

Available online at : <http://journal.unj.ac.id/unj/index.php/gjik>
Gladi : Jurnal Ilmu Keolahragaan 13 (02) 2022, 213-218
Permalink/DOI: <https://doi.org/10.21009/GJIK.125.08>

COMPARISON OF INDIVIDUAL AND PAIRED DRILL PRACTICE METHODS ON BACKHAND DRIVE ACCURACY TABLE TENNIS GAME

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Abstract This research is motivated by the lack of ability of high school students in making drive strokes, especially backhand strokes so that they are not on target. Therefore, the students have problems in the game of table tennis, especially backhand strokes. This study aims to determine whether there is an effect of individual drill exercises and pair drills on the accuracy of the backhand drive of the table tennis game of Darmaraja High School Sumedang students. The research method used in this study was a quasi-experimental or quasi-experimental research design with the non-equivalent, pretest-posttest design. This research was conducted with two groups that were given treatment. The results of this study were obtained an average increase in the individual drill method group, with a pretest value of 9.4 and a posttest of 10.6. While the results in the pair drill training method group, which was originally 7.9 to 10.08. Data analysis performed on the individual drill group in the two-different test has an average value of $\text{sig}.0.537 > 0.05$, which means that there is no significant difference between the individual and paired drill methods. The results of the study show that both training models can improve the accuracy of Backhand Drive strokes in table tennis games

Keywords: Drill Individu, Pair Drill, backhand, Table Tennis

INTRODUCTION

Table tennis is a sport that is popular in the community. This is evidenced by the number of matches held from small groups such as between RT / RW even to the national level which is able to invite public attention. This statement is reinforced by the opinion of Somantri & Sujana (2009, p.106) who stated that "table tennis is a game that is favored by all levels of society, from rural to urban areas, both young and old.

According to Safari (in the 2011 basic education pulpit journal, p. 25) stated that "table tennis as a health sport or recreational sport is specifically carried out by people who do table tennis as a sporting activity with the aim of maintaining, improving, or restoring their body condition or to recreational purposes".

It turns out, from the many strokes in the table tennis game, there are some people who really master good and correct hitting techniques, not infrequently we also see someone playing this small ball game by not paying attention to the technique in the game but they just play the ball. To be able to improve the technique of hitting the table tennis game, it must be taught from an early age to identify differences

in tennis performance across the Mosoi National Junior Ranks (2013).

In an effort to improve the quality of Drive strokes, athletes must have a good training program as a form of exercise such as the Multiball program for athletes. This training technique prioritizes hitting frequency and allows athletes to get used to hitting the ball to the intended target (Widiantoro, 2016). Drive strokes must be mastered by athletes if they want to achieve achievements in the sport of table tennis. One of the efforts used is to improve the quality of Forehand and Backhand strokes given through a multibal training program to athletes. The forehand punch itself is a punch using the palm grip position facing forward & the punch position according to the right direction of the body, the forehand stroke has greater power than the backhand stroke because its position is not blocked by the body (Herliana, 2019).

One of the basic techniques in the game of table tennis is the stroke technique. One type of stroke in table tennis is a drive. Sutarmin (2007, p.27) suggests: "drive is a blow that is done by hitting the ball by moving it from the bottom obliquely upwards. Bet position is closed. This shot can be done to attack

the opponent and control the ball, drive strokes can also be done forehand and backhand. The drive hit is a basic attack that can score points. Therefore, a table tennis athlete must have the ability and skill in making a drive. If a table tennis athlete is skilled in driving, then the next basic moves will be easy to understand and practice. Drive stroke skills can be measured by the accuracy of 5 ball placements. If the ball that is placed can be stable and directed, then the skill level of the drive is good. However, if the direction of the ball is not stable and not well directed, then the skill level of the drive is still lacking and requires practice until the ball that is hit can be directed properly. A backhand stroke is a stroke made by moving the bet to the left of the elbow for players using the right hand, and the reverse for players using the left hand (Larry Hodges, 2007, p.35). Backhand strokes can be used against backspin, but are usually better for topspin. Usually the backhand is not as strong as the forehand (although it can be as strong as the forehand), but consistency and speed are usually more important. The backhand is done differently on the three types of grip.

Table tennis has several strokes, including the drive. The stroke technique

itself is the most important basic technique in the game of table tennis, which must be mastered in addition to other techniques (Asri, 2017). While the drive stroke is a stroke that requires relatively little power and does not require friction, with the movement of the bet from back to front. The drive stroke is the basis of the stroke technique in table tennis. Drive is a blow that is given from the bottom movement then tilts up by being hit (Zuilendra, 2015).

The drill method is an activity of doing the same thing over and over again in earnest with the aim of strengthening an association or perfecting a skill to make it permanent. The distinctive feature of this method is the activity in the form of repeated repetition of the same thing (Sudjana, 2013).

