

Table Tennis Footwork Skill Level of PJKR Students STKIP Darussalam Cilacap

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Abstract

The problem in this research is the low achievement of PJKR STKIP Darussalam Cilacap students which is possibly caused by low footwork abilities. The aim of this research is to determine the footwork abilities of PJKR STKIP Darussalam Cilacap students. This type of research is descriptive where the researcher only wants to see the actual situation in the field regarding students' footwork abilities. PJKR STKIP Darussalam Cilacap. The population in this study was 34 PJKR STKIP Darussalam Cilacap students. The sampling technique used proportional random sampling, so the total sample was 11 people. To get data about the footwork of PJKR STKIP Darussalam Cilacap students, the test instrument is the table tennis footwork test. The analysis technique used is appropriate to the type of research, namely by using percentage calculations. Based on measurements and analysis, the following research results were obtained: The footwork ability of PJKR STKIP Darussalam Cilacap students is in the medium category with a percentage of 36.36%.

Keywords: *footwork, table tennis, students*

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INTRODUCTION

Basically playing table tennis is the ability to apply various technical, physical and psychological abilities and skills in a game of table tennis (Utama, 2011). In line with the opinion expressed by the expert above that table tennis can be influenced by several factors including physical conditions, techniques, facilities and infrastructure, coaches, motivation and experience. Based on the description above, the author is interested in conducting research related to the problem mentioned above. From this research, the author hopes to help provide a solution to the footwork problems experienced by PJKR STKIP Darussalam Cilacap students.

The term footwork is often heard in several sports. Footwork ability has an important role in playing table tennis because the speed of the ball is very fast and requires fast and precise footwork. The term footwork is often heard in several sports. Footwork ability has an important role in playing table tennis because the speed of the ball is very fast and requires fast and precise footwork.

The game of table tennis is not just a matter of the hands, from technical developments it can be understood that to reach the maximum position it must be supported by an increasingly perfect footwork system, so that efforts are made to seize the opportunity to attack. According to (Amalia, 2018) the basic techniques of table tennis playing skills include: (1) Grip, (2) Attitude or playing position (stance), (3) types of strokes, (4) foot work (footwork). In the game of table tennis, coordination skills play an important role in learning for beginner table tennis players so that they can hit the ball accurately with the right foot movements.

According to (Kertamanah, 2003) footwork is the ability to move one's feet to hit and launch one's skill technique to the maximum possible limit or launch a circular punch, in the correct position to achieve a punch with the right timing. According to (Hodges et al., 2007) revealed that there are three basics of footwork, namely body weight remaining on the front of the foot, preparing to jump, and always moving left and right after the opponent returns the punch but not moving to the right and to the left before the punch is released. So basically a player moves to position himself so that he can anticipate the ball coming from the opponent. The speed of the ball coming from the opponent means that table tennis players must be able to master footwork skills.

According to (Bintang, 2021), "Footwork in table tennis can generally be differentiated for singles or doubles". The footwork in table tennis is known as steps one, two, three, and more than three. The steps are adjusted to the point of the incoming ball, according to the distance/position the player is standing. In the doubles game, footwork is found in the form of letters, such as the letters T, O, V, A, N. However, basically the footwork comes from left and right side steps, and front and back steps, left and right oblique, and in the form of a circle. One player and another take turns receiving the ball if not, then points to the opponent. Cooperation is needed between pairs in the team to avoid miscommunication and to avoid colliding when receiving the ball. So, in the game of table tennis, there are various forms or patterns of steps. The player's task is to maintain balance so that they can control and control their body, wherever the ball comes, so they can return the ball perfectly towards the opponent (Yulianto & Hendrayana, n.d.).

According to (Kertamanah, 2003), there are several factors that influence footwork speed. These factors include:

1. Good positional preparedness, this is beneficial for the speed of movement of the feet including the speed of returning to the original position after the first blow.
2. Excellent anticipation and reaction are the main assets in creating fast and precise footwork.
3. The amount of force or force with which both feet hit the floor greatly influences the speed of body movement.

