

Development of Flexibility Training Model Through Games in Takraw Extracurricular Football

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DEVELOPMENT OF FLEXIBILITY TRAINING MODEL THROUGH GAMES IN TAKRAW EXTRACURRICULAR FOOTBALL

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Abstract

This study aims to produce a model of flexibility training through games in the extracurricular sepak takraw MTS Islamic Boarding School Masdarul Ulum Ogan Ilir. The type of research used is research and development (r&d)/development. Small-scale trials in this study were students of class VII MTS Islamic boarding school Masdarul Ulum Ogan Ilir. Totaling 10 people. Development research refers to the development step, which is modified into two stages (1) pre-development and (2) development. Large-scale trials in this. Large-scale trials in the research in this study were students of class VIII Mts Islamic Boarding School Masdarul Ulum Ogan Ilir, totaling 30 people. The data collection instrument used an expert validations sheet and a rating scale. The data analysis technique used reference research for pretest and posttest for small groups and large groups. Research product that produces a model of flexibility training through games in sepak takraw extracurricular.

Keywords: *Research and Development, Sepak Sila, Sepak Takraw*

Introduction

According to Anas (2012), sepak takraw is a game that uses a ball made of rattan, then played on a field measuring 13.4 m long and 6.1 m wide. Then in the middle, the net is limited, like in a volleyball game. The game of sepak takraw consists of two parties facing each other, three people each in a team. Sepak takraw is prioritized using the legs, head, chest, and thighs. The goal of each team is to return and turn off the ball in the opponent's area so that I get points. Sepak takraw is a sport that is not easy to play because a student of sepak takraw must have various exercises such as dexterity, agility, and flexibility, especially in the legs, because sepak takraw has acrobatic elements that can be seen from several movement techniques, such as when serving, smash and block, it's not surprising that sepak takraw is difficult to learn maybe that is one of the factors that influence why this sport is difficult for some people out there to be interested in. According to Rosti et al. (2020), sepak takraw is a very complex net kicking sport that involves stunning reflex displays and acrobatic movements. According to Iyakrus (2019), sepak takraw comes from the words spoken and takraw. Sepak takraw comes from the Malay language, while takraw comes from the Thai

language, which means a ball made of rattan. Before it was called sepak takraw, this sport was first known as soccer, which is a sport that is played in a circle using a ball made of woven rattan. Sepak takraw is a sport that combines games in four sports, namely, football because it is played dominantly using the feet, badminton because the size of the field used is the same as the badminton field, gymnastics because the takraw movement requires good body flexibility and sports. Volleyball because in sepak takraw, it also crosses the ball over the net as well as volleyball (Ramadhan, 2021).

Takraw balls are also made of synthetic fiber because they are quite hard and painful to play for beginners. According to Syam (2019), the soccer technique that is most often used in playing sepak takraw is sila soccer to gain stability in skills to carry out the basic game of sepak takraw effectively and efficiently. To achieve high skills.

According to Qoryatiningtyas et al. (2017), in the title "Development of a variation of Silat practice for takraw extracurricular participants at SD Negeri Wonodadi 1, Wonodadi District, Blitar Regency,". Research conducted by Umi Qoryatini Ngtyas. et al. aim to develop a variation of Silat practice for takraw extracurricular participants quite valid (78.7%) for small group trials and for large group trials, 89.6%) state that variations of Silat practice for the takraw extracurricular peers are interesting and easy to understand.

According to Sukadiyanto in Prayadi & Rachman (2013), exercise is a process of perfecting the ability to exercise, which contains theory and practice, using methods, and rules so that goals can be achieved on time. Based on the opinion above, the above research has similarities and differences with the research to be studied. The difference is the place of research, while the similarities are the use of development research on sepak takraw. According to Syamsuramel and Hartati (2019), extracurricular at school must provide various training needs and everything to make students interested in doing physical activities; this activity can be used as a forum for students who have an interest in participating in these activities.

The researcher once joined training at the Masdarul Ulum Ogan Ilir Islamic boarding school; the reality at the Masdarul Ulum Ogan Ilir Islamic boarding school wanted to give an action by designing a development model of flexibility training through games in takraw extracurricular activities because what I have seen so far when flexibility training is in a place not to create a new model that makes students feel bored and like to take the opportunity not to do it when the trainer is not paying attention so that they cannot be optimal in carrying out the exercise process, especially flexibility exercises.

