

The quality skill level of playing basketball young basketball player

by Lalu Moh Yudha Isnaini

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Abstract

The basic basketball technique is a crucial achievement for a basketball player. Given the importance of basic techniques, it is necessary to know the level of basketball proficiency of athletes as a benchmark for achieving success. The purpose of this study was to determine the skill level of West Lombok basketball players in West Nusa Tenggara. This research uses survey research methods with a test and measurement approach, this type of research is descriptive quantitative. The subjects of this study were West Lombok male basketball athletes aged 18-21 years, as many as 21 players., sampling techniques using Purposive sampling. The instrument used is a passing test to the wall with a distance of 3 meters for 15 seconds, a shooting test for 60 seconds, and a ball dribbling test. The basketball skills test result data is divided into several categories: excellent, good, sufficient, sufficient, less, very poor, and bad. The results revealed that the proficiency level of West Lombok basketball athletes showed the Excellent category of 4 players (18.18%), the good category was shown by 14 players (63.63%), and the medium category was shown by three players (13.63%). The results of this study are that the ability to play basketball for West Lombok athletes is included in the good category. The results of this test can provide knowledge of the condition of basketball skills so that coaches can provide a form of training that suits the player's condition.

Keywords: quality, skill, athlete, basketball.

INTRODUCTION

Basketball is played by two teams of five players each (L. Isnaini et al., 2019). Each team aims to score into the opponent's basket while attempting to stop the other team from doing the same (Setyaji et al., 2017). Basketball is a hand-held game that utilizes a huge ball. The objective is to get the ball into the opposing team's basketball hoop through passing, reflecting it to the floor, and other means (Hidayatullah, 2020). In West Nusa Tenggara, West Lombok won the basketball competition during the provincial sports week. Basketball skill mastery plays a significant role in developing basketball strategy (Hapsari et al., 2013). The initial step as a champion in the match is a basic technique (Gómez et al., 2015; Kelmendi et al., 2021; Malik et al., 2019).

Analysis of basketball competence through observation is a decisive step in gaining knowledge about the game (Hapsari et al., 2013). It provides information to coaches eliminating subjective opinions about players' skills. In basketball, effective and efficient movements must be based on a good

mastery of basic technical skills. Basic technical skills in basketball games can be divided into six, namely: 1) throwing and catching techniques, 2) dribbling techniques, 3) shooting techniques, 4) pivot movement techniques, 5) lay-up shooting techniques, and 6) crawling (Nanda & Dimiyati, 2019). The specific skill level in a sport differentiates a champion from another (Raiola & D'isanto, 2016). The better a basketball player is at dribbling, shooting, and passing, the higher the probability of success (Agusni et al., 2018). Basic Basketball Techniques are a way to open up opportunities for other players to get space to score (Tyshchenko et al., 2018). Understanding this, it is very important that coaches and athletes know some of the factors that can influence Basic Basketball Techniques, with the aim of improving the quality of Basic Basketball Techniques (C. Junior, S. Misuta, and A. Mercadante 2017).

Mastery of basic techniques in basketball is needed to make it easier for athletes to know the extent of their ability (França et al., 2022). Besides that, the results of this study are needed for districts or cities in West Nusa Tenggara as an indicator of success in achieving achievements in West Nusa Tenggara so that coaches can predict matches to prepare their athletes. Basic basketball technical skills are needed to be known as an initial description of athlete abilities. Selection of basketball skills is necessary and important to continue to be carried out in order to look for the potential and qualifications of prospective athletes because the portfolio system relies on predicting achievements in the field of basketball. Skills tests are the initial capital owned by prospective athletes (Gómez, Alarcón, and Ortega 2015). This can help coaches identify the strengths and weaknesses of their athletes so that the training process can later run more effectively and efficiently with the application of the right training model (Agung Nanda, 2019).

Scientific basketball skill analysis allows for two fundamental purposes: 1) to increase knowledge of the game and 2) to provide useful information for organizing and designing teaching or training processes (Kozomara et al., 2019). Many studies have analyzed the average value of the teams and

described what happens in the game (Gómez, Alarcón, and Ortega 2015). Data results allow the planning and designing of tasks and sessions tailored to competitive experience.

