



## Efforts to Improve Skills Overhand Service On Volleyball Games By Using Part and Whole

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### Abstract

The purpose of this research is to improve the overhead service techniques of volleyball related to Physical Education class in XI C Animation in SMK Negeri 4 Malang by using the method of part and whole. This research is using quantitative and qualitative descriptive approach. This research was also carried out by using two cycles and each cycle consists of four phases: (1) planning, (2) implementation, (3) observation, and (4) reflection. Subjects in this study is a 34 students of XI C class of Animation in SMK Negeri 4 Malang. The success rate of students in the first cycle is 75%, in the second cycle is 87%. Based on the results of the study is by using part and whole method can improve the ability of overhead service techniques on students of XI C class of Animation in SMK Negeri 4 Malang.

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## INTRODUCTION

Physical Education and Sport is a long-term investment for efforts to improve the quality of Indonesian human resources, the expected results will be achieved in a long time. Physical education according to UNESCO (in Mu'arifin, 2009) "Physical education is a process of education of a person, as an individual or as a member of society that is done consciously and systematically through various physical activities in order to obtain improvement in the ability of physical appearance, - the plant of intelligence, and the formation of character".

Physical education learning taught in schools, especially in vocational schools, is not much different from other schools such as volleyball games, basketball games, badminton games, athletics, gymnastics, and so forth. In the sport bolavoli game already in the latest curriculum is the Curriculum 2013 SMK Class XI. A teacher of physical education and health to achieve mastery in learning the game bolavoli must know the characteristics, developments, preferences of the students so that the learning can be achieved. The top service is one of the basic techniques often used by players bolavoli to start the game which is also used as a means of attack to gain points. According to Suhadi (2009) states that "in the service there are several ways or models, namely: under serve, overhead serve, and jump serve".

Based on the results of initial observation of volleyball service technique by doing each participant perform service alternately in the service area using the net, this is done by students of class XI Animation C in SMK Negeri 4 Malang, amounting to 34 students consisting of 20 male students and 14 female student.

Description of the service above is as follows: N1 is the attitude of the body with the indicator that is: Body position The body stands straight to the ball, weight rests on the soles of the feet, and Position of the straight body facing the playing field. N2 is the attitude of the foot with the indicator that is: Legs opened shoulder width apart, One foot is in front and not parallel to the other foot, The distance of both legs arranged so that the fulcrum or balance between the middle between the legs. N3 is the position of the hand with the indicator that is: One hand holding the ball, Keep the hand outstretched in a state straight forward, Then the hand is ready to hit the ball. N4 is the ball with the indicator that is: Lambungkan ball up to the back a little  $\pm$  1 meter using the left hand, the body slightly

bounced back and weight on the hind legs, Swing one hand together with the forward movement and hit the ball assisted with wiping the wrist. N5 is coordination with indicators namely: views, initial attitudes, and follow-up motion. N6 is the result. N7 is the maximum score.

From the results of preliminary observations on overhand service techniques on the N1 indicator is the score of results 64, average 1.88, the highest score 3, the lowest score 1, 63% completeness percentage. N2 score of results 64, average 1.88, highest score 3, lowest score 1, 63% completeness percentage. N3 score results 65, average 1.91, highest score 2, lowest score 1, percentage mastery 64%. N4 score result 66, average 1.94, highest score 2, lowest score 1, percentage mastery 66%. N5 score of 67 results, average 1.97, highest score 3, lowest score 1, percentage mastery 66%. N6 results score of 326, average 9.59, highest score 14, lowest score 6. N7 maximum score 510. percentage of overall mastery on overhand service technique is 64%.

Based on these observations it is important that there is a lesson focusing on the skills of volleyball game overhand service techniques, so that the technical skills of the student's game of volleyball is better and more correct.

Games used to improve overhand service skills are:

### Overhand Service Without Ball

This learning is done by practicing basic service movements without using the ball. According to Baacke (1979) said "lift the ball up and touch with the wrist." Thus the researchers modify the learning overhand service without the ball. (a) Facilities and infrastructure, namely: learning field, student whistle, etc. (b) The objective of the game enhances the overhand service skills without the use of the ball by providing an example of a correct service technique movement. (c) Instruction guidance in this game some students lined up, the researcher gave an example of the technique movement of overhand service without using the ball and then followed by the students, when finished immediately replace with other students, this is done continuously until students get it right with the technique taught.

