

AN EFFORT TO IMPROVE THE BASIC TECHNIQUES OF TABLE TENNIS FOREHAND THROUGH WALL MEDIA IN STUDENTS OF SMP NEGERI 5 MANUAL

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ABSTARCT

Study aim For increase ability tennis forehand table at SMP Negeri 5 Mandai and found out learning tennis table through wall media can increase ability technique base Mandai 5 Middle School students' forehand. Type study This is a study action class (action research). Population in study This is student class VIII of SMP Negeri 5 Mandai Year Teachings 2023/2024 with an amount of 30 students (Total Sampling). Study method This uses method study action class, which is implemented with Pre Test, Test Cycle I, and Test Cycle II. The results study show that implementation of Learning Via Wall Media is capable of increased results Study student class VIII.H SMP Negeri 5 Mandai. Enhancement results Study students that can be seen from mark results learning achieved through giving tests like Pre Test, Cycle I, and Cycle II. In the learning process in the Pre Test with amount students a total of 30, which is complete as many as 2 people with a percentage of 6.67%. In the learning process in cycle I the number of completed students increased by as many as 14 people or 46.67%. In the learning process in cycle II, the whole amount completed students as many as 26 students with a percentage of 86.67%. So can concluded that learning tennis table through wall media can increase results Study student class VIII.H SMP Negeri 5 Mandai.

Keywords: Wall Media Tennis Table.

INTRODUCTION

Sports physical Education and health is a very teaching program important in formation students ' fitness. Learning sports and health This expected can direct shiva For can activity sports to create generation young healthy and strong. Physical education in a way has been realized by many circles as education For developing motion base students, however, in implementation learning education physical is Not yet able to walk in a way maximum. In learning education physical a teacher must develop various types of materials that can make students move and train Skills in Because of course in age school intermediate first, preferably child-given motion that can develop all elements physically present in the child, no give exercise special. Draft base education physical and learning models effective physical need mastered by teachers who wish give learning education physical. Teachers must teach various motion basics, techniques game sports, internalization values (sportsmanship, cooperation, etc) habituation patterns life Healthy. Through education, physically expected students can obtain various experiences For disclosing impressions more personal fun, creative, innovative, skilled, improving, and nurturing freshness physical as well as understanding of motion man.

One of the game sports that is embodiment from activity physical is the game Tennis Table. In the game Tennis Table, There are several necessary techniques studied such as the methods of holding the bet, hitting, and standing. At this meeting will teach methods play tennis table at SMP Negeri 5 Mandai Regency Maros. No one can deny that in the teaching and learning process classics will face heterogeneous problems to ability students. Where lack of creativity in an education teacher physical packing material learning education physical considered as the cause, so Lots of students who don't complete KKM value (Criteria Minimum Completeness). For That, an education teacher is physically capable

control various models or approaches to learning practice, so learning can take place with good quality.

Result of observation of the learning process tennis table Mandai 5 Middle School students Regency. Maros walks with OK, but Still Lots of students who haven't Done technique base game tennis table specifically technique forehand. A blow forehand is a blow taken if the ball is there next to the right body (sabot Adi and Mu'arifin, 1994:16) in the learning process play tennis desk for students many aren't active in following the learning process, still Lots mistakes made student in movement technique forehand game tennis table.

In the description, The problem above is that we are researchers at SMP Negeri 5 Mandai Regency. Maros as a writer planned to strive to improve the learning process by teaching the play tennis table at SMP Negeri 5 Mandai Regency. Maros with approach learning through modification tool or means infrastructure learning. Modify learning This can classified namely (1) equipment, (2) arrangement of room motion in practice, and (3) amount of students involved. Teachers can reduce or add complexity and difficulty to teaching assignments with method modifying equipment used for skills such, as weight, lightness, height and lowness, length, and shortness equipment used. As for modification of learning tennis tables offered by writers in general Not yet tried by education teachers physically, that is with usage modification replacing the table with walls that aim to simplify and improve the ability Students in play tennis table will become more active, motivated and add ability play tennis table. So with thereby every learning material tennis table held at SMP Negeri 5 Mandai Regency. Maros will more maximum absorbed and mastered by participants.

Based on the description above, then researcher means stage study action class for students at SMP Negeri 5 Mandai Regency. Maros with the title “Effort Improve Basic Forehand Techniques Tennis Table Through Wall Media for Students at SMP Negeri 5 Mandai Regency Maros”, so that students at SMP Negeri 5 Mandai Regency. Maros especially those who haven't Can play tennis table expected so can play tennis table with Good.

