Quality of U15 Gatra Semarang Badminton Club Players in 2019

Abstract—Gatra Semarang Badminton Club players at low achievement are suspected of having quality problems. This research is to describe the technical and physical quality of them. This research is a quantitative study with descriptive results. The population as well as the research sample of nine male players housed under the age of 15 years. This research variable is the quality of Gatra Semarang Badminton Club in 2019. Retrieval of data using technical instruments (clear service, lop, smash and drop shot) and physical (vertical jump, court yard agility, skipping rope, sit ups, push ups and beep test). The results showed, 1). The quality of technical is very good 1, good 2, medium 3, less 2, very less 1 players. 2). Physical quality is very good 0, good 3, medium 3, less 2 and very less 1 players. Based on the results of research that concludes the average quality of moderate technique and average physical quality rating. To players who support technical training with truly physical training that is sufficient for quality as a badminton player can improve to become very good.

Keywords—technical quality, physical quality, badminton players

I. INTRODUCTION

Badminton is a game made from side to side of the field separated by a net. The game is done by hitting the ball on the opponent's field across the net. The tool used to hit the ball is called a racket, while the ball is called the shuttle cock. The beginning of the game is called service and the completion of the game is marked by the achievement of a number of numbers agreed in the match by one of the parties, the game can also be declared finished if either party or opponent cannot continue the game for some reason.

Being a professional badminton player is the hope of every beginner badminton athlete. To high achievers, a badminton player reaches it through exercises. According to M. Sajoto (1995: 7-8) that sportsmen must have four basic skills, namely: 1) technical building-up, 2) physical build-up, 3) mental development (mental build) -up), 4) champion's maturity. The four main completeness can only be obtained by exercises and competitions carried out continuously and continuously. Suharno HP (1985: 24), states that physical, technical, tactic, mental and competitive maturity training is the target of overall training, where one aspect cannot be abandoned in a continuous training program throughout the year. In connection with this, good coaching is needed in the branch so that the top achievements can be displayed as well as possible.

Technical guidance includes exercises in mastering basic techniques, stroke techniques, and stroke patterns. Basic techniques include; 1) How to hold the racket, 2) Wrist movements, 3) Leg movements or footwork, 4) Concentration of mind or concentration. Fostering techniques include training; 1) Service punch, 2) Lob or clear punch, 3) Dropshot punch, 4) Smash punch, 5) Drive or horizontal punch, and 6) Service return or service return punch. While fostering patterns include attack and defense patterns.

Physical development includes: 1) Strength (strength), 2) Endurance (endurance), 3) Muscle power (musculus power), 4) Speed (speed), 5) Flexibility (flexibility), 6) Agility (agility), 7) Coordination (coordination), 8) Balance (balance), 9) Accuracy (accuracy), 10) Reaction (reaction). M. Sajoto, (1995: 8-10)

Gatra Semarang is a badminton club (PB) whose age is not too old but inhabited by players who have great potential to develop. They are the male U15 players. So far they have not performed well and it is suspected that they have lost quality so that they cannot compete with their colleagues from other clubs in Semarang.

II. MATERIALS AND METHODS

This research is a quantitative study using descriptive methods, namely fact finding with the correct interpretation to describe the object or subject being studied in accordance with what it is (Best, 1982: 119). To obtain research data a "one-shot case study" is carried out, to find out information about badminton athletes by means of a direct test of their technical and physical quality.

Fig. 1 "One-shot case study" research design

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Variables in this research are the quality (technical and physical) of Gatra Semarang Badminton Club players in 2019. The population of the study is the male badminton players of Gatra Semarang Badminton Club in 2019 with syara; 1). Gatra Semarang Badminton Club players in 2019 male, aged under 15 years, healthy and present in the study and got 9 players, a sample of 9 players taken with total sampling techniques so that this study is a research population.

Steps for collecting data; 1). Blows were performed which included; clear service, lop, smash and drop shot test. 2). Physical quality tests are performed which include; Vertical jump, Courtyard agility, Skipping rope, Sit ups, Push ups and Beep tests.

The instrument used was the standard instrument of Indonesian’s Badminton Council (PBSI), namely; clear service, lop, smash and drop shot test. For physical use; vertical jump, courtyard agility, skipping rope, sit up, push up, and beep test.

Data analysis uses descriptive statistics, namely how to examine the status of a human group, an object, condition, system of thought or current events.

