International Journal Of Humanities Education And Social Sciences ***(IJHESS)*** *E-ISSN:* **2808-1765**
Volume 2, Number 4, February 2023, *Page. 1180 - 1185*
Email : editorijhess@gmail.com

Analysis Of *Smash Forehand* Badminton Strutting At The Age Of 9-14 Years At Gemilang *Badminton Club* Samarinda

Caesar Alif Aryapradana[1)], Didik Cahyono[2*)], Muhammad Ramli Buhari[3)]
[1,2,3)]Physical Education Study Program, Mulawarman University

*Corresponding Author
caesaralifaryapradana@gmail.com didikcahyono6@gmail.com

Abstract
This study aims to determine how good the accuracy of the forehand smash is at the age of 9-14 years at Gemilang Badminton Club Samarinda. This research is a quantitative descriptive study that aims to explain the accuracy of the forehand smash at Gemilang Badminton Club Samarinda. The data collection technique in this study used the smash. The population in this study amounted to 20 people, the sample taken was 12 people at Gemilang Badminton Club Samarinda using purposive sampling, from a total of 20 athletes. Data analysis uses descriptive percentages and uses SPSS assistance. Based on the overall results of the study of 12 athletes in the "good" category there was 1 person (8.3%), in the "enough" category there was 1 person (8.3%), in the "poor" category there were 10 people (83, 3%). So it can be concluded that the accuracy of the forehand smash at Gemilang Badminton Club Samarinda averages 16.25, so it is in the unfavorable category.

Keywords: Accuracy, SmashForehand, Badminton, Accuracy Analysis

INTRODUCTION

Badminton is a sport that is popular with most people in the world in general and in Indonesia in particular. Badminton is a game that is not bounced and must be played in the air so this game is a fast game that requires good reflexes and a high level of fitness. This aspect of physical condition is very important because in badminton games you have to make complex movements, such as jumping, fast movements chasing the *shuttlecock*, turning your body, and stepping wide to maintain body balance (Grice, 2007). In badminton, there are various basic techniques, including *serve, smash, lob, drop*, and footwork techniques. As stated by James Poole (1986: 10) that "Basic badminton skills can be divided into five parts: (1) *serve* (2) *smash* (3) *overhead* (4) *drive*, and (5) *drop*". Basic techniques also include how to hold the racket, wrist movements, *footwork*, and concentration or concentration. For a player after mastering the basic technique, it is required to be able to master the hitting technique. Punch technique according to Tohar (1992: 40). is "How to hit in a badminton game to fly the *shuttlecock* into the opponent's field. One of the basic hitting techniques in badminton that is widely used to kill opponents is the smash. According to James Poole (1986: 143), a *smash* is "an *overhead*, directed downwards strongly, is the main attacking blow in badminton." Another source suggests the smash is "a fast blow, directed downwards with a strong and sharp way to return a short ball that has been hit upwards" (Tony Grice, 2002: 85).

Based on the observations that have were made at Gemilang *Badminton Club* Samarinda on April 15, 2022, the author tries to contact those involved April 14, 2022, namely the trainer from Gemilang *Badminton Club* Samarinda, later on, April 15, 2022, the authors

immediately conducted a site survey and made observations in the Tsamara field around 15:00 WITA. As observed by the author, Gemilang *Badminton Club* in implementing basic techniques and badminton training materials seem not to have gone completely well. Then the athletes faced by coaches tend to be under 14 years old which is included in the category of children so they need to be extra patient. However, the children at Gemilang *Badminton club* have an extraordinary spirit, whatever the coach conveys and the training pattern applied by the coach they follow well.

The techniques given in hitting the ball are in the form of serves, *lobs, drop shots, smashes, and netting*. As explained above, one of the techniques in badminton is the smash. *Smash* aims to turn off the opponent's defense. To be able to do a *smash*, good accuracy is needed to get better results. After discussing with the coach and what the author observed, it shows that not all Gemilang *Badminton Club* able to do *a forehand smash* with good accuracy or in other *words timing*, an inaccurate shot. It is still very varied, some have been able to do well and some have not mastered it well, for example, a player when smashing a *shuttlecock* gets stuck in the net and even goes out of the field. should *smash* be a weapon for the players to get points or kill the opponent?

So, based on the background above, the writer wants to carry out research activities & the writer is interested in submitting research with the title "Analysis of Accuracy *Smash Forehand* at the Age of 9-14 Years at Gemilang *Badminton Club* Samarinda" Of started the inventor of this sport. A game similar to badminton is played in China, where a wooden paddle-shaped bat is used with a ball as the target. This game also existed around the 12th century in the British royal sports fields. There is also evidence to suggest that members of the royal court in Poland played this sport in the late XVII century or early 1890s. This game was known there as *Poona*. It is not certain whether British officers of the war brought this game from India to England. What is certain is that the name '*badminton*' for badminton comes from the name of the city of *Badminton*, the residence of the Duke of Beaufort. (James Poole 2013: 7)

Badminton or badminton is a racquet sport played by two people (for singles) or two pairs (for doubles) who take opposite positions on a field that is divided in half by a net (net). The players score with the racket over the net and fall on the opponent's playing field. Each player or pair may only hit the shuttlecock once before it crosses the net. A rally ends if the shuttle touches the floor or touches a player's body. As well as how come it is a hairy ball whose unique aerodynamic properties make it have a different trajectory than the balls used in other racquet sports? Because the movement is influenced by the wind, competitive badminton is held on an *indoor court.* But badminton is also played on *outdoor courts* as a recreational sport (Hermawan Aksan 2012: 14).

