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Analysis of Smash Shot Accuracy in Badminton Extracurricular Participants at Junior High School 3 Batumandi Balangan Regency South Kalimantan

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Abstract

This study aims to analyze the accuracy level of smash shots in badminton extracurricular participants at Junior High School 3 Batumandi, Balangan Regency. This research used a descriptive quantitative method with a population and sample of 15 participants (total sampling). Data were collected using a smash accuracy test, where each participant performed 20 smash attempts evaluated based on the landing position of the shuttlecock using a scoring system ranging from 0 to 5 points. The results showed that 1 participant (6.7%) was in the very good category, 2 participants (13.3%) in the good category, 3 participants (20%) in the fair category, 8 participants (53.3%) in the poor category, and 1 participant (6.7%) in the very poor category. The conclusion of the study is that the accuracy level of smash shots among badminton extracurricular participants at Junior High School 3 Batumandi is categorized as poor. This is mainly because most participants performed smashes from an unprepared position and did not execute preliminary footwork steps.

How to Cite

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INTRODUCTION

Physical education is an essential means of holistically developing participants' potential, encompassing mental, intellectual, and spiritual aspects, while also shaping scientific and systematic thinking in accordance with 21st-century demands (Sadzali, 2023). One of the key components of physical education is physical fitness, which enables individuals to carry out daily activities effectively without excessive fatigue, thus supporting optimal performance in both academic and athletic contexts (Hasanuddin & Hasanuddin, 2024). Among various school activities, extracurricular programs play a vital role in nurturing and channeling participants' talents outside regular class hours, including through sports such as badminton (Kurniadi et al., 2021).

Badminton is a dynamic sport that demands a combination of speed, power, and precision in every movement (Susanto, 2017). One of the fundamental techniques and key attacking skills in badminton is the smash (Syarifudin et al., 2023). A smash is a powerful and sharp stroke aimed at ending a rally as quickly as possible (Poole, 2008). The success of a smash largely depends on arm strength, wrist snap, and coordination of jumping movements, whether it is a standing smash, vertical jump smash, or parabolic jump smash (Febiasnyah et al., 2024).

Based on observations conducted on February 28, 2025, at Junior High School 3 Batumandi, it was found that the accuracy level of smash shots among badminton extracurricular participants varied. Some participants were able to perform smashes reasonably well, but the majority still experienced difficulties such as inaccurate shuttlecock contact, improper racket positioning, and limited wrist flexibility. As a result, many smash shots lacked power, hit the net, or went out of bounds. The lack of specific training for the smash technique was evident during both practice sessions and matches, making it easier for opponents to return the shots. Mastery of the smash technique is crucial because it significantly increases the chances of launching effective attacks during play. A powerful and accurate smash can force opponents into a defensive position, while a weak smash may allow them to counterattack easily.

Previous research has also emphasized the importance of smash shot accuracy in badminton. Hamka Arizzi and Arif Kustoro (2022) stated that smash accuracy is influenced by swing speed, body positioning, and hand-eye coordination. A study by Ceppy Pradana Putra, Handika, and Palmizal A at PB Tunas Jaya Kasturi showed that most athletes were still in the moderate category in terms of smash accuracy, indicating the need for enhanced technical training (Putra et al., 2024). Similarly, a study by Putra Fahlevi Mustika, Junaidi, and Akbar (2024) at MTsN 3 Aceh Barat concluded that smash shot accuracy among extracurricular participants was affected by coordination and mastery of basic techniques. These findings underscore the necessity of focused training to improve smash performance (Mustika et al., 2024).

Based on the above explanation, the research problem in this study is: "What is the level of smash shot accuracy among badminton extracurricular participants at Junior High School 3 Batumandi?" This study aims to determine the accuracy level of smashes performed by the participants. The hypothesis proposed is that there are variations in smash shot accuracy, and the majority of participants still possess a low level of accuracy.

