



The Influence Of The Forehand Grip On Short Service Ability In Badminton

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ABSTRACT

This study aims to determine the effect of the handle on the short-service ability of badminton games in Penjaskesrek students. This research is a pre-experiment, namely two Group pretest-posttest design, the population in the study were 40 students of Physical Education Class 2022, Makassar State University. The data collection technique uses a short service test instrument, namely the forehand grip service test grip. Based on the data analysis, the results obtained from the pretest average value of the forehand grip ability of 32.3500, the average posttest value of the forehand grip of 52.6000, the value of t count is 7.818, the significance value of the probability is 0.000, and the t table is 2.818. and the mean value of the backhand grip pre-test ability of 32.1500, the average value of, the significance value of the probability of 0.000, and the t table of 2.746. the value of t table 0.050 is greater than t count 0.025 and the value of sig < a (0.000 < 0.05), so it can be seen that Ho is accepted and H1 is accepted. This means that there is a significant effect of the effect of the forehand grip of badminton on students by 95%.

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A. Conception and design of the study;
B. Acquisition of data;
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D. Manuscript preparation;
E. Obtaining funding

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INTRODUCTION

The game of badminton is one of the most famous sports in the world. The sport attracts a wide range of age groups, and skill levels, and both men and women play the sport indoors or outdoors for recreation as well as a competitive event. The game of badminton is not only a recreational sport but the emphasis is more towards an achievement sport. As a form of activity or practice given in playing, the reference is to improve performance. The development of the sport of badminton is quite encouraging. However, in the current era, the results that have been shown by badminton players in South Sulawesi are not in line with the situation in other regions, especially on the island of Java, where the achievements of South Sulawesi that have been carved are not encouraging, even though they have given birth to national players.

Badminton is one of the well-known sports in Indonesia and can excel at the international level. Badminton is a sport that is played using nets, rackets and balls with



hitting techniques that vary from relatively slow to very fast accompanied by tricky movements (Tony Grice, 1996:1). The purpose of the badminton game is to try to drop the shuttlecock into the opponent's game area and try to prevent the opponent from hitting or returning.

In the game of badminton, the basic technique of serve is the first stroke to start the game. There are 2 servings in badminton, namely short and long serves. A short serve is a stroke with a racket that flies the shuttlecock to another court with a diagonal direction that aims to open the game and is an important stroke in the game of badminton (Poole, 2009:66). Serves strokes by directing the shuttlecock with the aim of two targets, namely, to the corner of the intersection point between the centre line, the service line, and the edge line while the shuttlecock runs narrowly through the net, there are two types of short serves, namely short forehand and backhand serve (Tohar, 1992:41).

To play badminton, each individual is required to be able to master the technique properly and correctly. One of the factors that affect success in playing badminton is the mastery and application of basic techniques effectively and efficiently.

Based on observers during the author's survey during the badminton course on students of the class of 2022 FIKK, not all students I observed could not do and understand the correct serve. The author has seen many students who have not been able to serve in the rules of badminton, Serve is the initial capital to be able to win the match. In other words, a player cannot get points if he cannot serve well. Many players also do not pay attention to training and mastering these basic techniques. We know that numbers will not be created, if players are not proficient in serving correctly According to Deni Danuaji (2007:29). One factor that is suspected to be very dominant as an inhibitor is the technical aspect itself. This aspect is the service technique.

By looking at the description above, there is a suspicion that there is a close comparison between the way a person holds a racket and the ability to serve badminton. This is what encourages researchers to research to find out for sure from these allegations, so the author is interested in conducting a study with the title: "The effect of forehand grip on the ability to serve badminton short in students".

METHODS

This type of research, using a type of field experimental research, aims to determine the effect of service training with forehand grip on short-serve strokes of badminton in the FIKK students class of 2022. The time of this research was carried out from December to 2204, on the FIKK badminton court. The research variable is the property that will be studied from the sample that has been prepared. The variable to be studied in this study is Service training with forehand grip Bound variable: Short serviceability of the research design used is "Population Pretest-Posttest Design". A population is a group or group of individuals that can be observed by the members of the population themselves or by people who have an interest in it. Population provides a limit

(scope) to the object to be studied. According to Sugiyono (2011:61) that population is a region of generationization consisting of: objects/subjects that have certain qualities and characteristics that are determined by the researcher to be studied and then drawn conclusions and samples are part of the number and characteristics possessed by the population. According to Sugiyono (2011:62). Based on the opinions of the experts above, the population of this study is all students of the 2022 Angktaran Physical Education Examination totalling 40 people. Due to the limited population, all members of the population are used as research samples, so the sampling method used is a census technique or saturated samples. Of the 40 students who were the research samples, they were then divided into two groups.

