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KNOWLEDGE OF SMPN 3 LABITU SATAP GRADE VIII STUDENTS ABOUT BASIC VOLLEYBALL TECHNIQUES IN PJOK LEARNING

^{1*} Dini Ridoatun Yaumil Rizki, ² Subakti, ³ Adi Suriatno

¹²³ Pendidikan Jasmani, Universitas Pendidikan Mandalika.

*Corresponding Author e-mail: dinniridhoatunyr@gmail.com

ABSTRACT

This study aims to determine how high the understanding of class VIII students is towards volleyball games at SMPN. This study was compiled based on quantitative descriptive which aims to describe all existing phenomena. The population in this study were all class VIII students at SMPN 3 Lambitu Satap totaling 215 students, with the following details: 116 males, 99 females and the sample of this study used the Proportional Random Sampling technique so that there were 50 students. The research instruments and data collection techniques in this study used questionnaires and one shoot techniques. The results of this study based on the data calculations that have been carried out show that the level of student understanding includes: a) indicators are able to mention basic volleyball techniques, with the categories very high 0 students (0%), high 0 students (0%), moderate 37 students (74%), low 10 students (20%) and very low 3 students (6%). b) indicators are able to translate basic volleyball techniques, with categories of very high 0 students (0%), high 0 students (0%), medium 22 students (44%), low 15 students (30%) and very low 13 students (26%). c) indicators combine information from students with materials delivered by PJOK teachers, with categories of very high 0 students (0%), high 20 students (40%), medium 21 students (42%), low 7 students (14%) and very low 2 students (4%). d) indicators of basic volleyball basic technique movements with categories of very high 0 students (0%), high 21 students (42%), medium 23 students (46%), low 0 students (0%) and very low 6 students (12%). e) indicators explain the rules and facilities in volleyball games with categories of very high 0 participants (0%), high 21 students (42%), medium 24 students (48%), low 0 students (0%) and very low 5 students (10%).

Keywords: Student knowledge, basic techniques of playing volleyball

INTRODUCTION

Physical Education, Sports and Health (PJOK) is one of the subjects in senior high schools, junior high schools, and elementary schools that aims to improve human resources, especially in terms of physical health.

According to Ulinnuha (2017: 4), understanding is a person's ability to understand something after something is remembered. Understanding is understanding or being

able to explain what is remembered and learned from something that has been obtained. Fauzi (2020: 38) explains that understanding is being able to understand or explain what has been remembered and learned from something that has been obtained. With the many benefits of understanding in PJOK learning, students will be able to learn more quickly after understanding what will be learned. Understanding is an important thing for students to do, especially in PJOK learning. Where when students cannot understand the volleyball game material delivered by the PJOK teacher, both in the form of theory and practice, learning cannot take place well and effectively that which will hinder the achievement of learning objectives.

From the results of observations carried out by researchers at SMPN 3 Lambitu Satap, when assessing the practice of basic volleyball techniques, many students still made mistakes in carrying out basic volleyball technique movements. The practical score was taken by students taking videos of themselves performing service movements, *passing*, *smashing*, or blocking. The practice of basic volleyball techniques carried out by students shows many errors in performing basic volleyball technique movements, starting from contact with the ball with the hand, the direction of the ball, and body position. This shows that students have not understood the volleyball game material during learning at SMPN 3 Lambitu Satap. Basically, PJOK learning is dominated by practical activities guided directly by PJOK teachers at school. But the reality in this learning system, the delivery of volleyball material is only given in theory. In fact, at least it can be done by providing examples of movements through practice.

The above explanation explains the need for research on students' knowledge of basic volleyball techniques in physical education (PJOK) learning at SMPN 3 Lambitu Satap VIII in 2024. This level of understanding will be used to evaluate the strengths and weaknesses of the learning conducted by the PJOK teachers at SMPN 3 Lambitu Satap. Students' understanding can be influenced by both external and internal factors.

Based on the above background, the level of students' understanding of the volleyball game PJOK lessons is still unknown. Therefore, the author wants to research the knowledge of SMPN 3 Lambitu Satap Class VIII students regarding the material on basic volleyball techniques in PJOK learning in 2024.

METHOD

This research is a descriptive study, so the data analysis used is quantitative descriptive data analysis. The number of samples used was 50 students. The calculation of descriptive statistics uses descriptive statistics percentage, the following are included in descriptive statistics, among others, data presentation through tables, graphs, diagrams, circles, pictograms, calculations of mean, mode, median, calculations of deciles, percentiles, calculations of data distribution, calculations of averages, standard deviations, and percentages (Sugiyono, 2011: 112). The calculation of data analysis to find the magnitude of the relative frequency of percentages uses the formula from Sudijono. The formula for finding percentages:

Information:

P : Percentage sought (Relative Frequency)

F : Frequency

N: Number of Respondents

Sudijono (2009: 174) categorizes based on Mean and Standard Deviation as follows:

Table 1. Assessment Norms

No.	Interval Formula	Category
1	$X > (M + 1,5 \text{ SD})$	Very high
2	$(M + 0,5 \text{ SD}) < X < (M + 1,5 \text{ SD})$	High
3	$(M - 0,5 \text{ SD}) < X < (M + 0,5 \text{ SD})$	Currently
4	$(M - 1,5 \text{ SD}) < X < (M - 0,5 \text{ SD})$	Low
5	$X < (M - 1,5 \text{ SD})$	Very Low

(Source: Sudijono 2009: 175)

Information:

X = Score

M = Mean Count

SD = Standard Deviation Calculation

This research uses the technique of *shooting*. According to Ghozali (2011: 48), the shooting technique is A one-time measurement technique where the measurement is only conducted once, and the results are compared with other questions or by measuring the answers between questions. This data collection technique uses a test for the respondents who are the subjects of the study. In this study, the researcher used a closed-ended questionnaire, so respondents simply chose one of the provided answers.

