



The Effect of the Application of the Teaching Command Method on the Basic Movement Ability of Underhand Passing in the Volleyball Game by Rosa de Lima Tondano Catholic High School Students

Djajati Mariana Lolowang^(✉)

Department of Physical Education, Health and Recreation,
Faculty of Sports Science and Public Health, Universitas Negeri Manado, Tondano, Indonesia
djajatylolowang@unima.ac.id

Abstract. This study aims to examine the effect of the application of the commando teaching method on the basic movement ability of underhand passes in volleyball games. The method used in this research is the experimental method. The samples used in this study were high School Students from s Catholic Rosa de Lima Tondano totaling 20 students and divided into two groups, namely the experimental group with a sample of 10 people and the control group with a sample of 10 people. The research design used was a Pre-Test and Post-Test control group Design. The research instrument used was a test of the basic movement ability of underhand passes in a volleyball game. The infrastructure and facilities used are a volleyball court, volleyball, blowpipe, and writing utensils. The research hypothesis is that there is an effect of implementing the commando teaching method on improving the basic movement skills of underhand passes in volleyball games for Rosa De Lima Tondano Catholic High School students. This research concludes that the application of the commando teaching method affects the basic movement ability of underhand passes in volleyball games for Rosa de Lima Tondano Catholic High School students.

Keywords: Command Teaching Method · Basic Underhand pass

1 Introduction

Basic movements are a strong foundation, which must be mastered by students to be able to develop more complex movements. The teacher, as one of the guides in the teaching and learning process, has multiple roles to realize the teaching and learning process. In the process of achieving the learning objectives of physical education, sports are used in the learning process, one of which is volleyball.

Volleyball is one of the most popular sports in the community. Volleyball is a sport played by two opposing teams. Each team consists of six players, limited by a net. Each team has three touches to return the same ball to the opposing team. The match can be

played for five sets, which means the match can last about 90 min and compete to reach 25 first. Volleyball has several basic techniques, one of which is bottom passing. An underhand pass is a technique of playing the ball carried out by a player with one or two hands to direct the ball to a specific place or teammate for further play.

Based on the results of initial observations made by researchers at Rosa de Lima Catholic High School, Tondano students. There seems to be something unsatisfactory about improving the basic movement skills of passing in volleyball games. This can be seen from the ability of students to perform basic movements without the ball and basic movements with the ball. The basic movements without the ball and the basic movements with the ball performed by the students are very inefficient. One of the factors that cause the lack of ability of students to perform basic movements of an underhand pass in the teaching and learning process is that students have not been able to understand and master the basic movements of underhand pass that have been practiced by physical education teachers.

In realizing the basic motion of good and correct passing, a teaching strategy is needed using an appropriate teaching method, including using the command teaching method. The commando method is a method dependent on the teacher because students move according to the instructions of the teacher and all decisions are taken by the teacher. Here, the teacher plays an active role in achieving the objectives of the learning process.

With the application of the commando teaching method in the process of learning the basic motion of underhand pass, it can provide opportunities for students to carry out tasks, according to what the teacher gives. The presentation of learning in the form of practice, through interaction between teachers and students, can allow changes in behavior and increase the ability of basic underhand pass movements. So it is hoped that it can have a positive impact on all Rosa de Lima Tondano Catholic High School students practicing carrying out basic underhand passing movements so that they can improve their basic movement skills in doing underhand passing.

To realize the basic movement of underhand passing in volleyball games for Rosa de Lima Tondano Catholic High School students, then in the learning process of physical education subjects, especially in volleyball games, the effectiveness and creativity of teachers or educators in choosing and implementing appropriate teaching methods are needed. The material being taught. The application of appropriate teaching methods can increase the effectiveness of learning the basic movement of underhand passing in volleyball games for Rosa de Lima Tondano Catholic High School students, one of which is through the Commando teaching method.

