

BASIC BASKETBALL TECHNIQUE ABILITY FOR PHYSICAL EDUCATION STUDENTS STKIP PGRI JOMBANG

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ABSTRACT

2020 is the first year of selection for new student admissions for those who choose a study program in the arts and/or sports. The purpose of this study was to determine the basic technical ability of basketball in physical education students. This study is a descriptive study with a sample of 130 students aged 17-21 years. The instrument used was a passing test to the wall with a distance of 3 meters for 30 seconds, a shooting test for 30 seconds, and a dribbling test with a zig zag. Data were analyzed using descriptive statistical techniques. From the results of the study obtained information that the average basic technical ability of students' basketball is in the sufficient category based on the value reference assessment (PAN). There needs to be a comparison between student admissions through other channels so that it can be seen the differences in student abilities in each admission path based on the sport being taught.

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- A. Conception and design of the study
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- C. Analysis and interpretation of data
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INTRODUCTION

Basketball has recently become one of the most popular sports all around the world, including Indonesia (Abdullah et al., 2022). Basketball is a team game with aerobic-based anaerobic sports characteristics (Alemdaro, 2012; Delextrat & Cohen, 2009) and requires a high intensity of movement such as running, stopping, and moving according to the situation in the game (Kong, Qi, & Shi). , 2015). The object of the large ball sport known as basketball is to put as many balls into the opponent's basket as you can while doing your best to protect your own. One of the team sports that uses a ball and hoop and may be played using a variety of technics and tactics is basketball. The primary skill that every basketball player needs to acquire is the fundamentals technics of the game. If the players are proficient in the fundamental techniques, a player or team is said to have a nice appearance (Sofyan et al., 2020).

Mastery of basic technical skills is important for every player besides tactical skills in the game so that playing performance can run well (Erčulj et al., 2010). As in games and matches, the basic techniques that a person has are an important initial capital to be known in the learning process. When the initial basic abilities are known, the trainer or instructor can provide the right formulation and method so that the learning and training



achievement targets are met. Because, basketball training has different aspects and is adapted to the training category (Sofyan & Budiman, 2022).

Descriptive research studies have been widely used and are useful for knowing the basic technical description of players and the percentage of their use in sports matches. In the research on basketball, Devita (2013) revealed that the average basic technical ability to play basketball (passing, dribbling and shooting) at KU 18 Putra Sahabat Club Semarang in 2012 was in the sufficient category. In the soccer sport, information was obtained that from 3 matches carried out by the Sinar Harapan club, Tulangan Sidoarjo in the East Java Regional League 3 Competition, the most dominant basic technique used during the match was the basic technique of passing with an average of 203 times with a percentage of 63.43. % (Febrianto, 2017).

Mastery of basic techniques in the sport of basketball is needed to make it easier for students when following the learning process. In addition, when applied in a game or simulation match, good mastery of basic techniques can affect the movements made to be effective and efficient. Therefore, the basic technical ability of basketball is very necessary to know as an initial picture of students' abilities in participating in basketball learning.

METHOD

This research is a type of descriptive research, namely research that is carried out without giving treatment or treatment to a group, but only looks at the phenomenon or picture that occurs in that group (Maksum, 2018).

The participants involved in this study were physical education students who entered through the new student admissions pathway in 2019 with a total of 130 students aged 17-21 years with details of 103 males and 27 females.

The instrument used in this study consisted of 3 test items, namely the first test of passing to the wall with a distance of 3 meters for 30 seconds, the second test of shooting in the form of under ring for 30 seconds and the third test of zig zag dribbling speed. Furthermore, the data were analyzed using descriptive statistical techniques using the PAN category or value reference assessment (Nurhasan & Narlan, 2007).

