

Basic Technique Profile of Volleyball Games For Female Students of The Volleyball Extracurricular College of GKST Ensa Christian Middle School

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ABSTRACT

The formulation of the problem in this study is "how is the profile of the basic techniques of volleyball games in female students of the GKST Ensa Christian Middle School volleyball extracurricular? This study aims to determine the profile of the basic techniques of volleyball games in female students of the GKST Ensa Christian Middle School volleyball extracurricular. This research method uses a quantitative descriptive design. The sample in this study was all female students of the GKST Ensa Christian Middle School volleyball extracurricular, which is known to have a total of 12 players. While the data collection technique used a test instrument. The results of the study showed that the GKST Ensa Christian Middle School volleyball extracurricular in carrying out basic volleyball service technical skills obtained results of 2 people in the Sufficient category of 16.67%, 6 people in the Less category of 50% and 4 people in the Very Less category of 33.33%, in the underhand passing obtained results of 10 people in the Very Good category of 83.33%, 2 people in the Good category of 16.67%, in the overhand passing 8 people in the Very Good category of 66.67%, 2 people in the Good category of 16.67% and 2 people with the category of Sufficient at 16.66%. And Smash 1 person with the category of Sufficient at 8.33%, 4 people with the category of Less at 33.34%, 7 people with the category of Very Less at 58.33%. This study concludes that the basic technical skills possessed by female volleyball extracurricular students of GKST Ensa Christian Middle School are still in the category of Sufficient. The researcher's suggestion is to increase the portion of training, improve the training program, because it is a provision for improving achievement.

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- A. Conception and design of the study;
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INTRODUCTION

The world of sports is known for its various branches, one of which is volleyball. Volleyball has evolved along with developments. Volleyball is a game that incorporates science and technology (IPTEK). Today, volleyball is not only a recreational sport but also one that is expected to produce good results. Competitive sports are expected to

produce athletes who can bring honor to their region, nation, and country in various competitions. Competitive sports training and development are aimed at improving athletes' skills and potential in order to enhance the nation's dignity and honour (Law No. 3, 2005). Molabolu (2008) explains that sport is a series of activities in the form of games that prioritize structured competition with various rules. Sport has values that can be used as benchmarks for the development of living beings. These include cognitive, affective, and psychomotor aspects. According to Law No. 3 of 2005 concerning the National Sports System, Article 4 of the Law of the Republic of Indonesia concerning the foundations, functions, and objectives of sports states: "Sports aims to maintain and improve health and fitness, achievement, and human quality, instill moral values and noble character, sportsmanship, and discipline, strengthen and foster national unity, strengthen national resilience, and elevate the nation's dignity and honor."

Based on this quote, sport is an activity aimed at maintaining and improving health and fitness. It can also serve as a means of fostering national unity, strengthening national resilience, and elevating the nation's prestige and honor in the eyes of the world through achievements in a sport. Competitive sports are a type of sport that incorporates competition. Athletes strive to achieve the highest possible performance within the rules of fair play. In essence, competitive sports and education are inseparable. For example, in the educational curriculum, both can be achieved simultaneously, although sometimes their implementation differs.

One sport that can elevate dignity and honor through achievement is volleyball. Volleyball is currently experiencing rapid growth in Indonesia. It not only offers positive benefits for the body but also provides a platform for athletes to excel in non-academic areas. It begins with physical education in schools, with numerous activities, including games and sports, without neglecting achievement and competition. Volleyball, a large-ball sport, is a non-contact game, limited by a net and played by teams of six, each with its own assigned roles.

Volleyball is a team sport that demands teamwork and upholds moral values, sportsmanship, and discipline. Volleyball is a popular sport among people of all ages, from children and teenagers to adults, both men and women. Volleyball is closely linked to physical, technical, tactical, and mental factors. Physical factors are crucial in most sports. Physical conditioning training requires serious attention, carefully planned and systematically designed to improve fitness levels and organ function. In volleyball, the physical components that play a crucial role are strength, endurance, leg muscle explosiveness, speed, flexibility, and agility (Ahmadi, 2007).

