EVALUATION OF VOLLEYBALL SKILLS AMONG FEMALE STUDENTS OF STATE SENIOR HIGH SCHOOL 1 RIKIT GAIB, GAYO LUES DISTRICT

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ABSTRACT

Based on the observations the researchers made in January 2023 at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency, the researchers found several conditions related to volleyball extracurricular activities at the school. The women's volleyball team for SMA Negeri 1 Rikit Gaib in recent years has been one of the top teams in the championships held by the Regional Government of Gayo Lues Regency where this team has always been the team that enters the semifinals. However, for the past two years, especially after theCovid-19 pandemic, the women's volleyball team at SMA Negeri 1 Rikit Gaib has always had to admit defeat to the opposing team in the preliminaries and was knocked out of the game. This study aims to find out how the ability to play volleyball for female students at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency. The population in this study were all female students at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency, participating in volleyball extracurricular activities in 2023, totaling 15 people. The sample in this study was 15 students from SMA Negeri 1 Rikit Gaib, Gayo Lues Regency in 2023, which were taken using a total sampling approach. The data in this study were collected by means of tests and measurements of the basic skills of playing volleyball. The data analysis technique used was carried out using simple statistical analysis

techniques using the average and percentage approaches. The results of the study found that: 1) the average ability to serve volleyball in SMA Negeri 1 Rikit Gaib was in the good category with an average score of 25.4, 2) the average passing ability in volleyball at SMA Negeri 1 Rikit occult is in theless category with an average value of lower passing ability of 23, 3) the average passing ability of volleyball in SMA Negeri 1 Rikit occult is in thevery poor category with an average value of upper passing ability of 13, and

4) the average ability to smash volleyball at SMA Negeri 1 Rikit Gaib is in theless category with an average score of upper passing ability of 25.

Keywords: *evaluation, abilities, volleyball.*

INTRODUCTION

Sports are activities pursued with various objectives. In the contemporary era, the presence of sports has significantly increased alongside advancements in science and technology. Sports involve systematic and regular physical activities aimed at achieving specific goals, as noted by Bompa (1999:21), who defines sports as "systematic and regular physical activities with a specific purpose."

The development of sports has become a societal necessity, offering a wide array of options for individuals to commit to. This is because engaging in sports contributes to overall health. Modern sports also serve as a connecting link between nations, supported by the widespread dissemination of sports-related information through social media and technology. In societal, national, and global contexts, sports have become an essential aspect of life for people of all ages, from children to adults and even the elderly.

As Giri Wiarto (2015:3) states, "Today, sports have become a renowned and complex cultural phenomenon with both positive and negative consequences for individuals and society. This is in line with social conditions, including economic and educational aspects, both nationally and internationally. Sports involve various segments of society, and it has been recognized in various social phenomena studies."

The quoted passage explains that sports have significant impacts on education, economics, and the social fabric of society across different segments, particularly among the youth who represent the future of the nation. Sports are not confined to specific locations; they can be practiced anywhere. Sports are not just about maintaining physical freshness and fitness; they can also be pursued as a profession for livelihood. Physical education is not limited to schools with time and resources constraints; it can be conducted outside schools with more optimal time and resources, such as playing volleyball and soccer in the late afternoon with the local community.

Sports play a crucial role in maintaining the health of the body and its organs. Therefore, raising awareness and cultivating interest among the public to engage in sports are essential. People must understand that a strong spirit resides in a healthy body. As a result, sports knowledge continually evolves and needs to be developed further to make society aware of the importance of knowledge and skills in sports. This will contribute to the well-being of society in various sectors and environments, both physically and mentally, ultimately building a strong nation.

Based on the above excerpt, it can be understood that the purpose of sports is to enhance the quality and dignity of the nation. To elevate the nation's status, sports must be supported by coaching and development. Indonesia has embraced and developed various sports in the midst of its society, including games, martial arts, and recreational sports. All these sports share the common goal of improving health, shaping character, and fostering positive mental and social attitudes.

Volleyball is one of the team sports that uses a large ball and requires players to have good mastery of fundamental techniques to win the game. According to Machfud Irsyada (2000:13), "Volleyball is a team sport that demands players to master the basic techniques to play well." This emphasizes the need for athletes to possess good skills in volleyball to produce winning patterns.

As explained above, becoming a champion and excelling in volleyball requires athletes to have good mastery of fundamental playing skills. Adi Gunawan (2005:106) describes "skill" as an individual's capability or expertise in performing specific tasks or duties. Basic skills such as serving, passing, blocking, and smashing are essential for a volleyball

player to demonstrate good gameplay and win matches. Therefore, volleyball activities require a solid foundation in fundamental skills to achieve goals optimally through dedicated coaching.