RESEARCH METHODS

A. Type Study

Type study This is research action class (*Classroom Action Research*).

B. Design Study

In reach objective study this, is used something action so - called stages cycle. Every cycle consists from four stages, namely: planning action, implementation action, observation, and reflection For planning next. Study This planned in 2 cycles.

As for stages cycle in research This Class Action can explained through picture as following

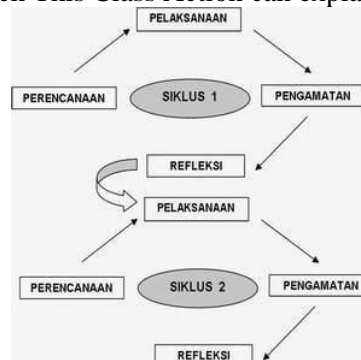


Figure 1 Stages John Elliot Model PTK Cycle

Source: Tatang Sunendar

C. Population and Sample

1. Population

According to Sugiyono (2010:117) Population is the area of generalization that consists on object or subject determined by the researcher For studied and then withdrawn the conclusion. As for definition population according to Nazir (2014: 240), namely gathering from individual with quality as well as characteristics that have been set. As for population study This is all over Mandai 5 Middle School students Regency. Maros.

2. Sample

According to Suharsimi Arikunto (2002: 108) explains that: Sample is withdrawal part population For represent all over population. According to Sugiyono (2010): Sample is part from the number and characteristics possessed by the population the. According to Bilson Simamor (2010) Sample is part from considered population represent population.

Based on the description above, then For get results effective research, researcher set a sample of 30 people taken in total student with reason that student the is student class that has lowest value in game tennis table in between class other in accordance agreement with party school, or with using cluster sampling (Sudjana, 2005: 168).

D. Definition Operational Variable

For avoid happen broad interpretation about the variables involved in study this, then variables the need defined as following:

1. Forehand Technique

forehand technique in question is ability coordination between eye with hand in matter This test used is ability For do blow *forehand* using bet with bouncing a tennis ball to wall.

2. Wall Media

wall media in question is with using wall media For bouncing tennis balls, wall media This works as replacement against play.

Procedure Study

1. Stage Planning Action

At stage This activities performed is plan action form make Plan Implementation Customized learning (RPP). with material tennis table with wall media, arrange instrument test Skills play tennis table , arrange sheet assessment and results learning , compiling sheet observe , prepare sheet test , prepare the necessary media For help teaching , preparing place research , determination allocation time implementation and Socialization to subject.

2. Stage Implementation Action

At stage implementation, activities carried out is carry out the learning process in the field. Stage implementation done with carry out scenario learning that has been done planned , stage This done together with stage observation to impact action. At stage implementation , activities carried out is carry out the learning process in the field with steps activity is :

- Researcher compile form movement with modification learning aids For increase ability student.
- Researcher create the necessary media in learning play tennis table with modify the media in the form wall.

3. Stage Observation

Activity observation done together with activity implementation action. At stage this is what teachers do observation to application of learning models direct education physical model approach play with modification learning aids play tennis table.

4. Stage Reflection

Done with analyze results observation and interpretation so that obtained conclusion What just what is necessary repaired and what just what is necessary maintained. Reflection results This used as base For stage planning cycle 2.

After implementation cycle 1 and results Not yet in accordance to level mastery that has been set, then in matter This held cycle 2. If Already clear seen What results cycle 1, then furthermore new set plan next. is cycle 2 is carried out /p or only until cycle 1 only.

E. Data analysis technique

Deep data processing research This researcher use technique analysis statistics descriptive. According to Sugiyono (2014) stated that “statistics descriptive is statistics used For analyze data with method describe or describes the data that has been collected as exists without mean make applicable conclusions For general or generalization”. In line with That according to Trianto (2012) stated that “purpose from analysis This For describe activity student during the learning process teach ”. Statistics descriptive describe activity existing learning implemented with planning actions already taken made previously. According to Sugiyono (2014) stated that “included in statistics descriptive such as presentation of data through tables, graphs, pie charts, pictograms, calculation of mode, median, mean (measurement tendency central), calculation deciles, percentages, calculations dissemination of data via calculation of averages and standards deviation, calculation percentage”.

