



## **The Effect of Snakes and Ladder Media on Dribbling Skills in Basketball Extracurricular Students**

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### **Abstract**

The aim of this study was to find out how much influence the use of snakes and ladders media games had in improving students' dribbling skills in basketball games. With 24 participants consisting of 19 students and 5 female students at public senior high school 5 Luwu, the research method used experiment with pre-test and post-test one group design. By giving treatment of snakes and ladders media game in the learning process. The research process lasted for 5 weeks with the results of data analysis showing that the average score obtained by students when the pre-test was carried out was in the less category with a large percentage of 50% with 12 students and the post-test was in the sufficient category with a large percentage of 42% with 10 students. So it can be concluded that the use of snakes and ladders media has a significant effect on the results of students' basic basketball dribbling skills. The data analysis technique used was the pre-test and post-test with the student's instrument sending the ball on a zig zag trajectory.

### **How to Cite**

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## INTRODUCTION

(Hartanti et al., 2020) Education is a very important thing important for human life, because through education can help determine the direction and future of a nation. Education as a form of human needs full of development and lasts a lifetime has an important role in preparing quality human resources (HR). In this context the purpose of education is as a guide, a positive guide through physical activity, (Malik et al., 2013) Sport is a variety of activities or efforts to encourage, awaken, develop and foster physical and spiritual strength in everyone. More broadly, sport is considered as one of the tools in an effort to increase the ability of the nation to cope with its obligations which are increasing in accordance with the times. Sport is a very important human need so that sport becomes a demand to move forward.

(Feryanto et al., 2020) and sport is one of the physical and psychological activities of a person that is useful for maintaining and improving the quality of one's health (Mustafa & Dwiyoogo, 2020) In order to obtain a healthy body, there are many types of sports in the world, especially in Indonesia, such as futsal, soccer, volleyball, and one of them is basketball. (Yuliandra & Fahrizqi, 2019) Basketball is one of the big ball games that is played by two teams, each team consisting of five people, this sport is very popular and liked by many people, the game of basketball has developed into a sport that is very popular with all walks of life, from children to parents, men and women, urban communities to rural communities through basketball sports activities many benefits are obtained, especially in terms of good physical, mental and social growth. (Fatahillah, 2018) The game of basketball is very popular among people, especially among teenagers and students.

(Malik & Rubiana, 2019) Basketball is a ball sport in groups consisting of two teams of five people each competing to score points by throwing the ball into the opponent's basket. The game of basketball has several basic techniques that must be mastered by the players, including ball possession (Ball Handling), catching the ball (Catching), passing the ball (Passing), shooting the ball (Shooting), and dribbling (Dribbling). (Sitepu, 2018) The game of basketball requires teamwork and individual skills which contain elements that are very necessary for the basketball player himself. These elements are, strength, speed, accuracy, endurance, explosive power, balance, and so on. The benefits of playing basketball are that basketball is a sport that is easy to understand, can be played in outdoor and indoor places. (Gianusha & Supriyadi, 2019)

Basketball is a team based sport played all over the world. Furthermore, the participation rate in basketball rankings is very high for both girls and boys. A person's interest in basketball has led to the formation of many competitions around the world. As a result, competition in basketball is increasing across all genders, bringing greater impact to measures of player performance. A special technique that is increasingly being applied in basketball to measure player activity is time of motion analysis. The 4 x 10 minute time in basketball games involves all the basic techniques in basketball, especially dribble which is very important because to start an attack. (Fatahillah, 2018) The aim of the game of basketball is to put the ball into the opponent's basket and try to prevent the opponent from entering the ball or scoring points. Based on this goal, one of the basic techniques that is very important to master is the dribbling technique. Dribbling is the ability of students to move the ball using their hands as quickly as possible to achieve goals, namely holding counterattacks, passing opponents, baiting opponents, adjusting the tempo of the game and scoring goals to the opponent's basket effectively and efficiently without losing balance. In essence, every basketball player is required to be able to do good dribbling, be agile without losing balance when passing each opponent and keep the ball from being grabbed by the opponent.

