

ABSTRAK

PERBANDINGAN LATIHAN *COMPLEMENTED DRILL* DENGAN KONVENSIONAL *DRILL* TERHADAP KETERAMPILAN *BACKHAND* SERVIS PENDEK BULUTANGKIS

Latar Belakang: Pukulan servis merupakan pukulan yang sangat menentukan dalam awal memperoleh nilai, karena pemain yang melakukan servis dengan baik dapat mengendalikan jalannya permainan. Beberapa model latihan dapat dipakai untuk meningkatkan servis pendek *backhand* diantaranya yaitu *complemented drill* dan konvensional *drill*. Penelitian ini bertujuan untuk mengetahui perbandingan model latihan *complemented drill* dan konvensional *drill* terhadap servis pendek *backhand*.

Metodologi: Penelitian eksperimen ini menggunakan desain *pretest posttest control grup design*, bertujuan untuk mencari pengaruh antara model latihan *complemented drill* dan konvensional *drill* terhadap servis pendek *backhand*. Populasi dalam penelitian ini adalah atlet PB. Delta Purwokerto KU 11-14 tahun. Sampel pada penelitian ini berjumlah 26 responden yang terdiri dari 17 laki-laki dan 9 perempuan. Teknik analisis data menggunakan uji pengaruh *paired sample t-test*.

Hasil Penelitian: Berdasarkan analisis data memperlihatkan bahwa model *complemented drill* memperoleh nilai signifikansi p sebesar 0,000 dengan t hitung 13,120 dan pengaruh signifikan model latihan konvensional *drill* dengan nilai signifikansi p sebesar 0,000 dengan t hitung 11,904. Hasil data tersebut menunjukkan bahwa kedua metode latihan berpengaruh signifikan terhadap keterampilan *backhand* servis pendek bulutangkis. Hasil uji *independent t test* menunjukkan nilai signifikansi sebesar 0,023, yang artinya H_0 ditolak dan H_a diterima. Berdasarkan hasil *posttest* nilai rerata kelompok 1 sebesar 22,62, sedangkan rerata kelompok 2 sebesar 20,00 yang menunjukkan bahwa latihan *complemented drill* lebih meningkatkan keterampilan *backhand* servis pendek daripada konvensional *drill*.

Kesimpulan: Terdapat perbedaan pengaruh yang signifikan antara model latihan *complemented drill* dan konvensional *drill* terhadap keterampilan *backhand* servis pendek atlet PB. Delta Purwokerto KU 11-14 tahun. Model latihan *complemented drill* menunjukkan peningkatan yang lebih baik dibandingkan konvensional *drill* dengan selisih nilai rerata 2,62.

Kata Kunci: *complemented drill*, konvensional *drill*, *backhand* servis pendek

ABSTRACT
COMPARISON OF COMPLEMENTED DRILL EXERCISES
WITH CONVENTIONAL DRILLS ON SHORT
BACKHAND SERVICE SKILLS
BADMINTON

Background: The service stroke is a very decisive stroke in the beginning of scoring, because players who serve well can control the course of the game. Several training models can be used to improve the backhand short serve, including the complemented drill and the conventional drill. This study aims to determine the comparison of the complemented drill and conventional drill training models to the backhand short serve.

Methodology: This experimental study used a pretest posttest control group design, which aims to determine the effect of the complemented drill and conventional drill training models on the backhand short serve. The population in this study were PB athletes. Delta Purwokerto KU 11-14 years old. The sample in this study amounted to 26 respondents consisting of 17 men and 9 women. The data analysis technique used the paired sample t-test influence test.

Results: Based on data analysis, it shows that the complemented drill model has a significance value of p of 0.000 with t count of 13.120 and a significant effect of the conventional drill training model with a significance value of p of 0.000 with t count of 11.904. The results of these data indicate that the two training methods have a significant effect on the backhand skills of badminton short serve. The independent t test results showed a significance value of 0.023, which means that H_0 is rejected and H_a is accepted. Based on the posttest results, the mean score for group 1 was 22.62, while the mean for group 2 was 20.00, which indicates that complemented drill exercises improve short backhand service skills more than conventional drills.

Conclusion: There is a significant difference between the complemented drill and conventional drill training models on the short backhand skills of PB athletes. Delta Purwokerto KU 11-14 years old. The complemented drill training model shows a better improvement than conventional drills with a mean difference of 2.62.

Keywords: complemented drill, conventional drill, short backhand serve