

Level of Basic Skills for Playing Futsal of Students in the Faculty of Sports Science, Makassar State University

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ABSTRACT: This article is expected to provide an overview of the level of futsal playing skills of students of the Department of Physical Education, Health and Recreation (PJKR) Faculty of Sports Science (FIK) Makassar State University (UNM). So that through this article, it is hoped that it can also be used as a guide to improve the basic skills of playing futsal for students. This research is descriptive and quantitative with one variable without making comparisons and without connecting with other variables. The method used in this research is a survey. This survey was conducted to determine the level of futsal playing skills of students majoring in Physical Education, Health, and Recreation, Faculty of Sports Science, Makassar State University. The skill test used involves several basic techniques including dribbling, passing, control, and shooting. Based on the results of the study, it was obtained that the score of the futsal playing skill level of the PJKR FIK UNM students was 5 students (5%) declared very good, 32 students (32%) declared good, 32 students (32%) were declared sufficient, 26 students (26%) were declared poor. , and 5 students (5%) stated less once. While the average value of 60.59 seconds is at the interval of $54.95 < X < 66.24$, the level of futsal playing skills of the PJKR FIK UNM 2019 students is considered sufficient.

Keywords: Futsal Skills, Basic Technique, Sports Science

INTRODUCTION

Futsal is a sport that was born from the sport of football and is packaged into a simpler game. Futsal is a modified game of football that is played indoors with the characteristics of a fast and dynamic game (Lhaksana, 2011). Futsal itself was introduced by Juan Carlos Ceriani in Montevideo, Uruguay in 1930. Futsal is a popular sport that is in great demand by all levels of society from various circles, children, teenagers, to adults. The development of futsal in Indonesia, especially in South Sulawesi, is growing very rapidly, marked by the many tournament events being held, both between students, the general public, and even open tournaments.

The author considers that the fast-growing interest in futsal among the public is because it is easy to do, easy to find the availability of facilities, and what is no less great is that it is indeed very interesting to do. The rapid development of futsal is also marked by its inclusion in the educational curriculum of both schools and universities. Futsal is a compulsory subject in the Department of Physical Education, Health and Recreation (PJKR) Faculty of Sports Science (FIK) Makassar State University (UNM) with a weight of 2 credits which can be programmed in even semesters.

Through the futsal course, the expected competence is that students can understand scientifically and are expected to be skilled in carrying out all the basic techniques in the futsal game. There are some basic techniques in the futsal game, namely dribbling, passing, control, heading, and shooting (Ardiansyah, 2020). Mastery of basic techniques is supported by the child's basic movement abilities which can help each individual to be independent and not dependent on others so that they can play a role in their psychomotor and intellectual development (Syahrudin, 2021). Good mastery of basic techniques is very important for every player because it can minimize the risk of injury when playing futsal (Sudirman et al., 2021). So with the competency bill, it is necessary to have a skill test form to find out how far the basic skill level of playing futsal students is, in this case, FIK UNM students. Through this article, the author will provide an overview of the results of the survey on the level of futsal playing skills of PJKR FIK UNM students.

Research on the topic of futsal skill level has been carried out in various places. This can be seen from various publications of related research results, such as research conducted by (Fernando et al., 2021) to determine the basic skill level of playing futsal at the Semarapura United Academy with a focus on dribbling, passing, control, and shooting abilities. There are still many previous studies that have been published so that this research is considered feasible by the authors.

THEORETICAL REVIEW

Futsal basic technique (Ardiansyah, 2020)

This theory concludes with several basic techniques in futsal games, namely dribbling, passing, control, heading, and shooting

Futsal skill test(Marhaendro et al., 2009)

This theory presents the form of a futsal playing skill test

The theme of this research has been carried out by previous researchers to determine the level of futsal playing skills using a similar futsal playing skill test instrument. The previous researchers in question are(Setiawan, 2019).

METHODOLOGY

This research is a quantitative descriptive study with one variable without making comparisons and without connecting with other variables. Descriptive research is carried out to test certain hypotheses, focused only on giving an overview of a variable (Arikunto, 2006). The method used in this research is a survey. This survey was conducted to determine the level of futsal playing skills of students majoring in Physical Education, Health, and Recreation, Faculty of Sports Science, Makassar State University.

