

The Influence of 1 on 1 Games on the Ball Dribbling Ability of Students at MTs Nurul Cholil 03

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ABSTRACT

Physical education plays an important role in improving students' motor skills and fitness. One important aspect of playing football is a dribbling technique, which requires good coordination, balance, and control. However, many students still have difficulty dribbling the ball properly. Therefore, this study aims to analyze the effect of one-on-one games on improving students' dribbling skills at MTs Nurul Cholil 03. The purpose of this study was to determine the effect of one-on-one games on dribbling skills in students at MTs Nurul Cholil 03. This study used a quantitative method with a pre-experimental experimental approach (pretest-posttest design). The sample used was 20 students from classes VII A and VIII A who had difficulty dribbling the ball. Data collection techniques were carried out through observation, documentation, and dribbling skills tests before and after treatment. Data were analyzed using the Shapiro-Wilk normality test and hypothesis testing with paired t-tests using SPSS 20 software. The results of the normality test showed that the pretest and posttest data were normally distributed. Hypothesis testing shows a significance value of $0.005 < 0.05$, which means that there is a significant effect of one-on-one games on students' dribbling ability. After the treatment was given, students showed an increase in ball control, balance, and dribbling strategy, compared to the pretest results before the treatment. One-on-one games have proven to be effective in improving students' dribbling ability. With training that focuses on individual skills, students are able to develop better techniques in carrying the ball and defending the ball from opponents. Therefore, this method can be used as an alternative learning method to improve football skills in physical education.

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A. Conception and design of the study;

B. Acquisition of data;

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INTRODUCTION

Physical education is an integral part of the educational process that aims to improve students' fitness, motor skills, and social skills. Football is one of the sports that has many fans, especially among school students. One of the basic techniques in playing football that

needs to be mastered is dribbling the ball. According to Nur Fajrin et al. (2021), dribbling techniques require good coordination between the eyes, feet, and body balance. Based on initial observations, it was found that many students at MTs Nurul Cholil 03 made mistakes in dribbling the ball, such as losing control, difficulty defending the ball from opponents, and lack of balance when running with the ball. Therefore, a more effective training method is needed to help improve their dribbling skills. One approach that is considered effective is one-on-one play, where students practice dribbling the ball while facing opponents directly. This study aims to determine whether the one-on-one play method has a significant effect on improving students' dribbling skills.

METHODS

This study uses a quantitative approach with a pre-experimental experimental design (pretest-posttest design). The sample used was 20 students from classes VII A and VIII A who had difficulty dribbling the ball. Data collection techniques were carried out through observation, documentation, and dribbling skills tests before and after treatment. The data obtained were analyzed using the Shapiro-Wilk normality test and hypothesis testing with paired t-tests using SPSS 20 software.

The data obtained were analyzed using statistical techniques to ensure the validity of the results. The first step is the normality test with the Shapiro-Wilk method, which aims to determine whether the pretest and posttest data are normally distributed. Furthermore, a hypothesis test was carried out using a paired t-test, which compared the pretest and posttest results to see if there was a significant increase after treatment. The results of the analysis showed that one-on-one play had a significant effect on students' dribbling skills, with a significance value of $0.005 < 0.05$, so the alternative hypothesis (H_a) was accepted.

RESULTS AND DISCUSSION

Result

In this study, the results and analysis were obtained which were obtained from the data that had been obtained by the researcher, namely data before and after the study. This study used a normality test with the Shapiro-Wilk method with the help of SPSS 20 software. The basis for decision-making in this study was if $\text{Sig.} > 0.05$, then the data was normally distributed, while if $\text{Sig.} < 0.05$, then the data was not normally distributed. Based on the normality test using the Shapiro-Wilk method, the following results were obtained:

Normality before Treatment

Table 1.
Normality before Treatment

Shapiro Wilk		
Statistic	Df	Sig
0,942	20	0,258

Based on the table above, it can be seen that the significance result of the pre-test is 0.258 which can be concluded that the data is normally distributed because $\text{Sig } 0.258 > 0.05$

Normality After Treatment

Table 2.
Normality After Treatment

Statistic	Df	Sig
0,975	20	0,847

Based on the table above, it can be seen that the significance result of the post-test is 0.847 which can be concluded that the data is normally distributed because the Sig value is $0.847 > 0.05$.

