

## **ABSTRACT**

*Effect of Training Method and Practicing Motivation to Passing Ability in Playing Football of Student who Follow the Football Extracurricular Activities in SMP N 16 Jambi*

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**Keywords:** *Football, passing ability, training methods, practicing motivation*

*This study aims to determine: (1) the difference in the passing ability in playing football on students who were given whole training methods with part training methods; (2) the interaction between training methods with the practicing motivation on passing ability in playing football; (3) the difference in the passing ability in playing football between student that given the whole training methods with the part training methods on students with high practicing motivation; and (4) the difference in the passing ability in playing football between student that given whole training methods with the part training methods on students with low practicing motivation. The study was conducted on students who follow the football extracurricular activities in SMP N 16 Jambi. This research used experimental methods with treatments design by level 2 x 2. The variables in this study is the ability of passing as the dependent variable, the whole and the part training methods as the independent (treatment) variables and practicing motivation as attributes variable. The populations in this study were all students who follow the football extracurricular activities in SMP N 16 Jambi numbered 88 people. This study determined the sample with purposive sampling technique using criteria where the sample was taken as much as 27% of students with high practicing motivation and 27% of students with low practicing motivation. Data were analyzed by using Two Ways Variant Analysis (ANOVA) and continued by Tukey test if found the interaction between training methods and practicing motivation. Based on the results of data analysis found that: (1) there are differences in the effect of whole training methods and part training methods on the ability of football passing; (2) there is an interaction effect of training methods and motivations to the ability of football passing; (3) there are differences in the effect of whole training methods and part training methods for students with high practicing motivation on the ability of football passing; and (4) there is no difference in the effect of whole training methods and part training methods for students with low practicing motivation on the ability of football passing.*

## **ABSTRAK**

Pengaruh Metode Latihan dan Motivasi Berlatih terhadap Kemampuan Passing dalam Bermain Sepakbola pada Siswa Yang Mengikuti Kegiatan Ekstrakurikuler Sepak Bola di SMP N 16 Kota Jambi

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Kata Kunci : Sepakbola, kemampuan passing, metode latihan, motivasi berlatih

Penelitian ini bertujuan untuk mengetahui: (1) perbedaan kemampuan *passing* dalam bermain sepakbola pada siswa yang diberi metode latihan *Whole* dengan yang diberi metode latihan *Part*; (2) interaksi antara metode latihan dengan motivasi berlatih terhadap kemampuan *passing* dalam bermain sepakbola; (3) perbedaan kemampuan *passing* dalam bermain sepakbola antara yang diberi metode latihan *Whole* dengan yang diberi metode latihan *Part* pada siswa dengan motivasi berlatih tinggi; dan (4) perbedaan kemampuan *passing* dalam bermain sepakbola antara yang diberi metode latihan *Whole* dengan yang diberi metode latihan *Part* pada siswa dengan motivasi berlatih rendah. Penelitian dilakukan pada siswa yang mengikuti kegiatan ekstrakurikuler sepakbola di SMP N 16 Kota Jambi. Penelitian ini menggunakan metode eksperimen dengan desain *treatmen by level* 2 x 2. Variabel dalam penelitian ini yaitu kemampuan passing sebagai variabel terikat, metode latihan whole dan part sebagai variabel bebas berupa treatment (perlakuan) dan varibel motivasi berlatih sebagai variabel atribut. Populasi dalam penelitian ini adalah seluruh siswa yang mengikuti kegiatan ekstrakurikuler sepak bola di SMP 16 N Kota Jambi berjumlah 88 orang. Sampel penelitian ini tentukan dengan teknik *purposive sampling* dengan menggunakan kriteria dimana sampel diambil sebanyak 27% dari siswa dengan motivasi belajar tinggi dan 27% siswa dengan motivasi rendah. Data hasil penelitian dianalisis dengan menggunakan *Analisis Varian (Anava)* dua jalur dan dilanjutkan dengan *Uji Tuckey* apabila ditemukan interaksi antara variabel metode latihan dengan variabel motivasi. Berdasarkan hasil analisis data ditemukan bahwa: (1) terdapat perbedaan pengaruh metode latihan whole dan metode latihan part terhadap kemampuan passing sepakbola; (2) terdapat interaksi pengaruh metode latihan dan motivasi terhadap kemampuan passing sepakbola; (3) terdapat perbedaan pengaruh metode latihan whole dan metode latihan part bagi siswa dengan motivasi berlatih yang tinggi terhadap kemampuan passing sepakbola; dan (4) tidak terdapat perbedaan pengaruh metode latihan whole dan metode latihan part bagi siswa dengan motivasi berlatih yang rendah terhadap kemampuan passing sepakbola.