



THE EFFECT OF GLOBAL PRACTICE METHOD AND ELEMENTARY TOWARD FIELD TENNIS BASIC SKILL

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ABSTRACT

Based on researcher observation in field shows that male students of Faculty of Sports Science of Padang State University has minimum basic skills of tennis. This can be seen from their unsatisfactory achievement and study outcomes. Because of that there needs to be given training methods that can improve their tennis basic skill. The purpose of this research is to look at the effect global training method and elementary method toward student's basic skill of tennis in the Faculty of Sports Science, Padang State University.

The type of this research is quasi-experiment. The population on this research was all students of Faculty of Sports Science of Padang State University that took tennis as extracurricular activities, amounting 45 students. Sampling technique used in this research was purposive sampling technique, which 30 male students decided as sample of this research. After that, ordinary matching pairing would do for makes the group. The instrument used for this research was test of tennis basic skill to measure skill of services, forehands, and backhands. T-test was used to analyze data.

The result showed that: (1) there is a significant influence on the global training methods toward student's basic skills of tennis. (2) There is a significant effect on the training methods of elementary practice methods of student's basic skill of tennis, and (3) the global training method provide more effective influence compared with the method of elementary method on the student's basic skills of tennis.

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INTRODUCTION

Indonesia is a large country that has a great number of society and lots of Natural Resources. Therefore, as a developed country, Indonesia conducts development in many sectors in order to release the ideals of Indonesian independence movement completely. One of the ideals is to actualize the fair and prosperous society. To reach the ideal, it must be supported by the qualified human resources as the motor of the development. One indicator of qualified human is having a well health, physical and mental fitness. The growth and development of physic and mental must be in line. Someone with a high intelligence will not able to do the activities if its health and physical fitness is low. Therefore, to gain the health and physical finess, one of the efforts is through exercising. One of the physical needs is doing exercise. In lne with the era's development, the sport science is not only obtained in the educational field but also in the society. One of the children, teenagers and adults favorite sports is tennis. Tennis match is one of the popular sports, which is pleasure and exciting. There is no limitation of age. Both man and woman can play and enjoy the tennis game. As a result, there is a competition in the tennis sport branch. A player who is going to follow a competition is pushed to train hard if he or she wants to get a maximum accomplishment. In order to achieve this aim, an athlete or tennis player must be able to understand what the characteristics of playing a tennis match are. The characteristics of tennis match is a game which use a relative small ball, move quickly, has a relative wide court, and use racket to hit the ball. This game needs an individual skill. The important individual skill which must be mastered in playing tennis is the basic techniques. These basic techniques are forehand, service and backhand. Those three components must be comperhended by an athlete in order to be easy to train and play tennis well and properly. The reality on the field especially in the students of sport science faculty at UNP shows that many students are not able to comprehend the basic techniques or playing the tennis match. The reason is because students are beginner and less discipline in doing the training. As a result, the basic technique of tennis match cannot be well comprehended. This needs an attention from coach, founder and those people who play role in the tennis sport game to create or give the exact and suitable training program. Thus, it can improve the students' spirit to keep training even in studying time or outside of in-class studying process. By continuously training and mastering the basic techniques, students may play the tennis match well. The important techniques which also determine the victory in a particular tennis match is basic technique. The basic techniques in a tennis game are groundstroke forehand, backhand and service. Irawadi (2009:28) says that groundstroke is the hit after rebounding from the court, while service is the early hit of the match. In order to be able to play tennis, students must do the basic techniques well and proper suitable with the expected hit.

In achieving the accomplishment, this cannot be separated with the training method. Syafrudin in syafrizar (1996: 34), training is "to figure a working processing or managing a training material like movement skills and repeatedly execution forms through the varying demands". It can be concluded that training is one of the activity processes which is done repeatedly with varying demands. Beside, training is a realization or implementation of materials and training forms which has been planned before. From the above explanation, it can be informed that training is the form of planned materials and is arranged systematically.