In every championship or match, each team strives to become a champion. The process of achieving this requires athletes to be in good physical condition. A coach, as the manager of a training program, must be able to develop a training program that can improve the technical, tactical, mental, and physical qualities of volleyball players. A good volleyball player will be a player if he possesses good technique, tactics, mental, and physical condition.

Achieving sporting success requires a thorough effort through self-development and mastery of techniques and tactics (Pujianto, 2015). Tactical improvement will not be

successful without proper technique mastery and good physical condition. A player's physical condition also influences their mental state, and conversely, their mental state also influences their physical condition, technique, and tactics. Technique, tactics, mental state, and physical condition are the most important elements in creating a good game.

In the development of volleyball, schools also play a crucial role in developing and preparing students to become volleyball athletes through extracurricular activities. Schools typically not only introduce sports through their subjects but also encourage students to excel in sports. Extracurricular activities are activities that can be conducted at every school to foster student achievement through sports activities. Extracurricular activities in education respond to the demands of students, helping those who lack opportunities to enrich the learning environment and stimulating them to be more creative. Coaching isn't just about filling students' free time; schools typically aim to develop their talents into achievements. GKST Ensa Christian Middle School has also done this through its extracurricular volleyball activities.

Achieving success in volleyball is fundamentally influenced by numerous training factors, including physical, technical, tactical, and mental aspects. Volleyball athletes require excellent physical condition, including: "power, speed, strength, endurance, flexibility, agility, and coordination" (Syafuruddin, 2009). Technical skills are crucial, as they are the foundation for a basketball player's success in volleyball. In addition to developing physical fitness and coordination, technical mastery is also crucial. According to Syaruddin, as cited in Efendy Firdaus (2017), "physical condition can generally be defined as a physical condition or ability." This means that physical condition is a person's physical ability or physical capability to work or exercise.

Erianti (2004: 103) explains that in volleyball there are several basic techniques, including (1) serving, (2) passing, (3) Setting, (4) smashing, and (5) blocking. Individual technical skills in playing volleyball that must be mastered include serving, passing, and smashing, and so on. However, basic skills such as serving, passing, and smashing are basic skills that must be mastered by players from the beginning. Besides being the most frequently used skills, these skills are also the ones that determine the outcome of the match.

Based on the researcher's observations in the field, the researcher saw that the emergence of problems in extracurricular volleyball students at GKST Ensa Christian Middle School was caused by several factors, both internal and external, including: (1) Facilities and infrastructure, (2) Coach quality, (3) Ineffective training programs, (4) Athletes' techniques, tactics, and mentality, (5) Athletes' seriousness in participating in training, (6) The athlete's low physical condition, (7) environment, (8) family, (9) playmates. Therefore, some students' technical skills, such as serving, passing, and smashing, are classified as low. On the other hand, almost all players can perform blocking correctly, considering that this technique simply involves jumping high enough, then raising both arms upward to block the ball, and players can do it correctly. This is why researchers are interested in conducting research measuring basic skills such as serving, passing, and smashing.

Several previous studies conducted by Rofi (2013) showed that 17% of students performed basic volleyball techniques perfectly, 33% performed fairly well, 41% performed

poorly, and 9% performed very poorly. Furthermore, research by Saparingga (2015) found that 87% of students performed basic techniques correctly, and 13% performed poorly.

Based on the description above, it can be concluded that the basic technique profile reflects an athlete's technical mastery, which is essential for any effort to improve performance. An athlete's basic technical profile must be understood to improve their volleyball fundamentals. Good basic techniques also support effective tactics, improving athlete performance and minimizing injuries during training and competition. Therefore, the researcher is interested in conducting a study entitled "Basic Volleyball Technical Profile for Female Volleyball Extracurricular Students at GKST Ensa Christian Middle School."