### Overhand Service With Ball

This learning is almost the same as before but here already use the ball, the way is by practicing basic movements of service using the ball. According to Baacke (1979) says "lift the ball up and touch with the wrist." Broadly speaking researchers modify the service learning by using

the ball. (a) Facilities and infrastructure: field for play, volleyball and students. (b) The purpose of this lesson aims to enable students to hit the volleyball that will be in service appropriately. (c) Instructional guidance In this lesson some students hold the ball, the researchers practice the overhand service movement by using the ball, followed by the students who hold the ball, after they have finished with the other students.

#### **Overhand Service at Wall**

Overhand service learning at the wall is an example of a movement in learning in a game of volleyball by pointing the ball at the target point. According to Baacke (1979) says "Throw on the point on the wall and catch".

From the above understanding the researcher uses the left right game so that students can do the passing well if the ball that came falling in front or side of the body as high as the stomach down. (a) Facilities and infrastructure, namely: students, volleyball, whistles, walls for learning, service goals. (b) The purpose of this lesson aims to increase students' accuracy of overhand service. (c) Implementation instructions For this lesson some students hold the ball. According to Budiwanto (2006) says "every testi performs a overhand service test of 10 times." So the researcher here applies to students doing overhand service to the wall, each performing alternately for 10 times the blow and done alternately with other students.

#### **Overhand Service Using Net with 4 Meter Distance**

This learning is done by practicing movement service by using media net. According to Baacke (1979) says "bait facing (bait on the head) a distance of 9m, each 30x. Distance of 6m, each 30x. Distance of 4m, each 30x ". (a) Facilities and infrastructure, namely: field, volleyball and students, whistles. (b) The purpose of this Lesson is to train students to do overhand service with the media net which is 4m away. (c) Instructional guidance in this learning some students stand in front of the net facing each other and doing service with friends who are in front. With the notes of female and male students separated because of different net height, for female students 2.24m while the male 2.43m. According to Budiwanto (2006) said "service ball must pass between the net and the rope as high as 4m. Each testi performs a overhand service test of 10x. "So the researcher here implements the above overhand service distance with the net is 4m, this is done for 10x the punch and done alternately with the

other students.

#### **Overhand Service Using Net with 6 Meter Distance**

This learning is still the same as before, done by practicing service movements using the net media. According to Baacke (1979) says "bait facing (bait on the head) a distance of 9m, each 30x. Distance 6m, each 30x. Distance of 4m, each 30x ". (a) Field facilities and infrastructure, volleyball and students, whistles. (b) Objectives In this lesson, it is done to train students in the overhand service with a net medium that uses a little distance back with a distance of 6m. (c) In the implementation of this study According to Budiwanto (2006) said "every testi doing service test of 10x." So the researcher here implements the distance of this service with net a little far is 6 meters, this is done for 10x punch and done alternating with other students. With the notes of female and male students separated because of different net height, for female students 2.24m while the male 2.43m.

#### **Overhand Service Using Net with 9 Meter Distance**

This learning is a development from the previous way by practicing service movements using net media. According to Baacke (1979: 49) says "bait facing (bait on the head) a distance of 9m, each 30x. Distance 6m, each 30 x. Distance of 4m, each 30x ". (a) Field facilities and infrastructure, volleyball and students, whistles. (b) The purpose of this study is to train the students in the overhand service with the net medium that uses the rearmost distance with a distance of 9m (the back line volleyball game). (c) Implementation Instructions.

This learning is still the same as before, some students stand in front of the net facing each other and do service with friends who are in front. With the notes of female and male students separated because of different net height, for female students 2.24m while the male 2.43m. According to Budiwanto (2006) says "every testi conducts 10x overhand service tests." So the researcher here implements the service distance above this with a net of 9m (the back line of a volleyball game), performed for 10x blows and performed alternately with other students .