Coaching for high-performance volleyball cannot be accomplished without effective coaching patterns. To achieve excellence and ensure success in volleyball coaching, continuous and effective evaluation is crucial. As stated by Sulistiyani (2009:21), "Evaluation is a process conducted to determine policies by first considering the positive values and benefits of a program, and conducting research." Without proper and continuous evaluation in volleyball, coaches cannot identify developments in athletes' physical abilities, technical skills, tactical understanding, and mental strength.

The extracurricular volleyball program at SMA Negeri 1 Rikit Gaib in Gayo Lues Regency serves as a platform for nurturing the interests and talents of male and female students in volleyball. The extracurricular volleyball program is conducted regularly twice a week and is supervised by Coach Suhaimi, S.Pd, who is also a sports teacher at the school. The female volleyball team from SMA Negeri 1 Rikit Gaib in Gayo Lues Regency has participated in several championships organized by the Local Government of Gayo Lues Regency.

Based on observations conducted in January 2023 at SMA Negeri 1 Rikit Gaib in Gayo Lues Regency, the researcher identified several conditions related to the school's extracurricular volleyball activities. The female volleyball team from SMA Negeri 1 Rikit Gaib has been one of the top teams in championships organized by the Local Government of Gayo Lues Regency in recent years, consistently reaching the semifinals. However, in the last two years, especially after the COVID-19 pandemic, the female volleyball team from SMA Negeri 1 Rikit Gaib has consistently faced defeat in the preliminary rounds and has been eliminated from the competition. From the researcher's perspective, the mastery of fundamental volleyball techniques, such as serving, passing, blocking, and smashing, appears to be suboptimal.

Given these considerations, the researcher was motivated to conduct an in-depth study to assess the fundamental volleyball skills among female students at SMA Negeri 1 Rikit Gaib in Gayo Lues Regency with the title: "Evaluation of Volleyball Skills among Female Students at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency."

METHODS

3.1 Research Approach

This research employs a descriptive research design. According to Arikunto (2014:3), "descriptive research is research that portrays or describes something, such as a condition, situation, event, activity, etc." The approach used in this research is quantitative. Quantitative research, as stated by Sugiyono (2011:8), is a "research method based on positivism philosophy, used to examine a specific population or sample, data collection uses research instruments, data analysis is quantitative/statistical, with the aim of testing predetermined hypotheses." The approach undertaken through this research includes direct observation processes conducted using tests and measurements of volleyball playing ability, analyzed based on existing normative instruments.

3.2 Population and Sample

According to Sugiyono (2016:80), the population is a generalization area consisting of objects/subjects with specific qualities and characteristics set by the researcher for study and subsequent conclusions. Furthermore, according to Ridwan in Buchari Alma (2015:10), the population is the entirety of characteristics or units resulting from measurements that become the object of research. Based on the above explanations, it can be concluded that the population in this research is all female students of SMA Negeri 1 Rikit Gaib in Gayo Lues Regency who participated in the extracurricular volleyball activity in 2023, totaling 15 people.

The sample is a portion of the population used as a source of research data. In this study, the sampling technique used is total sampling, where the entire population is taken as the research sample. Thus, the sample in this study consists of 15 female students of SMA Negeri 1 Rikit Gaib in Gayo Lues Regency in 2023.

3.4 Data Collection Techniques

Data in this research are collected through tests and measurements of basic volleyball playing abilities using the following tests and measurements:

1.   Service Test

- Equipment**:** Volleyball court, Volleyball, Whistle, Net, Meter, Chalk, Form, and writing tools.

- Testers**:** Two testers, including one supervisor observing and overseeing the ball's landing on the target area and one recorder noting the results achieved by the athlete.

- **Test Execution:** Athletes are called one by one according to a prepared list. Each athlete performs the service according to the applicable rules (PBVSI). Each athlete performs 10 services, with the net height Pa: 2.43 m and Pi: 2.24 m.

2. Passing Under Test

- **Equipment:** Volleyball, Whistle, Boundary tape, Wall.
- **Testers:** Two testers, with one supervisor observing and overseeing the ball's landing on the target area and one recorder noting the results achieved by the athlete.
- **Test Execution:** The participant stands behind the boundary line marked with adhesive tape, waiting for the signal from the examiner. Upon the examiner's signal, the participant must promptly perform a passing under to the repetition wall. Each service is scored based on the area where the ball lands. If the ball lands on the line, it is scored according to the nearest line (higher points). The final score is the total points obtained in 10 repetitions of the service.