The command method is a teaching method that is carried out in the learning process where the teacher prepares all aspects of teaching and the teacher is fully responsible and takes the initiative in teaching or monitoring the major progress of the development of his students, especially the bottom passing material in volleyball games so that students gain skills in carrying out movements underhand passing in a good and correct volleyball game.

The researchers argue that the application of the command teaching method on the ability to pass in volleyball games at the Rosa de Lima Catholic High School Tondano

influences the basic movement ability of underhand passing in volleyball games for students.

2 Theoretical Framework

2.1 Underhand Passing

The ball game is a complex game that is not easy for everyone to do. Because in the ball game, it takes movement coordination that can be relied on to carry out all the movements in the volleyball game. Haryana and Sujatmiko said that the ball game is a big ball game by hitting the ball with the hands toward the opponent's territory [1].

Mastery of the basic techniques of volleyball is one of the elements that will determine the win or loss of a team in a match. Mastery of the basic techniques of volleyball is one of the elements that will determine the win or loss of a team in a match.

Underhand Passing plays a very important role and must be mastered by a student in the game of volleyball. The bottom pass is used to receive the ball from the opponent's serve. Underhand passing is a movement or technique of receiving the ball using the hands.

Haryanta and Sujatmiko said passing or passing the ball is a technique of playing the ball carried out by a player with one or two hands to direct the ball to a place or teammate to be played again [1].

2.2 Basic Movement Ability Underhand Passing

The movement that needs to be improved in students is basic movement ability, which is a movement pattern that underlies a movement ranging from simple movement abilities to complex movement abilities. The basic human movements are walking, running, jumping, and throwing. All of these abilities must be possessed properly to have a foundation for developing more complex movement abilities. According to some experts, this ability has the same meaning as the ability to move, which means the state of a person's ability to display various variations of the ability to move. According to Samsudin, the motor is a general term for various forms of human motor behavior, while psychomotor is used to study the development of motor in humans [6]. So the scope of the motor is broader than the psychomotor. Although in general, a synonym is used with the term motorik. Basic Movement is a movement whose development is in line with growth and maturity level. Basic Movement is a movement pattern that forms the basis for more complex agility.

According to Amung Ma'mun and Yudha M. Saputra, basic motor skills are divided into three categories, namely locomotor, non-locomotor, and manipulative [2].

2.2.1 Locomotor

Locomotor abilities are used to move the body from one place to another or to lift the body up, such as jumping and hopping. Other movement abilities are walking, running, skipping, jumping, sliding, and running like a running horse.

2.2.2 Nonlocomotortor

Non-locomotor abilities are performed on the spot. Without adequate space for movement, non-locomotor abilities consist of bending and stretching, pushing and pulling, lifting and lowering, folding and twisting, shaking, coiling, bouncing, and others.

2.2.3 Manipulative Abilities

Manipulative abilities are developed when children are challenged to master various objects.

2.3 Command Teaching Style

Teaching methods are very important in determining how to teach the right way or the best way. The right teaching style is usually determined by the characteristics of teachers and students, as well as the interaction between student and teacher behavior and their relationship in achieving a specific goal.

Teachers must be able to choose the correct or appropriate style for the learning material that will be given to their students. In one meeting, not only one teaching style is used, but there must be many variations in teaching styles so that students are interested in the teacher's teaching performance.

The command method is a method that is completely dominated by the teacher in making decisions about the form, tempo, sequence, intensity, assessment, and objectives of the teaching and learning process for each stage of the teaching and learning process. According to Matakupan, a command method is an approach that is completely dominated by the teacher, who makes decisions for each stage of the teaching and learning process [3]. The command method applies stimulus-response learning theory, namely that the stimulus will produce a response when students repeatedly carry out a planned stimulus-response sequence. The stimulus is planned and given entirely by the teacher, and students follow it repeatedly. In the application of this method, students are considered objects. The teacher is the one who produces the stimulus, so the teacher is the subject. Rusli Lutan also stated that a command method is a teaching approach that is most dependent on the teacher [4]. The teacher prepares all aspects of teaching. The teacher is fully responsible for and takes the initiative in teaching and monitoring the progress of learning.

