The Effect of Forehand Practice on The Wall Media

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Abstract

The purpose of this study was to determine the effect of media wall training on the forehand drive in table tennis. The population is 20 people. While the sampling technique was carried out using a total sampling technique, namely the entire population was used as a sample, so that in this study the sample numbered 20 people. The instrument used is The Static Group Pretest-Postest Design. forehand target accuracy. that is, one group was given treatment, but before the treatment was given, an initial test (pretest) was first carried out, then at the end of the treatment a final test (posttest) was carried out with a time of 30 seconds and 3 times the chance. Data analysis techniques using descriptive statistics with t-test. The results showed that the t-count value was greater than the t-table (8.339 > 1.729) so that the t-value obtained in this study was significant. So it can be concluded that the media wall exercise has an influence on the forehand drive in table tennis.

How to Cite

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INTRODUCTION

Education is an effort to improve self-quality. From not knowing to knowing, from not being able to being able to and from not understanding to understanding (Ismail et al., 2018). Physical education, sports and health are an integral part of the overall education, fitness, physical, athletic skills, critical thinking skills, social skills, logical thinking, emotional stability, moral behavior, aspects of a healthy lifestyle and the state. The environment through selected physical activities, sports and health programs that are systematically planned to achieve educational goals (Waluyo et al., 2021). Sport is an activity to maximize muscle abilities (Kadeira, 2021).

Sport has now become one of the human needs to maintain body health and as a means of fun entertainment or recreation, sport is an activity that involves body movement, thus sports activities often cause problems in the human movement system manusia (Ilham et al., 2021). Basically physical education plays an important role and is even responsible for students' health education, PJOK teachers play a role in improving the development of students' social, emotional and mental well-being (Gray et al., 2018).

A physical education medium is carried out by implementing a development of skills, knowledge, reasoning, appreciation, and a healthy lifestyle. Schools which are formal educational institutions have limitations in terms of time, funds, and other supporting facilities. So that its role in forming values and attitudes in children is not running optimally, therefore it is necessary to have additional time outside school hours to support national education goals (Santi et al., 2018). Extracurriculars at school are considered to be able to improve the skills of students so that they can develop and achieve in the field they are engaged in (Baidiuk et al., 2019).

The sport itself consists of various sports, one of which is table tennis (Kadeira, 2021)Table tennis is one of the games that is popular with the world community in general and Indonesian society in particular (Sari & Antoni, 2020). In Indonesia, table tennis is very popular in the community, both in schools, villages, agencies, companies, and so on. In the villages, this sport is one of the sports that is often contested at the Augustan event (Asri, 2020). At the national level, this sport always appears in the list of sports that are contested at the National Sports Week (PON) (As, 2020).

Sport is part of daily human activities that is useful for forming a healthy body and spirit. Sport has made a real positive contribution to public health. Sport also plays a role in increasing physical and spiritual abilities in implementing a sustainable development system. Exercise should be done regularly so that the body's ability does not decline (Haryanto & Welis, 2019). In the game of table tennis, it is necessary to have the ability and skill to hit using the bed (Aisyah & Dwi, 2021). Players must be able to turn off the opponent's punch in order to get points / points. Table tennis game can be played by various age categories (Sutisyana & Defliyanto, 2019). The game of table tennis which is better known as "ping pong" is included in a creative and unique sport, this is because the game of table tennis uses a table-shaped field and is limited by a net and uses a small ball of celluloid material and a bed as a bat.

Table tennis is an interesting sport compared to other sports that use small balls, and has a very fast level of ball speed when hitting, it requires high concentration, this is due to the size of the table and ball (Tomoliyus & Sunardianta, 2020). Table tennis in its implementation requires a table to be used to bounce the ball, and if it is hit it must cross the net attached to the table (Sariul et al., 2022). This sports activity aims to win to achieve sports achievements, while for sports education aims to find out activities in the learning process, as well as for recreational sports can be done in spare time or hobbies whose purpose is to reflect on thoughts and can make the heart happy or happy

The development of table tennis is now more developed than before. This development is due to the continuous efforts of the World Table Tennis Organization (ITTF) which continues to innovate to make table tennis more attractive to watch. (Yakin & Andrijanto, 2021). Attempts were made including that the ball was considered too small and the speed was too fast, making it difficult for spectators to see and observe, therefore the ITTF at the end of 2020 changed the ball size to 40 millimeters. Table tennis should be recognized as a very interesting and attractive sport (Aisyah & Dwi, 2021). Table tennis is known as a sport with the highest level of speed compared to similar sports that also use balls, also because of the counter-asmash, drive and defense clashes, the game of table tennis can be guaranteed to be no less interesting and attractive than other popular sports. such as badminton, football and so forth (Tomoliyus & Sunardianta, 2020).

