

## Differences in Skills of Passing Down with two on two Playing Model in Volleyball Games on Students of Sdk Sang Timur Malang City

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### Abstract

*The results of this study aim to determine the differences in underhand passing skills with the two-on-two playing model in volleyball games for students at SDK Sang Timur, Malang City. The research method is a quasi-experimental method. The sampling technique is simple random sampling. The sample is 20 students in class 5 A as the experimental class and 20 students in class 5 B as the control class. The data collection technique uses tests and non-tests. The instruments are multiple-choice objective tests and non-test instruments in the form of questionnaires. The data obtained were analyzed using the prerequisite test of normality and homogeneity tests. The results of the t-test that have been carried out with the SPSS program, obtained that the t-count value is greater than the t-table value, meaning that there is a significant difference in underhand passing skills with the two-on-two playing model in volleyball games for students at SDK Sang Timur, Malang City.*

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## 1. INTRODUCTION

Sukintaka (2004) stated that physical education is an integral part of total education that tries to achieve the goal of developing physical, mental, social, and emotional fitness within the framework of becoming a complete Indonesian human being through physical activity, so that the meaning of physical education is the process of interaction between students and the environment through physical activities that are systematically arranged to become a complete Indonesian human being. One of them is the technique of *passing* under the volleyball. Movement of *passing* underhand is done when the ball is in a low or lower position.

Technique of *passing* of underhand technique in volleyball is usually used to receive the ball that comes and rolls downwards. This technique is usually used as a defensive wall to hold back the ball *smash* from the opponent. Then, *passing* the underhand is used to receive, block, and control a serve thrown by the opponent. Position your hands underhand, using one or both hands. Besides honing this technique, strong teamwork is also required.

According to Winarno (2011:40), volleyball is a team sport played by six players per team. This game will run well if each player has at least mastered the basic techniques of playing volleyball. According to Sanchez (2014:153), "volleyball is a sport characterized by common movements such as jumping, arm strokes, and short movements. Attacking and blocking are very important in volleyball to achieve victory in high-level competitions."

In implementing the physical education program in schools, it should reflect the characteristics of the physical education program itself, namely prioritizing the principle

"Developmentally *Appropriate Practice*" (DAP). DAP means that the teaching/movement tasks delivered must take into account changes in the child's abilities or condition and can help encourage those changes. Therefore, learning movement or learning through movement must be adapted to the growth and development of the child/student. The development or maturity referred to includes physical, psychological, and skill development.

This means precision and control in the technique of *passing* itself. Technique of *passing* which is done prioritizing accuracy at the *passing* time. Based on the background below, the researcher is interested in conducting research entitled: Differences in Underhand Passing Skills with the Two-on-Two Playing Model in Volleyball Games for Students at SDK Sang Timur, Malang City.

## 2. RESEARCH METHOD

The research used a quantitative approach with an experimental research type (Moleong, 2015). The method is the descriptive method of *quasi-experimental*. The design used is non-equivalent *control group design* (Suharsini, 2010). The sample is some students at SDK Sang Timur Malang City. Sampling technique with *simple random* Sampling. The sample was 20 students from grade 5A as the experimental class and 20 students from grade 5B as the control class. The data collection technique used tests and non-tests. The instruments were multiple-choice objective tests and questionnaires. The data were analyzed using the homogeneity prerequisite test of *Levene* and normality *Kolmogorov Smirnov*. Then tested with t-test with SPSS program.

## 3. RESEARCH RESULTS AND DISCUSSION

### 1.1. Research result

The results of the research can be seen in table 1 below:

Table 1. Results of Hypothesis Test Calculation

| Statistics         | Pretest        | Posttest       |
|--------------------|----------------|----------------|
| $t_{\text{count}}$ | 1,47           | 3,79           |
| $t_{\text{table}}$ | 2,021          | 2,021          |
| Decision           | $H_a$ rejected | $H_a$ accepted |

In table 1 above, the results of *pretest* t value is obtained  $t_{\text{count}}$  is 1.47 and the t value  $t_{\text{table}}$  is 2,021, t value  $t_{\text{count}}$  smaller than  $t_{\text{table}}$ , so that the null hypothesis ( $H_{\text{the}}$ ) is accepted and the alternative hypothesis ( $H_a$ ) is rejected. This means that there is no difference between the results of *pretest* in experimental class and control class significantly.

In table 1 above, the results of *posttest* of t value is obtained  $t_{\text{count}}$  is 3.79 and the t value  $t_{\text{table}}$  is 2,021 t values  $t_{\text{count}}$  from the results of *posttest* is greater than  $t_{\text{table}}$ , so that the null hypothesis ( $H_{\text{the}}$ ) is rejected and the alternative hypothesis ( $H_a$ ) is accepted. This means that there is a significant difference between the results of *posttest* in experimental class and control class significantly. The average underhand passing skill in the experimental class increased compared to the average underhand passing skill in the control class.

Underhand passing skills with a two on two playing model in volleyball can improve underhand passing skills more significantly than conventional learning, the results of the normal gain test (*N-gain*) the experimental class is higher compared to the control class. In the experimental class the value of *N-gain* was 0.82 indicates the high category, while the value of 0.60 for the control class indicates the moderate

category. The experimental class's underhand passing skills improved after learning using the two-on-two volleyball playing model. compared to the improvement in students' underhand passing skills in the control class.

## 1.2. Discussion

After the two classes were given different learning treatments using the two-on-two playing model in volleyball, the average scores of the two classes differed. Based on the results of the hypothesis test, the scores of *posttests* between the control class and the experimental class. The  $t$  value was obtained  $t_{count}$  greater than the  $t_{table}$  namely  $3.79 > 2.021$ , meaning there is a learning effect with the two on two playing model in volleyball games. on improving underhand passing skills in students at the Sang Timur Elementary School in Malang City. There is a difference in the average score of the results of *posttest*, students in the experimental class obtained an average score of *posttests* is higher than students in the control class. There is a difference in underhand passing skills using the two-on-two playing model in volleyball among students at the Sang Timur Elementary School in Malang City.

## 4. CONCLUSION

It was concluded that there was Differences in underhand passing skills with the two-on-two playing model in volleyball games for students at SDK Sang Timur, Malang City.

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