Edy Suyanto, (2014) entitled "Improving the Effectiveness of Learning Passing Under Volleyball Using Part and All Methods In Students of Class XI IPA 1 SMAN 2 Batu Town". The game on the research are: (1) Students do foot and knee exercises without spherical shaped

sphere. (2) Students do arm exercises using the ball with a soccer catch. (3) Students perform the ball practice. (4) Students perform the overall movement exercises passing down the volleyball. The result of this research is that using part and whole method can improve the basic passing technique skill in class XI IPA 1 SMAN 2 Batu Town. Kharisma Wahyu Atmaja, (2015) entitled "Improving Quick Smash Bolavian Skills With Part and Whole Methods On Club Binayuda Club Women's Volley Ball Team Rowokangkung Lumajang District". The game on the research are: (1) Players perform shadow movements quick smash start from prefix, repulsion, jumping, peranaan ball, and landed. (2) Players make quick shash movements of bolavoli as a whole by using the ball and done starting from prefix, repulsion, jumping peranaan ball, and landing. The result of the research is that using the part and whole method can improve the technique skill of Quick Smash Volley Princess Binayuda Rowokangkung Club of Lumajang Regency. Vilan Argo Pinatas, (2014) entitled "Improving the Effectiveness of Teaching Learning by Using Part and Whole Methods In Class X Students RPL-1 SMK Negeri 5 Malang". The game on the research are: (1) Students do learning meroda with part method and Model 1 learning is a handstand that starts from the position of the body bent and both hands resting on the floor. (2) The learning model 2 is handstand starting from the initial stand attitude. (3) Models of Exercise 3 which are seduced in the sloped field. (4) Models of Exercise 4, which are flat-to-air dimatras by controlling the position of the feet and hands. (5) Students do learning merda using whole method of students doing series of gymnastics floor. The result of this research that using part and whole method can improve effectiveness of learning meroda on class X student RPL-1 SMK Negeri 5 Malang.

From some of these studies have been done on learning activities, but have not focused on basic service skills of the top techniques taught in physical education and health education.

Learning outcomes and exercises using the part and whole method are experiencing problems in the low level of quality of learning so that the interest of students for learning is still lacking, the results of this study entered in PTK (Research Action Class) that leads to aspects of overhand service skills.

Based on the problems that have been described, researchers are interested to provide learning action and overhand service techniques. Treatment to students because the learning process is less varied. So researchers will conduct research

with the title " Efforts To Improve Skills Overhand Service On Volleyball Games By Using Part And Whole In Students of Class XI Animation C SMK Negeri 4 Malang."

The purpose of this study is the researcher wanted to know how after the application of part and whole method in learning overhand service can improve the skills of volleyball service on students of class XI Animasi C SMK Negeri 4 Malang.

## METHODS

The approach used in this research is a qualitative research approach. Because it shows the characteristics of qualitative research is strong enough, especially on the meaning of what happens in the learning process, either in school or outside school hours, both related to the initial conditions of learning and that occur after the action is applied. Judging from the purpose of research, then this research is classroom action research. Basically a classroom action research that researchers do aims to improve learning outcomes of overhand service skills on the students of class XI Animation C SMK Negeri 4 Malang by using the part and whole method.

Classroom action research is expected in the learning process is able to learn optimally. The presence of researchers as colleagues for teachers in working together to prepare the concept of action that will be done. This classroom action research is conducted every Tuesday at 12.45 WIB until 15.00 WIB, in multipurpose field of SMK Negeri 4 Malang. The subjects of this study are students of class XI Animation C SMK Negeri 4 Malang with the number of male students 20 students and 14 female students.

Collecting techniques by researchers using (1) observation, This stage is used to obtain preliminary data for research. (2) questionnaire, this stage is used to obtain the initial needs of research in the form of quantitative and qualitative data. (3) interview, at this stage is used to obtain data that strengthen the result of questionnaire responder. (4) documentation, this stage is used to prove to have done research. In the data collection also use the following stages: (1) Preparation stage, This stage is done by: (a) the researcher made a preliminary observation in the learning process in SMK Negeri 4 Malang. (b) formulate problems that arise at the time of learning. (c) submit a class action research (PTK) and (d) prepare a research proposal. (e) the study permit (2) the stage of implementation, the next step with the implementation stage, at this stage will be done:

(a) planning to make learning overhand service on using the part and whole method (b) prepare tools to support learning (c) division of each learning game (d) explain the learning schedule to be done (e) make observations of students of class XI Animasi C SMK Negeri 4 Malang. (3) documentation. In taking the documentation of the researcher doing the shooting or photo when the students do the overhand service learning activity by using part and whole method. During the observation when learning overhand service on volleyball in SMK Negeri 4 Malang researchers assisted a teacher.

