

THE EFFECT OF PASSING TO THE WALL EXERCISE ON THE RESULTS OF PASSING IN MEN'S VOLLEYBALL

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ABSTRACT

The purpose of this study was to determine the effect of overhead passing to the wall on the results of overhead passing in extracurricular volleyball games at SMK Negeri 1 Gelumbang. The method used was a quasy experiment with a pretest-posttest one group design. The sample of this study consisted of 20 people, namely 20 male students who took part in the volleyball extracurricular at SMK Negeri 1 Gelumbang. The instrument used is the upper passing test. The treatment in this study was in the form of overhead passing to the wall, treatment for 4 weeks from March 15-April 15 with a training frequency of 4 times a week. Based on the results of the study, the top-to-the-wall passing exercise in extracurricular volleyball games at SMK Negeri 1 Gelumbang with a t-test result for men with a tcount of 15.57 and a ttable of 2.09 (df 19) with a significance value of p is 0.000. Tcount 15.57 > ttable 2.09, and a significance value (2-tailed) 0.000 < 0.05, so these results show that there is a significant difference. It was seen that there was an increase after the treatment was carried out, it was stated that there was a significant effect of the top passing exercise to the wall in the extracurricular men's volleyball game at SMK Negeri 1 Gelumbang. The implication of this study is that the overhead pass to the wall exercise can be used as a type of exercise to improve upper passing in volleyball.

Keywords: Upper Pass to Wall Practice, Men's Volleyball Game.

Introduction

Khotimah (2020) in the game of volleyball is a group activity, the ability of a volleyball team is determined by the basic technical skills possessed by each team member in carrying out their respective functions. Passing over is useful for receiving service, receiving friend passes, passing the ball, baiting smashes, or even returning the ball in volleyball games. Passing over must be practiced a lot so that the direction of the ball is controlled and does not cause injury to the fingers. Nugraha & Yuliawan (2021) Over passing is a technique of taking or passing the ball from above using your fingers. The ball that comes from above is then taken with the fingers above, slightly in front of the head. Passing over is one of the passing techniques that are often used by players to feed the ball to other players in defense or attack tactics. In the attack tactic, the top passing technique is used as a way to make it easier for friends to smash or spike in the opponent's area. left and right foot, approximately shoulder-width apart, and one foot forward (Sinurat & Bangun, 2019). The attitude of the hand, the hand is raised slightly as high as the forehead, the fingers are stretched or opened, then the two thumbs form an angle, and the contact stage with the ball. The attitude of the arm, the arm is moved or stretched straight

ahead. Elbow attitude, right elbow and left straight up. The attitude of the fingers, when the ball comes to the charcoal of the fingers, then the fingers are immediately strengthened and pushed on the ball with each finger having the first and second knuckles, especially the knuckles on the thumb which must be strengthened. Next is the movement stage. The attitude of the legs of the two legs is straightened following the movement of the body. Movement, the movement in question is to take a ready position. Destriana et al., (2021) the passing technique is to feed the ball to a teammate, and is used when defending against an opponent's attack. Karo & Sari (2021) said that passing over is very important in the game of volleyball because passing over is the first step to carry out an attack. In the game of volleyball there are several basic techniques that must be understood such as passing over and passing under, in the discussion and research this time the author will discuss about passing over because passing over has a very important role in the game of volleyball.

Bompa in (Iyakrus, 2015) training or training is a process of systematic training over a long period of time, increased gradually and individually, aimed at physiological and psychological functions to meet the demands of the task. Training is a training program designed to help learn skills, improve physical fitness, and prepare athletes for certain competencies Kent (Firmansyah, 2017). Mushofi (2017) Volleyball is a game played by two teams, each team consisting of six people. This volleyball game has goals such as hitting the ball into the opponent's field so that the opponent cannot return the ball, saying volleyball is a complex team game with certain tactics, techniques and athletic movements. Especially passing over which is very important in the game of volleyball, because passing is mostly used to feed the ball to be hit or smashed into the opponent's area Firmansyah (2017) Over passing is a way of returning the ball by passing the ball from above using your fingers Destriana (2018) mastery of good top passing techniques will determine the success of a team to build attacks well. Syauki (2023) the technique of market passing is basically aimed at giving or presenting the ball to a teammate so that he can hit a smash into the opponent's area. Hasyim et al., (2022) explained that the methods that are used when performing overhead passing are players must learn to form their hands, by understanding the basic techniques of overhead passing, such as placing both hands on the top of the head simultaneously with the forefinger and mother. fingers that form a triangle, after which the player touches the ball above the eye (Nugraha & Yuliawan, 2021). Lubis & Agus (2017) top-to-the-wall passing exercise is a form of exercise that can improve passing in volleyball games. By starting with standing in front of the wall in a position ready to throw and conjoined to receive using passing over when the ball bounces off the wall which has been reflected by both hands with the fingers receiving the ball when the ball approaches the fingers, both feet are shoulder-width apart, and both feet must be able to adjust to the reflection of the ball that is reflected on the wall, if the player can compensate for the reflection of the ball and can control the ball it can be estimated that the player can master passing properly and correctly. Siregar et al., (2021) passing over is a ball that is caught above, touches the forehead and throws it back up, but because the movement process is carried out very quickly, the ball looks like it is bouncing. This lesson is intended to improve the ability to pass volleyball with stationary media. Students are divided into two teams by forming lines. Students in front enter the wall first. Learning is declared complete when all students from each team have passed (Saputro, 2014).