Hypothesis Testing

Hypothesis testing was conducted to determine whether or not there was an influence of extracurricular one-on-one football games on dribbling skills at MTs Nurul Cholil 03. The decision-making results of the hypothesis test were t-tests if the sig. Value < 0.05 , then H_a is accepted. If the sig. Value > 0.05 , then H_0 is accepted Sukarelawan et al., (2024). Below is a description of the results of the hypothesis test obtained with the help of SPSS 20 software, as follows:

Table 3.
Paired Samples Test

	Paired Differences					T	df	Sig. (2-tailed)
	Mea n	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
dribbling pretest dribbling posttest	-3.500	4.872	1.089	-5.780	-1.220	-3.213	19	.005

Based on the t-test results table above, a significance value of 0.005 was obtained, which is < 0.05 . Therefore, H_0 is rejected and H_a is accepted. This shows that there is a statistically significant difference between the values before (pretest) and after treatment (posttest).

Discussion

In general, the data shows that the results of observations before being given treatment to children at MTs Nurul Cholil 03 are still relatively low. Then after being given three treatments using extracurricular football activities, children experienced an increase from before. In line with Putra's opinion, (2024) football is a sport that is famous not only for its competitive game but also for its flexibility which allows children to play in different environmental conditions. It can be seen from each exercise in football activities it contains basic techniques and disciplined characteristics such as when adjusting the material.

Meanwhile, based on the results of the calculations carried out, it can be seen that one-on-one activities in dribbling the ball in football games have an influence. This is

proven through the results of the hypothesis test calculations carried out Where it obtained a significance value of 0.005 which is <0.05 So, H_0 is rejected and H_a is accepted. This shows that there is an influence of one-on-one games on students' dribbling ability at MTs Nurul Cholil 03 which is based on the provision of treatment for three times which can result in an increase in dribbling techniques in football games than before.

CONCLUSION

This study aims to answer the formulation of the research problem, namely whether one-on-one games affect students' dribbling ability at MTs Nurul Cholil 03 using a one-group pretest-posttest design because this study uses saturated samples where the entire population is used as a research sample. This study was carried out in three stages, namely pre-test, treatment, and post-test. It can be seen from the results of this study that one-on-one games have an effect on dribbling ability in football.

In improving basic dribbling techniques before being given treatment, many students had difficulty controlling the ball, maintaining the ball from opponent pressure, and maintaining balance when dribbling the ball. After being given treatment, students better understand dribbling techniques, especially in using the inside and outside of the foot with good coordination. In addition, the effectiveness of the play approach in physical education shows that especially in one-on-one games, it provides better results than conventional training methods.

Based on the results of the study, here are some suggestions that can be given to improve learning of dribbling techniques in football in schools:

1. For students, Students are expected to be more active and disciplined in practice, especially in understanding dribbling techniques well. Regular practice will help improve body coordination, agility, and balance when playing football.
2. For teachers and coaches, PJOK teachers and extracurricular coaches are expected to utilize the play approach method in teaching basic football techniques. One-on-one games have proven effective in improving student skills, so they can be used as a sustainable learning method.
3. For schools Schools are expected to provide adequate facilities, such as standard balls, conducive fields, and structured extracurricular schedules so that students can practice optimally.

For further research, This research still has several limitations, so that for further researchers it is hoped that they can develop further research with a focus on external factors such as students' psychological conditions, learning environment, and social aspects that can influence the learning outcomes of dribbling techniques.

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