



Implementation of Box Jump Innovation Training towards Improving Volleyball Smash Ability in Extracurricular Activities of SMP Negeri Sidoharjo

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Abstract

Ability smash on participants Sidoharjo State Middle School education Still low and lacking A variation in exercises that can increase ability smash it . For overcome problem the with method given A treatment exercise Innovation box jump For increase ability smash his . Research This For know implementation exercise innovation box jump to improvement ability volleyball smash in activities extracurricular Sidoharjo State Junior High School . Research This use method Quantitative with type experiment and use design one-group pretest-posttest design with given treatment as many as 16 meetings . The population used in study This is all over participant students who follow Volleyball extracurricular activities at Sidoharjo State Middle School . Data collection techniques sample namely total sampling, then sample used all over participant students who follow activity activity volleyball extracurricular activities consisting of 20 students . Data collection techniques in study This use test Smash Ability Research This use technique data analysis used with count A mean value , standard deviation , and mean difference test (t-test) . from results study show that study This there is implementation exercise box jump innovation against improvement volleyball smash ability in activities extracurricular Sidoharjo State Junior High School . So you can seen from results t- value count from exercise box jump innovation against smash ability of 12.80 and obtained mark from t- table with degrees his freedom is 20-2 (dk = 18) at the level significance $\alpha = 0.05$ is 1.73. This is means t- count = 12.80 > t- table = 1.73. So it can be concluded that ' There is Implementation of Box Jump Innovation Training Against Improvement Volleyball Smash Ability In Activities Sidoharjo State Middle School Extracurricular Activities ' can accepted the truth.

Keywords: Box Jump, Smash.

INTRODUCTION

Sport a activity or activities that can healthy body, and a activity the physical being inside Games. Sports can covers all activity human being is intended For implementation a mission healthy life for human. Smash shape blow attacks that can give points For victory in a match. Smash can contribute big in volleyball game For add points with a the attack he carried out with use strong smash. In a volleyball game Smash ability requires jump, power and speed. Smash is

necessary mastered by each volleyball player. Therefore that, every player have good smash ability. Aimed smash For turn off defense opponent. Therefore that, a necessary movement be noticed in do a smash seen from ability and strength every player.

In the game of volleyball indoors eye lesson sport Still lack of student For interest, but when inside activity extracurricular student Can follow with both the training process given by the sports teacher. the smashing ability possessed by a person students at the time do a smash is there lack of lack of smash ability Good so that with that's stupid the need A results optimal jump.smash ability can seen from fitness status physical a person and the child's motor skills with have A mastery technique basic and smash as well A internal factors of a child it greatly influences in the training process . Many influencing factors results ability smash volleyball game , one of them is factor technique base , length arm , power explosion muscle legs. Wendy Arizona, (2023) stated that There is significant influence between box jump training against improvement soccer shooting results at the SMP PGRI Kundi extracurricular. Wicaksono (20201) stated that There is significant influence between burpee and box jump exercises to Power explosion muscle legs and speed 50M swimming style free However There is difference influence between both of them that is exercise Box Jump more effective For increase Power explosion muscle legs and speed 50M style swimming free than practice burpees. Ahmad Mukhlisin Natas (2018) stated There is influence box jump training against smash ability in volleyball game for PGSD students, FKIP, Muhammadiyah University of Tangerang.

From the research above difference from study I This is box jump exercises for increase smash ability against volleyball game whereas from the research above box jump exercise is used For increase Power explosion muscle legs in swimming style free 50m, there are also those who use box jump training against improvement results shotting football. So the difference from study previously use variable tied to the club and to study I used in athletes SMP. for equality from study previously You're welcome using independent variables with box jump exercise.

Based on results observation and interview volleyball coach at Sidoharjo State Middle School state that his students in do technique smash That Already good, do movement prefix in technical service use prefix from step beginning , swing his hands , punches and landings , just just in his jump Still not enough good. The jumps made by students Still short . Mostly child in activity extracurricular This Lots No use jump , so that the smash he produced not enough maximum , if the average is taken Still lack of maximum results For children said. Because at the time exercise do the smash given bait as many as 5 balls only some balls in to field.

