

Abstrak

PENGARUH METODE LATIHAN *DRILL* UMPAN BERUBAH TERHADAP KETEPATAN *FOREHAND DRIVE* ATLET TENIS MEJA PTM BAROKAH JAYA PURWOKERTO

Ahmad Fani Kamalussadad

Latar Belakang: latihan *drill* umpan berubah merupakan metode dalam permainan tenis meja. Ketepatan merupakan faktor utama tenis meja, *forehand drive* merupakan tehnik yang penting dalam tenis meja karena merupakan pukulan awal serangan. Terdapat dua umpan dalam tenis meja, yaitu umpan berubah dan konstan. Penelitian ini bertujuan untuk mengetahui pengaruh metode *drill* umpan berubah terhadap ketepatan *forehand drive* atlet PTM Barokah Jaya Purwokerto.

Metodologi: Penelitian ini yaitu penelitian eksperimen yang menggunakan *one group pretest posttest design*. Desain ini adalah menggunakan satu variabel yang diawali dengan *pretest* dan dilanjutkan dengan *posttest*. Instrumen yang digunakan adalah tes ketepatan *forehand drive* dengan waktu 30 detik yang dilakukan dua kali dan diambil nilai yang terbaik. Subjek penelitian ini adalah atlet PTM Barokah Jaya Purwokerto berjumlah 14 atlet menggunakan total sampling. Teknik analisis data dalam penelitian ini menggunakan uji statistik *Shapiro-Wilk* dengan uji normalitas, uji homogenitas dan uji t diolah menggunakan SPSS 25.

Hasil Penelitian: Berdasarkan hasil penelitian ketepatan *forehand drive* umpan berubah atlet PTM Barokah Jaya Purwokerto diperoleh hasil rata-rata *pretest* 68,43 dan *posttest* 76,50 sehingga terdapat kenaikan 8,07 dari selisih rata-rata tersebut dapat diketahui kenaikan presentase sebesar 11,79 % dan hasil *sig 2 tailed p*=0,006 < 0.05. Berdasarkan hasil tersebut dapat disimpulkan ada pengaruh metode latihan *drill* umpan berubah terhadap ketepatan *forehand drive* atlet tenis meja PTM Barokah Jaya Purwokerto.

Kesimpulan: Terdapat pengaruh metode latihan *drill* umpan berubah terhadap ketepatan *forehand drive*.

Kata Kunci: Tenis Meja, Latihan *Drill* Umpan Berubah, Ketepatan, *Forehand Drive*.

Abstract

THE INFLUENCE OF CHANGED FEED DRILL TRAINING METHOD ON THE FOREHAND DRIVE ACCURACY TENNIS TABLE ATHLET PTM BAROKAH JAYA PURWOKERTO

Ahmad Fani Kamalussadad

Background: Changing bait drill practice is a method in table tennis. Accuracy is a major factor in table tennis, forehand drive is an important technique in table tennis because it is the initial blow to attacks. There are two baits in table tennis, they are constant and constant. This study aims to determine the effect of changing the bait drill method on the forehand drive accuracy of PTM Barokah Jaya Purwokerto athletes.

Methodology: This research is an experimental study using one group pretest post test design. This design is to use a variable that starts with a pretest and continues with a post test. The instrument used was a forehand drive accuracy test with a time of 30 seconds which was carried out twice and the best value was taken. The subjects of this study were 14 athletes from PTM Barokah Jaya Purwokerto using total sampling. Data analysis techniques in this study using the Shapiro-Wilk statistical test with normality test, homogeneity test and t test was processed using SPSS 25.

Research Results: Based on the results of the study the accuracy of forehand drive bait changed PTM Barokah Jaya Purwokerto athletes obtained an average pretest results of 68.43 and post test 76.50 so there was an increase of 8.07 from the average difference can be seen an increase in the percentage of 11.79 % and sig 2 yields tailed $p = 0.006 < 0.05$. Based on these results it can be concluded there is an effect of the method of bait drill training changing on the accuracy of the forehand drive of PTM Barokah Jaya table tennis athletes in Purwokerto.

Conclusion: There is an effect of the method of drill bait training changing on the accuracy of the forehand drive.

Keywords: Table Tennis, Changed Bait Drill Exercise, Accuracy, Forehand Drive