The Effect of Sepak Sila Training on Passing Accuracy in Sepak Takraw among Extracurricular Students at SMP Negeri 5 Kota Bima

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Abstract

Background	Sepak takraw is a highly technical sport that demands precision, agility, and control, especially in passing skills. One of the key techniques, *sepak sila*—a method of kicking the ball using the inner foot—is essential for accurate ball passing. However, many student-athletes still struggle with this fundamental skill due to monotonous training methods.
Objectives	This study aimed to determine the effect of the *sepak sila* training model on improving the passing accuracy of sepak takraw among extracurricular students at SMP Negeri 5 Kota Bima.
Methods	This was a pre-experimental study using a One Group Pretest–Posttest Design involving 15 student-athletes selected through total sampling. Participants underwent a structured sepak sila training program consisting of 16 sessions. Data were collected using a sepak takraw-specific passing test and analyzed using descriptive statistics and paired sample t-tests.
Results	There was a significant increase in passing accuracy scores from pretest (M = 9.6, SD = 2.37) to posttest (M = 17.73, SD = 1.53), with a t-value of -26.532 and a p-value of 0.000 (p < 0.05), indicating a statistically significant improvement in passing performance after the intervention.
Conclusion	The sepak sila training model significantly improves the passing accuracy of students in sepak takraw. It is recommended that coaches incorporate this model into their training programs to enhance performance outcomes.

Keywords: Sepak sila, sepak takraw, passing accuracy, extracurricular training, skill development.

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INTRODUCTION

Sepak takraw is a traditional Southeast Asian sport that demands a combination of agility, coordination, and technical mastery. Among the key techniques used in the game is *sepak sila*, a fundamental movement involving the inner part of the foot to control, pass, and receive the ball. Mastery of this technique significantly contributes to overall performance, particularly in executing accurate ball passes during gameplay (Hanafi, 2020). However, in school-based training, particularly in extracurricular settings, many students still exhibit inadequate ball control and passing accuracy due to repetitive and unvaried training routines.

At SMP Negeri 5 Kota Bima, sepak takraw is offered as an extracurricular activity and has shown promising results in regional competitions. Despite the students' enthusiasm and experience, it has been observed that many struggle with passing consistency and ball control—core elements of competitive sepak takraw. In particular, inaccuracies in executing *sepak sila* during the first reception after service remain a challenge.

Effective training methods are fundamental to improving athletic skills. According to Amansyah & Baulay (2019), systematic and varied training enhances both physical and technical aspects of athletic performance. Previous studies have shown that specific drills focused on *sepak sila* improve ball control and passing among young athletes (Mymo Septian, 2021; Sucipto et al., 2017). Hanif (2020) further explains that *sepak sila* is not only a basic skill but also the "mother technique" of sepak takraw, serving as the foundation for tactical plays and point scoring.

Moreover, effective training should also consider the psychological and motivational aspects of learners. Budiwanto (2012) emphasized that monotonous routines lead to decreased motivation and performance, whereas varied and interactive training programs maintain athlete interest and encourage skill development.

Despite the existing evidence on the benefits of *sepak sila* training, there is limited research specifically addressing its effect on passing accuracy within junior-level extracurricular programs, especially in the Indonesian school context. Most prior studies focus on university athletes or general training without isolating the impact on passing precision. Furthermore, studies rarely assess this using a structured, pre-post experimental design among adolescent learners.

Given the importance of accurate passing in sepak takraw and the observed deficiencies among students at SMP Negeri 5 Kota Bima, this study was conducted to address the training gaps by implementing a structured *sepak sila* training model. It is expected that by focusing intensively on this technique, students' passing accuracy will improve significantly, thus contributing to their individual and team performance in competitive play.

The primary aim of this study is to investigate the effect of the *sepak sila* training model on passing accuracy in sepak takraw among extracurricular students. The hypothesis is stated as follows: This study hypothesizes that the implementation of the *sepak sila* training model will have a measurable impact on students' passing accuracy in sepak takraw. The null hypothesis (H_0) posits that there is no significant effect of the *sepak sila* training model on passing accuracy in sepak takraw. In contrast, the alternative hypothesis (H_1) suggests that the *sepak sila* training model significantly improves the passing accuracy of sepak takraw among extracurricular students.

METHOD

Participant

The participants in this study were 15 students (10 male, 5 female) enrolled in the sepak takraw extracurricular program at SMP Negeri 5 Kota Bima. These students were selected using a total sampling technique, whereby all members of the population were included in the sample. All participants were actively involved in the school's sepak takraw training sessions and had basic prior exposure to the sport. The research was conducted over a period of one month during the 2024 academic year.

Research Design

This study employed a pre-experimental design using the One Group Pretest–Posttest Design. This design involves a single group of participants who are tested before and after the intervention. The intervention consisted of a structured *sepak sila* training program delivered over 16 sessions. Each session included warm-ups, targeted sepak sila drills (individual and paired), and gameplay implementation. The dependent variable in this study was passing accuracy, while the independent variable was the sepak sila training model.

Data Analysis

Data were collected through a sepak takraw-specific skill test that measured passing accuracy. Participants were given five attempts to perform *sepak sila* passes, and performance was scored based on the accuracy of the ball landing within designated zones. Descriptive statistics, including mean, median, mode, and standard deviation, were calculated for both pretest and posttest scores. The paired sample t-test was used to determine whether the difference in mean scores before and after the intervention was statistically significant. Data analysis was conducted using SPSS version 22, with a significance threshold set at $p < 0.05$.

