

Analysis of Basic Skills In Playing Sepak Takraw In Extracurricular Sepak Takraw Courses At SDN Kendal District, Kendal Regency

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ABSTRACT

This study aims to determine the basic skills of playing sepak takraw in sepak takraw extracurricular participants at Kendal District State Elementary School, Kendal Regency. This study is a quantitative descriptive study. The population in this study were all students who participated in sepak takraw extracurricular activities, totalling 25 people. Data collection techniques were carried out by measuring five components of basic skills, namely sepak muka, sepak sila, sepak kura, heading, and smash. The results showed that out of 25 students, 3 students had skills in the high category, 17 students were in the medium category, and 5 students were in the low category, and there were no players who were very high or very low. These results indicate that most students have basic sepak takraw skills in the medium category. Overall, it can be concluded that the sepak takraw playing skills of sepak takraw extracurricular participants at Kendal District State Elementary School, Kendal Regency, are in the medium category.

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A. Conception and design of the study;
B. Acquisition of data;
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INTRODUCTION

Sports are an inseparable part of human daily life. Through sports activities, a person can feel happiness, satisfaction, and keep their body healthy and protected from various diseases. By exercising, a person will be more active in moving. According to (Suparyanto dan Rosad, 2020), movement is one of the main characteristics of life. The more active and often a person is, the more it is seen that he has a good quality of life. Each type of sport requires a variety of different movements. (Dudung, 2018) Various types of sports can be done individually or in groups. Currently, the majority of people enjoy various types of sports. Sports can be divided into several categories, including sports for health, recreation, education, achievement, and other categories. In addition, various types of sports can be done individually or in groups, for example, sepak takraw. (NAJJA, 2024) Sepak takraw is a traditional sport originating from the Southeast Asian

region, especially from Thailand, Malaysia, and Indonesia. This sport combines elements of beauty, skill, and agility in playing a rattan ball, which can only be touched using parts of the body above the waist. Although its popularity has not yet matched that of soccer or badminton, sepak takraw has a loyal fan community in several Asian countries and is starting to gain attention at the global level.

According to (Rizky Pratama & Pratama, 2021) Sepak takraw is a team sport played on a rectangular field, with a net dividing the field in the middle. In sepak takraw, all parts of the body are allowed to be used except the hands. If the ball hits the hand, either intentionally or unintentionally, it is considered a violation and points will be awarded to the opposing team. Along with the development of the times, the ball used in this game is now made of plastic, although it used to be a rattan ball. Sepak takraw is a game that uses a special ball called "takraw" and is played on a rectangular field measuring 13.40 meters long and 6.10 meters wide. In the middle of the field, there is a net similar to the net used in badminton (Purwanto et al., 2022).

In sepak takraw, there are several basic techniques that need to be mastered. One of them is the kicking technique, which is the main technique and is most often used because this sport predominantly uses the feet as the main tool of the game (Sulaiman, 2014). The next technique is the memaha technique, which is controlling the ball using the thigh, with the ball's contact point in the middle of the thigh, not at the end of the knee or groin. Next, there is the mendada technique or chest control, which is a basic technique that uses the chest to control the ball, with the ball contact on the left or right side of the chest, not in the middle. Another technique is the shoulder technique or shoulder control, which is playing the ball using the area of the body between the upper arm and neck. This technique is useful for holding off sudden attacks from opponents that come unexpectedly. The heading technique, or using the head, is one of the basic techniques in sepak takraw. This technique is used to defend, provide passes to teammates, or smash towards the opponent's defence. The smash technique itself is a ball hit that is done hard and sharply towards the opponent's area. Smash is one of the most important techniques that must be mastered by players because, through smashes, teams can easily score points and win matches. In sepak takraw, smashes can be done using the feet or the head. In addition to attacking, defensive or blocking techniques also play a very important role. A good defence can ward off opponent attacks effectively, which can be seen from two indicators, namely increasing points or changing ball ownership (Pratama & Wiyaka, 2021).

Sepak takraw is a very competitive sport and requires a high level of physical fitness (Zhang et al., 2024). because prime physical condition greatly influences performance improvement in the game (Adi S et al., 2024). Even intermediate players need to have good physical fitness. Mastery of basic techniques is also very crucial because without these skills, sepak takraw cannot be played optimally. To be able to play sepak takraw proficiently, a player must first master various basic techniques. Without these basic skills, the game cannot run well. In this sport, there are various techniques that must be mastered by players, such as sepak takraw, sepak kuda, sepak muka (serve), and smash. However, success in sepak takraw is not solely determined by good basic technical skills.

