

Heavy Bet Exercises Effect to Forehand skill on Table Tennis of Male Athlete at Pekanbaru Sports High School

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ABSTRACT

Based on research observations in the field in coaching Male Table Tennis athlete at Pekanbaru Sports High School, it shows a lack of techniques and tactics in table tennis, as well as training programs that are less systematic and planned. The problem raised in this study is "is there any effect of heavy bet exercise on Forehand punch skill on Male Table Tennis athlete at Pekanbaru Sports High School? This study aims to determine whether there is an effect of heavy bet exercise to Forehand punch skill on Male Table Tennis athlete at Pekanbaru Sports High School. The research hypothesis proposed in this study is that there is the effect of heavy bet exercise on Male Table Tennis athlete Pekanbaru Sports High School. This research is experimental research. This research was conducted on Male Table Tennis athlete in Pekanbaru Sports High School. Research data was obtained and collected through initial tests and final tests before carrying out heavy bet exercises. The data obtained were analyzed descriptively, then the next research hypothesis was tested which had been proposed according to the problem, namely: "there is a significant effect of heavy bet training (X) with forehand (Y) skills. The results of the t-test study produced a t-test of 6.5 and $t_{1.833}$ at a significant level of 0.05. Means $t_{result} > t_{table}$. This gives the conclusion that there is a significant effect of heavy bet exercise on Table Tennis of male athlete at Pekanbaru Sports High School so that H_a is accepted.

Keywords: *Heavy bet exercises, forehand skill, table tennis*

1. INTRODUCTION

Sport is an activity that is beneficial for increasing physical fitness. Besides that, it can also foster character, personality, discipline, sportsmanship and thinking abilities and the development of sports achievements. The purpose of humans to do sports activities is four, first for recreation, namely those who do sports only to fill leisure time, carried out with excitement, secondly for the purpose of sports activities carried out is formal, the purpose of achieving national education goals through sports activities arranged through the curriculum certain, third to reach the level of physical fitness, in this case starting from various fields of science that have to do with humans such as, medical knowledge, social, economic, environmental etc., while the fourth for achievement, in this case the sciences related knowledge concerning to work on "human" as an object to be processed by his achievements, so that it is better reviewed in more depth and in more detail (Sajoto: 1995).

Sports can be a powerful tool for the physical and mental formation of the nation. Physical formation in regular exercises (exercise) will strengthen the body

members as well as physiology and mental formation, foster discipline, sportsmanship, cooperation and responsibility due to the existence of certain rules for each sport and due to challenges and achievements.

Through Indonesian sports achievements known by other nations, this is in accordance with the Law of the Republic of Indonesia No. 3 of 2005 article 4 concerning the basis, functions and objectives of sports, namely: "National sports aim to maintain and improve physical health and fitness, achievement of human qualities, instill human moral and moral values, discipline, sportsmanship, strengthen brotherhood and foster national unity and unity strengthen national defense, and lift the dignity and honour of the nation ". The government has an important role in efforts to develop and improve sports achievements by holding early coaching aimed at potential and talented young athletes.

One of the sports that is of concern is table tennis. At present we can see from the many table tennis matches held in the regencies as well as tournament open matches in the Riau Province Malay open match held in Pekanbaru in May 2014.

Table tennis is a game that uses a table as a net that uses a small ball made of *celluloid* and the game uses a bat or a bet. Game it uses a racket made of rubber-coated wooden boards, a table tennis ball and a table-shaped game.

In fostering small ball games, especially table tennis in Sports State High School, it has been well implemented, and also sports education has been supported by fairly good facilities and infrastructure. But from observations, there are problems with the lack of techniques and tactics in the game of table tennis, as well as the lack of systematic and planned training programs in the process of table tennis. athletes are not maximal in doing *forehand punch skill* so when they hit, the ball always doesn't make it over the net and often goes out of the field. For the sake of correcting the mistakes, the athletes at Pekanbaru Sports High School, especially the male table tennis athlete, the author wanted to provide a form of training that improved *forehand punch skills*. To improve *forehand punch skills* there are several forms of exercises that can increase *forehand* blows including: 1). Multi ball training, 2). Weight training (Hodges: 2002). From some of the forms of the exercise, researchers only took one form of exercise that could improve *forehand punch skills*, namely heavy bet exercise.

Heavy Bet is a bet made of iron or iron in a wooden bet. Most top players use heavy bets for training. Weighing must be 3 times the weight of a normal bet, Use a bet to practice without using a ball and do not use it to practice with the ball. Do the exercise as many as 20 repetitions in 1 set, rest 1 to 2 minutes after doing 1 set, do 3 to 5 sets (Hodges, 2002: 161).

