EFFECTIVENESS OF DEVELOPMENT MODEL LEARNING OVERHEAD PASS VOLLEYBALL

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Abstract This study aimed to obtain the effectiveness of the development model of learning overhead pass volleyball game for junior high school students of class VII I. Effectiveness developing a model of learning overhead pass done in Junior High School No 1 Palembang by using research methods *Experiments* . The sample in this study consisted of 30 male students of Junior High School No 1 Palembang VIII class 2018/2019 , using ordinal pairing samples. Quantitative data analysis techniques . The instrument used in this study was a test of passing skills on volleyball. The results showed that the results of tcount was 16.6 while T table was 1.70 which was obtained from the T distribution table with dk (30-2) = 28 and a confidence level of 95% (α = 0.05), listed in the table because tcount (16,6)> t table (1.70), then there is a significant difference between the post-test and pre-test , so that the development of a learning model for volleyball playing is effective for junior high school students' learning. The findings in this study are that the pasing learning model can improve the learning outcomes of overhead pass volleyball. The implementation of this research is that the development of this model is declared effective for overhead pass learning so that it can be used by physical education teachers as an additional variation of learning models in teaching overhead pass volleyball games .

Keywords *: Effectiveness, Overhead Pass , Volleyball Game.*

1. INTRODUCTION

Physical education in Indonesia have a good curriculum as the curriculum SBC 2006 or 2013. The physical education curriculum as a document plan contains goals to be achieved, content and learning experiences yangharus the students, the strategy and how that can be developed, the evaluation was designed to collect information about the achievement of goals, as well as the implementation of the documents designed in real form. The curriculum serves to prepare students for future challenges . The curriculum is not enough just to direct students to the mastery of learning material , but it needs to be developed with an orientation towards the life of students and the development of science and technology. Nurmalasari, R., Dian, R., Wati, P., Puspitasari, P., Diana , W., & Dewi, NK (2016).

Physical education has two main advantages, namely physical and educational advantages (Bailey, 2009). Physical benefits include: fitness, motor skills, and habits of physical activity (style active life). Learning Physical Education, Sports and Health (PJOK) in junior high schools has now become the concern of many circles, the obstacle in learning PJOK in schools is the lack of knowledge of PJOK teachers in implementing and developing appropriate models and methods in the teaching and learning process in secondary schools. first, this situation is due to the limitations of reference or reading materials, teacher performance physical education is considered very poor in accordance with the opinion (Damanik, Fadli, and Suyono, 2016) suggests that teacher performance PJOK certified memil i ki performance at less category, it shows need improvement.

Previous research has shown that increasing the learning of basic pasing techniques can be done with the *tactical game* learning model Nurhayati, M. (2017). Another Research in contact with the media, namely the development of learning volleyball is the development of learning volleyball game using interactive media in junior Haryanto, TS, Dwiyogo, WD, and Sulistyorini, S. (2016).

Destriana, D., Destriani, D., & Yusfi, H , (2020) the results of their research state that top service can be improved through the development of a top

service learning model, besides Destriani, D., Destriana, D., Switri, E., & Yusfi, H. (2019) in the study found that modifying the volleyball game can improve volleyball learning outcomes, besides that research from Mushofi, Y. (2017) developed a top passing training model for male volleyball participants at SMK Al-Huda Wajak Malang and the results were declared worthy of being used for top-level learning.

The physical education learning process for teachers must be able to teach various basic movement skills, techniques and strategies for games/sports, internalization of values (sportsmanship, honesty, cooperation, etc.) from habituation to a healthy lifestyle. Learning is an individual activity to acquire knowledge, behavior and skills by processing learning materials, learning is the delivery of various information and activities directed to facilitate the achievement of specific and expected learning objectives. According to (Dimyati and Mudjiono, 2006), learning is a teacher activity programmed in instructional design to make students learn actively which emphasizes the provision of learning resources. In learning, an instructional design is needed that makes students learn actively or what is often called a learning technique.

According to Uno, HB, & Mohamad, N. (2011) learning techniques are a way, tool, or media used by teachers to direct student activities to the desired or achieved goals. Changes that occur in the world of education require PJOK teachers to have varied learning models . Varied learning models can help educators to design learning creatively so that the learning process becomes innovative, interesting, of higher quality and can improve student learning outcomes.

