Journal Physical Health Recreation (JPHR)
Volume 5 Nomor 4 ; September 2025
https://jurnal.stokbinaguna.ac.id/index.php/JP
e-ISSN : 2747- 013X

Pengaruh Latihan Menggunakan Dua Meja Terhadap Ketepatan Forehand Dalam Permainan Tenis Meja Di UKM STOK Bina Guna

The Effect Of Training Using Two Tables On Forehand Accuracy In Table Tennis Games In STOK Bina Guna UKM

Ica Syahrani[1], Syahrian Sapiliang[2], M. Bayu Samudra Batubara[3], Dwi Agilia Putri[4], Muhammad Fadli[5], Muhammad Aji Gumelar[6]

{syahraniica3@gmail.com[1], Rianpiliangsyahriansapiliang@gmail.com[2], 22.272mbsbb@gmail.com[3], dwiagiliaputri2205@gmail.com[4], Sopiah56424@gmail.com[5], ajigumelar3728@gmail.com[6]}

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[1,] Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[2,] Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[3,] Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[4,] Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[5,] Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara[6]

Abstract. Research to obtain information about the effect of training forms using two tables on forehand accuracy in table tennis games at UKM Tennis Table STOK Bina Guna Medan City. The research method used is the experimental method. The population of the study was UKM Tennis Table STOK Bina Guna as many as 45 people and 20 people were selected to be determined as samples using purposive sampling techniques. The instrument in this study was the forehand test. Based on the results of data processing with statistical tests, it turns out that empirically there is a significant influence of the training form using two STOK Bina Guna tables, the results of the hypothesis are accepted and included in the sufficient category. Based on the results of the study above, the author suggests to various parties related to the field of sports, especially with the sport of table tennis, that in order to produce forehand accuracy, they should try to apply the training form using two tables in an effort to improve the accuracy of the athlete's forehand.

Keywords: Training Using Two Tables, Forehand, Table Tennis

Introduction

Nowadays, the development of sports has experienced very rapid progress, both at the national and international levels. This is because people are increasingly aware of the importance of sports activities, both for recreation, health and to improve achievement. By seeing the increasingly rapid development of sports, the government continues to hold sports coaching and development which is part of an effort to improve the quality of life of the Indonesian people. In Indonesia, the sport of table tennis is increasing day by day, seen from the number of training places or table tennis clubs in each region (Rachman, Sulaiman, & Rumini, 2017). Table Tennis is a sport for all ages and can be considered as recreation or as a driver of achievement. Both can be enjoyed at the same time, but to treat it as a sport, it is necessary to first understand the various techniques and styles of play that exist (Simpson, 1981), Table Tennis is the most famous racket in the world and the number of participation is second (Hodges, 1996), table tennis is a game that uses a table as a field that is limited by a net that uses a small ball made of celluloid and the game uses a bat or what is called a bat (Depdiknas, in (Tomoliyus, n.d.). So table tennis is a unique and recreational small ball game which is very popular with children or parents, in table tennis games it does not need to take up too much space, people only provide a table and bat to play table tennis.

Players who want to master the game of table tennis must have the ability to master basic techniques and good physical condition. Basic techniques in table tennis such as holding the bat (grip), stance technique, foot movement technique and hitting technique. The basic thing for table tennis players is to be able to master the hitting technique, the hitting technique in table tennis is divided into 2 strokes, forehand and backhand. A forehand stroke is a stroke with the position of the palm of the hand facing forward and the hitting position from the right side of the body, a forehand stroke has greater power compared to a backhand stroke because the hitting position is not blocked by the body (Asri, Soegiyanto, & Mukarromah, 2017). To master the forehand stroke technique, players must do a lot of continuous training and must have components of conditions that support the improvement of the forehand stroke.

Forehand strokes are supported by several components of physical condition such as strength, power, agility and flexibility. These physical condition components must be possessed by players to get a good forehand stroke. However, there is something important that players must have besides the physical condition components, namely players must have good accuracy in placing the ball on the opponent's table, but seeing from the reality there are still players who do not have accuracy in doing forehand strokes, especially for players of the table tennis student activity unit a STOK Bina Guna, this can be seen from every practice and match, sometimes the forehand strokes they do are hard but not right on target, even though the stroke is hard but not right on target, the stroke will be easily reversed by the opponent or the ball does not go in, even though accuracy is very important for table tennis players. Accuracy is directing something that is in accordance with the goal or target, accuracy is a person's ability to direct a movement on an object according to the target controlled by a certain part of the body Tomoliyus in (Saputro, n.d.). many things to be able to improve accuracy, especially by practicing consistently by practicing given a target in each practice with the target moving if the first target can be passed well. With this, the researcher created a training program to train accuracy by placing 2 table tennis tables to train accuracy. The placement of 2 tables was done so that players could move around in doing forehands but with a target or target being aimed at.

Method

This research was conducted at the Student Activity Unit (UKM) Table Tennis STOK Bina Guna with a sample of 20 table tennis UKM students. The implementation of this research was carried out for 2 months with a training program carried out 3 times a week at the STOK Bina Guna campus hall because this research uses an experimental method. The experimental method is data collection with treatment, an experiment is a study that is carried out strictly to determine the causal relationship between variables, one of the main characteristics of experimental research is the treatment imposed on the subject or object of research (Maksum, 2014). To obtain data, a test is carried out to measure forehand skill ability. A test is a tool for obtaining information used for objects or subjects. With the test, coaches or educators can obtain accurate data, especially measuring sports skills or measuring physical fitness. A test is a tool used to obtain data from an object that is being measured (Nurhasan & Narlan, 2017). In general, tests are a tool for collecting data and as a basis for assessment in the educational process, in the form of tasks that must be completed by students to produce values about behavior (Widiastuti, 2011).

