

ABSTRAK^[i-1]

PENERAPAN METODE INQUIRY PADA SERVIS BACKHAND DALAM PEMBELAJARAN BULUTANGKIS SISWA KELAS VIII SMP SATAP NEGERI SONO

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Latar belakang: Berdasarkan observasi awal di SMP Satap Negeri Sono tanggal 8 Agustus 2025, kemampuan servis backhand siswa kelas VIII masih rendah. Dari 22 siswa hanya 28% yang mampu melakukan servis backhand dengan benar. Kesalahan umum yang ditemukan adalah perkenaan shuttlecock di atas pinggang, pegangan salah, dan arah bola terlalu tinggi sehingga mudah diserang lawan. Hal ini diduga karena pembelajaran masih bersifat konvensional dan siswa pasif.

Tujuan penelitian: Penelitian ini bertujuan untuk mendeskripsikan peningkatan kemampuan servis backhand siswa kelas VIII SMP Satap Negeri Sono melalui penerapan metode inquiry dalam pembelajaran bulutangkis.

Metode penelitian: Jenis penelitian adalah Penelitian Tindakan Kelas model Kemmis dan McTaggart yang dilaksanakan dalam 2 siklus. Setiap siklus terdiri dari perencanaan, tindakan, observasi, dan refleksi.

Hasil dan pembahasan: Hasil penelitian menunjukkan adanya peningkatan kemampuan servis backhand dari pra siklus ke siklus I dan siklus II. Peningkatan terjadi karena pada metode inquiry siswa berperan aktif menemukan sendiri prinsip gerak yang benar melalui 6 tahap: orientasi, merumuskan masalah, hipotesis, eksplorasi, uji hipotesis, dan kesimpulan. Tahap eksplorasi memberi pengalaman langsung kepada siswa untuk merasakan perbedaan teknik sehingga kesalahan gerak dapat diperbaiki. Selain itu keterlaksanaan metode inquiry oleh guru dan aktivitas siswa juga mengalami peningkatan setiap siklus. Hasil penelitian menunjukkan bahwa terjadi peningkatan kemampuan servis backhand siswa setiap siklus. Pada pra siklus ketuntasan klasikal sebesar 40,9%. Setelah penerapan metode inquiry pada siklus I mengalami peningkatan sebesar 22,7% menjadi 63,6%. Pada siklus II kembali mengalami peningkatan sebesar 27,3% sehingga mencapai 90,9%. Secara keseluruhan dari pra siklus ke siklus II terjadi

peningkatan sebesar 50,0%. Peningkatan rata-rata nilai juga terjadi dari 68,4 pada pra siklus, menjadi 72,1 pada siklus I, dan 82,8 pada siklus II.

Simpulan: Berdasarkan hasil penelitian dapat disimpulkan bahwa penerapan metode inquiry dapat meningkatkan kemampuan servis backhand siswa kelas VIII SMP Satap Negeri Sono. Metode inquiry efektif digunakan karena menempatkan siswa sebagai subjek aktif dalam pembelajaran sehingga pemahaman konsep dan keterampilan gerak servis backhand meningkat.

Kata kunci: *Metode Inquiry, Servis Backhand, Hasil Belajar.*

ABSTRACT^{[i-[2]}

PENERAPAN METODE INQUIRY PADA SERVIS BACKHAND DALAM PEMBELAJARAN BULUTANGKIS SISWA KELAS VIII SMP SATAP NEGERI SONO

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Background: Based on preliminary observations at SMP Satap Negeri Sono on August 8, 2025, the backhand serve proficiency of eighth-grade students remains low. Out of 22 students, only 28% were able to execute the backhand serve correctly. Common errors identified included making contact with the shuttlecock above waist level, incorrect grip, and a trajectory that was too high, making the shot vulnerable to opponent attacks. This is attributed to the use of conventional teaching methods and student passivity.

Research objective: This study aims to describe the improvement of backhand serve skills among eighth-grade students at SMP Satap Negeri Sono through the application of the inquiry method in badminton instruction.

Research method: The type of research is Classroom Action Research using the Kemmis and McTaggart model, conducted in two cycles. Each cycle consists of planning, action, observation, and reflection.

Result and discussion: The research results indicate an improvement in backhand service skills from the pre-cycle stage to Cycle I and Cycle II. This improvement occurred because the inquiry method enabled students to actively discover the correct movement principles themselves through six stages: orientation, problem formulation, hypothesis generation, exploration, hypothesis testing, and conclusion. The exploration stage provided students with hands-on experience to sense differences in technique, allowing movement errors to be corrected. Furthermore, the implementation of the inquiry method by the teacher and the level of student activity also showed improvement in each cycle. The results of the study showed that there was an increase in students' backhand serve ability in each cycle. In the pre-cycle, classical mastery was 40.9%. After the implementation of the inquiry method in Cycle I, it increased by 22.7% to 63.6%. In Cycle II, it increased again by 27.3% to reach 90.9%. Overall, from the pre-cycle to Cycle II there was a total increase of 50.0%. The average score also increased from 68.4 in the pre-cycle, to 72.1 in Cycle I, and 82.8 in Cycle II.

Conclusion: Based on the research findings, it can be concluded that the application of the inquiry method improves the backhand serve skills of Grade VIII students at SMP Satap Negeri Sono. The inquiry method is effective because it positions students as active participants in the learning process, thereby enhancing their conceptual understanding and backhand serve execution skills.

Keyword: *Inquiry Method, Backhand Serve, Learning Outcomes.*