

Increasing Underhand Service Skills in Volley Ball Game Through Audio Visual Media

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ABSTRACT

Averagely, most student did not know the basic technique of doing under service correctly. The purpose of this study was to determine the increase in the results of lower service skills of volleyball through audio-visual learning media in class VIII.5 in Palembang State Middle School 46. The method used was the Class Action Research (CAR) method. The population in this study was students of class VIII 1,2,3,4,5,6,7 and 8 totaling 316 students and the sample in this study was students of class VIII.5 which amounted to 40 students. The instrument in this study was a field for testing services under volleyball. The data analysis technique in this study is a qualitative descriptive method by tabulating test results based on percentages. Based on the results of the study that in the Pre Cycle the value of student activity was 59.44% which was categorized as active, Cycle I increased by 71.20% while in Cycle II the activity of students was 93.24%. Suggestions in this study are: 1) For students, it is expected to improve the ability to serve under volleyball through audio visual learning media, 2) For Penjasorkes teachers, it is expected to increase creativity in teaching Penjasorkes subjects in making and developing teaching and learning methods, 3) For schools, it is expected to add sports equipment, especially the facilities and infrastructure of volleyball games.

Keywords: *Underhand service skills, volley ball game, audio visual media*

1. INTRODUCTION

Volleyball is a game of sports that has been known to the public from the age of children to adults both men and women. Volleyball sports can be used as a means to educate because they can form a spirit of sportsmanship, honesty, cooperation, discipline and responsibility and the benefits are very good for the formation of the individual as a whole. The school has been equipped with a physical education curriculum in which sports learning is regularly carried out in schools. Currently the volleyball game used has been referring to international regulations, that volleyball is a team sport, played by two teams in each field separated by the net. The aim of the game is to pass the ball over the net so that it can touch the floor of the opponent's area and prevent the same ball (being missed) from being touched by the floor in its own field.

According to Yunus (1992) "to improve the ability to play volleyball, elements need to be improved are included: physical conditions, techniques, tactics, mental maturity, cooperation and experience in competition". To get maximum achievement in sports. The basic techniques in volleyball are *service*, *passing*, *smash (spike)*, and *dam (block)*. Specifically, the basic service technique according to Ahmadi (2007) "service is the first punch done from behind the final line of the game field, going beyond the net to the opponent's area". Service punches are carried out at the beginning

and every time a mistake occurs, because a serve blow plays a big role in gaining points, then the service blow must be convincing, directed, hard and difficult for the opponent. Service can be done with several techniques. Service techniques according to Brahma (2008) include the following: *underhand service* (), *overhead service*, *floating service*, and *jumping service* (service with the jump).

Based on the results of observations that researchers conducted at the Palembang 46th Middle School. The service skills under student volleyball are still not enough to say good enough because almost on average students do not yet know the basic techniques of servicing well and correctly, students only serve carelessly down regardless of the correct technique, most students when doing lower left and right foot services are parallel even though the correct technique is the left foot is in front of the right foot, when throwing the ball up too high and lack of swinging of the hand backwards, so when when hitting the ball it is not optimal and does not enter the opposing field or hit by the net. And the lack of motivation and interest of students when learning takes place because the learning methods provided by teachers are less effective. Such conditions require the role of the teacher is very important to improve the quality and quantity of learning carried out, therefore it is necessary to have a simple problem solving and can be done by the teacher

to be able to manage the process of educational interaction between teacher and students. The purpose of educative interaction includes three aspects, namely cognitive, affective, and psychomotor aspects. In addition, it is expected that the teacher to be more creative in carrying out learning support activities in the classroom, one of the supporting activities in question is to use audio-visual media. According to Daryanto (2010) "audio-visual is a modern instructional media that is in line with the times (advances in science and technology), including media that can be seen and heard". In conclusion the audio-visual media is an intermediary media or material use and its absorption through view and hearing so as to build conditions that can make students able to obtain knowledge, skills or attitudes.

Based on the problems above, the researchers wanted to examine in order to improve learning skills of volleyball underhand service.

2. METHOD

This study used Classroom Action Research (CAR) or often called *action research* where this research will be conducted through several cycles with the hope that there will be a significant increase in the results to be achieved. This research will be conducted at the Palembang 46 Secondary School (SMP) after students enter school after the holidays. Face-to-face meetings are 6 meetings in approximately 1 month during class time, conducted from 08.00 to 10.00 WIB.

