



The Use of Video Media in Improving Futsal Basic Techniques Skills of Male Students of Futsal Hobbyist

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Abstract

This study aims to determine the improvement of basic futsal techniques skills through the use of video media for male students of futsal hobbyists. The selected sample is 15 players with random sampling technique. this research is using experimental method. Data collection is carried out by test and documentation techniques. Data analysis using t test. The results showed that the use of video media had a significant effect on futsal basic techniques skills ($t_{count} = 5.887 > t_{table 5\%} = 2.145$) with an increase of 38.30%. Based on the t test, it can be concluded that the use of video media can improve futsal basic techniques skills for male students of futsal hobbyists.

Keywords: Futsal Basic Techniques; Video Media; Futsal Hobbyists

Introduction

Futsal is one of the games favored by the people at this time, including students. According to Hawindri (2016: 285) there are 5 (five) basic techniques, namely basic techniques of passing (passing), basic techniques to hold the ball (control), basic techniques to lofted ball (chipping), basic techniques of dribbling (dribbling), basic techniques of shooting balls (shooting). The fifth basic futsal technique must be mastered by every futsal player. Players in futsal games are required to be able to do basic techniques precisely and quickly under the pressure of the rhythm of the game.

Basic techniques are fundamental or the first step in achieving a target to be achieved. This can be proven, if a team or individual has good techniques automatically the appearance will be more efficient and effective. Koger (2007: 13) explains that the techniques classified as foundation are the most basic or lowest level trainings menu. The technical trainings are intended to develop the basic skills needed by all players.

Training in the context of nurseries from an early age is an attempt to produce quality and professional players. Each technique taught must be followed by a continuous training program so that the

technique can be mastered by each player and turned into a skill. The intended skills are the ability to use game techniques that can be used in any conditions or conditions when competing in the field.

Surakarta is a city that has several high schools and universities. There are several tenants of futsal fields that are provided for playing futsal. Based on preliminary searches, there are 17 futsal courts around the Surakarta city. The large number of futsal sports venues in Surakarta and surrounding areas shows a high level of public interest. Many people who play futsal does not necessarily entail him as a futsal athlete. There are some people who use futsal sports as a hobby.

Based on pre-research observations, there were several members of the futsal arena who were identified as futsal hobbyists. They make a routine agenda or schedule to do futsal. When playing futsal, there appears to be excitement and pleasure in the faces of futsal players, as well as almost no commotion in the futsal arena as happens in football.

The initial search data above shows that students who like playing futsal are quite a lot. In general, futsal buildings in Surakarta have members, are 10 futsal buildings, the remaining 7 futsal buildings have no members. Data shows that there are \pm 463 students who play futsal and 122 students are members of the futsal building in Surakarta. Students who are consistent with futsal games and conduct training, there are not many special coaches, and only 1-2 communities are accompanied by trainers. This problem then becomes a reason to explore futsal games with training treatment for male students of futsal hobbyists.

Improving basic technical skills in playing futsal is done by utilizing audio visual media and completing basic engineering exercises with warming up and cooling down. This is as stated by Mukin and Jatmiko (2013), that in sports activities, there are several steps that must be done. In sports activities there are certain stages, which must be passed when going to training or after training, among others: warming up, core (sports activities) and cooling (cooling down).

Some methods of futsal training that already exist rarely include warming up to futsal hobbyists. *Warming up in this research is a form of development of basic futsal training model.* In summary, the video media for this basic technique futsal training will contain the stages of warming up, basic techniques training which are divided into three achievement exercises, are cognitive, associative, and autonomous and cooling down.

Video is images in frame by frame projected through a projector lens mechanically so that on the screen there are live images, aiming to present information in a form that is fun, interesting, easy to understand, and clear. Information will be easy to understand because as much as possible the senses, especially the ears and eyes, are used to absorb that information (Azhar, 2013: 162-163).

