

The Effect Of Pair Training Variation On The Sepak Sila Skill Of Takraw Athletes

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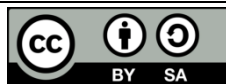
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Abstract.

The skill of Sepak sila is one of the basic techniques in the game of takraw. The focus of this research is extracurricular students at SMA Negeri 1 Palopo. The problem is the lack of variation in pair training. The purpose of this study is to determine whether or not there is an impact of variations in pair training on the sepak sila skills of the takraw extracurricular students at SMA Negeri 1 Palopo. The term "quantitative research using experimental methods" refers to a method for determining, under controlled conditions, how one treatment affects another treatment. In SMA Negeri 1 Palopo there are 25 male students who take part in takraw extracurricular activities. Purposive sampling was used as a sampling method, meaning that each student will be included in the research sample based on the special considerations of the researcher. SPSS application program version 23 is used for data analysis methods. With a $t = \text{count } 22.733$, this value is greater than $t = \text{table } 2.059$ or $t = \text{count } 22.733 > t = \text{table } 2.059$, and the result is sig. (2-tailed) of $0.000 < 0.05$. The results showed that there were variations in pair training for students' sepak sila skills in the extracurricular sepak takraw at SMA Negeri 1 Palopo. This shows that variations in pair training have a significant effect on the sepak sila skills of the takraw extracurricular students of SMA Negeri 1 Palopo. 059 or $t = \text{count } 22.733 > t = \text{table } 2.059$, and the result is sig. (2-tailed) of $0.000 < 0.05$. The results showed that there were variations in pair training for students' sepak sila in the extracurricular sepak takraw at SMA Negeri 1 Palopo.



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A. INTRODUCTION

Physical education is an important component of the overall education system. It aims to cultivate health, physical fitness, critical thinking skills, emotional stability, social skills, reasoning, and moral action through physical activity and sports according to Artyhadewa (2017). According to Firdaus et al., (2017) physical education is a method of education for someone who carries out

physical activities consciously in order to develop intelligence and character. According to Nur et al., (2018) physical education efforts aim to develop the organic, neuromuscular, intellectual, and social fields. (Mustafa, 2021) Physical education is an educational component that focuses on developing abilities through movement for students to achieve the expected health and educational goals,

Extracurricular activities are carried out

outside of school hours with the aim of students' self-development (Qoryatiningtyas et al., 2017). Activities carried out outside school hours and aiming to accommodate and develop students' potential interests and talents are known as extracurricular activities (Leppa et al., 2022). (Suprobo & Fudin, 2021) Extracurricular activities are coordinated, directed and integrated activities that aim to develop students' talents, interests and willingness in the desired way, including sports. Extra-curricular activities are activities that are usually followed by students outside the classroom (Maulana et al., 2019). According to Arifudin (2022), extracurricular activities are generally activities that become a forum for students who are interested in participating according to their interests, talents, hobbies, personality, and creativity.

Takraw extracurricular at SMA Negeri 1 Palopo JL A. Pangerang No. 4, Kelurahan Luminda, Kec. Wara Utara, Palopo City. The takraw extracurricular coach on behalf of Afdal, S.Pd. who also serves as takraw coach at SMA Negeri 1 Palopo. It is hoped that students will be able to achieve the desired results through the implementation of extracurricular activities. In addition, students will gain additional knowledge outside of school hours in the cognitive, affective and psychomotor domains which they cannot obtain during school hours due to time constraints. As for the takraw achievements of Palopo 1 Public High School, namely 4th place among SMAs in Luwu Raya.

Sepak takraw is a game that is played on

a rectangular field (Sucipto et al., 2017). Sepak takraw is a competitive sport played by three players on a field with a net height of 145-155 cm and dimensions of 13.40 meters by 6.10 meters (Kahar et al., 2022). According to Artyhadewa (2017), takraw is a game that requires special skills. According to Firdaus et al., (2017), The original Malay game known as takraw is gaining popularity in Indonesia, the Indo-Chinese peninsula, and the Philippines. Traditional games are the basis of a sport known as takraw (Awaluddin & Janwar, 2019). According to Surayitno (2018), takraw is a game dominated by feet played between two teams with three players in one team on a field the size of a badminton court.

