



Efforts to Improve Basic Underhand Passing Skills in Volleyball Using Digital Technology and Playing Methods for Grade VIII Students of SMP Negeri 35 Palembang

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Abstract

This study aims to determine the improvement of volleyball underhand passing learning outcomes with digital technology and playing methods in class VIII.6 students of SMP Negeri 35 Palembang. The type of this research is PTK (classroom action research). The subjects of this study were 31 students. The research instrument used was the assessment of volleyball underhand passing skills. From the results of the research and data analysis, this study can improve efforts to improve volleyball underhand passing skills using digital technology and playing methods of class VIII 6 students of SMP Negeri 35 Palembang. With the percentage of classical completeness in cycle I of 21 students or 67.7%, while in cycle II it became 27 students or 87.7%.

Keywords: *Volleyball, Underhand Pass, Technology, Playing*

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INTRODUCTION

In today's world developments, sport has become one of the most popular things, because sport is an important aspect of life (Nugroho et al., 2021). One of the sports that is quite popular in Indonesia is volleyball. The development of volleyball is quite rapid both in Indonesia itself and internationally (Tampubolon et al., 2024). This is certainly basic capital, especially for PBVSI as the national volleyball sports association, to develop and increase the level of volleyball in Indonesia (Hikmawati et al., 2023). One of the efforts to help develop and improve the quality of volleyball is to instill good basic volleyball techniques in the school environment (H. Hartati et al., 2018).

One of the educational sports learning activities at junior high school level is volleyball material (Iyakrus, 2018). Volleyball is a large ball game played by two teams of 6 players each. The court is 18 meters long and 9 meters wide, separated by a 5 cm wide line and a net in the middle with a length of 9 meters and a width of 1 meter (Ramadhan et al., 2021). Basic volleyball techniques according to (Ervandy et al., 2019) includes upper serve, lower serve, upper pass, lower pass, smash, and block.

Underhand passing is a basic volleyball technique that aims to pass the ball to a teammate to start an attack or smash, because with a good underhand pass it will make it easier to carry out an attack or smash (Hartati et al., 2018). Underhand passing is the first basic technique taught to students. The series of underhand passing movements includes several movements such as, stand with feet shoulder-width apart, knees slightly bent, and body slightly leaning forward, put both arms together and straight down, swing both arms straight forward while straightening both knees, make an impact with both hands, the last position is the arm movement followed by other body parts (Hikmawati et al., 2023).

To be able to understand the technique of passing under the ball in volleyball properly and correctly, teachers can use learning methods such as group methods, pair methods, demonstration methods, and playing methods and many more. In addition, technological developments can also be utilized by teachers for the learning process (Akbar Rahmat Ramadhan et al., 2022).

The rapid development of technology has brought major changes in all areas of life, including education (Budi et al., 2024) (Hartati et al., 2019). The development of digital technology has an impact on changes in the education system, where the education system in the past was only focused on books and was fixated on memorization which was too monotonous (Redho et al., 2023). So that learning looks boring for students. Learning is mostly centered on the teacher (Kurnia Prahani et al., n.d.). Current learning can utilize technology so that students' senses can be used comprehensively, learning can accommodate students' various learning abilities so that learning outcomes will also increase (F. A. Hartati & Kurdi, 2024)

Based on observations made on students in class VIII 6 of SMP Negeri 35 Palembang, researchers found several problems, namely that almost all students, especially female students, were not good at performing basic underhand passing techniques, lack of student involvement, and teachers' lack of use of digital technology in presenting material.

Based on the problems that have been described, the researcher is motivated to conduct classroom action research (PTK) on "Efforts to Improve Basic Underhand Passing Skills in Volleyball Using Digital Technology and Playing Methods for Class VIII 6 Students of SMP Negeri 35 Palembang".

METHOD

This type of research is Classroom Action Research, which is research conducted in class with the aim of improving the ability of underhand passing with the playing method. The research

procedure describes the stages in the implementation of classroom action research later. The implementation of the research must refer to the predetermined stages until the desired results are found by the researcher. The implementation stage must be carried out sequentially. The research procedure is a guideline for researchers to conduct research as an action step in collecting data. 2 cycles of stages are carried out including: Preliminary study, Planning, Implementation, Observation, and Reflection. The data in this classroom action research are students of class VIII.6 SMP Negeri 35 Palembang and the data sources in this classroom action research consist of observation and measurement or tests.

The subjects of the study were students of SMP Negeri 35 Palembang class VIII.6 with a total of 31 students. with the number of female students being 19 and the number of male students being 12. The research time from planning to writing the research report was from July 29 to August 12, 2024. To find out the improvement of underpass, the author uses a performance test of underpass. After getting the score of each student, the next step is to calculate it using the following formula (Sugiyono, 2019):

$$\text{Mark: } \frac{\text{Total Scores Obtained}}{\text{Maximum Score Amount}} \times 100\%$$

Individual completion is achieved when students achieve a KKM score of 75. Classical completion is achieved when 80% of all students are able to do the underhand pass correctly with a minimum score of 75, then the class is said to be complete. The formula used to determine classical completion is as follows:

$$P = \frac{F}{N} \times 100\%$$

P = Classical completion percentage figures

F = Frequency of students completing

N = Number of students

RESULTS AND DISCUSSION

Result

In the learning process, the researcher began by providing an understanding of volleyball underhand passing. This was done to make it easier for students to understand the stages of volleyball underhand passing movements. Then the researcher divided the students into several

small groups according to the number of students needed. When the researcher explained the volleyball underhand passing technique, the students paid close attention to what the researcher explained, namely the volleyball underhand passing technique. The teacher explained to the students the stages of performing the correct volleyball underhand passing skill, then the researcher provided feedback or clarification if there was a misunderstanding of the students' perceptions in the process of learning volleyball underhand passing.

