

**BADMINTON SERVICES TRAINING MODEL  
FOR BEGINNERS**

**EKA YULIAWAN BUDIMAN**

**ABSTRACT**

*The purpose of this research and development is to produce a model of training services for athletes badminton beginners. In addition, research and development is carried out to obtain information related to badminton training has been done. Get the Information related to the implementation and effectiveness of exercise training models developed badminton service. Research and development models badminton service training for beginners atlte research methods Research & Development (R & D) from Borg and Gall. Subjects were beginners badminton athletes as much as 45 research subjects. 15 research subjects for small groups and 45 research subjects to large group. Data were obtained from pre-test and post-test related short service skills and length of service with the use of test instruments short service and long service. Research data analysis using t test with significance level 0:05. Analysis of data obtained by the average value of short service skills pre-test 25.24, the average value of post test 34.07 and an average pre-test and post-test -8.822, -27.581 t value, significance (2-tailed) 0,000 a significance level of 0.05, H0 is rejected. While the data analysis skills of the average value of the long service pre test 20.76, the average value of post test 30.11 and an average pre-test and post-test -9.356, -59.893 t value, significance (2-tailed) 0,000 a significance level of 0.05, H0 is rejected Based on the information it can be concluded that this type of training services for athletes badminton beginners who developed effective and can improve the service skills of badminton for beginners.*

**Keywords:** Model, Badminton Service, Exercise

# MODEL LATIHAN SERVIS BULUTANGKIS

## UNTUK ATLET PEMULA

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### ABSTRAK

Tujuan dari penelitian dan pengembangan ini adalah untuk menghasilkan model latihan servis bulutangkis untuk atlet pemula. Selain itu, penelitian dan pengembangan dilakukan untuk memperoleh informasi terkait latihan bulutangkis yang selama ini dilakukan. Memperoleh Informasi terkait penerapan latihan dan efektifitas model latihan servis bulutangkis yang dikembangkan. Penelitian dan pengembangan model latihan servis bulutangkis untuk atlte pemula menggunakan metode penelitian *Research & Development* (R & D) dari Borg *and* Gall. Subyek penelitian adalah atlet pemula bulutangkis sebanyak 45 subjek penelitian. 15 subjek penelitian untuk kelompok kecil dan 45 subjek penelitian untuk kelompokbesar. Data hasil penelitian diperoleh dari *pre test* dan *post test* terkait keterampilan servis pendek dan servis panjang dengan menggunakan instrumen tes servis pendek dan servis panjang. Analisis data penelitian menggunakan uji t dengan taraf signifikansi 0.05. Analisis data diperoleh nilai rata-rata keterampilan servis pendek *pre test* 25,24, nilai rata-rata *post test* 34,07 dan rata-rata *pre test* dan *post test* -8,822, nilai t -27,581, signifikansi (2-tailed) 0,000 dengan taraf signifikansi 0,05 maka  $H_0$  ditolak. Sedangkan analisis data nilai rata-rata keterampilan servis panjang *pre test* 20,76, nilai rata-rata *post test* 30,11 dan rata-rata *pre test* dan *post test* -9,356, nilai t -59,893, signifikansi (2-tailed) 0,000 dengan taraf signifikansi 0,05 maka  $H_0$  ditolak Berdasarkan keterangan tersebut dapat disimpulkan bahwa model latihan servis bulutangkis untuk atlet pemula yang dikembangkan efektif dan dapat meningkatkan keterampilan servis bulutangkis untuk atlet pemula.

**Kata kunci:** Model, servis bulutangkis, Latihan.