

# The Development Model of Badminton Base Technique Training Based of Audio Visual Media for The Beginner Athlete

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## ABSTRACT

**Abstract:** The development of this study is the mastery of basic techniques of badminton; short service backhand, long service forehand, lob, and smash is not good and there is no model of basic technique of badminton sport media-based visual media for special athlete athletes given for athlete beginners son badminton club Cirebon. This research is to carry out and to know the result of requirement analysis and product development, and product test to find out the test result of effectivity of basic technique of badminton based on audio visual media at beginner athlete of badminton club in Cirebon regency. The first result of the preliminary is the needs analysis using interview and observation method, the model of badminton basic technique that is less varied and still low level of mastery of badminton basic technique at the beginner athlete son at badminton club in Cirebon district.

**Abstrak:** Tujuan pengembangan adalah penguasaan teknik dasar bulutangkis; servis pendek *backhand*, servis panjang *forehand*, lob, dan *smash* yang belum baik dan belum adanya model latihan teknik dasar bulutangkis berbasis media audio visual untuk atlet pemula secara khusus yang diberikan untuk atlet pemula putra klub bulutangkis Kabupaten Cirebon. Penelitian ini untuk melaksanakan dan mengetahui hasil analisis kebutuhan dan mengembangkan produk awal, melaksanakan dan mengetahui uji ahli dan uji lapangan, dan melaksanakan uji efektivitas produk untuk mengetahui hasil uji keefektifan model latihan teknik dasar bulutangkis berbasis media audio visual pada atlet pemula putra klub bulutangkis di Kabupaten Cirebon. Hasil yang pertama pendahuluan adalah analisis kebutuhan dengan menggunakan metode wawancara dan observasi, model latihan teknik dasar bulutangkis yang kurang bervariasi dan masih rendahnya tingkat penguasaan teknik dasar bulutangkis pada atlet pemula putra di klub bulutangkis di Kabupaten Cirebon.

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Badminton sport is the one branch of games sport that it played by two people (single) or four people (double). Badminton sport very famous in Indonesia and have proved can beat with the other country in international world. Indonesia athlete name have winner in the world championship, Taufik Hidayat the winner of Olympics in 2005 at Yunani, and then in ALL England, the mix double pair of Indonesia Tantowi Ahmad- Lilyana Natsir be the first athlete that create hattrick championship in 2012, 2013, 2014. Optimal achievement can be reach by resistance, sacrifice, determination, and discipline and high motivation. Achievement badminton athlete always use good base technique. In general the basic component in Badminton sport can be draw in the some parts, there are grips stance Footwork, Strokes.

If someone want can well playing badminton there is a need for systematic and organized training that is done continuously so that they can hit the shuttlecock from various positions, eithe down, up or from the side. The types of punches that should be controlled by a badminton player include service, lob punch, dropshot, smash, netting, underhand, and drive. The training process undertaken by Badminton Union (PB) Semen Toga Roda in Cirebon Regency has been done since the beginning they are registered as badminton students of Badminton Association (PB) Semen Tiga Roda, especially in badminton branch. Badminton Association (PB) Semen Tiga Roda is one of badminton schools located in Cirebon Regency precisely in Gempol Sub-Province West Java Province, for students who want to develop their talent in terms of playing badminton. Participants who follow the training are not age-restricted, badminton students are free to choose between basic, proficient and private exercises. Training is held on Tuesday, Friday and Sunday at 15:00 to 19:00 at the Semen Tiga Roda Badminton

Building located inside the Semen Tiga Roda Factory. The majority of coaches in Badminton Association (PB) Semen Tiga Roda Badminton is a former badminton athlete and there are also concurrent as well as employees of three-wheel indosemen factory, one of Mr. Hadiyat.

Based on observations in Badminton Association (PB) Semen Tiga Roda located in Cirebon regency there are still many early age players who still have difficulty mastering the basic techniques of playing badminton such as service blows, and smash blows, it is seen from the way they hit shuttlecock which is still difficult to apply when the instructor instructs at the time of playing badminton. For example, many students who find it difficult to short-service punches are often imperfect. They only follow the trainer's instructions through occasional speech with practice so that students find it difficult to apply, especially early childhood who has not been able to digest what the instructor instructs.

