



# Analysis of Sepak Sila Skills in The Kaimana Sepaktakraw Club, Bantaeng Regency

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## ABSTRACT

This research is a Descriptive Research, which aims to determine the description of the category of Sepak Sila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency. The population in this study were all members of the Kaimana Club totaling 27 people consisting of 21 men and 6 women. While the sample in this study were 15 male Kaimana club members who were selected by simple random sampling as representatives of the Kaimana Sepaktakraw Club, Bantaeng Regency. The data collection technique was obtained through testing and measuring Sepak Sila data. The data analysis technique used was percentage and analysis. The data from the research obtained the percentage of Sepak Sila Ability data from 15 people or (100%), very high category of 1 person or (7%), high category of 0 people or (0%), medium category of 9 people or (60%), low category of 5 people or (33%), and very low category of 0 people or (0%). Thus, it can be concluded that the percentage of the final data results of Sepak Sila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency is in the Medium category.

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## INTRODUCTION

Humans move and exercise to live, because movement is essentially a necessity of life. Movement itself is truly a characteristic of life. Humans move with various motives to exercise to maintain and improve their quality of life (Hamid, F., & Hendrawan, K.T.). Therefore, it has become commonplace that exercise has become a basic right of every person. It is unrealistic to measure sports success only based on medals, considering that sports activities do not only end with high achievements measured by medals. Because sport is a vehicle for improving the quality of human life, both in terms of physical, mental, emotional and social activities (Siegrist, M., et al., 2013).

Sepaktakraw is a combined sport of four sports, namely football because it is played predominantly using the feet, badminton because the size of the field used is the same as a badminton court, gymnastics because sepaktakraw movements require good body flexibility, and volleyball because sepaktakraw movements also volley the ball over the net,



just like volleyball (Iyakrus, 2018). This combination makes sepak takraw a complex and challenging sport to master.

Sepak takraw is very dependent on the mastery of basic techniques by its players. These basic techniques include kicking movements such as sepak takraw, sepak kura, sepak cengkil, sepak menap, and side kicks, as well as other movements such as heading, chesting, grasping, and shouldering (Suprayitno, 2018). One of the most important techniques in this game is the sepak takraw technique, which is the foundation for mastering other techniques. This technique uses the inside of the foot to control the ball, provide passes, and keep the ball in play. Sepak sila is often referred to as the "mother" of all sepak takraw techniques because of its fundamental function in various game situations (Sulaiman, 2014).

However, mastering the sepak sila technique is not always easy, especially for beginners or those who are in the skill development stage. Based on observations of the Kaimana Sepak takraw Club, Bantaeng Regency, several obstacles were found in mastering this technique. These obstacles include the inability to maintain good ball control, low accuracy in giving passes, and lack of agility and body coordination. These problems have an impact on team performance, both in training sessions and matches.

Various internal and external factors contribute to the low mastery of sepak takraw techniques in this club. Internal factors include lack of leg muscle strength, minimal agility, and limited technical understanding of the players. Meanwhile, external factors such as limited training facilities, ineffective training methods, and minimal evaluation of player abilities are also challenges that need to be overcome. The combination of these factors indicates the need for a more structured approach to improve mastery of basic sepak takraw techniques, especially sepak takraw techniques.

The problems faced by the Kaimana Club not only impact the club's performance, but also reflect the challenges in developing sepak takraw sports in Bantaeng Regency. Sepak takraw is one of the most popular sports in this area, but its development is still limited. By improving mastery of basic techniques, especially sepak takraw techniques, it is hoped that the Kaimana Club can become a good coaching model for other clubs in the area.

Furthermore, mastery of basic techniques such as sepak takraw is not only important to improve individual player performance, but also to build synergy within a team. This technique plays an important role in various game situations, both for attacking and defending. Without good mastery of basic techniques, it is difficult for a team to achieve optimal performance at the competition level. Therefore, it is important for coaches and club management to adopt more innovative training methods and focus on developing basic techniques, especially in the aspects of ball control and pass accuracy.

This study also contributes to the development of literature on sepak takraw sports training, especially related to basic techniques and training strategies. The results of this study are expected to help coaches and club management in compiling more effective and targeted training programs. With a systematic approach, it can provide practical solutions to improve club performance at the local and regional levels.