RESULTS AND DISCUSSION

Result

Based on the results of the pretest and posttest of group A, it is known that the forehand service practice on the ability to serve short in the game of badminton is as follows.

Table 1
 Results of Descriptive Analysis of Short Forehand Serving Training

Group (A)	N	Mean	Range	Max	Min	Std. Deviasi	Variance
Pretest	20	32.3500	53.00	66.00	13.00	12.91786	166.871
Posttest	20	52.6000	46.00	77.00	31.00	12.87347	165.726

Table 1 above shows the calculation of the average, standard deviation, variance, highest score, lowest score and range of initial test scores and final test of short serve ability in badminton forehand service practice, the initial test obtained an average of 32.3500, standard deviation of 12.91786, variant of 166.871 and the highest score of 66.00 and the lowest score of 13.00 so that a value between the highest score is subtracted from the lowest score of 66.00 While in the test score At the end of the forehand service practice, an average of 52.6000, a standard deviation of 12.87347, a variant of 165.726 and the highest score of 77.00 and the lowest value of 31.00 were obtained so that a value between the highest score minus the lowest score and the lowest value of 46.00 was obtained. Forehand grip short serve training group

Group A Hypothesis Testing

Table 2

The results of the calculation and significance test on the ability to serve short in badminton in the sample group that was given the forehand service practice

Paired t-test Forehand short serve training group	T value	Sig. (2-tailed)	t _{table} 0,05
	7.818	0,000	2,818

Based on Table 2 above, the research hypothesis that will be tested is to reject H₀ and accept H₁ if the t-table > count is at a significant level of $\alpha = 0.05$ so that there is an effect of forehand service training on short-serve ability in badminton games in the 2017

class of physical education students. Meanwhile, accept H_0 and reject H_1 if the t -table $<$ count at a significant level $\alpha = 0.05$ so that there is no effect of forehand service training on short serve ability in badminton. As well as rejecting H_0 and accepting H_1 , if $\text{Sig. (2-tailed)} < \alpha = 0.05$ is a significant level so that there is an effect of forehand service training of short serviceability in students. While accepting H_0 and rejecting H_1 if $\text{Sig. (2-tailed)} > \alpha = 0.05$ so that there is no effect of forehand service training on short serviceability in students. Based on the hypothesis test of the effect of forehand grip service training on short-service ability in students. Following the hypothesis testing criteria, it can be decided that the t -value of 7.818 is greater than the table of 2.818 so H_0 is rejected and H_1 is accepted, or it can be said that there is a significant influence of forehand service training on the short serve ability of the badminton game. Meanwhile, the test of the sig value obtained a Sig. (2-tailed) value of 0.000 smaller than 0.05 so that H_0 was rejected and H_1 was accepted.

Discussion

Based on the data of the results of the study, it was stated that there was an effect of forehand grip on short-serve strokes of badminton games in students. Short forehand serve exercises have a good effect. This happens because during the short forehand service practice, the movement is the same as the movement of serving in the game of badminton, it is because students prioritize accuracy in making short serves towards the target, namely in the form of a determined angular line that is used as the target of short serve, so what happens in this exercise is an increase in making short serves in the game of badminton.

In the forehand service exercise, the movement is the same as the movement when doing a short serve in a badminton game, but the implementation of the practice prioritizes accuracy so that when doing a short serve, it is only focused on the accuracy in the student making a short serve and this makes the maximum of students in doing a short serve in the game of badminton Shuttlecock training should be held lower than when doing a 'single serve in' So that the time between dropping the shuttle and hitting it is shorter. The shuttlecock is touched by the racket at the height of the player's waist and is shorter. The shuttlecock is touched by the racket at the height around the player's waist more to the player's right than in a single game. Shuttle between the crosses of the net, not hit when doing a single deep serve, the hit is done with a light swinging movement made with the wrist remaining in the raised position. There are two reasons not to straighten your wrists: (1). If you hit with your wrist, you will lose control and the shuttle will jump a bit high when crossing the net so that the opponent will die easily, (2). With your wrist still open, you will be avoided from the possibility of making a flicking serve. The most important thing to know is that these two forms of training are only a small part of some of the several forms of exercise that can improve the short-serve ability of badminton. There are still many forms of exercise that are very effective and productive in the development of short serve ability, only forehand short serve training to short serve ability which is a variable observed in this study.

CONCLUSION

Based on the analysis of the data and its discussion, the results of this study can be concluded as follows: There is an effect of forehand grip training on short-serve ability in students.

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