The lack of basic techniques of badminton techniques can also make the factors that affect the players tend to be saturated with basic training materials provided by the trainer. The need for appropriate learning media and help in the learning process. In the opinion of Sujana (2002:99) that the media in teaching is the most important role as a tool to create teaching and learning process. Then Mr. Hadiyat, badminton coaches in Cirebon District stated that there is a need for basic techniques of badminton techniques that can be used as a reference or reference of the trainers to provide material, especially basic techniques of badminton practice. Based on that the researcher is interested to solve the existing problems that is by developing audio visual based media in the form of basic technique of badminton to improve the beginner athlete in Cirebon Regency, exactly at badminton club PB Semen Tiga Roda

Basic technique training model badminton Audio visual is the right soft file to create various forms of audio visual presentation that can instropection various media, such as video, animation, picture, and sound. The use of interactive media with Audio visual in the basic technique of badminton exercise is used as an alternative learning or training to overcome the above obstacles. With this training media is expected to make the basic engineering exercises more varied and get a positive response from the players badminton children early in Cirebon District, especially in the Badminton Association (PB) Semen Tiga Roda. The above description attracts the author's attention and behind the author to conduct research "Development of Basic Technique of Badminton Technique Based on Audio Visual Media for Beginner athletes in Cirebon Regency"

## METHODS

Genre of this research is Research and Development, Borg & Gall (1983:772) Research and Development is "a process used develop and validate educational product" is research that oriented in the development and validation of Learning products. Research and Development Methods also definetily as a research methods that use for create a product and product efectivity test (Sugiyono, 2012:297). Development research also as process or steps for develop a new product or to make product better (Syaodih, 2015:164).

Development model in this research adopt from Brog & Gall Development model (1983: 775-776). The steps of Development research in Borg & Gall are (1) Research and Data collection (2) Planning (3) Draf product Development (4) early field test (5) Revision of test result (6) test offield (7) Create perfectly of field test result product (8) Field test (9) create perfectly the last product (10) Deslimination and Implementation. This development research in procedural way have walked some steps, as have tell by Borg & Gell.

## RESULTS

This development research create teoritic, konseptual metodologic, and practis empirict product. The product of this research is video of recorder learning for base techniques of badminton in CD for the beginner athlete. mode of this research are short backhand service, Forehand long servis, Lob, and Smash. This recorder video have 21 minutes duration with use HD Fuji Film XA3 camera.

This research shown that mode of base technique badminton test with audio visual media for the beginner athelete in Cirebon Regency is very important to give to increase quality for playing badminton and to fullfy needs for the beginner athlete in Cirebon Regency specially. and thus, Mode of base technique badminton with audio visual media for the beginner athlete can fullfy tryng process and the purpose to learn the base technique badminton can optimally learning. In transmission of bas techniques badminton trying for athletes, materi of base technique of badminton base audio visual media can be as trying or trying media for the beginner athlete for individual or group.

### Presentation of Preliminary Product Test Result Data

The data obtained in this study are qualitative data and quantitative data. Qualitative data is in the form of data obtained based on the validation of media experts and material experts, coaches, players, and peers in the form of comments, inputs or suggestions to determine the feasibility level of product development model of basic technique of badminton exercises based on audio visual media for beginners athletes in Cirebon Regency. Quantitative data is based on data obtained from the score of responses of experts and students to measure the feasibility of media, as well as the pretest and posttest score to determine effectiveness. The research instruments used in this research are (1) observation, (2) interview, (3) questionnaire, and (4) test. Small group trial data, data was taken from athletes participants of badminton training activities in PB.Semen Tiga

Roda in Gempol Sub-district of Cirebon Regency with the number of subjects of seven athletes. Data obtained from the questionnaire, then analyzed to serve as the basis of revision. The data obtained from small group trials consists of three aspects of assessment, namely the display of content or material aspects, and model exercises. The display aspect consists of ten items, five items of content aspect, and the learning aspect consists of ten items. Data from small group trial results showed that the media included the criteria "Very Good."

