

ABSTRAK

Upaya Meningkatkan Akurasi Servis Pendek *Backhand* Bulutangkis Melalui Metode Latihan Sasaran Target Pada Siswa Kelas XI SMAS Reformasi Plus

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Latar belakang : rendahnya akurasi servis pendek *backhand* pada siswa adalah kurangnya variasi metode latihan sasaran target/target game dan pengulangan (*drilling*) yang mengakibatkan penguasaan teknik dasar, seperti pegangan raket dan ayunan, tidak maksimal sehingga berpengaruh terhadap hasil belajar siswa.

Tujuan penelitian : Untuk mengetahui upaya meningkatkan akurasi servis pendek *backhand* bulutangkis melalui metode latihan sasaran target pada siswa kelas XI SMAS Reformasi Plus.

Metode penelitian : Penelitian ini merupakan Penelitian Tindakan Kelas (PTK) yang dilaksanakan dalam dua siklus. Setiap siklus terdiri atas tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Subjek penelitian berjumlah 22 siswa kelas XI SMAS Reformasi Plus. Teknik pengumpulan data menggunakan observasi, tes keterampilan servis pendek, dan dokumentasi. Analisis data dilakukan secara deskriptif kuantitatif dengan menggunakan persentase.

Hasil dan pembahasan : Hasil penelitian menunjukkan bahwa akurasi servis pendek *backhand* bulutangkis siswa mengalami peningkatan setelah diterapkan metode latihan sasaran target Pada siklus I diperoleh nilai rata-rata sebesar 67,27% dengan kategori kurang. Setelah dilakukan perbaikan pembelajaran pada siklus II, nilai rata-rata meningkat menjadi 88,63% dengan kategori baik. Peningkatan tersebut menunjukkan bahwa penggunaan latihan sasaran target yang diterapkan mampu membantu siswa memahami dan mempraktikkan teknik servis pendek dengan lebih baik

Simpulan : Berdasarkan hasil penelitian dapat disimpulkan bahwa penerapan metode latihan sasaran target terbukti efektif meningkatkan hasil belajar teknik dasar servis pendek *backhand* bulutangkis pada siswa kelas XI SMAS Reformasi Plus.

Kata kunci : *latihan sasaran target, akurasi servis pendek backhand, bulutangkis, penelitian tindakan kelas.*

ABSTRAK

Efforts to Improve the Accuracy of Badminton Backhand Short Serves Through Target Training Methods for Grade XI Students of SMAS Reformasi Plus

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Background: The low accuracy of short backhand serves in students is due to the lack of variation in target/game target training methods and repetition (drilling) which results in mastery of basic techniques, such as racket grip and swing, not being optimal, thus affecting student learning outcomes.

Research objectives: To find out the efforts to improve the accuracy of the short backhand badminton serve through the target training method for class XI students of SMAS Reformasi Plus.

Research Method: This study is a Classroom Action Research (CAR) conducted in two cycles. Each cycle consists of planning, action implementation, observation, and reflection. The research subjects were 22 11th-grade students of SMAS Reformasi Plus. Data collection techniques used were observation, short service skills tests, and documentation. Data analysis was conducted descriptively and quantitatively using percentages

Results and Discussion: The results of the study showed that the accuracy of students' short backhand badminton serves increased after the application of the target training method. In cycle I, the average score was 67.27%, categorized as poor. After improvements were made to the learning process in cycle II, the average score increased to 88.63%, categorized as good. This improvement indicates that the use of target training was able to help students understand and practice short serve techniques better.

Conclusion: Based on the research results, it can be concluded that the application of the target training method has proven effective in improving the learning outcomes of the basic badminton backhand short serve technique in class XI students of SMAS Reformasi Plus.

Keywords: *target practice, backhand short serve accuracy, badminton, classroom action research.*