

ABSTRAK

Nyoman Suma Indrawan, 2021. Pengaruh Metode *Fixed* dan *Moving Target* Terhadap kemampuan *Forehand* dan *Backhand Drive* Tenis Lapangan pada Club Tenis di Buleleng. Tesis (tidak diterbitkan). Singaraja: Program Pascasarjana UNDIKSHA

Tesis ini sudah dikoreksi dan diperiksa oleh Pembimbing I: Dr. I Wayan Artanayasa, S.Pd., M.Pd., dan Pembimbing II: Dr. Made Agus Dharmadi, S.Pd., M.Pd.

Kata kunci: metode *fixed* dan *moving target*, *forehand drive* dan *backhand drive*

Penelitian ini bertujuan untuk menganalisis (1) perbedaan *forehand drive* dan *backhand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional, (2) perbedaan *forehand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional, serta (3) perbedaan *backhand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional.

Jenis penelitian ini adalah penelitian eksperimen semu (*quasi experiment*) dengan rancangan *Posttest Only Non-Equivalent Control Group Design*. Populasi penelitian ini adalah seluruh pemain tenis laki pada club tenis se-Buleleng yang terdiri dari 3 club tenis lapangan dengan jumlah populasi sebanyak 22 pemain tenis lapangan. Jumlah sampel dalam penelitian ini terdiri dari 3 club tenis lapangan dengan jumlah sebanyak 22 orang pemain tenis lapangan yang dipilih dengan teknik *simple random sampling*. Data yang dikumpulkan dalam penelitian ini berupa kemampuan *forehand* dan *backhand drive* tenis lapangan. Data kemampuan *forehand* dan *backhand drive* tenis lapangan dikumpulkan dengan *Hewitt's achievement test*. Analisis data dilakukan dengan statistik deskriptif dan uji MANOVA yang dilanjutkan dengan uji *Least Significant Difference* (LSD) untuk menguji komparasi pasangan nilai rata-rata tiap kelompok perlakuan.

Hasil penelitian menunjukkan bahwa, (1) terdapat perbedaan *forehand* dan *backhand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional ($F=14,868$; $p < 0,05$), (2) terdapat perbedaan *forehand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional ($F= 28,062$; $p<0,05$), serta (3) terdapat perbedaan perbedaan *backhand drive* antara pemain tenis klub tenis Buleleng yang latihan dengan metode *fixed* dan *moving target* dan pemain tenis klub tenis Buleleng yang latihan dengan metode konvensional ($F= 6,425$; $p<0,05$).

ABSTRACT

Nyoman Suma Indrawan, 2021. Effect of Fixed and Moving Target Methods on Forehand and Backhand Drive Ability in Tennis Courts at Tennis Clubs in Buleleng. Thesis (unpublished). Singaraja: UNDIKSHA

Postgraduate Program This thesis has been corrected and checked by Advisor I: Dr. I Wayan Artanayasa, S.Pd., M.Pd., and Advisor II: Dr. Made Agus Dharmadi, S.Pd., M.Pd.

Keywords: fixed and moving target methods, tennis forehand and backhand drive

This study aims to analyze (1) the difference between forehand drive and backhand drive between Buleleng tennis club tennis players who train with fixed and moving target methods and Buleleng tennis club tennis players who train with conventional methods, (2) the difference in forehand drive between tennis club tennis players Buleleng who practice with the fixed and moving target method and the Buleleng tennis club tennis player who trains with the conventional method, and (3) the difference in backhand drive between the Buleleng tennis club tennis player who trains with the fixed and moving target method and the Buleleng tennis club tennis player who exercises with conventional methods.

This type of research is a quasi-experimental research with Posttest Only Non-Equivalent Control Group Design. The population of this study were all male tennis players in tennis clubs throughout Buleleng which consisted of 3 tennis clubs with a total population of 22 tennis players. The number of samples in this study consisted of 3 tennis clubs with a total of 22 tennis players selected by simple random sampling technique. The data collected in this study were in the form of forehand and backhand drive skills in tennis. Data on tennis forehand and backhand drive abilities were collected using Hewitt's achievement test. Data analysis was performed with descriptive statistics and MANOVA test followed by Least Significant Difference (LSD) test to test the comparison of pairs of mean values of each treatment group.

The results showed that, (1) there were differences in forehand and backhand drive between Buleleng tennis club tennis players who exercised with fixed and moving target methods and Buleleng tennis club tennis players who practiced conventional methods ($F=14,868$; $p < 0,05$), (2) there is a difference in the forehand drive between the Buleleng tennis club tennis players who train with the fixed and moving target method and the Buleleng tennis club tennis players who train with the conventional method ($F= 28.062$; $p<0.05$), and (3) there are the difference in backhand drive differences between the Buleleng tennis club tennis players who exercise with the fixed and moving target method and the Buleleng tennis club tennis players who train with the conventional method ($F= 6.425$; $p<0.05$).