From the previous explanation, it can be concluded tahat to achieve the maximum result; the training must be done systematically in the longer period and is conducted repeatedly with a load which may improve in accordance with the sport branch. Beside that, training is also done to improve the physical, strategy, discipline, mental, and confidence in order to achieve the high accomplishment.

To study the groundtroke and service, the exact training method is one requirement to achieve the learning. Therefore, the coaches or trainers should think and apply the effective training method which has been scientifically tested. A particular training method correlates with efficiency of achieving the aims of the training. The efficiency will save time, energy and cost. Efficiency possibly helps to achieve a higher skill.

Thus, the coach and trainer creativity in finding the integration of training method and arrangement of training material is highly expected. To achieve this target, the coach and trainer may use elementary method and there are also students who are taught with the global method. Therefore, during the teaching and learning process, a trainer or coach can choose which method that they think suitable to teach the tennis basic techniques. Although both of the techniques may give the positive effect in improving the basic technique, the effective method to be applied has not been determined yet.

Based on observations by the author in the field, has been in the process of learning the basic tennis lecture all this time, the students were not able to perform the basic skills test as forehand, backhand and service and still does not meet the passing standard of the test scores. It can be seen from the frequency of lecture basic techniques of tennis, the student properly fails to return the ball due to the implementation of the basic techniques which is less done. Based on the evaluatin at the end of semester, there are a large amount of students who get the score under the passing standards. This problem takes attention from the course lecturer and the lecturer assistant who help the main lecturer in conducting te teaching and learning process. This must be overcome. If not, there will be no students who enjoy and like this sport. Moreover, students may not understand how to do the basic technics well and properly. Then, the aim of the studying process will not be achieved.

In order to gain a particular skill of a sport branch, it needs a program which can be successful if the external and internal factors are achieved. Syafruddin (1999:23) informs that the internal factor is the factor which comes from the athletes' personal potential which refers to their own personal skills. However, the external factors are factors that may affect the achievement of athletes who come from outside athletes such as infrastructure, trainers, coaches, sports teachers, family,



money, climate, weather, food, and so forth. One factor that also plays a role in achieving the goal of exercise is a way of giving training materials that will be trained. It can be seen through the proper training methods.

Training which is provided is very important in the effort to improve achievement. This is because there may not be an outstanding athlete without a good workout process. The aspects that need to be trained by a trainer or lecturer are physical training, technical, tactical, and mental. Technique is a component that must be trained and developed optimally. By mastering the good and right technique, a tennis player will be able to complete the movement task effectively and efficiently.

There are many training methods and approaches that can be used by trainers to improve the basic skills of tennis. However, not all methods or training approaches can significantly improve the basic skills of playing tennis. The following methods or training approaches are the global training methods, elementary exercises methods and training methods development.

Global training method is a method of teaching where students are asked to read, practice or perform the overall material provided. Then, students resume these materials about what they can understand from the materials. <http://elhiiejunid.blogspot.com/2012/05/>

