Contribution Ball Control, Footwork and Performance Table Tennis for College Student at PJKR FIK UNY

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ABSTRACT

The objectives of this study are to: (1) prove the contribution of ball control to the ability to play tennis table, (2) prove the contribution of footwork to the ability to play tennis table, and (3) prove the contribution of ball control and footwork to the ability to play tennis table.

The research subjects were students of semester IV PJKR study program who took tennis courses in the 2018/2019 academic year as many as 48 students and 25 female students were determined using the quota sampling technique. Research instruments such as: ball control test, footwork test, and the results of matches between groups of players, namely 9 matches for students and 5 matches for college students. The research was conducted at the tennis hall of FIK UNY, towards the end of the lecture period in May. Analysis of correlation and multiple regression is used to draw conclusions along with testing the prerequisites for normality and linearity.

The results showed that: (1) Simple and partial correlation coefficients between ball control of playing tennis for students were 0.125 (sig. 0.199) and 0.140 (sig. 0.349) while for female students were 0.380 (sig. 0.031) and 0.376 (sig. 0.070) (2) Simple and partial correlation coefficients between footwork against playing tennis table for students are - 0.044 (sig. 0.384) and - 0.077 (sig. 0.606) while for female students are 0.145 (0.244) and 0.134 (sig. 0.532) (3) The coefficient of the double correlation between ball control and footwork on playing tennis for students is 0.146 (F = 0.482 sig. 0.615) and female students are 0.399 (F = 2.088 sig. 0.148). Thus only the relationship of ball cotrol to the ability to play tennis is simply significant in the female student group. The relatively small price of correlation proves that the function of technical mastery and physical ability has not been able to predict sports skills in general, so there are still many other variables considered. One of these variables is playing comprehension, which can then be picked up in decision making and execution of skills possessed. This must be stated as the main goal in mastering sports playing skills.

Kata Kunci: *Ball control, footwork, college students, and table tennis*