

KONTRUKSI TES KETERAMPILAN SEPAK MULA SEPAK TAKRAW

CONSTRUCTION OF THE SEPAK TAKRAW SERVICE SKILLS TEST

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ABSTRAK

Sepak takraw merupakan salah satu permainan net yang proses penambahan poin yang tidak jarang dapat dilakukan pada tahapan servis. Tujuan dalam penelitian ini yaitu, melakukan perbaikan dalam tes sepak mula/servis Sepak takraw. Komponen yang diperbaiki pada proses pelaksanaan gerakan sepak mula pada gerakan sikap awalan, gerakan sikap pelaksanaan dan gerakan sikap akhir pelaksanaan. Instrumen tes yang sudah ada cuma mengukur hasil sepakan sepak mula yang jatuh ke daerah yang sudah diberi nomor atau angka. Mengetahui kualitas keterampilan sepak mula Sepak takraw mahasiswa Penjaskesrek Universitas Islam Riau, tentunya harus ada instrumen tes dan norma tes yang sesuai yang bisa mengukur dari proses pelaksanaan gerakan sampai pada hasil dari sepakan tersebut. Metode penelitian ini menggunakan penelitian dan metode pengembangan atau penelitian dan pengembangan. Validasi penelitian dan instrumen pengembangan menggunakan validasi konten yang dilakukan oleh beberapa orang ahli (*expert judgement*) yang menjadikan satu orang ahli tes dan pengukuran serta dua orang ahli dalam bidang Sepak takraw. Berdasarkan hasil analisis evaluasi uji ahli, instrumen sepak mula Sepak takraw dinyatakan valid dan reliabel, sehingga dapat dijadikan instrumen tes untuk mengukur kemampuan hasil sepak mula mahasiswa.

Kata Kunci: rekonstruksi; instrumen tes; sepak mula; Sepak takraw

ABSTRACT

Sepak takraw is a net game where the process of adding points can often be done at the service stage. The aim of this research is to make improvements in the Sepak takraw kick start/serve test. Components that are improved in the process of executing the initial kickoff movement include the initial stance movement, the execution stance movement and the final stance movement. Existing test instruments only measure the results of the initial kick that falls into an area that has been given a number or number. To find out the quality of the Sepak takraw kicking skills of Penjaskesrek students at Riau Islamic University, of course there must be appropriate test instruments and test norms that can measure from the process of executing the movement to the result of the kick. This research method uses research and development methods or research and development. Validation of research and development instruments uses content validation carried out by several experts (expert judgment) which makes one test and measurement expert and two experts in the Sepak takraw field. Based on the results of the expert test evaluation analysis, the Sepak takraw kickoff starting instrument was declared valid

and reliable, so it can be used as a test instrument to measure the ability of students' starting kickoff results.

Keywords: *reconstruction; test instruments; kickoff; Sepak takraw*

Introduction

Sepak takraw is a traditional game originating from Southeast Asia that is recognized throughout the world (Kosni et al., 2018). The game of Sepak takraw is different compared to other sports, because Sepak takraw contains acrobatic elements (Yunitaningrum et al., 2020). Sepak takraw is played by two opposing teams, each team consisting of three players. To be able to play this game, each player must have skills in Sepak takraw in the form of individual skills and match mastery skills. Individual skills include: sila, badek, horse kicking, using the thighs, and heading the ball. Competition mastery skills include kicking, receiving the ball, passing, smashing and blocking (Sofyan Hanif, 2015).

In mastering the kickoff technique to pass the ball regularly through the net, players must of course master this technique because the kickoff is the initial attack to get points (Tohidin et al., 2021). Failure to make a hard and directed kick means giving your opponent points in vain. The supporting factors for its success include support from body anthropometry, physical and psychological conditions that play a role in it (Jawis et al., 2005; Tohidin et al., 2021). If an athlete's physical (biomotor) condition is in good condition, the athlete will perform various movements more quickly in sports and master the movement techniques being trained, which will affect the athlete's performance in the competition (Humaedi et al., 2023).

To measure a tekong player's takraw starting football ability, it was introduced by Husni Thamrin in 1995. The form of the test uses numbers that have been boxed in the target area. This test is carried out 10 kick starts with the final result of the skill being by adding up the total scores obtained from the ball successfully aiming at the target box which is numbered from the 10 kick starts (Thamrin, n.d., 1995). A form of instrument that is almost the same as the football skills test for Sepak takraw was also made by Winarno (2006) by using numbers or numbers on the Sepak takraw field to determine a person's starting kickoff ability. So it is necessary to make additions and updates regarding this test, because the test that is carried out is only focused on kick results and does not emphasize whether or not the movements carried out are correct or not based on the official ISTAF (International Sepak takraw Federation) rules.

