



Improving Learning Outcomes Of Forehand Strikes Through Wall Media In Table Tennis Games For Students Of Grade X Of Private Madrasah Alivah Darul Arafah In 2025

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Abstract.

Background

Tenth-grade students at Darul Arafah Private Islamic Senior High School (Islamic Senior High School) who participated in table tennis lessons found that many students were still lacking interest and active participation during the lesson. Furthermore, students' forehand strokes were not yet optimal due to the lack of varied learning media. This impacted students' academic scores, which fell short of the Minimum Passing Criteria (KKM), with a significant number of students still scoring below 75.

Objectives

The purpose of this study was to determine the benefits of using wall media in improving the learning outcomes of tenth-grade students at Darul Arafah Private Islamic Senior High School (Islamic Senior High School) regarding forehand stroke technique in table tennis.

Methods

This study used classroom action research (CAR). The subjects were 28 tenth-grade students at Darul Arafah Private Islamic Senior High School.

Results

After implementing wall media in the physical education table tennis class, improvements were clearly visible in the psychomotor, affective, and cognitive aspects.

This was evidenced by observations during the learning process and the results of student tests administered at the end of each cycle. Student learning outcomes improved due to the collaboration between the researcher and the class teacher.

Conclusion

From the results and data analysis, this study concluded that there was an improvement in learning outcomes in table tennis forehand strokes using wall media among tenth-grade students at Darul Arafah Private Islamic Senior High School, with an average score of 71.05% in Cycle I and 79.86% in Cycle II, representing an 8.81% increase in the percentage score.

Keywords: Table Tennis Forehand Strokes, Wall Media.

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INTRODUCTION

Sport is a type of physical activity that encompasses various interrelated aspects. Each individual who exercises has different goals, such as achieving success, improving physical fitness, or simply for entertainment. Table tennis is a versatile and adaptable game that can be played individually or in teams. In the individual format, two players compete head-to-head, testing their speed, reflexes, and strategy. In the team format, which typically consists of two players per team, cooperation and coordination between team members are crucial for victory. Teams need to work well together to attack and defend effectively, leveraging each player's individual skills to win points.

In table tennis, stroke technique plays a crucial role in determining success. The forehand stroke is a technique that must be executed correctly and through regular practice. However, many athletes and students still struggle to master this technique due to limited training facilities and a lack of variety in learning media. Physical education plays a crucial role in developing students' motor skills, including skills in table tennis. In table tennis, one of the strokes used is the forehand stroke, which students should master optimally.

One method for improving forehand stroke skills is to utilize a wall. A wall can be an effective tool for practicing forehand strokes independently, as it allows players to practice accuracy, power, and consistency without needing a partner. Furthermore, a wall is an inexpensive and readily available tool. Although the use of walls in table tennis training is well known, there is little research specifically examining the impact of walls on improving forehand stroke learning outcomes. Therefore, this study aims to analyze

the extent to which the use of walls as a medium plays a role in improving forehand stroke learning outcomes in table tennis.

Based on the researcher's observations on the tenth grade students of Darul Arafah Private Islamic Senior High School who were involved in the table tennis learning process, it was found that many students were still less interested and active during table tennis learning. In addition, students' abilities were also not optimal in performing the forehand stroke form because the learning media were not varied. This affected the academic grades of students who had not reached the Minimum Passing Criteria (KKM) threshold, where there were still a large number of students who scored below 75. Based on the initial exploration conducted by the researcher, many students in the game of table tennis had not mastered the forehand stroke. Therefore, more varied learning media were needed to develop students' skills in this technique, so that their abilities in the game of table tennis could improve, which was seen from more optimal learning outcomes. One alternative in learning that has variations in practicing the forehand stroke technique is by utilizing wall media, which can help students master the stroke form more effectively. With the diversity in learning methods, it is hoped that students' interest in the sport of table tennis can increase, so that they are more active and do not feel bored while practicing.

