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The Effect of Modified Media Target Practice Goal Equipment in Improving Petanque Shooting Ability

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Abstract

The problem is that many athletes whose shooting technique is still not perfect, meaning the ball often falls long before the target ball. Apart from that, many also have a low level of accuracy. The aim of the research is to find out the influence of media modification of target practice tools on improving pétanque shooting ability. The research method uses one group pretest–posttest design. With a sample of 7 DL UNDIKMA athletes, the instrument used was the pétanque shooting test. From the data above, it can be described that the shooting ability of DL UNDIKMA petanque athletes when the pretest data was taken was with an average of 4.7143, a middle value of 3, a frequently occurring value of 0 and a standard deviation of 4.8892. Meanwhile, the highest score was 14 and the lowest score was 0. The shooting ability of DL UNDIKMA petanque athletes when collecting posttest data was with an average of 13.0000, a middle value of 12, a frequently occurring value of 11, and a standard deviation of 2.7080. that there has been a significant increase.

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1. INTRODUCTION

Sport is any systematic activity to encourage, develop and develop physical, spiritual and social potential. Sports actors are every person and/or group of people who are directly involved in sports activities, including sportsmen, sports coaches and sports personnel (Law No. 3 of 2005). Sports are not only carried out by certain groups, but sports activities have penetrated various age levels and various levels of social life in society in various countries (Agustina and Priambodo, 2017: 391)(Nikmah, 2020)

Petanque is a new sport in Indonesia. Petanque is a sport that uses iron balls and wooden balls as targets by throwing them according to predetermined rules. The playing technique in the sport of petanque has two throwing techniques. The first technique is pointing. The second technique is shooting. The pointing technique is an effort by a person or team to send the ball closer to the target. Shooting technique is an effort made by a person or team to keep the opponent's ball away from the target.(Nikmah, 2020).

There are 2 types of throws in the sport of petanque, namely pointing and shooting. Pointing is a type of throw to approach the target boka closer than the opponent's bosi, which is the beginning of the game strategy that will be carried out in the petanque match. Pointing in a petanque match is a defensive strategy. Usually, novice athletes often use this strategy. Shooting is a type of throw to repel the opponent's boss from the target box. Shooting is the most important part of the petanque game(Wakhidatun Nikmah, 2020). If a team's athletes' shooting skills are weak, then that team will have difficulty attacking the opponent's ball. Shooting competition numbers are carried out at a distance of six meters, seven meters, eight meters and nine meters with points that can be obtained 0 points, 1 point, 3 points and 5 points for each successful shooting.

The novelty of this research is a modification of the training tool in the form of a pipe goal whose dimensions are 60 cm high and 40 cm wide, where this goal practice is an effective and efficient way of modifying training equipment to improve pétanque shooting accuracy. According to Souef (2015: 54) Shooting: you have to be mentally strong to maintain a good level of shooting throughout a game or competition. When shooting, you need a strong mentality to maintain a good shooting rate during a match or competition. Psychology really influences when shooting and there is no doubt whether you hit the ball or not. When you drop the ball behind the ball it might be a good shot, but if you miss it that's a shooter's problem. However, shooting is easier than pointing because it is more about the mechanics of movement.

A shooter must be able to set a good throwing rhythm to reduce errors. A petanque player is required to be able to carry out shooting techniques efficiently in order to increase the chances of winning in a match. A player or team that is able to shoot efficiently can be 90% certain that they will win the match because wherever the opponent's boss is, they can be kept away from the boss to get more points. A shooter player has more of a tall body posture and long arms to expand and reach the furthest range, besides that the view will be wider. In a petanque match it can be played for 1 to 2 hours, and a player is able to shoot more than 15 times.

(Oky Joko Setyawan, et al 2023). so, it can be concluded that "Hypothesis is accepted". This means that there is a difference between the results of the pretest and posttest, so it can be concluded that Ho is rejected and H1 is accepted. In other words, there is a significant effect of shooting practice using a barrier on the shooting accuracy of petanque athletes in Brebes Regency.

Mastering the field and fighting excessive self-confidence must also be overcome. Because during the match we will face opponents who have different characters. Therefore, consistency is needed in shooting correctly and focusing on the target as well as perceiving the fall of the ball right on target so that it does not harm yourself and the team. Beginners and advanced athletes need to improve their petanque playing skills, especially shooting techniques.