Data analysis to be used is qualitative and quantitative data analysis. Where in this qualitative data analysis technique has 3 step in doing data analysis. Sugiyono (2011) describes the steps of qualitative data analysis as follows: 1) Data reduction, ie sensitive thinking processes that require high intelligence, breadth, and depth of insight. For the new researcher, to do data reduction can discuss to the friend or others that are considered by the expert, 2) presentation of data, in qualitative research presentation of data in the form of brief description, chart, relationship between categories, flowchart, and the like, 3) ferivikasi data, the conclusions are still transient, and will still change if there is no strong evidence to support the next stage of data collection. But the conclusions raised in the initial taunt, supported by valid and consistent evidence, then the conclusion put forward is a credible conclusion.

After getting the result of observation when the implementation took place in the field then the result is calculated then included in the analysis of the following percentage **table 1**.

**Tabel 1.** Percentage of Succeaa Stages

Percentage	Classification
81-100%	Very Good
61-80%	God
41-60%	Enough
21%-40%	Less
<21%	Less than one

Source: Arikunto (2008)

## RESULTS AND DISCUSSION

In the results of this study will be presented some data obtained results of researchers from the beginning of the research until the process of research implementation and analysis of the results of the research volleyball game in one game in class XI Animasi C SMK Negeri 4 Malang,

amounting to 34 students. Then also will be presented result of observation cycle of 1 meeting 1 until meeting 3, then result of cycle 2 for 3 meeting. After getting the results then analyzed and get the results of the percentage of overall mastery of overhand service skills for students of class XI Animation C in SMK Negeri 4 Malang.

### Results of Needs Analysis

From the results of observations the researchers concluded that the effectiveness of overhand passing techniques of students of class VIII B is still lacking. This can be seen from the overhand passing completeness of the students of class XI Animation C at the game of the game volley ball is 23.5%. The result of the initial observation for the overhand service of 34 students, 21 students (63%) did the right attitude, 21 students (63%) students did leg attitude correctly, 22 students (64%) students did hand attitude correctly, 23 students (65%) students did the ball spell correctly, 24 students (66%) students coordinated correctly.

### Preliminary Observations

From the results of preliminary observations on service techniques on the N1 indicator is the score of results 64, average 1.88, the highest score 3, the lowest score 1, 63% completeness percentage. N2 score of results 64, average 1.88, highest score 3, lowest score 1, 63% completeness percentage. N3 score results 65, average 1.91, highest score 2, lowest score 1, percentage mastery 64%. N4 score result 66, average 1.94, highest score 2, lowest score 1, percentage mastery 66%. N5 score of 67 results, average 1.97, highest score 3, lowest score 1, percentage mastery 66%. N6 results score of 326, average 9.59, highest score 14, lowest score 6. N7 maximum score 510. percentage of overall mastery on top service technique is 64%.

### Results Cycle 1 And Cycle 2

Based on the result of the research of the overhand service technique at meeting 1 cycle 1 the percentage of overall overhand service completeness up that is 67%. From that percentage it can be seen that the results have increased but not yet in accordance with existing targets, so the researchers and teachers reflect in the first meeting and continue the second meeting of cycle 1.

Based on the results of the overhand service engineering research at the 2nd cycle meeting 1 percentage of the overall completeness of the overhand service above that is 71%. From that percentage it can be seen that the result has been increased but not yet in accordance with the target, so that the researcher and teacher do reflection in the second

meeting and continue the third meeting of cycle 1.

Based on the results of research overhand service technology at the meeting 3 cycles 1 percentage overall completeness of overhand service that is 75%. From that percentage it can be seen that the results have increased but not yet in accordance with existing targets, so the researchers and teachers reflect on the third meeting and continue the first meeting of cycle 2.

Based on the results of the top service engineering research at the meeting 1 cycle 2 percentage overall completeness of overhand service that is 79%. From that percentage it can be seen that the results have increased but not yet in accordance with the existing targets, so that the researchers and teachers do reflection in the first meeting and continue the second meeting of cycle 2.

Based on the results of the overhand service research techniques at the 2nd cycle 2nd percentage overall overhand service completeness over 83%. From that percentage it can be seen that the results have increased but not yet in accordance with the existing targets, so the researchers and teachers reflect on the second meeting and continue the third meeting of cycle 2.

