



Analysis of Long Service Skills of Badminton PB Daun Muda Banjarbaru

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Abstract

The purpose of this study was to analyze the analysis of basic long service badminton technique skills of PB Daun Muda Banjarbaru. The method used in this study is descriptive quantitative by analyzing the motion of long service badminton skills and the measurement test of long service badminton skills. The population in this study was 20 people and a sample of 10 people. With the sampling technique using the purposive technique (sample availability). The results of the study of the analysis of basic long service badminton technique skills of PB Daun Muda Banjarbaru, the category is very good 9 people (90%) and the category is less than 1 person (10%). The results of the long service badminton skills of PB Daun Muda Banjarbaru are in the very good category 8 people (80%) and the category is moderate 2 people (20%). The conclusion of the results of the study of the analysis of long service badminton movements of PB Daun Muda Banjarbaru is in the very good category and the long service skills of PB Daun Muda Banjarbaru are in the very good category.

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INTRODUCTION

Physical education, sports, and health are part of the national education (Hayati et al., 2023) system that plays an important role in forming a healthy and strong physique through targeted and planned physical activities (Rahman et al., 2023). Sports not only provide challenges in the form of games, but also improve fitness, muscle strength, and endurance (Sari et al., 2024). One example of a popular sport is badminton (Marwan et al., 2022).

Badminton is a sport that uses a racket to hit the shuttlecock. This game is played by two opposing players (singles) or two opposing pairs (doubles) on a rectangular court (Rahayu, 2021). The dimensions of a badminton court are 13.40 meters in length and 6.10 meters in width. The height of the net pole reaches 1.55 meters, while the height of the net in the middle is 1.52 meters. The goal of the game is to hit the shuttlecock over the net and direct it to the opponent's court area so that the opponent cannot return it properly (Wardana & Jayadi, 2023).

In the development of badminton, good technique mastery is very important. Technique is one of the main factors in improving the quality of an athlete's game. Suharno (1982:18) stated that technique is a process of movement and proof in practice as well as possible to complete a definite task in a sport. This statement shows that mastery of basic badminton techniques must be done first, because basic techniques are an important initial capital for a player to improve the quality and performance of his game (Syarifudin et al., 2023).

According to Nurhasan et al. (2015:16), basic techniques in badminton are the main skills that must be understood and mastered by every player. Mastery of these basic techniques includes how to hold the racket, wrist movements, footwork, and correct hitting techniques. Some basic hitting techniques that must be mastered in badminton include service, forehand, backhand, lob, dropshot, smash, and drive. All of these techniques must be done with the right grip and footwork, including when jumping and reaching the shuttlecock (Anam et al., 2025).

Service is the first serving pattern performed by a player to his opponent. According to Nurhasan (2015:20), service is the initial hit that flies the shuttlecock to the opponent's court diagonally and aims to be the beginning of the game. In the rules of badminton, service is the initial capital to win the match. In other words, a player cannot get a point if he does not serve well. In

the game of Badminton, there are two types of service that are often used, namely long serve and short serve.

Long serve is the first shot made by a player by throwing the shuttlecock as high as possible, so that the shuttlecock falls horizontally downwards with the aim of landing on the desired target. If the long serve is done well, the opponent will have difficulty making a direct attack and the game will develop into a long rally. This serve also helps players take strategic positions on the court before the rally begins. Therefore, mastering good long serve techniques is essential to increase the effectiveness of the game and the chances of winning (Islam, 2022).

Initial observations conducted at PB Daun Muda Banjarbaru showed that several athletes were not yet able to perform long serves optimally. Athletes often performed serves in an uncalm or hurried state, making the shuttlecock's direction easy to predict by the opponent. Another mistake that occurred was poor coordination between the wrist and body position during the execution of long serves. As a result, the shuttlecock did not reach the ideal height before falling in the opponent's backcourt area. In addition, uncontrolled stroke power caused the shuttlecock to fall too far out of bounds or too short, allowing the opponent to easily counterattack. Schmidt and Wrisberg (2008) explained that poor movement coordination occurs due to the absence of efficient motor movement patterns.

