



## Shooting Accuracy Survey of SKIP PGRI Sumenep Handball's Player

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Accuracy; Shooting; Handball

### Abstract

The objective of this study is to determine the level of shooting accuracy in handball game. The method of this research is survey research type with a quantitative descriptive approach. The research sample consisted of 15 people who were determined by using purposive sampling technique. The data collection was obtained by doing a shooting test towards the goal with a target point. The instrument used was in a form of testing the accuracy of shooting in handball game. The data analysis technique applied was the percentage formula with the help of the Software Statistical Product and Service Solution (SPSS) version 18.0 application. The results of the data analysis show that most of the male handball players' shooting accuracy in STKIP PGRI Sumenep categorized 'good' with a percentage of 86.67% and the remaining as much as 13.33% have shooting accuracy level in 'moderate' category. The conclusion of this research is that the male handball players of STKIP PGRI Sumenep have good shooting accuracy.

### How to Cite

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## INTRODUCTION

Achievement is a sportsman's hope as a measure of success in achieving expectations, therefore in order to achieve an achievement, it takes a harder effort to be applied in the form of exercises and carried out consistently so that the results can be maximized. A variety of exercises can be used to achieve this desire according to the needs and the right training program. According to (Sukadiyanto, 2011), «training is in principle a process of achieving change for the better, namely to improve physical quality, functional abilities of body equipment, and psychological quality of trainees». Then (Komarudin, 2013) justify that awareness is needed by athletes to focus attention on the task that must be done. In order to produce good training, a motivational boost is needed so that athletes are motivated and more enthusiastic in training. (Komarudin, 2015) explain that motivation is fundamental skills an athlete needs to have. Therefore, the motivation that athletes must have is achievement motivation. While (Nurdidaya, 2012) explained that sports achievement motivation is the goal that athletes have to achieve.

(Janusz Czerwinski, 1997) Handball is a sport from the category known as sport games, and is becoming more and more popular in the world. A relatively rapid learning of this game, based on natural human motion, has allowed it to be popularized quickly. The development of the game is also influenced by its attractiveness based in variable action and direct conflict with an opponent. According to (Supriadi, 2010) Handball is a team sport in which two teams with 7 players each (6 players and 1 goalkeeper) try to put a ball into the opponent's goal «. (Susanto, 2004) provides a convincing fact that shows that a man will always be more adept at using his hands than his feet, as has been claimed by the famous sports historian, that he played handball much earlier than handball. In the Handball sports, achievements are not automatically obtained because this sport is one of the competitive sports that has high competitiveness. At the achievement stage, of course, intensive training is needed by a player to improve his abilities when competing. There are several types of training needed in the handball sport, one of which is training accuracy. A good accuracy can determine the outcome of the matches point. To win a match in the handball sport, a team must score more points / goals than the opposing team until the end of the match which is based on good training. Based on the theory of (Lusiana, 2015) explains that a good

throw from a player will have a significant impact on the team in winning a match. Therefore is, (Muhlisin, 2016) states shooting is an important element technic in handball. If a player in a team has good accuracy, of course, the chances of scoring a shot on goal are also high, and in other words, accuracy has a role in achieving an achievement.

STKIP PGRI Sumenep, which is one of the College in East Java, has a handball team that annually participates in official competitions both Regional and National between universities. Some of the achievements that were won were 1st Men Prize Champion in the 2016 East Java Championship, in 2016 Rector Unesa Handball Championship (RUHC) and the 3rd Women's Champion at the 2019 Unesa Handball Championship (RUHC) National Inter-College Championship (RUHC). Seeing this, it can be said that STKIP PGRI Sumenep has quite a good performance. Even so, the results of the match show that every handball match played by STKIP PGRI Sumenep always gets unsatisfactory numbers. Therefore, it is necessary to find out whether the accuracy of shots at the goal of each player is good or still lacking as has been done by (Prasetyo, 2014) From the result of the research can be concluded that: the Anova result state the score  $F_{count} = 3,95 > F_{table} = 3,48$ . It is stated that there is a contribution which is significantly in a result between arms-muscle strength (X1), hands-muscle squeezes strength (X2), abdomen-muscles strength (X3), balance (X4), and concentration (X5) altogether toward the accuracy of shooting in handball game (Y). Thus, a concrete study is needed to answer this by conducting a survey on the accuracy level of the STKIP PGRI Sumenep handball players, so that later they can be used as material for evaluating the progress of future achievements.

## METHOD

Researchers used this type of survey research with a descriptive quantitative approach. Survey research is research conducted on large or small populations, but the data studied is data from a sample taken from that population, so that relative incidents, distribution, and relationships between sociological and psychological variables are found (Sugiyono, 2014). The research sample used 15 athletes from STKIP PGRI Sumenep and selected using Purposive Sampling Technique. The instrument in this study used Shooting Accuracy.

