

## **Analysis of Quick Smash Ability of Men's Volleyball Players of the Volleyball UKM STKIP Hermon Timika**

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### **Abstract**

*The purpose of this study was to determine the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika. This type of research is a quantitative descriptive study because the researcher wants to know the description of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika. Based on the results of quantitative descriptive analysis of the data obtained, the sum value of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 1072. The mean value of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 67. The minimum value of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 50. The maximum value of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 88. The standard deviation of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 12,754. The variance value of the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is 162,667. Furthermore, the description of the quick smash ability category of male volleyball players of the Volleyball UKM STKIP Hermon Timika shows that the very good, good, and sufficient categories, respectively, show that the frequency value of 0 percentage is 0%, the frequency of 4% is 25%, and the frequency of 2% is 12.5. While in the less and very less categories, the frequency and percentage values are the same, namely, the frequency of 5 percent is 31.25. Of the 16 players, only 6 people are not in the less and very less category in doing quick smashes; the rest are in the less and very less category, with a total of 10 players. The results of this study can be concluded that the quick smash ability category of male volleyball players of Volleyball UKM STKIP Hermon Timika is in the less and very less category.*

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## **1. INTRODUCTION**

Sports in the modern era have experienced rapid developments in science and technology. Awareness of the importance of health in life encourages people to engage in sports and even conduct research in the field of sports health (Wahyudi, 2023).

Technological advancements have been cited as one of the most influential factors in modern sports to date. The availability of improved facilities for various sports, both games and fitness, has led to a growing public enthusiasm for participating in sports to maintain health and fitness. Furthermore, sports have become a platform for achievement. Competitive sports are contested in various sports, including volleyball, soccer, basketball, swimming, and others. Volleyball is one of the competitive sports that is very popular among the public. Volleyball is known not only as a

competitive sport but also as a recreational sport, where the volleyball team has important roles: setter, spiker, libero, and defender (Lubis and Mulyana, 2024).

To achieve maximum achievement in the sport of volleyball, talent development must be carried out immediately from an early age so that the potential that exists in children can be developed and function well in terms of physical, technical, and mental conditions. On the other hand, ongoing early childhood development until adulthood is also expected so that athletes/students achieve at the appropriate age in this case is usually called (the golden age of children to achieve is not passed) and creates achievement motivation that aims to be able to achieve achievements in a competition (Mulyana, 2013), because a person's motivation is what determines how they are influenced and what drives them in sports (Muskanan, 2015).

Volleyball is a team game with a ball as a tool for playing the game. The way to play this volleyball game is by bouncing the ball using the arm or other body parts. The ball is hit from one square to another on the field. Each team is only allowed to play the ball a maximum of three times, with the ball touching the hand or body part (Ridho SM, 2022).

In addition, volleyball is also a complex game, meaning that you must master several basic techniques to be able to play volleyball. In volleyball, various basic techniques are known, including service, set-up, passing, blocking, and smashing. One of the basic techniques above, a very important technique, and the most effective way to score points in volleyball is the smash (Yunus, 1992: 130-132).

Volleyball is a complex game and not easy for everyone. This is because it requires truly reliable motor coordination to execute all the basic technical movements using the applicable rules, in accordance with the latest regulations used by the executive board of the All-Indonesia Volleyball Association (Mohammad Fauzi nor et al. 2024).

Generating a lot of points in volleyball is, of course, achieved by attacking, thus accelerating victory, as explained by Budiwanto (2012). To break down the opponent's defense, various attacking tactics can be used, one of which is the deadly smash. Moreover, at the college/university level, there are certainly many rivals and opponents who are no longer at a lower level because they are equivalent to adults who are already competent in both defense and attack.

Therefore, it's not just the basic smash technique that must be mastered, but also advanced smash techniques, meaning mastering several types of smashes in volleyball to compete in open tournaments or general/adult matches, where matches are generally used by coaches as a measuring stick for performance development. Success in performance development, especially in volleyball, will be determined by success in a championship or match (Sistiasih et al., 2023).

There are several types of smashes in volleyball, namely the open smash, semi-smash, back attack, and quick smash (Beuthelstahl, 2015). Of the various smashes mentioned above, the quick smash is the one that produces points quickly, but on the other hand, this smash can also disrupt the opponent's blocking concentration. One type of smash, when viewed from the way it is passed, namely the quick smash, has its own advantages in volleyball, namely its short execution, making it difficult for the opponent to block.

When viewed based on the success rate, the quick smash is no less effective in generating points. However, in executing this quick smash, it's not easy because it requires physical elements such as speed-power, agility, and precise spike timing, as well as accurate setter passes to produce a maximum quick smash. Volleyball players who act as quick smashers are also called middle blockers, whose specific duties include attacking quickly and blocking opponents from opening spikes, whether on the right side of the net, in the middle, or on the left side of the net.