Previous research analysis Siregar et al., (2021) differences in the contribution of variations in volleyball passing exercises, using top-to-the-wall passing exercises, with the conclusion that

there is a significant effect of top-to-wall passing exercises on the results of top passing in men's volleyball extracurricular volleyball at SMA Negeri 1 Sei Suka in 2020. Izzuddin & Widyanti (2021) The impact of the upper passing exercise is reflected on the wall on the passing ability of the volleyball game in the beautiful natural environment. with the conclusion that there is a significant difference in the results of the ability to pass over to the wall in volleyball before and after being given treatment Hasyim et al., (2022) differences in the effect of the upper passing exercise in pairs with the upper passing exercise to the wall on the results of upper passing in volleyball games for male students of the exemplary private high school volleyball extracurricular field in the 2021 academic year. on the results of top passing in men's volleyball extracurricular volleyball at Exemplary Private Vocational High School Medan. Observations from volleyball extracurricular activities at SMK Negeri 1 Gelumbang have shown good playing, but based on the fact that the data obtained by various sources, one of which is the trainer, it can be seen that the upper passing movement is not good, the upper passing movement carried out by students is still stiff when students pass for the contact of the ball into the wrong hands, students when passing the body position are not bent, and the legs are not bent. Based on field observations after three attempts to pass overhead, on average only 5-10 times were successful when performing overhead passing, to prove whether the form of overhead passing to the wall can improve correct and correct upper passing, a study was conducted entitled "Upper Passing Exercise to the Wall Against the Result of Upper Passing in Extracurricular Volleyball Games at SMK Negeri 1 Gelumbang."

Method

This study uses a type of research that is experimental and uses a pretest and posttest one group research design. The purpose of this study is to determine whether there is an influence of the independent variables on the related variables (Sugiyono, 2019). The variables in this study consisted of the independent variable, which was the top passing exercise, and the dependent variable, which was the result of passing the extracurricular volleyball at SMK Negeri 1 Gelumbang. The population in this study was 20 male students and the sample used for this study was 20 male students and used the total population sampling technique. The instrument for collecting this data is to measure the results of passing on the pretest and posttest. The analysis technique used in this study is the T test using the normality test, homogeneity test and hypothesis testing using the SPSS 16 computer program.

Discussion

Data from the normality test results were obtained in the male pretest with a p (Sig) result of 0.002 and the Posttest had a p (Sig) result of 0.016. It can be seen that the pretest data after treatment has a p (Sig) value of more than 0.05, so the variable is normally distributed. The data obtained from the calculation of the homogeneity test results obtained pretest, male posttest with a level statistical value of 1,033, df1 1, df2 38 sig p 0.3156, the data is > 0.05 , so the data is homogeneous. The results of the men's t test can be seen that tcount is 15.57 and ttable is 2.09 (df 19) with a significance value of p of 0.000. Tcount 15.57 $>$ ttable 2.09, and a significance value (2-tailed) 0.000 $<$ 0.05, so these results show that there is a significant difference. Ha which reads that there is an average difference between the results of passing over and practicing passing over to the wall, which means there is an effect of using the strategy of passing over to the wall in volleyball games at SMK Negeri 1 Gelumbang extracurricular. Men's pretest data has an average result of 20.75, the average posttest reaches 32.35. The

magnitude of the increase in passing over to the wall can be seen from the difference in the average value of 11.60. This means that the data on the results of the upper passing exercise to the wall can affect the results of the upper passing exercise in male students. The results of the t test can be seen that t_{count} is 16.4 and t_{table} is 2.09 (df 19) with a significance value of p of 0.000. $T_{count} 20.68 > t_{table} 2.09$, and a significance value (2-tailed) $0.000 < 0.05$, so these results show that there is a significant difference. H_a which reads that there is an average difference between the results of passing over and practicing passing over to the wall, which means there is an effect of using the strategy of passing over to the wall in volleyball games at SMK Negeri 1 Gelumbang extracurricular.