Based on the overhand service engineering research at the 3rd cycle 2nd meeting the percentage of overall overhand service completeness over 87%. From the percentage it is seen that the results have increased so no need to continue the next cycle.

The results of the assessment of overhand service techniques on the game of volleyball in the class XI Animation C students of SMK Negeri 4 Malang can be seen from the overhand service technique indicators, the level of service success over obtained as follows: students do the right attitude of 76%, at the attitude of the foot of 75 %, hand attitude by 76%, perenaan ball by 73%, and coordination with success of 72%. In cycle 2, the result of the assessment of overhand service technique on the game of volleyball on the students of class XI Animation C of SMK Negeri 4 Malang in cycle 2 can be seen from the overhand service technique indicator, the service success rate above is obtained as follows: the students do the right attitude of 88 %, in the attitude of the foot by 86%, hand attitude by 87%, perenaan ball by 86%, and co-ordination of 85%.

## DISCUSSION

From the above results can be concluded in performing overhand service techniques above there are several indicators that must be mastered, to be able to master the overhand service techniques necessary stages to be done include the treatment and intensity of meetings in lear-

ning to achieve mastery of the desired technique.

According Husdarta (2011) "physical education is the process of education that utilizes physical activity and health to produce a holistic change in the quality of individuals, both in terms of physical, mental, and emotional". Har-suki (2003) states that, "Physical education is a process of interaction between learners with the environment, through physical activity that is managed systematically to the full human". It is also revealed by Rosdiani (2012) that: "In the process of learning physical education teachers are expected to teach a variety of basic motion skills, techniques and strategies games, sports, internalization of values (sportsmanship, honest, cooperation, etc.) and healthy lifestyle habits. Implementation is not through conventional teaching in the classroom that is theoretical study, but involving physical, mental, intellectual, emotional and social elements ". From some opinions of experts can be concluded that Physical education is a process of education of a person, as individuals and members of society are done consciously and systematically through physical activity in order to obtain improved ability of physical appearance, growth of intelligence, and the formation of character.

According to Law No. 20 of 2003 on National Education System article 1 item 20 states that: "learning is a process of interaction of learners with educators with educators of learning resources in a learning environment". In addition, according to Smith in Setyosari (2001) explains that, "learning is-ah an activity that focused on the specific things learned by the learning". Meanwhile, according to Sudjana in Rusman (2013) states that "learning can be interpreted as any systematic and deliberate effort to create an activity of educational interaction between two parties, ie between learners (learners) and educators (learning resources) learning activities ". From the statement can be drawn the conclusion of learning is a process undertaken by teachers to learners to assist in the learning process with the aim to facilitate learners to improve the knowledge it possessed with facilities that support the learning process.

According to Sanchez Moreno, Miguel (2014) says "volleyball is a sport characterized by common movements such as jumping, blowing and short displacement. Attacks and blocking are very important in the bolavoli game to achieve victory in high level competition ". According to Viera (2000) "a volleyball game is played by two teams where each team consists of 6 people in a field measuring 9m for each team and the two

teams are separated by a net.” “For the net height of the son is 2.43m while for the net daughter is 2.24m (Ahmadi, 2007)”. From that opinion it can be concluded that volleyball is a game performed by two opposing teams, each team consisting of 6 players who are separated by a net and each trying to touch the ball over the net to win the game. In this case both teams are allowed to touch the ball with all the limbs that have been determined but still by using the principle of a sportive game and not harm one of them. In this case for the net height of 2.43m son, while for the net of 2.24m.

Basically in a volleyball game there are several basic techniques that can be taught in learning. According to Del Coso, Juan (2014) says: “Volleyball is a complex team sport with certain athletic techniques, tactics, and movements. Volleyball players perform short displays, prefixes interspersed with speed and leaps in defensive or attacking positions. This game is played with a field divided by the net with a height of 2.43 m (for men), the height in the jump is the most important variable for the volleyball player “. Another case with Suhadi (2009) says “basic technique is a basic motion that must be possessed by a volleyball player both in the foot movement and also the rattle of his body. Individuals will not be the same in each of these basic movements, depending on the posture and the motion of the multilaterals of each person. “Whereas according to Ahmadi (2007) said” in the game of volleyball there are some basic techniques that must be mastered. Techniques in volleyball consist of service, passing down, passing over, block and smash “. From some statements can be concluded that there are some basic techniques that must be owned by each player, in this case the players do not have the same skills because it has different characteristics. The game of volleyball has been set so that the game is fun and interesting and not boring.