Based on the problem above, the researcher has the idea to do flexibility through games so that students can follow the exercise because the game can develop movement in students and can teach to instill the value of sportsmanship, with the hope that through flexibility exercises through games, students can release their tiredness and problems for a moment so that they can easily concentrate on training again. Students are ready to accept all the exercises that

are bound by the trainer and make students enthusiastic so that laziness and boredom when doing flexibility feels lost with the game, and students get a new atmosphere when doing flexibility.

Method

Research and development or Research and Development (R&D) is a research method used to produce certain products and test their effectiveness of certain products. To be able to produce certain products, research that needs analysis is used, and to test the effectiveness of these products so that they can function in the wider community; research is needed to test the effectiveness of certain products (Sugiyono, 2019).

Result and Discussion

The results of the needs analysis The results obtained from the needs analysis through the google form media with a sample of 58 students at MTS Pondok Pesantren Masdarul Ulum Ogan Ilir, the results obtained are 50 students with a percentage of 86.2% who agreed to conduct research on the development of flexibility training models through games in extracurricular sepak takraw and eight students with a percentage of 14.8% did not agree to the research.

Based on the research criteria, it is necessary to discuss the results of research that will discuss the results of the development of flexibility training models, the results of needs analysis, the results of small and large group trials that received pretest and posttest tests of Silat skills in sepak takraw extracurricular at MTS.

The product trial aims to analyze the constraints that may be faced and try to reduce these constraints when implementing the next model. The product design that has been made cannot be directly tested first, for this testing can be carried out with experiments, namely the effectiveness and efficiency of the old work system with the new one (Sugiyono, 2019). The data obtained are quantitative data and qualitative data in the form of reasons for choosing answers and suggestions. The data collected allows researchers to draw conclusions. This is important to do to anticipate errors that can occur during the actual implementation of the model. After the assessment process was carried out by validators which were experts in their fields, this research was tested on a small and large scale. This is because the validator has agreed that this training model is feasible to use, with the results of a small-scale trial carried out using class VII MTS Islamic Boarding School Masdarul Ulum Ogan Ilir students. And with a total of 10 people who took takraw extracurricular activities resulted in a revision of the learning model that was lacking, and after revisions were made by several experts then, it was tested on a large scale carried out with class VIII students totaling 30 people who participated in sepak takraw extracurricular which resulted

in 3 training models that have been developed. Approved and fixed to continue with the model using the Silat Skills Test instrument.

Development research is research that seeks to develop certain products according to the needs of today's society. Furthermore, this study obtained results in the small group test getting 15.8% results, and in the large group test getting 24.1% results. Flexibility is a very important physical component as a consideration in the appearance of motion. Exercise is a process where from being unable to be able, as stated by Hartati, Destriani, and Junior (2019) in Sutinah (2021), and exercise is a form of effort to improve the functional quality of the body's organs and the psyche of the perpetrator. According to Rahardian et al. (in Muhammad Ihsan Shabih, Iyakrus & Destriani, exercise is a process that is carried out systematically and repeatedly over a relatively long period of time, with an increasing training load, so that there is an increase in overall motion stimulation of the body. Flexibility is very necessary for the game of sepak takraw, especially the flexibility of the limbs according to the limbs that are more widely used in the game of sepak takraw (Syam, 2019). According to Asfihani (2013), Silat is the most important technical part of sepak takraw or is more dominant in the game of takraw. the game of sepak takraw. According to Iyakrus (2012), soccer uses the inside of the foot, and Sila uses the feet to receive and control the ball. According to Fajar (2018), Silat is very important because it can be said that the ability to weigh the ball is very dominant starting from the beginning of the game. To make a number. Silat is a soccer ball only on the inside of the foot, which, when kicking the foot, positions the foot like a cross-legged person. Based on the results of previous research, it was found that efforts to improve silat in the game of sepak takraw through ball modification in fifth-grade students of SD N Kedung Sumur in this study obtained good results (Soetacik, 2019).

Conclusion

Based on the description and analysis of the research "Development of Flexibility Training Models Through Games in Sepak Takraw Extracurricular at MTS Islamic Boarding School Masdarul Ulum Ogan Ilir," it Can be declared suitable for use. It can be proven that the product of the flexibility training model through games at the MTS extracurricular Masdarul Ulum Islamic Boarding School Ogan Ilir as a whole is valid and has been tested for the level of effectiveness that can be applied to the training process, so the final result of this research creates a model for developing flexibility training models through The game is ready to be applied as a tool to simplify the training process at MTS Islamic Boarding School Masdarul Ulum Ogan Ilir.

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