

The Influence Of Multiball Training On The Forehand Ability Of Table Tennis Athletes Towarded PTMSI Pekanbaru

Sayyidatul Mahdiah¹⁾, Romi Candra²⁾
^{1,2)} Universitas Islam Riau

*Corresponding Author
Email: sayyidatul@student.uir.ac.id

Abstract

The goal to be achieved in this study is to find out how much influence multiball training has on the forehand hitting ability of table tennis athletes assisted by PTMSI Pekanbaru. This type of research is research using the normality test, a method used by researchers to look for causal relationships—also called relationships between two factors—which are deliberately made by eliminating, reducing, or ignoring other disturbing factors. Meanwhile, to determine, under controlled conditions, the effect of the independent variable (treatment/treatment) on the independent variable (outcome. In this study, the variable (X1) is the effect of multiball training, variable (y) is the ability to hit the forehand, the research was carried out at Beautiful Beautiful Gorge marsan on PTMSI Pekanbaru athletes. The time used to carry out this research was for 12 meetings. The sampling was carried out in total sampling, where the population was used as a total sample of 10 coached athlete students. The instrument to be used in this study was a test table tennis backboard. Based on the results of the pre test calculation there is a very good score, namely 1 person with a score of 21, and the results of the post test calculation there is a very good value, namely 1 person with a score of 32. From the results of the pre test and post test calculations the value is very low, namely 0 % .

Keyword: Influence Of Multiball, Forehand Ability, Table Tennis

INTRODUCTION

Sport is one of the most important things for human life. By exercising frequently, your daily activities will also feel light when you do it. Sports activities are activities that do not stop, it can even be said that sports are already a part of human life activities. According to (Jatra, 2017) Sport is an activity that needs to be done by everyone, by practicing individuals get real health, brain health and achievements in their work to increase work efficiency. On the other hand, sports can also be used as a venue for competitions to compete in delivering an achievement, as a form of pursuing achievements both individually, in associations and in the country of origin or country.

The game of table tennis was originally only known as a spare time filler for distraction or as entertainment. At present the game of table tennis has developed a lot, both in the eyes of the public, schools and universities. This game uses a table as a place to reflect the ball that is hit by the player. Table tennis matches can be played separately or two by two. Table tennis matches must have the option of carrying the ball over the net and returning the ball to the opponent's territory after the ball has rolled in its own territory.

According to (Irawan, 2019) The game of table tennis or what is commonly called ping-pong is a racquet sport played by two people or two opposing pairs. (Wani & Bile, 2021) table tennis is a game played by two opposing teams with the aim of turning off the ball on the opponent's court and consisting of the numbers that are contested, namely men's singles, women's singles, men's doubles, women's doubles and mixed doubles.

According to (Irwansyah, 2018) Table tennis is a sport that is played by two people (for singles) or two pairs (for doubles) that uses a small ball made of celluloid and bat as a bat which is played on a table that is limited by net. (Santosa & Soegiyanto, 2016) Table tennis rounds are

directed by special standards, physical and mental. The specific guidelines mean that in playing table tennis it is important to master various existing strategies, for example grip techniques, strokes and footwork shown in the game, while the actual guidelines imply that playing table tennis requires good conditions. to be like speed, strength, agility, strength. perseverance, adaptability, balance, precision, and health so that they are generally ready to take care of their game, while the mystical rule in question is that the game of table tennis requires clairvoyant components such as knowledge, feeling, inspiration, sharpness, fun, energy, enthusiasm, sportsmanship in play. (Amalia, 2018) Table tennis matches are games with a table and equipment as well as a bat and ball, this game starts with a prefix shot (service), that is, the ball is swung on its own table and then over the net then, then jumps to the opponent's table, then the ball that is hit over the net must fly to the opponent's table until the opponent's table cannot return it perfectly. Players try to turn off the opponent's punch to get the focus of his punch.