In the game of table tennis, there are problems faced by most athletes where these problems will later have an impact on the success of the athlete itself. (Effendy et al., 2020). These problems include that athletes cannot catch up or follow the characteristics of table tennis where table tennis is the fastest ball game. Of course, these problems can be overcome with some effort as a balance between

performance and game characteristics such as speed training and reaction accuracy. The key to success in playing table tennis is a quick reaction, good footwork control, and good body. All of that can be obtained from the results of regular and earnest practice (Asri, 2020).

Table tennis has several movements including the drive (Ismail et al., 2018). The hitting technique itself is the most important basic technique in table tennis, which must be mastered in addition to other techniques (Zian Wildani, 2018)The drive stroke must be mastered by athletes if they want to achieve achievements in table tennis. Drive is the blow that has the smallest friction force. Drive strokes which are often also called lifts, are the basis of various types of attack strokes. Therefore, the drive punch is also known as the main technique of the attack punch. (M & Haswin, 2018). Drive stroke is one of the strokes that has its own advantages in playing table tennis, some of these advantages include: 1) High or low flying the ball above the height of the net line is easy to master, 2) Fast or slow the speed of the ball will not be difficult to control, 3) The ball the drive does not contain too much force, 4) The ball carries a little rotation, 5) It can be launched at any point position of the ball on the table without feeling difficulty against heavy, light, fast, slow, high or low balls, as well as against various types of spins ball. Drive is one of the important hitting techniques to deal with defensive games (Sariul et al., 2022).

One of the efforts used is to improve the quality of Forehand and Backhand strokes which are given through wall media exercises to athletes. The forehand punch itself is a punch using the palm grip position facing forward & the punch position according to the right direction of the body, the forehand punch has higher strength than the backhand punch because its position is not obstructed by the body (Herliana Nur, 2019). The forehand stroke is a basic table tennis technique in which the position of the palm holding the bat faces forward when hitting the ball, the hands and elbows form a 90 degree angle, so the bet position is perpendicular (Andrijanto, 2017; Firmansyah et al., 2021). In making a forehand stroke there are several stages, namely: (a) the initial attitude of the arm movement (b) the movement of hitting the arm movement (c) the final attitude of the arm movement. In table tennis, the initial velocity of the ball from a forehand stroke is faster than a backhand drive. Forehand shots are not difficult if done in the right way, interesting and fun (Reza Abdul Rohman, 2019).

Forehand stroke is a basic technique that is often used. So it is very important to emphasize in learning. Even though it looks easy, in a forehand

shot it cannot be done carelessly without paying attention to the right basic movements so that the results of the stroke are not too high or involve the net. (Asri, 2020). Forehand strokes are very important in table tennis, in this case it requires accuracy and the ability to control power so that the ball tends to be easily controlled. This forehand shot serves to attack and play long balls (Satria & Jhon, 2020).

Training is a process of improving the ability to exercise which contains theoretical and practical material, using methods and rules, so that goals can be achieved on time (Fansuri & Situmeang, 2021). There are several meanings of training in the form of language, namely: Exercise which comes from the word practice is an activity to improve sports skills (skills) by using various equipment in accordance with the goals and needs of the sport. Exercise that comes from the word exercise is the main tool in the process of daily training to improve the quality of the function of the organ systems of the human body, making it easier for athletes to perfect their movements. (Riyoko, 2019). Exercise that comes from the word training is the application of a plan to improve the ability to exercise which contains theoretical and practical material, methods, and implementation rules in accordance with the goals and objectives to be achieved (Marzuki & Kleden, 2018).

