

Level of Under-Passing Ability In Volleyball Games of Grade V Students of SD Inpres Salua

Mardi^{1A-E}, Andi Saparia^{2B-D*}, Kamarudin^{3B-D}, Didik Purwanto^{4B-D}

^{1,2,3,4} Universitas Tadulako, Sulawesi Tengah, Indonesia

mardiichisaja@gmail.com¹, sapariaandi@gmail.com², kama050587@gmail.com³,
didikpurwanto1283@gmail.com⁴

ABSTRACT

This study aims to determine the level of underhand passing ability in volleyball among fifth-grade students of SD Inpres Salua. Underhand passing is one of the most important basic techniques in volleyball because it functions to receive and control the first ball from the opponent's attack. The research method used is descriptive quantitative with an underhand passing skill test. Data were analyzed using descriptive statistics in the form of frequency distributions and percentages, then classified into the categories of Very Good, Good, Sufficient, Less, and Very Less. The results showed that of the 25 students sampled, the majority were in the "Sufficient" category (56.00%), followed by the "Less" category (40.00%), and only a small portion were in the "Very Good" category (4.00%). There were no students in the "Good" or "Very Less" categories. This finding indicates that although students have understood the basic techniques of underhand passing, their consistency and accuracy are still lacking. This study concludes that the underhand passing ability of fifth-grade students of SD Inpres Salua is mostly still at an intermediate level. The research recommendations are the need for intensified training with drill methods, variations in training forms, and regular evaluations so that underhand passing skills can improve significantly.

ARTICLE HISTORY

Received: 2025/08/19

Accepted: 2025/08/25

Published: 2025/10/08

KEYWORDS

Basic Skill;
Underhand Passing;
Volleyball;
Student.

AUTHORS' CONTRIBUTION

A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
D. Manuscript preparation;
E. Obtaining funding

Cites this Article : Mardi, Mardi; Saparia, Andi; Kamarudin, Kamarudin; Purwanto, Didik. (2025). Level of Under Passing Ability In Volleyball Games of Grade V Students of SD Inpres Salua. **Competitor: Jurnal Pendidikan Kepeleatihan Olahraga**. 17(3), p.2381-2384

INTRODUCTION

Volleyball is a popular sport widely studied in elementary schools, including in the Physical Education, Sports, and Health (PJOK) curriculum. This sport plays a crucial role in developing students' motor skills, coordination, teamwork, and discipline. Basic volleyball techniques, such as serving, smashing, blocking, and passing, form an essential foundation that students must master before moving on to more complex game strategies. Among these skills, the underhand pass plays a crucial role because it is used to receive the first ball, whether from an opponent's serve or a counterattack, thus determining the team's success in planning subsequent attacks.

However, in practice, mastering the underhand pass technique often remains a challenge for elementary school students. Factors such as developmental age, limited motor coordination, and a lack of understanding of proper technique often make it difficult for students to execute underhand passes effectively. Previous research (Aprilianto et al., 2017; Siregar, 2022) indicates that elementary school students' underhand passing skills are generally average. This indicates that although students understand the basic technique, consistency in its execution remains low.

Salua Inpres Elementary School is an elementary school in Sigi Regency that utilizes volleyball as a core subject in its Physical Education (PJOK) curriculum. However, there is no empirical data on students' mastery of underhand passing skills. This situation highlights the importance of conducting research that can systematically measure student skill levels so that teachers have a basis for evaluating and improving teaching strategies.

Based on the description, this study was conducted to answer the question: "What is the level of underhand passing ability of fifth-grade students at SD Inpres Salua in volleyball?" The purpose of the study was to provide an empirical description of the level of mastery of students' underhand passing skills. The results of the study are expected to be useful theoretically as a reference for the development of physical education science, and practically as a reference for teachers, schools, and students in improving the quality of volleyball learning at the elementary school level.

METHODS

This research uses a quantitative descriptive approach. This method was chosen because it is suitable for describing objective conditions regarding students' underpassing ability levels without manipulating variables. According to Sugiyono (2017), descriptive research aims to provide a systematic, factual, and accurate picture of the phenomenon being studied.

The research population was all 35 fifth-grade students of SD Inpres Salua. Because the population was less than 100, the sampling technique used was total sampling, so the entire population was used as the research sample (Arikunto, 2010). Therefore, this research is representative of all fifth-grade students who were the research subjects.

The instrument used was an underhand passing skills test adapted from the sports test module (Nurhasan, 2007). During the test, students stood under a target area and performed underhand passes to the target wall for one minute. Scores were determined by the number of valid touches the ball made to the target area. The test results were then classified into five skill categories: Very Good, Good, Adequate, Poor, and Very Poor.