Based on the explanation above, it can be concluded that table tennis forehand is one of the techniques in the game to return ball attacks and to generate points or scores. According to (Wani & Bile, 2021) table tennis is a game played by two opposing teams with the aim of turning off the ball on the opponent's court and consisting of the numbers that are contested, namely men's singles, women's singles, men's doubles, women's doubles and mixed doubles. (Yulianto, 2015) the basic method in table tennis that is often trained and mastered is the forehand stroke. The forehand is considered an important shot because it is easy to learn, the forehand is usually the most powerful shot because the body does not block the punch, unlike the punch. In addition, the muscles used are generally more ideal than a punch. (Anggara, 2020) Forehand stroke is a very important hitting strategy in table tennis matches, this forehand stroke greatly influences a person's character in table tennis games, if this forehand stroke matches the desired development then the results will be very good also then the opponent will experience problems in driving the ball.

(Dahrial, 2021) a forehand shot is to hit a ball that is positioned next to the dominant player's hand. For example, a person who hits the ball with his right hand, then the forehand is done if the ball is on his right side, either to attack or defend. In table tennis, many people think that a forehand is just a wave. To make a good forehand shot, an athlete not only has to swing his arm when hitting a forehand shot, but also has to do a lot of extra movement to make a good forehand shot. (Anggara, 2020) Forehand shots are usually the most powerful punches because the body doesn't get in the way when hitting, unlike backhands. In addition, the muscles used are usually more optimal than the backhand.

(Siregar et al., 2017) Forehand strokes are very important because they have many abilities, especially for beginners. Students who have mastered the forehand can already play simple games such as serving, returning the ball, and carrying out attacks. According (Palar et al., 2015) What is meant by sport is methodical sports activities that are carried out repeatedly over a long period of time with a gradual and continuous increase in load based on each person's ability, with the aim of developing physiological and psychological functions. (Candra & Henjilito, 2018) training is a process of processing or applying training material such as movement skills in the form of repeated implementation and through varied instructions.

Table tennis is a small ball game played with a ball made of celluloid which bounces off the table according to predetermined dimensions and rules. For table tennis, the basic technique of table tennis combines the following techniques: forehand and strike, the forehand is usually the most impressive shot because the body doesn't interfere with everything when making noise around town, unlike the strike. the muscles used are often more ideal than a punch. Forehand shots are considered important for three reasons. Most importantly, this shot was taken with a

forehand. Furthermore, this punch can be utilized as a basic punch. Third, this punch is the punch that is used most often.

(Widiantoro, 2017) this multiball practice emphasizes repetition of strokes, so that it can be applied to competitors to get used to stirring things around the city for the planned goals, so that the development of competitors becomes programmed. Multiball systems can also use machines or manuals provided through mentors or feeders. However, the competitors assisted by PTMSI Pekanbaru do not have machines, so the manual multiball strategy is very good for further developing forehand skills. It is hoped that it is hoped that the participants will often practice forehand by mixing around the city as much as possible to make the participants accustomed to mixing around the city, so that their forehand skills improve. One of the goals of multiball or multiball training is to further develop your opponent's forehand skills.

From the results of the statement above, there are problems as follows: 1) The forehand skill level of PTMSI Pekanbaru table tennis athletes is not accurate. 2) The level of accuracy of forehand strokes in PTMSI Pekanbaru's table tennis players is still not ideal. 3) The movement pattern of the ability to perform forehand strokes that are still stiff in PTMSI Pekanbaru's Assisted Table Tennis Athletes. 3) Techniques for forehand hitting skills that are still not mastered in PTMSI Pekanbaru's Assisted Table Tennis Athletes Given the limited time, effort, costs that the researcher has, and the available facilities, and so that the researcher cannot be separated from the above, the researcher limits this research with "The Effect of Multiball Training on the Forehand Ability of Athletes Assisted by PTMSI Pekanbaru".

