

VALIDASI TES REACTIVE AGILITY BERBASIS SENSOR TENIS MEJA

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ABSTRACT

Abstract.

Reactive agility is a fitness-skill component that should be part of the standard physiological tests for table tennis and is one of the key performance indicators in table tennis. Reactive agility sensor unplanned motion tests are good if the test can measure table tennis performance.

Researchers aim to develop and validate a table tennis sensor-based reactive agility test. The research procedure was carried out in three stages, namely the first stage aimed at defining the concept and operation of reactive agility based on table tennis sensors. The second stage is designing a reactive agility test construction based on table tennis sensors. The third stage validates the expert construction of a reactive agility test based on table tennis sensors.

The qualitative method was then followed by the quantitative method. Data collection used a literature review, Focus Group Discussion (FGD), and Delphi technique. Data analysis uses thematic analysis and Aiken analysis for content validity.

The results of the research show that the table tennis reactive agility test instrument has sufficient content validity with Aiken

Kata Kunci: *Key words: validity, test, reactive agility, table tennis.*