

PENGARUH LATIHAN VARIASI BERPASANGAN TERHADAP KETERAMPILAN DASAR SEPAK SILA SEPAK TAKRAW

THE EFFECT OF PAIR VARIATION TRAINING ON BASIC SKILLS OF SEPAK TAKRAW

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ABSTRAK

Latihan variasi berpasangan dirancang untuk meningkatkan keterampilan teknik sepak sila dengan melibatkan interaksi dinamis antar pemain, yang melatih akurasi, koordinasi, dan respons terhadap situasi permainan nyata. Hubungan ini menunjukkan bahwa pendekatan latihan yang terstruktur dapat secara langsung mendukung penguasaan teknik dasar sepak takraw secara lebih efektif dan aplikatif. Penelitian ini bertujuan untuk menganalisis pengaruh latihan variasi berpasangan terhadap keterampilan dasar sepak sila pada siswa ekstrakurikuler Sekolah Menengah Pertama (SMP) Negeri 3 Telaga. Penelitian menggunakan metode pre-eksperimen dengan desain "*One Group Pretest and Posttest Design*," melibatkan 15 peserta yang dipilih berdasarkan kriteria tertentu, seperti kehadiran latihan yang konsisten dan kesediaan mengikuti seluruh proses penelitian. Hasil penelitian menunjukkan bahwa latihan variasi berpasangan secara signifikan meningkatkan keterampilan dasar sepak sila. Peningkatan terlihat pada semua peserta, terutama pada mereka yang sebelumnya memiliki tingkat keterampilan yang rendah. Latihan ini terbukti efektif dalam mengembangkan kemampuan teknis sepak sila serta meningkatkan adaptasi terhadap situasi permainan nyata. Penelitian ini diharapkan menjadi acuan untuk mengevaluasi program latihan sebelumnya, dengan merekomendasikan penggunaan metode yang terprogram dan sesuai dengan karakteristik teknik dasar yang ingin ditingkatkan. Program latihan sederhana ini dapat diterapkan secara luas untuk meningkatkan keterampilan dasar pemain, khususnya dalam konteks pendidikan olahraga di tingkat sekolah.

Kata Kunci: latihan variasi berpasangan; sepak sila; sepak takraw

ABSTRACT

Pair variation training is designed to improve sepak takraw technical skills by involving dynamic interaction between players, which trains accuracy, coordination, and response to real game situations. This relationship suggests that a structured training approach can directly support the mastery of basic sepak takraw techniques more effectively and applicatively. This study aims to analyze the effect of pair variation training on basic sepak takraw skills in extracurricular students of State Junior High School (SMP) 3 Telaga. The study used a pre-experimental method with a "One Group Pretest and Posttest Design" design, involving 15

participants selected based on certain criteria, such as consistent training attendance and willingness to follow the entire research process. The results showed that pair variation training significantly improved basic sepak takraw skills. Improvements were seen in all participants, especially those who previously had low skill levels. This training has proven effective in developing sepak takraw technical skills and improving adaptation to real game situations. This study is expected to be a reference for evaluating previous training programs, by recommending the use of programmed methods that are in accordance with the characteristics of the basic techniques to be improved. This simple training program can be widely applied to improve the basic skills of players, especially in the context of sports education at the school level.

Keywords: *pair variation training; sepak sila; sepak takraw*

Introduction

Sepak takraw is a traditional sport that combines physical skills, agility, and coordination (Male et al., 2024; Massa et al., 2022). Originating from Southeast Asia, this sport is played using a rattan woven ball and requires players to hit the ball to the opponent's side without letting it fall to the ground, using body parts except the hands (Hadjarati & Haryanto, 2021). Sepak takraw has developed into an internationally recognized sport, with organized game rules and a strong appeal due to its dynamic and challenging nature.

There are several basic skills in sepak takraw that must be mastered by players to achieve the best performance (Syam, 2019). One of these skills is sepak sila, which is a technique of kicking the ball using the inside of the foot to control, pass, or attack (Zulkifli et al., 2024). Sepak sila requires not only accuracy but also reaction speed, balance, and muscle strength to avoid injury (Sardiman et al., 2022). Mastery of basic skills such as sepak takraw is an important foundation in sepak takraw, because it determines the effectiveness of teamwork and the ability to overcome opponent strategies.

Pair variation training is a training method that involves two people in one team to practice certain skills through various forms of movement variations (Rijalul Fikri, 2022; Saleh & Saleh, 2020). This method is designed to improve interaction, coordination, and understanding of strategies between players. In the context of sports, pair variation training provides an opportunity to hone technical skills while building communication and mutual trust, which are very important in team games such as sepak takraw.

