Badminton Stroke Skill Levels in Children Aged 10-12 Years at Kaisar Badminton Club Tegal Regency

Sofyan Ardyanto[1A-E*]

[1]Department of Physical Education, Universitas Wahid Hasyim, Semarang, Indonesia

ABSTRACT

This study aims to determine and analyze the badminton skill level of children aged 10-12 years at the Kaisar Badminton Club, Tegal Regency. The method used is a survey with data collection techniques using tests. The research subjects consisted of 21 children. The sampling technique in this research is purposive sampling. The criteria used to determine this sample were 12 children aged 10-12 years. This research instrument consists of a short serve test, long serve test, lob test and smash test. The following are the results of the research: 1) Basic short service skills were obtained by 1 person in the high category (8%), 10 people in the medium category (83%), 1 person in the low category (8%). 2) Basic long service skills were obtained by 5 people in the high category (42%), 7 people in the medium category (52%). 3) Basic overhead lob skills were obtained by 1 person in the high category (8%), 5 people in the medium category (42%), 5 people in the low category (42%), 1 person in the very low category (8%). 4) Basic smash skills were obtained by 2 people in the very high category (17%), 7 people in the high category (58%), 3 people in the medium category (25%).

Keywords : Badminton Skills, Children Aged 10-12 Years

INTRODUCTION

Badminton is a sport that is popular with various groups. Badminton is an individual game that can be played by one person against one, or two people against two people. In 1854 in London a magazine published a cartoon about this game. During the British colonial era, soldiers brought this game to Japan, China and Siam (Thailand). Then this game became a game played in the British colonial country. Starting from this game, it was then developed into a more competitive sport as entertainment (Dhedhy, 2017).

The world badminton association was formed in 1934 under the name International Badminton Federation (IBF) where in the main badminton organization the member countries were England, New Zealand and France, which were none other than pioneers in the world of badminton. Then followed by the country of India which joined as an affiliate in 1936. As time passed, there was a change in the name of the parent badminton organization which occurred at the IBF Extraordinary General Meeting in Madrid Spain in September 2006 from the name International Badminton Federation to Badminton World Federation (BWF), which in finally reached a unanimous vote of 206 delegates present there (Samsul, 2022). BWF members currently consist of 165 associations from various countries and parts of the world.

In Indonesia, the badminton association was formed on 5 May 1951 in Bandung under the name of the Indonesian Badminton Association (PBSI), which at that time was chaired by Rochdi Partaatmadja. He led PBSI accompanied by Soedirman as chairman I and Tri Tjondrokoesoemo as chairman II. They were elected at the national badminton congress in Bandung which gave birth to the PBSI organization. Rochdi is a representative from Bandung, while Sudirman is from Jakarta and Tjondrokoesoemoe is from Solo. At that time, Rochdi was known as a writer and journalist, while Soedirman was the owner of a badminton club in Jakarta (Kharis, 2021).

At the beginning of its development, badminton was previously overseen by the Indonesian Sports Association, which at that time stopped its activities because Indonesia was experiencing a period of war. After Indonesia's independence, the President of Indonesia, Ir. Soekarno made a policy by creating a "Nation Building" campaign, which means uniting the nation through the spirit of sport. With government support and enthusiasm for sports that was increasing at that time, badminton was increasingly attracting public attention. Moreover, badminton has succeeded in making achievements in the eyes of the world. People's interest in playing and becoming badminton athletes is increasing (Muhammad, 2020).

Badminton is a sport that uses tools called rackets and shuttlecocks, which are played by two people or four players. The way to play this sport is to hit the shuttlecock using a racket with the target over the net in the middle of the court. The fall of the shuttlecock must be exactly in the opponent's area, and vice versa (Setiawan et al., 2020). In this sport there are equipment regulations that have been set by the Badminton World Federation (BWF). Among these rules, namely a rectangular court with a line that is 40 mm wide, the lines are easily identifiable and should be yellow or white, the net posts are 1.55m high, the net must be dark colored, the net width is 0.75m, while the net length is 6 ,10m. For shuttlecocks, the feathers must be the same length, the length is between 62-70mm, the weight of the shuttlecock is between 4.47gr to 5.50gr. And for rackets the overall length must not exceed 680mm and the width must not exceed 230mm (Gazali, 2020).

