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Analysis Of Students' Orthodox Style Shot Putting Ability In Makassar National Junior High School

Ikadarny¹, Akbar Yusuf², Haeril³, Benny Aprial M⁴

{ikadarny@unm.ac.id¹, Akbaryusuf0@gmail.com², Haeril@unm.ac.id³,
bennyaprialm@stokbinaguna.ac.id⁴}

Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222¹, Sekolah Tinggi Keguruan dan Ilmu Pendidikan, Jl. Andi Tonro No.17, Pa'baeng-Baeng, Kec. Tamalate, Kota Makassar, Sulawesi Selatan 90223², Universitas Negeri Makassar, Jl. A. P. Pettarani, Tidung, Kec. Rappocini, Kota Makassar, Sulawesi Selatan 90222³, Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara 20241⁴

Abstract. The fact that junior high school kids in Makassar lack the ability to perform orthodox style shots is the research's main issue. Finding out if junior high school pupils in Makassar can perform orthodox style shots is the aim of the study. This study employs a quantitative descriptive research design. A survey using skills testing and assessment methodologies is the research method. The thirty eighth-grade students from SMP Nasional Makassar comprised the research population. percentage-based quantitative descriptive statistical data analysis. According to the study's findings, junior high school pupils in Makassar who were able to perform orthodox-style shots fell into one of four categories: high (37%), medium (40%), low (2%), or extremely low (13%).

Keywords: Shot Put, Orthodox Style

1 Introduction

Sports are a means to develop human resources that are expected to be able to create productive, honest, sporty people, and have high enthusiasm, fighting spirit and competitiveness (Kumbara, 2019). Athletics is one of the sports taught in schools from elementary school to high school level. Athletics is one of the sports that underlies all other sports. Athletics has the most basic natural movement characteristics through our daily habits such as: walking, running, jumping and throwing. Athletics is a combination of several types of sports consisting of walking, running, jumping and throwing. The term athletics that we know today comes from Greek, namely Athlon which means competing or competing. Another term that contains the word Athlon is Pentathlon. This term comes from two words, namely Penta which means five, and Athlon which means race. So Pentathlon means five races or pentathlon. Pungki Indarto, et al (2018). whereas according to Teguh Susanto, (2016) that Athletics is the oldest sport in the world, considering that

walking, running, jumping, and throwing were unconsciously done by ancient humans in an effort to maintain and develop their lives, they even used it to save themselves from disturbances in the surrounding environment. So it can be said that athletics is one of the sports that has been known since ancient times which consists of several numbers that are competed, namely running, throwing, jumping and walking.

In technical terms, shot put differs from other throwing competitions; it is a test of an athlete's ability to propel the bullet as far as possible (Jarver, 2005). One of the numbers in the athletics throwing range is shot put. Shot put is accomplished by pushing or pushing rather than throwing, as the name suggests. Shot put, then, is a type of athletic competition that evaluates competitors' strength, technique, and ability to push a round object (bullet) with a specific metal weight from the shoulder with one hand in order to cover the largest distance.

Part of the throwing number is shot put. One of the unique features of this number is that the shot is rejected or pushed with one hand rather than thrown. according to the rules of the IAAF. Depending on the sport, the shot used in contests typically weighs 7.25 kg for men and 4 kg for women in national and Olympic sports. Purnomo and Dapan, Eddy (2017).

Shot put is one of the throwing numbers in athletics. Shot put is a form of movement to reject or push a bullet made of metal which is done from the shoulder with one hand to reach the greatest distance. Sobarna and Hambali (2018). while according to Saputri (2016) Shot put is an activity carried out to achieve the greatest possible push distance in a legal and correct manner according to existing regulations.

The shot put styles that are often used are the old style, the orthodox style and the O'brien style. The goal is for stability and ease, and to produce maximum push distance. .To achieve a long throw, an athlete must master and understand the basic techniques of shot put. There are four types of shot put techniques, namely: how to hold the shot, body position when throwing the shot, how to push the shot, and body position after pushing the shot.

One of the numbers competed in the throwing number is the orthodox style shot put. The orthodox style shot put is a form of movement to push or push a round tool with a certain weight made of metal (orthodox style shot put) which is done from the shoulder with one hand to reach the greatest distance. Shot put is one of the branches of athletics included in the throwing number (Wiarto, 2013). The orthodox style shot put is the movement of pushing the orthodox style shot put using one arm, where the movement technique consists of five parts, namely: 1) preparation for the start, 2) the start, 3) push, 4) release of the orthodox style shot put, and 5) continued movement or maintaining balance. Shot put because athletes must push, not throw, a bullet-shaped object with one hand only (Winendra et al., 2008) The throwing style in this sport that is commonly used for beginners is the orthodox style, this is because the orthodox style does not require much movement. As the simplest and easiest style, the orthodox style is perfect for someone who wants to learn or get acquainted with the sport of shot put.

National Junior High School is one of the private schools in Makassar because the shot put is in great demand by students and seeing the average student's ability, it is easier to use the sideways style. Based on the results of observations at the National Junior High

School (SMP) Makassar, it was seen that students' enthusiasm for learning physical education, sports and health was very popular, especially during athletics material on the shot put number, but when doing it, many students still made mistakes in the push technique so that their throws were not far enough.