The population in this study was Palembang State Middle School 46 students. Class VIII 1,2,3,4,5,6,7 and 8 Academic Year 2015 amounted to 316 students, Sampling was based on the standard of Minimum Completion Criteria (KKM) in Palembang 46 Secondary School in subjects of Physical Education and Health (Penjasorkes) of all class VIII (eight) students who get an average score below the KKM standard is class VIII.5. So that researchers set the sample in this study were students of class VIII.5 which amounted to 40 students. This research is carried out by giving action through two cycle actions. In the first cycle the implementation of face-to-face 3 times and in the second cycle the implementation of face-to-face 3 times to see the improvement of student learning outcomes through audio-visual learning media, and at the time of implementation the cycle consisted of 4 stages which included: planning, implementation, observation, and stages of reflection. Before entering the first cycle students are given an initial service test under the volleyball game. The data analysis technique in this study uses analyzed descriptively using percentage techniques to see trends that occur in learning activities.

After the data was collected, the data were analyzed by qualitative descriptive method by tabulating the test results based on percentages, so that a clear picture of

the results of the volleyball service skill test results through audio visual learning media

3. RESULTS AND DISCUSSION

Research Results

Research Sites held in Palembang Public Middle School 46, the observation activities began on January 4, 2016 until completion, the subjects studied were students of class VIII.5 who housed 40 students.

Data on the Conditions of Infrastructure and Facilities of Palembang State Junior High School 46

Sports Facilities and infrastructure owned by Palembang State Middle School 46 is now quite good and feasible and complete, this is because the attention of the Palembang education office will advance the quality of education in Palembang Public Middle School 46. With the hope of having high achievements in studying in the academy in having achievements in the field of sports. Besides having high achievements in learning in the field of academics can also have achievements in the field of sports.

Pre Cycle

Based on the calculation, it was found that the average score of students in the Pre Cycle is 11.33 with completeness in classics of 27.5% with very little category. Students who score > 75 are only 11 students (Completed), students who score <75 have 29 students (Not Completed).

Implementation of Cycle I

It was found that the average score of students in Cycle I was 13.35 with completeness in classics of 62.5% with sufficient categories. Students who get a score of > 75 are only 25 students (Completed), students who score <75 have 15 students (Not Completed).

Implementation of Cycle II

It was found that the average score of students in Cycle II was 15.75 with completeness in classics of 92.5% with a very good category. Students who score > 75 are only 37 students (Completed), students who score <75 have 3 students (Not Completed). Based on these results, classical completeness is 92.59%, which means that completeness is classically determined, ie 75% has been achieved.

Discussion

Cycle I

Based on the formulation of the problem in this study, namely whether through audio-visual learning media can improve the results of service skills under volleyball in class VIII.5 in Palembang State Junior

High School 46 can be known, especially learning service skills under volleyball before being given audio visual learning in research turned out the results still did not meet expectations. This can be seen from the average value of the service skill test results under volleyball before the action (Pre Cycle), which is 11.33 with completeness of 27.5%. Based on the results of preliminary observations, it can be identified that most class VIII.5 students are still hesitant to release their physical abilities and techniques in serving under volleyball, this is due to the emergence of shame, lacking the courage to ask about service material under volleyball.

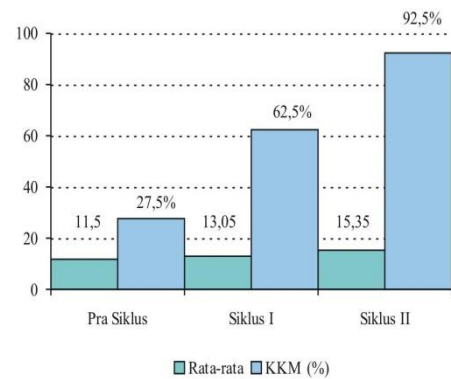
Starting from the initial conditions, it is necessary to apply a form of learning that is in accordance with the conditions of class VIII.5 Palembang State Middle School 46 which can overcome this problem, namely by providing a form of service learning model under volleyball through audio visual learning media. Through audio-visual learning media, it is expected to improve service learning under volleyball.