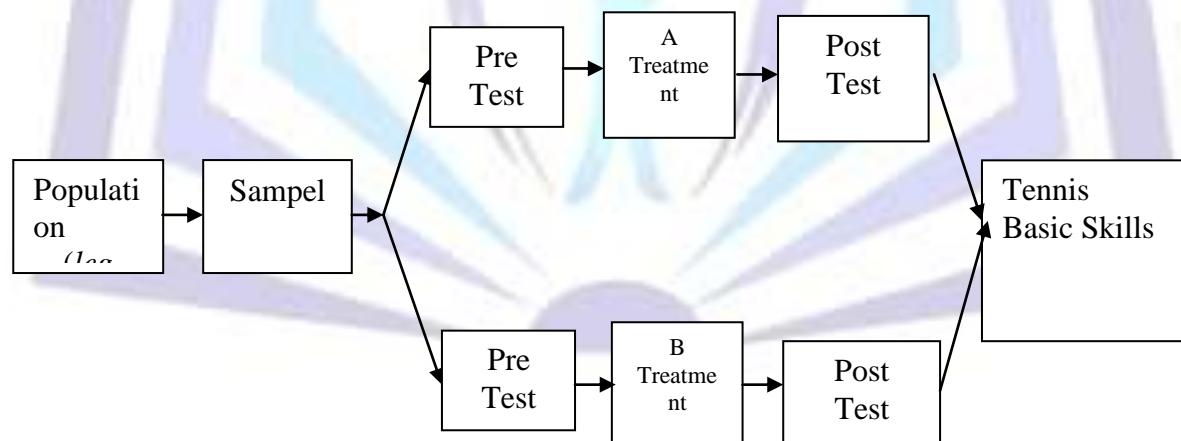
The elementary training method is a method of parts or elements which constitute a form of exercise of a particular skill which is done gradually while the skills learned. The skills are learned and disaggregated begins from the easier and simple movement. This is an approach where initially directed students to practice part by part of the overall range of motion, and after mastering the parts, they can do the whole practice of the movements <http://rochimtoatw.blogspot.com/2014/05>. The development method is an effort to improve the technical, theoretical, conceptual and moral ability <http://www.academia.edu>.

From the above explanation, it can be seen some dominant factor which directly affect the FIK UNP students basic skills of playing tennis such as the facilities factor, training factor which are given by coacher or lecturer. The training process which is given by teacher cannot show an optimum result. The reason is because there is unbalance in the form of training given by the lecturer with the students character or athletes who follow the training. This triggers the problem and blocks the accomplishments of gaining a better training. Therefore, the writer is interested to do the research toward problem which has been explained above and hope that the problem which happen to the skill in playing tennis can be solved.

RESEARCH METHOD

The type of this research is the quasi experimental research. The aim of the research is to know the effect of global training method, elementary training method toward the students' tennis basic skill in FIK UNP

Research Design



The research is done in the tennis court of state University of Padang which is located in the Sport Science Faculty. This research was planned in April 2015 and on May 2015 was conducted and obtained approval from the advisors. Then, the execution time was done four times in the week on Wednesday, Thursday, Saturday, and Sunday within 16 times training. The total population of this research was 45 people, while the sample was taken through the purposive sampling and the total sample becomes 30 students.

The data analysis technique used is Liliefors normality testing and the hypothesis testing was done through t test.

RESEARCH FINDINGS AND DISCUSSION

The Global Training Method Group

Pre Test



Based on the result of the pre test before the treatment is given with the global training method toward 15 students. The basic skills of playing tennis is obtained with the highest score 51.28 and the average of lowest score (mean) is 42.40 then the deviation standard is 4.95

Table 2. The frequency distribution of Pre Test Data Global Method Group

No	Interval Class	Absolute Frequency (Fa)	Realtif Frequency (Fr)
1.	34.56-37.90	4	26.67
2.	37.91-41.25	2	13.33
3.	41.26-44.60	3	20.00
4.	44.61-47.95	4	26.67
5.	47.96-51.28	2	13.33
	Total	15	100%

Referring to the above table, it can be seen that the pre test data analysis result of basic skills in playing tennis at global training method are 4 students (26.67%) on the interval class 34.56-37.90, 2 students (13.33%) on the interval class 37.91-41.25, 3 students (20.00%) on the interval class 41.26-44.60, 4 students (26.67%) on the interval class 44.61-47.95, and 2 students (13.33%) on the interval class 47.96-51.28.