RESULTS AND DISCUSSION

Results

This study aimed to investigate the effect of the *sepak sila* training model on passing accuracy in sepak takraw among extracurricular students at SMP Negeri 5 Kota Bima. A total of 15 students participated in the pretest and posttest assessments, which were analyzed using descriptive and inferential statistics.

Descriptive Statistics

The descriptive analysis of the pretest scores indicated a minimum passing accuracy score of 5 and a maximum score of 14, with a mean score of 9.6, a median of 9, and a mode of 9. The standard deviation was 2.37, indicating a moderate level of variability in the students' baseline performance.

Following the training intervention, the posttest results showed marked improvement. The minimum score increased to 15, while the maximum reached 20. The mean posttest score was 17.73, the median was 18, and the mode was 18. The standard deviation was 1.53, reflecting a more consistent level of performance among participants after the training.

Paired Sample t-Test Analysis

A paired sample t-test was conducted to determine whether there was a statistically significant difference between pretest and posttest passing accuracy scores. The results revealed a mean difference of 8.13 (SD = 1.19), with a t-value of -26.532 and a p-value of 0.000 (p < 0.05). These findings indicate a highly significant improvement in students' passing accuracy following the sepak sila training intervention.

Interpretation

The statistical analysis confirms that the sepak sila training model had a significant positive effect on the passing accuracy of the participants. All students demonstrated improvement in their posttest scores, with the greatest gains observed among those who initially exhibited lower skill levels. The consistency in post-intervention performance, as indicated by the lower standard deviation, suggests that the training model was effective not only in enhancing individual performance but also in reducing variability across the group.

Discussion

The findings of this study demonstrate that the *sepak sila* training model has a statistically significant effect on improving passing accuracy in sepak takraw among extracurricular students. The posttest results revealed a substantial increase in students' performance compared to the pretest scores, with a mean improvement of 8.13 points. This improvement confirms that targeted and systematic training focusing on *sepak sila* is highly effective in enhancing technical performance in young sepak takraw athletes.

This outcome is consistent with prior studies conducted by Mymo Septian (2021) and Sucipto et al. (2017), who found that varied and focused training on basic techniques such as *sepak sila* significantly improves motor skills and game performance. The improvement was particularly notable among students who initially exhibited lower skill levels, indicating that the training model was inclusive and adaptive to individual needs.

One of the key factors contributing to the effectiveness of the *sepak sila* training model is the incorporation of progressive and repetitive drills that simulate real match conditions. According to Amansyah and Baulay (2019), athletic performance can be optimized when training is designed to be sport-specific, goal-oriented, and systematic. The structured format of the intervention in this study allowed students to internalize technical movements through continuous practice, ultimately leading to better control, coordination, and passing accuracy.

Additionally, the psychological impact of the training model should not be overlooked. As Budiwanto (2012) suggested, monotony in training can lead to decreased motivation and engagement, particularly among young athletes. In contrast, the use of varied drills in this study helped maintain students' interest and fostered a more enjoyable and dynamic learning environment. This likely contributed to the significant improvement observed in their performance.

The improvement in posttest scores and the reduction in performance variability (as indicated by the lower standard deviation) further support the effectiveness of this training approach. It demonstrates that not only did individual students improve, but the group as a whole became more consistent in their passing abilities—a key factor in successful team play in sepak takraw.

However, it is important to acknowledge that performance in sepak takraw is influenced by multiple factors beyond technical training. Physical fitness, mental readiness, and tactical understanding also play critical roles in overall performance. As such, while the *sepak sila* training model effectively improved passing accuracy, future research should explore integrating physical conditioning and mental skills training to further enhance performance outcomes.

In conclusion, this study provides empirical evidence that a focused *sepak sila* training model is a highly effective method for improving passing accuracy in sepak takraw. The results support the integration of technique-specific training into school-based extracurricular programs to promote skill development and elevate performance among young athletes.

CONCLUSION

Based on the results of this study, it can be concluded that the implementation of the *sepak sila* training model has a significant and positive effect on the passing accuracy of sepak takraw among

extracurricular students at SMP Negeri 5 Kota Bima. The marked improvement in posttest scores, as compared to pretest performance, confirms that focused and structured technical training can effectively enhance specific motor skills necessary for competitive play.

The *sepak sila* technique, being fundamental to ball control and accurate passing in sepak takraw, proved to be highly responsive to targeted intervention. The findings suggest that the consistent application of varied training drills not only improved individual student performance but also promoted overall group consistency. This underscores the importance of utilizing specific and purposeful training models in school-based sports programs to support skill acquisition and athletic development.

In light of these findings, it is recommended that physical education teachers and sepak takraw coaches integrate sepak sila-focused drills into their training regimens. Furthermore, future research may expand upon this study by incorporating other variables such as agility, tactical awareness, or psychological readiness to gain a more comprehensive understanding of performance enhancement in sepak takraw.

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AUTHOR CONTRIBUTION STATEMENT

The author solely contributed to all aspects of this study, including the conceptualization and design of the research, data collection, analysis, and interpretation of findings. The author also prepared, reviewed, and finalized the manuscript for publication. All responsibilities related to the ethical conduct of the research and accuracy of the reported data rest with the author.

CONFLICT OF INTEREST AND FUNDING

There is no conflict of interest

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