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## Learning results dribbling handball through the application of methods of play

R Ruslan\* and H Hamdiana

Fakultas Keguruan dan Ilmu Pendidikan, Universitas Mulawarman, Samarinda, Indonesia

Proper Nouns (ETS)

\*ruslan@fkip.unmul.ac.id

**Abstract.** This Research action research is to improve the skills of dribbling the ball of the hand through the application of the method of play. This action research studies using qualitative approach. This research is numbered 20 people. To measure and find out the results of the study with handball dribbling test. The test results before the given action (pre-test) results of 6 students (30%) reached a standard learning of completeness to the value of the average student 57.90, the results obtained are still not as expected so that the given action through method of play. Test on cycle I obtained results, i.e. 14 students (70%) have reached a standard learning of completeness students with an average score of 71.95. Learning continues to cycle II and the results of tests obtained the results of 17 students (85%) have reached a standard learning of completeness students with the average value of 82.05 and 15% (3 students) have not yet reached a standard learning of completeness with the average student 81.05. The results of this research it can be concluded that: (1) the method of play can create an atmosphere of student learning that is engaging and fun, (2) the application of the method of play can improve learning results dribbling handball in physical education.

### 1. Introduction

Handball is one of the lessons of physical education. There are some basic techniques in the game of handball which must be understood by students so that students can play a game of handball, i.e. passing, Catching, dribbling and shooting. Dribbling is one of the basic techniques in the game of handball which is important, because students mastered by dribbling is one way to do the attack to the opponent and to maintain the position of the ball to avoid being captured by the opponents. Handball can be defined as the group that uses the game ball as his instrument, played by using one or two hands.

In learning activities, a Professor must have a lot of creative ideas in order to make a fun learning atmosphere is created and the need to apply the appropriate method of learning that suits the character of students so that the goal of learning can be achieved and students interested and focused on the learning ability of students so that the following can also be increased. The sport of Handball is actually a fun sport and favored by students, but if the professor could not apply the proper method of learning, especially in learning the basic techniques of college students will feel bored which will affect the ability of the student.

In this method of play is considered extremely precisely applied to improve dribbling the ball hand on students because the character on students still tend to want to play in accordance with the age level of the students who just entered college, so that learning with the method of play where right where the students can learn the technique of dribbling with a pleasant learning atmosphere, but the lecturers

Possessive (ETS)



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should also consider the disadvantages and advantages of the method are playing in order for the purpose of learning can be achieved, the student should not only focus on play activities only. Therefore, lecturers should be alert and apply the regulations in every game that will be applied in learning the skill of handball. According to Danny Mielke adds that: "Herding is the basic skills for all players should be able to master the ball while moving, standing or getting ready to do the time or shots" [1] When the player has mastered the master the ability of the dribbling donated them effectively in the match will be very large.

Based on the above explanation, the researchers tried to apply the method of play to settle problems occurred. Application of the method of play is expected to attract the attention of students and can create a fun learning atmosphere so that the results of the study on hand dribbling the ball can expose the student learning process that leads to an increase in learning.

## 2. Play method

The method is a way to be used to achieve the objectives that have been set. In teaching and learning activities, the methods required for professors and their use varies according to the objectives to be achieved after the study ended. Method of play is one of the methods of learning in practice by applying the concepts learned that interest students and creates a pleasant atmosphere.

Satya Wira Senses, argues "play is children's work, in play children will develop skills in solving problems by trying a variety of ways by working on something and choose and determine the most appropriate way" [2]. Play is an activity that is attached to the world's children. Play is a child's nature. The play was seen as an activity that is both volunteer, spontaneous, focused on the process, give the reward are intrinsically, fun and flexible.

In the learning activities of students will learn the technique of dribbling the ball of the hand with the concept of playing so that students are more interested in following the instruction. There are 5 games that will be applied in the study, all of which contain elements of handball 1. dribbling Straight with one hand, 2. dribbling Straight with change-change hand reflecting the ball onto the floor, 3. dribbling Zig-Zig, 4. dribbling-pivot-dribbling Zig-zag, 5. Body weaving-dribbling Zig-Zig [3]

### 2.1. Research methods

This type of research is participatory action (Action Research), Robin, Stephen Kemmis and McTaggart Rhonda Nixon, with a design of Kemmis and Taggart, the study including class action research (PTK) or Classroom Action Research. Class action research has four stages, namely Planning (plan), Action (action), Observation (Observation), and Reflection (Reflection), and revision. While the repair procedure research learning in this class action covers four stages at each cycle i.e. the principal stages of the activity plan, actions and observations, reflection and revision [4].