Concentration and calmness during serves affect the stroke results. By serving calmly and unhurriedly, players can better direct the strokes, both long and short serves (Huda, 2020). For example, when performing a long serve, a player can accurately lob the shuttlecock so that the opponent has to move backward to chase it. If the execution of the long serve is done well, it is very likely that the opponent will return the shuttlecock in an awkward position, especially if the shuttlecock head drops vertically at the precise long serve point. This is consistent with the research of Dendi Putera (2021), which stated that good concentration greatly helps players in accurately directing serve strokes.

If an athlete can master the basic technique of long serves well, the opportunity to start the game with an advantage will be greater and can make it difficult for the opponent to immediately launch a counterattack. This is in line with the opinion of Nurhasan (2015:20), which states that a properly executed long serve can push the opponent's position to the backcourt area, thereby opening up space at the front and making it

difficult for the opponent to make sharp returns. Based on the data and information above, the author would like to conduct a study entitled "Analysis of Basic Long Serve Skill Techniques in Badminton at PB Daun Muda Banjarbaru" with the aim of determining the basic long serve skill techniques at PB Daun Muda Banjarbaru.

The novelty in this study lies in its integrative approach, namely by combining in-depth analysis techniques with long service techniques, which include the preparation, implementation, and continuation (follow-up) phases, based on observation indicators adjusted from the existing theoretical framework. In addition, this study presents empirical data specific to PB Daun Muda Banjarbaru.

METHODS

The type of research used in this study is descriptive quantitative. The descriptive quantitative research method is an approach used to describe, analyze, and explain the phenomenon being studied objectively, as well as draw conclusions based on data that can be measured in numbers (Sugiyono, 2009). The population in this study amounted to 20 people and the sample consisted of 10 people, with the sampling technique using purposive sampling (sample willingness).

This study uses one independent variable (X) and one dependent variable (Y). The independent variable is the variable that influences (Simarmata, 2018). The independent variable (X) in this study is the basic long serve technique skills in badminton, while the dependent variable (Y) is the PB Daun Muda Banjarbaru athletes as the subjects influenced in the implementation of the technique.

The instrument used is an observation sheet arranged in the form of an assessment grid. This instrument is based on the stages of executing the long serve, namely the preparation phase, implementation phase, and follow-through phase, with specific indicators and assessment aspects by (Grice, 1996) The data analysis technique used is tabulation by entering the data into table charts and assigning values to the items that need to be scored. The data is then totaled using the formula:

$$\text{Value} = (\text{Score Obtained}) / (\text{Maximum Score}) \times \text{Ideal Score (100\%)}$$

Next, present the data that has been categorized using the formula:

$$\text{Dp} = n/N \times 100\%$$

Description:

Dp = Percentage Data

n = Number of data in the calculated category

N= Total Number of Data.

RESULTS AND DISCUSSION

The results of the study to analyze the basic long serve technique skills in badminton athletes at PB Daun Muda Banjarbaru. Based on the data analysis results, this study used two assessment approaches, namely basic technique movement analysis and the results of the long serve skill test.

Table 1. Badminton Long Service Motion Analysis

Category	Number of Samples	%
Very Good	9	90%
Good	0	0
Fair	0	0
Poor	1	10%
Very Poor	0	0
Total	10	100%

Based on the analysis **Table 1** of the basic long serve technique skills movement of athletes at PB Daun Muda Banjarbaru, the data showed that 9 people (90%) were in the very good category, 1 person (10%) was in the poor category, and no athletes were in the good, fair, or very poor categories.

Table 2. Results of Long Serve Skill Test in Badminton

Category	Number of Samples	%
Very Good	8	80%
Fair	2	20%

Based on the results **Table 2** of the long serve skill test in badminton athletes at PB Daun Muda Banjarbaru, it was found that 8 people (80%) were in the very good category, and 2 people (20%) were in the fair category. No athletes were found in the poor, good, or very poor categories.

The results of this study provide an overview that most athletes at PB Daun Muda Banjarbaru have mastered the basic technique of long serve movements very well, both in terms of movement coordination and the implementation of the technique on the court. This is evident from the results of the movement analysis, which showed that 90% of the athletes were in

the very good category, and the results of the skill test, which showed that 80% of the athletes were in the very good category. These findings confirm that the training process carried out so far has had a positive impact on the basic long serve technique skills.

