

LAPORAN PENELITIAN
KEMAMPUAN BERMAIN TENIS MEJA TINGKAT PEMULA

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Abstrak

Penelitian ini bertujuan untuk mengetahui adanya hubungan antara *touching ball*, kelincahan, *touching ball* dan kelincahan dengan kemampuan bermain tenis meja.

Metode penelitian dengan metode korelasional, populasi penelitian ini adalah mahasiswa PJKR FIK UNY yang mengambil matakuliah tenis meja tahun 2004/2005 sejumlah 32 mahasiswa. Teknik pengumpulan data melalui tes dan pengukuran, sedang analisis data dengan teknik regresi dan korelasi.

Hasil penelitian menunjukkan bahwa: pertama, ada hubungan positif antara *touching ball* dan kemampuan bermain tenis meja, dengan $r = 0,627$ dan $r^2 = 0,393$ dan diperoleh persamaan regresi $Y = 98,15 + 1,431 X_1$. Kedua, ada hubungan positif antara kelincahan dan kemampuan bermain tenis meja, dengan $r = 0,627$ dan $r^2 = 0,393$ dan diperoleh persamaan regresi $Y = 90,804 + 1,671 X_2$. Ketiga, ada hubungan positif antara *touching ball* dan kelincahan secara bersama-sama dengan kemampuan bermain tenis meja dengan $R = 0,627$ dan $R^2 = 0,394$ dan diperoleh persamaan $Y = 97,185 + 1,288 X_1 + 0,174 X_2$.

A RESEARCH REPORT
THE BEGINNER LEVEL ABILITY IN PLAYING TABLE TENNIS

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Abstract

This research study is aimed at exploring the relationship between touching ball, agility, and touching ball and agility, and the ability in playing table tennis.

The research method used in this study was the correlation method. The population in this research involved 32 students of Physical Health and Recreation Education Study Program of Faculty of Sport Science, Yogyakarta State University who took the table tennis subject in the academic year of 2004/2005. The data were collected through tests and measurements, while data analysis were performed through regression and correlation techniques.

The results of this research show that: first, there was a positive correlation between *touching ball* and the ability of playing table tennis, with $r = 0.627$ and $r^2 = 0.393$ and there was a regression formula $Y = 98.15 + 1.431 X_1$; second, there was a positive correlation between agility and the ability of playing table tennis, with $r = 0.627$ and $r^2 = 0.393$ and there was a regression formula $Y = 90.804 + 1.671 X_2$; third, there was a positive correlation between *touching ball* and agility together with the ability of playing table tennis with $R = 0.627$ and $R^2 = 0.394$ and there was a regression formula $Y = 97.185 + 1.288 X_1 + 0.174 X_2$.