The purpose of this study was to analyze the basic skills of sepak takraw in students who participate in sepak takraw extracurricular activities at SDN Kendal District. The basic techniques that will be studied include sepak sila, sepak mula, sepak kura, heading and smash tests. The analysis in this study will be carried out through direct observation, measurement, and interviews with coaches and players. It is hoped that the results of this study can provide a comprehensive picture of the level of basic technical skills of students involved in sepak takraw extracurricular activities at SDN Kendal District, as well as provide recommendations regarding more optimal training programs to improve the abilities of the players.

METHODS

This research is a quantitative descriptive research. This study aims to determine the level of basic technique ability in sepak takraw games in students who participate in sepak takraw extracurricular activities at SDN Kendal District, Kendal Regency. This study aims to describe information related to the variables studied. This study focuses on one variable only, without comparing or linking it to other variables. The variable in question is the basic technique ability in sepak takraw games.

According to (Sugiyono, 2019) explains the population is a place of generalization in a study. This category contains objects or subjects that can be used as a basis for concluding. The population in the study were students who participated in sepak takraw extracurricular activities at SD N 1 Trompo, SD N 2 Trompo and SD N 1 Candiroto, totalling 25 students. Sampling is a purposeful, selective or subjective taking. This sampling technique refers to research that uses subjective assessments to select units to be studied (Sugiyono, 2019). In this study, the sample taken was 25 students who participated in sepak takraw extracurricular activities at Elementary Schools in Kendal District, Regency.

This study uses quantitative descriptive analysis techniques to process data. The skill aspects analyzed include sepak muka, sepak sila, sepak kura, heading, and smash tests. The values of the five components are then combined. And the results are used as raw data to determine the level of basic sepak takraw playing skills. The results of each raw data are converted into T scores using the following formula.

$$T - \text{score} = 50 + [(X - \bar{X}) / SD] \times 10$$

RESULTS AND DISCUSSION

Result

Description of Research Data, Location, Population, and Time of Research

This research is a descriptive study that uses a test method to measure basic skills in playing sepak takraw, including sepak muka, sepak sila, sepak kura, heading, and smash. The purpose of this study was to describe the level of sepak takraw playing ability in students who participated in sepak takraw extracurricular activities at SD N 1 Trompo,

SD N 2 Trompo and SD N 1 Candioto. The population in this study consisted of 25 students involved in these extracurricular activities. The study was conducted on May 26, 2025.

1. Kick Mula

Based on the tests that have been carried out, the scores for the football skills are 35.21 to 63.16 with a standard deviation of 10 and an average score of 50.

2. Kick Sila

Based on the tests that have been carried out, the scores for the football skills are 32.85 to 63.31 with a standard deviation of 10 and an average score of 50.

3. Kick Turtle

Based on the tests that have been carried out, the scores for the football skills are 36.21 to 59.10 with a standard deviation of 10 and an average score of 50.

4. Heading

Based on the tests that have been carried out, the scores for the heading skills are 32.10 to 62.80 with a standard deviation of 10 and an average score of 50.

5. Smash

Based on the tests that have been carried out, the scores for the smash skills are 31.20 to 60.20 with a standard deviation value of 10 and an average score of 50.

Research Data Analysis Results

The research data analysis used descriptive analysis of research data, students who participated in sepak takraw extracurricular activities at SDN Kendal District were categorized into 5 categories, namely very high, high, medium, low, and very low. Data grouping was carried out based on the average value (mean) and standard deviation of the calculation results. Before being analyzed, the data was first changed into T-score form to equalize the data due to differences in units in the measurement results. The results of the data analysis in this study describe the level of basic sepak takraw playing skills in each ability test item. The results of the calculation of the research data analysis are as follows:

Basic skills in sepak takraw games in students include several components, namely sepak muka, sepak sila, sepak kura, heading, and smash. The following is a description of each aspect of these basic skills in students who participated in sepak takraw extracurricular activities at SDN Kendal District.

