,15.
2. The effect of the conventional method on the sepaktakraw athletes skills of the UKO UNP Padang with increased athletic sepaktakraw skills is 8,67. Which is from the average score are pre test 50,00 and post test to 58,67.
3. The differences of training instructional media (audio-visual) and training conventional method to sepaktakraw athletes skill of UKO UNP Padang, get $t_{count} = 3.36 > t_{table} = 1.86$. The differences effect of each increasing in the training method on sepaktakraw athletes skills is 12,48.

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