Overall, mastery of basic techniques in sepak takraw, especially sepak takraw techniques, is a prerequisite for creating competitive players and solid teams. By understanding the obstacles and providing relevant solutions, this study is expected to contribute to the development of sepak takraw, not only at the local but also national level. Strengthening basic technical skills in local clubs such as Club Kaimana will be a significant first step towards creating a more advanced sepak takraw sports ecosystem.

## MATERIALS AND METHODS

This study aims to determine the ability of sepak sila at the Kaimana Sepak Takraw Club, Bantaeng Regency. The type of research used in this writing is a descriptive type of research, using a quantitative approach. Quantitative descriptive research is a type of research that describes factually, systematically, and accurately the facts and characteristics of a particular population, or by describing a phenomenon in detail using quantitative (Yusuf, 2017). Population is all things that will be studied, be it in the form of objects or inanimate objects or in the form of subjects or humans or social devices available in a study (Rahmadani et al., 2023). The population in this study were members of the Kaimana Club, Bantaeng Regency, totaling 27 members, while the accessible population was 15 with male gender. A sample is any method used to identify samples for research purposes (Purba et al., 2023). The sample taken in this study was 15 members of Kaimana Bantaeng. The test used was to test the ability of sepak sila in the sepak takraw game, which lasted for 1 minute. This sampling technique uses simple random sampling. The data analysis method used in this study is statistical calculations using descriptive percentage analysis.

## RESULTS AND DISCUSSION

### Results

Descriptive data analysis is intended to obtain a general description of the research data. Analysis of Sepaksila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency. Descriptive analysis includes; total value, average, standard deviation, number, maximum and minimum. From these statistical values, it is expected to provide a general description of the Analysis of Sepaksila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency. The study was conducted by conducting a sepak sila ability test at the Kaimana Sepaktakraw Club, Bantaeng Regency, which aims to determine the level of sepak sila ability in the sepak takraw game of the Kaimana Sepaktakraw Club, Bantaeng Regency. The following is the data from the sepak sila ability test:

**Table 1.** Descriptive Statistics of Sepak Takraw Ability Levels at the Kaimana Sepak Takraw Club, Bantaeng Regency.

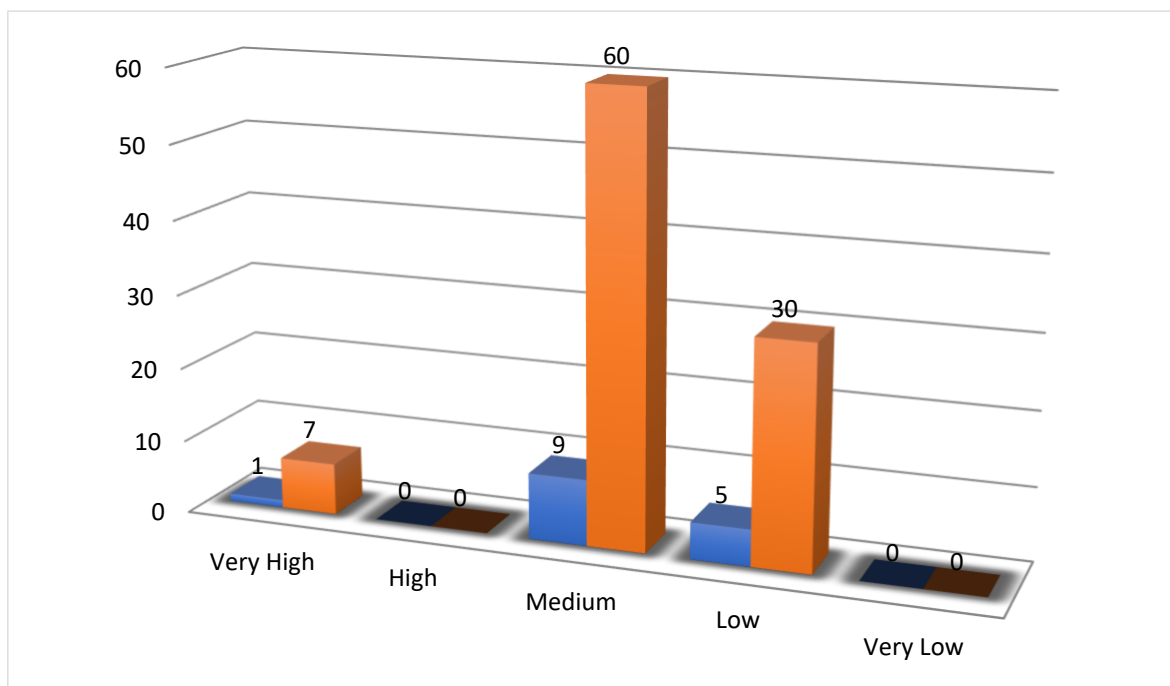
Statistic	N	Minimum	Maximum	Mean	STDV	Sum
Sepak Sila Skills	15	23	50	27.73	6.68	416

