

## Investigation of Sepak Sila Practical Proficiencies among Sepak Takraw Extracurricular Participants at SMPN 30 Palembang

Merinda Saputri<sup>1\*</sup>

<sup>1</sup>Universitas PGRI Palembang

\*Corresponding author: [merindasaputri7@gmail.com](mailto:merindasaputri7@gmail.com)

### Abstrak

Penelitian ini bertujuan untuk menentukan tingkat keterampilan teknik sepak takraw yang etis pada siswa yang mengikuti kegiatan ekstrakurikuler sepak takraw di SMP Negeri 30 Palembang. Metode yang digunakan adalah metode survei dengan pendekatan deskriptif kuantitatif. Populasi penelitian adalah seluruh siswa yang mengikuti kegiatan ekstrakurikuler sepak takraw sebanyak 15 orang, dan semuanya digunakan sebagai sampel (sampling total). Instrumen penelitian berupa tes keterampilan teknik dasar yang menilai aspek posisi tubuh, ketepatan penguasaan bola, arah bola, dan konsistensi gerakan. Data dianalisis menggunakan statistik deskriptif berupa distribusi frekuensi dan persentase. Hasil penelitian menunjukkan bahwa tingkat keterampilan teknik siswa masih relatif rendah dengan skor rata-rata 62,7. Sebagian besar siswa berada dalam kategori buruk (40%), sementara hanya sedikit yang mencapai kategori baik (13,3%) dan memadai (33,3%). Hasil ini menunjukkan bahwa penguasaan teknik dasar bela diri pada siswa belum optimal. Oleh karena itu, perlu meningkatkan frekuensi dan variasi latihan, serta pembinaan yang lebih terstruktur agar keterampilan dasar teknik siswa dapat berkembang secara signifikan.

**Kata kunci:** Sepak Takraw, Keterampilan, Pelestarian Sepak Takraw, Survei, Siswa Sekolah Menengah Pertama.

### Abstract

This study aims to determine the level of ethical football technique skills in students who participate in sepak takraw extracurricular activities at SMP Negeri 30 Palembang. The method used is a survey method with a quantitative descriptive approach. The research population is all students participating in sepak takraw extracurricular activities totaling 15 people, and all of them are used as samples (total sampling). The research instrument is in the form of a precept technique skill test which assesses aspects of body position, accuracy of ball handling, ball direction, and consistency of movement. The data was analyzed using descriptive statistics in the form of frequency and percentage distributions. The results of the study show that the level of students' technical skills is still relatively low with an average score of 62.7. Most students are in the poor (40%) category, while only a few reach the good (13.3%) and adequate (33.3%) categories. These results indicate that the mastery of basic martial arts techniques in students is not optimal. Therefore, it is necessary to increase the frequency and variety of exercises, as well as more structured coaching so that students' basic engineering skills can develop significantly.

**Keywords:** Sepak Takraw, Skills, Sepak Preservation, Survey, Junior High School Students.

## 1. INTRODUCTION

Sports in the school environment have a strategic role in the development of physical, cognitive, and social aspects of students (Barnett et al., 2021; Logan et al., 2020). In the context of physical education, in addition to physical fitness, the success of a sport also depends heavily on mastering basic techniques that support game performance (Schmidt & Lee, 2020; Rudd et al., 2021). One of the sports that requires the mastery of basic techniques precisely and consistently is the Sepak Takraw branch, a game that combines elements of

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coordination, agility, lower body strength, and ball control (Al-Amien et al., 2021; Mohamad et al., 2019). In the game of Sepak Takraw, basic techniques such as sepak sila, sepak kuda, sepak kura, smash and serve play an important role in determining the effectiveness and efficiency of the player's movements on the court (Zulkifli et al., 2020; Mulyana et al., 2022). Recent research shows that in the extracurricular of school students, mastery of basic techniques is still categorized as moderate (Theodoulides et al., 2022; Pratama et al., 2025). For example, research by Ibrahim and Yono (2023) shows that the mastery of basic "sepak sila" techniques in elementary school students still needs to be improved, in line with other findings that emphasize the importance of structured teaching progressions for ball control skills in net games (Semarayasa et al., 2023; Travis et al., 2024).