Exercise box jump This own benefits , for build the power in question That For build Power explode and for increase strength at the moment do exercise load . For improvement strength body part below , with do leap box in a way regular can increase strength in the body part below . Make

increased coordination For practice balance . Can improve performance athletes , such as increase Power the explosion in do sports whose activities need explosion fast energy, for increase density bone this box jump exercise For help increase density bones that reduce risk of osteoporosis.

So it is necessary A special training For student This is so that students Can to increase the quality in techniques as well as produce more jumps good and right . For increase performance participant educate , with so form suitable exercise For increase results jump on smash using test ability smash. For the exercises he did That use exercise innovation box jump. From the problem above it is expected A research “The Effect of Innovation Training Box Jump To Improvement Ability Volleyball Smash In Activities Sidoharjo State Middle School Extracurricular Activities Musi Rawas Regency.

METHOD

Research design This is the method used in study For do a research that provides direction to ongoing a study. According to Sugiyono (2018:17) stated that study experiment is study For look for influence treat certain to controlled conditions. Research design This using pretest data as initial data For know level ability smash on athlete / sample study before given treatment. Through design this , the result treatment can known in a way accurate, because can compare with condition before given treatment, procedures used in study This usage box jump exercise 16 times, because with its use as many as 16 times children can more understand about What should carried out in stages furthermore in exercise This . The treatment that will be given three day in a week very in accordance timetable exercise Sidoharjo State Middle School extracurricular activities that is Tuesday , Thursday , Saturday at 15.00 – finished. According to (Winarno , ME, 2013:96) the research instrument is tools used For to obtain or collect data in frame solve problem study or reach objective research, if the data obtained No accurate (valid), then decisions taken will No right . In the test This may be needed stage implementation.

The test instrument used in study This is ability samsh. The purpose in test This For measure as a result from exercise the with know results from jump. Implementation test the Can implemented after or before Implementation. Test before start implementation test program form beginning This can known ability smash, while test after implementation exercise or test end For data recovery, and this data is what will be will used and managed in statistical calculations and so on to obtain results from study this.

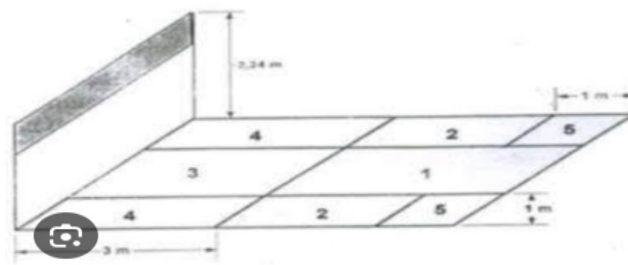


Figure 1. Field Test Volleyball Smash

Source : (Nurhasan , 2014)

In research This the method used researcher quantitatively using approach quasi-experiment with pre-test and post-test design . population This is all over participant students who follow activity L. Sidoharjo State Middle School 's volleyball extracurricular activity consists of 20 people.

Table 1. Population participant volleyball extracurricular

No.	Gender	Amount
1	Man	8
2	Woman	12
	Amount	20

RESULTS AND DISCUSSION

Study This implemented at Sidoharjo State Middle School for students volleyball extracurricular activities at Sidoharjo State Middle School . In the research This involving students of Sidoharjo State Middle School as sample Where researcher will Implementing Box Jump Exercises for increase Volleyball Smash Technique . Summary descriptive test results pretest and posttest statistics of influence exercise box jump innovation against improvement Volleyball Smash ability in activities extracurricular activities of Sidoharjo State Middle School.

From the results data measurement table 3.1, the presence of posttest score 301 and pretest score 406, above existing values on is including pretest scores and posttest scores .

Table 2. Pretest Data

Interval		Classification	Frequency	Percentage
Man	Woman			
22-25	22-25	Very well	0	0 %
19-21	19-21	Good	1	5 %
14-18	12-18	Currently	17	85%
9-13	9-11	Not enough	2	10%
5-8	5-8	Less than once	0	0 %

Based on results above , then can known category Good once 0 or 0%, good 1 or 5%, moderate 17 or 85%, less 2 or 10%, and less once 0 or 0%. Here is a bar chart based on results from volleyball smash ability.

