

## ABSTRACT

### COMPARISON THE EFFECTIVENESS OF PARALLEL FEET ATTITUDE WITH THE NOT PARALLEL FEET ATTITUDE AT THE TIME OF ACCEPTING HIGH SERVICE BY UNDER PASSING IN VOLLEY BALL

(Study at Student of SMPN I Kaliangget That Following Volleyball Extracurricular Activity)

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Keyword: Under Passing, Feet, Parallel, Effectiveness, Volleyball, high service

Volley ball game is team sport, every team is at the check of game field limitedly by net. Volleyball game is one of most sport branch popular in Indonesia, this matter in seeing availability of medium and pre medium of volley ball game in society, and also to the number of volley ball group formed and founded both in countryside and also in town. Also at school environment, volley ball game has become the sport tradition developed by school party. volley ball game Extracurricular activity designing to be achieved at school not always walk smoothly, this matter because of lack of expert teacher constructing it so that student not yet comprehended correct play techniques at the volley ball especially at passing movement.

Problem formula raised at this observation: more effective which between parallel feet attitude with the not parallel feet at the time of accepting high service by under passing volley ball? This Research target is student of SMPN I Kaliangget that following extracurricular activity of volley ball, sum up the sample taken as much 32 divisible student become 2 groups, that is parallel feet group and not parallel feet group which is each group consisted of by 16 students. The Method in this analysis use the descriptive quantitative statistical methods and comparability, while process of data intake conducted by doing under passing test by accepting high service with the feet position adapted for rule of each group.

Result of knowable descriptive analysis calculation that: ( 1) average value of result of under passing test with the parallel feet attitude of student of SMPN I Kaliangget following volley ball extracurricular activity in accepting high service equal to 50,36; Standard deviation equal to 18,94; variant equal to 385,75; ( 2) average value the result of under passing with the not parallel feet attitude e student of SMPN I Kaliangget following volley ball extracurricular activity in accepting high service equal to 62,42; standard deviation equal to 12,67 and 90. Pursuant to average value result of each group (parallel feet group and not parallel feet) can be said that there is difference assess.Result of different test analysis of mean usher the group (independent sample t testing) that is parallel feet group and feet group is not parallel got value  $t_{count}$  2,071 > value  $t_{table}$  2,042. Equally that there are difference which significant the under passing effectiveness at the moment in accept the high service between parallel feet position and not parallel feet position student of SMPN I Kaliangget following volley ball extracurricular activity.

## ABSTRAK

### EFEKTIFITAS SIKAP KAKI SEJAJAR DAN SIKAP KAKI TIDAK SEJAJAR PADA SAAT MENERIMA SERVIS ATAS DENGAN PASSING BAWAH BOLAVOLI

(Studi Pada Siswa SMPN I Kalianget Yang Mengikuti Kegiatan Ekstrakurikuler Bolavoli)

**Moh. Solihin**

Kata Kunci: *Passing bawah*, kaki, sejajar, efektifitas, bolavoli, servis atas permainan bolavoli sudah menjadi olahraga tradisi yang dikembangkan oleh beberapa sekolah, melalui program ekstrakurikuler yang diselenggarakan oleh pihak sekolah. Kegiatan ekstrakurikuler permainan bolavoli yang sudah di rancang untuk dilaksanakan di sekolah tidak selalu berjalan mulus, hal ini disebabkan oleh kurangnya tenaga ahli / guru ahli yang membinanya sehingga siswa belum memahami betul teknik-teknik bermain bolavoli terutama pada gerakan *passing*.

Sasaran penelitian ini adalah siswa SMP Negeri I Kalianget yang mengikuti kegiatan ekstrakurikuler bolavoli, jumlah sampel yang diambil sebanyak 32 siswa yang terbagi menjadi 2 kelompok yaitu kelompok kaki sejajar dan kelompok kaki tidak sejajar yang masing-masing kelompok terdiri dari 16 siswa. Metode dalam analisa ini menggunakan statistik kuantitatif deskriptif dan komparatif,

Hasil analisa uji beda rata-rata antar kelompok (*independent sample t test*) yaitu kelompok kaki sejajar dan kelompok kaki tidak sejajar didapat nilai  $t_{hitung}$  2,071 > nilai  $t_{tabel}$  2,042. dan kata lain bahwa terdapat perbedaan yang signifikan efektifitas *passing bawah* saat menerima servis atas antara posisi kaki sejajar dan tidak sejajar pada siswa SMPN I Kalianget yang mengikuti kegiatan ekstrakurikuler bolavoli. Hal ini dapat dikatakan bahwa kesimpulan yang menyatakan posisi kaki tidak sejajar saat melakukan *passing bawah* dalam menerima servis atas lebih efektif dari pada posisi kaki sejajar cabang olahraga bolavoli adalah signifikan dan dapat diberlakukan (di generalisasikan) ke populasi.