Sepak Sila is a kick which is done by kicking a takraw ball using the inside of the foot to receive, carry and control the ball. Also serves to save the ball from the opponent's attack and to give the ball to an attacking friend (Suparman et al., 2022). According to Surayitno (2018), Sepak sila is a technique of kicking a ball with the inside of the foot to give and stop the opponent's attack. Before moving on to more specific techniques such as serves, smashes, and blocks, precepts are one of the basics of takraw that takraw athletes must be mastered (Gunawan & Fardi, 2020). According to Qoryatiningtyas et al., (2017) Sepak Sila is kicking the ball with the inside of the leg, making it in a cross-legged position.

There is a risk of boredom from monotonous exercise because variations in exercise take a long time to produce beneficial physiological adaptations (Qoryatiningtyas et

al., 2017). One form of exercise to improve control is a variation of pair training. In takraw, this exercise is very important which is needed in the sport of takraw (Sucipto et al., 2017). According to Gunawan & Fardi (2020), pair training is an activity that involves two people moving the ball from one player to another. According to Fadli & Yudi (2018), there are several exercises in pair training that focus on the speed and direction of the ball thrown by one partner after receiving it.

The results of observations made with sports instructors and takraw trainers at SMA Negeri 1 Palopo. Students faced a number of problems during practice and matches, including the fact that they often made mistakes, especially when controlling the ball when they weren't sure how to perform the proper kicks. When kicking was ineffective due to insufficient timing, some students also looked stiff and rushed. This has an impact on the training and matches that follow.

To improve takraw ball mastery skills in takraw extracurricular activities, this study proposes the use of variations in pair training. Based on previous research (Iyakrus & Ramadhan, 2021), the game of takraw has a very high level of precepts.

The formulation of the problem is whether the futsal extracurricular skills of the students of SMA Negeri 1 Palopo are affected by variations in pair training.

B. RESEARCH METHODS

The Pretest-Posttest Design experiment was used in this study, with the experimental

group doing a pretest before treatment and a posttest afterward (Sugiyono, 2018). Participants in this study were all male students of SMA Negeri 1 Palopo who took part in takraw sport extracurricular activities. 25 male students of SMA Negeri 1 Palopo took part in the takraw extracurricular activity. Purposive sampling is used as a sampling method, meaning that each student will be included in the research sample based on the researcher's special considerations. The data collection method uses the Sepak sila skills test (Riesmayana, 2020). The aim is to assess the skills of Sepak sila. Sepak sila skills pre-test was given before treatment to collect initial data. Then 16 treatment sessions were carried out for variations of paired training for 60 minutes three times a week, according to the details. Final test (post test) to determine the effect of treatment. The takraw field of SMAN 1 Palopo was used as the setting for the pre-test and post-test. Requirements test, also known as test of normality and homogeneity of data, and paired sample t-test are used to perform descriptive analysis on research data. based on the significance level $\alpha = 0.05$. and paired sample t-test was used to perform descriptive analysis on research data. based on the significance level $\alpha = 0.05$. and paired sample t-test was used to perform descriptive analysis on research data. based on the significance level $\alpha = 0.05$.

The research location, scope or object, main materials and tools, place, data collection methods, operational definitions of research

variables, and methods of analysis are all outlined in the research method.

C. RESULTS AND DISCUSSION

Initial data collection/student pretest before receiving treatment, students who take part in takraw extracurricular activities at SMA Negeri 1 Palopo will be taught the skills of precepts. After receiving treatment for 16 face-to-face meetings, students participating in the sepak takraw extracurricular activity at SMA Negeri 1 Palopo will carry out final data collection or a post-test after receiving treatment. to provide a more precise picture of the research data.

The purpose of descriptive data analysis is to provide an overview of the research data. Data on pre- and post-test sila skills were subjected to descriptive analysis. The mean, standard deviation, range, minimum and maximum are the parameters in the descriptive analysis.

Table 1. Descriptive Analysis

Variable	test	test
N	25	25
Method	19,32	23,24
std. Deviation	2,428	2,681
Reach	11	13
Min	14	17
max	25	30

Descriptive analysis revealed that the pretest of sepak sila skills had a sample size of 25, the mean is 19.32, the standard deviation is 2.428, the range is 11, the minimum score is 14, and the maximum value is 25. The descriptive analysis revealed that the posttest skills of sepak sila had a sample size of 25,

mean (average) 23.24, standard deviation 2.681, range 13, minimum value 17, and maximum value 30.

The Normality Test aims to determine whether the variables are normally distributed or not. SPSS 23 is used for this normality test. If sig is greater than 0.05 then the data is normal, and if it is less than 0.05 then the data is abnormal. The calculation results are shown in the table below:

Based on the results of the data normality test, it is known that the significance value of the pretest of Sepak Sila skills has a Shapiro-Wilk value of 0.956 and a significant level of 0.333 is greater than α of 0.05. Therefore, the distribution of pretest skills in sila can be said to be normal or follow normal. The posttest distribution of sepak sila can be said to be normally distributed or follow a normal distribution with a Shapiro-Wilk value of 0.932 and a significant level of 0.098 which is greater than 0.05.