Pair variation training for basic sepak takraw skills is designed to improve technical consistency and player responsiveness. Previous research on the theme of pair training in improving sepak takraw skills at Madrasah Tsanawiah resulted in findings that the application of the pair training method can improve sepak takraw learning outcomes and can foster students' joy and motivation in learning (Qadafi et al., 2023; Tanzila et al., 2023). Then the same research in this research theme but with a sample of Elementary School students and is a classroom action research states that this exercise can improve the quality of sepak sila learning and is able to foster joy and motivate students in learning (Sucipto et al., 2017). Finally, for High School

students, it also resulted in findings that paired passing exercises on takraw ball passing skills (Sukarman, 2018). Based on this exercise, players are invited to practice sepak sila through various passing patterns that vary, both in terms of direction, speed, and game situations. This not only improves basic techniques but also helps players to be more adaptive to real situations on the field, so that the skills trained become more relevant and applicable.

This research was conducted at State Junior High School (SMP) 3 Telaga because of the importance of developing basic sports skills from an early age. SMP as a secondary basic education level is an ideal phase to instill technical skills and sports values. In addition, SMP Negeri 3 Telaga has great potential in the field of sports, so this research is expected to make a significant contribution to improving the quality of sepak takraw coaching at the school.

Method

The method used is pre-experimental research. The research design used in this study is "One Group Pretest and Posttest Design", which is a research design that contains a pretest before being given treatment and a posttest after being given treatment. The population in this study were 28 students from Junior High School (SMP) Negeri 3 Telaga, consisting of 16 male and 12 female students. The sample used in this study was 15 participants, the sampling technique used purposive sampling with the requirements of male and female gender, a minimum attendance list of 75% (activeness in following training during treatment) and willingness to follow the treatment until the end.

The data collection technique in this study used tests and measurements. The researcher provided information and instructions for implementing the test to be carried out. The researcher conveyed that the basic sepak takraw skills test was carried out for 1 minute with 3 opportunities to do a swing using the inside of the foot where each received the server ball 10 times to the respondents who were the subjects in the study. This test and measurement were carried out before and after being given a training program or treatment for 16 meetings.

The instrument used in this study was used to collect data in the study for the soccer skills test by Husni Thamrin (Thamrin, 2006), The instrument can be seen below:

Table 1. Basic Sepak Sila Technique Assessment Instrument

No	Assessment Component	Assessment Criteria			
		1	2	3	4
Initial Position					
1.	Body standing straight				
2.	Both arms are beside the thighs				
3.	Both feet are open shoulder-width apart				
4.	Look towards the ball				
5.	Body relaxed				
Execution Position					
6.	The kicking leg is moved to fold as high as the knee of the supporting leg				

No	Assessment Component	Assessment Criteria			
		1	2	3	4
7.	The ball is hit or touches the inside of the kicking foot at the bottom of the ball				
8.	The supporting leg is slightly bent, the body is bent slightly and the eyes look towards the ball				
9.	Both hands are opened and bent at the elbows to maintain balance				
10.	The ankle-footed foot when kicking is tensed or tightened, then				
11.	After kicking both feet are in a ready position				
12.	Both hands remain open and bent at the elbows to maintain balance				
13.	The body returns to being straight				
14.	Look up at the direction of the ball				
15.	The body is relaxed Return to position				

Analysis of data collection in this study used the t-test (hypothesis test) which will include descriptive analysis, normality test, and homogeneity. As for the descriptive analysis test, it will be categorized with 5 (five) categorization norms according to Azwar (Azwar, 2010) as follows:

Table 2. Categorization Norms

No	Interval Score	Category
1	$X \geq M + 1,5 SD$	Very High
2	$M + 0,5 SD \leq X < M + 1,5 SD$	High
3	$M - 0,5 SD \leq X < M + 0,5 SD$	Moderate
4	$M - 1,5 SD \leq X < M - 0,5 SD$	Less
5	$X < M - 1,5 SD$	Very Less

Keterangan :
X = Total respondent answers M = Mean (average)
SD = Standard deviation

Results

The results of the study on the effect of paired variation training on the basic skills of sepak takraw extracurricular participants at State Junior High School (SMP) 3 Telaga.

The results of the research data analysis can be described in the following table:

Table 3. Description of Basic Football Skills Pretest

Statistic	Pretest	Posttest
Mean	27,8000	32,0667
Median	25,0000	30,0000
Mode	23,00	23,00 ^a
Std. Deviation	10,00857	9,57278

Minimum	17,00	23,00
Maximum	55,00	57,00

Based on the data, it can be described that the basic skills of football in the pretest are 27.80 on average, 25 on average, 23 on frequently occurring values, 10.01 on standard deviation, 55 on highest score, and 17 on lowest score. Posttest is 32.07 on average, 30 on average, 23 on frequently occurring values, 9.57 on standard deviation, 57 on highest score, and 23 on lowest score. Based on the test results, it can be described in the following table:

Table 4. Basic Skills Categories of Soccer

<i>Pretest</i>				
No	Interval	Frequency	Percentage (%)	Category
1	$42,81 < X$	1	6,67	Very High
2	$32,80 < X \leq 42,81$	2	13,33	High
3	$22,80 < X \leq 32,80$	8	53,33	Moderate
4	$12,79 < X \leq 22,80$	4	26,67	Less
5	$X \leq 12,79$	0	0,00	Very Less
Jumlah		15	100	
<i>Posttest</i>				
No	Interval	Frequency	Percentage (%)	Category
1	$46,43 < X$	1	6,67	Very High
2	$36,85 < X \leq 46,43$	4	26,66	High
3	$27,28 < X \leq 36,85$	3	20,00	Moderate
4	$17,71 < X \leq 27,28$	7	46,67	Less
5	$X \leq 17,71$	0	0,00	Very Less
Jumlah		15	100	

