

## ANALYSIS OF BASIC SKILLS OF SEPAK SILA IN SEPAK TAKRAW GAMES

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**Abstract.** This study aims to determine the skill level of basic sepak takraw techniques among sepak takraw athletes at SD Negeri Gunungmalang 03. The research employs a descriptive quantitative method. The participants consist of five students enrolled in the school's sepak takraw extracurricular program, selected based on availability during the test. The sampling method used is purposive sampling. Data collection was conducted through a football skills test, assessing the frequency of football skills performed within one minute over three trials. Data analysis was carried out using descriptive statistics in the form of percentages. The results indicate that the majority of participants demonstrated a "very good" skill level (60%) and a "good" skill level (40%), with no participants falling into the categories of moderate, poor, or very poor. These findings suggest that the sepak takraw extracurricular program at SD Negeri Gunungmalang 03 has positively contributed to improving the students' basic technical skills. The study concludes that structured and consistent training can improve sepak sila skills, which is a crucial component of sepak takraw. Therefore, greater attention should be given to the intensity and quality of training to ensure continuous skill development among athletes.

**Keywords:** sepak takraw; sepak sila; basic technical skills; analysis; sports.



## **INTRODUCTION**

Sports is one of the fields that can introduce a country more widely in the international arena. Countries that have achievements in the field of sports will automatically be recognized by other countries. Through sports achievements, a country's flag is raised along with the playing of the national anthem (Yono 2023). Sports are also physical activities that are carried out in a planned and structured manner, involving repeated body movements with the aim of improving physical fitness. Health in sports plays a role in improving physical fitness by utilizing physical movements to support the quality of health that is very much needed in everyday life. Physical activities such as sports can be done from an early age to old age and can be carried out routinely every day (Herdinda 2021).

One of the sports that is developing in Indonesia is sepak takraw, which began to enter the country in the 1970s. This sport was first introduced by the people of Malaysia and Singapore when they visited Indonesia. The parent organization of sepak takraw in Indonesia was officially formed in 1971. In fact, the game of sepak takraw has been known to the people of Indonesia for a long time, although at that time it was still considered a traditional game (Basyiruddin, Wenly, and Nasution 2024). The development of this sport is quite rapid, especially in the areas of South Sulawesi, Riau, North Sumatra, and West Sumatra (Akbar 2018).

Sepak takraw is one of the sports that is developing and is in great demand by many Indonesian people, as evidenced by the many Sepak takraw clubs in various regions in Indonesia and have participated in various regional and national events. One of them is in East Java, Sepak takraw is a sport that is quite popular and known to almost all levels of society (Romi 2017). Sepak takraw, as a sport that is growing rapidly in various parts of the world, requires a combination of technical skills, dexterity, and high speed from its players. One of the crucial aspects in the game of sepak takraw is the ability to weigh the ball accurately, which requires basic skills such as sepak sila, sepak thigh, heading smash and others (Syaiful 2024).

Sepak sila greatly influences the quality of play, because with sepak sila it is very easy to launch attacks or give passes to friends to smash (Ahmad 2023). Sepak sila skills are a determining factor in the success of a team, because a game will be damaged or difficult to score points if sepak sila skills are less effective because all matches in sepak

takraw are key in sepak sila. In order to improve the quality of weighing the ball, training that focuses on basic techniques, such as sepak sila training, has great potential to provide a significant positive impact on this sepak takraw game. Although sepak sila training has become an integral part of sepak takraw training, there has not been much in-depth research on basic technical skills in sepak takraw.

Currently, sepak takraw is not only used as entertainment, but has become a competitive sport at the national, regional and international levels (Ibrahim 2024). To be able to play well, each player in the team must optimally master the basic techniques of sepak takraw, several basic techniques in sepak takraw (Fikra 2024), namely:

1. Sepak sila, which is a technique of kicking the ball with the inside of the foot, which functions to provide attacking passes and defend the ball from the opponent's attacks.
2. Sepak cukil, which is a technique of kicking the ball using the instep or tip of the foot, which is used to meet low balls.
3. Understanding, which is a technique for controlling the ball with the thigh to control the ball and avoid the opponent's attacks.
4. Heading, which is a technique of playing the ball with the head, specifically the forehead, which is used to control the ball and provide passes.

