

ABSTRAK

Pratama, Deo D. 2023. *Pengaruh metode latihan umpan lempar shuttlecock terhadap jauhnya pukulan backhand lob overhead bulutangkis bagi anggota ukm badminton unipa Surabaya.*

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Kata Kunci: metode *lempar shuttlecock, backhand lob overhead.*

Penelitian ini dilatarbelakangi oleh kemampuan anggota ukm badminton Unipa yang kurang menguasai pukulan *backhand lob overhead bulutangkis* sehingga pukulannya terlalu lemah sehingga lawan mudah mendapatkan point. Tujuan yang ingin dicapai pada penelitian ini untuk mengetahui metode latihan umpan lempar *shuttlecock* terhadap jauhnya pukulan *backhand lob overhead bulutangkis* bagi anggota ukm badminton unipa Surabaya. Penelitian ini menggunakan pendekatan penelitian kuantitatif dengan jenis penelitian *pre eksperimen* dengan menggunakan *twogroup pretest-posttest* design. Subjek penelitian adalah anggota ukm badminton unipa Surabaya berjumlah 40 atlet. Metode pengumpulan data yang digunakan adalah observasi dengan menggunakan teknik tes dan pengukuran serta dokumentasi. Menggunakan metode analisis statistik dengan rumusan yang digunakan adalah *Ttest* yang sesuai dengan judul penelitian yaitu Pengaruh metode latihan umpan lempar *shuttlecock* terhadap jauhnya

pukulan *backhand lob overhead* bulutangkis bagi anggota ukm badminton Unipa Surabaya digunakan *pre-test* dan *post-test two group design* maka dengan uji t menggunakan aplikasi SPSS versi 21. Dari hasil uji hipotesis diketahui latihan ini berpengaruh terhadap jauhnya pukulan *backhand lob overhead* dalam permainan bulutangkis pada atlet ukm badminton Unipa Surabaya.

ABSTRACT

Pratama, Deo D. 2023. *The influence of the shuttlecock pass training method on the distance of the backhand lob overhead badminton shot for members of the Unipa Surabaya badminton unit. Physical Education Study Program. Faculty of Pedagogy and Psychology. PGRI Adi Buana University Surabaya. Supervisor Achmad Nuryadi S.Pd., M.Pd*

Keywords: shuttlecock throwing method, backhand lob overhead.

This research was motivated by the ability of Unipa badminton SME members who did not master the badminton overhead lob backhand shot so that their blows were too weak so that their opponents could easily get points. The aim to be achieved in this research is to find out the practice method for throwing shuttlecock passes for backhand lob overhead badminton long shots for members of the Unipa Surabaya Badminton UKM. This research uses a quantitative research approach with a pre-experimental type of research using a two group pretest-posttest design. The research subjects were members of the Unipa Surabaya Badminton UKM, totaling 40

athletes. The data collection method used is observation using test and measurement techniques as well as documentation. Using a statistical analysis method with the formula used is the T test which is in accordance with the research title, namely The effect of the shuttlecock throwing practice method on the distance

The backhand lob overhead badminton shot for Unipa Surabaya badminton SME members used a pre-test and post-test two group design then with a t test using the SPSS version 21 application. From the results of the hypothesis test it is known that this exercise influences the distance of the backhand lob overhead shot in badminton in Unipa Surabaya UKM badminton athletes.