The drill method is a technique that can be interpreted as a way of teaching students to carry out activities or exercises repeatedly. The purpose of using the drill method is so that students have higher dexterity or skills than what they have learned (Astuti, 2017). Based on these assumptions, this study wants to offer a solution to improve students' forehand drive skills in table tennis by applying the drill method.

Based on the background that has been put forward, the researcher wants to examine whether there is a difference in the improvement of the individual drill method with pair drills on the backhand drive technique in table tennis.

METODHS

This study uses a quasi-experimental or quasi-experimental study where the way it works is comparing the two classes randomly, and in this study comparing group 1 and group 2 of Darmaraja State Senior High School students class X IPS 4, the research design to be carried out is a quasi-experimental research design, with design category between pretest and posttest between the two groups. In accordance with the description above, the researcher uses research methods or techniques with the non-equivalent, pretest-posttest design according to Taniredja (2014, p.56) the research design can be described as follows:

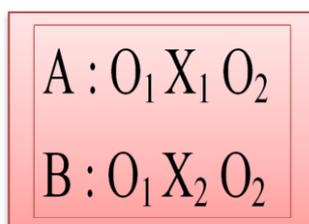


Figure 1 Desain Penelitian

Information :

A : Group 1

B : Group 2

O1 : Pretest (initial test)

O2 : Post Test (final test)

X1 : Individual drill practice method

X2 : Drill practice method in pairs

The population in this study were students of class X IPS 4 SMA Negeri Darmaraja in Sumedang Regency. The population in this study were students of class X IPS 4 SMA Negeri Darmaraja in Sumedang Regency. This study uses non-probability sampling with a total sampling technique that is taking all members of the population as a sample. The sample is 24 students. 12 students in the individual drill practice group and 12 students in the pair drill practice group.

The test instrument in this study used a backhand accuracy test according to (Tomolius, 2012, p.11) and treatment with individual and pair drill training methods.

RESULTS AND DISCUSSION

RESULTS

The Two-Different Average Test was conducted to determine whether the data obtained were different between the two groups or not. The test of two different means is carried out statistically with the pair of null hypotheses and the alternative hypotheses are as follows:

Ho = There is no difference in the average method of individual drills and pair drills

H1 = There is a difference in the average drill method of individual drills and drills in pairs. The test criteria are accept if the significance value is more than or equal to = 0.05 and reject if the significance value is less than = 0.05. From the results of calculations using SPSS 16 software for windows, the results are shown in the following table:

Variabel		F	Df	Sig.(2tailed)
Hasil belajar pukulan Backhand Drive	Equal Variances assumed	.360		0.537
	Equal variances not assumed		21.2 85	

Table 1 Independent Sample T test

the data of both groups were normal and homogeneous, then a t-test for Equality of Means (Equal variances assumed) was performed to determine the difference between the two groups. From the data above, it can be seen that when the pretest has an average value of 9.42 for experimental group 1 (individual drill) and an average value of 7.92 for experimental group 2 (paired

drill). And the P-value (Sig 2-talent) of these two groups is 0.537, and the t-test value is 0.627. Thus Ho is declared accepted or there is no difference in the experimental group 1 (individual drill) and experiment 2 (pair drill) in the pretest the average value is 9.42 with 7.92 according to the statistical test it is stated the same or there is no difference. Meanwhile, the posttest data from the table above states that during the posttest the average value is 10.75 for the experimental group 1 (individual drill) and the average value is 10.08 for the experimental group 2 (paired drill).

DISCUSSION

Based on the results of the analysis above, it can be concluded on the third hypothesis that the individual drill method is more significant than the paired drill method in giving effect to the accuracy of the table tennis backhand drive. This is evidenced by the results of data analysis that has been carried out such as the data of the individual drill experimental group in the two-difference test the average has a mean value of 10.75 and a standard deviation of 2.832. Meanwhile, the data for the experimental group in paired drills in the two-difference test averaged a mean value of 10.08 and a standard deviation of 2.353,

thus the individual drill training method had a significant effect on increasing table tennis backhand drive.

This is in line with the findings of Astuti's research (2017) which applies the drill method to volleyball games at SD Negeri 14 Kampung Jambak, Koto Tangah District, Padang City.

The same thing was also conveyed in a study by Murti (2015) that with the practice of passing down in pairs, it had an effect on the accuracy of passing down in playing volleyball. In addition, research by Santoso (2011) states that drill training also affects the improvement of down passing ability. In this study, individual drills were superior to paired drills in table tennis. This result is contrary to the results of the study. According to Erwin et al. (2019) there is a difference in the effectiveness of the effect where the paired down passing exercise is more effective than the drill method.

ACKNOWLEDGMENTS

I would like to thank Allah SWT who has given His mercy and grace to me to complete this article. My parents who never tire of praying, giving love, enthusiasm, motivation and prayers for me.

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