This study specifically highlights the level of smash accuracy of extracurricular participants at Junior High School 3 Batumandi, a school located in a remote area in South Kalimantan. This provides a new perspective on the development of badminton technical skills in areas with limited training resources. In addition, this study was conducted in the context of extracurricular activities that took place in real schools, not in controlled situations, so that the results reflect the actual conditions of students in mastering the smash technique. Another novelty lies in the in-depth analysis of the causes of low accuracy, such as lack of preparatory footwork and timing errors in jumping, which have not been widely revealed in detail in similar studies.

METHODS

This research employed a quantitative descriptive method aimed at analyzing the smash shot accuracy of badminton extracurricular participants at Junior High School3 Batumandi. The subjects of this study were 15 participants actively involved in the school's badminton extracurricular program. The sampling technique used was total sampling, in which the entire population was used as the sample (Sugiono, 2013). All selected participants were actively attending training sessions on a regular basis.

The type of data collected in this study was primary quantitative data. The data consisted of smash shot accuracy scores obtained directly through performance assessments during a

smash accuracy test. These scores reflected each participant's level of precision in executing a forehand smash directed toward a predetermined target zone.

The data collection process was conducted through a field test. Each participant was asked to perform 20 forehand smash attempts. The research instrument used was a smash accuracy test developed based on a scoring system designed by Saleh Anasir (Saleh, 2015). Scores ranged from 0 to 5 points, depending on where the shuttlecock landed. The layout of the court and scoring zones used for the test is illustrated in **Figure 1.**

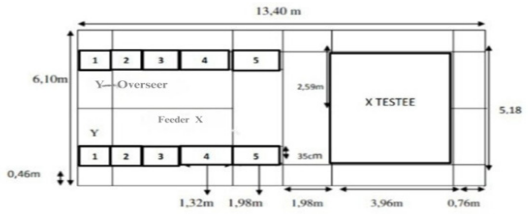

Figure 1. The field tests the accuracy of smash shots.

RESULTS AND DISCUSSION

This study was conducted on April 17, 2025, at Junior High School 3 Batumandi, Balangan Regency. The research subjects were 15 participants participating in the school's badminton extracurricular program. Data on smash shot accuracy were obtained from test results and are presented in **Table 1.**

Table 1. Smash Shot Accuracy Score

Subject	Score
Subject1	50
Subject2	62
Subject3	57
Subject4	78
Subject5	65
Subject6	85
Subject7	70
Subject8	52
Subject9	53
Subject10	46
Subject11	53
Subject12	47
Subject13	39
Subject14	51
Subject15	47

In addition to the **Table 1** above, the results are also presented as a frequency distribution, categorized based on norm reference guidelines from Sudijono (2007), to determine the variation in participants' ability to perform smash shots.

Table 2. Frequency Distribution Smash Accuracy Result Data

Score Interval	Frequency	(%)	Category
85-100	1	6,7	Very Good
70-84	2	13,3	Good
55-69	3	20	Fair
40-54	8	53,3	Poor
<40	1	6,7	Very Poor
Total	**15**	**100**	

The results **Table 2** of the study indicated that the smash accuracy levels among badminton extracurricular participants at Junior High School 3 Batumandi varied across different categories. Specifically, 1 participant (6.7%) achieved a very good level of smash accuracy, 2 participants (13.3%) fell into the good category, 3 participants (20%) were classified as fair, 8 participants (53.3%) were in the poor category, and 1 participant (6.7%) was categorized as very poor. These findings suggest that the majority of participants (60%) demonstrated below-average smash accuracy, highlighting a significant area for technical improvement.