4. When the body's center of gravity changes, the flexibility of the waist has important benefits. proper footwork. Economically, you will reach your position, then launch the desired blow.

This must be an evaluation for every table tennis player, so that they can do footwork correctly. So that wherever the ball comes can be anticipated and produce points for the player. What needs to be realized is that the skills to be able to control movements are not usually mastered in a relatively short time (Santoso, 2015). Apart from continuing to practice every day, there is no other way to improve it. Thus, it is necessary to continuously review the techniques for managing foot movements correctly and sequentially. For the sake of brilliant technical progress. Correct, regular, measurable and serious exercise is a very important factor in an exercise program (Yulianto et al., 2023).

METHOD

This research is descriptive research by observing footwork abilities PJKR STKIP Darussalam Cilacap student.

Research subject

According to (Sugiyono, 2013), "Population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are determined by researchers to study and then draw conclusions." The population in this study was 34 PJKR STKIP Darussalam Cilacap students. According to (Sugiyono, 2013), the sample is part of the number and characteristics of the population. The sampling technique used proportional random sampling, so the total sample was 11 people.

Research Instrument

To obtain data about the footwork of PJKR STKIP Darussalam Cilacap students, the test instrument is footwork performance which is measured using steps in the 8 cardinal directions, from (Sari, 2019) with test reliability of 0.982 and validity of 0.961.

The tools/equipment needed are:

1. Stopwatch
2. Forms and stationery
3. Chalk
4. Meter
5. Stakes 8 pieces
6. Table for playing table tennis

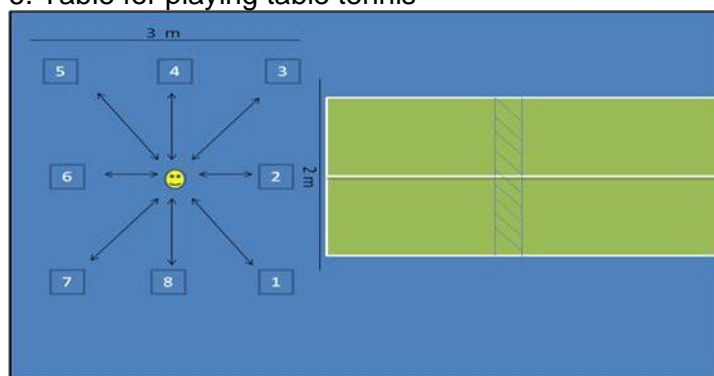


Figure 1. Agility test form for table tennis athletes

Implementation:

1. The table is spread as shown in the picture
2. On the floor behind the table, a line is drawn to form a box 3 meters wide and 2 meters long

3. Then in the middle of the box that was created earlier, a dot is marked to indicate the testee's initial position.
4. The stakes are arranged as shown in the picture
5. The testee stands facing the table in a predetermined position, namely at the point in the middle of the box
6. After the signal "yes" the stopwatch is immediately turned on and the testee starts running towards the first peg then returns to the starting position (in the middle) then continues to the second peg and so on until the last peg as in the picture above, and the Testee will run accordingly in the specified direction, run to the first stake, return to the starting position, then run to the 2nd stake and so on. This is done as quickly as possible for 30 seconds.
7. Assessment: if the testee reaches the first peg, it means he has got a count of 1, he returns to the middle position and goes to the second peg, a count of 2, and so on. If the testee's foot does not reach the peg then it is not counted. This is done continuously for 30 seconds. At the end of the implementation, the scores achieved by the testee are then matched to the agility assessment list.

RESULTS AND DISCUSSION

In this section, we will present a description of table tennis footwork data which is the result of measurements given to PJKR STKIP Darussalam Cilacap students using a footwork test with 8 cardinal points.

From the results of footwork measurements carried out on a sample of PJKR STKIP Darussalam Cilacap students, the highest score was 22, the lowest score was 16. Based on footwork ability, the calculated average value (mean) was 18.91, the median value was 19, and the standard deviation (standard deviation) of 2.12. For more details on the distribution of footwork data, you can see the table below.