For determine completeness Study student used instrument test results Study students who include product, process, and psychomotor. Determination completeness based on evaluation reference benchmark, that is the extent of the targeted capabilities can mastered student with method count proportion amount graduating students are divided with amount student completely. The formula is:

RESULTS AND DISCUSSION

A. Presentation of Research Results

1. Data Description

Following This is description of the result data study about effort increase technique base *forehand* tennis table for students at SMP NEGERI 5 Mandai Regency Maros started from *PreTest*, then next with Test Cycle I and Test Cycle II. Based on this data can described in form table as following:

Table 1 Description of *PreTest* Results Data

PRE TEST				
Intervals	Category	Criteria	Frequency	Percentage
92>	Very Good	Complete	0	0%
83-91	Good	Complete	1	3.33%
75-82	Enough	Complete	1	3.33%
67-74	Not enough	No Complete	0	0%
<66	Very not enough	No Complete	28	93.33%
AMOUNT			30	100%

Based on description of the result data *Pre Test* on can explained that Still Lots students who haven't know technique tennis *forehand* table with Good. From the table above is known that results *Pre Test* of 30 students only there is 1 student (3.33%) with category good, and 1 student (3.33%) with category enough, the rest there were 28 students (93.33%) in the category very not enough.

Table 2 Description of Test Result Data Cycle I

CYCLE I				
Intervals	Category	Category	Frequency	Percentage
92>	Very Good	COMPLETE	4	14.29
83-91	Good	COMPLETE	2	7.14
75-82	Enough	COMPLETE	6	21.43
67-74	Not enough	NOT COMPLETE	6	21.43
<66	Very not enough	NOT COMPLETE	10	35.71

AMOUNT	28	100
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Based on data from table results Test Cycle 1 in game tennis table using wall media at SMP Negeri 5 Mandai which was attended by 28 students can concluded obtain good response from student. This matter Can seen of 4 students categorized very Good with percentage 14.29%, 2 students categorized Good with percentage 7.14%, and there are 6 students categorized Enough with percentage 21.43%, while not yet complete there are 16 students with percentage 57.14%.

Table 3 Description of Test Result Data Cycle II

CYCLE 2				
Intervals	Category	Category	Frequency	Percentage
92>	Very Good	COMPLETE	2	12.50
83-91	Good	COMPLETE	8	50.00
75-82	Enough	COMPLETE	2	12.50
67-74	Not enough	NOT COMPLETE	4	25.00
<66	Very not enough	NOT COMPLETE	0	0.00
AMOUNT			16	100.00

Based on table above For cycle II was obtained the results of the learning process technique base tennis *forehand* table through wall media which was attended by 16 students of SMP 5 Mandai. That amount students who get mark in category very Good are 2 students with percentage 12.50%. Amount students who get mark in category Good are 8 students with percentage 50.00%, and amount students who get mark in category Enough are 2 students with percentage 12.50%. For category not enough there were 4 students who got it qualification the with percentage of 25.00%, and in cycles second This Already No There is categorized students very not enough.

Table 4 Description of Completeness Results Data Study

No	Test Results	Student Complete	Percentage	Student Complete	No	Percentage
1.	<i>Pre Test</i> (30)	2	6.67%	28		93.33%
2.	Test Cycle I (28)	12	40%	16		53.33%
3.	Test Cycle II (16)	12	40%	4		13.33%
Amount Whole Completed Students		26 Students (86.67)				

Based on table above is known that results *PreTest*, from 30 students only there are 2 students with a percentage of 6.67% already own completeness study, the remaining 28 students with the percentage of 93.33% who have not own completeness Study. Test Results Cycle I, from 28 students Already there are 12 students with a percentage of 40% already own completeness learned, and still do there are 16 students with percentage of 53.33% who have not own completeness Study. Test Results Cycle II, out of 16 students, there were 12 students with a percentage of 40% already own completeness study, just there are 4 students with the percentage of 13.33% who have not own completeness Study. By whole Already there are 26 students with the percentage of 86.67% has been own completeness Study. For more he explained regarding completion data Study *Pre Test*, Test Cycle I, Test Cycle II then can seen in form chart following This.