Post Test

However, the post test data analysis after giving the treatment has discovered the highest score 70.33, the lowest score 49.89, the mean score 58.53, and the deviation standard is 6.29. The clear data is described on the table below

Table 3. The frequency distribution of Post Test Data Global Method Group

No	Interval Class	Absolute Frequency (Fa)	Realtif Frequency (Fr)
1.	49.89-53.98	4	26.67
2.	53.99-58.08	3	20.00
3.	58.09-62.18	5	33.33
4.	62.19-66.28	1	6.67
5.	66.29-70.33	2	13.33
	Total	15	100%

Referring to the above table, it can be seen that the post test data analysis result of basic skills in playing tennis at global training method are 4 students (26.67%) on the interval class 49.89-53.98, 3 students (20.00%) on the interval class 53.99-58.08, 5 students (33.33%) on the interval class 58.09-62.18, 1 student (6.67%) on the interval class 62.19-66.28, and 2 students (13.33%) on the interval class 66.29-70.33.

The Elementary Training Method Group

Pre Test

Based on the result of the pre test before the treatment is given with the global training method toward 15 students. The basic skills of playing tennis is obtained with the highest score 62.98 and the average of lowest score (mean) is 33.81 then the deviation standard is 8.01. The clear data is described on table below

Table 4. The frequency distribution of Pre Test Data Elementary Training Method Group

No	Interval Class	Absolute Frequency (Fa)	Realtif Frequency (Fr)
1.	31.50-35.30	1	6.67
2.	35.31-39.11	3	20.00
3.	39.12-42.92	3	20.00



4.	42.93-46.73	4	26.67
5.	46.74-50.50	4	26.67
Total		15	100%

Referring to the above table, it can be seen that the pre test data analysis result of basic skills in playing tennis at elementary training method are 1 student (6.67%) on the interval class 31.50-35.30, 3 students (20.00%) on the interval class 35.31-39.11, 3 students (20.00%) on the interval class 39.12-42.92, 4 students (26.67%) on the interval class 42.93-46.73, dan 4 students (26.67%) on the interval class 46.74-50.50.

Post Test

However, the post test data analysis after giving the treatment has discovered the highest score 72.66, the lowest score 44.29, the mean score 60.37, and the deviation standard is 8.55. The clear data is described on the table below

Tabel 5. The frequency distribution of Post Test Data Elementary Training Method Group

No	Interval Class	Absolute Frequency (Fa)	Realif Frequency (Fr)
1.	44.22-48.05	3	20.00
2.	48.06-51.89	3	20.00
3.	51.90-55.73	4	26.67
4.	55.74-59.57	2	13.33
5.	59.58-63.39	3	20.00
Total		15	100%

Referring to the above table, it can be seen that the post test data analysis result of basic skills in playing tennis at elementary training method are sebanyak 3 students (20.00%) on the interval class 44.22-48.05, 3 students (20.00%) on the interval class 48.06-51.89, 4 students (26.67%) on the interval class 51.90-55.73, 2 students (13.33%) on the interval class 55.74-59.57, and 3 students (20.00%) on the interval class 59.58-63.39.

Tabel 6. The summary of data normality testing

Data	L _{observation}	L _{tabel}	Description
Global Training Method (<i>Pre Test</i>)	0.1191	0.2200	Normal
Elementary Training Method (<i>Pre Test</i>)	0.0683	0.2200	Normal
Global Training Method (<i>Post Test</i>)	0.1505	0.2200	Normal
Elementary Training Method (<i>Post Test</i>)	0.1207	0.2200	Normal

On the previous table, it shows that the result of pre-test data testing in the global training method group is $L_{\text{observation}} 0.1191 < L_{\text{tabel}} 0.2200$. It can be concluded that the data distribution is normal. The result of pre test data on elementary training method group is $L_{\text{observation}} 0.0683 < L_{\text{tabel}} 0.2200$, means the data distribution is normal. The result of post test data testing in the global training method group is $L_{\text{observation}} 0.1505 < L_{\text{tabel}} 0.2200$. It can be concluded that the data distribution is normal. The result of post test data on elementary training method group is $L_{\text{observation}} 0.1207 < L_{\text{tabel}} 0.2200$, means the data distribution is normal.

