

THE DIFFERENCES RESULT IN SERVE SKILL OF JUNIOR TENNIS PLAYERS ASSESSED BASED ON GENDER AND AGE

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ABSTRACT

This research aims to determine the differences in serve performance of junior tennis players based on age and gender. The sample comprised 60 males and females aged 10, 12, and 14 years. The data collection instrument used was Hewitt's tennis achievement test. The research results show that the age factor variable for junior tennis athletes has a Sig. Value of $0.00 < 0.05$ means there is a significant difference in junior tennis serve results. In the gender factor variable, the Sig. Value is $0.007 < 0.05$, which means there is a significant difference in the results of tennis serves furthermore, the Sig. Value of the age and gender is $0.977 > 0.05$, which means there is no influence or interaction between age and gender in determining the results of tennis serve shot scores. In conclusion, the serve has an important role in tennis. This serve can be improved and trained throughout a player's career, from beginner to professional. The differences are visible between males and females from an early age. Based on the general result, males can serve 8-10% better than females because of physical strength, movement skills, and anthropometry. Male players have a faster serve speed and generate more serve points than females. It is caused by anthropometric factors: height and weight correlate with service speed in age and gender groups. Height is associated with a higher serve impact point to increase success in serving.

Kata Kunci: *serve, tennis, junior, gender, age*