The problem is that many athletes whose shooting technique is still not perfect, meaning the ball often falls long before the target ball. Apart from that, many also have low levels of accuracy. This is proven when matches or shooting practice sessions are not consistently on target, or the ball falls to the right or left of the target. Based on the statement above, accuracy influences the shooting number, the more precise the throw at the given obstacle, the more points you get. Producing the right throw at the target requires the right methods. So the title of this research is "" The effect of modification media for the 60 cm goal target practice tool on improving petanque shooting abilities in DL petanque athletes is maintained with the aim of research to improve.

Shooting accuracy of pétanque athletes.

2. RESEARCH METHOD

The research method used in this research is design or design with an experimental method. What is meant by the experimental research method is a systematic and objective way to look for a causal relationship between two variables that are deliberately generated by researchers as a treatment with strict control, Hulfian, 2014.As for the research design is to use One group pretest–posttest design. In this design there is no control group, and subjects are not randomly assigned. The advantage of this design is that a pretest and posttest are carried out so that we can know with certainty the differences in results due to the treatment given.

Table.1Research design

T1 X T2

One Group Pretest-Posttest Design
(Source:Maksum, 2012)

Information:
$T1^a$: *Pretest*/ initial shooting test
$X1^a$ Treatment given modified media for training goal target tools
$T2^a$: Posttest / Final Shooting Test

The sample is part of the number and characteristics of the population (Sugiyono, 2013). If the population is large, and it is impossible for researchers to study everything in the population, for example due to limited funds, energy and time, then researchers can use samples taken from that population. What is learned from the sample, the conclusions can be applied to the population. For this reason, samples taken from the population must be truly representative. The sampling technique uses purposive sampling. According to Sugiyono (2013) purposive sampling is a technique for sampling data sources with certain considerations. These particular considerations include, for example, the person who is considered to know best about what we expect, or perhaps he or she is the authority so that it will make it easier for the researcher to explore the object or social situation under study. So, the sample used was DL athletes with a number of UNDIKMA Petanque players, The sampling technique uses purposive sampling. Research instrument Test, this test aims to measure the level of accuracy of Shooting athletes (Source: Jakarta_Petanque_Pricision_Shooting.jpg)

The data analysis method uses the T test, which is a statistical test used to test differences between two groups. This research uses paired samples. So, use the T test for paired or related samples. Test Analysis Requirements Before the data is analyzed to test the hypothesis, the data must meet the requirements for normality and homogeneity. In the statistical testing process, the author uses the Statistical Product and Service Solution (SPSS 20) program Sulistyo, (2010). To provide meaning to the data in this research, the following analysis was carried out:

1. Test Description of data about research subjects (N), mean (mean) initial test-final test and delta (difference between final test scores and initial test).
2. Normality Test The technique used to test normality is using one sample Kolmogorov Smirnov with the help of SPSS
3. Homogeneity Test After the data is declared normal, the next step is to carry out a variance homogeneity test. This is done to test the similarity of several samples

3. RESEARCH RESULTS AND DISCUSSION

This research was carried out by starting with pretest data collection on January 2 2024, and ending with posttest data collection on February 29 2024. The data collection location was on the Mandalika University of Education (UNDIKMA) campus. The number of shooting game lines used is 2 lines. The results of the research are described as follows:

3.1.Research result

Test Description of data about research subjects (N), average

From the results of research data analysis on the pretest and posttest shooting abilities of Kediri petanque athletes which were carried out by shooting training using barriers which were carried out 3 times a week starting on January 2 2024, and ending with posttest data collection on February 29 2024, it can be described in table form as following:

Table 2. Results of research on media modification of training goal target equipment to improve pétanque shooting ability

NO	NAME	PRE-Test	Test Post	Enhancement
1	Kiki	14	16	2

2	Atun	7	10	3
3	Sarah	6	11	5
4	Amelia	3	12	9
5	Cynthia	3	11	8
6	Makrifat	0	14	14
7	Fine	0	17	17

Table 3. Statistical description of media modification of training goal target equipment to improve pétanque shooting ability