Based on the research data in table 1 above, there are 15 data on the measured soccer skills. The range of soccer skills values is between 23 and 50, with a minimum value of 23 and a maximum value of 50. The average soccer skills value is 27.73 with a standard deviation of 6.68. The total number of soccer skills values for all data is 416.

**Table 2.** Frequency Distribution of Sepak Takraw Ability Levels at the Kaimana Sepaktakraw Club, Bantaeng Regency.

No	Interval	Category	Frekuence	Percentage
1	$X > 38$	Very high	1	7%
2	$32 < X < 38$	High	0	0%
3	$25 < X < 31$	Medium	9	60%
4	$18 < X < 24$	Low	5	33%
5	$X < 18$	Very Low	0	0%
<b>Total</b>			15 Orang	100 %

Based on the frequency distribution table of sepak sila ability in sepak takraw game of Sepak Takraw Club Kaimana Bantaeng Regency with a sample size of 15 people. in the very high category with a total of 1 person with a percentage of 7%, none are in the high category, there are 9 people in the medium category with a percentage of 60%, there are 5 people in the low category with a percentage of 33%, and there are no very low categories. In the form of a graph, the data from the assessment of sepak sila ability analysis in the Sepak Takraw game of Sepak Takraw Club Kaimana Bantaeng Regency are as follows.



**Figure 1.** Graph of Sepak Takraw Ability Level at Kaimana Sepaktakraw Club, Bantaeng Regency

## Discussion

The ability in sports techniques is the ability to perform technical movements required in sports effectively and efficiently. The ability of sports techniques can cover various aspects, such as coordination, agility, speed, strength, balance, and agility. The ability of Kaimana members can be seen from the level of ability in performing sepak sila in the Sepak Takraw game of the Kaimana Club, Bantaeng Regency.

Overall, the results of the study on the ability to perform sepak sila in the Sepak Takraw game of the Kaimana Club, Bantaeng Regency. showed that out of 15 people who took the Sepak Sila ability level test in the Sepak Takraw game, 1 person was included in the very high category (7%), no Kaimana members were included in the high category, 9 people were included in the medium category (60%), 5 people were included in the low category (33%). And none were included in the very low category, so it can be concluded that the level of Sepak Sila ability in the Sepak Takraw game of the Kaimana Club, Bantaeng Regency in the medium category was 9 people with a percentage (60%).

The results of the analysis in the field that are the factors causing sepak sila ability in sepak takraw games are as follows:

1. The level of preparation and training in playing sepak takraw, such as the quality of training, intensity, duration, and training programs carried out.

2. The quality and intensity of competition at the club or regional level is still low. If the competition is quite tight, then there will be more encouragement to improve abilities and achieve better performance.
3. The level of motivation to develop abilities in playing sepak takraw, both individually and in teams. High motivation can help athletes focus on goals and efforts to improve performance.
4. Environmental factors, such as family and friend support, adequate sports facilities, and the availability of time for training and competition.
5. Genetic or innate factors, such as physical and mental abilities, which can affect the ability to play sepak takraw

## **CONCLUSION**

Based on the results of the research and discussion that have been presented above, the conclusion is drawn, namely the Sepaksila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency, the percentage of the sepak sila ability data results from 15 people or (100%), the very high category is 1 person or (7%), the high category is 0 people or (0%), the moderate category is 9 people or (60%), the low category is 5 people or (33%), and the very low category is 0 people or (0%). Thus, it can be concluded that the percentage of the final data results of the Sepaksila Ability at the Kaimana Sepaktakraw Club, Bantaeng Regency is in the moderate category with 60%. However, there is significant potential to improve this ability by considering several aspects, such as improving the quality of training programs, athlete motivation, increasing competition, and environmental support.

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