Table 1. Footwork Ability Measurement Results

Clarification	Interval class	a	Fr (%)
Very well	>22.09		0.00
Good	19.97 - 22.08		36.36
Currently	17.85 - 19.96		36.36
Not enough	15.73 - 17.84		27.27
Very less	< 15.72		0.00
	amount	1	100

Based on the frequency table above from 11 students, it turns out that no students (0%) have Footwork with interval classes ranging from > 22.09 with the excellent category, then 4 students (36.36%) have Footwork with interval classes ranging from 19.97 - 22.08 in the good category, then as many as 4 students (36.36%) had Footwork with interval classes ranging from 17.85 - 19.96 in the moderate category, while as many as 3 students (27.27%) had Footwork with interval classes ranging from 15.73 - 17.84 in the poor category and as many as 0 students (0%) had Footwork with interval classes ranging from <15.72 to the very poor category. The measurement results are then presented in a bar chart as follows:

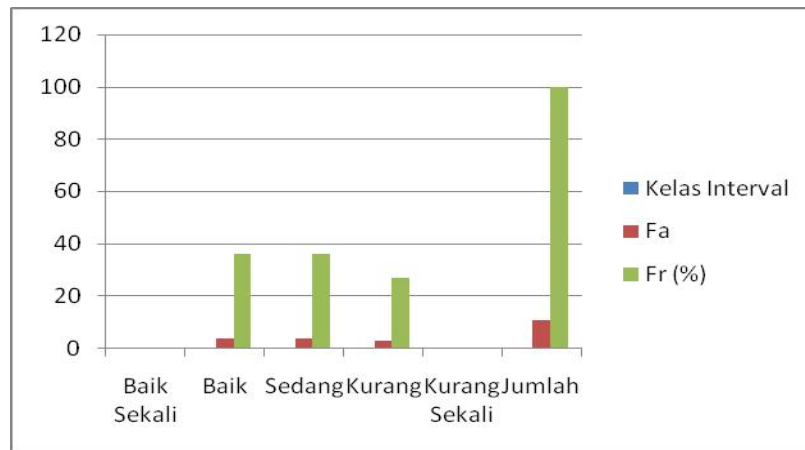


Figure 1. Footwork Ability Measurement Results

DISCUSSION

Based on the research results described above, it can be seen that PJKR STKIP Darussalam Cilacap students have footwork abilities in the very poor category with a percentage of 0%, in the poor category with a percentage of 27.27%, in the medium category with a percentage of 36.36%, in the good with a percentage of 36.36%, in the very good category with a percentage of 0%. Seeing the results of these findings, of course this needs to receive serious attention in order to achieve achievement. From the footwork ability in this research, it has value and a role in obtaining the best results in table tennis performance. According to (Kertamanah, 2003), there are several factors that influence footwork speed. These factors include:

1. Good positional preparedness, this is beneficial for the speed of foot movement, including the speed of returning to the original position after the first blow.
2. Excellent anticipation and reaction are the main assets in creating fast and precise footwork.
3. The amount of force or force with which both feet hit the floor greatly influences the speed of body movement.
4. When the body's center of gravity changes, the flexibility of the waist has important benefits. proper footwork. Economically, you will reach your position, then launch the desired blow.

So basically a player moves to position himself so that he can anticipate the ball coming from the opponent. If this footwork ability is still in the low category, it is feared that the player will have difficulty playing table tennis, because it requires flexibility in movement with every ball that comes from the opponent. Footwork has an important role in table tennis because table tennis is played on a small court and the game is relatively fast so footwork can determine success in attacking and defending. A player's decision making in moving the body is determined by the focus of the footwork which can move from one point to another in a short time, making it easier to return the ball from an opponent who cannot determine where it fell.

CONCLUSION

Based on the explanation in the previous chapter, it can be concluded in this research as follows: PJKR STKIP Darussalam Cilacap students have footwork abilities in the medium category.

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