



7 (1) (2018) 20 - 23

Journal of Physical Education, Sport, Health and Receptions

<http://journal.unnes.ac.id/sju/index.php/peshr>



Badminton Long-serve Skill's Level of Physical Education Male Students in the Universitas Islam Riau

Novri Gazali¹✉, Romi Cendra²✉

Jurusan Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan,
Universitas Islam Riau, Indonesia¹²

Article History

Received 17 January 2018
Accepted 18 January 2018
Published February 2018

Keywords:
Service Skills; Bad-
minton; Technique

Abstract

This study was aimed to determine the skill level of the student badminton long service Penjaskesrek Riau Islamic University. Type of this research is quantitative descriptive research. The population in this research is a student of Penjaskesrek Riau Islamic University year of active 2015/2016 generation force totalling 236 overall students from 8 class. While the samples taken in this study are male students who numbered 40 people. Sampling techniques in the study using a purposive sampling technique, namely by taking a sample based on certain considerations. The instruments used in this study is a long service badminton service test of Nurhasan. Data analysis method used is descriptive statistics, statistics is intended for gathering data, presenting data and specify a value. The results of research is poured into 5 categories that is very good, good, enough, less and less once. Based on the data analysis that has been done, the result shows that it can be concluded that this research is the level of long service skill of students of Penjaskesrek Islamic University of Riau category enough, that is 16 students with percentage of 40% from 40 students.

How to Cite

Gazali, N., Cendra, R., (2018). Badminton Long-serve Skill's Level of Physical Education Male Students in the Universitas Islam Riau. *Journal of Physical Education, Sport, Health and Recreation*, 7(1), 20-23.

© 2018 Universitas Negeri Semarang

✉ Correspondence address :
Jl. Sukajaya, Desa Tarai Bangun, Kabupaten Kampar, Riau, Indonesia
E-mail: novri.gazali@edu.uir.ac.id / romicendra@edu.uir.ac.id

p-ISSN 2460-724X
e-ISSN 2252-6773

INTRODUCTION

Badminton is a favorite sport by people around the world, including Indonesia. This can be seen by the large number of people who participate in any badminton activities held, whether regional, national to world games, such as Thomas and Uber Cup or Olympics. Badminton sports can be played from children to adults, both indoors and outdoors.

To get a high achievement, in badminton, it takes some conditions (ability) to be fulfilled because an athlete not only rely on talent but also must have excellent physical condition skills, techniques, tactics, and mental good. Based on the four elements, the technical factor is the most basic completeness (Islahuzzaman, 2010).

The basic technique of badminton is the main thing that must be mastered by every player in playing badminton, among others: 1) How to hold the racket, 2) Wrist Movement, 3) Footwork, 4) Concentration (Tohar, 1992)

For badminton players, after mastering the basic techniques, it is required to master the technique of hitting shuttlecock. Technique to hit shuttlecock aims to fly shuttlecock to the opponent's field, including: 1) Serves, 2) Lob Serve, 3) Dropshot, 4) Smash, 5) Drive, and 6) Return Serves (Tohar, 1992).

After both techniques are mastered, the badminton player needs to master the hit-pattern, which is a sequential and continuous hit that combines one technique with another and do it repeatedly, thus making a form of circuit that can be played harmoniously and integrated. Do the easy pattern first, then go to the difficult one.

Seeing from the various techniques in badminton, Serve is a very important technique to be mastered by the players. Serves aim to fly shuttlecock to other field diagonally as game opener. Serve is an important blow in badminton game because it becomes the initial capital to win the game, in other words a player can not get scores if can not do the Serve well, so Serve is the first technique learned.

There are four kinds of Serves, including: Short Serves, Lob Serves or Long Serves, Drive Serves, and Flick Serves. Based on the four kinds of Serves on badminton, Long Serve is mostly used in single game to earn points. It is performed by flying the highest shuttlecock and falling to the rear of the opposing field (Tohar, 1992).

The purpose and intent of using Long Serve is to push the opponent's position to the back line, so that the front field becomes empty (Tohar, 1992). So the shuttlecock of the opponent can be

directed to the front of the net. In addition, Long Serve blows are very appropriate to do when the opponent is exhausted, because the opponent is forced to move in a wider area and spend more power.

Long Serve includes the type of underhand stroke, which is a blow with a racket swing from bottom to top. Long Serve is commonly used for badminton games on a single party, so that the rate of shuttlecock can soar backwards and there will be a long rally. Shuttlecock at full power to dive sharply downward with Long Serve's target area is the back border of the opposing field, the border between the back border for a single game and the back border for a double game with mid-bound and edge for a single game.

