



ANALYSIS OF UNDERSTANDING OF HANDBALL GAME RULES AMONG STKIP PASUNDAN UKM MEMBERS

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Abstract

This study aims to determine the level of understanding of the members of the STKIP Pasundan Handball Student Activity Unit (UKM) regarding the rules of handball. The method used in this study is a quantitative descriptive method. The subjects in this study were 20 active members of the STKIP Pasundan Handball Student Activity Unit. The data collection technique was carried out using a closed questionnaire consisting of 25 multiple-choice questions about the rules of handball. Each correct answer was scored 1 point, so that the total maximum score was 25 points. The results showed that of the 20 respondents, 2 people (10%) had a level of understanding in the Good category, 13 people (65%) in the Sufficient category, and 5 people (25%) in the Poor category. There were no respondents in the Very Poor and Very Good categories. Thus, it can be concluded that the majority of the STKIP Pasundan Handball Student Activity Unit members have a sufficient understanding of the rules of handball. These findings are expected to be used as evaluation material and consideration for UKM administrators and the campus to continue to improve the quality of members' understanding through training or ongoing coaching activities..

Kata kunci: Understanding, Regulations, Handball, UKM, STKIP Pasundan

INTRODUCTION

Handball is a sport that combines physical skill and strategy, played by two teams of seven players each, including a goalkeeper. This game requires each player to understand the applicable rules, as clear and precise rules will affect the course of the match and the results achieved (FIBA, 2021). Handball encompasses several basic techniques such as dribbling, passing, shooting, positioning, attacking, defending, and quick clearance. However, only three basic techniques are commonly used in the game: (1) dribbling, where players attempt to move the ball closer to the opponent's defense by hitting the ball on the ground; (2) passing, where players attempt to pass the ball to teammates with one or two hands; and (3) shooting or throwing the ball into the goal (Research & Volume, 2017).

However, based on initial observations and brief interviews, it was discovered that many UKM members still do not fully understand the rules of handball. Therefore, it is necessary to measure their level of understanding using a structured instrument to determine the extent of their understanding and which areas need improvement. (Utama, 2011). Emotionally, students taking handball lessons are expected to have diverse goals and interests, including sportsmanship, a sense of responsibility, a desire to cooperate, quick decision-making, respect, and a sense of responsibility towards opponents (Setiawan & Rahmat, 2018).

Errors in applying game rules often occur, both in practice and matches, indicating a suboptimal level of understanding of the rules (Ginjar, Setiawan, & Carana, 2023). This aligns with findings by Supriyanto (2018), who stated that understanding of sports rules is often influenced by various factors, such as a lack of comprehensive guidance or training on the rules of the game. This affects the quality of play and can lead to errors in decision-making by players and referees, which in turn reduces the quality of matches (Kartono, 2017).

This study aims to determine the level of understanding of handball rules among members of the STKIP Pasundan Handball Student Activity Unit (UKM). Understanding the rules is very important in the sport of handball, because it is directly related to the smoothness and fairness of the match.

METHOD

This study used a quantitative descriptive method with a survey design to obtain an overview of the understanding of handball rules. According to Arikunto, descriptive research aims to describe existing phenomena, while Margono emphasized the use of quantitative data, such as questionnaires, to obtain information. The main instrument in this study was a handball rules questionnaire consisting of assessment categories. Data were analyzed using descriptive statistics and percentages.

The population in this study was all 60 members of the Handball Student Activity Unit (UKM). This study used a purposive sampling technique, selecting samples based on experience or those who had participated in the UKM for at least one semester. The sample consisted of 20 UKM members.

The research instrument, a questionnaire, was developed based on the handball rules of the Indonesian Handball Association (ABTI).

The research procedure included initial observation and distribution of questionnaires to UKM members, followed by data collection and analysis. The study was conducted at the STKIP Pasundan Cimahi Campus from November 2024 to May 2025. Data collection techniques included distributing and collecting questionnaires, followed by transcription and analysis of the results.

The data analysis technique used was quantitative descriptive analysis with the percentage formula: $P = (F/N) \times 100\%$, where P is the percentage, F is the frequency of answers, and N is the number of respondents. This technique is effective because it allows researchers to obtain a general overview of student interests efficiently and objectively.

RESULTS AND DISCUSSION

The results of the handball regulations study among STKIP Pasundan members included 25 valid statements.

The distribution table of the handball regulations study among STKIP Pasundan members can be categorized as follows:

Table 1 Distribution of handball regulations to members of the STKIP Pasundan UKM

INTERVAL	CATEGORY	FREQUENCY	PERCENTAGE
25	SANGAT GOOD	0	0%
23-24	GOOD	2	10%
19-22	ENOUGH	13	65%
15-18	POOR	5	25%
<15	VERY POOR	0	0%
Total		20	100%

Based on the table, it can be concluded that the "Sufficient" category is the most dominant with 13 respondents (65%). Meanwhile, only 2 respondents (10%) are in the "Good" category, and 5 respondents (25%) are in the "Poor" category. No respondents fall into the "Very Good" or "Very Poor" categories, indicating there are no very high or very low results. Overall, this data indicates the need for quality improvement so that more respondents can reach the "Good" or "Very Good" categories. These categories can be seen in the following figure:

