

# Increased Ability to Pass Down Volleyball through the Application of Play Methods

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**Abstract:** *The purpose of this study was to determine the level of under-passing ability of volleyball students taught through playing methods. The research method used is experiment. Where two tests are carried out, namely pre test and post test. The study was conducted at the Faculty of Sports Science, State University of Medan. From the results of data analysis, it was obtained an increase in volleyball passing ability by 19%. Then the playing method can increase the under-passing ability of student volleyball.*

**Keywords:** Playing Method, Passing Down Volleyball.

## 1. Introduction

Volleyball is a branch of ball sports. In the volleyball game consists of two groups, where each group must compete strength and strategy to bounce the ball over the net by hand. In Indonesia, volleyball games are one of the most popular sports. All elements of society really like this game. Including students in school and students and students at the university. This sports branch has never been absent from the curriculum at school or at university, especially in Physical Education subjects.

Physical education is a medium to encourage the development of motor skills, physical abilities, knowledge, reasoning, appreciation of values (mental-emotional-spiritual-social attitude), and habituation of healthy lifestyles that lead to stimulate balanced growth and development (Rahayu, 2013).

Physical education is a vehicle for educating children, and experts agree that physical education is a "tool" to foster young people so that later they can make the best decisions about physical activities carried out and live a healthy lifestyle throughout their lives. This goal will be achieved through providing direct and tangible experience in the form of physical activity. Physical activity can be in the form of selected games or sports (Suprayitno, 2014). One of them is a volleyball game.

Very many benefits can be felt by playing volleyball. Through the game of volleyball, it can develop well the power elements of thinking abilities and feelings. In addition, personality can also develop well, especially personal control, discipline, cooperation, and a sense of responsibility for what it does.

So many benefits that can be obtained by playing volleyball. Therefore, from the age of elementary school to university, volleyball has been introduced to students. However, the business did not run smoothly. Many factors cause difficulty in playing volleyball. The fundamental problem obtained in the field is related to teaching and learning activities, one of which is facilities and infrastructure. In addition, there are still many students who are less interested in playing volleyball. There are still many who just sit on the edge of the field, watching their friends play. One of the reasons for

students' reluctance to play volleyball is because students are not able to do under-passing.

This was allegedly due to students' ignorance of the importance of the technique of passing down in volleyball sports. Students consider trivial to volleyball, because from an early age they already know the volleyball itself.

Some methods that have never been done in an effort to increase the ability to pass down are by playing method. One way in this method is to modify the forms of lower passing exercises by directing them into game forms. Many previous studies have successfully used this method of play in volleyball game learning.

As revealed by Hambali (2016) that "The use of this play method can be used as an alternative in carrying out the physical education learning process, especially in relation to improving the results of learning to pass under volleyball, and attracting students to be more active and eliminate students' assumptions that ball games Volleyball is monotonous, painful and sometimes less attractive to students ". The same thing was expressed by Astusi (2017) "There is a significant influence on the method of playing on volleyball playing skills".

## 2. Research Method

This study uses only one group without using a comparison group with the research design form One Group Pre Test and Post Test Design. One Group Pre Test and Post Test Design is research that does not require a comparison group to obtain research results (Suharsimi, 2010). In this study the research will be to improve the ability to pass down the game of volleyball with the method of playing on students who take volleyball courses at the Department of Sports Coaching Education, Faculty of Sports Science, State University of Medan. Test taking in this study was done twice for students before getting treatment and after receiving treatment. The results that are used as reference material for this study are differences in test results from pre-test and post-test. The following research design is carried out.

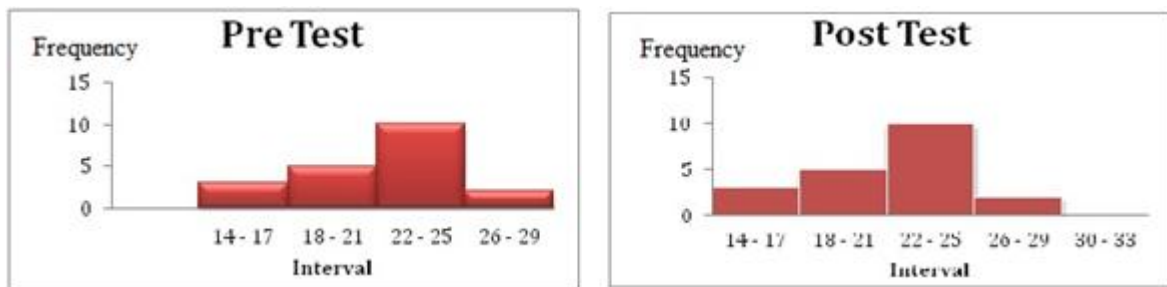


The instrument used was Kautz volleyball passing test. Kautz volleyball passing test is to evaluate the strength of the arm and measure the accuracy of passing under the volleyball game. Kautz passes the volleyball passing test by means of each ball reflected from the wall, then under passing according to the rules of the game, the ball must be bounced off the target area for 30 seconds. Exercises or exams start with a test throwing the ball right into the wall and passing the ball into the target area on the wall repeatedly, 30 seconds is carried out by four experiments with a one minute break. Only the right ball is counted. If at

the trial stage the ball exits the control, the test must be repeated by throwing the ball again at the wall.

