

## 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

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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 Kalianget 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 Kalianget 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 Kalianget 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 Kalianget following volley ball extracurricular activity.

## **ABSTRAK**

### **PERANAN MOTIVASI INTRINSIK DAN MOTIVASI EKSTRINSIK**

#### **PADA ATLET PUTRA KLUK PV. PUTRA LAGA**

#### **TERHADAP PENCAPAIAN PRESTASI**

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**Kata Kunci :** Peranan Motivasi , Bola Voli dan *Prestasi*

Olahraga Bola Voli adalah salah satu olahraga yang paling digemari. Banyak klub-klub yang sifatnya profesional maupun semi profesional tumbuh dan berkembang. Salah satu klub yang eksis di Kabupaten Sumenep adalah PV. Putra Laga. Klub yang bermarkas di Dusun Salagebe ini memiliki beberapa pemain yang berupaya mengantarkan klubnya untuk meraih prestasi. Untuk mencapai prestasi yang diinginkan, peranan motivasi intrinsik dan motivasi ekstrinsik sangat dibutuhkan oleh pemain, karena motivasi pemain akan bersinergi dengan motivasi klub.

Dalam penelitian ini, jenis penelitian yang digunakan adalah penelitian kualitatif, yaitu penelitian yang lebih menonjolkan aspek analisis deskriptif hasil penelitian yang sumber datanya berupa hasil pengamatan, hasil wawancara dan hasil dokumentasi. Populasi dan sampel penelitian diambil secara random namun dengan jumlah yang telah ditetapkan. Metode analisis data yang digunakan dalam penelitian ini adalah metode analisis interaktif Miles dan Huberman yang terdiri dari Reduksi Data, Penyajian Data dan Verifikasi / Pengambilan Kesimpulan.

Berdasarkan hasil penelitian yang peneliti lakukan, motivasi Intrinsik dan motivasi ekstrinsik para pemain PV. Putra Laga sangat mempengaruhi dan sangat berperan penting pada klub PV. Putra Laga terhadap pencapaian prestasi. Dilihat dari hasil wawancara dan pengamatan yang peneliti lakukan, hal-hal yang berhubungan dengan teknis maupun non teknis semisal dukungan moral, pola latihan, pola makan, penjadwalan, latihan fisik, latihan mental, postur, penghargaan dll merupakan cikal bakal motivasi intrinsik dan motivasi ekstrinsik yang tumbuh dan berkembang dalam diri masing-masing pemain PV. Putra Laga. Hal-hal mendasar itu pula yang dapat mengantarkan klub PV. Putra Laga untuk meraih prestasi yang setinggi-tingginya.