Variables are all forms or models set by researchers to be studied, and seek information so that they can give a conclusion (Sugiyono, 2010). The variable in this study is futsal playing skills, operationally defined as the time required to complete the entire series of movements in the test which includes: dribbling a straight ball as far as 6 meters, passing without control 10 times with a distance of 2 meters, dribbling by turning on 2 cones. (cone 1 is rotated to the left, cone 2 is rotated to the right), then passing with control 10 times with a distance of 2.5 meters (alternately using the left and right feet), then shooting at the goal with 1 right foot and 1 left foot, then towards the finish point by dribbling straight as far as 5.5 meters (Setiawan, 2019). The accumulated time required to complete the entire set of futsal skills tests is expressed in seconds (seconds).

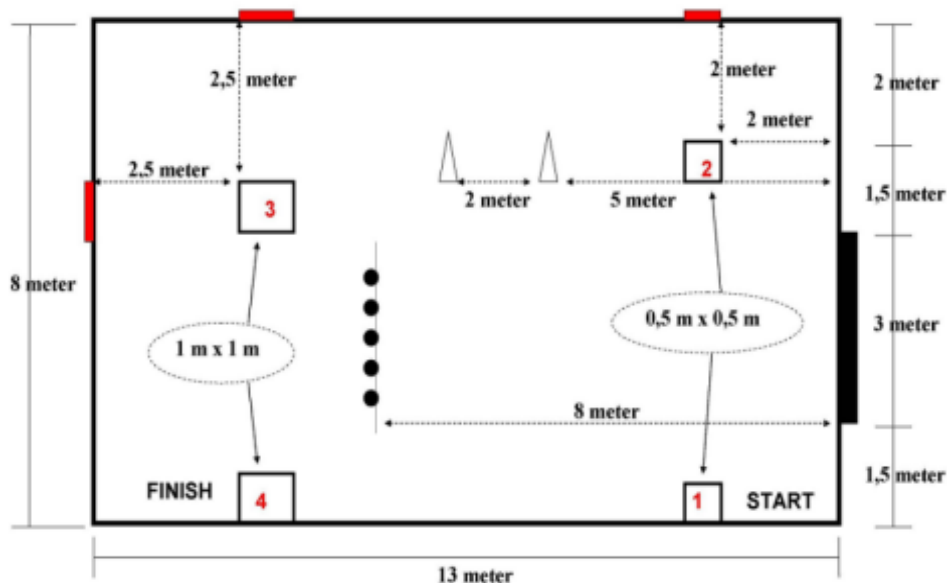


Figure 1. Futsal Skill Test FIK Jogja
Source: (Marhaendro et al., 2009)

This research is a descriptive study that aims to provide real information about the level of futsal playing skills of PJKR FIK UNM students. The students involved in this study were male and female students majoring in PJKR class of 2019 with a total sample of 100 people. Determining the size of the sample for this type of descriptive research with the survey method, then the minimum number of samples is 100 people (Hendryadi, 2010). The sampling technique used is simple random sampling, the sample is taken at random regardless of age, gender, and other indicators. The data analysis technique used is the percentage, presenting the data, and determining the value. Furthermore, the analysis of meaning by formulating the categorization of the test results that have been carried out.

Categorization by taking into account the mean and standard deviation, the results of the study are loaded into 5 categories, namely Very Good, Good, Enough, Less, and Very Less (Sudijono, 2012). However, because the research data is inverse, the meaning of the category will be reversed.

RESULTS

The results of the research on the basic skill level of playing futsal for PJKR FIK UNM students batch 2019 which was carried out at the end of the even semester of the 2020/2021 academic year are as follows:

Table 1. Descriptive Data of Research Results

NO.	NAME	TIME (SECOND)	NO.	NAME	TIME (SECOND)
1	TESTEE 1	53.21	51	TESTEE 51	57.61
2	TESTEE 2	70.68	52	TESTEE 52	61.16
3	TESTEE 3	59.43	53	TESTEE 53	50.46
4	TESTEE 4	52.1	54	TESTEE 54	52.4
5	TESTEE 5	54.1	55	TESTEE 55	62.9
6	TESTEE 6	53.03	56	TESTEE 56	69.28
7	TESTEE 7	41.53	57	TESTEE 57	38.73
8	TESTEE 8	52.17	58	TESTEE 58	48.78
9	TESTEE 9	41.18	59	TESTEE 59	63.42
10	TESTEE 10	54.66	60	TESTEE 60	44
11	TESTEE 11	38	61	TESTEE 61	57.12
12	TESTEE 12	36.58	62	TESTEE 62	70.32
13	TESTEE 13	53.76	63	TESTEE 63	47.26
14	TESTEE 14	54.72	64	TESTEE 64	68.78
15	TESTEE 15	54.02	65	TESTEE 65	77.02
16	TESTEE 16	66.16	66	TESTEE 66	92.86
17	TESTEE 17	67.25	67	TESTEE 67	101.7
18	TESTEE 18	54.05	68	TESTEE 68	70.63
19	TESTEE 19	44.51	69	TESTEE 69	81.52
20	TESTEE 20	53.85	70	TESTEE 70	63.4
21	TESTEE 21	52.88	71	TESTEE 71	68.03