According to Sukiman (2012: 167-168) said that learning videos are a set of components or media that are capable of displaying images and sounds at the same time. According to Kustandi (2013: 64) reveals that video is a tool that can present information, explain processes, explain complex concepts, teach skills, abbreviate or slow down time and influence attitudes.

It is hoped that later the use of this basic futsal training video media can become a learning media for futsal hobbyist when outside of practice hours. Therefore in this study, the researcher took the title "The Use of Video Media To Improve Futsal Basic Techniques Skills for Male Students of Futsal Hobbyists".

Research Methods

The type of research used in this study is a type of experimental research. Arikunto (2012: 354) says that in general, the pattern of researchers is carried out on one group, which is an experimental group (which is treated) and the group before or after treatment. After completing the experiment, the group results before and after processing by comparing the two means. For free random samples, testing the mean difference is calculated using the following t-test formula:

$$t = \frac{M_x - M_y}{\sqrt{\left(\frac{\Sigma x^2 + \Sigma y^2}{N_x + N_y - 2}\right) \left(\frac{1}{N_x} + \frac{1}{N_y}\right)}}$$

With information:

M = value average of results per group

N = the number of subjects

x = deviation of each value of x_2 and X_1

y = deviation of each value of y_2 from mean Y_i

(Arikunto, 2012: 354-355).

Basic use of the experimental method is an activity that includes pre-test / initial test, training programs and post-test / final test to test the truth. So to obtain the data needed in this study a basic futsal technique skill test was held.

Skills tests for basic futsal techniques are tests that combine a range of motion basic skills playing futsal. The preferred skill techniques include passing, controlling, dribbling and shooting. The skill test is described by the speed of the player in carrying out the sequence of movements. The range of motion includes: 6 m straight dribbling, passing without controlling 10 times with a distance of 2 m, dribbling rotates on 2 cones (one cone rotates to the left, one cone rotates to the right), passing with controlling 10 times with a distance of 2.5 m (alternating right and left legs by controlling), shooting to the goal target with 1 right foot and 1 with the left foot or 5 balls provided, and straight dribbling as far as 5.5 m.

Results And Discussion

To test the research hypothesis used the t-test analysis technique with a significance level of 5%. The summary of the results of the t-test calculation can be seen in table 1, as follows.

Table 1. t-test summary

	Pretest	Posttest	D	T _{count}	t _{table}
Σ	936	1.295			
Mean	62,42	86,33	23,91	5,887	2,145
SD	11,039	13,963			

$$\text{Improvement} = \frac{[D]}{M_{pretest}} \times 100\% = \frac{23,91}{62,42} \times 100\% = 38,30\%$$

The results of data analysis, the t_{count} obtained is 5.887 greater than t_{table} is 2.145 ($t_{count} = 5.887 > t_{table} 5\% = 2.145$). This means that there are differences in the results of basic futsal techniques skills and improving basic futsal techniques skills using video media is 38.30%.

The t-test calculation was obtained by t_{count} the effect of basic futsal techniques skills using video media where t_{count} is 5.887 greater t_{table} at the significance level of 5% = 2.145. t_{count} greater t_{table} , it can be stated that basic futsal techniques skills using video media have a significant influence on basic futsal techniques skills. While for improving basic futsal techniques skills using video media by 38.30%.

The results of the study are in line with the research from Erwindo (2013) which examined the supporting media for learning basic techniques for Surabaya youth futsal. This media was made to communicate basic futsal techniques to adolescents who like playing futsal. With a brief explanation and supported by visualization, this media can help teenagers to understand and master basic futsal techniques more easily.

Conclusion

The results of the data analysis have shown that the use of video media has an effect on basic futsal techniques skills with t_{count} of 5.887 > t_{table} 5% at 2.145 with the percentage increase in basic futsal techniques skills by using video media is 38.30%. So it can be concluded that the use of video media can improve basic futsal techniques skills for male students of futsal hobbyists.

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