Statistics	*Pretest*	*Posttest*
Mean	4.7143	13,0000
Median	3	12
Mode	0	11
Std. Deviation	4.8892	2.7080
Minimum	0	10
Maximum	14	17
Sum	33	91

From the data above, it can be described that the shooting ability of DL UNDIKMA petanque athletes when the pretest data was taken was with an average of 4.7143, a median value of 3, a frequently occurring value of 0 and a standard deviation of 4.8892. Meanwhile, the highest score was 14 and the lowest score was 0. The shooting ability of DL UNDIKMA petanque athletes when collecting posttest data was with an average of 13.0000, a middle value of 12, a frequently occurring value of 11, and a standard deviation of 2.7080. Meanwhile, the highest score was 17 and the lowest score was 10. These results showed an increase in the athlete's shooting ability. The test results can be presented in graphical form as can be seen in the image below:

Normality Test The technique used to test normality is using one sample Kolmogorov Smirnov with the help of SPSS

Normality Test Normality testing uses the Kolmogorov Smirnov test. In this test, you will test the hypothesis of a sample that comes from a normally distributed population, to accept or reject the hypothesis by comparing the Asymp prices. Sig. with 0.05. The criterion for accepting the hypothesis is if Asymp. Sig. greater than 0.05, if it does not meet these criteria then the hypothesis is not normal/rejected.

Table 4. Normality Test

NO	Variables	*Asymp. Sig*	Conclusion
1	media for modifying practice goal target equipment to improve pretest pétanque shooting abilities	0.200	Normal
2	Media modification of practice goal target equipment to improve posttest pétanque shooting ability	0.20	Normal

Homogeneity Test

In this test, you will test the hypothesis that the variances of these variables are the same, to accept or reject the hypothesis by comparing the Sig value. greater than 0.05. The homogeneity test results can be seen in Table 4 below:

Table 5. Homogeneity Test

No	Variables	*Asymp. Sig*	Conclusion
1	media for modifying practice goal target equipment to improve pretest pétanque shooting abilities	0.254	Homogeneous

From the calculations obtained Sig. >0.05, meaning that the sample variance is said to be homogeneous, so the hypothesis stating the variance of the existing variables is accepted. Thus, it can be concluded that the variance of the research subjects is homogeneous.

3.2.Discussion

Based on the results of the research, it shows that there is a significant influence from the media modification of the training goal target tool on improving pétanque shooting ability. The results of other research which are almost similar are research conducted by Tri Sutrisna, Moch Asmawi, Ramdan Pelana (2018), entitled "Petanque Sports Shooting Skills Training Model for Beginners". The results of the research show that with the Petanuqe sports shooting skills training model for beginners, it can be developed and applied in extracurricular training at school. The Petanque sports shooting training model for beginners has been developed. Evidence of this improvement is shown in the test results of the pretest and posttest data, there are significant differences. significant between before and after the model treatment.

Many factors influence the ability of basic petanque techniques. The cause of the athlete's low shooting ability needs to be looked for, whether it is poor mastery of shooting techniques, or the athlete's boredom during large training because the training methods are less varied. Therefore, to improve athletes' shooting abilities, coaches are required to develop a training method that can eliminate athletes' boredom during training. In the game of petanque, shooting and pointing are the basic playing techniques, however shooting is very important to make the opponent's ball bounce away from the boka, on the other hand the shooting technique is more difficult to use than the pointing technique. Therefore, in carrying out training, coaches must innovate so that athletes who take part in training do not feel bored with the same monotonous training program.

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4. CONCLUSION

The conclusion is that there is an influence of media modification of target practice equipment on improving pétanque shooting ability with an average pretest score of 4.7143 increasing to 13.0000. Based on the description of the conclusions above, the results of this research have implications for related clubs:

a. As input to coaches for additional shooting training programs for DL UNDIKMA pétanque athletes.
b. It is a useful note for coaches and clubs regarding the shooting game abilities of DL UNDIKMA club athletes.
c. For athletes, optimally programmed training will be able to make a significant contribution to improving the abilities being trained.

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For UNDIKMA, it can increase the motivation of each lecturer for research with various strategies to support increasing the optimal quality of lecturer human resource performance.

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