TOP SERVING ABILITY IN BKMF SPARTA FIKK UNM VOLLEYBALL GAMES

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Article Info	ABSTRACT
	This study aims to determine BKMF Sparta FIKK UNM athletes' volleyball serviceability. This type of research is known as descriptive research. The research sample comprised 20 athletes, selected through a sampling technique from the entire population of athletes participating in the BKMF Sparta FIKK UNM, for 20 participants. This study utilizes a volleyball serviceability test. We used descriptive statistics for data analysis, ensuring a 95% truth level. The research results from the UsinprogrammeS version 25.00 program revealed that out of 20 athletes, or 100%, BKMF Sparta FIKK UNM athletes had the best serving ability in volleyball; 1 athlete, or 5.0%, falls into the excellent category, and 3 athletes, or 15.0%, belong to the good group. The moderate category included 10 athletes (50.0%), the poor category included 5 athletes (25.0%), and the very poor category included 1 athlete (5.0%). Therefore, it can be said that the best serving ability of BKMF Sparta FIKK UNM athletes in volleyball is in the medium group if you look at the final statistical percentage.

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1. INTRODUCTION

Volleyball is a sport played by two opposing groups (Yusmar, 2017). The goal of playing volleyball is to get physically fit and become healthier. Two teams compete in the team sport of volleyball; each team consists of six players, and a net divides the two fields (Showab & Djawa, 2019). A volleyball player's optimal performance depends on his or her ability to execute and understand basic skills efficiently and effectively. Some of the basic skills needed to play volleyball include serving, underpassing, smashing, and blocking (Fitriani, 2021; Jariono et al., 2023; Nurulita & Arfanda, 2024).

Effective game tactics start with mastering basic techniques. The basics of volleyball technique are movements that are carried out effectively and efficiently to fulfill certain game tasks and produce the best results (Risma et al., 2020; Pawlik et al., 2022; Keswando et al., 2022). Learning the basics of volleyball will improve your game and have a big impact on your team's results.

The first shot that passes over the net and enters the opponent's zone from behind the court is called a serve (Widiastuti, 2019). Every time an error occurs, the serve stroke is executed at the start. Serving is a basic technique that is very important for scoring points, so it must be strong, hard, persuasive, and challenge your opponent. In volleyball, only the serving technique gives the team complete control over the first serve. Intentional errors occur more often due to mental problems than physical problems (Pradina, 2016). Serving is a sign of the start of the game and is the first attack for a team.

Through observations, researchers discovered that the majority of BKMF Sparta FIKK UNM athletes did not adequately practice their top serve. During training, the majority of BKMF Sparta FIKK UNM athletes perform bottom serves. Most athletes are taught certain skills, such as smashing and passing. It is rare for female athletes to receive training aimed at improving their upper serve technique. There are some excellent services, but they lack the necessary focus and rigor.

Floating service is when the ball, after being hit, does not spin at all; in other words, it floats (Putra et al., 2019). The advantage of a floating serve is that a ball that tends not to spin will be more difficult for your opponent to receive because it does not move in a downward trajectory and will move at an uneven speed. However, the weakness of this floating serve is that when the athlete is not strong enough and has difficulty controlling the ball, it moves too high and goes out of the court (Saifudin et al., 2023).

BKMF Sparta FIKK UNM athletes still have low volleyball service abilities, according to their perception of problems on the field. Many athletes have not been able to perfect the basic top-serve approach, which is a fact. The athlete's best serve was not directed well, proving that it was impossible for the athlete to serve in the opponent's zone, and even the volleyball player did not match the intended target. One of the main reasons for this process's failure is a lack of athlete training to improve their basic top serve technique skills in volleyball.

Serving is the most basic skill that needs to be acquired (Brinkmann & Twiford, 2012). In volleyball, a serve is the initial stroke or touch of the ball after the referee's whistle has been blown to announce the start of play. In keeping with the evolution of game strategy, the serve is now more than just an opening shot; from a tactical point of view, it is an initial serve attack with the goal of winning and stealing points from the opponent (Irwanto & Nuriawan, 2021).

2. METHOD

This research will employ descriptive research, a method that primarily aims to provide an objective picture or description of a given situation. The aim of this research is to find out how much service ability a BKMF Sparta FIKK UNM athlete has. Survey methods were used in this research, as well as tests and measurements to collect data. The research population consisted of twenty female athletes, all of whom were BKMF Sparta FIKK UNM athletes. Twenty BKMF Sparta FIKK UNM athletes were used as research samples, and a saturated sample strategy of the entire population was used. The

volleyball serve test is the instrument used in this research. Test implementation: Participants perform a top service in accordance with the relevant statutory regulations while standing behind the finish line in the service area.

3.   RESULTS AND DISCUSSION

Results

Descriptive statistical analysis and percentages are the data analysis techniques used. The results of the descriptive analysis of each research variable can be seen in Table 1 below.

