

ABSTRACT

Robinsan. Effectiveness of Paired Methods and Diagrams Ball Methods on Learning Results Forehand Push Drive Table Tennis In Students Class X SMKN 31 Jakarta, 2017.

Essay. Jakarta: Faculty of Sport Science, Universitas Negeri Jakarta, 2017.

This study aims to find a more effective method between paired method and ball method is fed to the learning result of forehand forkand drive table tennis in the students of class X SMKN 31 Jakarta.

The study was conducted in May-June 2017. The meeting was held 16 times, including the initial test and the final test, performed twice a week every 2-hour meeting. Implementation schedule: Monday and Tuesday. Time: 08: 00-10: 00 WIB. The method used in this research is eskperimen method. The population of the study were students of class X SMKN 31 Jakarta as many as 30 people. However, for the study, only 20 samples were taken by purposive random sampling.

From the existing data from the preliminary group test the paired method with the ball method was obtained tcount value of 0.12 then tested with ttable at the level of significance 5% and degrees of freedom $(N1 + N2) - 2 = 18$ obtained ttable of 2.10 Means tcount <ttable, which means H0 is accepted and H1 is rejected. Thus it is known that the learning result of

forehand punch drive group table tennis pairwise paired method is not different from the ball method fed.

The data collected from the preliminary and final test results obtained t count of 3.34 with 5% significance level and degrees of freedom $N-1 = 9$, obtained ttable of 2.26 which means $t_{hitung} > t_{table}$, then H_0 rejected and H_1 accepted, That there is a convincing difference between before and after the paired method applied to the learning result of a forehand drive blow.

Data collected from preliminary and final test results obtained tcount of 3.20 with significance level of 5% and degrees of freedom $N-1 = 9$ obtained ttable of 2.26 which means $t_{hitung} > t_{table}$, then H_0 is rejected and H_1 accepted, There was a convincing difference between before and after the ball method was applied to the learning result of the forehand drive blow.

Thus from the results of data processing this study can be concluded that there are differences in results between the paired method with the ball method fed. However, judging from the results of the two average values, the mean value of the paired method is more than the average value of the ball method fed. So convincingly the pairwise method is more effective than the ball method is fed to improving learning outcomes forehand drive on students SMKN 31 Jakarta.