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Forewords

Praise and gratitude to Allah SWT, because of Allah's love for us so that we are still given a long life and can carry out our various daily activities. May all our activities become our acts of worship, Aamiinnn

in accordance with the commitment of the Jurnal Serambi Ilmu Journal to continue to improve the quality of its manuscripts since the volume 22 number 1 has been published full in English.

We are also be proud that the number of submitted manuscripts is quite large, but only a few are acceptable and worthy of publication. This means that Jurnal Serambi Ilmu has become one of the scientific publications that are considered by experts and education enthusiasts.

For this reason, Jurnal Serambi Ilmu is committed to continuing to maintain the quality, service and discipline that applies in scientific publications.

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GARUDA
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Evaluation of Court Tennis Tennis Skills in Coached Athletes by Koni Aceh Province

Aldiansyah Akbar¹, Rahmad Farsi², Andi Nur Abady³, Fajar Sidik Siregar⁴

¹Aldiansyah Akbar is a Lecture of Serambi Mekkah University, Banda Aceh, Indonesia
Email. aldiansyah.akbar@gmail.com

²Rahmad Farsi is a Alumni of Serambi Mekkah University, Banda Aceh, Indonesia
Email. Rahmat.farsi@gmail.com

³Andi Nur Abady is a Lecture of Universitas Binaguna, Medan, Indonesia
[Email. andi.nurabady@gmail.com](mailto:andi.nurabady@gmail.com)

⁴Fajar Sidik Siregar is a Lecture of UNIMED, Medan, Indonesia
[Email. fajar.sidik@unimed.ac.id](mailto:fajar.sidik@unimed.ac.id)

Abstract

This study aims to find out how the level of tennis skills in KONI Athletes in Aceh Province in 2018. This type of research can be classified as evaluation research. The population in this study was the Athletes of the Aceh Province KONI in 2018, totaling 8 people. While the sampling is done with the Total Sampling technique. The data collection technique used in this study is a test of service accuracy, three-minute rally and forehand and backhand drives. The results showed (1) a service accuracy test, (2) a three-minute rally test, (3) a forehand and backhand drive test. (4) the overall tennis skills test with the acquisition is categorized as moderate. Thus, the results of research and data analysis, it can be concluded that the tennis skills of the Aceh Province KONI Athletes in 2018 are in the medium category. In the sense that the results of education carried out by the Aceh Province KONI in 2018 have not obtained maximum results.

Keywords: evaluation, tennis skills

INTRODUCTION

The purpose of sports carried out by the community is to get freshness and body health. In addition, exercise is also useful for health, can change a person's character for the better. The development of sports is seen from the number of sports that continue to be in demand and favored by the public, such as one example of the sport of tennis, which is in demand by the people of Indonesia. So many people began to study tennis seriously regardless of age or gender. This game continues to expand to Indonesia, to various regions (Yudik Prasetyo, 2019).

Indonesia is one of the countries where most of the people like the game of tennis. The game of tennis in Indonesia is not only liked, even some of the Indonesian

people have made this game a necessity for them. The need to play tennis for the people of Indonesia will foster a high sense of sympathy to develop this game, by building a court in their area. So that more and more Indonesian people are playing this sport (Kiki Riski Dinova, et al 2016).

Tennis is a game played by two or four people using a ball that is played by hitting it off the floor using a racket in accordance with the rules of the game. The game of tennis has long developed in Indonesia since the early society. According to Kurniawan "at the beginning of its development, tennis was played by using the hands or a stick which was struck alternately using a solid wooden ball". Now tennis has undergone many changes, previously only using hands or sticks but now has become modern. Brown (2001:2) argues that tennis rackets have changed from wood to high modulus graphs, boron, fiberglass and Kevlar. Racquet head sizes range from 60 to 70 square inches to jumbo sizes over 116 inches and are set from medium to large frame sizes of 90 to 110 square inches. The width of the tennis racket also changes from narrow to wide-bodied and then back again to narrow.

Sports development is a process, method, and action (Hani et al., 2020) in sport which includes all activities carried out by a person systematically that can encourage, foster, and develop one's physical, spiritual, and social potential. Doing exercise regularly and well, then a person will get a healthy body and have a good level of physical fitness. Potential related to a person's spiritual or psychological can also be developed through exercise. Doing regular and well-scheduled exercise can increase self-confidence and reduce feelings of anxiety. Sports can also produce achievements, which can improve the quality and dignity of the nation.