RESEARCH METHODS

Research in general is a process of collecting and analyzing data that is carried out systematically and logically in achieving certain goals (Sudaryono, 2016) Multiball is a method of hitting practice in table tennis, practicing forehand shots using multiball media or many balls needed by an athlete and coach. This exercise aims to improve quality forehand shots and also to improve good accuracy in table tennis forehand. Athletes are also not afraid to make mistakes when hitting and practice using the multiball method to get used to hitting targets or targets given by the coach.

The population is the object of the whole in research or is the total number of objects whose character will be studied. The population can be in the form of companies, people, objects and even institutions whose nature can be counted. According to (Azwardi, 2018) According to (Arikunto, 2013) The population is all research subjects. As for (Sugiyono, 2019) Population, if someone wants to examine all the elements in the research area, then the research is population research. The population in this study were all Table Tennis Athletes under PTMSI Pekanbaru, totaling 10 people.

The sample is part of the population obtained from certain methods which are then considered as representatives of the entire population and become the focus of research (Rosyidah & Fijra, 2021) According to (Arikunto, 2013) the sample is a part of the population that must be studied. Based on the study population, the samples in this study were all existing populations, namely the PTMSI Pekanbaru Athletes, totaling 10 people, so sampling is a sample return technique in which all members of the population are taken as samples. The reason for taking total sampling is because according to (Sugiyono, 2019) research conducted on populations under 100 should be done by census, so that all members of the population are sampled as subjects studied or as respondents who provide information In accordance with the formulation of the problem made to determine the contribution arm muscle

power (X1), leg muscle power (X2) and hand eye coordination (X3) on jump shoot ability (Y), so to make it easier in calculating data assisted by using a computer. The program used is a data processing program, namely SPSS (statistical package for the social sciences).

RESULT AND DISCUSSION

Description of Research Results

1. Pre-Test Test Data Using Backboard Test Against Table Tennis Forehand

Based on the data analysis of the initial test (pre-test) table tennis backboard test for 30 seconds with a sample of 10 people, a score of > 21 was obtained with a very good category, namely 1 person (10%), a score of 17-21 with a good category, namely 2 people (20 %), a score of 14-17 is in the sufficient category, namely 6 people (60%), a score of 10-14 is in the less category, namely 1 person (10%), and a score of 10 < with a very poor category, namely 0 people (0%).