Research in Lubuklinggau city. with the title "Analysis of basic sepak takraw techniques for PSTI athletes in Lubuklinggau city". This study aims to describe the basic sepak takraw techniques for PSTI athletes in Lubuklinggau city. This study is a type of qualitative descriptive research. The subjects of this study were PSTI sepak takraw coaches and athletes in Lubuklinggau city. Data collection techniques were carried out by interview, observation, and documentation. Data were analyzed using components recommended by Miles and Huberman. Data collection was carried out in the afternoon after the data was collected and analyzed directly. The results of the study showed that the movement value in the basic sepak takraw technique was seen when the study conducted observations. The study of the basic leg attack technique describes the total number of seven students who have been observed one by one are said to be able to perform the basic sepak takraw technique. Conclusion, from the results of this study indicate that in performing sepak takraw PSTI Lubuklinggau city is categorized as good (Makhril 2022).

By understanding the impact of basic sepak takraw technical skills, this study is expected to provide valuable insights for coaches, players, and researchers in the field of sepak takraw sports. The results of this study are expected to provide a basis for the development of more effective training programs, improve the quality of the game, and support the development of sepak takraw as an increasingly competitive sport.

## **METHOD**

This type of research is quantitative descriptive research by trying to describe the existing information according to the variables studied. Descriptive research is research that aims to present symptoms, facts, or events systematically and accurately based on the characteristics of a particular population or region. This research was conducted using the field research method. The field research method is used to obtain data from certain natural (not artificial) places, but researchers carry out treatments in data collection, for example by distributing questionnaires, tests, structured interviews and so on, treatments are not like in experiments (Ahmad 2024). For techniques and data collection using tests and measurements.

This study uses a quantitative approach with direct data collection with direct observation methods and using tests. Quantitative descriptive data is collected by describing and describing the sentences that are described. Data is obtained through a test instrument through the practice of basic soccer technique skills, which then the results of the data obtained will be processed with simple statistics. Analysis is carried out by calculating the percentage with the final results then presented descriptively.

The population of the study was students of Gunungmalang 03 Elementary School. The sample was selected from students who participated in the sepak takraw extracurricular activity, which amounted to nine students, but only five children took the test because some children were sick and could not take the test. Extracurricular activities that have been organized by schools are a potential medium for developing interests, talents and improving the academic quality of students (Dian 2016).

The research instrument is a tool used to conduct research using a method. The technique used to obtain data in this study is using tests and measurements (Rohman 2016). To determine the level of basic sepak takraw technique skills of students at Gunungmalang 03 Elementary School using a sepak takraw playing skills test instrument.



**Figure 1.** Football test please



**Figure 2.** Football test

The goal is to measure ball control skills with kicking skills using the right foot or left foot or a combination.

Equipment:

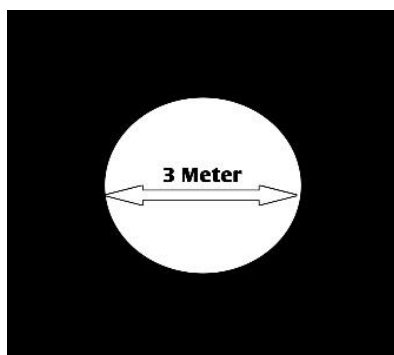
1. Takraw ball.
2. Stopwatch.
3. Stationery.

Officer :

1. Count the number of times the participants do the rounds.
2. Record the results.

Test Implementation Instructions:

When the tester says ready, the tester stands in the middle of a circle with a diameter of 3 m, but during the research it was modified to use a rectangle with a box shape with a length of 3 m.