Homogeneity test is used to test whether the data comes from a population that is homogeneous or has the same variance. When the significant value is greater than 0.05, then the decision making criteria is accepted.

Table 3. Homogeneity Test Results

Lavender Statistics	df1	df2	Sig.	Ket
0.143	1	48	0.707	Homogeneous

Homogeneous Pretest and posttest homogeneity tests were carried out using the Levene test with a value of 0.143 and a significance level of 0.707. It is common knowledge that a significance level of 0.05

indicates a hypothesis which states that the data obtained from a homogeneous sample is accepted. Data from the pretest and posttest can be taken as evidence of a homogeneous population.

Paired sample T-test was used in this study's T-test to see how the variations in paired exercises affect the skills of cross-section. The sample T test yields the following results:

Table 4. Paired T Test Results

Variable	N	T-Count	T-Table	Sig.(2-tailed)
<i>Pretest of Posttest of</i>	25	22,733	2,059	0.000

Judging from the results of the paired T test, it is obtained that the value of $t =$ equal to 22.733 this value exceeds $t =$ table 2.059 or $t =$ count of 22.733 exceeds $t =$ table 2.059, and the sig value is obtained. (2-tailed) is 0.000 less than 0.05. This means that there is a significant effect on the extracurricular of SMA Negeri 1 Palopo from variations in pair training.

Because it gives extracurricular activity participants the opportunity to learn and work on their weaknesses, this varied pair training program can help them improve their first ball reception and basic takraw skills. (2022) Permatasari). According to Septian (2017), an exercise called pair variation is very effective for improving takraw skills. According to Basir (2022), the use of variations in paired exercises has the potential to increase students' interest and enthusiasm for the material being studied.

Soccer practice with soccer techniques carried out in pairs can improve the ability of

soccer techniques. The factor that affects the improvement of the quality of learning soccer techniques carried out in pairs is the factor of the research subjects, namely grade V students of SDN 18 Bengkulu City. The concept of football technique research carried out in pairs (Sucipto et al., 2017).

There is a significant effect of pair sepak sila training on the athletes' reservice ability of Sepaktakraw Club LTC, Matur District, Agam Regency is acceptable. It can be seen that there is an increase after training in pairs (Fadli & Yudi, 2016). Pair training is very commonly used in conducting sepaktakraw exercises, especially soccer sila, from alone training and pair training, variations of group training are formed (Gunawan & Fardi, 2020).

Pair training is an exercise that is carried out alternately to get better, fun and interesting soccer results (Tanzila et al., 2023). The basic technique training model of Sepak sila using balloons can be used as a training model to develop basic soccer technique skills in early age athletes (Syam, 2022).

Bait variation training is an exercise that is quite effective in improving soccer skills in the sport of sepak takraw. These results indicate that improvements in basic sepak takraw techniques can be improved with various training methods, one of which is with variations in bait (Septian, 2017). The role of the coach is very important to be able to bring the training atmosphere to be more varied according to the needs and characteristics of the game to be developed. Support from inside

and outside can also accelerate the improvement of their skills (Permatasari, 2022).

It can be concluded that overall, there is a significant difference between reciprocal teaching style and training teaching style on the learning outcomes of sepak takraw games. In other words, the results of learning soccer sila sepak takraw game using a training teaching style are greater than reciprocal teaching styles (Suprayitno, 2018).

D. CLOSING

Based on previous research, the following conclusions can be drawn from the data: there is an effect of variations in pair training on the takraw extracurricular students' sepak sila at SMA Negeri 1 Palopo, with $t = \text{count of } 22.733$, more than $t = \text{table of } 2.059$ or $t = \text{count of } 22.733$ larger $t = \text{table } 2.059$ and sig. (2-tailed), 0.000 is smaller than 0.05. This shows that variations in pair training have a significant effect on the sepak sila of the takraw extracurricular students of SMA Negeri 1 Palopo.

Based on previous findings, the researcher offers the following recommendations: 1) It is hoped that students and athletes will use variations of paired exercises to improve their Sepak sila skills. 2) To improve sepak sila skills, the trainer should add variations and modifications to the exercises. with various exercise regimens. 3) It is hoped that this research can be improved in the future by including a larger sample size and the addition of research variables.

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