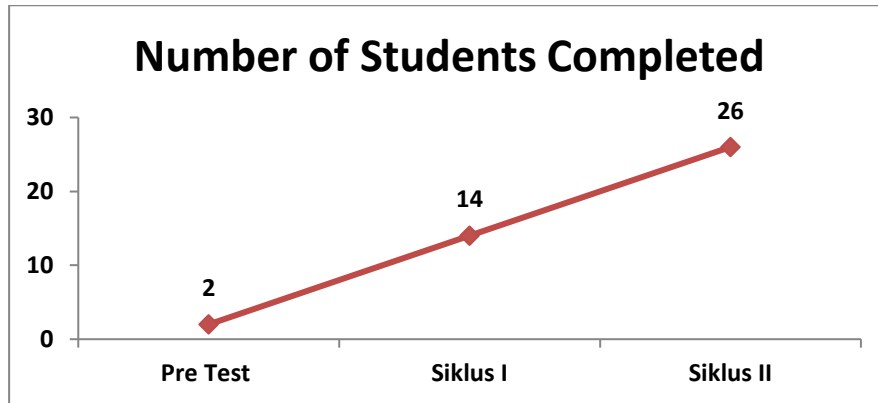


Figure 2 Chart Enhancement Completeness Study

As for about enhancement percentage completeness Study *PreTest*, Test Cycle I, Test Cycle II can be seen in the following diagram. This.

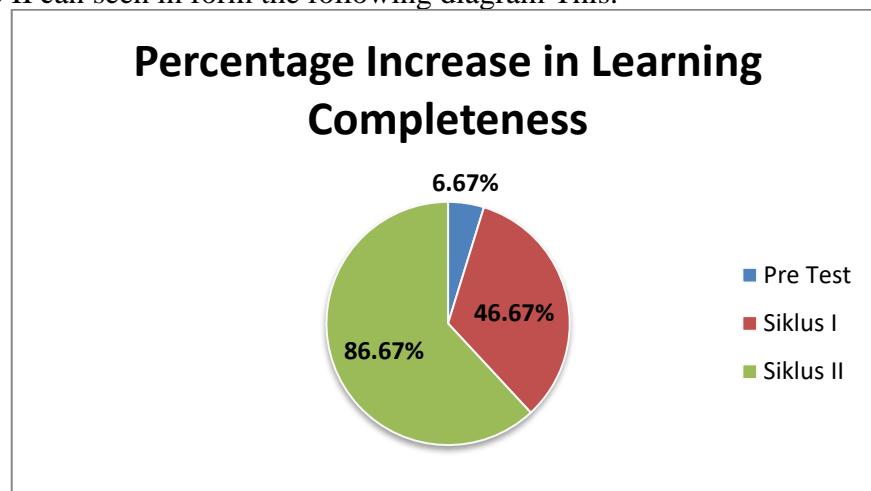


Figure 3 Percentage Enhancement Completeness Study

2. Hypothesis Study

Following This is description of the result data research started from results *Pre Test*, Test Cycle I and Test Cycle 2.

a) *Implementation results Pre Test*

Activity *PreTest* This done For know extent of ability student in do blow *forehand* so that done test This with its implementation student do blow *forehand*.

b) *Implementation Results Cycle I*

Activity this first cycle done researcher together with lecturer supervisor and sports teacher at SMP Negeri 5 Mandai in application modification tool learning with using wall media For increase technique base *forehand* for students at SMP Negeri 5 Mandai.

To use increase results Study students, on activities This researcher do observation / observation to student during the learning process going on, so with observation to student researcher capable give learning that can be done understood with well by students. Furthermore results Study this first cycle used as reference in give action Next in cycle II for overcome difficulty student in learn technique motion base.

Based on results observation in cycle I, researcher need appealed student For No do draining movement power before learning ongoing, as well give motivation, reinforcement, and a more internal approach intensive to students who haven't proficient in learning. On implementation activities, students visible feel bored wait turn, so need exists increase the bet so that students will arrive turn do warmup moreover formerly.

As for problems that arise in implementation actions in cycle I can be outlined as

following:

1. Student Still difficulty in do movement *forehand* Because movement That seldom they do.
2. Still many students who haven't too understand movement swing hand at the time of the bet with the ball in order at the moment do *forehand* the ball does not bouncing too Far.
3. Learning outcomes students on tests this first cycle Still low, p This seen Lots students who haven't fulfil mark KKM standards.