Maximum training is needed to improve the stroke technique in playing table tennis. Apart from that, the most important thing is understanding the basic techniques in table tennis, which we can learn at school, clubs or we can get from trusted sources, both written sources and internet sources. (Aisyah & Dwi, 2021). Forehand exercises with a high height can improve forehand drive ability.

Training is a process of improving the ability to exercise which contains theoretical and practical material, using methods and rules, so that goals can be achieved on time (Fansuri & Situmeang, 2021). Wall media is a presentation aid used to teach basic forehand drive techniques in table tennis games (Marzuki & Kleden, 2018).The quality of training is an important thing in an effort to improve the quality and performance of an athlete. Useful exercises and have clear direction and goals. An intensive exercise cannot be said to be sufficient if the exercise is not accompanied by weight, quality and quality of the exercise itself, in training it is also necessary to pay attention to the variations of the exercise because with the variations in avoiding boredom and boredom. In training it is also necessary to pay attention to variations in training because with variations in avoiding boredom (Riyoko, 2019).

The use of wall learning media in the teaching and learning process can generate new desires

and interests, generate motivation and stimulate learning activities, and even bring psychological influences on students. A wall is a solid structure that limits and sometimes protects an area (M & Haswin, 2018). Generally, walls delimit a building and overhang other structures, delimit a space in a building into rooms, or protect or limit an outdoor space. The three main types of structural walls are building walls, boundary walls, and retaining walls. (Sutisyana & Defliyanto, 2019). Wall learning media in table tennis games is a medium that can be used to channel a message from the sender to the receiver influencing one's reasoning power to carry out teaching and learning activities and can be used as feedback on hitting the ball towards a goal or target in a table tennis game (Indrawan et al., 2019). The functions of Wall Media in table tennis games are as follows: 1) Wall learning media, namely to make it easier for teachers to convey precisely and efficiently to students, where the wall is a feedback tool from table tennis shots, 2) Learning media the wall is a teaching aid that also influences teaching and learning activities with facilities that are easy to find in schools in particular, thereby expediting teaching and learning activities, especially in table tennis games (Ismail et al., 2018). The use of media must be adapted to the psychology of students so that learning objectives can be achieved as expected by the teacher, the material presented can be carried out correctly by students.

The forehand technique is a technique that is often used in table tennis games and must be mastered by athletes or students because the forehand technique is very easy to do in executing strokes (Firmansyah et al., 2021). The forehand drive is one of the most important strokes in table tennis, because the forehand drive is the most powerful shot and the frictional energy released is also very small (Setyawan et al., 2018).Besides that, a good forehand drive can also be a deadly shot for your opponent. one of the objectives of the media wall exercise is to improve the forehand skills of extracurricular participants.

METHODS

This research is a quasi-experimental method, in this study there was one experimental group that was deliberately treated. using a quantitative descriptive type of t test with the aim of knowing the effect of wall media training on table tennis. According to (Yanti et al., 2019)states that the use of this method aims to find and find various kinds of problems encountered by conducting experiments on their own using a scientific way of thinking.

The instrument used was The Static Group Pretest-Postest Design. forehand target accuracy. that is, one group is given treatment, but before the treatment is given, an initial test (pretest) is first carried out, then at the end of the treatment a final test (posttest) is carried out. The data collection process will be carried out with 3 Rally opportunities, each opportunity is given 30 seconds, and rest for 10 seconds. In addition, based on (Sugiharni, 2018), states that the output of this calculation & analysis will later be defined statistically descriptive.

Tabel 1. One group pretest and posttest design.

Pretest	Treatment	Posttest
O1	X	O2

Note:
O1 : Pretest is a test before giving treatment.
X : Treatment for experimental group by implementing pracice using wall media.
O2 : Posttest after giving treatment.