METHODS

This research is qualitative research that describes the current situation or condition without proposing a hypothesis. Arikunto (2006) stated that "qualitative research is not intended to test a particular hypothesis, but only describes 'what is' about a variable, symptom or condition." The type of research used in this study is survey research. According to Moh. Nazir (2009) stated that the purpose of this qualitative research is to create a systematic, factual and accurate description, picture, or painting of the facts, characteristics and relationships between the phenomena being investigated. This research is a study conducted on a single variable, that is, without making comparisons or connecting with other variables. The methods used in this research are skills and tests.

Research Method

The research method used in this study is a survey, which involves collecting data using a questionnaire. This data will be analyzed, drawn conclusions, and described in relation to the previous situation.

Research Design

The research method used is observation and a questionnaire. Observations were conducted at the school being studied. The questionnaire, the instrument used for this study, will be selected from female students participating in the volleyball extracurricular activity at GKST Ensa Christian Middle School.

Population and Sample

The population is all subjects to be studied. The population in this study is students participating in the volleyball extracurricular activity at GKST Ensa Christian Middle School. The population is all individuals or objects included in the study and from which generalizations will be made. Generalization is a method of concluding a broader group or object (Maksum, 2012). Sugiyono (2018) states that "a population is the sum of all subjects to be assessed in a component being studied." The population in this study was students participating in the Volleyball Extracurricular at GKST Ensa Christian Middle School. The population in this study was 12 female students registered as participants in the Volleyball Extracurricular at GKST Ensa Christian Middle School.

A sample is a portion of the population's size and characteristics. According to Suharsimi Arikunto (2006:134), if the number of subjects is less than 100, it is better to take all of them. However, if the number of subjects is too large, 10-15% or 20-25% or

more can be taken. If the population is too large, researchers can take a portion of the total population. Conversely, if the population is small, the entire population is used as a source of data collection (Sukardi, 2003). In this study, the sample taken was 12 female students at GKST Ensa Christian Middle School.

Research Location and Time

This research was conducted at GKST Ensa Christian Junior High School is located on Jalan Pendidikan, Ensa Village, Mori Atas District, North Morowali Regency, Central Sulawesi Province. This research was conducted in June 2025.

Research Variable

The variable in this study is a single variable, namely the level of basic volleyball skills. Basic volleyball skills are the degree of consistent success in achieving a goal effectively and efficiently, determined by speed, accuracy, form, and self-control. The skills of GKST Ensa Christian Junior High School students in using underhand passes, overhand passes, underhand serves, overhand serves, and smashes will be tested using a volleyball skills test for students aged 17-19. According to Sugiyono (2015), a research variable is "anything in any form determined by the researcher to be studied to obtain information about it, and then conclude."

Research Instrument

The instruments used to measure the basic technical skills of the Netral Sidole Junior volleyball club include: a) a basic overhand passing skill test. b) a basic underhand passing skill test. c) a basic volleyball serving skill test. d) a basic smash/spike skill test. Because research is essentially about measuring, a good measuring tool is essential.

Data Analysis Techniques

The data was analyzed descriptively using percentages. The collected data was analyzed to draw conclusions through calculations. The resulting data was analyzed using statistical analysis techniques. Descriptive statistics are statistics used to analyze collected data as is, without the intention of drawing general conclusions or generalizations. Sugiyomo (2016) stated that this research method is descriptive analysis, which aligns with the research approach. The formula used in this study is:

$$P = \frac{f}{n} \times 100\%$$

Meanwhile, to determine the criteria for scoring each factor, categorization was performed according to the instrument. To facilitate identification and description, each factor in this study was based on the mean (\bar{x}) and standard deviation (α) values using a five-point scale.