Next, do an underhand pass between groups of students (5 vs 5) in a row, then continue with playing on the volleyball court with modified rules (with 10 game points). After that, the teacher conducts an evaluation of volleyball underhand passing skills, and ends with a cool down after the sports practice.

Based on the learning outcomes in cycle one after the implementation of volleyball underhand passing learning using digital technology and a playing approach to class VIII 6 students of SMP Negeri 35 Palembang, the expected success has not been achieved, because the classical completion value has not reached 80%.

Table 1. Analysis of the Lower Passing Skills of Class VIII 6 Students of SMP Negeri 35 Palembang

No	Criteria	Category	Frequency	Percentage
1	<75	Not finished	10	32,3%
2	≥ 75	Completed	21	67,7%
Amount				100%

Based on the table, it is known that after taking action to improve the basic technical skills of volleyball underhand passing in cycle one, out of 31 students, 10 students had not achieved the KKM score or 32.3%, while for students who had completed it, only 21 students had achieved the KKM score or 67.7%.

After seeing the results of the learning carried out in cycle one, in this second cycle the researcher still uses the same method, namely improving the basic technical skills of volleyball underhand passing using digital technology and a playing approach to class VIII 6 students of SMP Negeri 35 Palembang, this is based on the results of cycle one which shows positive things. The researcher revises the application section of the game in accordance with the material.

In the first cycle, it was implemented on August 5, 2024. What had been planned went well according to the agenda that had been prepared, namely improving the skills of passing down using digital technology and the play approach of class VIII 6 students of SMP Negeri 35 Palembang based on the revision of learning activities in cycle one. The series of activities are in accordance with the teaching module.

From the learning results in cycle two after the implementation of volleyball underhand passing learning using digital technology and a playing approach to class VIII 6 students of SMP Negeri 35 Palembang, the expected success has been achieved, the classical completion value has reached 80%.

Table 2. Analysis of the Lower Passing Skills of Class VIII 6 Students of SMP Negeri 35 Palembang

No	Criteria	Category	Frequency	Percentage
1	<75	Not finished	4	12,9%
2	≥ 75	Completed	27	87,1%
Amount				100%

Based on the table, it is known that after the action was carried out in the second cycle to improve the basic technical skills of volleyball underhand passing using digital technology and the playing approach of class VIII 6 students of SMP Negeri 35 Palembang, out of 31 students, there were 4 students who had not achieved the KKM score or 12.9%, while for students who had completed it, there were 27 students who had achieved the KKM score or 87.1%.

Improvements in the playing method given to students in an effort to improve the basic technical skills of underhand passing of class VIII 6 students of SMP Negeri 35 Palembang turned out to have a positive influence on the learning outcomes of students' underhand passing skills. Thus, the research conducted was said to be successful in accordance with the indicators of achieving the KKM competency.

Discussion

Based on the results of the research that have been described above, students have increased in performing basic volleyball underhand passing technique movement skills. This can be seen from the results of the student skills assessment. In cycle I, out of 31 students, only 21 students

completed the KKM or 67.7%, while 10 students or 32.3% had not completed it. According to the journal (Ramadhan et al., 2021) Physiological conditions are the main basic needs in a person, or in other words, to exercise, especially volleyball, requires strong stamina to move agilely in volleyball training. Meanwhile, according to (Ervandy et al., 2019) there needs to be motivation that arises from within the individual, namely a kind of encouragement that comes from within, without having to wait for external stimuli.

However, after an evaluation of the playing method given in cycle II, the number of students who achieved the KKM was 27 students or 87.7% and had reached the classical completion limit of 80%, while students who had not completed it were 4 people or 12.9%. This means that there is an increase in the percentage of student learning completion by 20%. This is also stated in the journal (Febriyanto et al., 2019) that the playing method has been proven to be used to improve students' basic volleyball underhand passing techniques to be better than before, so this method can also be used to improve student learning outcomes in other volleyball skill technique learning materials. Meanwhile, according to the journal (Atsani, 2020) the playing method has an effect on improving students' volleyball underhand passing abilities because it can provide students with more opportunities to do volleyball underhand passing.

CONCLUSION

From the results and data analysis that have been done, this study can be concluded that there is an increase in efforts to improve volleyball underhand passing skills using digital technology and playing methods of class VIII.6 students of SMP Negeri 35 Palembang. With the percentage of classical completion in cycle I of 21 students or 67.7%, while in cycle II it became 27 students or 87.7%.

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