RESULTS

This study aims to describe the basic technical abilities of new students on the achievement path in terms of basketball. The data of the research carried out describe the results of the basic technical abilities of basketball including the ability to pass, dribbling and shooting. The descriptive summary of the research data as a whole is as follows:

Table 1. Summary of Data Description of Basic Basketball Technique Ability

	Passing	Dribbling	Shooting
Total	2975	3171.11	894
Average	22.88	24.39	6.93
Min	11	17.73	1
Max	33	37.13	14
SD	4.35	3.44	2.92

Source: personal data

Table 1 shows that the average score for passing is 22.88 points, dribbling is 24.39 seconds, and shooting is 6.93 points. The minimum scores obtained in the ability of passing, dribbling, and shooting in a row are 11 points, 17.73 seconds and 1 point. Meanwhile, the maximum score obtained for passing ability is 33 points, dribbling is 37.13

seconds, and shooting is 14 points. As additional information, the higher the passing and shooting points obtained, the better the assessment category, while the faster or less time it takes to dribbling, the better the scoring category. In detail, the graphs of the basic technical ability categories of student basketball are shown in Table 2, 3, and 4.

Table 2. Percentage of Basketball Passing Results

	Very good	Good	Medium	Less	Very less
Man	1.94%	19.42%	73.79%	3.88%	0.97%
Woman	7.41%	3.70%	88.89%	0.00%	0.00%

Source: personal data

Table 2 shows the percentage of basketball passing results for male and female students. The highest achievement in the sufficient category is for women with a percentage of 88.89% and for men the percentage is sufficient at 73.79%, while the lowest achievement is in the less and less category for women, which is 0% and the category is very less for men, which is 0.97%.

Table 3. Percentage of Basketball Dribbling Results

	Very good	Good	Medium	Less	Very less
Man	0.00%	0.97%	75.73%	22.33%	0.97%
Woman	0.00%	3.70%	70.37%	22.22%	3.70%

Source: personal data

Table 3 shows the percentage of basketball dribbling results for male and female students. The category is sufficient to get the highest percentage both for men with an achievement of 75.73% and for women with an achievement of a percentage of 70.37%. Furthermore, the lowest achievement is shown in the very good category with a percentage of 0% for men and women.

Table 4. Percentage of Basketball Shooting Results

	Very good	Good	Medium	Less	Very less
Man	9.71%	11.65%	78.64%	0.00%	0.00%
Woman	3.70%	18.52%	29.63%	48.15%	0.00%

Source: personal data

The percentage of basketball shooting results for male and female students is shown in table 4. The highest achievement for men is in the moderate category with a percentage of 78.64% while the highest achievement for women is in the less category with a percentage of 48.15%. The lowest achievement is shown in the very poor category with a percentage of 0% for both men and women.

Basketball is a complex game, which means that technical skills and a thorough understanding of tactics are needed in playing (Erčulj et al., 2010). Techniques in basketball games can be interpreted as an effective and efficient way of playing the ball in accordance with the applicable game rules in order to achieve optimal results. Furthermore, mastery of various appropriate basic techniques allows players to perform a good game (Hapsari, Pratiknyo, & Hidayah, 2013).

DISCUSSION

A set of activities that are structurally similar and intended to solve a problem are referred to as "techniques" in all sports. Learning how to employ the game's techniques and

creating strategies for doing so is one of the game's key objectives. History demonstrates that as basketball evolved, the variety of tactics, approaches to using them, and standards for measuring success all changed and improved. The game has evolved over time, improving its strategy and tactics as well as the level of player preparation.

Driving, rebounding, jumping shoots, laying-ups, closing out, blocking shots, playing at a high pace, and quick attacks are some of the fundamental basketball moves (Vázquez-Guerrero et al., 2019). The techniques, methods, and variety that have been developed in the development of the sport of basketball are the tools that allow you to most successfully solve specific game problems and lead to victory (Sabirova, 2021). The most effective, tried-and-true tool an athlete has at each stage of growth is their technique, which enables them to succeed within the rules in challenging wrestling circumstances. A basketball player must be knowledgeable about many strategies and procedures, analyze the scenario, select the best technique or combination of techniques, and execute them swiftly and precisely to get the greatest outcomes in game positions.

CONCLUSION

In this study, the researchers only revealed the skills of students on the achievement path in terms of basic technical skills in basketball with the category of reference value assessment (PAN). The average results of basic basketball technical skills including passing, dribbling and shooting skills on achievement path students are in the sufficient category for male and female students, only shooting results for women are in the less category.

CONFLICT OF INTEREST

All authors state that there is no conflict of interest in this research.

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