(Fatahillah, 2018) One important basic technique is dribbling. Dribbling ball is an attempt to bring the ball forward. (Gianusha & Supriyadi, 2019) dribbling is Wrong One base First Which introduced for novice players because it is Skills important for every player ball basketball. Moment attack in game ball basketball, dribbling very effective Because open opportunity attack moment before happen attack or ball passed to colleague One team. (Gianusha & Supriyadi, 2019) The skill of dribbling a ball (dribble) involves a variety of movement activities that exist in us and the movement of the dribble cannot be planned, but is a reflex action during the game. The dribble technique is one of the techniques that must be trained first for beginners in basketball because this technique is one of the main keys in basketball, especially for offense, controlling the course of the match from one player to another in order to produce a movement to get points in ball games. basketball. Dribble is an integral part of basketball and is important to both individual and team play. Because the main goal in basketball is to score as many points as possible in order to win the match, Practicing the dribble technique first is more effective than practicing other techniques. (Kerru et al., 2015) How to do dribbling is by bouncing the ball on the floor with one hand. When the ball mo-

ves up the palms stick to the ball and follow the direction of the ball. Press the ball when it reaches its highest point downwards by slightly straightening your elbows followed by spasticity of your wrists. Dribbling the ball in a basketball game can be divided into two ways, namely dribbling low and dribbling high. Low dribble aims to protect the ball from the opponent's reach while high dribble is done to hold a fast attack to the opponent's defense.

(Abig Faisal Akhror, 2019)In basketball games, the correct dribble technique is needed because the factors of dribble skills in basketball games are very important to support basketball games. Therefore every individual in the team needs to get practice in mastering training techniques from the coach. (Son, 2014)Dribble is a way to carry the ball in all directions with more than one step as long as the ball is reflected on the floor of the field and also secures the ball from the opponent's spoils because then he can move to avoid the opponent while bouncing the ball. Dribble movements are sometimes difficult, especially for beginners.(Kerru et al., 2015)Body movements must be balanced with eye and hand coordination and leg movements that lead to the right point. the problems that usually occur in students are the absence of dribble training aids except for only cone media and also the lack of ability to do dribbling and often make mistakes when dribbling. This makes it difficult for athletes to develop in carrying out various kinds of dribble technique exercises, thus making students less enthusiastic about doing the dribbling exercises given by the coach. Thus, efforts to improve individual abilities and skills of students in practicing dribble are hampered, and not optimal.(Baiquni, 2016)There are many things a teacher or trainer can try to make students happy and directly involved in the exercise. One of the things that can be pursued is with learning media. The learning media that can be an alternative solution in training is snakes and ladders media. (Afandi, 2015)The snakes and ladders game is a traditional game that is usually played by children, there is no clear source since when the snakes and ladders game was invented. The concept of the snakes and ladders game is that the game is played by 2 or more children by throwing dice, which consists of several boxes with pictures inside, in the game there are pictures of snakes and ladders, if in the game you get a ladder it means you go up according to the ladder, and if you get a snake then in the game the participants must go down according to the path of the snake. the participant is declared victorious if the participant reaches the finish line first. solution to coaches and athletes,

(Sobarna et al., 2019)Change in exercise very important For is known by a coach when make

program exercise. Skills media naturally very important And must developed, that is exercise which given must notice change ability or condition athlete And capable Work For change the. In the game of basketball there are basic movements that must be mastered by athletes, namely passing, dribbling, and shooting. These three basic movements cannot be separated in the game of basketball, each movement has its own purpose, the passing movement has the goal of passing the ball to a teammate, the dribbling movement has the goal of dribbling and avoiding opponents, the shooting movement has the goal of scoring points. In reality, on the field there are still many athletes who do not understand and master these basic movements, thus researchers are interested in using snakes and ladders game media to improve athletes' skills in playing basketball. (Mar'atusholihah, H, 2019)Snakes and ladders game is a game played by two or more people with a board consisting of small boxes and there are pictures of ladders and snakes that are interconnected with each other.

(Malik et al., 2013)Training modifications are very important for trainers to know so that in implementing a physical education training program it should reflect the characteristics themselves, namely "Developmentally Appropriate Practice" (DAP). This means that the teaching assignments delivered must pay attention to changes in the athlete's ability or condition, and can help push towards these changes. Media Snakes and Ladders is an innovation in physical education learning that is educative by implementing a training circuit system in the learning process so that it can increase students' knowledge, attitudes, skills, and fitness. The snakes and ladders game can be made into an effective training medium because the simple and fun nature of the game can make athletes enthusiastic in training and the snakes and ladders media can also be modified so that it can be adapted to the learning environment (Andrews et al., 2018; Nugrahani, 2007; Siyam, Nurhapsari, & Benyamin, 2015; Warburton & Madge, 2015).(Mar'atusholihah, H, 2019)Snakes and ladders game is a type of competition game that is directed at the ability of cooperation and priority so that (Sobarna et al., 2019)This game of snakes and ladders is used during the training process as a means for students to work on motion tasks related to basketball games about basic techniques for playing basketball.