The difficulty of executing a quick smash is evident in volleyball matches frequently held in Timika, Papua. Open smashes still dominate the game in Papuan clubs. Meanwhile, quick smashes are rarely used, often due to perceived hesitation in executing quick attacks. One example is seen in the men's volleyball team/club of STKIP Hermon Timika, which still prioritizes open smashes in attacking to score points.

Even though coaches have often given instructions to try to attack with fast attacks, following the development of modern volleyball. Therefore, a coach or trainer must conduct an assessment or analysis of the quick smash ability of men's volleyball STKIP Hermon Timika so that the players/athletes are automatically aware of the importance of fast attacks such as quick smashes and the coach obtains data on quick smash abilities which are used as guidelines in compiling subsequent training programs to improve quick smash abilities in the future.

The assessment referred to above is the assessment/analysis of quick smash abilities carried out in volleyball coaching activities at the student activity unit (STKIP Hermon Timika Volleyball UKM), which is guided by the UKM coach or mentor, so that they can compete and achieve.

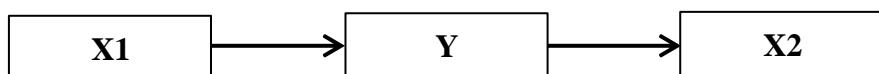
This is in line with previous research conducted by Wahyudi (2023). The results of the study stated that: knowing the smash ability of DONOREJO volleyball players in Jambi City has a good category, with a percentage of 67% is not enough to achieve because only the open smash ability is known while the quick smash ability is not yet known in data. Based on the problems faced by the men's volleyball team of the STKIP Hermon Timika Volleyball UKM above and the description of previous research and direct observations in the field during the match where the author is also one of the men's players of the STKIP Hermon Timika Volleyball UKM who directly experienced it and wanted to help coaches/coaches to obtain data on quick smash abilities to be used as a reference in developing quick smash abilities, the author intends to follow up on this problem by conducting research with the title "Analysis of Quick Smash Abilities of STKIP Hermon Timika Male Volleyball Players"

## 2. RESEARCH METHODS

This type of research is descriptive research. According to Purba et al., (2021), descriptive research is the collection of data to test hypotheses or answer questions about the current status of research subjects. It is a factual research method about the status of a group of people, an object, a situation, a system of thought, or an event in the present. With correct interpretation, the research design serves as a guideline for achieving research objectives using appropriate data analysis and collection techniques. The above definition is in accordance with the opinion of Sugiyono (2015), who states that research design is a plan on how to collect and analyze data so that the data can be implemented economically and in harmony with research objectives.

The research design used in this study is a quantitative method because the researcher wants to know the description of the quick smash ability of male volleyball players from the Volleyball UKM STKIP Hermon Timika. In accordance with the definition of quantitative research methods, according to Sugiyono (2020: 16), quantitative research methods can be interpreted as research methods based on the philosophy of positivism, used to research the population, or certain samples, data collection using research instruments, quantitative/statistical data analysis, to test the established hypothesis.

For more details, see the image below:



Research Design Image (Source:  
Sugiyono, 2020)

Information:

X1: Subject Quick Smash Ability Test

X2: Results of the Analysis of Subject's Quick Smash

Ability Test Y: Analysis of the Quick Smash Ability Test

## 3. RESEARCH RESULT

The results of the research on the quick smash ability of 16 male volleyball players from the

Volleyball UKM STKIP Hermon Timika will be described, including (sum, mean, minimum, maximum, standard deviation, variance) in the table below as follows:

Table of Quick Smash Ability Description of Male Volleyball Players of the Volleyball UKM STKIP Hermon Timika:

|                        |                |
|------------------------|----------------|
| <b>SUM</b>             | <b>1072</b>    |
| <b>MEAN</b>            | <b>67.00</b>   |
| <b>MINIMUM</b>         | <b>50</b>      |
| <b>MAKSIMUM</b>        | <b>88</b>      |
| <b>STANDAR DEVIASI</b> | <b>12.754</b>  |
| <b>VARIANCE</b>        | <b>162.667</b> |

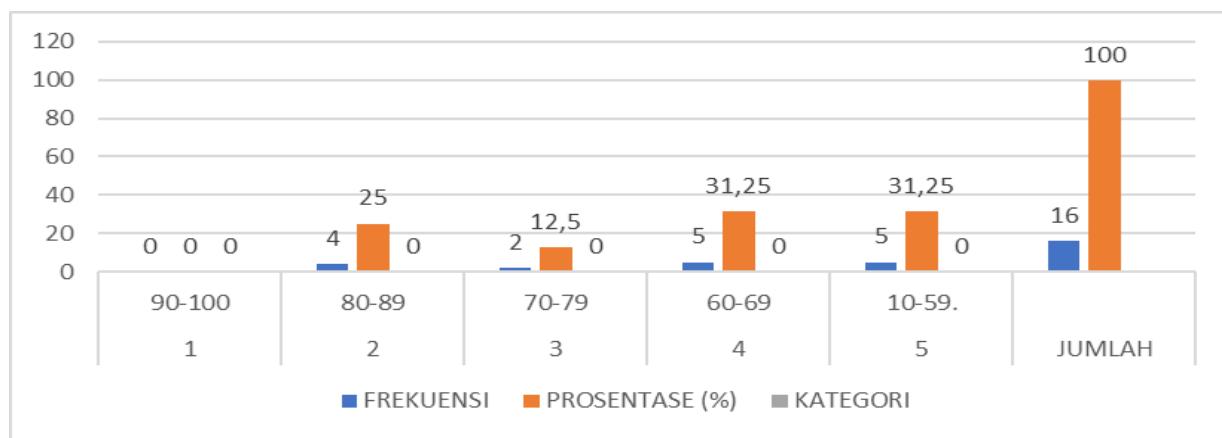
Based on the table above, it shows that the sum value of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 1072. The mean value of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 67. The minimum value of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 50. The maximum value of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 88. The standard deviation of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 12.754. The variance value of the quick smash ability of the male volleyball players of the Volleyball UKM STKIP Hermon Timika is 162,667.