The technique of sepak sila is one of the fundamental techniques that is the initial benchmark of a player's ability to process the ball with the inside foot, maintain balance, and make a transition to a follow-up movement (Zulkifli et al., 2020; Al-Amien et al., 2021). Research in Polman Regency found that physical conditions such as leg muscle strength, balance and eye-toe coordination have a real influence on students' sepak sila skills (Taufik, 2024), which is consistent with studies showing that lower-limb strength, balance and coordination are key predictors of kicking accuracy and ball control in youth invasion and net games (Gallardo-Fuentes et al., 2021; Moya-Ramón et al., 2020). Furthermore, survey research on village teams in Central Sulawesi also revealed that basic Sepak Takraw technical skills (including sepak sila) are still in the medium category (Niluh Zipora Tandea et al., 2025), similar to evaluations of basic technical skills in other school-based team sports that report most students at a "moderate" level of proficiency (Jeong & Kim, 2021; Rudd et al., 2021). The development window at the student level needs serious attention so that the quality of basic technique can reach a high category, especially considering that early adolescence is a sensitive period for refining sport-specific motor patterns through structured practice (Barnett et al., 2021; Iivonen & Sääkslahti, 2020; Theodoulides et al., 2022).

The junior high school (SMP) environment is an important phase for the formation of sports-specific motor skills, including Sepak Takraw (Logan et al., 2020; Barnett et al., 2021). Because in this phase, students have a fairly good level of motor plasticity and the opportunity to participate in extracurricular activities increases, targeted physical education and extracurricular programs can substantially accelerate motor competence (Coppens et al., 2021; Venetsanou et al., 2020). However, research (Ahmad Sahila et al., 2024) in junior high school extracurriculars found that most students still do not master basic techniques well, even though they have received regular coaching, echoing meta-analytic evidence that mere exposure to practice without high-quality instruction and feedback often yields only modest gains in skill (Borghouts et al., 2021; Østerlie et al., 2020).

The problem of less than optimal mastery of basic techniques in students can be traced from several factors, including: (1) low or structurally unscheduled practice frequency, (2) less varied and interesting technique learning methods, and (3) limited practice facilities (Borghouts et al., 2021; Østerlie et al., 2020). This is in accordance with the findings of research on the development of a training model which states that a variety of exercises, especially in the technique of sepak sila, can increase students' motivation and learning outcomes (Kholis & Cholid, 2025; Suwiwa et al., 2022; Semarayasa et al., 2023). In addition to the technical aspect, internal factors of students also affect the mastery of basic techniques. Other kicking-based sports (Moya-Ramón et al., 2020; Gallardo-Fuentes et al., 2021). Therefore, extra coaching must take into account the physical and psychomotor aspects of the

student, not just the repetition of the technique, in line with motor learning theory that emphasizes the interaction between task, organism, and environment constraints (Schmidt & Lee, 2020; Rudd et al., 2021).

With regard to coaching in an extracurricular context, research on learning media development in the form of video tutorials on basic sepak sila techniques shows that the use of innovative media can increase the effectiveness of technical learning (Setiawan et al., 2023; Semarayasa et al., 2023). Thus, an innovative and contextual approach to learning basic techniques is needed so that students remain motivated and able to master techniques better (Suwiwa et al., 2022; Prasetiawati & Nugroho, 2020; Cendra et al., 2022). In schools, extracurricular activities provide a space for students to develop skills through more focused and repetitive exercises than regular learning hours (Venetsanou et al., 2020; Coppens et al., 2021). This activity is important, especially for sports that require precision and continuity of basic technique training such as Sepak Takraw (Al-Amien et al., 2021). However, without systematic evaluation and measurement of skills, coaching will not be known for its real effectiveness, as emphasized in recent work on sport skills testing and monitoring in school physical education (O'Brien et al., 2020; Ng et al., 2021).

