

PERFORMANCE ANALYSIS OF NATIONAL TABLE TENNIS ATHLETES: FACTORS AFFECTING ACHIEVEMENT

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ABSTRACT

The purpose of this study is to evaluate the performance of national table tennis players by exploring the primary factors that influence their success. Coach NPC Mohd is the focus of the research. Ja'far, a skilled athlete and coach committed to nurturing future table tennis talents in Medan, North Sumatra. This study utilized a descriptive qualitative method, gathering data through in-depth interviews, direct observation of training and competitions, and documentation of accomplishments. The results showed that athletic performance is significantly impacted by physical, technical, mental, tactical, and social support factors. Sports Hall Training Facilities.

Introduction

Table tennis is a game that demands a blend of physical conditioning, skill proficiency, mental toughness, and strategic insight. Athletes must perform quick actions, have keen reflexes, and make precise choices in a brief time frame. At the national level, achieving consistent performance is difficult because of the growing competitiveness of domestic and international competitions.

Sporting success relies not only on personal talent but is also affected by external elements like social backing, training resources, and the quality of coaching initiatives. Consequently, examining the elements influencing the performance of national table tennis players is crucial to improve training techniques and enhance athletic capabilities.

In this situation, Coach NPC Mohd. Ja'far, a coach and athlete currently training at the Angsapura Social Foundation Sports Hall in Medan, North Sumatra, is an important individual to examine. Through his expertise and commitment, he not only concentrates on his own success but also actively contributes to developing the table tennis community in his area. This study aims to offer a detailed examination of the elements affecting the performance of national table tennis players and to act as a resource for athlete development in Indonesia.

Within this context, Coach NPC Mohd. Ja'far is an important example for evaluating the achievements of national table tennis players. As a player and a coach, he represents the dual viewpoint of pursuing personal success while also fostering the development of upcoming athletes. His position at the Angsapura Social Foundation Sports Hall in Medan, North Sumatra, places him at the crossroads of sports practice and community-focused sports

advancement. Analyzing his experiences offers insight into how personal commitment, along with external assistance, can influence athletic performance in table tennis.

Consequently, this research intends to examine the elements affecting the performance of national table tennis players, utilizing Coach NPC Mohd. Ja'far as the central topic. Through the analysis of physical, technical, mental, tactical, and external support elements, the study aims to offer an in-depth insight into the factors influencing sports success. The results are anticipated to enrich the wider conversation on athlete development in Indonesia and provide actionable insights for refining training systems, bolstering support frameworks, and increasing the competitiveness of Indonesian athletes internationally.

Methode

This study applied a descriptive qualitative method aimed at providing a comprehensive picture of the factors influencing the performance of national table tennis athletes. The research subject was Coach NPC Mohd. Ja'far, an athlete and coach at the Angsapura Social Foundation Sports Hall, Medan.

Data collection was conducted in three stages. First, observation, through direct monitoring of training sessions and competitions involving the subject. Second, in-depth interviews, designed to explore the subject's experiences, training strategies, challenges faced, and perceptions of the factors affecting performance. Third, documentation, involving the collection of achievement records, training schedules, and competition archives.

The data obtained were analyzed using qualitative analysis techniques, namely data reduction, data presentation, and conclusion drawing. The validity of the data was ensured through source and method triangulation, thereby strengthening the reliability of the findings.

Discussion

The research results revealed five key factors affecting the performance of Coach NPC Mohd. Ja'far as a national table tennis player: physical, technical, psychological, strategic, and external assistance.

Firstly, physical elements are crucial in enhancing on-court performance. Stamina, nimbleness, and response time are essential for handling the rapid tempo of the game. Regular physical exercise demonstrated an enhancement in fitness levels and a decrease in injury risk.

Secondly, technical elements are linked to basic and proficient skills in table tennis. Proficiency in forehand and backhand shots, spin types, and successful smash performance greatly influences competitive achievement. Regular repetitive practice improves technical consistency and shooting precision.

Third, psychological elements play a crucial role in managing competitive stress. The capacity to sustain concentration, enhance self-assurance, and manage emotions significantly affects performance. Trainer Mohd. Ja'far highlights the significance of mental readiness via visualization, meditation, and self-discipline in every game.

Fourth, tactical elements also significantly influence performance. Strategies in gameplay customized to the traits of opponents offer a competitive edge. The capacity to swiftly adjust to various situations provides considerable advantages.

Ultimately, external support elements play a significant role in success. The training amenities at the Angsapura Social Foundation Sports Hall are regarded as sufficient for rigorous training. Moreover, encouragement from relatives, peers in sports, and the Medan athletic community enhances the drive and assurance to compete nationally.

These findings support sports achievement theory, which claims that athletic success

arises from the interplay of internal and external influences. Performance relies not only on personal talent but also on the effectiveness of coaching, training programs, and social backing.

Conlusion

This study concludes that the performance of national table tennis athletes, particularly in the case of Coach NPC Mohd. Ja'far in Medan, is influenced by a combination of physical, technical, mental, tactical, and external support factors. Structured training programs, consistency in maintaining physical and mental conditions, and supportive training environments are proven to be essential pillars in sustaining achievement at the national level.

The implications of this research suggest that the development of table tennis athletes in Indonesia should prioritize a balanced consideration of these factors. Improved training facilities, continuous coaching programs, and enhanced social support are expected to further elevate the quality of national athletes and strengthen their competitiveness on the international stage.

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