In the study of the subject is class act students follow courses handball that add up to 20 students, comprising 20 men, the subject of this research is the result of learned hand ball dribbling on the students. Herding is the ability of a person to be able to move the ball from one place to another using the legs, can with a side foot inside, outside and the front is done by means of pushing the ball and the ball is rolling in constantly above ground level and not only eyes to ball but also in the future. The instrument is measuring instrument which is used to collect the data in the study [5]. On this research focuses on the learning results dribbling the ball hand on students.

### 2.2. Research result

The results of initial tests done to prove and strengthen that right needs to be improvement in the learning activities were held, where the results of students on initial tests are still far from expectations. On initial tests of student test results obtained, i.e. 6 people (30%) reached a standard learning completeness and 14 people (70%) have not yet reached the standard completeness study with an average score of students 57.90.

After a given action on cycle I by applying the method of play in learning, dribbling the ball hand is seen to occur an increase when compared with the initial tests i.e. 14 people (70%) reached a standard

learning completeness and 6 persons (30%) have not been achieving the standard completeness study with an average score of 71.95 students. The results obtained in cycle I have not been as expected so the researchers decided to proceed to the cycle II. The results obtained in cycle II has increased when compared to the cycle I where 17 people (85%) reached a standard learning and completeness 3 people (15%) have not yet reached the standard completeness study with an average score of students 82.05.

From the development of the results of the study were obtained from the beginning to the II cycle can be seen to increase that occurs is quite good as expected so that it can be concluded that the method of play can enhance the learning outcome of dribbling the ball hands on the student.

Based on these results the researchers recommend the application of the method of play to improve students' skills in accordance with the sport want to be developed.

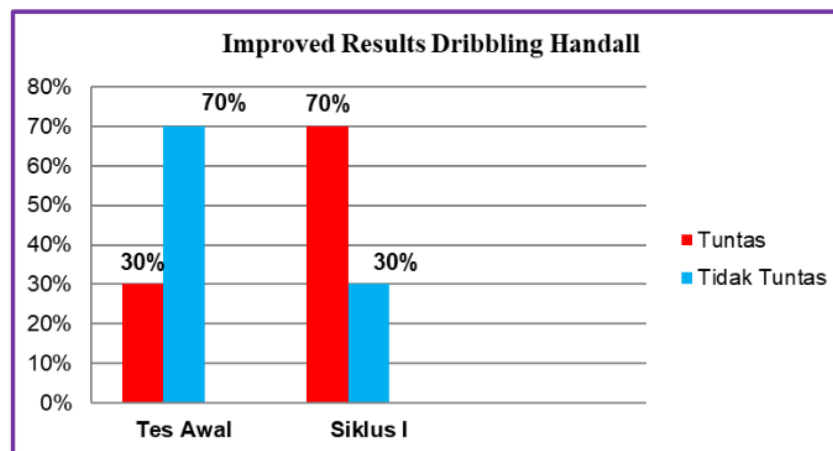
### 3. Research results and discussion

Based on the results of observation and evaluation of learning have been implemented earlier in the learning activities of handball at the student obtained information that the implementation of teaching and learning activities that previously applied have not provided maximum results against an increase in the ability of students, particularly on techniques of dribbling the ball hand. Learning methods applied have not been appropriately so that the effect on the latest increase in the ability of students and student interest also influential due to the applied learning activities monotonous and boring.

Overall results achieved students after the given actions have elevated when compared on initial conditions before which the action given the initial conditions only 6 people (30%) to reach the standard completeness learn and experiencing an increase in cycle I, i.e. 14 students (70%) have reached a standard learning completeness, however the results achieved with the expected. Based on the results of researchers decided to continue research into the cycle II.

