

Survey of Basic Technique Skills of Underwear Passing In The Game of Volleyball In Students' Grade V State Elementary School 1 Bora

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ABSTRACT

This study aims to describe the level of basic underhand passing skills in volleyball among fifth-grade students of SD Negeri 1 Bora. The study used a quantitative descriptive method with 18 students as samples through a total sampling technique. The research instrument used an underhand passing skills test, referring to Nurhasan's guidelines. The results showed an average underhand passing skill of 9.66, a minimum score of 5, and a maximum score of 15. The distribution of categories showed that 72.22% of students were in the "sufficient" category, 16.67% were "poor", and 11.11% were "very good". There were no students in the "good" or "very poor" categories. These results provide input for PJOK teachers, coaches, and schools to improve the quality of training with more varied and sustainable methods.

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AUTHORS' CONTRIBUTION

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

Volleyball is a popular team sport taught at various levels of education, including elementary school, as part of physical education, sports, and health. This game requires a variety of basic techniques that every player must master to play effectively, one of which is the underhand pass. The underhand pass plays a crucial role in controlling the game, as it is used to receive the ball from the opponent, direct the ball to teammates, and initiate attacks (Sugiyanto, 2019).

In practice, elementary school students' underhand passing skills are often suboptimal. Based on observations at SD Negeri 1 Bora, fifth-grade students still experience various technical errors, such as improper foot position, insufficient knee

bend, poor hand-eye coordination, and uncontrolled ball direction. These errors impact low passing accuracy and game effectiveness. According to Prasetyo, Nugroho, and Rahman (2020), mastering good underhand passing techniques requires precise body movement coordination and repeated, structured practice.

External factors also influence student skills. Sports facilities at SD Negeri 1 Bora are still limited, with an inadequate number of balls and a substandard field. This reduces students' opportunities for practice, preventing optimal skill development. Hidayat & Firmansyah (2022) emphasize that adequate facilities and infrastructure are key to successful sports skills learning.

Furthermore, the intensity of training provided by physical education teachers is still limited, and learning methods tend to be conventional, with verbal instructions lacking engaging variations. However, according to Saputra & Wijaya (2021), motor skills require repetition of movements in varied training environments to prevent students from quickly getting bored. Low student motivation is also a barrier. Some students are afraid of making mistakes, which reduces their confidence and engagement in training (Widiastuti, 2018).

Based on this background, research is needed to objectively evaluate the level of underhand passing skills of fifth-grade students at SD Negeri 1 Bora. The results of this study are expected to serve as a reference for physical education teachers and the school in designing more effective, varied, and sustainable learning strategies and training programs, enabling students to master underhand passing techniques well and improve their volleyball performance.

METHODS

This study used a quantitative descriptive approach with a survey method. This approach was chosen because the study aimed to describe the condition of students' underhand passing skills based on test results, without providing any specific treatment or intervention. Data were collected in numerical form and then analyzed using descriptive statistics to determine the level of mastery of underhand passing techniques. This method aligns with Arikunto's (2010) view that descriptive research aims to reveal facts systematically, factually, and accurately.

The research was conducted at SD Negeri 1 Bora, Sigi Regency, Central Sulawesi. The study was conducted over two days after the proposal seminar was approved. The research stages included instrument and equipment preparation, administering an underhand passing skills test on the school field, recording test results, and analyzing data. All activities were conducted in accordance with standard volleyball skills test procedures to ensure accurate results.

The population of this study was all 18 fifth-grade students at SD Negeri 1 Bora. Given the relatively small population, the researcher used a total sampling technique, thus selecting all students. This allowed the researcher to obtain a comprehensive picture of the students' underhand passing skills at the school.

Data collection was conducted through an underhand passing skills test based on Nurhasan's (2007) assessment guidelines. The test was conducted individually, with each student asked to perform underhand passes for one minute, and the number of successful passes was counted. Scores were only given for passes that met the correct technical criteria, including body position, hand-foot coordination, and ball direction. In addition to the test, researchers also conducted direct observations to record any technical errors made by the students.

The research instruments included volleyballs, nets, and volleyball courts, which had been prepared as needed. The tests were conducted under the supervision of the researcher and assisted by a physical education teacher to ensure smooth implementation. The test data were analyzed using descriptive statistics in percentage form using the following formula:

$$P = x 100\% \frac{F}{N}$$

Information :

P: Percentage sought

F: Frequency

N: Number of respondents

RESULTS AND DISCUSSION

Result

Based on the results of the underhand passing skills test conducted on 18 fifth-grade students of SD Negeri 1 Bora, the highest (maximum) score was 15 and the lowest (minimum) score was 5, with an average (mean) of 9.66 and a standard deviation (SD) of 3.32. These results indicate a fairly wide variation in skill levels among students, although most are at the intermediate level.

The distribution of skill categories shows that 2 students (11.11%) are in the excellent category, 0 students (0%) are in the good category, 13 students (72.22%) are in the sufficient category, 3 students (16.67%) are in the less than adequate category, and 0 students (0%) are in the very poor category. Thus, the majority of students are in the sufficient category, which means that mastery of the basic techniques of underhand passing is already there, but not optimal to support consistent game performance.

Furthermore, a comparison between core and reserve players revealed no significant differences in skill categories. Both core and reserve players dominated the sufficient category. This suggests that the training process implemented has not significantly differentiated abilities between player groups.

Discussion

The results of this study indicate that most students have adequate underhand passing skills, with an average score of 9.66. This finding is consistent with field observations, where many students already understand the basic concept of underhand

passing, but their execution remains inconsistent. Common errors identified include contacting the ball too close to the wrist, insufficient knee flexion, poor body balance, and suboptimal hand-eye coordination (Prasetyo et al., 2020).

Limited facilities and infrastructure also contributed to this result. SD Negeri 1 Bora had a limited number of balls and inadequate field conditions, thus limiting students' opportunities for practice. However, motor skills such as underhand passing require repeated, high-intensity practice to effectively master (Saputra & Wijaya, 2021).

Besides technical factors and facilities, student motivation is also crucial. Some students lack confidence when passing, primarily due to fear of making mistakes in front of their peers. This results in minimal effort to improve technique. According to Widiastuti (2018), motivational support from teachers, coaches, and the school environment can help students gain confidence and actively participate in practice.

These results align with research by Anggraini et al. (2016), which found that errors in the underhand passing technique often occur due to incorrect hand position at impact with the ball. Poor motor coordination is also a common obstacle for beginner players, necessitating training that focuses on synchronising hand, foot, and eye movements.

Based on these findings, training in underhand passing skills at SD Negeri 1 Bora needs to be directed at improving basic techniques through structured training, clear demonstrations, and a variety of learning methods. Physical Education (PJOK) teachers and coaches can develop game-based training models that emphasize correct technical principles, thus increasing student motivation. With the support of facilities, appropriate training methods, and strong motivation, students' underhand passing skills can significantly improve and support team performance in volleyball.

CONCLUSION

The level of basic underhand passing skills of fifth-grade students at SD Negeri 1 Bora is in the sufficient category with an average score of 9.66. Most students have understood the basic techniques, but have not been able to execute them consistently due to technical errors, less than optimal coordination, limited facilities, low training intensity, monotonous learning methods, and low motivation.

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