The basic techniques of badminton must be thoroughly studied first so that when playing you can carry out the basic techniques well so that it can support the athlete to achieve victory from the techniques he uses (Ichsan et al., 2022). Because one of the determinants of victory in a match is determined by mastering the basic techniques of playing badminton (Subarkah & Marani, 2020). This sport really requires skills to master the basic techniques of the game such as how to hold a racket, footwork and basic hitting techniques (Hendra Sutiyawan et al., 2015). Striking techniques are ways of making strokes in badminton with the aim of flying the shuttlecock into the opponent's court. And in the game of badminton there are several hitting technique skills, including: service, lob, smash, dropshot, netting (Hendarto et al., 2022). The four types of basic skills in hitting the shuttlecock can be done with forehand or backhand (Subarjah, 2010). This research was carried out with the aim of knowing and analyzing the level of badminton hitting skills of children aged 10-12 years at the Kaisar Badminton Club, Tegal Regency. The characteristics of children aged 10-12 years must be known by teachers so that they know more about the condition of their students. Some of them are likes playing, likes to move, likes to discuss, likes to demonstrate what he has seen, has difficulty understanding conversations, likes to be watched, likes to imitate (Sahlan Kadir, 2018).

In badminton there are several hitting techniques that must be mastered. (Dinata in Putra Indra, 2016) stated that there are several types of strokes that must be mastered, such as service, lob, dropshot, smash, netting, underhand and drive. All types of punches must be done using the correct grip and footwork. This opinion is reinforced by (Sapta Kunta

Purnama, 2010: 15) who states that the various basic hitting techniques in badminton are long serve, short serve, lob, smash, drop shot, chop, drive and netting. Apart from hitting technique, footwork is also very necessary in badminton. Footwork is a way of managing the feet that is very necessary for badminton players. The way the feet are arranged is very important because it is impossible for a player to hit the shuttlecock efficiently or control the opponent if he cannot easily get into a position to hit (Purnama & Ainun, 2021). With effective and efficient footwork, it will be easier to move around half the badminton court, so that the stamina and energy required will be less (Gustaman, 2019).

Serve is a movement to start, so that the shuttlecock is in a playing state, namely by hitting the shuttlecock in the opponent's field. Service is the initial capital to be able to win the match. A player who cannot serve properly will suffer a fault (Syahri Alhusin, 2007:33). In badminton there are 3 types of serves, namely short serves, high serves, and flick serves or half-high serves. However, serves are usually combined into two types, namely forehand and backhand serves (Tohar in Saputra & Nurdwi, 2019).

There are two types of forehand serves, namely short forehand serves and long forehand serves. The long serve is included in the underhand stroke, namely a stroke made by swinging the racket from bottom to top (Purnama, 2010). The long serve is often used in singles games, with the shuttlecock flying towards the opponent's court so that the game will rally (Aryanti et al., 2018). Apart from forehand serves, there are also backhand serves. In general, in a backhand serve, the direction and fall of the shuttlecock should be as close as possible to the opposing player's line of attack, and the shuttlecock should fly relatively close above the net as much as possible. This type of serve is often used by doubles players. Things that need to be considered include the correct standing posture with the right foot in front of the left foot, relatively short racket swings, paying attention to the opponent's position and stance before serving, and getting used to practicing backhand serving skills repeatedly until they are perfect (Katili et al. , 2018).

METHOD

The design used in this research is a quantitative descriptive research design, namely research carried out to answer questions about the circumstances or conditions as they exist in the field in the phenomenon to be studied by describing and making observations of the subject or technique being studied and not testing hypotheses. The method used is a survey with data collection techniques using tests and measurements. This research aims to determine the basic badminton skill level of the Kaisar Badminton Club, Tegal Regency in 2023 (Bimantara et al., 2022).