**Table 1.** Comparison of improved handball dribbling test results.

| No. | Test Results | Handball Dribbling |              | Average value |
|-----|--------------|--------------------|--------------|---------------|
|     |              | Complete           | Not complete |               |
| 1.  | Initial Test | 30%                | 70%          | 57,90         |
| 2.  | Cycle I      | 70%                | 30%          | 71,95         |



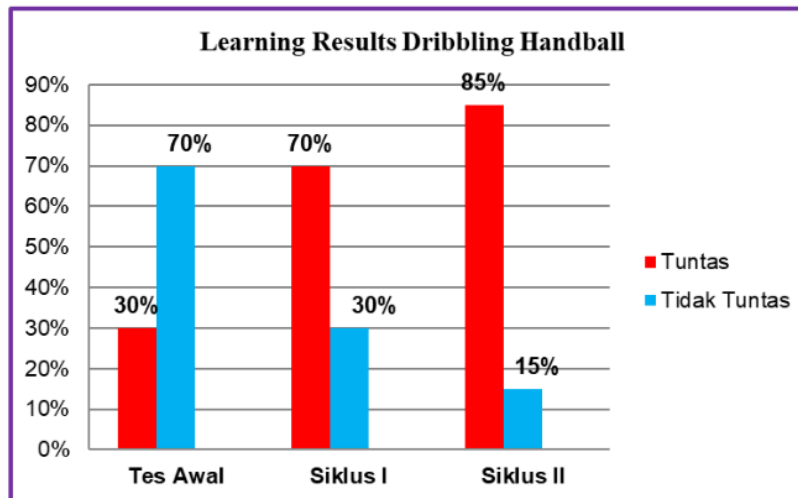
**Figure 1.** Percentage of increased learning outcomes of handball dribbling.

The results obtained in cycle II has increased when compared to the cycle I, where students achieve the standard completeness study on cycle I as many as 14 people (70%) and 6 persons (30%) have not yet reached a standard learning with completeness the achievement of the learning results of 71.95 and experience increased cycle II where 17 students (85%) have reached a standard learning completeness and 3 students (15%) have not yet reached the standard completeness study with an average score of students achieved 82.05.

Based on the results of learning activities and the results of the tests carried out can be seen the development experienced by students starts from the initial condition stage before being given action to the learning cycle I, where the results obtained by students have increased and learning continues to cycle II because the results of the first cycle have not been maximized. In the second cycle, there is an increase that occurs and it can be concluded that the method of playing can improve the results of learning handball dribbling on students.

**Table 2.** Comparison of improved handball dribbling test results.

| No. | Test Results | Handball Dribbling |              | Average value |
|-----|--------------|--------------------|--------------|---------------|
|     |              | Complete           | Not complete |               |
| 1.  | First Test   | 30%                | 70%          | 57,90         |
| 2.  | Cycle I      | 70%                | 30%          | 71,95         |
| 3.  | Cycle II     | 85%                | 15%          | 82,05         |



**Figure 2.** Percentage of increased learning outcomes of handball dribbling.

#### 4. Conclusion

Learning activities that have been implemented by applying the method of play can be seen that an increase in the learning results dribbling handball on students. Learning activities are carried out for 2 cycle can give good results, which overall students experience increased when compared with the results of initial tests before being given treatment, on initial tests of student test results obtained i.e. 30% (6 students) have reached a standard learning and completeness 70% (14 students) who have not yet reached the standard of completeness study with an average score of students 57.90.

Cycle I of the results achieved by students has increased a good enough after being given the treatment, i.e. 70% (14 students) have reached a standard learning of completeness, while 30% (6

students) have not yet reached the standard of completeness learning with average value achieved students was 71.95

The results achieved at the cycle I actually already showing good results, but those results are not yet in compliance with targets set, so the research continues to cycle II and cycle II obtained test results dribbling the ball hand, i.e. 85% (17 students) have reached a standard learning of completeness and 15% (3 students) have not yet reached the standard of completeness study with an average score of students 81.05

Based on the results of the research have been presented above, it can be concluded that an increase in the learning results of handball dribbling through the application of the method of play on college students.

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**Sentence Cap.** Review the rules for capitalization.



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