Table 1. Results of the descriptive analysis for each variable

	N	Sum	Mean	Stdv	Variance	Range	Min.	Max.
Top serviceability	20	313,00	15,6500	2,36810	5,608	9,00	12,00	21,00

Table 1 above illustrates the results of top serving ability in volleyball games. The data on the top serving ability in volleyball games for BKMF Sparta FIKK UNM athletes from 20 total samples revealed a total score of 313.00, with an average value of 15.6500, a standard deviation of 2.36810, and a variance value of 5.608, ranging from a minimum value of 12.00 to a maximum value of 21.00. Table 2 provides the following summary of the data normality analysis results:

Table 2. Normality test results for each variable

Variable	K – SZ	P	☐	Information
Top serviceability	0,141	0,200	0,05	Normal

Table 2 above illustrates the results of testing the normality of data on top serve ability in volleyball using the Kolmogorov Smirnov Test. When testing the normality of data on top serve ability in volleyball for BKMF Sparta FIKK UNM athletes, the Kolmogorov-Smirnov test yielded values of 0.141. The test is 0.141 with a probability level (P) of 0.2000, which is greater than the value of 0.05. As a result, the data on BKMF Sparta FIKK UNM athletes' top serving ability in volleyball games follows a normal distribution. Table 3 presents the percentage results of top serving ability in volleyball for the BKMF Sparta FIKK UNM athletes.

Table 3. Recapitulation of the percentage of top serve ability data results in volleyball games for BKMF Sparta FIKK UNM athletes

No.	Intervals	Frequency	Percent	Classification
1	20 > X	1	5,0%	Very good
2	18 < X < 19	3	15,0%	Good

No.	Intervals	Frequency	Percent	Classification
3	$15 < X < 17$	10	50,0%	Currently
4	$13 < X < 14$	5	25,0%	Not enough
5	$X < 12$	1	5,0%	Very less
	Total	**37**	100%	-

Based on table 3 above, it appears that the percentage of top service ability data results in volleyball games for BKMF Sparta FIKK UNM athletes out of 20 athletes or (100%), the very good category is 1 athlete or (5.0%), the good category is 1 athlete. There were 3 athletes, or 15.0%, in the moderate category, followed by 10 athletes, or 50.0%, less than 5 athletes, or 25.0%, and one athlete, or 5.0%, in the very poor category. Thus, it can be concluded that the percentage of final data results on top serving ability in volleyball for BKMF Sparta FIKK UNM athletes is in the medium category.

Discussion

The top serving ability in volleyball among BKMF Sparta FIKK UNM athletes reveals that, out of 20 athletes, or 100%, 1 athlete falls into the very good category (5.0%), 3 athletes fall into the good category (15.0%), 10 athletes fall into the moderate category (50.0%), 5 athletes fall into the poor category (25.0%), and 1 athlete falls into the very poor category (5.0%). Thus, it can be concluded that the percentage of final data results on top serving ability in volleyball for BKMF Sparta FIKK UNM athletes is in the medium category.

According to the research results, there was one athlete in the very good category. Most athletes who get high scores have better body posture than their friends. Apart from that, the energy factor applied influences whether the service is carried out. In addition, the technique is accurate, allowing you to better control the direction of the ball toward the target. Additionally, the athlete may have had other elements that the researchers were unaware of, such as the type of exercise he was doing.

In the good division, three BKMF Sparta FIKK UNM athletes qualified. As a skilled player, it is not surprising that this athlete has a good serve, as he is an expert at controlling his top serve to score points. He also maintains excellent body posture and serves with good strength.

The BKMF Sparta FIKK UNM athletes, consisting of ten athletes, remain in the medium category due to their relatively soft smashes, which result in their serves not reaching the intended target. Apart from that, some athletes also make service technique errors when hitting the ball, causing their serve to deviate and bounce far from the intended target. In the less than category, there were six athletes from BKMF Sparta FIKK UNM. One factor is that the athletes performing the test frequently make mistakes in their technique, making it difficult to aim the ball accurately at the target or even far from the field. The ball struck the net but failed to pass through due to a lack of optimal power usage. If an athlete lacks skill, it is difficult to hit or control the ball when serving, so he cannot put in his best effort.

The gaps obtained from the results of this research should be used as evaluation material for trainers to be able to further improve the quality of the equipment and teaching provided. Athletes' ability to serve is a critical component of volleyball. Because a player's ability to serve is a basic volleyball skill that he must master, serving technique becomes more important. Now, this serves as more than just an opening gambit; practically, it is the first offensive move used to score points and help a team win the game.

4. CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that because of this research, the top serving ability in volleyball for BKMF Sparta FIKK UNM athletes is in the medium category. This shows that: out of 20 athletes or 100%, BKMF Sparta FIKK UNM athletes have the best serving ability in volleyball; 1 athlete, or 5.0% is in a perfect category, and 3 athletes, or 15.0% are in the good group. %), the moderate category had 10 athletes (50.0%), the poor category had 5 athletes (25.0%), and the very poor category had 1 athlete (5.0%).

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