The game volleyball is a sport that is favored by the good people at age adults, adolescents and children level. In the Ministry of Education and Culture, (2014) The game of volleyball is a sport that is carried out by volleying the ball in the air back and forth over the net or net, with the intention of being able to drop the ball in the opponent's field to get victory in playing ". Power, WJ, Chan, F., & Muzaffar, A. (2017) objective of the game is for each team missed the ball regularly/well through the top of the net until the ball touches the net (dead) in the area of the opponent, and prevent the ball which is passed does not touch the ground itself ".

The basic technique contained in the volleyball game according to Ahmadi (2007) states that "the techniques in the volleyball game consist of serving, under and overhead pass, block and smash." The basic techniques contained in volleyball games greatly affect one's skills in playing volleyball.

Volleyball sports achievements can be achieved if the school has a reliable team in the field of volleyball. There are many influences why the team does not have good performance. The decline in the performance of the volleyball team is due to a decrease in the technical ability of playing volleyball, especially in the ability to pass over. Described in (Prasad, GB (2015) overhead pass volleyball the basic techniques of volleyball that must be mastered every player. In volleyball, to control the ball and pass the ball to player done using under or overhead pass, it takes skill to control the ball in the game of volleyball, namely passing skills.

The factors that cause student learning activities to be less active are seen from a visual perspective, some students have not paid attention to the corner teacher in explaining the basic technique material for volleyball , from an oral perspective some students have not dared to ask questions and express their opinions in the learning process, from In terms of audio, some students have not been able to listen to their friends' explanations related to the subject matter, in terms of metrics, students have not been able to carry out the basic technique of moving tasks on volleyball, and from an emotional point of view students are less enthusiastic about doing basic techniques of fitting on volleyball , as for one of the solutions. This problem is to use a variety of learning models above. The advantages of this learning model are that this learning model creates a sense of togetherness and mutual respect for fellow group members, in learning to make students happier in following lessons , more enthusiastic, so this study aims to find the effectiveness of developing a suitable learning model for male junior high school students class VIII. The research question is how the effectiveness of the development of the overhead pass model of volleyball for male students of class VIII junior high school?

2. RESEARCH METHOD

This study used a quasi- experimental research method to see the effectiveness of the development

model of the pasing learning model for volleyball in junior high school. This study used a sample of 30 male students of class VIII Junior High School No 1 Palembang, 2018/2019. The instrument in this study was a 1 minute upper pass skills test. The sampling technique uses the ordinal pairing technique. As many as 11 models of upper pass learning were experimented as follows: Top - pass learning model learning without a ball in place

a. Basic motion learning of overhead pass forward 3 steps to touch the cone without the ball
b. Basic motion learning of overhead 3 steps backwards touching the *cone*
c. Basic motion learning top to left side 3 steps touching the cone
d. Basic motion learning top to right side 3 steps touching the cone
e. overhead pass passive learning with the help of friends
f. Learning by overhead pass in place using a ball
g. Overhead pass learning moves forward 3 steps to touch the cone with the help of using a ball
h. Learning to overhead pass moving backwards 3 steps to touch the *cone* with the ball with the help of a friend
i. Overhead pass learning moves to the left side 3 steps to touch the *cone* with assistance
j. Overhead pass learning moves to the right side 3 steps to touch the *cone* with assistance
k. Overhead pass learning while walking towards the front

Data were collected using a pretest and posttest to see the results of using the volleyball passing model for 6 weeks. The data were tested using the normality test and t test.

3. RESULT

The results of data analysis in this study are as follows:

Table 1. Results of the pretest and posttest passing on volleyball

Score	N	The highest overhead pass point	The upper lowest overhead pass Point	SD
Pretest	30	30	17	0.54
	30	31	19	0.02

Comparison data from the results of the post-test overhead pass volleyball shows that the highest value is 31 and the lowest value is 19 with a standard deviation or (SD) of 0.02 . The test in seeing the normality of the data uses the slope of the curve test, and this price lies between (-1) and (+1), then the posstest data for the control group is normally distributed , then the analysis is to use the analysis to test the hypothesis obtained. The data from the statistical calculation of "t test" obtained the results of t count 16.6 while T table is 1.70 which is obtained from the distribution table T with dk (30-2) = 28 and the confidence level of 95% (α = 0.05), listed in table. The criteria for testing the hypothesis accept H_1 if $T_{count} > T_{table}$ (1-α), and reject H_0 if $T_{count} < T_{table}$ (1-α), because t_{count} (16.6)> $_{ttable}$ (1.70) then there is a significant difference between posts. -test and pre-test, thus it is stated that overhead pass learning model can effectively improve the results of overhead pass skills for junior high school students.