The researcher chose to use snakes and ladders media because the snakes and ladders game can be made into an effective learning media because the simple and fun nature of the game can make students enthusiastic about playing.

**METHODS**

(Abdullah, 2015) This research is using experimental method. The design used in this research is “The One Group Pretest Posttest Design. (Tuasical, 2020) The experimental method with an unseparated sample means that the researcher only has one group, which is measured twice, the first measurement (pretest) is carried out before the subject is given treatment, then treatment (treatment), which is finally closed with the second measurement (posttest). (Ruslan Rusmana, James Tangkudung, 2019) Based on the place of research, the experimental research consists of: Type of experimental research based on research location will be carried out on the basketball court of public senior high school 5 Luwu, JL. Guava, guava, kec. Bajo, Kab. Luwu, Province. South Sulawesi. This research was conducted for 18 meetings, with 1 pre-test, 1 post-test, and 16 treatments. The study was conducted 4 times a week, namely Monday, Wednesday, Friday and Sunday. The length of training required is 5 weeks.

(Sobarna et al., 2019) Experimental research is research that is used to find the effect of certain treatments on others under controlled conditions. (Jaedun, 2011) The purpose of this experimental method is to investigate whether there are significant results from a study, by giving certain treatments to the experimental group. This method is used on the basis of the consideration that the nature of experimental research is to give an experiment on something to find out the effect or effect of a treatment. So in the experimental method there must be a treatment, in this case the factor being tried is the snakes and ladders media on dribbling skills in the basketball extracurricular at public senior high school 5 Luwu. The design in this study is to use pre-experimental.

(Ruslan Rusmana, James Tangkudung, 2019) The pre-experimental design was a single group, and there was no control group. Pre-experiment is a design consisting of one treatment group with a test without any control. Thus it can be known more accurately, because it can be compared with those held before being given treatment. The population in this study was public senior high school 5 Luwu’s basketball extracurricular, which consisted of 24 people. The pre-test was carried out at the beginning of the study with the aim of knowing and measuring students’ dribbling abilities before carrying out experiments using snakes and ladders as media. The post test or final test was carried out at the end of the study with the aim of knowing and measuring students’ dribbling skills after carrying out experiments using snakes and ladders as media.

The design form of this research method is as follows:

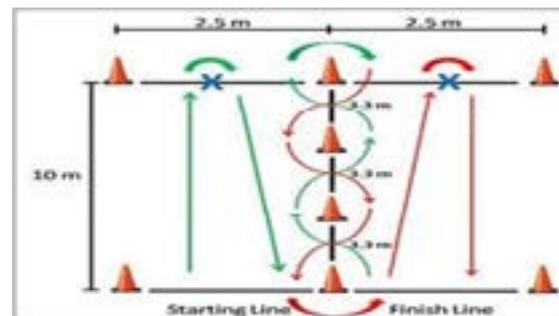
Pretest	Treatment	Posttest
01	X	02

Information :

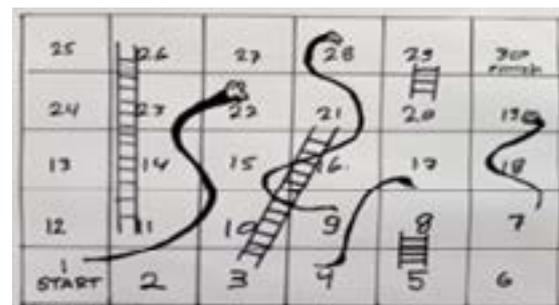
01 : Pretest Value

X : Practice playing basketball with the use of snakes and ladders as media

02 : Posttest value



**Figure 1.** (Pretest and Posttest) Dribbling test



**Figure 2.** (treatment) Snakes and ladders media.

**RESULTS AND DISCUSSION**

From the results of tests conducted by students of public senior high school 5 Luwu before being given treatment by extracurricular students at public senior high school 5 Luwu on the dribbling test as follows **Table 1.**

**Table 1.** Pre-test Dribbling Test Results

Score Range	Frequency	%	Information
38-48	0	0	Very well
32-37	8	33	Good
27-31	10	42	Enough
20-26	6	25	Not enough
0-19	0	0	Less Once
Amount	24	100	

From the data above it can be seen that there are 0 students with 0% who are in the very good category, 3 students with 13% who are in the good

category, 7 students with 29% in the sufficient category. 12 students with 50% in less category and 2 students with 8.3% are in very less category.

