

ABSTRAK

Isfar Surya Ahmad. 2022. Pengaruh Model *Gradual Length dan Straight from Baseline* Terhadap Kemampuan Servis Siswa Junior Club Tenis Lapangan Indrakilla007 Surabaya. Program Studi Pendidikan Jasmani Fakultas Pedagogik dan Psikologi Universitas PGRI AdiBuana Surabaya. Pembimbing (1) Dr. Ujang Rohman, M.Kes. . Pembimbing (2) Dr. Sumardi, M.Kes. .

Kata Kunci: Servis, Tenis Lapangan, Siswa Junior

Tenis lapangan merupakan salah satu olahraga yang sudah tidak asing untuk saat ini. Banyak orang yang menyukai olahraga ini baik anak-anak, dewasa hingga orang tua. Berdasarkan hasil pengamatan servis atlet tenis lapangan junior di club Indrakilla007 Surabaya banyak yang kurang sempurna dalam melakukan Teknik servis, Hal ini mengindikasikan bahwa kemampuan servis mereka masih kurang. Servis merupakan teknik dasar dan awalan dalam bermain tenis untuk mendapatkan poin. Dalam latihan dasar teknik servis dibedakan menjadi 2 yakni dengan metode *gradual length dan metode straight from baseline*. Bila *gradual length* dilakukan secara bertahap dari garis serve line , kemudian $\frac{3}{4}$ lapangan , dan kemudian berada di baseline beda halnya dengan metode *straight from baseline* yakni latihan serve langsung berada pada baseline. Oleh sebab itu agar pelatih atlet tennis lapangan junior Kota Surabaya tidak bingung dalam menentukan model latihan servis mana yang lebih tepat pada anak didiknya, dalam hal ini peneliti akan meneliti “Pengaruh model *gradual length dan straight from baseline* terhadap kemampuan servis siswa junior

di club tenis lapangan Indrakila007 Surabaya”. Rancangan penelitian dapat pula diartikan sebagai kerangka penelitian. Metode eksperimen dengan sampel tidak berpisah maksudnya penelitian hanya memiliki satu kelompok saja yang di ukur empat kali, pengukuran pertama (*pretest*) dilakukan dua kali masing-masing sebelum subjek diberi perlakuan model latihan, kemudian perlakuan (*Treatment*) atau penerapan model latihan, yang akhirnya ditutup dengan pengukuran kedua (*Posttest*), dikarenakan proposal ini memiliki dua model dalam latihan maka pengukuran ini dilakukan dua kali yaitu pengukuran terhadap pengaruh model *gradual lenght* dan *straight from baseline*. Dalam penelitian ini instrumen untuk mengukur tingkat kemampuan pukulan servis siswa junior di club tenis lapangan Indrakila007 Surabaya dengan menggunakan tes tenis *Hewitt*. Berdasarkan dari hasil penelitian dan pengolahan data yang sudah dilakukan di atas dapat disimpulkan sebagai terdapat pengaruh yang signifikan pada hasil *pre-test* dan *posttest* terhadap hasil peningkatan kemampuan servis siswa junior di club tenis lapangan Indrakila007 Surabaya. Hasil tersebut ditunjukkan dengan hasil data nilai sig (2-tailed) pada kelompok eksperimen *pre-test* dan *posttest* memperoleh nilai r 0,639 dengan p 0,000 (p 0,05), dengan berikut menunjukkan bahwa terdapat pengaruh model *gradual lenght* dan *straight from baseline* terhadap kemampuan servis siswa junior club tenis lapangan Indrakilla007 Surabaya, setelah dilakukannya *pre-test* dan *posttest*. Itu dapat dilihat dari hasil nilai *sig* pada kelompok eksperimen penelitian. Dengan adanya pengaruh dalam kemampuan yang di berikan oleh model latihan ini, saya rasa model latihan ini bisa dijadikan referensi dalam latihan di club tenis lapangan lainnya.

ABSTRACT

Isfar Surya Ahmad. 2022. The Effect of Gradual Length and Staright from Baseline Models on the Service Ability of Junior Club Tennis Club Students Indrakilla007 Surabaya. Physical Education Study Program, Faculty of Pedagogic and Psychology, PGRI AdiBuana University, Surabaya. Advisor (1) Dr. Ujang Rohman, M. Kes. . Advisor (2) Dr. Sumardi, M. Kes. Keywords: Service, Court Tennis, Junior Students

Court tennis is one of the most familiar sports today. Many people who like this sport both children, adults to the elderly. Based on the results of observations on the service of many junior field tennis athletes at the Indrakila007 Surabaya club, many of them were imperfect in their serving techniques. This indicated that their serving skills were still lacking. Servicing is a basic and prefix technique in playing tennis to get points. In basic training, serving techniques are divided into 2, namely the gradual length method and the straight from baseline method. If the gradual length is done in stages from the serve line, then $\frac{3}{4}$ of the court, and then at the baseline, it is different from the straight from baseline method, namely the practice of serving directly at the baseline. Therefore, so that the junior field tennis athlete trainers in the city of Surabaya are not confused in determining which service training model is more appropriate for their students, in this case the researcher will examine "The effect of the gradual length and straight from baseline models on the serving abilities of junior students in tennis clubs. Indrakila007 Surabaya". The research design can also be interpreted as a research framework. Experimental method with non-separated samples means that the research only has one group which is measured four times, the first measurement (pretest) is carried out twice each before the subject is given the training model treatment, then the treatment (Treatment) or the application of the training model, which is finally closed with the second measurement

(Posstest), because this proposal has two models in the exercise, this measurement is carried out twice, namely measuring the effect of the gradual length and straight from baseline models. In this study, the instrument for measuring the level of serving ability of junior students at the Indrakila007 Surabaya tennis club was using the Hewitt tennis test. Based on the results of the research and data processing that has been done above, it can be concluded that there is a significant influence on the results of the pre-test and posttest on the results of improving the service ability of junior students at the Indrakila007 tennis club Surabaya. These results are shown by the results of the sig (2-tailed) data in the pre-test and posttest experimental group obtaining a value of r 0.639 with p 0.000 (p 0.05), with the following showing that there is an effect of the gradual length and straight from baseline models on the ability junior student service at Indrakilla007 Surabaya tennis club, after pre-test and posttest. It can be seen from the results of the sig value in the research experimental group. With the influence on the abilities provided by this training model, I think this training model can be used as a reference in training at other tennis clubs.