Data analysis was conducted using descriptive statistics by calculating the minimum, maximum, average (mean), and standard deviation values. The data were then processed into frequency distributions and percentages to determine the distribution of

student ability levels. The results of the analysis were used to conclude the level of underhand passing skills of fifth-grade students at SD Inpres Salua.

RESULTS AND DISCUSSION

Result

The results of the underhand passing skills test showed quite a wide variation in scores among fifth-grade students at Salua Inpres Elementary School. The lowest score achieved by a student was 5, while the highest was 15. The overall average for students was 9.66 with a standard deviation of 3.32. This indicates a significant difference in ability between individuals in mastering the underhand passing technique.

The frequency distribution of test results shows that 1 student (4%) is in the "Very Good" category, 14 students (56%) are in the "Fair" category, and 10 students (40%) are in the "Poor" category. No students are in the "Good" or "Very Poor" category. Thus, overall, the passing ability of grade V students at SD Inpres Salua is in the "Fair" category.

Based on the data distribution, the majority of students were able to execute the underhand pass technique according to the basic rules of the game. However, their consistency, direction accuracy, and rebound accuracy were still suboptimal. This is reflected in the predominance of students in the "Sufficient" category and the relatively high number of students in the "Poor" category.

These results show that while some students are excellent at executing underhand passes, most require skill improvement. These findings provide important insights for teachers to improve teaching strategies and training intensity in physical education (PJOK) activities, particularly in volleyball.

Discussion

The results of this study indicate that the majority of fifth-grade students at Salua Inpres Elementary School have underhand passing skills in the "Sufficient" category. This finding aligns with Herman's (2019) study, which found that elementary school students' mastery of underhand passing techniques generally remains at an intermediate level due to limited motor coordination, physical strength, and playing experience. This finding is also supported by research by Prasetyo & Nurhayati (2020), which shows that the frequency of practice and active teacher involvement influence students' skills in mastering basic volleyball techniques.

The predominance of the "Sufficient" category indicates that students have grasped the basic techniques, but still frequently make errors in their execution. For example, insufficient knee flexion, improper contact with the arm, or inaccurate bouncing direction are common. These technical errors indicate the need for more intensive drills to improve fundamental motor skills.

Limited school facilities and infrastructure can also contribute to students' suboptimal skill development. Research by Sari & Mahendra (2021) confirms that the lack of sports facilities and the limited variety of learning methods in elementary schools

often hinder students' sports skills development. Given these conditions, teachers need to design innovative learning models, such as through mini-games, paired learning, or match simulations, to increase student motivation.

Practically, the results of this study suggest that volleyball instruction at the elementary school level should emphasize mastering basic techniques before moving on to more complex game strategies. With a systematic approach, it is hoped that the number of students in the "Sufficient" category will increase to "Good" or "Excellent" in subsequent evaluations.

CONCLUSION

This study concluded that the level of underhand passing skills of fifth-grade students at Salua Inpres Elementary School was mostly in the "Sufficient" category (56%), followed by the "Poor" category (40%), and only a small number of students achieved the "Very Good" category (4%). No students fell into the "Good" or "Poor" categories. These findings indicate that although students have mastered the basic underhand passing technique, consistency, precision, and accuracy of movement still need to be improved.

The distribution of results, which tended to be in the middle category, indicates that the learning provided sufficient support for students in understanding basic techniques, but was not yet optimal in developing consistent skills. Therefore, improving practice strategies and varying learning methods is essential.

REFERENCES

- Abadi, MN (2023). Improving elementary school students' motor skills through underhand passing in volleyball. *Journal of Science and Sport Research*.
- Aprilianto, D., Husin, S., & Suranto, S. (2017). Eye-hand coordination and arm muscle strength with volleyball underhand passing skills. *JUPE (Jurnal Penjaskesrek)*, 6(2), 33-39.
- Arikunto, S. (2010). *Research procedures: a practical approach*. Jakarta: Rineka Cipta.
- Herman, H. (2019). The contribution of physical condition to underhand passing ability in volleyball. *Exercise Journal*, 5(1), 41-47.
- Nurhasan. (2007). *Tests and measurements*. Jakarta: PT Bina Aksara.
- Prasetyo, A., & Nurhayati, D. (2020). Analysis of elementary school students' underhand passing skills in volleyball learning. *Journal of Sports Education*, 8(2), 55-63.
- Sari, N., & Mahendra, F. (2021). Volleyball skills learning in elementary schools: obstacles and solutions. *Journal of Sport and Education*, 5(1), 22-30.
- Siregar, M. (2022). *Approach to learning movement techniques in physical education*. Jakarta: Pustaka Atletik.
- Sugiyono. (2017). *Quantitative, qualitative, and R&D research methods*. Bandung: Alfabeta.