Based on the phases of long serve execution, the athlete's mastery of each movement stage greatly affects the quality of the serve result. According to Grice (1996), the long serve technique consists of three main phases: the preparation phase, the execution phase, and the follow-through phase. In the preparation phase, players must maintain a balanced body position, proper racket grip, and focus on the target direction. In this phase, most athletes in the study already demonstrated body posture and position readiness that were stable before serving.

Next, in the execution phase, when the shuttlecock is hit with a full swing, good coordination between the hand, wrist, and body is needed so that the shuttlecock can soar high and far to the opponent's backcourt. Observation results showed that the majority of athletes were able to perform this movement accurately, as reflected in the high percentage in the very good category (90%).

Meanwhile, in the follow-through phase, players must maintain body balance after hitting and be ready to face the shuttlecock return from the opponent. The ability to maintain stability and readiness of position after serving indicates that athletes are not only focused on the shot but also on the continuation of the game. This ability is reflected in the skill test results, where 80% of athletes were able to perform serves optimally and strategically. This shows that PB Daun Muda Banjarbaru athletes have understood the importance of a good transition between serving and the next phase of the game.

The training program implemented at PB Daun Muda Banjarbaru has succeeded in building a strong foundation of basic technique skills, particularly in long serves. The success of athletes in executing each phase of the long serve, from preparation, execution, to follow-through, shows that they have not only mastered the technical aspects but also have a good tactical understanding in starting the game. Readiness in facing a rally from the very first shot becomes an added value that is very important in modern badminton.

The success of mastering the long serve technique among athletes at PB Daun Muda Banjarbaru cannot be separated from the role of various internal and external factors. Internal factors such as motivation, discipline, and the

level of concentration during the training process significantly contribute to skill improvement. Simandjuntak et al. (2024) stated that psychological factors such as concentration and motivation are closely related to the success of athletes in mastering basic badminton techniques, especially in competitive situations. Athletes who show high commitment to training tend to understand and master efficient movement patterns more quickly. In this context, coaches play a strategic role as facilitators, not merely as content providers. Aldyanto (2024) emphasized the importance of effective and empathetic communication from coaches, which can increase motivation and build a positive work ethic in athletes.

In addition, the importance of periodic skill evaluation is an aspect that cannot be ignored in the development process. Evaluation allows coaches and athletes to understand the achievements that have been made as well as identify the technical parts that still need improvement. As stated by Diatmika et al. (2020), the evaluation of the badminton development program at PB Anugerah Denpasar using the CIPP approach (Context, Input, Process, Product) emphasizes the importance of continuous evaluation to identify strengths and weaknesses in the development process, including in technical and training strategy aspects. With a continuous and data-based training approach, the development program at PB Daun Muda Banjarbaru can continue to be optimally developed. It is hoped that this development will not only produce athletes who excel in technical aspects but also be ready to face more complex game challenges in the future.

CONCLUSION

Based on the results of this study, it can be concluded that most athletes of PB Daun Muda Banjarbaru have mastered the basic techniques of long badminton service in the "very good" category. This category describes the athlete's ability to execute long service optimally, which is shown through a stable and correct body position in the preparation phase, accurate and timely contact in the execution phase, and a balanced body posture in the continuation phase so as to allow a smooth transition to the next phase of the game. In practice, this is reflected in the athlete's ability to consistently serve high, far, and directed to the back area of the opponent's court, making it difficult for the opponent to counterattack directly and effectively.

The recommendation from this study is addressed to PB Daun Muda Banjarbaru to con-

tinue maintaining and improving the long serve technique training program through regular evaluations. Regular and structured training can help athletes maintain and improve the quality of their technique. In addition, coaches are expected to continue providing motivation and constructive feedback to the athletes. It is also hoped that adequate training facility support will be available so that the development process can run optimally and sustainably. Thus, athletes will not only be able to maintain their performance but also be ready to face higher-level competitions in the future.

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