Service is a basic technique of bolavoli game that is considered trivial, but in this service has its own characteristics that are different from others. According to Parisi, Fabio (2013) says: “In volleyball there are individual skills, just like service, this is a small part of coaching technique, but service is a basic technique for volleyball skills, especially for young athletes. Service is a skill technique in which a rally is the beginning of a game of volleyball, and this can be done with top service, using a high float blow or a drive blow with a high jump. “ According to Suhadi (2009) states that: “Service is also the beginning of a game of bolavoli. In the service there are several ways or models, namely: under serve, overhand serve, and jump serve. Meanwhile, ac-

ording to the results of the resulting ball after the service then there is service: spin or spin, floating. From the rotation type of service ball result then there is service: topspin, backspin, sidespin “. From this understanding it can be concluded that service is part of a basic technique consisting of parts whose purpose is used to start a game of volleyball and also used for weapons in obtaining points or attacking.

According to Mahendra (2007) “part and whole method in the implementation using several steps that must be passed that is 1) Preview, 2) Experiment, 3) Review, 4) train part, 5) Synthesis, 6) Stabilization”. Similarly, learning game overhand service on volleyball. This method can be spelled out and used in several steps that must be done are: 1) preview; meaning that this learning stage introduces the service material on volleyball that is studied and given a clear picture of the material being studied or practiced; 2) experiment; at this stage the student performs service accordingly in the previous stage as well as practicing; 3) review; is a repetition of student problems encountered during volleyball overhand service practice; 4) train section; for this stage the student is notified of the unknown parts 5) synthesis; this stage students perform part-by-piece overhand service volleyball repeatedly, after students understand about this technique then students try to do as a whole; 6) consolidation; in the last stage, the students re-do the previous parts of the technique to be studied and put together thoroughly.

There are so many methods or models in learning that are used in learning. According to Adisuyanto (2009) said that: “Method part is a form of learning the breaking of one part smaller. The breaking of the motion into the smallest part, has the purpose of eliminating or minimizing the possibility of making a mistake. A thorough method is a way of teaching the joining of fractions of the smallest part of a movement into a complete movement “. Based on these statements can be concluded that part and whole is a method of teaching begins by teaching from the easiest or smallest parts of the skills of motion and then the parts are combined into one whole movement. In the end, students can easily accept the learning method because it is broken down from the difficult section to become easy and simple.

Previous research conducted by Edy Suyanto, (2014) entitled “Improving the Effectiveness of Learning Passing Under Volleyball Using Part and Whole In Students of Grade XI IPA 1 SMAN 2 Batu Town” in study under passing students of SMAN 2 Batu Town, that the results of this study indicate that there is a significant inc-

rease in under passing learning by using part and whole on students of grade XI IPA 1 SMAN 2 Batu City. Kharisma Wahyu Atmaja, (2015: 6) entitled "Improving Quick Smash Bolavian Skills With Part and Whole Methods On Club Binayuda Club Women's Volley Ball Team Rowokangkung Lumajang District". In the results of this study there is an increase in the skills of quick smash bolavoli. Based on these results it can be concluded that there is an increase of part and whole to the ability of quick smash volleyball skills in SMK Negeri 1 Rasau Jaya players Team Princess Volleyball Club Binayuda Rowokangkung Lumajang District. While Vilan Argo Pinatas, (2014: 6) entitled "Improving the Effectiveness of Learning Merda By Using Part and whole In Class X Students RPL-1 SMK Negeri 5 Malang". Based on the results of the analysis. This research has effect of part and all method to learning meroda in SMK Negeri 5 Malang. From previous research findings by Edy Suyanto, Kharisma Wahyu Atmaja and Vilan Argo Pinatas, that with the use of part and whole method can improve learning and exercise in sports activities.