Long Serve test skills can be used to measure the capabilities of Serve mastery that soar backward in the opponent's field area. Badminton players who have good long serve skills are also expected to have supportive skills, including strength, muscle endurance, and precision, so that they can survive the long game until the end of the game.

Physical Education is one of the existing study program in the Universitas Islam Riau precisely in Pekanbaru City, Riau Province. This Study Program has one of the objectives of producing qualified physical education graduates. For that students are required to have quality in sports, one of them is badminton.

Based on the results of observations on badminton courses, the ability of long serve students of Physical Education at the Universitas Islam Riau looks less. While serving, the shuttlecock falls in three quarters of the opponent's field, so the opponent will easily smash. From the results of these observations, it is deemed necessary to be given a long test to see clearly the ability of Physical Education students at the Universitas Islam Riau.

In improving skills in badminton, every player should try to improve his skills and master basic techniques in badminton games, one of which is the serve technique. In badminton, serve is the initial capital to win the game. In other words, a player can not get points if he can not serve well (buku pedoman praktis bermain bulu-tangkis, 2001).

Purnama in Yane (2016) said serve is a very decisive movement in the beginning of value acquisition, because players who serve well can control the course of the game, for example as an early strategy of attack. According to Dinata (2004), in badminton, there are three types of serve, namely: a) short serve, b) long serve, and c)

flick serve. However, the serve usually is combined into a type or form of forehand and backhand. Each of these types varies according to the game situation in the field.

As mentioned by Grace cited by Subarjah (2001), serve is the main movement to start the game. Serve includes one of the motion skills performed with a racket swing from bottom to top. As in tennis, serving in badminton plays an important role, because the victory in the rally is preceded by serve. Serve is probably the single most important movement. It is difficult for players to get points consistently, without adequate serve.

Based on some opinions above, it can be concluded that the serve is the initial capital to win the game. In other words, a player can not get points if he can not serve well. It is difficult for players to get points consistently, without adequate serve. In badminton, there are three types of serve, namely: a) short serve, b) long serve, and c) flick serve. However, usually serve is combined into two types, namely forehand and backhand.

According to Poole (2005), serve is a very decisive move in the early points acquisition, because players who serve well can control the game, for example as an initial strategy of attack. In performing long serve in badminton, the player must perform in accordance with the rules. The provisions are among others:

- a. The height of the shuttlecock when it encounters the racket head is below the waist.
- b. The head of the racket should be downward.
- c. Both feet are in the serve field, not touching the center line or the front line.
- d. There is no double movement (when the racket is swung up to encounter the shuttlecock is a one-time move).
- e. Racket movement must be continued without any interrupted time.

Long serve type on badminton is widely used in single game. Long serve is the movement to hit the shuttlecock as high, and fall into the back line of the opponent's field (Tohar, 1992). According to Wicaksono (2008), how to do long serve is :

- a. Shuttlecock must be struck with full force to allow the shuttlecock to float high and fall perpendicularly behind the opposing field line.
- b. In doing a long serve, while hitting the shuttlecock, both legs are hip-width apart and both feet are always in contact with the floor.
- c. For the racket swing movement is perfor-

med backward, forward and after hitting, must be done perfectly and followed the movement of the center point of weight from the hind leg to the front leg which must be continuous and harmonious.

- d. Get used to always concentrate before hitting the shuttlecock.

METHODS

This was quantitative descriptive research that aimed to get a real picture or reality of the state of the object of research. It was supported by data in the form of numbers obtained from the data collection, such as tests and measurements. In this study, researcher would like to know the level of long serve skill from male students of Physical Education of the Universitas Islam Riau in the year of 2015/2016. Data were analyzed to determine the extent of skill level of long serve in badminton.

Data collection techniques used test and measurement techniques. The test instrument in this study used a long serve test (Nurhasan, 2001). This test aimed to measure accuracy in hitting a shuttlecock toward a specific target with a long serve technique. While the validity of this test amounted to 0.54 and reliability 0.77.

Population in this research was physical education male students of the Universitas Islam Riau in the year of 2015/2016 as an active year, around 236 students from 8 classes participated. While the samples were 40 male students. Sampling technique was purposive sampling technique which is taking sample based on certain considerations. In this study the researcher took five samples of each class that got the best score on badminton courses.

Data analysis was descriptive statistics, these statistics were intended to collect data, present data, and determined the value. Furthermore, the data was analyzed as a discussion of the problems addressed by reference to the standard of long serving ability in badminton.

The results were shown in five categories that are excellent, good, fair, less, and poor. To determine the category using the formula from Sudjana (2007), as for the formula in table 1.