3. Passing Above Test

- **Equipment:** 10 Volleyballs, Whistle, Net, Chalk, and scoring sheets.
- **Testers:** Two testers, including one supervisor observing and overseeing the ball's landing on the target area and one recorder noting the results achieved by the athlete.
- **Test Execution:** The participant stands in the middle of the X-marked area with specified dimensions. The participant receives a high ball from the thrower (marked T), which is then continued by the participant with a passing above, passing through the net, and landing in the target area. The net height is 10 feet for men and 9 feet for women.
- **Scoring:** The test is conducted 10 times for both right and left sides. Each successful entry is worth one point, and the score is not counted if the ball touches the net or does not pass through the net and falls outside the target area.

4. Smash Test

- **Equipment:** 10 Volleyballs, Whistle, Net, Chalk, and scoring sheets.
- **Testers:** Two testers, including one supervisor observing and overseeing the ball's landing on the target area and one recorder noting the results achieved by the athlete.
- **Test Execution:** The participant is positioned in

position 4 with a ready posture to perform a smash, which will be set by the setter. The ball is set by passing above with a normal smash set. If the ball is not smashed after three consecutive sets, it is considered a failure or a score of 0 for that instance.

- Scoring**:** The final test score for each player is the total score obtained in 10 smash attempts.

Table measurement test.

No	Classification	Score			
		Service	Passing upper	Passing under	Smash
1	Excellent	< 26	< 17	< 28	< 32
2	Very Good	24 – 25.9	16 – 16.9	26 – 27.9	29 – 31.9
3	Good	22 – 23.9	15 – 15.9	24 – 25.9	27 – 28.9
4	Bad	20 – 21.9	14 – 14.9	22 – 23.9	25 – 26.9
5	Very Bad	20 >	14 >	22 >	25 >

3.4 Data Analysis Techniques

Data analysis is the process of elaborating on the collected data using research instruments, transforming it into more systematic data by organizing it into categories, identifying patterns, selecting what is important and will be studied, and drawing conclusions.
To determine the level of volleyball playing ability among female students at SMA Negeri 1 Rikit Gaib, a simple statistical formula is used as follows:

1. Frequency Distribution Analysis To determine the frequency distribution values in this research, the author employs the statistical approach proposed by Sudjana (2001:67) as follows:

$$P = \frac{F}{N} \times 100\%$$

Note:
P   = Percentage
F   = Frquency
N   = Total sample
1)Interval Range Analysis (Classes) Next, to obtain the value of the interval class, the Sturges formula is used as follows:

$$K = 1 + 3,3 \log n$$

Explanation:
- K represents the number of interval classes.

- n represents the total number of data.
- log refers to logarithm

RESULTS AND DISCUSSION

Based on the data collection conducted with the aim of finding answers to the issues in this research, the raw data from the measurement test results of volleyball playing ability conducted on female students of SMA Negeri 1 Rikit Gaib are as follows:

No	Name	TestService (Point)	Category
1	Ulan Dari	23	Good
2	Siti Aminah	32	Very Good
3	Karmila	19	Very Bad
4	Siti Mauliza	29	Excellent
5	Juraida	31	Excellent
6	Maysun Fadila	28	Excellent
7	Adlina Sabila	24	Very Good
8	Sartika	20	Bad
9	Jumiari Afriani	20	
10	Kartika Riski	24	Very Good
11	Jahra Yani	18	Very Bad
12	Sasmita Putri	28	Excellent
13	Nurma	23	Good
14	Yahma Yanti	32	Excellent
15	Aulina Salsabila	30	Excellent
	Total	381	
	Average	**25.4**	**Good**

Table of Test Measurement Results for the ability of female students in serving the volleyball at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency.

Source: Researcher's primary data.

Based on the data tabulation above, the description of the average value of volleyball serving ability among female students of SMA Negeri 1 Rikit Gaib falls into the "good" category, with an average score of 25.4.

Table of Test Measurement Results for the ability of female students in performing underhand passing at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency.

No	Name	Passing Bawah (Poin)	Category
1	Ulan Dari	20	Very Bad
2	Siti Aminah	22	Bad
3	Karmila	19	Very Bad
4	Siti Mauliza	25	Cukup
5	Juraida	23	Bad
6	Maysun Fadila	26	Good
7	Adlina Sabila	22	Bad
8	Sartika	22	Bad
9	Jumiari Afriani	21	Very Bad
10	Kartika Riski	21	Very Bad
11	Jahra Yani	23	Bad
12	Sasmita Putri	30	Excellent
13	Nurma	25	Good
14	Yahma Yanti	23	Bad
15	Aulina Salsabila	19	Very Bad
	Total	341	
	Average	**23**	**Bad**

Source: Researcher's primary data.

Based on the data tabulation above, the description of the average value of underhand passing ability in volleyball among female students of SMA Negeri 1 Rikit Gaib falls into the "poor" category, with an average passing ability score of 23.

Table of Test Measurement Results for the ability of female students in performing overhead passing at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency.