4. DISCUSSION

These results indicate that the development of overhead pass learning model for volleyball can effectively improve the results of overhead pass skills for male students of class VIII SMP. These results are shown from the results of statistical tests.

This research is a research that aims to see the effectiveness of developing a learning model of overhead pass volleyball in VIII grade junior high school students in Junior High School No 1 Palembang. This study uses a quasi-experimental research method. The action given in this study was to use 11 learning models, namely learning the basic movements of overhead pass forward 3 steps to touch the cone without the ball, learning the basic movements of overhead pass and backing 3 steps touching the *cone* , learning basic movements of overhead pass to the left side 3 steps touching the cone , learning the basic movements of the overhead pass to the right side 3 steps to touch the cone , learning the overhead pass with the help of a friend , learning the overhead pass with the upper

pass in place using the ball, learning the overhead pass moving forward 3 steps touching the cone with the help of using the ball , learning the overhead pass moving backwards 3 steps to touch the *cone* with the ball with the help of a friend , overhead pass learning to move to the left side 3 steps to touch the *cone* with the help , overhead pass learning to move to the right side 3 steps to touch the *cone* with help , learning overhead pass while walking forward . This learning model is included in the drill method, research Fanani's, Z. (2020) states that the basic technical skills of playing volleyball through the drill method can improve the results of training in volleyball, in addition to research , Pasaribu's RR (2015) on the effect of training variations. Paired over passing using the net with a variation of the upper passing practice without using the net on the results of passing over on students, this is in accordance with the treatment in this study, namely about variations in the top-pass model.

Results d ari study found that the skills pasing on the increase after given treatment *by* using model pasing on gamesvolleyball for 3-4 times a week within 6 weeks , d ari data looks *pretest* known that sisw a putr a gain *pa s sing* on the highest is 3 0 and *passing* over the lowest was 1 7 with a standard deviation of 0.54 , s fter six weeks to do *posttest* pasing on the pasing high of 31 and low 1 9 and with a standard deviation of 0.02. The results of the Sinurat, SJ, & Build, SY (2019) , the results of study on the ball vol pasing i students can be improved through a variety of learning, in addition to the study of Khotimah, N. (2020) stated that improving the skills *of passing* on volleyball can be via methods *drill* , besides that, from some of the results of this study it is stated that the variation of learning and using a *drill in* accordance with this research which uses a variety of training methods (*drill)* can improve upper passing skills.

Data *pretest* and posttest obtained, from p engolahan data using normality and homogeneity test as a condition of the test data analysis. After being tested, it turns out that the *pretest* and posttest data are normally distributed and homogeneous. The data is stated to be normally distributed and homogeneous, then the hypothesis can be submitted using the statistical "t test". The criteria for testing the hypothesis accept Ho if $t_{count} < t_{table\ (1-\alpha)}$ and reject Ho if $t_{count} > t_{table\ (1-\alpha)}$, where t (1-α) is t obtained from the t distribution table with dk = $n_1 + n_2 - 2$ and odds (1- α). In can t_{count} = 16 , 6 while t table = 1,70 so $t_{count} = 16.6 > t_{table} =$ 1,70 thus learning model pasing on berpeng a soul significantly to the results keterampi l a n *pa sing* on the sisw a son a grade VIII Junior High School No 1 Palembang. These results indicate that the development of the pasing learning model of volleyball can effectively improve the results of passing skills for male students of class VIII Junior High School,

5. CONCLUSION

The conclusion of this study is that the development of a learning model for playing volleyball in class VIII students of Junior High School No 1 Palembang is effective in improving the results of upper passing skills, this is indicated by the results of the study with the results that $t_{count} = 16.6 > t_{table} = 1.70$ thus learning model pasing on berpeng a soul significantly to the results of the skills *pasing* on . The finding of this research is that the development of the upper passing learning model can improve the upper passing skills so that the results of this study are expected to be implemented in the learning of passing volleyball in schools.

6. SUGGESTION

This research is expected to contribute to the development and advancement of the world of education, especially in the fields of physical education, sports and health. The results of the effectiveness test p Developing a learning model pasing on a volleyball game is expected to be an additional reference model of learning the game of volleyball at the school.

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