22	TESTEE 22	49.58	72	TESTEE 72	57.2
23	TESTEE 23	61.37	73	TESTEE 73	67.11
24	TESTEE 24	59.55	74	TESTEE 74	68.11
25	TESTEE 25	50.26	75	TESTEE 75	66.05
26	TESTEE 26	49.7	76	TESTEE 76	68.56
27	TESTEE 27	47.68	77	TESTEE 77	66.23
28	TESTEE 28	50.25	78	TESTEE 78	62.03
29	TESTEE 29	63.8	79	TESTEE 79	54.42
30	TESTEE 30	54.96	80	TESTEE 80	58.06
31	TESTEE 31	71.93	81	TESTEE 81	78.08
32	TESTEE 32	57.38	82	TESTEE 82	75.43
33	TESTEE 33	59.92	83	TESTEE 83	57.06
34	TESTEE 34	51.53	84	TESTEE 84	61.46
35	TESTEE 35	62.1	85	TESTEE 85	60.76
36	TESTEE 36	47.26	86	TESTEE 86	64.7
37	TESTEE 37	68.78	87	TESTEE 87	59.1
38	TESTEE 38	77.02	88	TESTEE 88	48.68
39	TESTEE 39	65.25	89	TESTEE 89	73.33
40	TESTEE 40	61.5	90	TESTEE 90	60.4
41	TESTEE 41	53.75	91	TESTEE 91	69.95
42	TESTEE 42	54.16	92	TESTEE 92	80.13
43	TESTEE 43	68.22	93	TESTEE 93	77.1
44	TESTEE 44	52,46	94	TESTEE 94	68
45	TESTEE 45	59.89	95	TESTEE 95	62.6
46	TESTEE 46	66.53	96	TESTEE 96	70.45
47	TESTEE 47	69.13	97	TESTEE 97	70.8
48	TESTEE 48	65.38	98	TESTEE 98	72.98
49	TESTEE 49	43.78	99	TESTEE 99	72.78
50	TESTEE 50	60.45	100	TESTEE 100	48.8

This research is a quantitative descriptive study with one variable without making comparisons with other variables. From the research data, it can be seen through the following descriptive statistical table.

Table 2. Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Futsal Skills	100	36.58	101.70	60.59	11.29
Valid N (listwise)	100				

Description:

N : Number of students

Min : Minimum Value

Max : Maximum Value

M : Mean

SD : Standard Deviation

The results obtained that the maximum value (the longest) is 101.70 seconds and the minimum value (the fastest) is 36.58 seconds. The average value is 60.59 seconds and the standard deviation is 11.29. Furthermore, the data is categorized into 5 categories, namely Very Good, Good, Enough, Less, and Very Less. The calculation of the norm for the category of futsal skills for PJKR FIK UNM students can be seen in the following table.

Table 3. Normative Calculations List of Futsal Playing Skills Test Results PJKR FIK UNM students

Formula	Batasan	Kategori
$M - 1,5 SD \geq X$	$43,65 \geq X$	Very good
$M - 1,5 SD < X \leq M - 0,5 SD$	$43,65 < X \leq 54,95$	Good
$M - 0,5 SD < X \leq M + 0,5 SD$	$54,95 < X \leq 66,24$	Enough
$M + 0,5 SD < X \leq M + 1,5 SD$	$66,24 < X \leq 77,53$	Not enough
$M + 1,5 SD < X$	$77,53 < X$	Not much

Description:

X = Score

M = Mean

SD = Standard Deviation

Through the normative table above, the frequency distribution of the category of futsal playing skills of PJKR FIK UNM students can be known.