The command method is the most appropriate teaching approach for teachers. The goal is a careful appearance. The teacher prepares all aspects of teaching and he is fully responsible and takes the initiative for the teaching and the great progress of the development of his students. According to Musca Moston, quoted by Rusly Ahmad, in this command style, all decisions are made by the teacher [5]. The teacher explains or demonstrates a model for students to imitate, and then, under the teacher's cue, students practice it. Students only react when instructed by the teacher, while the teacher assesses student success according to the extent to which he can imitate the model correctly.

Based on the opinion above, it can be said that the application of this command style in the process prioritizes the role of the teacher. The teacher has the full right to make every decision in the teaching and learning process. Carefully so that students understand

and practice it according to the example of the movement being demonstrated. Then the teacher assesses it by looking at the understanding that has been absorbed through the movements that have been made by the students. Furthermore, the students, when carrying out the movement, must listen to the command or the student reacts when there is an order from the teacher.

According to the theoretical basis described previously, underhand passing in volleyball games will be largely determined by the mastery of basic movements and skills in assembling the stages of moving into a perfect whole motion. In addition, to achieve maximum results, the basic motion of underhand passing in volleyball games needs to be taught first so that it reaches the maximum level of movement mastery.

For basic passing movements in volleyball games for Rosa de Lima Tondano Catholic High School students, then in the learning process on physical education subjects, especially in ball games, the effectiveness and creativity of teachers or educators in choosing and implementing appropriate teaching methods according to the material are needed. Taught. The application of appropriate teaching methods can increase the effectiveness of learning the basic movements of underhand passing in volleyball games for Rosa de Lima Tondano Catholic High School students, one of which is through the Commando teaching method.

With the application of the command teaching method on the ability to underhand passing in volleyball games at Rosa de Lima Tondano Catholic High School, the researchers argue that there is an influence of the command teaching method on the basic movement skills of underhand passing in volleyball games for students.

3 Research Methods

The research method used in this research is experimental research.

3.1 Operational Research Objectives

Operationally, this study aims to find out whether the average score of the bottom passing basic motion in volleyball games for Rosa de Lima Tondano Catholic High School students who are taught by the application of the command method is higher than the average underhand passing basic motion in the volleyball game from untreated students.

3.2 Sample and Population

Sugiyono said that the population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then draw conclusions [7]. The population in this study took all 40 students of Rosa de Lima Catholic High School Tondano. The sample is part of the number and characteristics possessed by the population.

3.3 Research Instruments

Instruments used in this study was the test of basic movement in passing down.

4 Results

Experimental research to see the effect of the application of the commando teaching method on improving the basic movement ability of underhand passing in volleyball was carried out for two months with face-to-face meetings twice a week for one month. Based on the results of testing the research hypothesis, it was obtained that $t_{\text{count}} = 6.27$, which was greater than t_{table} , namely $t_{\text{count}} = 2.101$, so the research hypothesis proposed by H_A was accepted, namely the average increase in the basic movement ability of underhand passing in the volleyball game of the experimental group taught by the commando teaching method. The average increase in the basic movement ability of underhand passing in the volleyball game of the control group who were not taught by the application of the command teaching method. The basic motion of underhand passing in volleyball has several levels of certain basic movements, in this study the researchers identified at least five types of basic movements, but nine times the appearance of these movements occurred in the implementation of underhand passing.

The improvement in basic movement skills that occurred in the experimental group was caused by the application of this command teaching method, which provides opportunities for students to develop learning abilities after learning the tasks that must be done, as well as many opportunities to repeat the movements learned.

5 Conclusion

Based on the results of the research and discussion that have been stated previously, it can be concluded that the application of teaching methods affects the basic movement ability of underhand passing in volleyball games at Rosa de Lima Catholic High School Tondano students.

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