

ABSTRAK

NURUL FITRIA (Nim: 6211111016). Pengaruh Variasi *Materi Ekstrakurikuler Terhadap Kemampuan passing Bawah Bola Voli* Siswi Ekstrakurikuler SMAN 1 Bandar Kabupaten Simalungun (Pembimbing : Prof.Dr.Budi Valianto.M,Pd.)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2026

Penelitian ini bertujuan untuk mengetahui pengaruh variasi materi latihan ekstrakurikuler terhadap kemampuan passing bawah bola voli siswi ekstrakurikuler SMAN 1 Bandar Kabupaten Simalungun. Latar belakang penelitian ini didasarkan pada rendahnya kemampuan passing bawah siswi yang disebabkan oleh kurangnya pemahaman teknik serta metode latihan yang masih bersifat monoton sehingga menurunkan motivasi dan keaktifan dalam latihan. Penelitian ini menggunakan metode eksperimen dengan desain pretest dan posttest. Populasi dalam penelitian ini adalah seluruh siswi yang mengikuti kegiatan ekstrakurikuler bola voli di SMAN 1 Bandar, sedangkan sampel penelitian ditentukan menggunakan teknik sampling sesuai kriteria yang telah ditetapkan. Instrumen penelitian yang digunakan berupa tes keterampilan passing bawah bola voli yang telah diuji validitas dan reliabilitasnya. Data yang diperoleh dianalisis menggunakan uji statistik untuk mengetahui perbedaan kemampuan passing bawah sebelum dan sesudah diberikan variasi materi latihan. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan dari variasi materi latihan terhadap peningkatan kemampuan passing bawah bola voli siswi ekstrakurikuler SMAN 1 Bandar. Dengan demikian, variasi materi latihan dapat dijadikan sebagai salah satu alternatif metode latihan yang efektif untuk meningkatkan kemampuan teknik dasar passing bawah bola voli serta meningkatkan minat dan motivasi siswi dalam mengikuti kegiatan ekstrakurikuler.

Kata kunci: variasi latihan, ekstrakurikuler, passing bawah, bola voli

ABSTRACT

NURUL FITRIA (Student ID: 6211111016). The Effect Of Variations In Extracurricular Material On The Underhand Passing Ability Of Female VolleyBall Students At SMAN 1 Bandar Regency (Advisor: Prof.Dr.Budi Valianto.M,Pd.)

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This study aimed to determine the effect of variation in extracurricular training materials on the underhand passing ability of female volleyball extracurricular students at SMAN 1 Bandar, Simalungun Regency. The background of this research was based on the low level of students' underhand passing skills caused by a lack of technical understanding and the use of monotonous training methods, which reduced students' motivation and activeness during training sessions. This study employed an experimental method using a pretest–posttest research design. The population of this study consisted of all female students participating in the volleyball extracurricular program at SMAN 1 Bandar, while the research sample was selected using an appropriate sampling technique based on predetermined criteria. The research instrument used was an underhand passing skill test that had been tested for validity and reliability. The collected data were analyzed using statistical tests to determine differences in underhand passing ability before and after the implementation of varied training materials. The results showed that there was a significant effect of training material variation on improving the underhand passing ability of female volleyball extracurricular students at SMAN 1 Bandar. Therefore, varied training materials can be used as an effective alternative training method to improve basic underhand passing skills and increase students' motivation and interest in participating in volleyball extracurricular activities.

Keywords: training variation, extracurricular activities, underhand passing, volleyball