The aim of this improvement is to adapt to the needs of the learning process, where the process of implementing movement is also important to assess because movement ability and movement skills are the result of a learning process (Hadiputra, 2017). Therefore, the success of implementing Sepak takraw can also be seen from the process of implementing the initial stance, implementation stance and final stance. Because the attitude of this series will influence the results of the kicks obtained. Other research that has been carried out is related to the development of research instruments for basic Sepak takraw techniques (Sulaiman, 2014). developed a Sepak takraw skills test tool for athletes in Central Java including tests of sila, sepak

kura, passing and smesh skills. This research as a whole also focuses on kick results and does not pay attention to the movement process. Another research conducted by Abdillah & Irawan (2023) The test instrument uses an indicator form for assessing service success using field media assessment scores. The validity of the instruments used has not been explained in the research, plus the type of research using survey methods.

Therefore, we need a test instrument for Sepak takraw skills that combines assessment of the movement process and the results of the kick, so that the results of this test instrument can be a valid assessment used to assess learning outcomes from Sepak takraw and can also be used as a reference later. in helping to analyze and evaluate the improvement of inappropriate movements made by athletes and students when learning Sepak takraw.

Tests are one of the measurement tools (Sudijono, 2008). In more complete terms, a test is a measuring tool or instrument used to obtain information/data about a person or certain object (Nugroho, 2016). Furthermore, the definition of a test as data collection is a series of questions/exercises used to measure an individual's knowledge, intelligence, ability or talent skills (Zhannisa & Sugiyanto, 2015). Data collection using tests is not only used in research but also in learning evaluation. In essence, a test contains a series of tasks that must be carried out to measure a certain ability. Tasks can take the form of questions or orders that must be carried out, the results of carrying out these tasks will be used to draw certain conclusions. It needs to be added that a good test includes valid, reliable, objective, discriminatory and practicable criteria (Zhannisa & Sugiyanto, 2015). In this research, we will create a test instrument that measures the ability of a slightly modified Sepak takraw kick start/serve.

Measurement is more limited to quantitative descriptions (numbers) about student learning progress (learning progress) (Mardapi, 2013). Measurement is the process of collecting data or information carried out objectively. Thus, it can be said that measurements can be carried out if an instrument has been implemented and then scores are given with raw scores (Fenanlampir & Faruq, 2015). In the measurement process, tools are needed, such as measuring body weight using a scale. Because measurement is usually related to quantitative.

Evaluation is the process of giving consideration or meaning regarding the value and significance of something being considered (Fenanlampir & Faruq, 2015). The purpose of evaluation is to obtain accurate and objective information about a program (Gunawan, 2011). Aspects in evaluation include learning aspects, program aspects and system aspects (Sukardi, 2015). The results of the evaluation can be useful as a policy maker or for improving future aspects of learning, programs or systems. From the definition above, it can be understood that evaluation is very important to carry out, where this activity is comprehensive in relation to guaranteeing, controlling and determining based on certain considerations and criteria.

Method

This research method uses development or research and development methods, according to Research and development methods are research methods used to produce certain products and test the product's effectiveness. In this research, it was used to develop or modify the existing

form of the Sepak takraw t instrument and then make several improvements regarding the implementation process of the initial movement stance, the movement execution stance and the final movement stance. This research uses development with the Borg and Gall model which includes ten activities, namely: (1) research and information gathering, (2) planning, (3) development of initial product forms, (4) preliminary field trials, (5) main product revisions , (6) main field test, (7) operational product revision, field operational test, (9) final product revision, (10) dissemination and application.

The targets achieved in this research were Penjaskesrek students at Riau Islamic University. The population in this study was 38 Penjaskesrek students at Riau Islamic University and the sample was taken using a purposive sampling technique with a sample of 38 students. The instrument of this research is the kick start/serve takraw skill which was introduced by Husni Thamrin in 1995 which will be reconstructed with the addition of a test on the process of executing the movement.

The implementation of a series of starting kicks from the initial stance movement, the core stance movement and the final stance movement with movements that are in accordance with the kick start technique and the official applicable rules of ISTAF and then a number or digits will be added to the field as the target area for the results. punt. The assessment of the results of the Sepak takraw kickoff is in the form of a process of movement skills and kick results that lead to the target area which has been given numbers. The testee performs the movement three times, the value taken from the best results from the three opportunities given is the data. The final score for each student is a combination of the movement skills process score and the kickoff results using the total T-Score for each student.

