



ANALYSIS OF BACKHAND STROKE ABILITY AMONG TABLE TENNIS UKM MEMBERS

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Abstract

This study aims to analyze the level of backhand stroke ability among members of the Table Tennis UKM at STKIP Pasundan Cimahi. This research uses a quantitative method with a survey approach, employing a skill test instrument in the form of a backhand backboard test. The population consisted of all members of the Table Tennis UKM, with a total sample of 15 participants. The results showed that 60% of participants were in the "very good" category, 27% in the "good" category, and 13% in the "fair" category. It can be concluded that the majority of UKM members possess a high level of backhand stroke ability. These findings are expected to serve as a basis for developing more effective and targeted training programs.

Keywords: Backhand Ability, UKM Members

INTRODUCTION

Table tennis is one of the games using small balls that are done on the table, and is done with a fast intensity of the game. Basically, this game begins by bouncing the ball first on the table, hitting it towards the opponent by passing over the net. (Nopiyanto et al., 2021)

In the game of table tennis, several basic game techniques are known, including grip holding techniques, stance techniques, footwork techniques and stroke techniques. This basic technique is a foundation in our playing table tennis. In playing table tennis there are many techniques of holding bets. The game of table tennis is influenced by the technique of holding a bet (grip), therefore every player must master the basic technique of holding a bet as well as the technique of setting feet (stance) is very important in playing table tennis, but many players are not aware of it. Many players place their feet in the middle of the table so that it is difficult to attack or block. In general, there are two ways to attack or stroke in table tennis, namely forehand and backhand: Forehand shots have an advantage in the hardness of the ball's pace, while backhand shots will make it easier to deal with backspin and topspin shots. These two hitting techniques underlie the different types of punches.

According to Larry Hodges, a backhand shot is where every shot is made with a bet that moves to the left of the elbow for players who use the right hand, and right for players who use the left hand. Meanwhile, Sutarmin, explained that the backhand shot is when hitting the ball, the position of the palm holding the bet facing backwards, or the position of the back of the hand holding the bet facing forward. (Saputra & Dahrial, 2020)

A backhand shot is a ball shot with the palm holding the racket or bet facing backwards. The obstacle that often occurs when doing backhand shots is that often the ball hits the net, the ball cannot hit the opponent's table court, when smashing the ball too far, and it goes wide, even affecting the net. In doing backhand shots, accurate shots are needed to get the best shot results. (Mardianto, 2021)

Based on the results of observations made by researchers in the field, there are several problems related to the ability of backhand punches in table tennis members at STKIP Pasundan, especially beginners. Some of these problems are that there are still many SMEs members who have difficulty in making accurate backhand shots, such as the ball often hitting the net or missing from the table. Another problem that is often encountered in the field is also the number of SME members whose bets are still wrong, which can be reduces power when making punches, especially backhand punches. In doing backhand shots, accurate shots are needed to get the best shot results.

According to research conducted by zhang et al, (2019) A good backhand hitting technique can increase accuracy by up to 20% compared to other techniques, especially when players are facing a fast ball, because the ability to hit backhands is often the determinant of success in a game rally, especially in attacking or defending situations at close range. In addition, a study by Li and Chen (2021) showed that regular training with a focus on backhand shots was able to improve a player's reflexes by 15% in real match situations. (Haryanto et al., 2023) Emphasizing that beginners often struggle to develop consistent backhand shots, this is due to a lack of understanding of basic techniques and poorly structured training patterns.

In Table Tennis UKM, the ability to hit backhands is one of the focuses of basic technique coaching. However, until now there has been no in-depth research analyzing the extent to which this backhand punch ability has developed, which is important, considering that good mastery of backhand punches can improve overall playing performance.

Based on the above problems, the author is interested in conducting a research analysis with the title: "Analysis of Backhand Hitting Ability in Table Tennis SMEs Members.

Therefore, this study seeks to analyze the ability of backhand punches in members of table tennis SMEs, the urgency of this research lies in improving the quality of coaching, by analyzing the ability of backhand strokes, coaches can identify the strengths and weaknesses of athletes in table tennis SMEs so that the training program can be adjusted, with the purpose of the study being to find out the level of backhand hitting ability in members of table tennis SMEs.

METHODS

Types of Research

Research methods are scientific ways to obtain data with specific purposes and uses" (Albert, 2020). Therefore, in a study, a method is needed that can make it easier for researchers to conduct a research. In this study, the researcher used a quantitative survey research method. According to Widhi and Puspitaningtyas, "Survey research is directed to find out and study data from samples taken from the population so that relative events, distribution, and relationships between variables". In this survey study, the researcher used a skill test to determine the level of backhand hitting ability in table tennis SME members.

Population and Sample

The population in this study is 25 students of table tennis SMEs STKIP Pasundan. The sampling technique used is purposive sampling, which is selecting research subjects based on certain criteria. In this case, the sample consisted of 15 members of SMEs who were known to be active.

