

ABSTRAK

Ahmad Farhan NIM6213111036 “Pengaruh Latihan *Multiball* Terhadap Ketepatan Sasaran *Forehand drive* Pada Siswa/I Ekstrakurikuler Tenis Meja Sd 056646 Sesirah Halaban”

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Skripsi : Fakultas Ilmu Keolahragaan Unimed 2026

Penelitian ini bertujuan untuk mengetahui pengaruh latihan *multiball* terhadap ketepatan sasaran *forehand drive* pada siswa/i ekstrakurikuler tenis meja Sd 056646 Sesirah Halaban. Dalam konteks perkembangan keilmuan dan teknologi di Indonesia, khususnya dalam bidang olahraga, penelitian ini menjadi relevan untuk mendukung kemajuan prestasi olahraga di masyarakat. Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan desain *one group pre-test* dan *post-test*. Sebanyak 15 siswa/i ekstrakurikuler tenis meja Sd 056646 Sesirah Halaban menjadi subjek penelitian. Mereka menjalani program latihan selama 6 minggu pada 25 Agustus – 22 September. Pengukuran kemampuan dilakukan sebelum dan sesudah program latihan untuk menilai efektivitas intervensi.

Hasil penelitian menunjukkan bahwa terdapat peningkatan yang signifikan dalam kemampuan ketepatan sasaran *forehand drive* setelah program latihan *multiball*, dengan nilai $t_{hitung} 12,629 > t_{tabel} 1.761$ pada taraf signifikansi 0,05, dengan demikian dapat disimpulkan terdapat perbedaan yang nyata pada data *pretest* dan *posttest*. Kesimpulan dari penelitian ini menegaskan bahwa terdapat pengaruh yang signifikan dari bentuk latihan *multiball* terhadap ketepatan sasaran *forehand drive* pada siswa/i ekstrakurikuler tenis meja sd 056646 sesirah halaban. Hasil ini diharapkan dapat memberikan wawasan bagi pelatih dan pengelola klub dalam merancang program latihan *multiball* yang lebih baik untuk meningkatkan keterampilan dasar pemain muda.

Kata Kunci : Tenis Meja, *Forehand*, Ketepatan, Latihan.

ABSTRACT

Ahmad FarhanNIM6213111036“The Effect of *Multiball* Training on the Accuracy of *Forehand drive* Shots Among Students in the Table Tennis Extracurricular Activity at SD 056646 Sesirah Halaban”

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This study aims to determine the effect of *multiball* training on the accuracy of forehand drives among students participating in the table tennis extracurricular activity at SD 056646 Sesirah Halaban. In the context of scientific and technological development in Indonesia, particularly in the field of sports, this study is relevant to supporting the advancement of sports achievements in the community. The research method used in this study was an experiment with a one-group pre-test and post-test design. A total of 15 students from the table tennis extracurricular club at SD 056646 Sesirah Halaban were the subjects of the study. They underwent a 6-week training program from August 25 to September 22. Their abilities were measured before and after the training program to assess the effectiveness of the intervention.

The results showed a significant increase in the accuracy of forehand drives after the *multiball* training program, with a t-value of 12.629 > t-table 1.761 at a significance level of 0.05. Thus, it can be concluded that there was a significant difference between the pretest and posttest data. The conclusion of this study confirms that there is a significant effect of *multiball* training on the accuracy of forehand drives in students participating in the table tennis extracurricular activity at SD 056646 Sesirah Halaban. These results are expected to provide insight for coaches and club managers in designing better *multiball* training programs to improve the basic skills of young players.

Keywords: Table Tennis, Forehand, Accuracy, Practice.