Tabel 7. The Summary of The Hypothesis I Testing Result

Global Method	Mean	T _{calculation}	t _{tabel}	Testing Result	Description
<i>Pre Test</i>	42.40	8.19	1.76	Significance	H₀ rejected dan H_a accepted
<i>Post Test</i>	58.35				

Based on the above table, it can be seen that the $t_{\text{calculation}} = 8.19 > t_{\text{tabel}} = 1.76$. It means that the research hypothesis is accepted. Therefore, it can be concluded that the global training method gives a significant effect on the improvement of tennis basic skill. The improvement of the following tennis basic skill is 15.95 with the mean score of pre test is 42.40 and post test is 58.35

**Tabel 8. The Summary of The Hypothesis II Testing Result**

Elementary Method	Mean	T _{calculation}	t _{tabel}	Testing Result	Description
<i>Pre Test</i>	42.45	5.54	1.76	Significance	H₀ rejected and H_a accepted
<i>Post Test</i>	54.15				

Based on the above table, it can be seen that the $t_{\text{calculation}} = 8.19 > t_{\text{tabel}} = 1.76$. It means that the research hypothesis is accepted. Therefore, it can be concluded that the elementary training method gives a significant effect on the improvement of tennis basic skill. The improvement of the following tennis basic skill is 11.70 with the mean score of pre test is 42.45 and post test is 54.15

Tabel 9. The Summary of The Hypothesis III Testing Result

Training Method	Mean	T _{calculation}	t _{tabel}	Testing Result	Description
Global	58.35	2.91	1.70	Significance	H₀ rejected and H_a accepted
Elementer	54.15				

Based on the above table, it can be seen that the $t_{\text{calculation}} = 2.91 > t_{\text{tabel}} = 1.70$. It means that the research hypothesis is accepted empirically. Therefore, it can be concluded that there is a difference in influence at global training method with elementary training method toward the tennis basic skill, where the global training method give a greater effect toward the tennis basic skills rather than the elementary method.

1. The Effect of Global Training Skill toward the Tennis Basic Skills

Based on the post test of global training method group on 15 students, it is obtained that there is an improvement on tennis basic skill from the pre test to the post test with the number 15.95 from the mean score of 42.40 on the pre test changes into 58.35 on the post test. This means that the proposed hypothesis in this research can be accepted and it also can be said that the global training method gives a significance effect toward the tennis basic skill.

Skill can be understood as the indicator of mastery level that needs a body movement. As an indicator of mastery level, skill is defined as a competence which performs by somebody to do a particular task that links with achieving the aim. In the tennis match, this good technique and movement can be achieved if there is a regular training that is done maximally. Therefore, the learning process will run well with the maximum and well structured training. This will result a better qualification of the athletes.

In choosing the training method, it is important to improve the ability or skill in playing the tennis because the methods given are able to give effects during the training process. When conducting training on the ability of playing tennis, there are some methods can be implemented such as global method. This method is one of the ways to improve the students' tennis playing skill because this method presents the overall techniques which makes an athlete can do a complex movement. In addition, other advantage which can be obtained is the learning process or training on its situation will push the athletes to learn a particular lesson block totally and simultaneously.

Based on the above explanation, it can be understood that using the global training method to the sample has a significant effect. It means that the treatment will improve the tennis basic skill.

2. The Effect of Elementary Training Method to The Tennis Basic Skill

Based on the post test of elementary training method group on 15 students, it is obtained that there is an improvement on tennis basic skill from the pre test to the post test with the number 11.70 from the mean score of 42.45 on the pre test changes into 54.15 on the post test. This means that the proposed hypothesis in this research can be accepted and it also can be said that the elementary training method gives a significance effect toward the tennis basic skill.

The improvement of the tennis basic skill can be caused by some factors such as the students' adaptation on the following training. Throughout the focused and structured training process, students can be quickly to master the material given by trainer or lecturer.

The following training process can be given in various forms or methods. One of the methods is the conventional one. This elementer training method is one way to increase the basic tennis skill because the development and implementation of the training program can increase the sampel ability because there is an adaptation in the training given by the coach on the training process.