Sports achievement must be supported by coaching and development in doing sports. In carrying out sports coaching, there must be cooperation between the community and the government so that it can make sports as an effort to achieve achievements for athletes. Achievement is information to measure the level of ability or success of an athlete, seen from positive changes as well as negative changes (Anwar, et al; 2020).

In achieving an achievement, athletes must pay attention to the facilities and infrastructure used. Good facilities and infrastructure are needed to assist athletes in carrying out gradual training activities, in order to provide increased performance. Gradual exercise must be carried out by every athlete in order to get a good physique, in a sport that really requires physical condition, one of which is tennis.

The factors that influence tennis require physical, technical, tactical and mental conditions in success. According to Donald (2000:9) "tennis players need to be stronger, faster, more agile, and more resilient". Stable physical condition is very necessary in playing tennis. Likewise, technique is one of the determinants of success in playing tennis, for example Athletes fostered by the Aceh Province KONI who master technique and good physical condition will make athletes better at playing tennis.

The athlete coached by KONI Aceh in 2018, has participated in several regional and national tournaments, but at the national level has not been able to contribute to achievements, therefore researchers are interested in researching the basic skills of

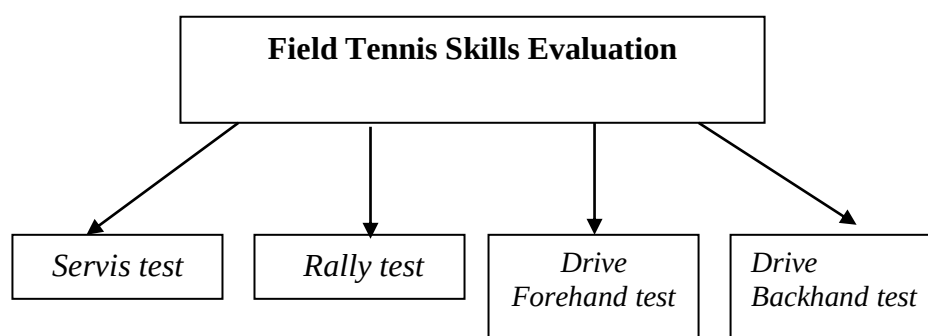
tennis athletes coached by KONI Aceh in 2018. Therefore, the results of KONI's development are interesting to examine directly on their tennis playing abilities, the results of this study will be very useful as feedback for improving performance in the years to come.

RESEARCH METHODS

Based on the problems that have been described previously, this type of research can be classified in evaluation research with a descriptive approach according to Arikunto (2010:3) that "Descriptive research studies problems in society and the procedures that apply in society and situations including activities, attitudes, views and ongoing processes and the effects of phenomena. According to Winarno (2011: 54) states that "descriptive research aims to describe events that occur in the present". This study is to determine the cause and effect that arises through data collection and data processing based on the results of the tests carried out.

Based on the existing subject observation data, then a research was conducted to find the factors that caused it through data collection. However, before that, a research design or design must be made to facilitate the implementation of measurements. This is in accordance with the opinion of Arikunto (2010: 90) who said that "Research design or research design is a plan or design made by researchers, as a square of activities to be carried out". In this design, the steps taken are a service accuracy test, a three-minute rally test and a forehand and backhand drive test. So, this research is not a correlational or experimental study, but researchers want to research and find out the evaluation of skills in Athletes fostered by Koni Aceh Province for the 2018/2019 academic year".

Figure 1
Research design



Population is all subjects studied and limited as a number of subjects or individuals who at least have the same characteristics. According to Sugiyono (2011: 299) "Population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions". As for the population in this study were all Athletes assisted by Koni Aceh Province, totaling 8 people.

Before the research was carried out, the writer prepared everything needed or related to the smoothness of the research. After the availability of complete tools and equipment, general direction is given to the implementation committee regarding the

research implementation process so that the level of reliability and objectivity of the research can be obtained properly. Then further guidance is directed to the sample so that in carrying out the test it can be done easily or without experiencing obstacles. If all the things mentioned above have been carried out properly, the research data collection is continued by measuring each test item.