Furthermore, the implementation of the test will be combined with the accuracy of the kickoff target resulting from the process of the series of movements carried out. As shown in Figure 3 above. The data analysis technique in this research is as follows: (a) validity test using content validity and construct validity. The construct validity test was carried out by analyzing data from the Sepak takraw kickoff test results. The data obtained from the test was tested for validity using the SPSS computer program. (b) reliability test to describe the consistency of measurement results. The reliability test was carried out twice using Conbrach's Alpha test-retest with the help of the SPSS computer program.

Hasil

Based on the results of observations, the students' starting football abilities can be said to be good. However, when carrying out the initial movement of the kick and the supporting leg, especially how to lift the leg, it was agreed that students still had a lot of difficulty in carrying out the correct method according to the official rules of ISTAF and the actual sequence of movements. Therefore, it is deemed necessary to create a test instrument for the sequence of starting kickoff movements combined with providing numbers or digits in the field area. So the results of the students' starting football skills will be much more valid.

The result of a Sepak takraw kick in the direction the ball falls will still use the number or digits in the field area as the target area for the initial kick. The instrument repair component is carried out in the movement process at the start of the movement, the execution movement and the final movement. The initial Sepak takraw test was carried out using small group trials involving experts in the field of sports testing and measurement as well as two people who are experts in the field of Sepak takraw. Results of a small-scale trial involving 19 students learning Sepak takraw. Assessment Criteria Score 3 Three if the testee successfully carries out all movements according to the sub-indicators, Score 2 (two) if the teste succeeds in carrying out 80% of the movements according to the sub-indicators. Score 1 if the testee successfully performs 60% of the movements according to the sub-indicator. The calculation method is that the validity of each test item is first searched for, after all the test items are valid then the reliability is searched for using SPSS. If the r value of reliability is greater than the r value of the table, then the test question data is reliable.

The results of the validity of small group trials using SPSS application with the results obtained were 0.62, including in the medium category. The known validity results are then compared with the r table value of 0.457 according to the number of samples used in the research. Furthermore, the reliability calculation produces 0.68 compared to the r table value of 0.457 according to the number of samples used in the research. Based on the data above, the Bola Mulu Sepak takraw test instrument developed correlates with the total score and has a validity of 0.62 and is greater than the r table (0.457). Meanwhile, the reliability result is 0.68, which is greater than the r table (0.457). This means that the expert judgment measurements and the Sepak takraw kickoff test are valid and reliable, so they can be used as research.

Furthermore, the validity results of large group trials using SPSS implementation obtained 0.64, including the medium category. The results of the known validity are then compared with the r table values according to the number of samples used in the research. The measurement results of the Sepak takraw kick test in the large group trial that was developed had a reliability value of 0.70.

Table 1. Frequency Distribution of the Sepak Mula Test Data

Interval	Category	Frequency	Percent
39-42	Not Good	3	7,90
43-46	Pretty Good	6	15,80
47-49	Passably Good	10	26,31
50-53	Good	12	31,57
54-57	Very Good	7	18,42
Total		38	100

From the results of research based on the development research steps that have been carried out and producing test instrument products to measure kickoff skills in a more comprehensive manner, it is hoped that there will be no more difficulties in using appropriate test instruments and in accordance with official Sepak takraw regulations.

Discussion

The aim of this research was to produce a takraw kickoff skills test instrument that can measure the entire process from the movement to the result of the initial kickoff produced. To make it easier for a teacher or coach to see the abilities of the athlete or student. By knowing more comprehensive results, it is hoped that we can maximize the results obtained and make improvements in the future. Learning assessment is the process of facilitating students in giving grades based on the results of measures that are used as benchmarks with the quality of value indicators that have been prepared by educators (Akbar, 2013).

From the results of testing this instrument, which has previously been tested using small groups and large groups, it has produced an instrument that meets the criteria for an instrument. The use of an instrument carried out by two or more people, but the results are relatively the same, is said to be an objective instrument (Winarno, 2016). The results of this instrument are complementary to existing instruments. The movement indicators that have been previously created have been validated by Sepak takraw experts, so that the indicators used are in accordance with the correct movements and also the official regulations of ISTAF.

Conclusion

Based on the results of trials and added input from measurement test experts and two experts in the Sepak takraw field. The validity result is 0.64 and the reliability is 0.70, which is in the high category. This means that the expert assessment and triple measurement of the starting kickoff test are valid and reliable, so they can be used as an assessor of the results of students' or athletes' starting soccer skills.

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