The test instrument used is the forehand test instrument, this forehand test has a validity of 0.615 and a reliability of 0.738. The test equipment used is a stopwatch, five table tennis balls, a bat, a folded table tennis table, a 10x5x3 cm cardboard that can be attached with pins to the left rear corner of the table, a wall or pole for the tennis table part that is set perpendicular to the horizontal part of the table, a 2 cm wide paper tape that is glued to the perpendicular part of the table, parallel to the horizontal part of the table and 15 cm from the table surface, blanks and stationery to record the test results. The testee stands behind or continues the horizontal part of the table, with a bat and ball in hand. At the command "Yes" the testee drops on the table and hits the ball to the part of the table that is set perpendicular to the horizontal part of the table. The testee tries to bounce the ball as much as possible in 30 seconds. If the testee is unable to control the ball, he can take the ball available in the box, drop it on the table and continue the effort to bounce the ball as much as possible in the time available. An assistant takes the ball controlled by the testee and puts it back into the box (Nurhasan & Narlan, 2017)

Result

A. Data Description

The data obtained in this study from the results of the forehand test with a time of 30 seconds which was carried out in the initial test and the final test. From the results of the test, the data from the forehand test results were taken which the author describes in the table below.

B. Requirements Testing

Analysis After obtaining data from the forehand test results, the next step is to test the analysis requirements using a relevant statistical approach. The steps taken in testing the analysis requirements are as follows:

1. Calculation of Average Score, Standard Deviation, and Variance

Table 2. Results of Calculation of Average, Standard Deviation and Variance

Variables	Average	Standard Deviation	Variance

initial test	19,1	9,2	84,64
final test	27,2	8,0	64,00

2. Data Normality Testing

The results of the data normality test using the data normality test formula through the chi-square approach can be seen in the following table.

Table 3. Data Normality Testing

Test Variables	mark $\chi 2$ count	mark $\chi 2$ tabel (α=0,05)	counclusion
initial test	1,82	5,99	Normal
final test	1,57	5,99	Normal

3. Homogeneity Testing

To determine whether the sample to be studied is homogeneous or not, the homogeneity of the research sample is processed using a homogeneity test approach.

Table 4. Homogeneity Test

Test Variables	Mark F- count	Mark F- tabel on (α=0,05) (20,20)	Results
initial test			
1,01		2,12	Homogen
final test			

C. Hypothesis Testing

This hypothesis testing is conducted to provide whether the hypothesis proposed by the author in this study is accepted or rejected. In connection with the data in this study is normally distributed and homogeneous, the statistics used are parametric. Thus, for the purposes of testing the research hypothesis, statistical analysis was carried out using the two-average equality test, one-tailed test using the t' test. The results of this research hypothesis testing are presented in the following table.

Table 5. Data Analysis of Improvement in Forehand Training Results

Test Variables	t'- Count	t'- Tabel counclusion = 0,975 and dk =19	
initial test			
	2,79	1,73	Significant
final test			

Discussion

The hypothesis testing criteria are to accept the hypothesis (Ho) if t' $\leq$ 1.73 and reject the hypothesis if t' $\geq$ 1.73. Based on the table above, it turns out that the calculated t' is greater than

the t' table and is outside the hypothesis acceptance area. Thus, the hypothesis (Ho) is rejected at the real level $\alpha = 0.05$. This means that "there is a significant influence of the form of training using two tables on the accuracy of forehands in table tennis games at the STOK Bina Guna Table Tennis UKM". The increase in accuracy training with two tables is due to the training being carried out systematically and repeatedly and increasing the load each time it is done, this causes the players to have an increase in doing accuracy training. Training with two tables makes the training process not boring because the training process in placing changing targets on the table makes players more challenged and motivated in each training.

Conclusion

In accordance with the analysis and discussion of the research results obtained, it can be concluded that the form of training using two tables has an effect on the accuracy of forehands in table tennis games at the STOK Bina Guna table tennis UKM.

References

Asri, N., Soegiyanto, & Mukarromah, S. B. (2017). *Pengaruh Metode Latihan Multiball dan Koordinasi Mata Tangan terhadap Peningkatan Keterampilan Forehand Drive Tenis Meja,* 6(2), 179– 185.

Hodges, L. (1996). *Tenis Meja Tingkat Pemula*. Jakarta: PT. RajaGrafindo Persada.

Maksum, A. (2014). *Metodologi Penelitian Dalam Olahraga*. Surabaya: UNESA UNIVERSITY PRESS.

Nurhasan, & Narlan, A. (2017). *Tes dan Pengukuran Pendidikan Olahraga*. Tasikmalaya: Pendidikan Jasmani Universitas Siliwangi.

Rachman, I., Sulaiman, & Rumini. (2017). *Journal of Physical Education and Sports Pengembangan Alat Pelontar Bola Tenis Meja (Robodrill IR-2016) untuk Latihan Drill Teknik Pukulan Drive dan Spin Abstrak.* Journal of Physical Education and Sports, 6(1), 50–56.

Saputro, R. D. (n.d.). *Hubungan Koordinasi Mata TAngan dan power Lengan Terhadap Ketepatan Pukulan Forehand Drive Peserta Ekstrakulikuler Tenis Meja SMA 1 Tanjungsari Kabupaten Gunungkidul.* Universitas Negeri Yogyakarta, 1–9.

Simpson, P. (2021). *Tenis Meja.* Jakarta: Dian Rakyat Jakarta. Tomoliyus. (n.d.). PENGEMBANGAN INSTRUMEN KEMAMPUAN KETEPATAN FORE HAND , BACKHAND DRIVE DALAM, 1–14.

Widiastuti. (2019). *Tes Dan Pengukuran*. Jakarta: PT. Bumi Timur Jaya.