### 3. Discussion

Before conducting research, the researcher does all the necessary preparations. At the beginning of the study, students were given an initial test to find out the initial abilities. Furthermore, the provision of treatments or treatments is by applying the approach to playing on volleyball games. Finally, students are given a test of under-passing again. The ability to pass under students when pre-tested at the beginning of the study and post test are shown in the following graphs.



Picture 1: Graphs of Pre-Test and Post Test

Data analysis was carried out by t-test on pre-test and post-test data as a result of measurement of under-passing ability of volleyball. The results of the t-test are shown in the following table.

Conclusion of t-Test Variable	Average	$T_{count}$	$t_{table}$	Information
Pre Test	16,40	- 9,875	1,729	Significant
Post Test	20,20			

The results of the t-test obtained the value of t count equal to - 9,875 and the value of t table at dk (0,05) (19) equal to 1,729. Because the tcount value is greater than t table (- 9,875 > 1.729) it can be concluded that there is an influence of the playing method on the under passing ability of the student volleyball.

Based on the table above it can be seen that the average value for pre-test data is 16.40 and the average value for post-test data is 20.20. This result shows that the under passing ability of students participating in volleyball subjects after practicing with the playing method increased by 3.80 or equivalent to 19%. With these descriptions, the results show that there is a significant influence on the method of playing on the under passing ability of volleyball.

This research activity aims to improve the ability of students who take volleyball courses in order to be more mastering the technique, especially in under passing. The method used is by playing method. This method was chosen because it is one of the many successful learning methods used in learning. According to Tedjasaputra MS (2001: 2) playing is something related to activities that give satisfaction effects in the process. Whether it is realized or not, this activity will run if carried out independently without a burden. So that a play activity is formed which aims at learning. In this way

many students are more interested, not only because of the subject's obligation but also to create a sense of excitement and can improve students' under-passing ability.

From the results of the study, it was found that through the application of the playing method, it could significantly improve students' under passing ability, which was 19% before being given the playing method. The influence given by the playing method is quite large, which is almost 20%. This means that bottom passing training with the playing method is very effective, so it is expected that in passing under training the playing method can be used for the wider community. With the increasing passing ability under students, the ability to play volleyball in every student will also increase. This is important because lower passing ability is the most basic ability in volleyball games. This technique can be used to start an attack, anticipate the ball to come unexpectedly, and rescue efforts outside the volleyball court. Even without the ability to smash and block the game of volleyball can be played only by passing it.

As revealed by Ahmadi (2007: 22) the use of bottom passing is for receiving service balls, for receiving balls from opponents in the form of attacks or smashes, for taking balls after a block or from the reflection of the net, to save the ball that comes low and suddenly arrives, to save the ball which sometimes bounces away from outside the playing field.

After completing the research and based on the results of direct observation by researchers, there were many students who mastered the bottom passing technique. This is indicated by the position of students who are in accordance with the steps of lower passing, namely the position of the feet that form a 45-degree angle, the position of the hands straight, parallel and seposos with the shoulders, and the swing of the hands from bottom to top.

After exposure to the results of the above research, it is hoped that in exercise volleyball will be based on the first passing exercise before the other technique exercises. One training model that is effective in training downward passing ability is by playing method as stated in this study.

Many have succeeded in increasing the ability to pass down the volleyball through a play approach, including what Wijaya (2013) has done. Wijaya has succeeded in increasing the ability to pass under volleyball to extracurricular participants in SMA Negeri 1 Bantul. Furthermore, the research has also been carried out by Cahyono (2016), where the learning outcomes of students taught using the play approach have exceeded the specified KKM values of 70 and cause a positive influence on students' learning motivation in the volleyball Bottom Passing material.

#### **4. Conclusion**

The conclusion of the results of this study is through the application of playing methods can improve the ability to under-pass students of the Department of Sports Coaching Education Faculty of Sport Sciences, State University of Medan. The suggestion that researchers can convey is for students to be more serious and continue playing methods in learning other volleyball techniques. For teachers and lecturers, the method of playing researcher recommendations so that it can be used in learning, especially volleyball.

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