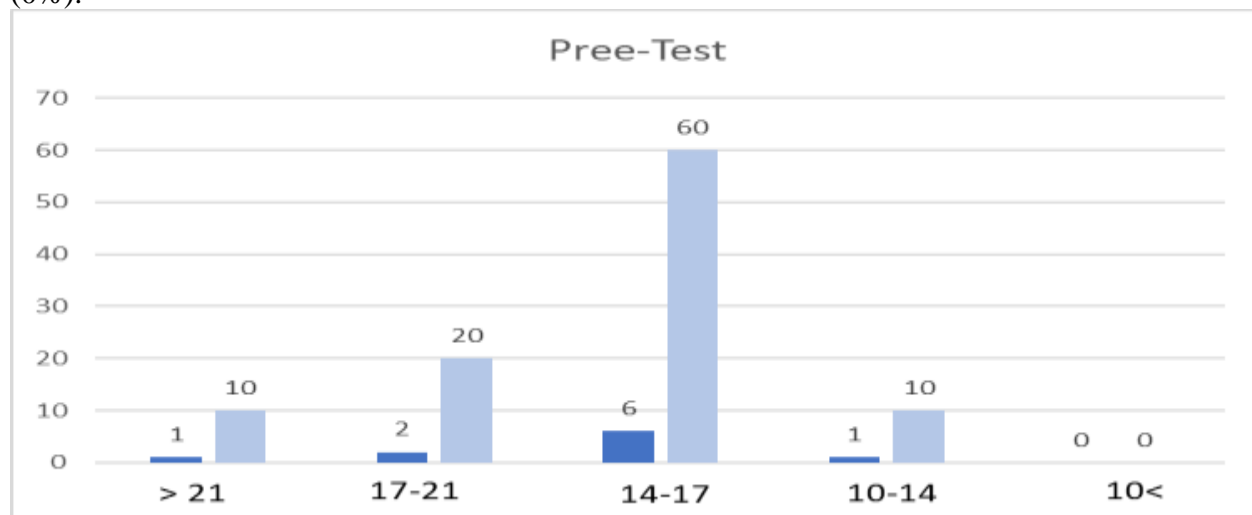


Figure 1. Histogram of Pre-Test Data Frequency Distribution Using the Backboard Test Against Table Tennis Forehand Shots

2. Post-Test Data Using Backboard Test Against Table Tennis Forehand

Based on the analysis of the final test data (post-test) table tennis backboard test for 30 seconds with a sample of 10 people, a score of > 32 was obtained with a very good category, namely 1 person (10%), a score of 27-27 with a good category, namely 2 people (20 %), a score of 22-27 is in the sufficient category, namely 4 people (40%), a score of 17-22 is in the less category, namely 3 people (30%), and a score of 17 < is in the very poor category, namely 0

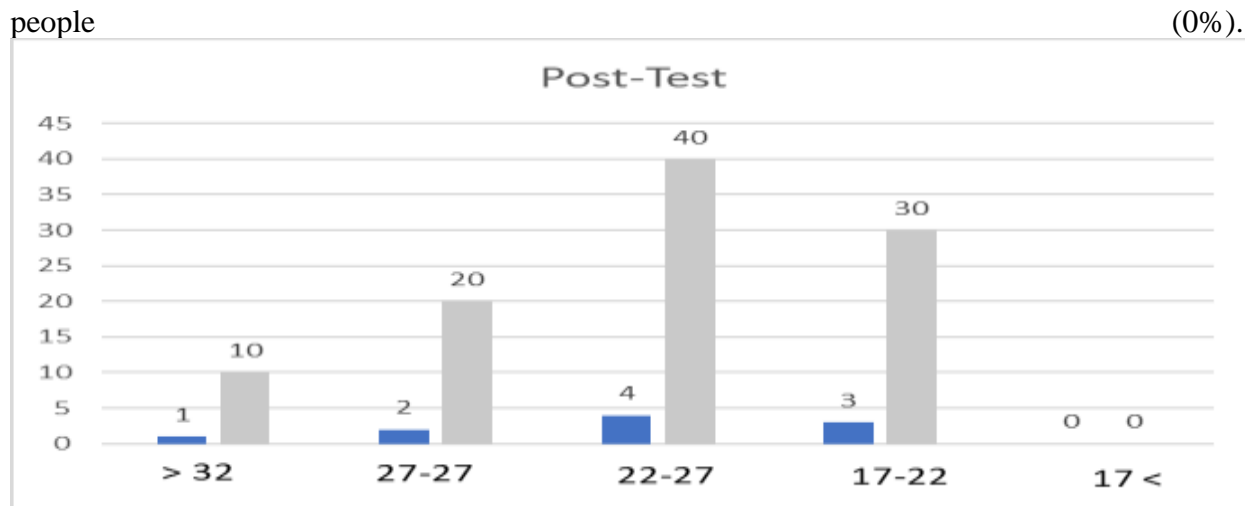


Figure 2. Histogram of Post-Test Data Frequency Distribution Using Backboard Tests Against Table Tennis Forehand Shots

1. Normality Test

Based on the results of processing the normality test data with the Liliefors test, data is obtained as in the following table:

Tabel 1. Summary Of Data Normality Test Results

Variabel	n	mean	Lo	Ltabel	Ket
Pree-Test	9	16.4	0.2571	0.2580	Normal
Post-Test		25.4	0.2487	0.2580	Normal

Based on the summary table of data normality test results, it can be seen that between the initial test data and the final test data, $Lo < Lt$ was obtained, so it can be concluded that the training group samples were normally distributed.