The methods used in collecting data in this study were service accuracy tests, three-minute rally tests and forehand and backhand drives. This is in accordance with the Sports Service Book (2007:1) "Tennis agility test consists of: service determination test, rally test for three minutes and forehand and backhand drives".

The purpose of this test is to measure the ability or dexterity to play tennis. After all the data is collected through the tennis skills test, the next step is data processing. The data processing technique used is to categorize the results that have been collected. Then the steps taken in analyzing the data are: Calculation of the Average Score and percentage, Calculating the percentage of the overall tennis skill test. By category : enough $\frac{1}{8} \times 100\% = 11,7\%$, moderate $\frac{5}{8} \times 100\% = 64,7\%$, low $\frac{2}{8} \times 100\% = 23,5\%$ (Sudijono 2009:81). This research data collection activity was carried out at the Aceh Province KONI Tennis Field on November 14, 2018.

RESEARCH RESULTS AND DISCUSSION

The research data obtained from the results of tests carried out on the Aceh Province KONI Athletes in 2018 are in the form of quantitative or numerical data, this data is obtained directly from the tennis skills test, which is carried out with service accuracy test items, a three-minute rally test and test drive forehand and backhand.

Table 1
Service Accuracy Test Results for Athletes Coached by KONI
Aceh Province 2018

No	Name	Service Accuracy Ability	
		Gross Value	Standard Value
1	Sampel 1	56	43
2	Sampel 2	52	38
3	Sampel 3	56	43
4	Sampel 4	40	24
5	Sampel 5	54	41
6	Sampel 6	42	27
7	Sampel 7	48	34
8	Sampel 8	28	11
Total			1.056

Source: Field data2018

Based on Table 1, it shows that the highest value for the service accuracy test in terms of rough values is in sample 1, which is 56 and the lowest is in sample 8, which is 28. While the highest standard value in sample 1 is 43 and the lowest is in sample 8,

which is 11. For the average value the average accuracy of service with a value of 31.05.

Table 2.
Three-Minute Rally Test Results on Coached Athletes
Aceh Province KONI 2018

No	Name	Three Minute Rally Ability	
		Gross Value	Standard Value
1	Sampel 1	150	64
2	Sampel 2	148	63
3	Sampel 3	152	65
4	Sampel 4	136	60
5	Sampel 5	150	64
6	Sampel 6	142	61
7	Sampel 7	148	63
8	Sampel 8	122	55
Total			2.092

Source: Field data2018

Based on Table 2, it shows that the highest value for the three-minute rally test in terms of rough values is in sample 3, which is 150 and the lowest is in sample 8, which is 122. Meanwhile, if viewed from the standard value, the highest value in sample 1 is 64 and the lowest is in sample. sample 8 is 55. The average value of the three-minute rally test is 61.52.

Table 3.
Forehand and Backhand Drive Test Results for Coached Athletes
Aceh Province KONI 2018

No.	Name	Court Tennis Drive Ability			
		Forehand	Backhand	Gross Value	Standard Value
1	Sample 1	70	70	140	57
2	Sample 2	69	69	138	56
3	Sample 3	75	55	130	53
4	Sample 4	68	60	128	52
5	Sample 5	78	70	148	60
6	Sample 6	70	64	134	54
7	Sample 7	70	70	140	57
8	Sample 8	70	54	124	50
Total					1844

Source ; Data Processing Results, 2018

Based on Table 3, it shows that the highest score for the forehand and backhand drive tests in terms of the forehand value is in sample 5, which is 78 and the lowest is in sample 4, which is 68. For the highest backhand value in samples 1, 5, and 7, it is 70. Meanwhile, if viewed from the crude value, the highest value in samples 1

and 7 is 140 and the lowest value in sample 8 is 124. For standard values, the highest value in sample 5 is 60 and the lowest value in sample 8 is 50. The results of the average value of the forehand drive test and the backhand is 54.23.