Table 4. Skill Level Frequency Distribution Playing Futsal for PJKR FIK UNM Students

Interval	Category	Frequency	%
$43,65 \geq$	Very good	5	5%
$43,66 - 54,95$	Good	32	32%
$54,96 - 66,24$	Enough	32	32%
$66,25 - 77,53$	Not enough	26	26%
$77,53 <$	Not much	5	5%
Total		100	100%

Based on the table above, the level of futsal playing skills of PJKR FIK UNM students as many as 5 students (5%) were declared very good, 32 students (32%) were declared good, 32 students (32%) were declared sufficient, 26 students (26%) were said to be poor, and 5 students (5%) stated less once. While the average value of 60.59 is at the interval of $54.95 < X \leq 66.24$, the level of futsal playing skills of the 2019 PJKR FIK UNM students is considered sufficient.

The futsal playing skills of PJKR FIK UNM students with the Enough category is a predicate that is reasonable and satisfying, because these students are samples from various sports backgrounds, such as basketball, volleyball, sepak takraw, table tennis, field tennis, and many sports backgrounds. other.

The futsal playing skills of the PJKR FIK UNM students can be observed through the following chart.

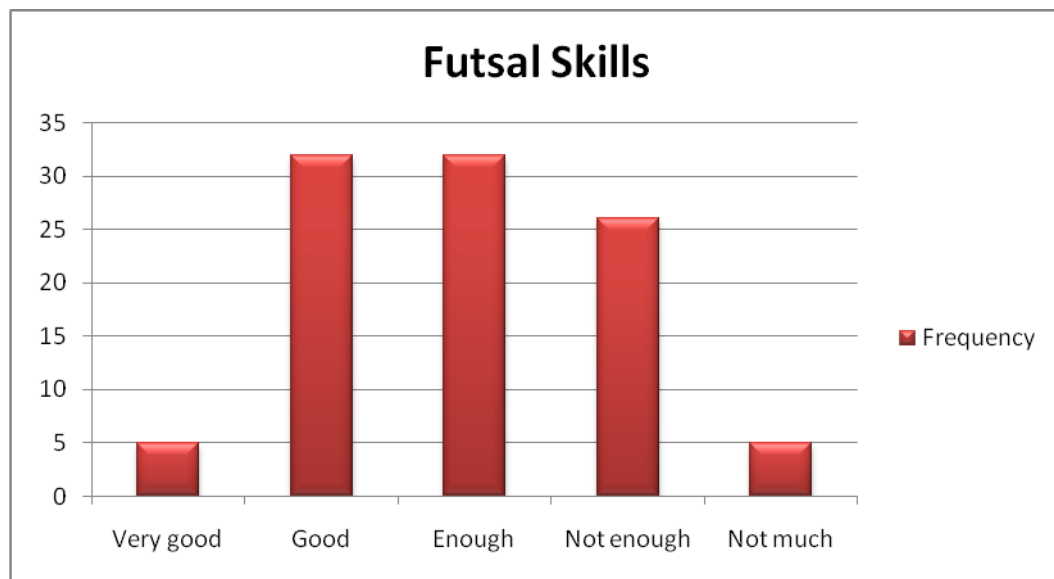


Figure 2. Futsal skill level chart
PJKR FIK UNM students class of 2019

DISCUSSION

Based on the results of the research that has been carried out, with a description of the data obtained in the field then the results are analyzed according to the needs that have been formulated in this article. Then the average value of the futsal playing skills of PJKR FIK UNM students was 60.59 seconds. This value is in the interval of $54.95 < X < 66.24$, then the level of futsal playing skills of the 2019 PJKR FIK UNM students is declared "enough".

CONCLUSIONS AND RECOMMENDATIONS

Athe level of futsal playing skills of the 2019 PJKR FIK UNM students was declared "enough".

Through this research, it is also reflected in the experience of the researcher, so for further researchers who will examine the same topic, namely futsal skills, it is better to determine a field that already uses a standard field. because the varied field mats will greatly affect the appearance of the athlete or the sample used, the results to be obtained will certainly have a high chance of being different if the type of field used is different even though the sample category is the same.

FURTHER STUDY

Suggestions for future researchers should use a futsal skill test instrument that assesses the basic heading techniques so that all basic techniques are included in the instrument.

ACKNOWLEDGMENT

Many thanks to colleagues who have participated in this research, especially students who were involved in this as a sample. so that they are willing and willing to test futsal playing skills for the benefit and development of the repertoire of knowledge in the field of sports, especially the futsal sport.

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