This research was conducted at Public High School 1 Palopo City. This research was conducted from January 15 to February 15 2023 at Public High School 1 Palopo. The subjects in this study were 20 male extracurricular participants. The population in this study was 20 participants who took part in extracurricular activities at Public High School 1 Palopo. While the sample selection in this study used a total sampling technique, namely the entire population was sampled because the number was relatively small so that the sample in this study consisted of 20 participants. In this study the data analysis technique used was descriptive quantitative with the t-test method.

$$t = (\textstyle\sum D)/\sqrt{((N.\textstyle\sum D^2-(\textstyle\sum D)^2)/(N-1))}$$

RESULTS AND DISCUSSION

Before being given treatment in the form of forehand exercises on the wall media, participants were first given a pretest by doing a forehand drive using the wall media, the aim was to look for reliability, plotting, dividing the subjects into two groups and to compare with the posttest results. The results of this study will then be described as follows:

Description of Pretest Drive Result Data for extracurricular participants at Palopo 1 Public High School with Wall Media Test Instruments

Based on the results of the forehand drive pretest using the wall media test instrument which was carried out by 20 samples with a time of 30 seconds and three times the opportunity, the average (mean) was 15.6, the standard deviation was 2.89, the highest score was 20 and the lowest score 11, the range is 9.

Table 2. Distribution of Forehand Drive Pretest Data Using Wall Media

Variable	N	Highest Score	Lowest Score	Range	Mean	SD
Forehand Drive	20	20	11	9	15,6	2,89

Description of Pretest Drive Result Data for extracurricular participants at Public High School 1 Palopo with Wall Media Test Instruments

Based **Table 2.** on the results of the forehand drive posttest using the wall media test instrument which was carried out by 20 samples with a time of 30 seconds and three times the opportunity, the average (mean) was 17.75, the standard deviation was 3.37, the highest score was 25 and the lowest score was 13, the range is 12.

Table 3. Distribution of Posttest Forehand Drive Data Using Wall Media

Variable	N	Highest Score	Lowest Score	Range	Mean	SD
Forehand Drive	20	25	13	12	17,75	3,37

Table 4. Table to find the 't' value of wall media exercises against forehand drives in table tennis.

Students	Pretest	Postetst	D (T1-T2)	D²
P1	18	20	2	4
P2	16	17	1	1
P3	13	15	2	4
P4	18	20	2	4
P5	16	17	1	1
P6	12	15	3	9
P7	11	13	2	4
P8	13	15	2	4
P9	20	25	5	25
P10	18	20	2	4
P11	16	18	2	4
P12	18	21	3	9
P13	16	17	1	1
P14	13	15	2	4
P15	20	24	4	16
P16	18	20	2	4
P17	11	13	2	4
P18	14	17	3	9
P19	13	14	1	1
P20	18	19	1	1
			43	131

$$t=(\sum D)/\sqrt{((N.\sum D^2-(\sum D)^2)/(N-1))}$$
$$t=43/\sqrt{((20.131-(43)^2)/(30-1))}$$
$$t=43/\sqrt{((2.620-1.849)/29)}$$
$$t=43/\sqrt{(771/29)}$$
$$t=43/\sqrt{26,59}$$
$$t=43/5,156$$
$$t=8,339$$

After getting a t-count value of 8.339 then looking at the t-table value with degrees of freedom (df) N-1 = 19 at a significant level of 5% or 0.05 which shows a number of 1.729. These results indicate that t-count > t-table, namely 8.339 > 1.729. Based on the results of the study, wall media exercises can have a significant effect on forehand drive in table tennis

The discussion on the research results obtained aims to provide an explanation, understanding and description of the results obtained during the research process. The researcher processed the data so that he could find out that the wall media variable had an effect on the table tennis forehand, from the data obtained it showed that the t-test results were obtained, namely the t-count value was greater than t-table (8.339 > 1.729).

From the results above it can be said that media wall training has a significant effect on forehand drive hitting in table tennis, thus Ho is rejected and H1 is accepted, the H1 statement is that there is an effect of media wall training on forehand drive in table tennis. So that wall media exercises can be used to improve forehand drives in table tennis.

In some research results show that wall media exercises have a significant effect on forehand drives in table tennis. So that in this case the media wall can be used to increase the forehand drive in table tennis.

CONCLUSION

The results of the research and data analysis using statistical formulas show that the t-count value is greater than the t-table (8.339 > 1.729) so that the t-value obtained in this study is significant. So it can be concluded that the media wall exercise has an influence on the forehand drive in table tennis.

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