Table 4
Overall Results of Field Tennis Skills Tests for Coached Athletes
Aceh Province KONI 2018

No	Name	Keterampilan Tenis Lapangan				
		Standard Value Service	Rally Standard Score	Drive Default Value	Amount	Category
1	Sampel 1	43	64	57	164	Enaugh
2	Sampel 2	38	63	56	157	Medium
3	Sampel 3	43	65	53	161	Medium
4	Sampel 4	24	60	52	136	Low
5	Sampel 5	41	64	60	165	Cukup
6	Sampel 6	27	61	54	142	Medium
7	Sampel 7	34	63	57	154	Medium
8	Sampel 8	11	55	50	116	Low
Jumlah					4989	

Source ; Data Processing Results, 2018

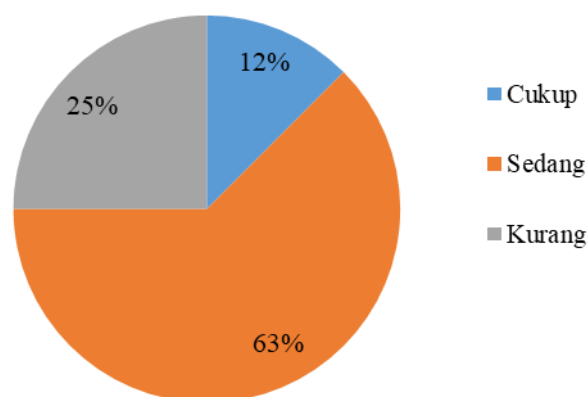
Based on Table 4, it shows that the highest score for the overall skill test in terms of the service standard value, the highest is in sample 1, which is 43 and the lowest is in sample 8, which is 11. Judging from the standard rally value, the highest is in samples 1 and 5, which is 64 and the lowest is 64. in sample 8, which is 55. Judging from the standard drive value, the highest is in sample 5, which is 60 and the lowest is in sample 8, which is 50. The overall results of the tennis skill test are 4989 in the medium category. The average score of the overall ability test was 146.73.

Table 6
Overall Data Analysis of the Tennis Skills Test

Kategori	Frekuensi	Persentase
Good	0	0 %
Enaugh	1	11,7 %
Medium	5	64,7 %
Low	2	23,5 %
very low	0	0 %
Jumlah	8	100 %

Source ; Data Processing Results, 2018

Figure 1
Percentage diagram of the overall tennis skill test
Overall Data Analysis Diagram of the Tennis Skills



Based on diagram 1 shows that the overall tennis skill test of the coached athletes is in the medium category with a percentage of 63%. While in the category enough with a percentage of 25% and less category with a percentage of 12%.

DISCUSSION

In the game of tennis there are several basic techniques that must be mastered by a player such as service, forehand and backhand, and smash. According to Landlinger, J., et al (2010: 3), "Basic techniques that must be mastered in playing tennis: 1) Forehand: a stroke where the palm of the hand holding the racket is faced forward. 2) Backhand: a shot where the back of the hand holding the racket is brought forward. 3) Smash: a hard hit that hits a ball without touching the ground overhead and is directed into the opponent's court. 4) Volley: a forehand or backhand shot before the ball bounces off the court. 5) Service: the first stroke given to mark the course of a game.

Furthermore, Loman (2000:56) states that, "Striking the ball usually begins with groundstroke practice. The groundstroke consists of two strokes, namely: forehand and backhand because these strokes are the main strokes in tennis. The most strokes are made in tennis and the easiest to learn. In order to master the basic skills of hitting the ball well, beginners will be able to easily apply the techniques in the game of tennis.

A person's technical skills are developed through exercises that are carried out systematically, planned, and take into account the principles of training and pay attention to work safety and security (Dahar, in Muchsin 2021). The principle of exercise in every sport, especially in the field of tennis is very important for athletes because it can support efforts to improve the quality of the exercise undertaken in order to achieve achievement.

The ability of service accuracy that is generated in an effort to improve and foster achievement in the field of tennis, the average result found is 31.05. The ability to

rally for three minutes caused in an effort to improve and develop achievement in the field tennis sport, the average result found was 61.52. The ability to drive forehand and backhand which is caused in an effort to improve and develop achievement in the field of tennis, the average result found is 54.23. Field tennis skills (service, rally and drive) generated in an effort to improve and foster achievement in the sport of tennis, the average results found were 146.73 and were in the moderate category (64.7%), with a frequency of 1 person in sufficient category (11.7%), 5 people are in the moderate category (64.7%), 2 people are in the less category (23.5%).