RESULTS AND DISCUSSION

The results of the validity test on the research instrument, consisting of 30 questions, became 25 questions. Invalid questions can be caused by several things, namely: The questions were made unclear, making respondents confused about which answer to choose. Another reason for invalid questions is that the answers given by respondents were inconsistent. This inconsistency can be caused by respondents being too lazy to answer the questions given or simply answering the questions carelessly, so that items that should have received a high answer score only received a low answer or vice versa (Dyah Budiastuti, 2018:147).

Table 2. Results of the Validity Test of Question Items in the Research Instrument

QUESTIONS	R-COUNT	INFORMATION
1	0,026	VALID
2	0,946	INVALID

3	0,027	VALID
4	0,011	VALID
5	0,011	VALID
6	0,025	VALID
7	0,018	VALID
8	0,007	VALID
9	0,797	INVALID
10	0,026	VALID
11	0,007	VALID
12	0,001	VALID
13	0,028	VALID
14	0,024	VALID
15	0,026	VALID
16	0,000	VALID
17	0,023	VALID
18	0,028	VALID
19	0,037	VALID
20	0,018	VALID
21	0,007	VALID
22	0,033	VALID
23	0,52	INVALID
24	0,039	VALID
25	0,7	INVALID
26	0,047	VALID
27	0	VALID
28	0,022	VALID
29	0,713	INVALID
30	0,031	VALID

The R-count of the reliability test on 25 questions that have been declared valid is 0.638. The R-table used, based on the number of samples used (50 samples), is 0.279. The R-count (0.638) is greater than the R-table (0.279). Therefore, it can be concluded that the questions that have been tested are reliable.

Table 3. Categorization Based on Indicators of Being Able to Mention Basic Volleyball Techniques

No	Interval	Category	Frequenc y	Percentage
1	$X > 5,56$	Very high	0	0%
2	$4,97 < X < 5,56$	High	0	0%

3	$4,38 < X < 4,97$	Currently	37	74%
4	$3,79 < X < 4,38$	Low	10	20%
5	$X < 3,79$	Very Low	3	6%
Amount				100%

The data generated based on the score from the indicator is able to mention the basic techniques of volleyball, namely, the N value is 50, the Mean 4.68 and the SD is 0.587 is included in the moderate category.

Table 4. Categorization Based on Indicators of Being Able to Translate Basic Volleyball Game Techniques

No	Interval	Category	Frequency	Percentage
1	$X > 5,41$	Very high	0	0%
2	$4,59 < X < 5,41$	High	0	0%
3	$3,76 < X < 4,59$	Currently	22	44%
4	$2,94 < X < 3,76$	Low	15	30%
5	$X < 2,94$	Very Low	13	26%
Amount			50	100%

Table 5. Categorization Based on Indicators Combining Information from Students with Material Delivered by Physical Education Teachers

No	Interval	Category	Frequency	Percentage
1	$X > 6,44$	Very high	0	0%
2	$5,61 < X < 6,44$	High	20	40%
3	$4,78 < X < 5,61$	Currently	21	42%
4	$3,95 < X < 4,78$	Low	7	14%
5	$X < 3,95$	Very Low	2	4%
Amount			50	100%

The data generated based on the score from the indicator combines information from students with the material delivered by the PJOK teacher, namely, the N value is 50, Mean 5.20, and SD 0.833 is included in the moderate category.

Table 6. Categorization Based on Indicators Explaining the Rules and Infrastructure in Volleyball Games

No	Interval	Category	Frequency	Percentage
1	$X > 4,29$	Very high	0	0%
2	$3,64 < X < 4,29$	High	21	42%
3	$2,99 < X < 3,64$	Currently	24	48%
4	$2,34 < X < 2,99$	Low	0	0%
5	$X < 2,34$	Very Low	5	10%
Amount			50	100%

The data generated based on the scores from the indicators explaining the regulations and infrastructure in volleyball, namely, the N value is 50, Mean 3.32, and SD 0.653, is included in the moderate category.

CONCLUSIONS AND SUGGESTIONS

Based on the data calculations that have been carried out, it can be concluded that the level of understanding of class VIII students regarding volleyball games at SMPN 3 Lambitu Satap in the 2024 academic year is in the moderate category, divided into several indicators, including: a) indicators can mention basic volleyball game techniques, with the highest category results being moderate for 37 students (74%). b) indicators can translate basic volleyball game techniques, with the highest category results being moderate for 22 students (44%). c) indicators combine information from students with material delivered by PJOK teachers, with the highest category results being moderate for 21 students (42%). d) indicators of basic movements in basic volleyball game techniques, with the highest category results being moderate for 23 students (46%). e) indicators explain the rules and infrastructure in volleyball games, with the highest category results being moderate for 24 students (48%).

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