No	Name	Passing Atas (Poin)	Category
1	Ulan Dari	11	Very Bad
2	Siti Aminah	11	Very Bad
3	Karmila	10	Very Bad
4	Siti Mauliza	9	Very Bad
5	Juraida	12	Very Bad
6	Maysun Fadila	16	Very Good
7	Adlina Sabila	15	Very Good
8	Sartika	11	Very Bad
9	Jumiari Afriani	15	Very Good
10	Kartika Riski	15	Very Good
11	Jahra Yani	15	Very Good

12	Sasmita Putri	15	Very Good
13	Nurma	15	Very Good
14	Yahma Yanti	15	Very Good
15	Aulina Salsabila	12	Very Bad
	Jumlah	197	
	Average	**13**	Very Bad

Source: Researcher's primary data.

Based on the data tabulation above, the description of the average value of overhead passing ability in volleyball among female students of SMA Negeri 1 Rikit Gaib falls into the "very poor" category, with an average overhead passing ability score of 13.

Table of Test Measurement Results for the ability of female students in performing smashing at SMA Negeri 1 Rikit Gaib, Gayo Lues Regency.

No	Name	*Smash* (Poin)	Category
1	Ulan Dari	27	Good
2	Siti Aminah	26	Good
3	Karmila	27	Good
4	Siti Mauliza	20	Very Bad
5	Juraida	25	Bad
6	Maysun Fadila	25	Bad
7	Adlina Sabila	26	Bad
8	Sartika	23	Very Bad
9	Jumiari Afriani	23	Very Bad
10	Kartika Riski	23	Very Bad
11	Jahra Yani	25	Bad
12	Sasmita Putri	25	Bad
13	Nurma	25	Bad
14	Yahma Yanti	26	Bad
15	Aulina Salsabila	28	Good
	Jumlah	374	
	Average	**25**	Bad

Source: Researcher's primary data.

Overview of Smash Volleyball Skills at SMA Negeri 1 Rikit Gaib:
Based on the tabulated data above, the average score for the volleyball smashing ability of female students at SMA Negeri 1 Rikit Gaib falls into the "poor" category, with an average score of 25.

Findings from Data Collection and Analysis:

In the conducted research, addressing the volleyball playing ability of female students at SMA Negeri 1 Rikit Gaib in Gayo Lues Regency, the following research findings have been identified:

1. The average volleyball service ability of female students at SMA Negeri 1 Rikit Gaib is categorized as "good," with an average score of 25.4.
2. The average underhand passing ability (passing bawah) of female students at SMA Negeri 1 Rikit Gaib is categorized as "poor," with an average score of 23.
3. The average overhead passing ability (passing atas) of female students at SMA Negeri 1 Rikit Gaib is categorized as "very poor," with an average score of 13.
4. The average smashing ability of female students at SMA Negeri 1 Rikit Gaib is categorized as "poor," with an average score of 25.

Based on the provided data, it is evident that the overall volleyball playing ability of female students at SMA Negeri 1 Rikit Gaib is generally below the expected level. This observation is reflected in all four fundamental components, which are assessed as either "poor" or "very poor," except for the service component, which is rated as "good." The extracurricular activity of volleyball is expected to develop good volleyball playing abilities among students, as emphasized by Ahmadi (2007).

The data indicates that the service ability of female students in the volleyball extracurricular activity at SMA Negeri 1 Rikit Gaib is rated as "good." This is attributed to the well-trained individual skills, particularly in mastering the fundamental techniques of service in volleyball. Service is recognized as a crucial basic skill that every volleyball player must possess.

Unlike the service ability, the findings for other fundamental skills in volleyball, namely passing (both underhand and overhead), are rated as "poor." This suggests that the mastery of passing skills among female students in the volleyball extracurricular activity is still lacking. Passing is acknowledged as a vital skill in volleyball gameplay, as expressed by Niluh (2018).

The insufficient training and lack of proper coordination in the individual skills of the students are considered contributing factors to the below-par performance in fundamental volleyball skills. Good coordination is essential for effective execution of basic volleyball skills. Additionally, well-developed individual skills play a crucial role in mastering the fundamental techniques of playing volleyball.

Similarly, the mastery of smashing skills among female students at SMA Negeri 1 Rikit Gaib is also rated as "poor." Smash is recognized as a key skill in volleyball, utilized to score points through powerful attacks.

Achieving success in smashing requires high reach and jumping ability.

Conclusion:

In conclusion, based on the data collection and analysis, the following conclusions can be drawn:

1. The volleyball service ability of female students at SMA Negeri 1 Rikit Gaib is categorized as "good," with an average score of 25.4.
2. The underhand passing ability (passing bawah) is categorized as "poor," with an average score of 23.
3. The overhead passing ability (passing atas) is categorized as "very poor," with an average score of 13.
4. The smashing ability is categorized as "poor," with an average score of 25.

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