Good service accuracy is most important in a tennis match. Loman (2008) in Prasetyono (2018) states that, "Service is the most important ball stroke in a tennis match and is the only ball stroke that must be mastered or controlled by the player who does it, and is not influenced or dependent on the opponent's ball stroke. Service is the first opportunity for players to earn points".

According to Brown (2002) in Mursalin (2019) states that, "An effective serve is the key to victory because it means having 50% points compared to defensive strokes. If the serve is weak, the opponent will attack and have a chance to get a point in each attack".

As explained by Sajoto (1995: 35) the best achievement coaching can only be achieved in the complete training aspects which include the athlete's personality, physical development, technical skills, tactical training and mental training. Syarifuddin (1996:70) says that "the state of the body of a person who is initially very decisive or suitable (predominant) because it is very possible to carry out physical activity in a sport". In connection with the above, that in order to achieve a peak of achievement in the field of sports, the largest contribution comes from athletes, although there are other supporting factors that have an important role as well. As stated by Harsono (1988: 100) that, "the main purpose and goal of training or training is to help athletes improve their skills and achievements as much as possible".

In addition, one of the abilities in tennis according to Maulidin (2019) is that success in doing the forehand still requires the use of the right technique to maximize the shot and the strength of the arm muscles to get the ball speed into the opponent's area. The forehand is the most basic shot and the easiest to teach. in tennis. Forehand strokes are made with the palm of the hand holding the racket facing forward and the racket position is on the right side of the body.

According to (Mottram, 1996: 37; Brown, 2007: 31) in Evita (2020) said that "Forehand is the easiest shot and is often used by beginner level players. The forehand pattern is a relatively easy shot for beginners because this shot is done by swinging the hand from behind the body towards the front and the front of the racket or our palms facing the ball.

According to (Mottram, 1996: 37; Brown, 2007: 31) in Evita (2020) said that "Forehand is the easiest shot and is often used by beginner level players. The forehand pattern is a relatively easy shot for beginners because this shot is done by swinging the hand from behind the body towards the front and the front of the racket or our palms facing the ball.

The ground stroke is one of the most frequently used strokes in tennis. Where this shot is done after the ball bounces onto the field. In Hariadi (2007) in Riza (2018) states that, "Ground strokes are the basic strokes / main in the tennis game. A tennis player must master the ground stroke technique, both forehand and backhand. The ground stroke ability must be balanced both forehand and backhand because it is very necessary which is the playing technique that is most often used in the game of tennis.

According to Ramadhani (2014) and Royana (2019), "The most effective type of stroke to attack in table tennis is a forehand drive. A player needs a fo-rehand shot to attack with a fore-hand side. The forehand can be the main hit to make an attack. The forehand is the most frequently used shot to smash.

According to Setyawan (2018) stated that, "Forehand strokes are very common in table tennis, compared to backhand, when doing forehands in an open body position, so that the arms are free to follow through when making forehand strokes, and the ball will move faster towards the target. . While the backhand stroke is slightly closed, so that the arm position is less flexible when making a shot which results in the ball not moving too fast".

In the game of tennis, the stroke is a very important backhand volleyball in an attempt to attack the opponent's defense. This stroke is made from the left side of the player who uses the right hand or the right side for left-handed players when hitting. A stroke is a stroke that aims to return the ball to the left of an ordinary person's body or to the right of a left-handed person before the backhand volley ball hits the field or ground (Scharff, 1979 in Nugroho, 2011).

Based on the results of research conducted by Anggraini (2020) stated that, "The highest Rally Forehand exercise is a form of exercise variation to increase or improve the ability to hit the ball. This exercise is so that children can learn to control the ball and find out mistakes or can directly make improvements to the ball. The form of the Highes rally forehand exercise is a form of exercise that can be used because it can increase accuracy and good foot movement and of course it will be very useful for forehand drive ability".

CONCLUSION

Based on the results of data collection and data analysis that has been carried out with service accuracy tests, a three-minute rally and forehand and backhand drives for KONI Athletes Coached in Aceh Province in 2018, the average results found that the level of tennis skills of KONI Athletes in Aceh Province The year 2018 was in the moderate category in the test of service accuracy, three-minute rally, and forehand and backhand drives. These three aspects are important elements for the abilities possessed in court tennis.

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