The learning or training with this elementary method means there is a division or grouping a particular movement to the inside of elements functionally. This is based on assumption that the parts movement which is learned can be united into a complex movement without losing the quality of the movement. Through this elementary method, the serve of the training material can be separated from the overall movements.

With this elementary method, the lecturer and trainer will divide the movement into some parts which is easily to be understood. Therefore, every individual will not be confused about something which they have not known yet. Generally, the trainer or lecturer choose this method because it is easily to be done and understood by the students especially those who recently know about tennis. The tennis basic skill training by using the elementary method can be done with understanding that every item will be difficult to be comprehended by students if the materials are presented directly and fully.

Based on the above explanation, it can be understood that using the elementary training method to the sample has a significant effect. It means that the treatment will improve the tennis basic skill.

3. The Differences in Influences of Global Training Method with Elementary Training Method Toward The Tennis Basic Skill.

From the two forms of training; global training method and elementary training method, which have been presented before, it is clear that each of the training method have a significant effect on the improvement of tennis basic skill. However, there is a difference in each of the training effect. This is caused by the characteristics, advantages and weaknesses of each training method so it will give a different effect to the tennis basic skill.

To see whether there is an effect difference between the global and elementary method toward the tennis basic skill, it can be seen from the result of

$T_{\text{calculation}} = 2.91 > t_{\text{tabel}} = 1.70$. It means that the research hypothesis can be accepted. Therefore, it can be interpreted that there is a significance effect difference between the global training with elementary method toward the tennis basic skill.

In an effort to improve the basic tennis skill, the global method has a greater effect compared to the elementary method. This can be seen from the improvement of mean score in global method with the number is 15.95, while the elementary method is only 11.70. Thus, the global method is better and more suitable to increase the tennis basic skill compared to the elementary method.

The tennis basic skill which is treated with the higher a better global method is done fully and simultaneously. This means that a lecturer or trainer should firstly explain and demonstrate the overall movements. Then, roughly train the movements, continue to evaluate the mistakes done and finally implement the overall movements in the proper series.

However, on the elementary group method where the learning and training process means there is a division and grouping of the movement into the elements functionally. This is based on the parts of the movements learned and united into a complex movement without losing the quality of the movements. With the elementary method, the presentation of the training method is separated from the whole movements.

Based on the above explanation, it can be understood that the global and elementary method which is given to the sampel in the efforts to improve the tennis basic skill has a significance effect. However, this global method is better than elementary method to improve the tennis basic skill because the global method will be seen from the training process simultaneously and fully. This means that a lecturer or trainer should firstly explain and demonstrate the overall movements. Then, roughly train the movements, continue to evaluate the mistakes done and finally implement the overall movements in the proper series. In contrast, there are many samples feel easily bored and not spirit to do the training so students will be difficult to be directed and controlled because the training material is given separately. This will make the samples easily and often do the mistakes.

Conclusion

Berdasarkan hasil analisis data yang telah dikemukakan terdahulu, maka dapat diambil beberapa kesimpulan yaitu:

Based on the result of data analysis which has been presented before, the conclusion can be obtained as follow

1. There is a significant effect on the global training method toward the tennis basic skill.
2. There is a significant effect on the elementary training method toward the tennis basic skill.
3. There is a difference effect of global training method and elementary method where the global training method give an effective effect compared to the elementary training method toward the tennis basic skill.

Suggestion

Based on the conclusion and implication presented above, it suggested to the following parties that

1. The tennis lecturer and trainer of Sport Science Faculty in UNP should implement the global training method in an effort to improve the students' basic tennis skills.
2. The tennis lecturer and trainer of Sport Science Faculty in UNP can also implement the elementary training method in an effort to improve the students' basic tennis skills.



3. The tennis lecturer and trainer of Sport Science Faculty in UNP can implement the global training method rather than the elementary traunung method in an effort to improve the students' basic tennis skills.

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