Techniques Basic badminton techniques are divided into several parts including *holding the racket, footwork, attitude & position, service, drop shot, lob, netting,* and *smash.* Hermawan Aksan (2012: 78), *a smash* is an *overhead* (top) shot that is directed downward and is carried out with full power. This punch is identical to a punch attack. Because the main goal is to turn off your opponent. Smash is *a* form of hard-hitting that is often used in badminton games. The characteristics of this punch are hard, and the speed of the move is fast towards the

floor of the court, so this shot requires aspects of muscle strength in the legs, shoulders, arms, and wrist flexibility as well as harmonious coordination of body movements.

According to Widiastuti (2015: 17), Accuracy as a motor skill is a component of physical fitness that is needed in children's daily activities. Accuracy can be in the form of movement (*performance)* or as the accuracy of the results *(result)*. Accuracy is closely related to the maturity of the nervous system in processing input or stimuli that come from outside, such as being precise in assessing space and time, precise in distributing energy, precise in coordinating muscles, and so on. From the explanations of several experts, it can be concluded that accuracy is the ability of a person to direct a movement to a target according to its purpose or to an object directly that must be subjected to it, and there are several factors in how to develop this accuracy.

RESEARCH METHODS

accuracy *forehand smash* is closely related to the ability, and skill, of a person in carrying out a *smash* towards the opponent's field of field precisely and accurately. The thing that is done to find out the accuracy of *forehand smashes* is to do tests and measurements by hitting 10 times of direct punches according to the research instrument.

The research model applied in this research is a quantitative descriptive research type. Quantitative research is taken because research data is in the form of numbers and scores, data collection uses instruments and analysis uses statistics. The test method with the instrument is used to obtain data from athletes by testing the *smash*.

Data collection techniques. Data collection techniques are techniques for capturing data (Sugiyono, 2014: 312). The data collection technique used in this study was a *smash*, along with an explanation of the test instrument used according to sources from James Poole's book (2011: 35): *Smash* Implementation Guidelines

1) Before the test begins, the athletes are given an explanation and examples regarding the test that will be given, namely the researcher does a *smash* and then does the test.
2) Every *testee* hits a *smash*, the officer will record the results obtained by the *testee* according to the fall of the *shuttlecock* into the table.
3) *The testee* places the position that has been determined.
4) The feeder stands on the other side and then feeds the stomach to the *testee* 10 times, the right field 5 times, and the left field 5 times.
5) *Testee* hits a *smash* with a predetermined target area.

Data Analysis Techniques.

Data analysis used in this study used quantitative descriptive statistics with the presentation. According to Anas Sudijono (2014: 43), the formula used to find the percentage is as follows:

Description:

$$P = f/N \times 100\%$$

f = the frequency that the percentage is looking for
N = *Number of cases* (number of frequencies/number of individuals)
p = number Percentage of

RESULT AND DISCUSSION

Table of Research Results

Table 1. This research is a quantitative descriptive study using a test instrument to obtain data. This study aims to determine how good the accuracy of *smash forehand* badminton is at the age of 9-14 years at Gemilang *Badminton Club* Samarinda. The data analysis technique in this study used *SPSS*.

Tables 1. Accuracy *Smash Forehand* at Gemilang *Badminton Club* Samarinda

Accuracy Test Results *Smash*						
No	Name	Score 1	Score 2	Score 3	Score 4	Total
1	Rendy	6	3	-	-	12
2	Yuvino	1	2	2	5	31
3	Nabil	-	5	3	1	23
4	Firdan	3	5	2	-	19
5	Alka	4	2	1	-	11
6	Jesica	3	5	-	-	13
7	Hasan	6	3	1	-	15
8	Dery	6	2	1	-	13
9	Joviana	4	4	2	-	18
10	Dirga	4	5	1	-	17
11	Naswa	5	4	-	-	13
12	Candy	4	3	-	-	10

Source: (Processed from research data, 2022)

accuracy test *smash forehand* at Gemilang *Badminton Club* Samarinda, it can be analyzed using the *SPSS*. Can be displayed as follows:

Table 2. Accuracy *Smash Forehand* at Gemilang *Badminton Club* Samarinda

No.	**Statistics**	
1	N	12
2	Range	14
3	Mean	16.25
4	Maximum	31
5	Minimum	10
6	Standard Deviation	5,972