So it can be concluded that when the pre-test was carried out, the average dribbling results of students in basketball at public senior high school 5 Luwu were in the less category with a large percentage of 50% with 12 students.

**Table 2.** Dribbling post-test results

Score Range	Frequency	%	Information
38-48	0	0	Very well
32-37	3	13	Good
27-31	7	29	Enough
20-26	12	50	Not enough
0-19	2	8.3	Less Once
Amount	24	100	

From the data **Table 2.** above it can be seen that there are 0 students with 0% who are in the very good category, 8 students with 33% who are in the good category, 10 students with 42% in the sufficient category. 6 students with 25% in the less category and 0 students with 0% are in the very less category.

So it can be concluded that when the post-test was carried out, the average dribbling results of students in basketball at public senior high school 5 Luwu there was a slight increase by being in the sufficient category with a large percentage of 42% with 10 students.

Normality Test Output SPSS can be concluded that the significance value for the pre-test results is 0.985, while the significance value for the post-test results is 0.181, because the significance value for the pre-test and post-test results is greater > 0.05, it can be concluded that the data from the dribbling test results are normally distributed.

Homogeneity Test output SPSS above it is known that the significance value of the pre-test and post-test variables is  $0.336 > 0.05$ . it means that the pre-test and post-test variable data are based on the table above because the significance value is greater than  $> 0.05$ , the data is homogeneous.

From the output T test results obtained a significance value of  $0.378 > 0.05$  and a calculated t value of 13,260 while a t table value of 4,045. Then it can be seen that t count (13,260) > t table (4,045), the conclusion is that variable X (the media of snakes and ladders has an effect on variable Y (dribbling results)).

The results of the data analysis show that the average scores obtained by students at Luwu 5 State Senior High School when the pre-test and post-test were carried out. there is an increase although not

too big. With a significance value greater than the significance level value and the calculated t value is greater than t table, it can be concluded that the snake and ladder media has an effect on the dribbling results. The learning process can be said to be good and effective, if the learning supporting factors can be integrated into a series that are interdependent simultaneously and in successive sequences. To integrate these supporting factors, it is necessary to have a teaching method or the right strategy to achieve the specified goals. Snakes and Ladders is a game media that cannot be separated from the pictures or photos on the Snakes and Ladders board, such as pictures of snakes and ladders, as well as other pictures according to the Snakes and Ladders theme. Images or photos serve to convey messages through images that involve the sense of sight so that they can attract attention, illustrate facts or information that visual media can be in the form of representational images such as paintings or photographs that show how an object looks like. In this regard, the purpose of the snake and ladder game as a learning medium is for students to learn in a fun way. Besides that, it can also train students about being honest and understanding the rules. Dribbling is carrying the ball running in all directions according to existing regulations. A player is allowed to carry the ball more than one step provided the ball bounces off the floor, whether walking or running. Dribbling the ball must use one hand. The use of dribbling is to look for attack opportunities, break through the opponent's defense, or slow down the tempo of the game.

(Sobarna et al., 2019)The results of this study, in the form of the application of snakes and ladders media in the implementation of basketball learning, were proven to be able to improve students' dribbling skills accordingly and further confirmed the results of other relevant studies, where through learning media in the form of snakes and ladders was able to improve various student skills.

## CONCLUSION

Based on the results of this study, the authors can draw conclusions that in the process of practicing basketball games which are packaged in the form of educational games using snakes and ladders media this can make it easier for students to absorb the material better, because snakes and ladders media can be made into learning media which is effective because the simple and fun nature of the game can make students enthusiastic in playing. Therefore, the use of learning media must be well realized by a teacher and trainer so that learning objectives can be achieved and one of the media that can be

utilized and applied is this type of snake and ladder media.

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