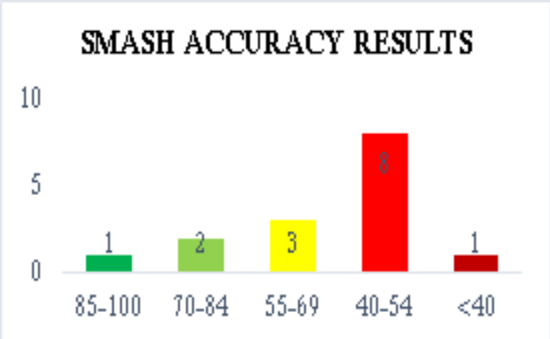

Figure 2. Smash Accuracy Result Diagram

Based on the results of the study on the smash shot accuracy of badminton extracurricular participants at Junior High School 3 Batumandi, it was found that 1 participant (6.7%) was in the very good category, having executed all phases of the smash correctly namely, the preparation, takeoff, contact, and landing. 2 participants (13.3%) fell into the good category, although they did not perform preparatory footwork before executing the smash. Furthermore, 3 participants (20%) were in the fair category, ap-

pearing unprepared and also failing to execute preliminary steps. 8 participants (53.3%) were categorized as poor, commonly due to lack of readiness and jumping too early, resulting in inaccurate smashes. Lastly, 1 participant (6.7%) was in the very poor category, having omitted the preparatory footwork and jumped too early, which caused the smash to miss the target.

The badminton extracurricular activity is conducted outside formal school hours and aims to develop participants' skills while addressing deficiencies in technical aspects of the game. Through this activity, participants are expected to channel their interests, broaden their knowledge, and enhance their abilities in the cognitive, affective, and psychomotor domains (Arduta et al., 2020). However, the results of this study show that the majority of participants still fall into the "poor" category in terms of smash shot accuracy, with only a small number achieving the "very good," "good," or "fair" categories. This indicates that mastery of the smash technique remains a weakness and requires greater attention. The low results are influenced by several factors.

One of the factors affecting the low accuracy of smash shots is training, where participants have not received sufficient and structured practice to optimally develop their smash technique. This aligns with the findings of Frastianto, Yoga, Triansyah, and Hidasari (2021), which indicate that regular technical training using drill training methods has a significant impact on improving smash shot accuracy. Repetitive drill exercises help participants reinforce muscle memory and improve body movement coordination when executing a smash. Through this method, participants can correct movement errors, enhance shot accuracy, and develop basic techniques more consistently. These findings support the importance of targeted and regular training in improving the performance of smash shot techniques in extracurricular activities (Frastianto, Yoga et al., 2021).

Personal factors such as lack of concentration and focus during practice or while executing the smash also contribute to the results. Several participants were observed to struggle in maintaining consistent focus, especially when tracking the shuttlecock and determining the correct timing for the shot. This led to inaccurate smashes. This finding is consistent with the study by Hamka Arizzi and Arif Kustoro (2022), which states that hand-eye coordination and focus during the shot significantly affect smash shot accuracy. When focus and concentration are not optimal, body coordination is disrupted, and the shot fails to hit the intended target (Arizzi & Kustoro, 2022).

In addition, student interest plays a crucial role in determining the success of smash technique training. Participants with low interest in badminton extracurricular activities generally exhibit a lack of enthusiasm, seriousness, and consistency during practice. They tend to lose focus, get bored easily, and lack motivation to improve their skills. Conversely, participants with high interest tend to be more enthusiastic, disciplined, and active during training, allowing them to progress more rapidly in mastering game techniques, including smash accuracy. This is supported by the research of Putra Fahlevi Mustika, Junaidi, and Aldiansyah Akbar (2024), who concluded that interest, playing experience, and mastery of basic techniques greatly influence the smash shot accuracy of participants in badminton extracurricular programs (Mustika et al., 2024).

CONCLUSION

Based on the results of the study involving 15 badminton extracurricular participants at Junior High School 3 Batumandi, it can be concluded that the accuracy level of participants' smash shots is still relatively low. Only a small number of participants were able to perform smashes with high accuracy, while the majority (53.3%) fell into the "poor" category, and one participant (6.7%) was in the "very poor" category. The main factors contributing to this low accuracy include a lack of structured technical training, suboptimal body readiness when performing smashes, insufficient focus and concentration, and low interest in training activities. Therefore, efforts are needed to improve the quality of training in a more targeted manner, including the use of repetitive drill methods to comprehensively enhance smash shot accuracy.

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