Knowing the quality of basic basketball techniques at the West Lombok Regency level will become the basis for evaluating team building for coaches and evaluating the development of basketball in general for PERBASI in West Nusa Tenggara. This is possible because seeing matches between basketball athletes will help measure the character of the winning team in West Nusa Tenggara Province basketball. At present, there are no previous researchers who have discussed the quality of basketball matches in West Nusa Tenggara. The implementation of this research can be a new way to develop basketball in West Nusa Tenggara, especially in the men's category basketball team, which is currently still lagging behind other regions.

METHOD

The research method used was a survey, and the research subjects did not accept intervention in this study. Data collection in this study was only carried out once. The subjects of this study were West Lombok male basketball athletes aged 18-21 years, totalling 21 players. All study subjects received the same tests: the basketball ability test, Passing test, Dribble ball, and shooting the ball into the basketball hoop. The instrument used is a passing test to the wall with a distance of 3 meters for 15 seconds, a shooting test for 60 seconds, and a ball dribbling test. The assessment method is to reflect the ball to walls, dribble, and shoot for one minute (Malik et al., 2019). Variables used in the research are the status of basketball players and basketball athletes in the West Lombok district.

Data Analysis to find the reliability of test-retest using Anava (Analysis of Variance method), then looking for the T-Score, each test result is converted in the form of a number and further for the presentation of the test results using categorization references divided into five category norms such as very good,

good, sufficient, less, very less. Categorization using the limit of 5 categories of norms is as follows:

Table 1. Basketball skills score

Category	Total T Score
Very Good	222-and above
Good	193-221
Sufficient	165-192
Less	136-164
Very Less	107-135

RESULT

The data obtained during the period of the implementation of this study were regarding the names of basketball players in West Lombok of West Nusa Tenggara. The subjects and the data from the research variables were the levels of basketball skills determined by the outcomes of bouncing, dribbling, and shooting the ball into the basketball hoop. At the beginning of the study, specifically, when the sample was chosen as the topic to be used in this study, information regarding the identities of the West Lombok basketball players was gathered. Next, a descriptive data analysis was carried out to determine the level of basketball playing skills of the West Lombok athletes who served as research subjects. This analysis described the research data, analyzed it based on the scores each research subject received, and then categorized the level of basketball playing skills based on the score obtained so that the West Lombok player achievement category was established based on the number of scores from the research subjects.

Table 2. Description of data skills to play basketball

Variable	N	Min	Max	Mean	SD
Passing	21	57.00	80.00	68.0000	5.91608
Dribble	21	59.00	77.00	67.0000	5.26308
Shooting	21	58.00	78.00	68.8095	5.70630
Total	21	176.00	229.00	203.8095	14.34092

Based on the table above, it can be known that the basic basketball technique on passing results is at least 57.00, the maximum result is 80.00 mean value is 68.00, and the standard deviation is 5.91. In the Dribble test, the minimum result is 59.00, the maximum result is 77.00, the mean value is 67.00,

and the standard deviation is 5.26. In shooting, the minimum result is 58.00, the maximum result is 78.00, the mean value is 68.80, and the standard deviation is 5.70. These results were obtained from a total of 21 subjects of west Lombok basketball athletes.

This study aims to describe the basketball technical abilities of West Lombok athletes who have succeeded in becoming champions at the provincial sports week in West Nusa Tenggara. The research data carried out illustrates the results of basic basketball technical abilities, including passing, dribbling, and shooting skills. As for the descriptive summary, the overall research data are as follows:

Table 3. Basketball skill test results

N	Passing	Dribbling	Shooting	Results	Category
1	77	73	76	226	Very good
2	73	77	76	226	Very good
3	80	73	76	229	Very good
4	73	76	74	223	Very good
5	70	72	73	215	Good
6	63	67	74	204	Good
7	67	68	68	203	Good
8	70	69	64	203	Good
9	60	65	70	195	Good
10	70	65	66	201	Good
11	73	59	68	200	Good
12	67	65	68	200	Good
13	60	65	70	195	Good
14	67	70	66	203	Good
15	67	67	68	202	Good
16	70	65	68	203	Good
17	73	66	64	203	Good
18	64	67	78	209	Good
19	57	59	60	176	Sufficient
20	60	59	58	177	Sufficient
21	67	60	60	187	Sufficient

Result basketball passing test for male athletes, the highest achievement with a yield score of 80, while the lowest achievement score, namely 57. The score of basketball dribbling results in male West Lombok athletes with the highest achievement with a percentage of 77. Furthermore, the lowest achievement with a score, namely 59. A score of basketball shooting results in West Lombok athletes the highest achievement with a score of 76 while the lowest achievement with a score of 58.

According to the findings of a study done on basketball players in West Lombok athletes, it is evident from the percentage that the average level of basketball playing of the players falls into the Very Good category, which was four players (18,18%). On the other hand, 14 players (63.63%) were categorized as good, while three players (13,63%) were categorized as sufficient, as described by the graph.

The game of basketball is complex, meaning that it requires technical skills and a thorough understanding of tactics playing. Techniques in basketball games can be interpreted as an effective and efficient way of playing the ball according to the applicable game rules to achieve optimal results. Furthermore, mastery of various basic techniques allows players to perform well.

DISCUSSION

The research data conducted describes the results of the abilities. Basic basketball techniques include passing, dribbling, and shooting skills. The results of the basketball skills test for players in West Lombok Regency as a whole, there are four players ⁵ in the very good category, 14 players in the good category, three players in the sufficient category, 0 players in the sufficient category, 0 player in the poor category, 0 players in the very poor category, and 0 players in the bad category. Proficiency in techniques is a requirement for any basketball player if they intend to perform at their peak since it demonstrates the ability of a player to execute dribbling movements, bounce the ball, and shoot (C.Junior et al., 2017).

The research data conducted describes the results of the abilities. Basic basketball techniques include passing, dribbling, and shooting skills. This means that the ability to play basketball for West Lombok district athletes in basketball games is good. Several factors can influence the good and the bad The basic abilities of West Lombok athletes' basketball are 1. Time for players to explore every basic skill in the field of basketball. Because the exercise program is regular and good, it is only done five times a week. 2. Each sport

has its own training to improve basic skills of the sport, such as push-ups, jogging, etc (Syaifullah Irwan, 2018). All of that is also needed to increase basic abilities in the game of basketball, thus helping players in terms of speed and strength (Agung Nanda, 2019). This shows that most basketball players in West Lombok Regency who play in the provincial sports week championships are in the Good category on average. Analysis of the basic technical ability of players playing basketball is classified as good but needs to be improved again on players who have basic basketball technical abilities that are categorized as sufficient and those who are categorized as good in basic basketball skills.

So a good mastery of basic techniques from every basketball player is essential, so that ball control can be controlled and maximize the ball in any situation. ²Based on the results of the passing variable data, dribbling, and shooting, it turns out that 22 players are ²included in the good category. From the results of the test data, the basic technical ability to play basketball is better than the results of the previous test. ¹⁰Based on the results of the analysis, it means that the basic skills of basketball in West Lombok district basketball players have been satisfactory, this is evident from the results of the West Lombok sports week winning the championship.

CONCLUSION

¹³The results of the data analysis obtained through the basketball skills test on West Lombok players are as follows: 12 students have a good skill level (31.81%), 12 students have a sufficient skill level (54.54%), and three students have sufficient category skill level (13.63). Mastery of various basic basketball techniques that are precise and good allows players to show a good game in the future. By knowing the basic techniques of basketball, athletes can evaluate their abilities so that they can improve their skills in playing basketball. This game requires regular and focused practice because it contains various elements of motion, which means basketball skills from a well-coordinated combination of elements. To get effective and efficient movements, it is

necessary to have a good mastery of basic techniques. So mastery of good basic techniques will increase the winning percentage of a basketball team.

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