2. METHOD

The plan or design of this study is quantitative in the sense that a series of methods are used to collect data analysis in research using numbers as parameters. This type of research is *quasi experiment*, namely research that aims to obtain information obtained from experiments based on *treatment* of a unit of experiment within the design limits specified in the experimental class so that data that describes what is expected is obtained.

The purpose of this study was to obtain information about how much influence heavy bet exercises to forehand punch skill on male table tennis athlete at Pekanbaru Sports High School.

This research is an experimental research. This research was conducted in the Field of Sports High School. The sample was 10 peoples. The research data was collected through initial tests and final test *back board tests*. The data obtained were analyzed descriptively, then further testing of the research hypotheses that has been proposed was according to the problem, namely: There was the effect of heavy bet

exercises to forehand punch skill on male table tennis athlete at Pekanbaru Sports High School.

The research data was taken through tests and measurements of 10 male table tennis athletes at Pekanbaru Sports High School. This study looked at the results of the influence of heavy bet exerciseto forehand punch skill on male table tennis athlete at Pekanbaru Sports High School. The variables in this study are heavy bet exercise which is represented by X as the independent variable, while the *forehand punch skill* is represented by Y as the dependent variable.

Table 1.The names of table tennis male athlete at Pekanbaru Sports High School which were sampled.

No	Name	No	Name
1	Nanda pratamayufi	6	Falahadhilaksono
2	Arifadisuganda	7	Fajrulinsani
3	Khairulirwan	8	Advisilhamzani
4	Mazzuan	9	Akhdivaelfiistiqoh
5	Pinerdinasmi an	10	M. Nursya'ban

3. RESEARCH RESULTS AND DISCUSSION

The data was take bytests and measurements of 10 male table tennis athletes at Pekanbaru Sports High School. The variables in this study are heavy bet exercise which is represented by X as an independent variable, while the results of the back board test are denoted by Y as the dependent variable.

Based on data analysis, the study of the effect of heavy bet exercises to forehand punch skill on male table tennis athlete at Pekanbaru Sports High Schoolincludes:

After the *back board test*pretest was carried out before the heavy bet exercise was implemented, the initial pre test*back board test* data was obtained as follows: best score 37, worst score 30, with average of 33.2, standard deviation 2.82 and variance 7, 95. Frequency distribution can be seen in the table as follows:

Table 2. Pre test data analysis.

Data	Pretest
N (population)	10
Mean (average)	33,2
Standard Deviation	2,82
Variance	7,95
Maximum	37
Minimum	30
Sum (Amount)	332

After the *Post Test back board test* of heavy bet exercise was applied, the final Post Test test of the back board test was obtained as follows: worst score 33, and the best lying test 30 seconds 40, with an average of 36.7, standard deviation 2, 31 and variant 5.43 data on the frequency of 30-second bed rest tests can be seen in the table as follows:

Table 3. Post Test Data Analysis.

Data	Posttest
N (population)	10
Mean (average)	36,7
Standard Deviation	2,31
Variance	5,43
Maximum	40
Minimum	33
Sum (Amount)	367

The data obtained were analyzed, then hypothesis testing of the research that has been submitted was carried out in accordance with the problem raised, namely: "there is the effect of heavy bet exercise (X) on forehand punch (Y) skills. Based on the t-test analysis, the results of t_{result} were 6.5 and t_{table} was 1.833 with an error rate of 0.05 (5%). Means $t_{result} > t_{table}$, H_0 is rejected and H_a is accepted The results of hypothesis testing indicate that there is an effect of heavy bet exercises to forehand punch skill on male table tennis athlete at Pekanbaru Sports High School

Exercise in principle is to provide physical pressure on the body regularly and systematically, continuously so that it will increase the ability of athletes who will ultimately improve the ability of athletes. It's carry out an exercise a training method is needed that can be interpreted as a way to reach the goal.

Exercise is a continuous and regular process ranging from exercises that come to the more complicated and carried out repeatedly with an increasing number of training loads, in other words, training is a planned and systematic activity to prepare athletes from both physical and physical conditions or techniques for dealing with pressure in matches. Exercise is the main device in the daily training process to improve the quality of the functions of the human organ system, so that it is easy for sportsmen to improve their movements.

Most top players use heavy bets for training. The weight must be 3 times the weight of a normal bet. Use a bed for hitting practice without a ball and don't use it to practice using a ball.

4. CONCLUSION

Based on the t-test analysis statistics, the difference value (d) is 3.5 and produces a t-test and t_{result} of 6.5

and t_{table} of 1.833. Mean $t_{result} > t_{table}$. It can be concluded that heavy bet exercise (X) influences the forehand punch skills (Y) on male table tennis athletes at Pekanbaru Sports High School.

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