**Figure 3.** Test diameter circle



**Figure 4.** The ball bounces

When the tester says "yes" the tester performs the skill of weighing the ball with the left and right feet. Each skill of weighing the ball is performed for 1 minute. The results of the skill will be counted as a score if the ball bounces above the head + 2m from the floor. The ball and the tester do not go out of the circle.

The number of each ball handling skill that can be counted as a score, is entered on the available assessment format/sheet. Each participant performs a kick-silent in three (3) attempts, with a time of one (1) minute. If the ball falls and there is still time, the participant may perform a kick-silent and the count is continued after the first kick. The score recorded is the number of kick-silent frequencies in one (1) minute in each attempt.

After the data is obtained, data analysis is carried out so that the final results of the data can be concluded. Quantitative descriptive research is research that describes, studies and explains a phenomenon with data (numbers) as it is without intending to test a particular hypothesis (Ferdin 2022).

The formula is as follows:

$$P = \frac{F}{N} \times 100 \%$$

Description:

P = Presentation sought (Relative Frequency)

F = Frequency (number of informants who chose a certain category)

N = Number of Respondents

## RESULTS AND DISCUSSION

The results of the research on skills tests on athletes at Gunungmalang 03 Elementary School aim to determine the level of athlete skills in performing basic sepak takraw techniques. The results of the research on skills tests on athletes at Gunungmalang 03 Elementary School are described based on the results of the tests that have been carried out, as follows:

**Table 1.** Categorization norms

Total value	Category
24 and above	Very well
19 – 23	Good
15 – 19	Currently
11 – 15	Not enough
1-11	Not enough

Based on the norm table above, the results of the sila soccer skills test on athletes at Gunungmalang 03 Elementary School are obtained. The following is a table of the frequency distribution of the sila soccer test on the Sila Soccer Skills Test on athletes at Gunungmalang 03 Elementary School.

**Table 2.** Frequency Distribution

Category	Frequency	Percentage%
Very well	3	60%
Good	2	40%
Currently	0	0%
Not enough	0	0%
Not enough	0	0%

From the table above, it can be explained that there are 5 students who get the very good category, 3 students with a percentage of 60%, and 2 students get the good category with a percentage of 40%. This study aims to determine the results of research that has been conducted on students who participate in extracurricular soccer at Gunungmalang 03 Elementary School, showing that most students have a very good skill level with a percentage of 60% and a good skill level with a percentage of 40%.

Sepak takraw athletes at Gunungmalang 03 Elementary School need good coaching and facilities because students have a level of ability that is worthy of being improved because sepak takraw is a difficult sport. The obstacles of students who have the potential for sepak takraw who have dreams of becoming successful athletes. However, they are hampered by economic factors and the distance between their homes and training venues. The potential for sepak takraw abilities of students at Gunungmalang 03 Elementary School is quite good, due to adequate facilities and the high willingness and interest of students.

The way to improve students' ability in playing sepak takraw is the willingness and seriousness of a student in playing sepak takraw, as well as providing motivation to students to be more confident in playing sepak takraw. With the results of this study, it is expected that students at SD Negeri Gunungmalang 03 Olahraga will practice playing sepak takraw more routinely in order to improve their abilities.

The length of student training greatly affects the level of sepaktakraw playing skills. The longer the training, the better the level of sepaktakraw playing. However, not all students who train for a long time have a good level of sepaktakraw playing ability. The level of student sepaktakraw playing ability can be improved with hard work and

longer training intensity. This is related to the intensity of the training given to students. The higher the training intensity, the better the results of the training. And the lower the training intensity, the worse the results of the training.

## CONCLUSION

Based on the results of the skill test research on athletes of Gunungmalang 03 Elementary School which focused on the basic techniques of sepak sila in sepak takraw, it can be concluded that the majority of athletes obtained a very good (60%) and good (40%) skill level. There were no athletes categorized as moderate, less, or very less based on the established criteria. This shows that the sepak takraw extracurricular program at Gunungmalang 03 Elementary School has had a positive impact on improving the technical skills of its athletes, although attention is still needed to achieve the highest category consistently.

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