The orthodox style shot put is the easiest style to learn because the movement technique in this style is not that difficult when implementing the sideways style, the body does not make a glide movement. The sideways style shot put is a type of style that has a starting position (star) sideways from the plane of the push direction. The method used to measure the sideways shot put is that students do a sideways shot put test from the beginning to the end of the movement. Based on the explanation above, it is concluded that the orthodox style technique has an important role in the success of the shot put. because the technique also allows someone to have a long throw so as to maximize the optimal push results. So what I use in this study is the orthodox style, namely a technique to help children as beginners or who are still learning

2 Method

This kind of study is known as quantitative descriptive study. One kind of research that describes the information gathered in order to analyze data is called quantitative descriptive research. According to Sugiyono (2018), quantitative descriptive research is in line with research variables, concentrates on real-world issues and phenomena, and provides research findings as meaningful numerical data. Examples of this are sideways shot put ability assessments and ratings. Because it only provides a restricted description of the state of the research object, the survey approach was employed in this study. Finding out how well Makassar National Middle School pupils could throw an orthodox shot was the aim of this investigation. There are five categories used to classify Makassar National Middle School pupils' orthodox shot put ability: very high, high, medium, low, and very low. Regarding classification, the following five norm limits are used as a guide:

No	Category Formula	Category
1	$X \geq M + 1,5 \text{ SD}$	Very high
2	$M + 0,5 \text{ SD} \leq X < M + 1,5 \text{ SD}$	Tall
3	$M - 0,5 \text{ SD} \leq X < M + 0,5 \text{ SD}$	Currently
4	$M - 1,5 \text{ SD} \leq X < M - 0,5 \text{ SD}$	Low
5	$X < M - 1,5 \text{ SD}$	Very Low

Source: Syarifudin (2010)

Description:

X = Score

M = Mean Calculation

SD = Standard Deviation Calculation

3. Result

Descriptive Analysis Results

Getting a broad overview of the research data is the goal of descriptive data analysis. A descriptive analysis of the Makassar National Middle School students' orthodox shot put ability was carried out. The mean, standard deviation, maximum, minimum, and total value are all part of descriptive analysis. A basic description of the Makassar National Middle School students' orthodox shot put ability measurement should be derived from these data figures. The following displays the findings from the descriptive analysis of each research variable.

Table 2. Results of descriptive analysis of shot put ability

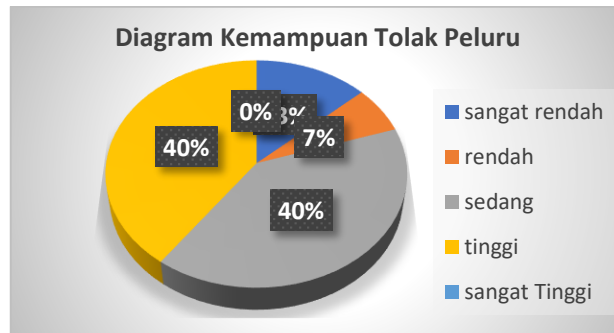
Nil. statistik	N	Mean	SD	Min	Max
Shot Put Ability	30	587	111	352	740

From the table above, it can be explained that the value of the orthodox shot put ability using the observation score in the athletics sport with a total of 30 students obtained an average value (Mean) = 587 Cm, Standard Deviation value = 111 Cm, Lowest value (minimum) = 352 Cm Points and Highest value (maximum) = 740 Cm.

Table 3. Results of categorization of shot put ability

Absolute	Frequency Relative	Category	Frequency
Very high	0		0
Tall	12		40
Currently	12		40
Low	2		7
Very low	4		13

From the table above, it can be concluded that out of 30 students who have taken the orthodox shot put ability test, 4 students (13%) are in the very low category - x -. 2 students (7%) are in the low category, 12 students (40%) are in the medium category, and 12 students (40%) are in the high category.



4 Discussion

The results of the analysis of shot put ability in Makassar National Middle School students show that there are still some students who have poor shot put ability. This can be caused by several factors, such as lack of muscle strength training, improper technique, or lack of experience in doing shot put. To improve the shot put ability of Makassar National Middle School students, several strategies need to be carried out, such as increasing muscle strength training, improving shot put technique, and increasing student experience in doing shot put. In addition, periodic evaluations also need to be carried out to monitor student progress and make necessary strategy adjustments. In improving shot put ability, Makassar National Middle School students can do muscle strength training, technique training, and motor skill development. Muscle strength training can be done by doing physical activities that can increase muscle strength, such as weightlifting or training with weights. Technique training can be done by studying and practicing the right shot put technique, such as the starting position, shot put grip, and shot put movement. In analyzing shot put ability, several aspects need to be considered, such as the student's physical ability, the technique used, and the strategy applied. The student's physical ability can be measured through muscle strength, speed, and endurance tests. The techniques used can be analyzed through direct observation or video recording. The strategies applied can be analyzed through interviews with coaches or students.

To get good results, a training process is needed (Sukadiyanto & Muluk, 2011). Training is a systematic body process by moving and working, carried out continuously and repeatedly with increasing (Budiwanto, 2012). Training aims to help athletes improve their skills and achievements to be maximized. To achieve this goal, there are several aspects that need to be considered, namely: physical training (Physical training), technical training (Technical Training), tactical training (Tactical Training) and mental training (Psychologic Training) (Tangkudung & Pusitorini, 2012).

In conducting an evaluation, several aspects need to be considered, such as student abilities, techniques used, and strategies applied. By conducting a proper evaluation, it can be

seen whether the strategy applied is effective or needs to be adjusted. In addition, evaluation can also help increase student motivation and improve their shot put abilities. Thus, the analysis of shot put ability in SMP Nasional Makassar students can help improve students' shot put ability and achieve better performance in this sport. Therefore, it is necessary to conduct a proper analysis and effective strategy to improve students' shot put ability.

5 Conclusion

There are 12 students in the high category (37%), 12 in the medium category (40%), 2 in the low category (7%), and 4 in the very low category (13%), indicating that the orthodox style shot put ability of Makassar National Middle School students is in the good category, according to the research findings.

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