This is when viewed from the average of each aspect such as the display aspect with an average score of 4.21 which includes the criteria of "Very Good", content or content with a score of 4.37 including the criteria of "Very Good", and aspects of the exercise model with a score of 4.00 includes the criteria "Very Good". Based on data of frequency distribution of aspect appraisal, content aspect, and aspect of exercise model by athletes above, for display aspect there are 72,72% assessment including "Very Good" criteria, there are 27,27% assessment including "Good" criterion. For the content aspect assessment or the material shows that there are 54.54% athletes' assessment including the "Excellent" criteria, there are 45.45% ratings including the "Good" criteria. While the learning aspect there are 63.63% assessment including the criteria "Very Good", there are 36.36% assessment including "Good" criteria. Large group trials involved athletes who participated in badminton training activities amounting to two Badminton Unions with 15 athletes. The data were collected using a questionnaire consisting of three aspects of the assessment, the display of content or material aspects, and the exercise model. The display aspect consists of 10 items, 5 items of content aspect, and learning aspect consists of 10 items. In this trial the athlete facilitated the media personally in the use of Mobile. Students are asked to respond to the media being used. Feedback and information about comments and suggestions from students on the media are observed and documented by the researcher. Data from large group trials indicate that the medium includes the criteria "Very Good". This is when viewed from the average of each aspect such as the display aspect with an average score of 4.20 which includes the criteria of "Very Good", content or content with a score of 4.60 including the criteria of "Very Good", and aspects of learning with a score 4.52 including the criteria "Very Good".

### **PRESENTATION OF OPERATIONAL DATA**

Product effectiveness test in research of developer of badminton basic technique model for beginner athlete in Cirebon Regency aims to see the difference of influence of basic technique ability to hit: short service backhand, long forehand service, lob punch, and smash blow, from result of development and group given conventional training methods. Test the effectiveness of this product using a pseudo experimental design. The effectiveness test for the treatment group was conducted in badminton field of Semen Tiga Roda Cirebon Regency and the control group was conducted at PB Vienna in Cirebon District, the initial test was conducted in June 2017 and the final test at the beginning of July 2017, the exercise program was held in the afternoon at 15.30 and at 07.30 on Sunday. Preliminary and final test of basic technique of badminton skills to know the improvement of basic technique of badminton In Cirebon District, the following will be described quantitative data of preliminary and final test of basic technique of badminton in Gempol Sub-district of Cirebon Regency. The operational test involved two trainers and 15 novice athlete students for a pretest-posttest experiment trial and 15 students for a control group test that was not pretest-posttest treated. On the first day the coach was given directions how the audio visual media in the form of videotape model of basic technique of badminton.

Meanwhile, students as many as 15 students do pretest activities, students are given test instruments in the form of basic engineering skills hit the short serve backhand, long service forehand, punch lob, and smash blows. On the second day until the 8th meeting, students practice basic techniques of badminton that have been facilitated by the media model of basic audio visual training exercises guided by the trainers given on the mobile phone. At this stage, there are two badminton clubs as many as 15 athletes are given treatment and 15 athletes who are not given treatment ie PB. Cement three wheel experimental group and PB. Vienna control group in Cirebon District. with a total of 30 participants athletes beginners. Next is the implementation of posttest on the last day. During posttest execution, the previous students have been notified first, and will do the same with the time of pretest first. It's just that there are students who get treatment and there are not treated.

### **DISCUSSION**

#### **Badminton Game**

The basic principle of badminton game is to once hit a shuttlecock before falling on its own field by hitting or returning the shuttlecock to the opposing area by crossing the net, either being hit hard or slowly to force the opponent to move or run in the field. The basic goal of badminton games is to get the number 21 or as many as 30. Figures for men's singles, women's singles, men's doubles, women's doubles, and mixed doubles. According to Syahri (2007: 02) Badminton or Badminton is one of the most famous sports achievements around the world. Although the origin of this sport is not known for certain because it is the embryo of this type of sport is played in several countries are clear at this time almost all countries are competing to learn and develop various strategies Badminton games. According Salim (2008: 09) badminton is the action against each other hit a ball shaped like a bullet equipped with accessories made of poultry feathers. Action hit each other is done by two people or team with each throw and receive the ball. Achievement of a badminton athlete can not be separated from the mastery of the basic techniques that hasur owned. The basic components in badminton sport can be described in general to some parts, namely grips (holding racket), stance (standing attitude), footwork (foot movement), stroke (punches).