Data collection techniques in this study

used a test which later the results of the test were analyzed and described in the results and research discussion. Here's how to retrieve data using the shooting accuracy test for handball as follows: 1) The stands test behind the line marked X, 2) The distance between shooting and the goal is 7 meters, 3) Looking straight ahead, 4) The position of the next leg is behind the line, and right foot one step behind, 5) Raise the right hand about 90 from the body, and the left hand as balancing, 6) Then pull the right hand back until the body turns 45 ° to the side, 7) Swing your right hand forward, then throw the ball with all its strength in the direction spot, 8) Continued motion (after the ball is released from the hand, the right foot may step forward as a counterweight to the body), and 9) Good shooting when the ball is aimed precisely at the intended target accurately. Data analysis techniques used the Percentage formula with the help of the Software Statistical Product and Service Solution (SPSS) version 18.0 application.

**RESULTS AND DISCUSSION**

Data collection began on Thursday, July 9, 2020. Shooting accuracy test results are presented in **Table 1.** as follows:

**Table 1.** Shooting Accuracy Test Results

Name	Test Shooting Repetition			Result	
	Test 1	Test 2	Test 3	Amount	Average
Ytno	3	4	5	12	4,00
Hndr	5	5	4	14	4,67
Adi	5	3	5	13	4,33
Ansr	3	5	4	12	4,00
Hkm	2	3	5	10	3,33
Rhmn	4	5	4	13	4,33
Fndi	5	3	4	12	4,00
Read	5	3	2	10	3,33
Fbri	3	4	5	12	4,00
Zai	4	5	4	13	4,33
Rsli	3	4	5	12	4,00
Arf	3	4	4	11	3,67
Mnsr	4	2	5	11	3,67
Iskd	3	4	5	12	4,00
Ros	4	3	4	11	3,67

Based on the **Table 1** above, the results of the descriptive statistical analysis of the shooting accuracy test were obtained, they are minimum value = 3.33, the maximum value = 4.67, the average

(mean) = 3.99, with the standart deviation = 0.37.

**Table 2.** Statistics Descriptive

Statistics	Test
N	15
Mean	3,9993
Median	4,0000
Mode	4,00
Std, Deviation	,37797
Minimum	3,33
Maximum	4,67
Sum	59,99

Based on the descriptive **Table 2** above, the descriptive results of the data can be presented with the number of samples N = 15, Mean = 3.9993, Median = 4,000, Standard Deviation = 0.377, Minimum Value = 3.33, Maximum Value = 4.67, and Sum = 59.99.

At this stage, the findings of the shooting accuracy test are described based on the norms of the shooting accuracy test.

**Table 3.** Percentage Test

Category	Test (N)	%
Very well	0	0
Good	13	86,67
Enough	2	13,33
Less	0	0
Very Less	0	0
Total		100%

From the data in **Table 3** above, it can be described that the percentage of shooting accuracy test results in the good category = 13 people and enough = 2 people. Thus it can be said that there are no athletes who get results in the very good, poor, and very poor categories.

Based on the data **Table 1-3** above, the quantitative data from this study are described and then briefly described according to the data found in the field. From the results of data analysis, it is explained that almost all male handball players at STKIP PGRI Sumenep have a shooting accuracy level that is in the Good category. A total of 13 players get good category accuracy with a percentage of 86.67% and 2 other players in the Enough category with a percentage of 13.33%. In general, the shooting accuracy of the

Putra STKIP PGRI Sumenep handball players is in the safe category, which can be concluded that there are no problems shooting.

(Mahendra, 2000) explains that "Shooting is a form of throwing motion aimed at getting the ball into the goal. Good shooting is how someone directs the ball into empty space quickly and accurately". Other that (Sujarwo, 2015) explain that shooting is a throwing motion aimed at getting the ball into the goal. If it is related to this research, it is very clear that accuracy is an important factor in the success of shooting. When the position of directing the ball towards the goal, a player must be able to analyze the accurate placement of the ball so that the chances of producing a greater number. Therefore, a player must have good shooting accuracy. Accuracy according to (Harmono, 2014) one's ability to move a motion to the target in accordance with the goal.

In addition to the theory above, (Prasetyo, 2018) also explains that shooting is the most important effort / action in the game of handball to get the ball into the opponent's goal. Players must really focus on the target (goal) to be aimed at and concentrate so that the shooting is on the target. If the shooting in the handball does not hit the target / does not enter the goal, it can affect the team's victory. Therefore, it is necessary for this research to be reviewed in order to provide information on the level of accuracy of the shooting that the male players in STKIP PGRI Sumenep have so that later it can be used as a reference for both teams, players and coaches.

## CONCLUSION

Based on the results of the analysis and discussion related to shooting accuracy in the handball game, it can be concluded that most of the male handball players at STKIP PGRI Sumenep are in the Good category. This can be proven by the findings in the data analysis which depicts 13 players in the Good category and 2 players in the Enough category. When referring to the main objectives of the study, these results are appropriate and have been described specifically from all data

analyzes carried out. So in this study, we can find a complete description of the shooting accuracy of the male handball player at STKIP PGRI Sumenep.

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