Related to evaluation, a skills analysis research at SMAN in Pematangsiantar found that although students have extracurricular access, many are still in the "moderate" category for various aspects of basic Sepak Takraw techniques, including sepak sila (Pratama et al., 2025), a pattern also found in serving, blocking, and smashing skills in other school samples (Zulkifli et al., 2020; Mohamad et al., 2019). This shows that it is necessary to conduct surveys or measurements specific to certain techniques to get an idea of the real condition of students (Ng et al., 2021; O'Brien et al., 2020). Based on this background, this study was designed to measure the level of sepak sila technique skills in Sepak Takraw extracurricular students at SMP Negeri 30 Palembang. The population consisted of all sepak takraw extracurricular participants totaling 15 people and using a total sampling sample. The measurement results are expected to provide an empirical picture of students' technical achievements and become the basis for recommendations in the development of training programs (Schmidt & Lee, 2020; Kholis & Cholid, 2025). Thus, this research is important to be carried out because (1) it is able to provide an overview of the basic technical conditions of students in the field, (2) assist PJOK trainers and teachers in developing appropriate training methods, (3) be an input for schools in improving the quality of extracurricular activities, in line with the view that school based sport programs are key contexts for long-term athlete and participant development (Barnett et al., 2021; Logan et al., 2020). The results of the study are expected to contribute to the literature on mastery of basic Sepak Takraw techniques at the junior high school level in Indonesia and provide practical implications for school sports coaching (Al-Amien et al., 2021; Semarayasa et al., 2023; Pratama et al., 2025).

## **2. METHOD**

This study uses a survey method with a quantitative descriptive approach. The survey method was chosen because it aims to obtain an objective picture of the students' ethical football skills skills without giving special treatment. The research population is all students who participate in sepak takraw extracurricular activities at SMP Negeri 30 Palembang, which totals 15 people. Because the population is relatively small, a total sampling technique is used, so that all members of the population are used as research samples.

The instrument used was a sepak sila technique skill test, which was adapted from the sepak takraw basic skill test guide (Winarno, 2019). The test was carried out on the sepak takraw field with assessment criteria including:

1. The position of the body when doing the precepts,
2. Precision of the ball with the inner foot,
3. Height and direction of the ball,
4. Consistency in performing repetitive movements.

Each participant is given three chances, and the final score is taken from the average of the results obtained. The data was analyzed in a quantitative descriptive manner by calculating the mean and skill level categories based on the assessment score. The assessment categories are divided into five levels, namely:

- Excellent (86–100)
- Good (76–85)
- Enough (66–75)
- Less (56–65)
- Very Less (<55)

### **3. RESULTS AND DISCUSSION**

This study aims to obtain a more in-depth picture of the level of skill level of sepak takraw techniques of students who participate in sepak takraw extracurricular activities at SMP Negeri 30 Palembang. In its implementation, measurements were carried out on the entire population consisting of 15 students using the syllabus technique skill test instrument. This instrument is designed to assess students' basic abilities in performing ethical football techniques appropriately, including aspects of accuracy, ball control, movement coordination, and consistency in execution. The test result data obtained is then classified into five categories of ability levels, namely excellent, good, adequate, lacking, and very lacking, in order to provide a comprehensive picture of the distribution of students' abilities in these skills.

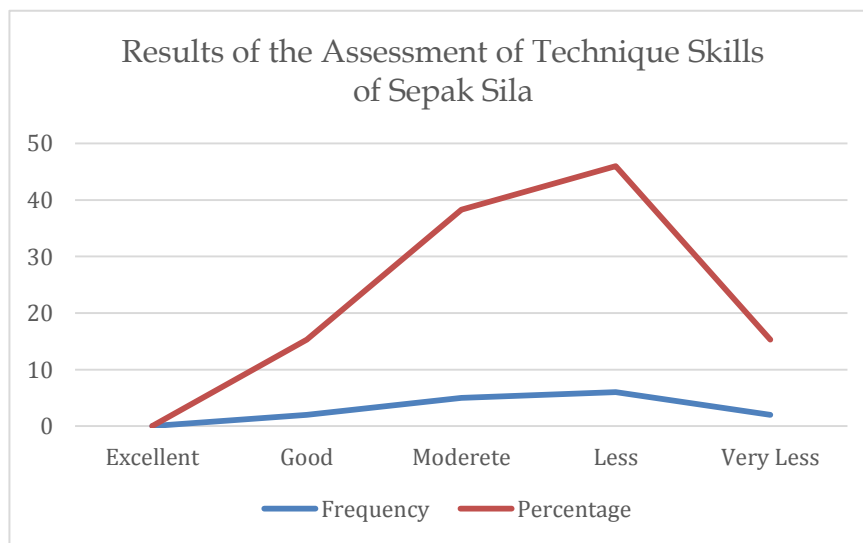
The results of the study show that there is a variation in abilities between students, although in general the level of skill in martial arts techniques is still relatively low. Only a small percentage of students have been able to reach the "good" category, while most students are in the "less" category. This condition shows that the development of basic techniques in sepak takraw extracurricular activities still needs to be improved through more targeted and systematic exercises. These findings also indicate the need for physical education coaches and teachers to pay more attention to mastering basic techniques of sapa psila as a foundation in the game of sepak takraw. Details of the results of the assessment of students' technical skills can be seen in the following table, which illustrates the distribution of the ability level

of each assessment category.