1. Homogeneity Test

Based on the summary table of homogeneity test results between the Pre-Test data and the Post-Test data, it was obtained $Fh 2.17 < ft 5.12$ so that it can be concluded that the sample group has a homogeneous variant.

1. Hypothesis Test

Based on data analysis using the t-test analysis technique, it was obtained $tcount = 68.80 > ttable 1.833$, this indicates that there is an effectiveness of Multiball Training on Table Tennis Forehand Ability.

Discussion

Based on the results of research on Multiball exercises for Table Tennis Forehand Hits using the Backboard test on PTMSI Pekanbaru Athletes, there are still many mistakes and difficulties found when carrying out tests. One effort that is applied in overcoming this problem is to use Multiball exercises. Based on the results of the study, the accuracy of Table Tennis Forehand Shots for PTMSI Pekanbaru Athletes has increased by using Multiball Training on the Ability of Table Tennis Forehand Shots. This is evidenced by H_0 being rejected and H_a being accepted because $tcount (68.8) > ttable (1.833)$, meaning that the application of multital training to the ability of table tennis forehand strokes has an effective effect on increasing the results of forehand accuracy.

Based on the research results, the average pre-test result was 16, with the highest score being 24 and the lowest score being 12. Meanwhile, during the post-test, the average score was 25, with the highest score being 35 and the lowest score being 20. So it can be concluded that there is a significant effect through the application of multiball training on the ability to hit table tennis forehand by using the table tennis backboard test.

The results of the study during 12 meetings, forehand practice using the multiball method had a significant effect on the forehand stroke of the trained table tennis athlete. The ability to hit forehand accuracy is greatly influenced by several factors with good and correct training methods. By choosing the right method and according to the ability of the athlete, the ability to hit the forehand accuracy can be increased. In terms of training frequency, it can be concluded that with programmed training and a long time, the student's accuracy can continue to increase. This means that the more often athletes receive precision training, the more mature they are to direct them to the target. In table tennis there are 5 training methods namely practicing with other players, practicing with a coach, practicing alone, machine and multiball. In this study, one way is to provide a multiball training method.

With this training method, athletes get more and more frequent opportunities to make precise forehand shots. The multiball training method provides an opportunity for athletes to hit incoming balls with the direction, speed, and almost the same as what was done when testing the ability to hit forehand accuracy. This condition makes it easier for athletes to apply the forehand stroke theory that has been obtained. This multiball training method also provides an opportunity for athletes to get used to hitting the ball with the accuracy of forehand strokes to the intended target, so that athletes can understand and practice the accuracy of forehand strokes in real games.

The results of this study are in line with research conducted by (Kharis, 2021) entitled *The Effects of Multiball Training and Practice with Other Players on Forehand Drive Accuracy in Table Tennis Extracurricular Students at SMA Negeri 1 Jalan Cagak*. Based on research results, improving forehand drive and backhand drive skills can be done through multiball exercises. Multiball preparation in table tennis is an interesting preparation technique. Multiball training with a variety of methods of revolution, strength, speed, situation, point, mix of various advances and cause a commotion around the city, to provide increased training productivity and make competitors understand and strengthen various troublesome developments.

The results of this study are in line with research conducted by (Safera, 2022) entitled *The Effect of Multiball Preparation on Forehand and Strike Results in TT88 Table Tennis Competitors in Jambi City*. Given the consequences of the review it can be considered that it has been equipped with an expanded range of capacities after being treated with a training strategy of one-way, two-way, three-way, 4-way, multiball, variation between forehand units up to 8 units with normal 2.00 units and strike units up to 6 units with normal 3.00 units. Thus it can be concluded that the success of increasing the forehand and backhand strokes of junior athletes TT.88 Jambi City was greatly influenced by the use of one-way, two-way, three-way and four-way multiball exercises. multiball methods and variations.