Based on the results of the study, a discussion was needed to compile the results of the research which would be discussed regarding pretest and posttest data with a sample of 20 boys and 20 girls practicing top passing to the wall on the results of top passing in extracurricular volleyball games at SMK Negeri 1 Gelumbang, showing that there was a significant increase after given treatment with the upper passing exercise to the wall. According to (Rohendi, et al, 2017) Volleyball is a sports game played by 2 teams of 6 core players in one team and separated by a net. What volleyball players must master is serving, passing, smashing, and blocking techniques. According to Santoso (2016) Volleyball is a physical activity that can increase the body's resistance and can make fun which will be very beneficial for the health of the body. Volleyball is a sport that requires balance, arm muscle strength and high concentration. According to Irsyada in Santoso (2016) the main goal of volleyball is to put the ball into the opponent's area through an obstacle in the form of a net and must win by turning off the ball in the opponent's area. The game of volleyball in Indonesia is very popular and popular in the community because volleyball is very easy to play. Mushofi (2017) To make a shot in volleyball game use the bottom pass and the top pass. Especially passing over which is very important in the game of volleyball, because passing is mostly used to feed the ball to be hit or smashed into the opponent's area. Nugraha & Yuliawan (2021) Over passing is a way of returning the ball by passing the ball from above using your fingers. Sinurat, (2019) explained that overhead passing is a major technique in volleyball games, overhead passing has a fairly important role in volleyball games, therefore players must concentrate and be able to control the ball and be able to place the ball properly. Destriana, (2018) mastery of good top passing techniques will determine the success of a team to build attacks well. Syauki (2023) the market passing technique aims to give or serve the ball to a teammate, so they can smash into the opponent's area. The application of the top passing technique is carried out by passing the ball using the fingers towards the opponent (Mushofi, 2017). Passing over to the wall is a form of training that can improve passing in volleyball games (Lubis & Agus, 2017). Destriana et al., (2021) Exercise is a physical activity or sport that has a predetermined goal and must be prepared with a training program and based on its implementation. According to Bompa in Notriya et al., (2018) the treatment in this experiment was carried out for 4 weeks with 16 meetings, held on Monday, Wednesday, Friday and Sunday. In the initial test or pretest, each participant is given the opportunity to do a passing test using the inner leg, provided that he does 3 repetitions with an intensity of 60%-80% for 16 meetings

The results of the research sample of 20 boys taken at SMK 1 Gelumbang extracurricular volleyball. Men's pretest, results range 22, minimum 13, maximum 35, mean 20.75 and std deviation 1.258. Postets range 30, minimum 22, maximum 5 mean 32.35 and std deviation 1.685. The normality test with data processing using the SPSS 16 computer program has the

results of passing exercises on the male pretest data getting a p (Sig) result of 0.002 and the posttest has a p (Sig) result of 0.016, it can be seen that after carrying out the treatment it has a p (Sig) value of more than 0 .05 then the variable is normally distributed. The results of the men's t test can be seen that tcount is 15.57 and ttable is 2.09 (df 19) with a significance value of p of 0.000. Tcount 15.57 > ttable 2.09, and a significance value (2-tailed) 0.000 <0.05, so these results show that there is a significant difference. Ha which reads that there is an average difference between the results of passing over and practicing passing over to the wall, which means there is an effect of using the strategy of passing over to the wall in volleyball games at SMK Negeri 1 Gelumbang extracurricular. Men's pretest data has an average result of 20.75, the average posttest reaches 32.35. The magnitude of the increase in passing over to the wall can be seen from the difference in the average value of 11.60. The results of the male pretest and posttest homogeneity tests with a Levene statistic value of 1,033, df1 1, df2 38 sig p 0.3156, the data is > 0.05, so the data is homogeneous. According to Mylsidayu and Kurniawan (2015: 8) with an exercise program that is structured to help learn skills, improve physical fitness, which has a systematic process that is carried out repeatedly and adds to the load. According to Bompa in Muharram (2020: 42) the principles of training, the principle of seriousness and active practice, the principle of specialization, the principle of individualization, the principle of training, the principle of overall development, the principle of adding training models.

Conclusion

Based on the results of the study, the top-to-the-wall passing exercise in extracurricular volleyball games at SMK Negeri 1 Gelumbang, the results of the t test on male students with a tcount of 15.57 and a ttable of 2.09 (df 19) with a p significance value of 0.000. Tcount 15.57 > ttable 2.09, so this result shows that there is a significant difference. It was seen that there was an increase after the treatment was carried out, it was stated that there was a significant effect of passing the top to the wall exercise on male students in extracurricular volleyball games at SMK Negeri 1 Gelumbang.

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