Historically, the badminton game comes from the game "Poona" and originated in India. By some British army officers who colonized India at the time, the game was brought to England and developed there. In 1873, the game was played in the palace park of Duke de Beaufort Gloucester Shore. Therefore, the game is then named "Badminton". Badminton or badminton then developed in many countries and entered into Indonesia brought by the Dutch people.

### **AUDIO VISUAL MEDIA**

Audio visual media, "Audio visual media is combination media between audio and visual that create by self as slide that combined with audio tape (Wingkel, 2009:321). Sanjaya (2010:172) audio visual media is media that have voice material and picture material can be looked, as video recorder, film, voice slide and etc. wallpaper style that served by VCD for to fully experience for student for construction, can be concluded audio visual is media that can be projected in screen monitor while picture and voice. The aim of this media is to introducing, explaining abstract shape and concept for the student, to make student do something and balancing the attitude.

### **MEDIA SELECTION**

The selection of media should be tailored to the accomplishment of every medium has its peculiarities. According to Arsyad (1997:72) psychological principles that need consideration in the selection and use of media, ie motivation, individual differences, learning objectives, organization of content, emotions, participation, feedback, strengthening, practice and repetition, and application.

First motivation It is necessary to generate interest with the motivating treatment of the information contained in the media. Second, individual references. The speed of presentation of information through the media should be based on the level of understanding. The media should be able to be understood by all students who differ individually. Third, the purpose of, learning. This objective will determine which parts of the content should be the main attention in a medium. Fourth, the content of organization. Learning will be easy if the content and procedures or meaning to be studied are organized and organized into meaningful sequences. Fifth, preparation before study. Students should have a good mastery of basic lessons or have sufficiently required experience that may be a prerequisite for successful media use.

Sixth, emotion. Media is an excellent way to generate emotional responses, such as fear, anxiety, empathy, love, and pleasure. Seventh, participation, Active participation by students is much better than listening and watching passively. Participation means mental or physical activity that occurs on the sidelines of the presentation of learning materials. With the participation of greater opportunities open to students to understand and remember the lesson. Eighth, feedback. Learning outcomes can improve if students are regularly informed learning progress. Knowledge of learning outcomes, good work, or the need for improvement on particular sides will contribute to sustained learning motivation. Ninth, reinforcement. When students are successful, they are encouraged to continue learning. Successfully driven learning can build confidence, and positively influence behavior in the future. Tenth, practice and repetition. Something new can rarely be effectively learned in just one way. For a knowledge or skill to be part of one's intellectual competence or skill, knowledge or skill is often repeated and trained in various. Thus, he will stay in long-term memory. Eleventh, application. The desired learning outcomes are to improve a person's ability to apply or transfer learning outcomes to a new problem or situation. Without being able to do this, perfect understanding can not yet be said to be mastered.

### **CONCLUSION**

Based on theory, hypothesis discussion, the result and conclusion from analysis result based on data, so the researcher give suggestions, first coach of badminton club can expect use this product as example of product media trying. With use individual media, athlete can be understanding more with repeating material based on athlete want. Second, socialisation of media product also needed. it can help coach in training process and can be applied on all generation or age that soon can be good growing, creative more, innovative more. Third, product developing can applied on next material themes or another science learning. Fourth, program of audio visual media base technique badminton have proved effectively for increasing skill of bas techniques of athletes and very understanding more of athlete to understanding with good movement. Developing product of base techniques audio visual media in PB Semen Tiga Roda Club can increase creativity of sport teacher in learning of badminton base techniques; short service backhand, long service forehand, lob, and smash. Fifth, for the next researcher, product of base techniques of badminton for the beginner athlete based on audio visual media have good exercise model because have validated, for teoritic and empiric.

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