III. RESULTS AND DISCUSSION

A. Result

The results of technical quality measurements (clear service, lop, smash and drop shot) and physical (vertical jump, courtyard agility, skipping rope, sit ups, push ups, and beep tests) of Gatra Semarang Badminton Club in 2019 is presented in table 1

TABLE I. DATA DESCRIPTION OF THE QUALITY TEST RESULTS OF GATRA SEMARANG BADMINTON CLUB PLAYERS IN 2019

| Player's Name | Technical Group | Physical Group |
|---------------|-----------------|----------------|
| Vichka Mahara  |                 |                |
| Zidat Ochol    |                 |                |
| Mahirin Sunna  |                 |                |
| Al Ghani       |                 |                |
| Affif          |                 |                |
| Hamka Bimo     |                 |                |
| Satria Siah    |                 |                |
| Farid Maulid   |                 |                |

Table II. DESCRIPTIVE STATISTICS

B. Data Analysis

1). The quality of badminton technique from Gatra Semarang Badminton Club in 2019

TABLE III. THE QUALITY OF GATRA SEMARANG BADMINTON CLUB PLAYER TECHNIQUES IN 2019

| Player's Name | Technical Group | Physical Group |
|---------------|-----------------|----------------|
| Vichka Mahara |                 |                |
| Zidat Ochol   |                 |                |
| Mahirin Sunna |                 |                |
| Al Ghani      |                 |                |
| Affif         |                 |                |
| Hamka Bimo    |                 |                |
| Satria Siah   |                 |                |
| Farid Maulid  |                 |                |

From the statistical quality statistical descriptions, data were obtained; number of samples (n) = 9, the average value (mean) 50.27, standard deviation value 9.43 and variance 99.96, 5), dispersion 35.25 - 64.44, Obtained technical quality: very good 1, good 2, medium 3, less 2, and very less 1. When illustrated in the diagram, the results are as follows;

DIAGRAM I. DISTRIBUTION OF TECHNICAL QUALITY

Sources: Source : research data processing
2). Physical Quality of Gatra Semarang Badminton Club Player in 2019

TABLE IV. PHYSICAL QUALITY OF GATRA SEMARANG BADMINTON CLUB PLAYER IN 2019

| Number | Name of Player | Technical Quality | Range       |
|--------|----------------|-------------------|-------------|
| 1      | Vicko Mahogra  | Good              | 54.72 – 64.13 |
| 2      | Zidan Ochel    | Medium            | 45.30 – 54.71 |
| 3      | Mahimsa Sunnyl | Less              | 35.88 – 45.29 |
| 4      | Abitama        | Less              | 35.88 – 45.29 |
| 5      | Al Ghani       | Medium            | 54.72 – 64.13 |
| 6      | Affif          | Medium            | 54.72 – 64.13 |
| 7      | Haikal Ibuusma| Very Less         | ≤ 35.87     |
| 8      | Satria Sidan   | Good              | 54.72 – 64.13 |
| 9      | Farid Maulid   | Good              | 54.72 – 64.13 |

Source: Sumber: research data processing

From the statistical description of physical quality, obtained data; 1). Number of Samples (N) = 9, 2). Average value (Mean) 50.01. 3). Standard Deviation Value .42 and 4). the variant is 99.93. 5). The dispersion or distribution of the quality is 35.12 - 63.96.

From table 4 found; a). Very good physical quality 0, b). Good 3, c). Medium 3, d). Less 2, e). Very less 1 player. When illustrated in the diagram, the results are as follows;

DIAGRAM II. PHYSICAL QUALITY TEST RESULTS

Source: Research data processing

C. Discussion

1). Technical Quality of PB Gatra Semarang Players in 2019

The results showed that the quality of the Gatra Semarang Badminton Club player technique in 2019 was normal, where from the very good and the same number, the good and the less were the same, the most were of medium quality, so the tables formed normal curves.

2). Physical Quality of PB Gatra Semarang Player in 2019

The results of this study indicate that Gatra Semarang Badminton Club players in 2019 who have good and medium physical qualifications have the same number, while the less to very less number is less. However, there are no players who have excellent physical quality. This is possible physical training that has not used the program and the target. However, this can be justified, given the age of players under 15 years. Because it is not good if players under the age of 15 get a heavy portion of physical exercise considering they are in their infancy.

IV. CONCLUSIONS AND SUGGESTIONS

A. Conclusion

The results of the study concluded; the technical quality of PB Gatra Semarang players in 2019; Very good 1, Good 2, Medium 3, Poor 2, Very poor 1. Physical quality; good 3, medium 3, lack 2. Very less 1.

B. Suggestion

To the PB Gatra players semaran in 2019, it is recommended; Improve technical and physical quality so that it can achieve excellent quality.

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