### **Cycle 1**

#### **Action Planning 1**

After learning difficulties of students from the observation, researchers and teachers prepare RPP for three meetings in cycle 1. To solve the problem, researchers do variations of learning overhand service game above. (2) overhand service by using the ball, (3) overhand service on the wall, (4) overhand service using net with a distance of 4 meters, (5) overhand service using the net with a distance of 6 meters, and (6) overhand service using the net with a distance of 9 meters.

#### **Action Implementation 1**

In the implementation of the first meeting game with variations of game learning are: (1) overhand service without using the ball, and (2) overhand service by using the ball. The two students meeting the variations of game learning are: (1) the overhand service on the wall, and (2) the overhand service using the net with a distance of 4 meters. The third meeting of the students to learn the variations of the game are: (1) the overhand service using the net with a distance of 6 meters, and (2) the overhand service using the net with a distance of 9 meters.

#### **Action Observation 1**

From the observation in cycle 1, the overhand service success rate of 34 students was obtained as follows: 26 students (76%) did the correct posture, 26 students (75%) did leg attitude

correctly, 26 students (76%) right hand, 25 students (73%) did the ball spell correctly, and 24 students (72%) coordinated correctly.

### **Cycle 2**

#### **Action Planning 2**

The result of reflection on the 1st cycle conducted by the researchers and, it is done improving the learning overhand service techniques on the game volleyball done on cycle 2. Researchers and teachers prepare RPP with service engineering materials on the game volleyball for cycle 2 with 3 times meeting with variations of game learning overhand service. The researchers also prepared observation sheets for observers and field notes that aimed to record events during the lesson. The form of game variation given in cycle 2 is almost the same as in cycle 1 consisting of: (1) overhand service without using ball, and (2) overhand service on wall, (3) overhand service by using ball, (4) overhand service using net with a distance of 4 meters, (5) overhand service over using the net with a distance of 6 meters, and (6) overhand service over using the net with a distance of 9 meters.

#### **Implementation of Action 2**

Implementation of these 2 actions there are 3 meetings, in the implementation of each meeting consists of two games. Implementation of the first meeting game with a variety of games are: (1) overhand service without using the ball, and (2) overhand service on the wall. The two students meeting the variations of game learning are: (1) overhand service by using the ball, and (2) the overhand service using the net with a distance of 4 meters. The third meeting of the students to learn the variations of the game are: (1) the overhand service using the net with a distance of 6 meters, and (2) the overhand service using the net with a distance of 9 meters.

#### **Action Observation 2**

From the observation in cycle 2, the overhand service success rate of 34 students was obtained as follows: 30 students (88%) did the correct posture, 29 students (86%) did leg attitude correctly, 30 students (87%) did attitude right hand, 29 students (86%) did the ball spell correctly, and 29 students (85%) coordinated correctly.

#### **Final Reflection**

Based on the data obtained, there is an increase in overhand service techniques on the game of volleyball on the students of class XI Animasi C SMK Negeri 4 Malang, it can be seen from the



percentage of overall completeness of the overhand service techniques.

Thus the aim of the researcher to improve the overhand service technique on the game of volleyball by doing variation of learning using part and whole method succeed and supported overall mastery of service technique above. The result of overhand service technique skill is obtained from observation sheet and observer which then processed by the researcher.

With the comparison of cycle 1 and cycle 2 obtained, it can be concluded that by the method of part and whole in students of class XI Animasi C SMK Negeri 4 Malang can improve the basic techniques of students in the overhand service of volleyball and has been said successful. Thus learning by applying the method of part and whole can be used for improvement of learning in order to improve the results of overhand service skills for Animation C grade students SMK Negeri 4 Malang.

## CONCLUSION

The result of overhand service skill test on volleyball game after the application of part and whole method can improve the overhand service technique for grade XI Animation C students of SMK Negeri 4 Malang, completeness in overhand service technique of 87%.

Cycle 1 and 2, the conclusion by using variation of game learning are: (1) overhand service without using ball, (2) overhand service by using ball, (3) overhand service on wall, (4) top service using net with distance of 4 meter , (5) top service using the net with a distance of 6 meters, and (6) overhand service using the net with a distance of 9 meters. Some variations of this game's learning can improve the overhand service techniques on the game of volleyball in the students of class XI Animasi C SMK Negeri 4 Malang. The types of variations of this learning can improve the overhand service techniques of the game bolavoli on students of class XI Animasi C SMK Negeri 4 Malang.

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