According to Arikunto in (Sartika, 2019) The sample is a portion or representative of the population, which in this case relates to the object of research, namely children aged 10-12 years who are members of the Kaisar Badminton Club, totaling 12 children. The data collection technique used in this research uses tests and measurements. In this research, tests and measurements were used as data collection techniques to determine basic badminton hitting techniques. Preparation of instruments using basic badminton stroke technique instruments consisting of forehand service, backhand service, smash, overhead lob (Hendra Sutiyawan et al,. 2015).

The data analysis technique used in this research is the Descriptive Percentage analysis technique. Percentage descriptive analysis is the method used to describe each variable. The steps for descriptive analysis are as follows: 1) Tabulation, namely the process of creating a table, entering data into a table chart and giving values to the items that need

to be given a value. 2) Classifying the values obtained on a predetermined scale. 3) Present the data that has been calculated per category using the formula:

$$DP = \frac{n}{N} \, x \, 100$$

Dp = descriptive percentage
n = number of values obtained
N = total number of values

4) Summarize the research results to obtain a description of the basic hitting skills in the badminton learning process. (Muhammad Ali in Hendra Sutiyawan et al,. 2015).

RESULTS

Based on the research, results were obtained containing test data at the Kaisar Badminton Club, Tegal Regency, with a training schedule held 3 times a week, Wednesday, Friday and Sunday. And the hours are different, Wednesdays on 15.30-18.30 WIB, Fridays on 16.00-19.00 WIB, and for Sundays on 10.00-13.00 WIB.

1. Kaisar Badminton Club Short Serve Test Results.

Table 1. Short ServeTest Results Data

NO	NAME	RESULT	CATEGORY
1	Tananta Dondia Adi P	56	MEDIUM
2	Viky Adinurahman	63	MEDIUM
3	Adam Ranjanashaum A	55	MEDIUM
4	Dede Akhmad Mudhofar	75	HIGH
5	M. Mirza Maulid	53	MEDIUM
6	Riana Wahyu W	54	MEDIUM
7	Wiwin Zaenal	64	MEDIUM
8	Nathan Alano Zhafran	51	MEDIUM
9	Hanum Angger Finanggih	59	MEDIUM
10	Rafif Putra Aufa	54	MEDIUM
11	Althafio Malazi	51	MEDIUM
12	M. FIKRI	45	MEDIUM

From the above analysis of short serve strokes, the lowest assessment score was 45, the highest was 75, the average was 56.67 and the Standard Deviation (SD) was 7.78. If we look at the assessment norms, 1 person is in the high category or 8%, 10 people are in the medium category or 83%, 1 person is in the low category or 8%. So it can be concluded that the basic short serve skills of children aged 10-12 years at Kaisar Badminton Club in 2023 were obtained by 1 person in the high category (8%), 10 people in the medium category (83%), 1 person in the low category (8%).

2. Kaisar Badminton Club Long Serve Test Results

Table 2. Long Serve Test Results Data

NO	NAME	RESULT	CATEGORY
1	Tananta Dondia Adi P	37	MEDIUM
2	Viky Adinurahman	49	HIGH
3	Adam Ranjanashaum A	41	MEDIUM

4	Dede Akhmad Mudhofar	34	MEDIUM
5	M. Mirza Maulid	48	HIGH
6	Riana Wahyu W	47	HIGH
7	Wiwin Zaenal	48	HIGH
8	Nathan Alano Zhafran	36	MEDIUM
9	Hanum Angger Finanggih	53	HIGH
10	Rafif Putra Aufa	36	MEDIUM
11	Althafio Malazi	44	MEDIUM
12	M. FIKRI	41	MEDIUM

From the above analysis of long serve strokes, the lowest assessment score was 34, the highest was 53, the average was 42.83 and the Standard Deviation (SD) was 6.22. If we look at the assessment norms, 5 people are in the high category or 42%, 7 people are in the medium category or 52%. So it can be concluded that the basic long serve skills of children aged 10-12 years at Kaisar Badminton Club in 2023 were obtained by 5 people in the high category (42%), 7 people in the medium category (52%).