**Table 1.** Results of the Assessment of Technique Skills of Sepak Sila

No	Golongan	Frequency (Student)	Percentage (%)
1	Excellent	0	0.0
2	Good	2	13.3
3	Moderate	5	33.3
4	Less	6	40.0
5	Very Less	2	13.3
<b>Sum</b>	<b>15</b>	<b>100%</b>	

Based on the results of the data processing that has been carried out, the frequency distribution of the level of precept technique skills of SMP Negeri 30 Palembang students as shown in Table 1 shows that most of the students are in the poor category with a total of 6 students (40%), followed by the sufficient category as many as 5 students (33.3%), the good category as many as 2 students (13.3%), and very poor as many as 2 students (13.3%). And no student reached the very good category. For clarity, this data is presented again in the form of a bar chart in Diagram 1 below. This diagram illustrates the comparison of frequencies between skill categories, making it easier to see the proportion of students at each level of ethical sepak sila skills.



**Figure 1.** Diagram of Football Ability Test Results

Based on the measurement results, most students are still in the "less" category with a percentage of 40%, while only 13.3% of students are in the "good" category. These results indicate that students' ethical football skills still need to be improved through a more structured and intensive training program. This condition is in line with the results of research by Ibrahim & Yono (2023) which found that basic sepak takraw skills at the student level tend to be low due to a lack of systematic basic technique coaching.

The technique of the precept football is one of the basic skills that is very important in the

game of sepak takraw, because it functions to control the ball while maintaining the flow of the game so that it remains stable. Mastering this technique requires good coordination between foot strength, body balance, and precision in ball possession. When students are not able to master these basic techniques well, then the overall effectiveness of the game will decrease. The low ability of students in the aspect of soccer-precept shows that the exercises carried out during extracurricular activities have not been fully effective in fostering specific motor skills. According to Sahila, Pratama, & Sugito (2022), training methods that are carried out in monotony can reduce students' motivation and enthusiasm in honing their technical skills.

Other factors besides the training method, the low results of the syllabus skills can also be influenced by the limited frequency of training and the availability of adequate infrastructure. In the extracurricular context in school, limited practice time is often not enough to develop students' engineering skills optimally. This is in line with the opinion of Pratama & Dewi (2022) who stated that training facilities that are in accordance with the characteristics of sports have a significant influence on improving student performance. Uneven field conditions, worn balls, or non-standard equipment can disrupt the rhythm of practice and reduce the effectiveness of the learning process of basic football skills in school.

Basic motor skills such as balance, leg muscle strength, and eye and foot coordination have a big role in determining the success of students in performing martial arts techniques. Research conducted by Hidayat & Yusuf (2020) shows that improving basic physical components can improve ball control, movement stability, and kick accuracy in school-age sepak takraw players. Therefore, basic technique training should be integrated with supporting physical exercises, such as balance and agility exercises, so that skill improvement occurs across the board. A planned and varied approach to practice will help students master the technique more quickly and efficiently. Overall, the results of this study provide an idea that sepak takraw extracurricular coaching at the junior high school level still requires more serious attention from schools and coaches. PJOK teachers and coaches need to enrich learning methods with more interesting approaches, such as small games, match simulations, and providing direct feedback on students' technical mistakes. In addition, there needs to be support from the school in providing adequate facilities and training time. With this strategy, it is hoped that students' precept football technique skills can gradually improve, so that they can make a positive contribution to the development of sepak takraw sports achievements in the school environment.

#### **4. CONCLUSIONS**

Based on the results of the study, it can be concluded that the level of skill level of sepak takraw extracurricular sepak takraw students at SMP Negeri 30 Palembang is still relatively low. The average score obtained of 62.7 indicates that most students have not mastered the technique of football discipline well, only a few have shown optimal ability. These results are the basis for physical education trainers and teachers to improve training methods, increase the intensity of learning basic techniques, and pay attention to motivation aspects and training facilities so that students' skills can improve significantly

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