Data Collection Techniques

The data collection technique used in this study is through a skill test in the form of a *backboard test*, which is a test specifically designed to measure the ability of backhand punches in table tennis. This test is carried out by the way participants stand behind the tennis table, then drop the ball on the table and hit the ball towards the bounce board that is installed perpendicular to the side of the table. The purpose of this test is to see how many backhand shots can be legitimately taken in 60 seconds. Participants are given three opportunities to take the test, and the final score used is the highest number of valid strokes of the three opportunities. This test was chosen because it was able to directly assess the aspects of speed, accuracy, and consistency of backhand shots that were the focus of this study. In addition, the use of this skill test is also in accordance with the quantitative approach of the survey used, as it allows the collection of data in the form of statistically analyzable numbers to determine the level of ability of participants

objectively and measurably.

Research Instruments

The instrument used in this study is a skill test in the form of a Backhand Backboard Test.

Data Analysis Techniques

The data analysis technique used in this study is quantitative descriptive statistical analysis with a percentage approach. The researcher processed the data of the backhand test results from each respondent, then calculated the average score, standard deviation, and percentage of the ability category based on the predetermined assessment criteria. In addition, a normality test was also carried out using the Shapiro-Wilk test to determine whether the data was distributed normally, as well as a hypothesis test using the one-sample t-test to find out whether the overall level of backhand ability of SME members was included in the very good category.

RESULTS AND DISCUSSION

This study aims to analyze the level of backhand hitting ability in members of the STKIP Pasundan Table Tennis UKM. Based on the results of data processing obtained through the backhand technique skill test, it is known that the level of mastery of backhand techniques varies, but is dominated by the high skill category.

Table 1. Description of the Percentage of Backhand Ability Test Results in Table Tennis UKM Members

Category	Score Range	Frequency	Presses
Very good	>53	9	60%
Good	44 - 53	4	27%
Medium	26 - 43	2	13%
Less	17 - 25	0	0%
Very Less	<16	0	0%
Total		15	100%

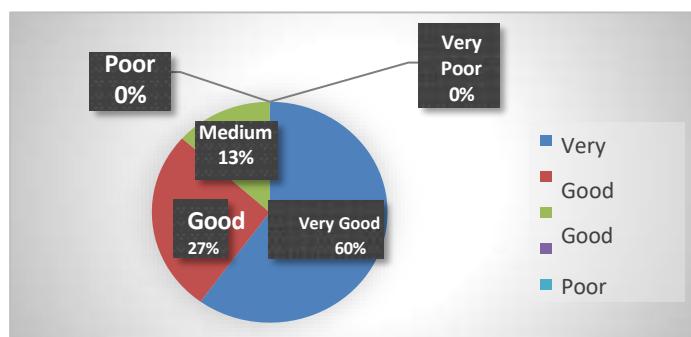


Figure 1
Diagram of the results of the backhand ability test in table tennis SME members

Based on the table above, it can be seen that from 15 samples and there are as many as 9 SME members (60%) have a very good backhand Ability Level, 4 SME members (27%) have a good backhand Ability Level, 2 SME members (13%) have a moderate backhand Ability Level. By looking at the frequency of each category, it can be said that the dominance of the level of backhand ability in the members of the table tennis UKM is in the very good category.

What is the Ability Level of Table Tennis UKM Members

Based on the results of research that has been carried out regarding the ability of backhand punches, members of the STKIP Pasundan Cimahi Table Tennis UKM have a fairly high ability to perform backhand punches. Of the 15 respondents who took the skills test, 60% (9 people) were classified as "very good", 27% (4 people) were in the "good" category, and 13% (2 people) were in the "adequate" category. None of the respondents were in the "less" or "very less" categories. These findings show that in general, SME members have mastered the basic techniques of backhand punches well. These results reflect the effectiveness of the training program implemented, especially through the multiball training method approach that can improve the accuracy and consistency of the shot. Thus, the backhand technique skills of UKM members are at an adequate level, but it still needs to be further developed through more systematic and structured exercises to optimize overall playing performance.

CONCLUSION

Based on the results of data analysis and discussions that have been carried out, it can be concluded that the level of backhand hitting ability in members of the STKIP Pasundan Cimahi Table Tennis UKM is in the high category. Of the 15 samples that took the backhand skills test, as many as 60% of respondents were in the "very good" category, 27% in the "good" category, and 13% in the "adequate" category. This shows that most of the UKM members have mastered the basic techniques of backhand punches well. This ability cannot be separated from the training program applied, especially the use of the multiball training method which plays a role in improving the accuracy, accuracy, and consistency of the shot. Thus, this study concludes that the backhand hitting ability of SME members in general is already at a good level and can be used as a basis for designing a more specific and targeted follow-up training program to improve the overall quality of table tennis technique.

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