METHOD

Research Design

This research uses the Classroom Action Research (CAR) method. Action research originates from the term "action research." This research is a new development that emerged in the 1940s as a research model emerging in the workplace, where researchers conduct their daily work. For example, classrooms are research sites for teachers, and schools are research sites for principals. In other words, action research is a way for a group or individual to organize a situation so they can learn from their experiences and make their experiences accessible to others.

Participant

The subjects in this study were students who were learning the basic techniques of table tennis forehand strokes using wall media in class X of Darul Arafah Private Islamic Senior High School. The research sample was selected using a purposive sampling technique, with a total of 28 students. This research was conducted in class X of Darul Arafah Private Islamic Senior High School located at Jl. Berdikari, Lau Bakeri Village, Kutalibaru District, Deli Serdang Regency, North Sumatra Province. This research was conducted in May 2025.

Data Analysis

The data analysis technique used is qualitative data analysis. Data analysis in qualitative research is conducted before entering the field, during the fieldwork, and after. Qualitative research is a type of research that focuses on an in-depth understanding of a particular phenomenon or problem by exploring data in the form of narratives, interviews, observations, or documentation. The primary goal is to explore the perspectives, experiences, or perceptions of individuals or groups within a specific social or cultural context. This research prioritizes meaning, process, and contextual understanding over measurement or statistics.

RESULTS AND DISCUSSION

Results

Prior to conducting this Classroom Action Research (CAR) in class X of Darul Arafah Private Islamic Senior High School, students first prayed before engaging in table tennis activities indoors. Afterward, students warmed up and then explained some table tennis lessons to students, before taking action by implementing the results of the table tennis learning. The students' initial learning outcomes showed that some students still received scores below the school's required score. Of the 28 students, only 10 students (35.71%) were able to achieve and exceed the Minimum Completion (KKM) score of 75, while 18 students (64.28%) obtained scores below the KKM score of 75 as the standard KKM score determined by the school.

Table 1. Description of the Pre-Cycle Table Tennis Learning Outcomes

No	Value Interval	Category	Frequency	Percentage %
1	91-100	Very good	0	0%

2	81-90	Good	7	25 %
3	75-80	Enough	3	10.72 %
4	< 75	Not enough	18	64.28 %
Amount			28	100%

Based on the results of the initial data recapitulation description before the intervention, it can be explained that 7 students were in the good category, 3 students in the adequate category, and 18 students in the poor category. The minimum completion criteria (KKM) set by Darul Arafah Private Islamic Senior High School was 75. This research was conducted according to the Classroom Action Research (CAR) procedure, which consists of four stages: planning, implementation, observation, and reflection. The action took place over two cycles, each consisting of two meetings, with student learning outcomes assessed at the end of each cycle. The subjects of this research were teachers and 28 10th-grade students at Darul Arafah Private Islamic Senior High School. During the intervention, the researcher acted as the teacher and the physical education teacher acted as the observer. This research began on May 12, 2025, and ended on May 26, 2025.

Discussion

After implementing wall media in table tennis, physical education students demonstrated clear improvements in psychomotor, affective, and cognitive aspects. This was demonstrated by observations during the learning process and student tests conducted at the end of each cycle. Student learning outcomes improved due to the collaboration between the researcher and the classroom teacher. This research was conducted in two cycles, each consisting of two meetings. Several meetings were not optimal due to shortcomings in the classroom action. However, these were corrected through reflection by the researcher and the classroom teacher to achieve the research objective of improving student learning outcomes. Results of the study: Implementing wall media for students in table tennis in class X at Darul Arafah Private Islamic Senior High School (MAS)

CONCLUSION

Based on the data from each cycle and the discussion of the research results, it can be concluded that the application of wall media in physical education subjects with forehand stroke material in table tennis games for class X of Darul Arafah Private Islamic Senior High School can improve student learning outcomes. This is shown by the increasing results of research that has been carried out in cycles I and II by applying learning media, namely walls, in physical education learning at school.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Muhammad Fauzi, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Ramadan Ginting performed data analysis, interpreted the findings, and contributed significantly to the drafting of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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