

ABSTRAK

PENGARUH LATIHAN SERVIS JARAK BERTAHAP DAN JARAK TETAP TERHADAP KETEPATAN SERVIS ATAS SISWA EKSTRAKURIKULER BOLA VOLI SMA NEGERI 2 PURWOKERTO

Latar Belakang : Bola voli adalah aktivitas olahraga beregu yang dimainkan oleh dua tim menggunakan teknik servis, passing, smash dan blok dengan tujuan melewati bola di atas net agar jatuh menyentuh lapangan lawan dan mencegah lawan tidak bisa melakukan hal tersebut. Penelitian ini menggunakan metode latihan servis jarak bertahap dan jarak tetap, bertujuan untuk mengetahui pengaruh latihan servis jarak bertahap terhadap peningkatan ketepatan servis atas siswa ekstrakurikuler bola voli SMAN 2 Purwokerto.

Metodologi : Desain penelitian ini menggunakan *Quasi Experiment*, dengan rancangan *Nonequivalent Control Group Design*. Teknik pengambilan sampel adalah *Total Sampling* dengan *Ordinal Pairing* sebanyak 20 siswa. Instrumen dalam penelitian ini yaitu *AAHPER Volleyball Skill Test*. Analisis data menggunakan uji-t dengan nilai signifikansi $<0,05$ yang dibantu dengan aplikasi SPSS.

Hasil Penelitian : Berdasarkan analisis data hasil ketepatan servis atas bola voli, kelompok jarak bertahap mendapat nilai *Sig.* 0,000 dan kelompok jarak tetap mendapat nilai *Sig.* 0,000. Hasil analisis uji *Independent Sample T-test* ketepatan servis atas bola voli mendapat nilai *Sig.* 0,314.

Kesimpulan : Ada pengaruh yang signifikan latihan servis jarak bertahap terhadap ketepatan servis atas bola voli. Ada pengaruh yang signifikan latihan servis jarak tetap terhadap ketepatan servis atas bola voli. Tidak ada perbedaan pengaruh yang signifikan antara latihan servis jarak bertahap dan jarak tetap.

Kata Kunci : *Bola Voli, Servis, Jarak Bertahap, Jarak Tetap, Ketepatan*

ABSTRACT

THE EFFECT OF STAGED AND FIXED DISTANCE SERVICES EXERCISE ON SERVICE ACCURACY VOLLEYBALL EXTRACURRICULAR STUDENTS AT SHS 2 PURWOKERTO.

Background : Volleyball is a team sports activity that is played by two teams using service, passing, smash and block techniques to pass the ball over the net and fall into the opponent's field and prevent opponents from do that. This study used a stepwise distance training method and fixed distance to find out the effect of staged distance service exercises for increased service accuracy volleyball extracurricular students at Senior High School 2 Purwokerto.

Methods : This research design used *Quasi Experiment* with the design of *Nonequivalent Control Group Design*. The sampling technique are *total sampling* with *Ordinal Pairing* as many as 20 students. The instrument in this study is *AAHPER Volleyball Skill Test*. Data analysis used *t test* with a significance value $<0,05$ which is assisted with the SPSS application.

Results : Based on the data analysis the result of service accuracy of volleyball, the staged distance group got a Significance value of 0,000 and the fixed distance group got a significance value of 0.000. The result of the Independent Sample T-test analysis of the service accuracy of volleyball has a significance value of 0.314.

Conclusion : There is a significant effect of staged distance service exercise to the accuracy of service for volleyball. There is a significant effect on fixed distance service exercise to the accuracy of service for volleyball. There was no significant difference in effect between the staged distance and fixed distance exercise service.

Keywords : *Volleyball, Service, Staged Distance, Fixed Distance, Accuracy*