1. Sepak Mula

According to the analysis, students who participate in the sepak takraw extracurricular activity at SDN Kendal District have sepak muka skills with a minimum score of 35.21 and a maximum score of 63.16, with an average score of 50 and a standard deviation of 10. Of the 25 players, 0 players are in the very high category, 4 players are in the high category, 17 players are in the medium category, 4 players are in the low category, and 0 players are in the very low category.

2. Kick Sila

Students who participate in the sepak takraw extracurricular activity at SDN Kendal District achieve a minimum score of 32.85 and a maximum score of 63.31,

with an average score of 50 and a standard deviation of 10. Of the 25 players, 0 are considered very high, 2 are considered high, 19 are considered medium, 4 are considered low, and 0 are considered very low.

3. Kick turtle

Students who participated in the sepak takraw extracurricular activity at SDN Kendal District achieved a minimum score of 36.21 and a maximum score of 59.10, with an average of 50 and a standard deviation of 10. Of the 25 players, 0 had very high sepak takraw skills, 0 players had high category skills, 21 had moderate sepak takraw skills, 4 had low sepak takraw skills, and 0 had very low sepak takraw skills.

4. Heading

In students who participated in the sepak takraw extracurricular activity at SDN Kendal District, the heading calculation showed a minimum score of 32.10 and a maximum score of 62.80, with an average of 50 and a standard deviation of 10. Of the 25 players, 0 players had very high heading skills, 3 players had high heading skills, 16 players had moderate heading skills, 6 players had low heading skills, and 0 players had very low heading skills.

5. Smash

In students who participate in sepak takraw extracurricular activities at SDN Kendal District, the smash calculation shows a minimum value of 33.20 and a maximum value of 60.20, the average value is 50, and the standard deviation is 10. Of the 25 players, 0 players have very high smash ability, 1 player has high smash ability, 17 players have moderate smash ability, 7 players have low smash ability, and 0 players have very low smash ability.

Discussion

This research is included in the type of quantitative descriptive research, with data collection carried out through sepak takraw playing skills tests, which include sepak mula, sepak sila, sepak kura, heading, and smash tests. The results of the study showed that 3 players were in the high category, 17 players were in the medium category, and 5 players were in the poor category. There were no players in the very high or very poor categories. Based on the results of the descriptive test, the highest score was 61.71, and the lowest score was 33.91, with an average value of 50 and a standard deviation of 10.

Sepak takraw playing skills are an important aspect that every athlete must have to achieve optimal performance on the field. Basic skills such as sepak takraw, sepak sila, sepak kura, heading, and smashing must be mastered well because they are the foundation for implementing game strategies. Mastery of these techniques not only affects the smoothness of the game but also determines the effectiveness of teamwork. A focused, consistent, and guided training process by a competent coach plays a major role in improving player skills. In addition, supporting factors such as adequate training facilities, sufficient training duration, and motivation from the players themselves also influence skill development. Therefore, continuous and structured coaching is needed so that athletes are able to compete and achieve at a higher level.

Skills in playing sepak takraw are the main components that every player must have in order to perform optimally in a match. According to (Purwanto et al., 2022), sports skills are the result of planned and continuous training, which aims to develop technical abilities and increase the effectiveness of movement. In the context of sepak takraw, basic skills such as sepak takraw, sepak sila, sepak kura, heading, and smashing are important elements that must be mastered. Mastery of these skills allows players to attack, defend, and work together as a team efficiently. In line with that, (Saharullah, 2019) stated that skills development must be carried out through systematic training and based on scientific principles to optimally improve athletes' abilities. Therefore, the role of the coach is very important because, through proper guidance, players can develop basic techniques to advanced levels. In addition to training, external factors such as training facilities, training time, and individual motivation also greatly influence a player's skill level in sepak takraw.

CONCLUSION

Based on the results of the research that has been conducted on the analysis of basic sepak takraw playing skills in extracurricular participants at SD Negeri Kendal District, Kendal Regency, it can be concluded that, in general, the level of basic skills of the participants is in the moderate category. This can be seen from the distribution of test results, which show that most students can perform basic techniques such as sepak muka, sepak sila, sepak kura, heading, and smashing quite well, although there are still some students who have not mastered the techniques optimally. Of the total participants, several students are in the high category, most are in the moderate category, and a small number are in the poor category. These findings indicate that the extracurricular program has contributed to the development of basic sepak takraw playing skills, but improvements are still needed in training methods, training intensity, and technical assistance so that students' skills can develop optimally.

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