

ABSTRAK

PENGARUH PROGRAM LATIHAN TARGET TERHADAP PENINGKATAN SERVIS ATAS DI SEKOLAH BOLA VOLI SRIKANDI BANYUMAS

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Latar Belakang: Berdasarkan hasil pengamatan, siswa Sekolah Bola Voli Putri Srikandi Banyumas masih mengalami kendala dalam melakukan servis atas secara konsisten dan tepat, meskipun program latihan yang diterapkan sudah cukup baik. Keterbatasan waktu latihan dan kurangnya latihan terarah menyebabkan kualitas servis atas belum optimal, padahal servis merupakan unsur penting dalam menentukan hasil pertandingan. Oleh karena itu, penelitian ini bertujuan untuk mengetahui pengaruh program latihan target terhadap peningkatan kualitas teknik servis atas siswa Sekolah Bola Voli Srikandi Banyumas.

Metodologi Penelitian: Penelitian ini menggunakan metode *one group pre-test post-test* menggunakan desain penelitian *quasi experiment* dengan sampel sebanyak 15 responden dan total populasi sebanyak 50 orang pada sekolah bola voli Srikandi Banyumas. Teknik pengambilan sampel didasari oleh teknik *purposive sample* menggunakan kriteria inklusi dan eksklusi. Penelitian ini terdiri dari 16 pertemuan diawali dengan *pre-test* dan diakhiri oleh *post-test* keterampilan servis atas bola voli, perlakuan yang diberikan adalah *program* latihan target. Data hasil pengukuran selanjutnya dilakukan analisis deskriptif dan uji statistik berupa uji normalitas menggunakan teknik *shapiro-wilk* dan uji hipotesis *paired t-test* untuk mengetahui pengaruh dari program latihan target.

Hasil Penelitian: Penelitian ini menghasilkan bahwa program latihan target memiliki pengaruh dengan besaran nilai uji *paired t-test* sebesar 0.000 dan besaran nilai efektivitas program latihan sebesar 67,44%. Uji normalitas menggunakan metode *shapiro-wilk* sebesar 0,190 untuk *pre-test* dan 0,250 untuk *post-test*, uji homogenitas pada penelitian ini sebesar 0,053.

Kesimpulan: Terdapat pengaruh pada program latihan target yang diberikan kepada responden terhadap kemampuan servis atas siswa sekolah bola voli Srikandi Banyumas dengan efektivitas sebesar 67,44%.

Kata Kunci: Program latihan target, ketepatan servis atas, Bola voli.

ABSTRACT

THE EFFECT OF TARGETING TRAINING PROGRAM ON THE IMPROVEMENT OF OVERHAND SERVICE IN SRIKANDI BANYUMAS VOLLEYBALL SCHOOL

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Background: Based on observational findings, students of the Srikandi Banyumas Women's Volleyball School still experience difficulties in performing overhand serves consistently and accurately, despite the implementation of an adequate training program. Limited training time and the lack of focused, structured practice have resulted in suboptimal overhand service performance, even though service is a crucial component that significantly influences match outcomes. Therefore, this study aimed to examine the effect of a target training program on improving the quality of overhand service techniques among students of the Srikandi Banyumas Volleyball School.

Research Methodology: This research employed a one-group pretest–posttest design using a quasi-experimental approach. The sample consisted of 15 respondents selected from a total population of 50 athletes at the Srikandi Banyumas Volleyball School through purposive sampling based on inclusion and exclusion criteria. The study was conducted over 16 training sessions, beginning with a pretest and concluding with a posttest measuring overhand service skills. The treatment administered was a target training program. Data were analyzed using descriptive statistics, followed by normality testing with the Shapiro–Wilk test and hypothesis testing using a paired t-test to determine the effect of the target training program.

Result: The results indicates that the target training program has a significant influence, with a paired t-test value of 0.000 and a program effectiveness rate of 67.44%. The normality test using the Shapiro-Wilk method yielded 0.190 for the pre-test and 0.250 for the post-test, while the homogeneity test for this study resulted in a value of 0.053.

Conclusion: The target training program significantly improved the overhand service ability of students at the Srikandi Banyumas Volleyball School, with an effectiveness rate of 67,44%.

Keyword: target training program, overhand service accuracy, volleyball.