The pretest is in the medium category with the consideration that the highest frequency is in the medium category of 8 people or 53.33%. The basic skills of soccer in the very high category are 1 person or 6.67%, high are 2 people or 13.33%, medium are 8 people or 53.33%, low are 4 people or 26.67% and very low are 0 people or 0.00%. The posttest is in the low category with the consideration that the highest frequency is in the low category of 7 people or 46.67%. The basic skills of soccer in the very high category are 1 person or 6.67%, high are 4 people or 26.66%, medium are 3 people or 20.00%, low are 7 people or 46.67% and very low are 0 people or 0.00%.

Normality test to determine whether the sample data comes from a normally distributed population or not. Good and suitable data used in this study is data that is normally distributed, in this study the researcher used a normality test with the Kolmogorov-Smirnov test. The following are the results of the Kolmogorov-Smirnov test which can be seen as follows:

Table 5. Normality Test

Variable	Significance	Description
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Sepak Sila Pretest	0,115	Normal
Sepak Sila Posttest	0,200	Normal

Based on the table results, it shows that all variables have a significance value > 0.05 , it is stated that all variables are normally distributed. The results of the homogeneity test can be seen as follows:

Table 6. Homogeneity Test

Variable	Significance	Description
Sepak Sila	0,943	Homogeneous

Based on the table results, it shows that all variables have a significance value > 0.05 , it is stated that all variants are the same or different (homogeneous). The technique to determine the effect of paired variation training on the basic sepak sila skills of sepak takraw extracurricular participants at SMP Negeri 3 Telaga is a t-test. The results are as follows:

Table 7. T-test

Variable	t _{count}	t _{table}	Sig	Mean different	Description
Sepak Sila	7,794	2,14	0,000	4,27	Significant

Based on the results in the table, the results of the t-test on basic sepak sila skills are that the t count is $7.794 > t$ table 2.14 and the significance is $0.000 < 0.05$, so there is a significant influence between paired variation training on the basic sepak sila skills of sepak takraw extracurricular participants at SMP Negeri 3 Telaga. Based on the mean different value of 4.27, there is a difference of 13.74% higher after paired variation training compared to before training.

Discussion

This article explores the importance of pair variation training in improving sepak sila skills, a fundamental technique in sepak takraw. Sepak sila is a skill that requires high coordination, accuracy, and balance, making it a key element in ensuring the effectiveness of team strategy in the game. Therefore, mastering this technique not only supports individual performance but also overall teamwork.

Pair variation training, as explained, is designed to simulate various real situations that may occur on the field. This method involves the interaction of two players in practicing passing, ball control, and response to different directions and speeds of the ball. In fact, this training can make a 57.8% increase in ball passing control (Sukarman, 2018). This approach not only helps players hone their technical skills but also increases adaptability to the dynamics of the game that are often unpredictable. Intense interaction in pairs trains trust, communication, and understanding of tactics, elements that are very important in team sports.

Referring to the context of sports education at the secondary school level, this method

provides added value. In addition to fostering technical skills from an early age, this training also introduces students to important values in sports, such as teamwork, discipline, and responsibility (Rijalul Fikri, 2022). Providing a fun and challenging training experience, students not only learn skills but also enjoy the learning process. This contributes to the development of students' intrinsic motivation in sports.

Through this approach, the basic soccer skills that are trained become more relevant and applicable. This technique is designed so that students can integrate their skills in real match situations. For example, through variations in passing patterns, players are trained to respond to unexpected ball directions, maintain ball control, and maintain body balance. The advantage of this method lies in its ability to create a training environment that resembles real conditions on the field, so that the training results are more measurable and have a significant impact.

Furthermore, this training has potential long-term impacts on students, both in the development of sports skills and their social aspects. Through paired training, students learn to build good interpersonal relationships, such as mutual trust and support. In the long term, this can improve their ability to work in a team, which is one of the essential skills in everyday life as well as in the context of professional sports.

Overall, this article shows that paired variation training is a training strategy that not only focuses on improving technical skills, but also develops other aspects that are essential in team sports. Through this holistic approach, the method can be an important reference for coaches to create comprehensive and impactful training programs.

Conclusion

The conclusion of this study shows that paired variation training has a significant effect on improving basic sepak takraw skills in extracurricular sepak takraw students. This training is not only effective in improving basic techniques but also helps students develop adaptation to real game situations and improve teamwork. As a suggestion, the designed training program needs to pay more attention to the specific needs of players while still integrating training variations to maintain motivation and engagement. The implications of this study indicate that a simple but structured training method can be a practical solution to improve students' technical abilities at the elementary education level. Coaches are expected to utilize these findings to develop more effective and evidence-based training strategies to produce athletes who are not only technically competent but also ready to compete in various match situations.

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