Cycle I results for student activities while doing service training under volleyball through audio visual learning media are included in the active category, but there are still shortcomings that need to be corrected. This is because some students do not understand how to do service training under volleyball through audio visual learning media, because students are less prepared to receive audio visual learning media.

To find out the results of service skills under volleyball after being given through audio-visual learning media during Cycle I, a test is done at the end of the meeting. Based on the results of the service skill test under volleyball, the average score of students was 13.35 with student learning completeness of 62.5%. This shows that student understanding is not as expected, namely student learning completeness (KKM) of 75. However, the results of the volleyball service skill test results have experienced an increase compared to before the study (Pre Cycle). The increase was from an average value of 11.33 to 13.35 and student learning completeness was 27.5% to 62.5%.

Based on the results of observations, it is then analyzed and reflected. The results of these reflections show that there still needs to be improvement in learning in the next cycle, especially in providing an understanding of servicing under volleyball through audio-visual learning media to students. Researchers must always give awards or praise to students who can carry out their duties properly, so that students will be more motivated to release their abilities, so that there is an increase in the results of students' practice especially servicing under volleyball through audio visual learning media.

Figure 1. Result Circle 1



Cycle II

Based on the results of reflection in Cycle I, then in Cycle II it is necessary to improve learning so that a predetermined KKM is achieved, that is equal to 75. The results of student activities in Cycle II show an increase from Cycle I. In Cycle II all students have prepared themselves because students have been given direction through audio-visual learning media about service practice under volleyball. Students also have no hesitation in releasing their ability to do service training under volleyball.

After learning in Cycle II, an evaluation is finished. Based on the test results obtained the average value of the service skill test results under volleyball is 15.75 with completeness of 92.5%. The success of the average achievement of student completeness is due to several things as follows. 1) The learning model through audio visual learning media on service skills under volleyball is a new way for students who have never been before in class; 2) Through audio visual interest learning media and the motivation of students to practice servicing under volleyball, it increases, because by using the help of this audio visual learning media students are brave and not shy to release their abilities.

Comparison of the results of the average service test under volleyball through audio visual learning media in the Pre Cycle, Cycle I, and Cycle II can be seen in the Histogram below.

Based on the above improvements, it was caused by increased interest and motivation in learning under ball service servicing. volleyball after being given audio-visual learning, because class VIII.5 in Palembang State Middle School 46 is a beginner volleyball player who is in the middle of learning various basic techniques of soccer. Audio-visual media is a medium that is used to convey messages to students during the learning process through the sense of hearing and vision. According to Parwata (2008: 39) audio-visual is an effective medium in the delivery of information that

includes the element of motion because it can show an event on an ongoing basis and which is the model in the delivery of information is a person who has the skills according to the informed movement. By using audio visual media will be able to help students in the implementation of the learning process properly and with quality.

4. CONCLUSIONS AND SUGGESTIONS

Conclusion

Based on the results of the study, the following points can be concluded 1) Through audio-visual learning media in service learning under volleyball can improve student activity in terms of discipline, cooperation, and obeying regulations. Based on the Pre Cycle, the value of student activity was 59.44% which was categorized as active, Cycle I increased by 71.20% while in Cycle II student activity was 93.24%; 2) Application of service practice under volleyball through audio visual learning media in Penjasorkes subjects in the Pre-student completeness cycle of 27.5% with an average score of 11.33. In Cycle I students' completeness was 62.5% with an average value of 13.35. While for Cycle II student completeness is 92.5% with an average value of 15.75; 3) Classical completeness has been achieved in Cycle II, which amounted to 92.5% (37 people) who completed and 7.5% (3 people) who did not complete. Thus, through audio visual learning media can improve service learning under volleyball class VIII.5 Palembang 46 Public Middle School 2015/2016 Academic Year.

Suggestion

Based on the conclusions of the results of the study, the researcher proposes the following suggestions. 1) It is expected to improve the ability to serve under volleyball through audio visual learning media. 2) It is expected to increase creativity in teaching the Penjasorkes subjects in making and developing teaching and learning methods. 3) This research can be used as a reference in the development of learning and improving the quality of education, especially in learning the fields of Sport and Health education studies, especially servicing under volleyball through audio visual learning media.

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