Based on results reflection on cycle I, then need done action For overcome it form enhancement learning *forehand* in the game tennis table through learning play as well as practice, so student become more enthusiastic in carry out the learning process.

c) Implementation Results Cycle II

The researcher 's actions do is application of learning models using wall media For increase technique base *forehand* for students at SMP Negeri 5 Mandai. Following is the implementation process cycle II begins from stage planning, action, observation and reflection. At stage This researcher make alternative solution problem For control difficulty student in do movement *forehand* in the game tennis table. Planning This done especially for students who are still obtain ability low, and researchers return demonstrate movement *forehand* to student after That student must do movement *forehand* that has carried out by researchers.

To use increase results Study students, on activities This researcher do observation / observation to student during the learning process going on, so with observation to student researcher capable give learning that can be done understood with well by students. The learning he did as in cycle I. At the end cycle done test cycle II for see results learning gained student. Furthermore results Study this second cycle used as reference in give action learning technique base *forehand* in the game tennis table and for physical education teachers at SMP Negeri 5 Mandai.

Based on results observation in cycle II, researcher Still need give motivation and reinforcement to student For support implementation learning with Good. On implementation activities, some big student has understand technique base *forehand* in the game tennis table and have know ways repair error their movements do. Learning play need more intensified again, that is through enhancement quality means infrastructure and resources Power more human Good Again as well as exercise.

B. Discussion

Pre Test Results obtained student with do blow *forehand* Still Not yet Can reach criteria completeness in do technique the Because Still Lots students at the time do *forehand* no hit / bounce the ball with Good caused blow taken too loud and present a number of student do blow with very slow so the ball doesn't can bouncing with Good.

1. Cycle I

Test results cycle I obtained student show that ability technique base *forehand* in the game tennis table student Still low. This matter can happen because of the learning process carried out by the physical education teacher during This Still not enough maximum. That's why researcher conclude necessity learning with using wall media as against play student. The results of cycle I show that amount existing students own completeness Study motion base Still low. This is what is necessary observed by the teacher, the teacher must Can understand every difference students, but teachers must still trying to keep the percentage completed students Study motion base Keep going increase. Analysis ability movement base *forehand* students in the game tennis table students on tests cycle I apparently Not yet Enough maximum, so need next to implementation cycle II, p This can seen from constraints faced by researchers found in during the learning process.

Implementation action in form cycle 1 is carried out with a number of reason, that is Because student Still difficulty in do movement *forehand* Because movement That seldom they do. Part big students who haven't too understand movement swing hand at the time of the bet with the ball in order at the moment do *forehand* the ball does not bouncing too Far. Learning outcomes students on tests this first cycle Still low, p This seen Lots students who haven't fulfil mark KKM standards.

2. Cycle II

Researcher together lecturer Physical education counselor and teacher give briefing more clear about technique base *forehand* in the game tennis table and components the test will be held before implementation cycle II. Besides That time and quality Warm up during implementation cycle II was improved.

Action results learning in cycle II apparently the result Enough OK, This can seen from has many students who can *control* technique base *forehand* with OK, some big student Already capable do test with Good. Test results cycle II not yet completely student own completeness Study motion basic, according to analysis researcher matter This caused student the Still need addition more time For control movement the. With addition time and will stage exercises outside class hours, researcher Certain student the will obtain more results Good Again.

Based on results study form *Pre Test*, Cycle I, and Cycle II in the learning process wall media modification, apparently has obtained enhancement results Study student in a way significant. This matter can seen from increasing mark Criteria Minimum Completeness (KKN) for students. Test results cycle II shows that results Study tennis table made by students increase from 6.67% at the time *pre-test* to 46.67% at the end cycle I and increases to 86.67% at the end cycle II.

CONCLUSION

1. Ability technique base tennis *forehand* table Mandai 5 Middle School students very Good.
2. Based on analysis of the data that has been done carried out and the discussions that have taken place expressed in CHAPTER VI, obtained conclusion that application of wall media can increase technique *forehand* tennis table for Class VIII.H students at SMP Negeri 5 Mandai Regency Maros seen from results analysis obtained significant improvement from *pre test*, cycle I and cycle II. As for things that improve learning technique *forehand* student class VIII.H SMP Negeri 5 Mandai Regency Maros namely: giving motivation from Lecturer, sports teacher, and researcher to students, gifts understanding more in about blow tennis *forehand* table on students, students active and enthusiastic in follow learning, improvement means learning in the form of bets, as well help from students who have proficient in do technique *forehand* tennis table.

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