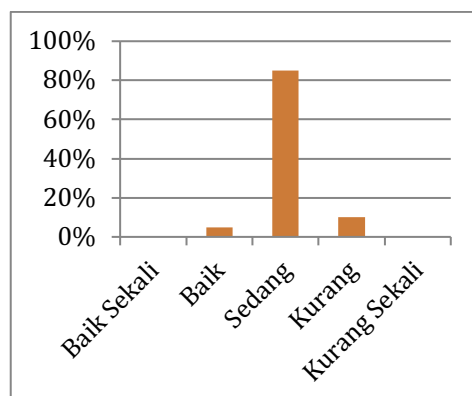


Figure 2. Pretest Bar Chart

Table 3. Posttest Data

Interval		Classification	Frequency	Percentage
Man	Woman			
22-25	22-25	Very well	5	25%
19-21	19-21	Good	12	65%
14-18	12-18	Currently	3	15%
9-13	9-11	Not enough	0	0 %
5-8	5-8	Less than once	0	0 %

Based on results above , then can known with category Good very there are 5 students or 25%, either 12 students or 65%, while 3 students 15%, less than 0 or 0%, and less than once 0 or 0%, Here is the bar chart based on results from volleyball smash ability.

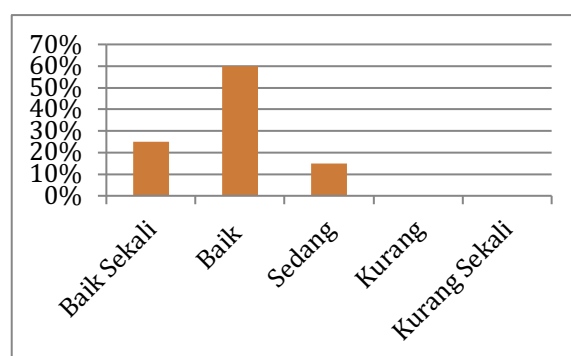


Figure 3. Posttest Bar Chart

In the game of volleyball this is very important with existence A technique smash . Because with A smash can produce points , smash done with a very hard blow . According to Sukma Aji (2016; 40), explains smash is blow hard, diving and deadly , then the ball is hit to field against pass over the net. Smash is complex movements that can covering a number of movement , namely movement step , push For jump , hit the ball, when floating in the air, when landed. It can be said that smash with a hard blow need condition good physical strength muscle arm.

According to Radcliffe & Farentions in Sakti (2017), explains boxing training is one of form Useful plyometric exercises For increase speed. According to Chu in Heru (2011), it explains exercise box jump innovation is form deep plyometric training its implementation done with Jump up and down the boxes you can replaced by surface tall others, done with method jump with both feet on the box height between 40-50cm. The purpose of the exercise box jump innovation is For increase explosive power, but exercise This emphasize on height jump.

Based on results from calculation average ability value student smash to improvement from test initial (pretest) with had an average of 15.05 before given to him A treatment with exercise innovation box jump during 16 meetings after That improve on test end (posttest) with result 20.3. Improvement This can happen because caused by adaptation physique from implementation exercise innovation box jump to ability smash extracurricular activities of Sidoharjo State Middle School.

The results of the hypothesis test analysis obtained t_{table} value with degrees freedom 20-2 ($dk=18$) at the level significant $\alpha = 0.05$ is of 1.73. So it can be put forward that the hypothesis that the author submit implementation exercise innovation *box jump* to ability volleyball *smash* Extracurricular activities at Sidoharjo State Middle School ' can increase ability *smash* , so that exercise innovation *box jump* applied by researchers or writer This can used in the process of training with Good with objective For ability.

CONCLUSION

Based on from results research obtained with results data processing and analysis from research entitled implementation exercise box jump innovation against volleyball smash ability Extracurricular activities at Sidoharjo State Middle School , then can concluded as following ; ' there is significant implementation to implementation exercise innovation box jump to ability volleyball smash at the extracurricular SMP Negeri Sidoharjo '. Calculation results This can reinforced from calculation results from t - count from exercise box jump innovation against smash ability of 12.80 and obtained t_{table} value with degrees freedom 20-2 ($dk=18$) at the level significance $\alpha = 0.05$ is of 1.73. This is means $t\text{-count} = 12.80 > t\text{-table} = 1.73$.

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