Source (Processed from 2022 research data)

Overall research results obtained from 12 people who were then athletes were analyzed to obtain research statistics for the accuracy of the *forehand smash* at Gemilang *Badminton Club* Samarinda, **obtained median = 14, mean = 16.25, maximum = 31, minimum = 10, and standard deviation = 5,972 The results can be seen in the table below this:**

Table 3. Description of Research Results on Accuracy of *Smash Forehand Hits* in

Range of Score	Criteria	Frequency	Percent
31-40	Good	1	8.3%
21-30	Enough	1	8.3%
Under 21	Not Good	10	83.3%
Total		12	100%

Badminton Gemilang *Badminton Club* Samarinda *(Processed From Research Data, 2022)*

Discussion

Several factors cause a lack of accuracy in *forehand smash*, the first is height and the wrist (polishing) is very influential when doing *a forehand smash* without jumping, the smash will likely be flat like a drive in line with what is examined in the journal of physical and sports masters, namely Sudeni Suheri Permana Putra, Akhmad Sobarna, & Rony M Rizal said that the relationship between wrist flexibility, arm length, and body height together with the accuracy of badminton smashes was 63.04%. Then the third is timing, namely, the time when the ball falls when performing a *forehand smash* is the case in *the encyclopedia of journals as* .accuracy *smash*.

CONCLUSION

Based on the results of the analysis of the accuracy of the *forehand smash* at Gemilang *Badminton Club* Samarinda, which was analyzed during the research, several factors cause a lack of accuracy in the *forehand smash*, the first is body height and wrist The hand (polishing) is very influential if when doing *a forehand smash* without jumping, it is likely that the *smash* will be flat like a drive stroke, then the third is timing, namely the time the ball falls when doing *a forehand smash*. The accuracy obtained by the athletes at Gemilang *Badminton Club* Samarinda was on average in the unfavorable category, namely 83.3% or 10 people from 12 samples

REFERENCES

Ahmad Ismail, Moch. Asmawi, Yusmawati Widiastuti. (2018). Development of a Drop Shot Exercise Model in Badminton. *Journal Od Sports Coaching.* Semarang State University. Vol.3, No.1.

Anas Sudijono. (2014). Introduction to Educational Statistics. Jakarta: PT RajaGrafindo Persada

Danang Isworo Wijayanto, Septian Wiliyanto. (2022). The Influence of Training Techniques and Coordination on the Accuracy of Jumping Smash Badminton in Badminton at the Wonosobo Club. *Sports Science & Education Journal.* AL Quran Science University.

Dhedhy Yuliawan. (2017). The Relationship Between Arm Muscle Strength And Wrist Flexibility With Full Smash Accuracy In Badminton Games. Research Journal *Physical Education* Archipelago University PGRI Kediri. Vol. VIII, No.1.

Erza Bagaskara. (2017). The Effect of Fixed Target Smash Training and Changing Targets on Increasing Smash Ability in Badminton Athletes *at PB AC Quality Yogyakarta.* Sports Field Thesis. Faculty of Sports Science: Yogyakarta State University.

Hermawan Aksan. (2012). Advanced Badminton. Bandung: Shades of Scholar

James Poole. (2011). Learn Badminton. Bandung: GREAT PIONEER

Mochamad Sajoto. (1988). Development of Physical Conditions in Sports. Jakarta.

Roki Putra. (2019). The Contribution of Arm Muscle Explosive Power, Flexibility, and Hand-Eye Coordination To The *Smash* PB Badminton Athletes. Bintama Kerinci. *Encyclopedia of Journal*. Muhammadiyah High School of Teacher Training and Education Sciences Full River. Vol.1, No.3

Sudeni Suheri Permana Putra, Akhmad Sobarna, Rony M Rizal. (2021). Accuracy Results *Smash* in Badminton Games. Journal of Physical Education & Sports Master. STKIP Pasundan. Vol. 2, No. 2.

Sugiyono. (2014). *Statistics for Research.* Bandung: ALFABETA

Sukmara Aldo Wiratama. (2019). The Influence of Drill Training Methods and Punch Patterns on the Smash Accuracy of Male Badminton Athletes Aged 10-12 Years at PB JAYA RAYA SATRIA Yogyakarta. Sports Field Thesis. Faculty of Sports Science: Yogyakarta State University.

Sukma Aldo Wiratama, Tri Hadi Karyono. (2017). Effects of the Drill Training Method on Smash Accuracy in Young Badminton Athletes in Yogyakarta. Achievement Sports Journal. Faculty of Teacher Training: Yogyakarta State University. Vol.13, No.1.

Zarwan, Sefri Hardiansyah. (2017). The Influence of Video Media and Media Chart on the Accuracy of Badminton Smash Students at SD Negeri 52 Kuranji Padang. Journal of Penjakora. Faculty of Teacher Training: Padang State University.