Table 1. Category Formula

No	Rumus Kategori	Kategori
1	$X \geq M + 1.5 SD$	Baik Sekali
2	$M + 0.5 SD \leq X < M + 1.5 SD$	Baik
3	$M - 0.5 SD \leq X < M + 0.5 SD$	Cukup
4	$M - 1.5 SD \leq X < M - 0.5 SD$	Kurang
5	$X < M - 1.5 SD$	Kurang Sekali

Source : Sudjana (2007: 42)

RESULTS AND DISCUSSION

This research was conducted for two months, from October to November 2017 at GOR Badminton Pandau at 8 am every Saturday.

Based on the data collection with a sample size of 40 people, then the data were analyzed using descriptive statistics. From the measurements that have been done to Physical Education students, it turns out that from 40 athletes being sampled, there are 6 people or 15% belonging to excellent service level, 6 people or 15% are good, 16 or 40% , 12 people or 30% are categorized less, and poor level was no one. For more details can be seen in **table 2**.

Based on **table 2**, the data analyzed with the following calculation, at excellent level, there are 6 people; at a good level, there are 6 people; at a fair level, there are 16 people; at the less level, there are 12 people; while at the poor level, no one. So from the five categories, the most results were at the fair level, it could be concluded that the long serving level of badminton from physical education male students of the Universitas Islam Riau is categorized as fair.

Ma'mun and Saputra (2000) argue that the attainment of a skill was influenced by many factors. These factors are generally divided into three main things, namely the factors of teaching and learning process, personal factors, and situational factors (environment).

These three factors are believed to have been a major determinant of achieving a degree of success in learning skills.

A new skill can be mastered or acquired when studied or trained with certain requirements, one of which is a continuous learning or skill activity within a certain period of time. The ability of each individual is also different, it depends on how the learning process, how the individual personality, and the environment around him.

Skills possessed a provision for students to improve basic techniques that are still lacking. Basic engineering skills possessed by these stu-

dents become capital for students in achieving the maximum performance.

CONCLUSION

Based on data analysis, it could be concluded that long serve badminton skill's level of Physical Education male students of Universitas Islam Riau is at fair level, that is 16 students out of 40 students got percentage as much as 40%.

REFERENCES

- Dinata, M., & Tarigan, H. (2004). *Bulutangkis*. Ciputat: Cerdas Jaya.
- Nurhasan. (2001). *Tes dan Pengukuran dalam Pendidikan Jasmani: Prinsip-Prinsip dan Penerapannya*. Jakarta: Depdiknas.
- Islahuzzaman, I. (2010). "Analisis Teknik Dasar Pukulan Bulutangkis Game 21 Pada Tunggal Putra". *Jurnal Pendidikan dan Kevelatihan Olahraga*, 3(1).
- Ma'mun, A dan Saputra, Y.M. (2000). *Perkembangan Gerak dan Belajar Gerak*. Departemen Pendidikan dan Kebudayaan.
- PBSI. (2001). *Pedoman Praktis Bermain Bulutangkis*. Jakarta: Depdiknas.
- Poole, J. (2006). *Belajar Bulutangkis*. Bandung: Pionir Jaya.
- Subarjah, H. (2010). Hasil Belajar Keterampilan Bermain Bulutangkis Studi Eksperimen Pada Siswa Diklat Bulutangkis FPOK-UPI. *Jurnal Cakrawala Pendidikan*, 3(3).
- Sudjana, Anas. (2007). *Pengantar Evaluasi Pendidikan*. Jakarta: PT. Raja Grafindo Persada.
- Tohar, M. (1992). *Olahraga Pilihan Bulutangkis*. Departemen Pendidikan dan Kebudayaan Direktorat Jenderal Pendidikan Tinggi Proyek Pembinaan Tenaga Pendidikan.
- Wicaksono, D. (2008). *Permainan Bulutangkis Yang Menyenangkan*. Diambil dari: Diakses pada tanggal 5 Agustus 2017. wordpress.com//sejarah-pengertian-dan-peraturan-bulu-tangkis/.
- Yane, S. (2017). "Peningkatan Servis Panjang Bulutangkis Melalui Model Problem Based Learning". *Jurnal Pendidikan Olahraga*, 5(2), 165-174.

Table 2. Category of Long Serve Badminton Skill's Level on Male Student of Physical Education Universitas Islam Riau

Category Formula	Category	Amount	Percentage
≥ 42.82	Excellent	6	15%
34.33 - 42.81	Good	6	15%
25.84 - 34.32	Fair	16	40%
17.35 - 25.83	Less	12	30%
≤ 17.34	Poor	0	0%
Total		40	100%