This research is in line with research conducted by Aris (Widiantoro, 2017) entitled *The Effect of Multiball Training on the Accuracy of Forehand and Backhand Shots in Table Tennis Extracurricular Participants in 2017 at SMA Negeri 1 Gamping*. Based on the results of the study it can be concluded that practicing forehand and backhand strokes using the multiball method can have a significant effect on forehand and backhand strokes. Good and accurate training methods are one of several factors. It is hoped that students will be able to improve the accuracy of their forehand and backhand strokes by choosing a training method that suits their character or weakness. The quantity and quality of good practice have an impact on how accurate good

forehand and backhand shots are. In terms of repetition preparation, it can be concluded that modified preparation and long time will improve the accuracy of the forehand and stroke.

This research is in line with research conducted by (Anggara, 2021) entitled Impact of Multiball Forehand Crush Training on Table Tennis Execution. Judging from the results of this study, it is very reasonable that the implementation of the multiball forehand crush exercise for grade 4 students at SD Negeri Dukuh Tengah, Maleber District, Kuningan Regency was carried out methodically, more than once, and increasingly added to the burden of preparation. . Activities carried out for 16 meetings, namely Monday, Tuesday, Wednesday, Friday and Saturday. Thus, all students follow the preparatory program. Grade IV students at SD Negeri Dukuh Tengah, Maleber District, Kuningan Regency were able to improve their forehand smash skills by 31.12% thanks to playing table tennis. on table tennis sports achievement in training forehand crush ability in class IV students of SD Negeri Dukuh Tengah, Maleber District, Kuningan Regency, obtained tcount of 3.92 and t table $\alpha = 0.05$ of 2.05.

Research is in line with research conducted by (Saleh, 2020) entitled Multiball Preparation Technique Examination With Pair Preparation Strategies in the Ability to Play Table Tennis for Makassar State Middle School Students. Looking at the results of this review, it is reasonable that the hope that can be advanced is to provide a multi-ball practice strategy that is modified efficiently for 18 meetings with details three times a week, so that it will further develop skills in playing. table tennis for students at school or for beginner competitions. It can be understood that in carrying out or completing this multi ball exercise there is sufficient in completing it. Because this training strategy is more centered on a strategy, meaning that if you do a forehand shot, this shot is always completed and replaced with a punch according to the given training program. This type of training has a positive effect or improvement on the ability to play table tennis, but when compared to looking at the results obtained on the normal final test and the factual test tukey test or unpaired test, multiball training techniques are more useful and skilled.

From the results of research that has been done, several implications can be put forward. On the basis of the conclusions that have been drawn, it turns out that the multiball training method has a significant influence on the athlete's ability to make forehand strokes. The findings in the multiball training method show that overall the results of the forehand hitting ability of PTMSI Pekanbaru's trained athletes through the application of the multiball training method are better than conventional training methods. The process of multiball training can have positive implications for the ability of table tennis forehand strokes, increasing table tennis forehand strokes can be a motivation for athletes assisted by PTMSI Pekanbaru to practice regularly, measured and programmed in order to get the maximum possible performance. So it can be concluded that to improve the ability to hit table tennis forhand can be done with the multiball training method. From the results of this study it can be shown that table tennis forehand hitting skills training using the multiball training method is more suitable for athletes. This multiball training method is very suitable for use by table tennis coaches as an alternative to doing a variety of exercises so that athletes don't get bored in the training process.

CONCLUSION

Based on the results of the research and discussion, a conclusion can be drawn, namely: There is an effective effect of multiball training on the forehand stroke ability of table tennis athletes assisted by PTMSI Pekanbaru. As for the suggestions in this study, it is hoped that athletes will further improve their forehand skills so that they are able to compete in matches, especially in table tennis matches and exercises. Various training methods are very important for

athletes to improve their abilities, especially in forehand strokes. It is hoped that this research can be a reference or reference for future researchers to be able to redevelop and add the appropriate variables in the study so that they can contribute to athletes in improving their forehand stroke ability in table tennis.

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