Table 1.
Categorization Number

No	Interval	Category
1.	$X > \bar{x} + 1,5 \alpha$	Excellent
2.	$\bar{x} + 0,5 \alpha < X \leq \bar{x} + 1,5 \alpha$	Good
3.	$\bar{x} - 0,5 \alpha < X \leq \bar{x} - 0,5 \alpha$	Fair
4.	$\bar{x} - 1,5 \alpha < X \leq \bar{x} - 0,5 \alpha$	Poor

Source: Azwar (2010:108)

RESULTS AND DISCUSSION

Result

The results of the research conducted on the Volleyball Extracurricular at GKST Ensa Christian Middle School were obtained through a basic volleyball skills test. The results of the basic volleyball skills test are outlined in the following table:

Table 2.

Serving Score Categories for GKST Ensa Christian Middle School Volleyball Extracurricular

Extracurricular				
Name	Service Score	Category	Frequency	Presentation
Gebby	14 Time	Fair	2	16,67%
Vira	13 Time			
Kristin	11 Time			
Nova	11 Time			
Abel	9 Time	Poor	6	50%
Merry	8 Time			
Ayuningsih	8 Time			
Verawati	8 Time			
Ona	5 Time	Very Poor	4	33,33%
Agnes	5 Time			
Frini	4 Time			
Mila	2 Time			
Number of Percentages				100%

Based on the table above, it can be seen that the basic technical skills of Volleyball Extracurricular Service at GKST Ensa Christian Middle School tend to be in the less category with a percentage of 50%.

Table 3.

Categories of Underhand Passing Scores for Volleyball Extracurricular Activities at GKST Ensa Christian Middle School

GKI Lusa Christian Middle School				
Name	Passing Score	Category	Frequency	Presentation
Gebby	50 Time	Very Good	10	83,33%
Vira	49 Time			
Kristin	41 Time			
Nova	38 Time			
Abel	35 Time			
Merry	32 Time			
Ayuningsih	30 Time			
Verawati	30 Time			
Ona	27 Time			
Agnes	25 Time			
Frini	19 Time	Good	2	16,67%
Mila	18 Time			
Number of Percentages				100%

Based on the table above, it can be seen that the basic passing technique skills of the GKST Ensa Christian Middle School Volleyball Extracurricular tend to be in the Very Good category, with a percentage of 83.33%.

Table 4.
 Overhead Passing Score Category for the GKST Ensa Christian Middle School Volleyball Extracurricular

Nama	Skor Passing	Category	Frequency	Presentation
Gebby	70 Time	Very Good	8	66,67%
Vira	53 Time			
Kristin	38 Time			
Nova	30 Time			
Abel	30 Time			
Merry	29 Time			
Ayuningsih	25 Time			
Verawati	25 Time			
Ona	20 Time	Good	2	16,67%
Agnes	17 Time			
Frini	15 Time	Fair	2	16,66%
Mila	15 Time			
Number of Percentages				100%

Based on the table above, it can be seen that the basic passing technique skills of GKST Ensa Christian Middle School's Volleyball Extracurricular tend to be in the Very Good category, with a percentage of 66.67%.

Table 5.
 Smash Score Categories for GKST Ensa Christian Middle School's Volleyball Extracurricular.

Extracurricular:				
Nama	Smash Score	Category	Frequency	Presentation
Gebby	16 Time	Fair	1	8,33%
Vira	10 Time	Poor	4	33,34%
Kristin	9 Time			
Nova	9 Time			
Abel	8 Time			
Merry	7 Time			
Ayuningsih	5 Time	Very Poor	7	58,33%
Verawati	5 Time			
Ona	5 Time			
Agnes	4 Time			
Frini	4 Time			
Mila	3 Time			
Number of Percentages				100%

Based on the table above, it can be seen that the basic technical skills of Smash Volleyball Extracurricular at GKST Ensa Christian Middle School tend to be in the Very Less category with a percentage of 58.33%..

Discussion

The results of the study indicate that there are differences in the results of basic service, passing, and smashing skills in the GKST Ensa Christian Middle School volleyball extracurricular.