3. Kaisar Badminton Club Overhead Lob Test Results

Table 3. Overhead Lob Test Results Data

NO	NAME	RESULT	CATEGORY
1	Tananta Dondia Adi P	81	MEDIUM
2	Viky Adinurahman	73	HIGH
3	Adam Ranjanashaum A	72	MEDIUM
4	Dede Akhmad Mudhofar	56	MEDIUM
5	M. Mirza Maulid	72	HIGH
6	Riana Wahyu W	70	HIGH
7	Wiwin Zaenal	68	HIGH
8	Nathan Alano Zhafran	68	MEDIUM
9	Hanum Angger Finanggih	66	HIGH
10	Rafif Putra Aufa	63	MEDIUM
11	Althafio Malazi	71	MEDIUM
12	M. FIKRI	60	MEDIUM

From the analysis above, the overhead lob shot obtained an assessment score of at least 56, the highest was 81, the average was 68.33 and the Standard Deviation (SD) was 6.56. If we look at the assessment norms, 1 person is in the category (high) or 8%, 5 people are in the category (medium) or 42%, 5 people are in the category (low) or 42%, and 1 person is in the category (very low) or 8%. So it can be concluded that the basic overhead lob skills of children aged 10-12 years at Emperor Badminton Club in 2023 were obtained by 1 person in the high category (8%), 5 people in the medium category (42%), 5 people in the low category (42%), 1 person very low category (8%).

4. Kaisar Badminton Club Smash Test Results

Table 4. Smash Test Results Data

NO	NAME	RESULT	CATEGORY
1	Tananta Dondia Adi P	31	MEDIUM
2	Viky Adinurahman	46	HIGH
3	Adam Ranjanashaum A	32	MEDIUM

4	Dede Akhmad Mudhofar	51	VERY HIGH
5	M. Mirza Maulid	49	HIGH
6	Riana Wahyu W	43	HIGH
7	Wiwin Zaenal	41	HIGH
8	Nathan Alano Zhafran	50	VERY HIGH
9	Hanum Angger Finanggih	42	HIGH
10	Rafif Putra Aufa	32	MEDIUM
11	Althafio Malazi	45	HIGH
12	M. FIKRI	44	HIGH

From the analysis above, the smash hit obtained an assessment score of at least 31, the highest was 51, the average was 42.16 and the Standard Deviation (SD) was 7.04. If we look at the assessment norms, 2 people are in the category (very high) or 17%, 7 people are in the category (high) or 58%, and 3 people are in the category (medium) or 25%. So it can be concluded that the basic smash skills of children aged 10-12 years at Emperor Badminton Club in 2023 were obtained by 2 people in the very high category (17%), 7 people in the high category (58%), 3 people in the medium category (25%).

DISCUSSION

Based on the results above, the discussion in this research is as follows:
1) Basic short serve skills were obtained by 1 person in the high category (8%), 10 people in the medium category (83%), 1 person in the low category (8%).
2) Basic long service skills were obtained by 5 people in the high category (42%), 7 people in the medium category (52%).
3) Basic overhead lob skills were obtained by 1 person in the high category (8%), 5 people in the medium category (42%), 5 people in the low category (42%), 1 person in the very low category (8%).
4) Basic smash skills were obtained by 2 people in the very high category (17%), 7 people in the high category (58%), 3 people in the medium category (25%).

Badminton game socialization is very needed on elementary school age children because it is suitable with condition of elementary school age children posture. One of those adjustments is a tool of game used is relatively light in accordance with muscular capacity of elementary school children. To improve children's independency in order that is expected, it needs to give an interesting extrinsic motivation to do badminton activity (Amat Komari, 2005).

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that the basic skill level of children aged 10-12 years at the Emperor Badminton Club, Tegal Regency in 2023 is already quite good, but can only be improved, by always practicing regularly. Judging from the results of the research, the results for each child are different because the physical condition of each child is different, the form of training is different, the ability to catch each athlete is different, and the nutrition of each athlete is also different. Mastery of basic hitting skills can also be mastered well because the average child takes part in training activities which are carried out according to the existing schedule.

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