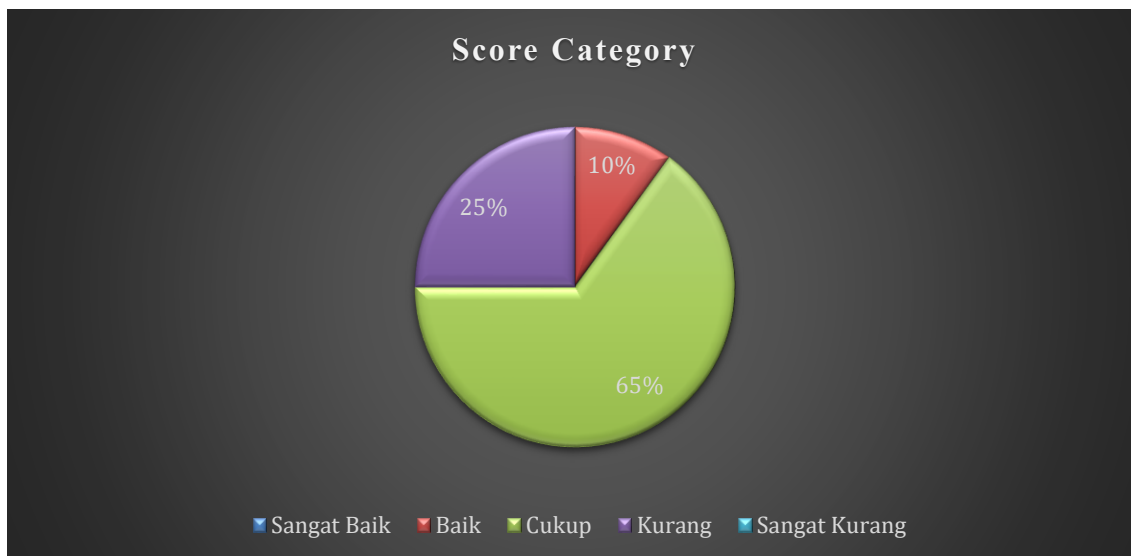


Figure 1 Diagram of the Results of the Handball Regulation Research on Members of the STKIP Pasundan Student Activity Unit

Overall, these results reflect the need for a more targeted quality improvement strategy to encourage a shift towards higher categories, particularly from "Sufficient" and "Poor" to "Good" and "Very Good."

Overall, the distribution of scores indicates that the majority of respondents remain at the Sufficient level, with some showing poor results.

The analysis revealed that the "Sufficient" category was the most dominant, with 13 of the 20 respondents (65%) falling into this category. This indicates that the majority of respondents scored at the moderate level.

B. DISCUSSION

Based on the data processing results from the distribution of a 25-item handball rule understanding questionnaire, the average respondent score was 15.76. Overall, the majority of respondents (65%) fell into the "Sufficient" category, indicating that most were still at a moderate level and needed improvement. Only 10% fell into the "Good" category, and none reached "Very Good," indicating that the maximum level had not yet been reached. Another 25% fell into the "Poor" category, indicating that further development was still needed.

There were no respondents in the "Very Poor" category, indicating that, in general, no members completely lacked a grasp of the handball rules. This finding is positive, but it should be noted that the presence of respondents in the "Poor" category indicates a gap in understanding among UKM members. Therefore, collective reinforcement efforts are needed, such as through regular training, match simulations, group discussions, or specific outreach regarding handball

rules. These activities are expected to increase the average understanding of all members and create equality in knowledge and playing skills.

The majority of respondents, 13 (65%), fell into the "Sufficient" category after their scores were presented as percentages, followed by 5 (25%) in the "Poor" category, and 2 (10%) in the "Good" category. No respondents fell into the "Very Good" or "Very Poor" categories, suggesting that quality improvement efforts are needed to reach higher categories. This finding aligns with research by Agi Ginanjar et al. (2023), who found that students' understanding of handball rules after using the Sport Education method emphasized the importance of technical meetings as a means of improving rule understanding prior to competitions. This can serve as a recommendation for UKMs (Student Activity Units) in improving member quality.

Furthermore, these results support the findings of research by Raffly Henjilito et al. (2022) on the socialization of handball rules and refereeing among students at SMA Negeri 1 Bangkinang, which stated that socialization and introduction of rules are essential to increase participant understanding and enthusiasm. This reinforces the importance of regular training and outreach in UKMs to address members still in the "Poor" category.

Research by (Lesmana, Subroto, & Rahmat, 2024) also provides support, stating that the use of interactive media can improve the effectiveness of learning and understanding handball material. Implementing learning media like this could be an innovative alternative to help UKM members understand the rules of the game in a more enjoyable and effective way.

However, it should be noted that although members' understanding is considered sufficient, a small portion still needs strengthening. This aligns with the findings (Thesis as One of the Requirements for Obtaining a Bachelor of Social Sciences Degree (S. Sos) in the Islamic Guidance and Counseling Study Program, Faculty of Ushuluddin, Adab, and Da'wah, State Islamic Institute, 2024), which stated that understanding of handball rules among athletes in Gresik Regency still needs to be improved through intensive socialization and training to improve game quality and reduce unnecessary violations.

Finally, although the research by Dopio Fadzil Ikhsan and Raffly Henjilito (2024) focused more on the VO2 Max fitness levels of handball players, this remains relevant because technical understanding and good physical condition can together support optimal performance in handball matches.

Thus, the findings of the STKIP Pasundan Handball Student Activity Unit (UKM) study are consistent with previous research emphasizing the importance of education, socialization, training, and the use of learning media to improve understanding of handball rules among various groups, both university and school students.

CONCLUSION

Based on the results of a study conducted on 20 members of the STKIP Pasundan Handball Student Activity Unit (UKM Handball), which aimed to determine the level of understanding of handball rules, it can be concluded that the majority of STKIP Pasundan UKM members have an understanding of handball rules in the sufficient category (65%), a small number are good (10%), and the rest are poor (25%). None are in the very good or very poor category. This indicates that members' understanding still needs to be improved through more intensive training and coaching.

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