Based on the results of the basic service skills in the GKST Ensa Christian Middle School volleyball extracurricular, it is known that 12 people took the test with varying scores and abilities, resulting in different categories. In the basic service technique, 2

people received the adequate category (16.67%) due to a lack of individual attention during the service test, resulting in sufficient results. The category of 6 people received the poor category (50%) due to a lack of arm swing strength in each individual, resulting in poor results. And the category of very poor (33.33%) due to a lack of accuracy in hitting the ball when serving, resulting in many balls not crossing the net, resulting in very poor results. Therefore, based on the results of the study, it can be seen that the basic service skills of the GKST Ensa Christian Middle School volleyball extracurricular tend to be in the poor category, with a percentage of 50%.

Based on the results of the basic technical skills of underhand passing in the GKST Ensa Christian Middle School Volleyball Extracurricular, it is known that 12 people took the test with different scores and abilities so that the categories they got were also different where in the basic technical skills of underhand passing who got the very good category were 10 people with a percentage of 83.33% because each individual can be said to be better in mastering the basic technique of underhand passing so that they get very good results even though they are still not perfect. The good category was 2 people with a percentage of 16.67% when doing the underhand serve test. The ball that was bounced to the test place by each individual sometimes did not hit the hand and sometimes passed through the circle, so they got good results. So, based on the results of the study, it can be seen that the basic technical skills of underhand passing in the GKST Ensa Christian Middle School Volleyball Extracurricular tend to be in the very good category with a percentage of 83.33%.

Based on the results of the basic upper passing technique skills in the GKST Ensa Christian Middle School Volleyball Extracurricular, it is known that 12 people took the test with different scores and abilities so that the categories they got were also different where the category in the basic upper passing technique that got the very good category was 8 people with a percentage of 66.67% because it can be said that they have mastered the basic upper passing technique and have more endurance than other individuals so that they get a very good category when doing the test. The good category was 2 people with a percentage of 16.67% when doing the test sometimes the ball was not precisely hit the target hand so that many balls were wasted so they got a good category, and the sufficient category was 2 people with a percentage of 16.66% because there was still a lack of mastery of basic techniques in individuals so they got a sufficient category. So, based on the results of the study, it can be seen that the basic upper passing technique skills of the GKST Ensa Christian Middle School Volleyball Extracurricular tend to be in the very good category with a percentage of 66.67%.

Based on the results of the basic smash technique skills in the GKST Ensa Christian Middle School Volleyball Extracurricular, it is known that 12 people took the test with different scores and abilities so that the categories they got were also different where the category in the basic smash technique that got the sufficient category was 1 person with a percentage of 8.33% because there was still a lack of mastery of the basic smash technique so that when doing the test there was a lack of jump which resulted in the individual getting less than optimal results, the less category was 4 people with a

percentage of 33.34% because when doing the smash test there was a lack of pressure from the strength of the arm swing so that the individual got less than optimal results, and the very less category was 7 people with a percentage of 58.33% because of the lack of jump and strength of the arm swing when doing the smash test so that the results obtained were less than optimal. So, based on the results of the study, it can be seen that the basic smash technique skills in the GKST Ensa Christian Middle School Volleyball Extracurricular tend to be in the very less category with a percentage of 58.33%.

CONCLUSION

The results of the study showed that the Volleyball Extracurricular of GKST Ensa Christian Middle School in implementing the basic technical skills of volleyball service obtained results of 2 people with the category of Sufficient 16.67%, 6 people with the category of Less by 50% and 4 people with the category of Very Less by 33.33%, in the lower pass obtained results of 10 people with the category of Very Good by 83.33%, 2 people with the category of Good by 16.67%, in the upper pass 8 people with the category of Very Good by 66.67%, 2 people with the category of Good by 16.67% and 2 people with the category of Sufficient by 16.66%. And Smash 1 person with the category of Sufficient by 8.33%, 4 people with the category of Less by 33.34%, 7 people with the category of Less by 58.33%.

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