Table of Quick Smash Ability Categories for Men's Volleyball Players of the STKIP Hermon Timika Volleyball UKM:

| NO            | INTERVAL | FREKUENSI | PRESENTASE (%) | KATEGORI             |
|---------------|----------|-----------|----------------|----------------------|
| 1             | 90-100   | 0         | 0              | <u>Baik sekali</u>   |
| 2             | 80-89    | 4         | 25             | <u>baik</u>          |
| 3             | 70-79    | 2         | 12,5           | <u>cukup</u>         |
| 4             | 60-69    | 5         | 31,25          | <u>kurang</u>        |
| 5             | 10-59.   | 5         | 31,25          | <u>sangat kurang</u> |
| <b>JUMLAH</b> |          | <b>16</b> | <b>100</b>     |                      |

Based on the table above and the graph below, the quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika shows that in the very poor category, with a frequency of 5 and a percentage of 31.25%, and in the less category, with a frequency of 5 and a percentage of 31.25%. Furthermore, the sufficient category shows that the frequency value is 2 and a percentage of 12.5%, the good category with a frequency of 4 and a percentage of 25%, while the very good category shows that the frequency value is 0 and a percentage of 0%. Below will be presented in graphic form the quick smash ability category of male volleyball players of the Volleyball UKM STKIP Hermon Timika.

Ability category graph *quick smash*, Men's volleyball players from the Volleyball UKM STKIP Hermon Timika:



#### 4. RESEARCH DISCUSSION

Based on the results of research on ability categories *quick smash*. The male volleyball players of the Volleyball UKM STKIP Hermon Timika show that the very good, good, and sufficient categories, respectively, show that the frequency value of 0 percentage is 0%, frequency of 4% is 25%, frequency of 2% is 12.5%. While in the less and very less categories, the frequency and percentage values are the same, namely frequency of 5 percent is 31.25.

Quick smashes in volleyball require specific, continuous training, but each player has their own specific role. The specific role of performing a quick smash is that of a middle blocker. Furthermore, all-around smash positions in volleyball can also perform quick smashes. This is in line with the description of the smash ability categories above, which show that there are four players in the good category with a percentage of 25%, and two players in the fair category with a percentage of 12.5%. The four good category players are male players from the STKIP Hermon Timika 2 Volleyball Student Activity Unit, one of whom plays the quicker/middle blocker position, and the other two players play the open smash/all-rounder position. The two players in the fair category are players who play the middle blocker position.

This shows that out of 16 players, only 6 people are not in the category of less and very less in doing quick smashes, the rest are in the category of less and very less, with a total of 10 players. Therefore, the results of this study indicate that the category of quick smash ability of male volleyball players of the Volleyball UKM STKIP Hermon Timika is in the category of less and very less. This is likely caused by the lack of efficiency of training time and specific quick smash training as a whole for all players.

#### 5. CONCLUSION

This study concludes that the ability *to smash* the male volleyball players of the Volleyball UKM STKIP Hermon Timika showed that the very good, good, and sufficient categories, respectively, showed that the frequency value of 0 percentage was 0%, frequency of 4% was 25%, frequency of 2% was 12.5%. While in the less and very less categories, the frequency and percentage values were the same, namely frequency of 5 percent was 31.25. Of the 16 players, only 6 people were not in the least and very least categories in carrying out a quick *smash*. The rest are in the less and very less categories, with a total of 10 players. Therefore, the results of this study can be concluded that the ability category *quick smash*, the men's volleyball players from the STKIP Hermon Timika Volleyball UKM are in the poor and very poor categories. This is likely due to a lack of efficient training time and specific training. Quick *smash* comprehensively for all players, meaning that not only does it prioritize a middle blocker, but all spikes for the male players of the STKIP Hermon Timika Volleyball UKM.

#### 6. SUGGESTION

Further studies are needed on training to improve the abilities of *quick smash* male players of

the STKIP Hermon Timika Volleyball UKM to be in the ability category, *quick smash* good and very good, so that it can achieve the expected achievements.

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