

## BASIC TECHNIQUE ANALYSIS OF BACKHAND STROKE IN BADMINTON GAME AT PB BUANA SAKTI, LUBUKLINGGAU CITY

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**Abstract:** This study aims to describe the Basic Techniques of Backhand Overhead Badminton in PB Buana Sakti Watervang, Lubuklinggau City. This research is a type of qualitative descriptive research. The subject of this research is the badminton coach and student of PB Buana Sakti Watervang Lubuklinggau City. Data collection techniques were carried out by interview, observation, and documentation. Data were analyzed using components recommended by Yuliawan and Tony Grice. Data collection was carried out during the day after collecting all the data directly analyzed. The results showed that the value of the movement on the basic technique in short serve badminton in PB. Buana Sakti said that of the 13 participants who took the observation, interview and documentation test, they were coaches and students, that the basic technique of hitting Backhand Overhead PB. Buana Sakti Watervang, when viewed from the aspect of observation based on the ability of the participants, that the basic technique of hitting Backhand Overhead PB. Buana Sakti watervan has good results.

**Keywords:** Basic Techniques, Badminton and Backhand Overhead.

### Introduction

Developments in science and technology today have a very large influence on the pattern of human life and sports science. Sport is something that is needed for everyone community life, while this can be seen in terms of education, physical and psychological, as well as social. Therefore, many countries pay great attention to activities in the field of sports, so sport does not only play a role in improving the physical fitness of the population of a nation, but sports also take part in competitions both at the national and international levels. that can make its nation proud.

Badminton has a sport that is very much loved by people all over the world, including Indonesia. It can see in the number of people who take part in every badminton sport activity that has been held, in the form of matches at the RT level to the world level. Badminton can also be played by everyone from children to adults and can also be played indoors or outdoors. In Indonesia, badminton has been known for a long time. That this sport is one of the most popular sports in Indonesia. On May 5, 1951 in Indonesia was established the parent organization of the badminton sport, known as the All-Indonesian Badminton Association (PBSI).

Badminton is a game that is played one on one (*single*) or two (*double*) by hitting the *shuttle cock* using a racket so that it passes over the net, thus trying to return the shuttle so that it does not fall in its own area. This is as stated by Mateus (2017: 46) Badminton is a game that is loaded with various abilities and complex body movement skills, where a player

must perform fast movements, jump, rotate the body and try to reach the shuttle, as well as attack and defend. but without losing balance.

The badminton game in Lubuklinggau City has many enthusiasts from children to adults and many teams have been formed in Lubuklinggau City to be able to take part in prestigious events such as tournaments held in Lubuklinggau City. PB Buana Sakti Watervang was founded in January 2019, and previously this *club* was PB. Wahana which was founded in March 2015. The change in the club's name was due to a change in management who also wanted to change the *club name*. As a forum for channeling interests and talents in the field of badminton, this *club* produces athletes at the Lubuklinggau City level.

Based on research observations with PB Buana Sakti Watervang together *Coach* Mr. Fitriadi, M.Pd. what the author did was related to the problem analysis of the lack of an exercise program with *drills* for *backhand* strokes being the main factor in efforts to improve *backhand strokes*. *Backhand overhead* is a shot made to the *shuttlecock* that bounces to the left of the top of the head. In this case the badminton game has the aim that a player based on the observations made by researchers, it is obtained that the percentage of *backhand* strokes has a very low percentage in training at PB Buana Sakti Watervang.

Based on the results of interviews with the chairman of PB Buana Sakti Watervang Mr. Fitriadi, M.Pd. said that all the basic techniques of hitting have been taught in the form of a program, but there are some techniques that are just basic and the *backhand* is the weakness or the weakest of the basic stroke techniques mastered by the athletes. The reason why athletes do not master the *backhand* stroke is because there is no special program for the *backhand* stroke itself, there is still no special program for *backhand* basic technique *drills* and lack of coaching which causes a lack of training effectiveness so that the basic *overhead clear backhand* stroke technique is not good during practice. PB Buana Sakti Watervang that is the basic technique that must be mastered by every player. The success factors that must be mastered by the player, some of which are the most dominant, are how to hold the racket (*grips*), alert attitude, *footwork* and *strokes*.

## Method

This research use descriptive qualitative approach. According to Sugiyono (2019:1) qualitative research methods are research methods used to examine the condition of natural objects (as opposed to experiments) where the researcher is the key instrument, the data collection techniques are combined, the data analysis is inductive and the results of qualitative research emphasize meaning rather than generalizations.

Based on the above opinion, the descriptive qualitative method is a method that analyzes data in the form of written or spoken data from someone who is observed. Methods in data analysis are generally shown to process data and lead to valid conclusions. The type of qualitative descriptive research used in this study is intended to describe the analysis of the basic techniques of PB Buana Sakti badminton *backhand* strokes.

## Results and Discussion

### Research result

The results of research that has been carried out by researchers during the field found information about the data of data sources needed by researchers. Based on the problems and research objectives that have been discussed in chapter 1, the researcher describes the basic *backhand overhead* technique of Badminton Sports PB Buana Sakti Watervang Lubuklinggau City 1. Researchers have found and collected data from interviews, observations and also documentation, therefore the need for informant data by researchers.

No	Name	Age	Status	Address
1.	Fitriadi, M.Pd	34	Student Training	Jl. Nangka Kacung
2.	Dimas Radhitya	16	Trainee	Jl. Pelita
3.	M. ExhanFebriano	14	Trainee	Jl. Majapahit
4.	Chelsy	14	Trainee	Jl. Kalakesik
5.	Alini Agustin	15	Trainee	Jl. Kenanga 1
6.	Ridwan April Rossie	12	Trainee	Jl. Kenanga 1
7.	M. Agung Tri Satrio	15	Trainee	Jl. Mesat Seni
8.	Velicitta Nanda Wijaya	8	Trainee	Jl. Raden Wijaya
9.	Rafa	10	Trainee	Jl. Beringin
10.	Agung Zaki Gibran	10	Trainee	Jl. Permai III
11.	Nizam	10	Trainee	Jl. Dempo Raya
12.	Veli	8	Trainee	Jl. Perumnas Niken
13.	Fionna Panna Devi	9	Trainee	Jl. Kelabat

In this study, the researcher used interviews to obtain direct data information so that the data obtained were more accurate and plentiful, the information obtained from the interviews was about the knowledge of the informants about the basic techniques of badminton, especially the *overhead backhand stroke*. Interviews were conducted with a structured technique, therefore the researchers interviewed using a structured interview guide that had been prepared by previous researchers. Therefore, researchers are looking for information directly or orally, namely by interviewing one by one informant consisting of a trainer and a trainer students, therefore the number of interview respondents consisted of 13 people consisting of 1 coach and 12 badminton students PB Buana Sakti Watervang.

From the analysis that has been carried out by the researcher based on the data that has been collected through interviews, it can be concluded that how the movement of the prefix, execution, suffix movement of the *backhand* stroke. The correct *overhead* has answered all correctly based on a review of the theory and available sources.

Observations are made by observing the results of all problems that arise with the naked eye and directly based on the facts, the data from the observations may also have a similar relationship with the results of the interview, this is what usually has similarities or differences.

From the observations made by researchers regarding the basic *backhand overhead technique motion*. And the results of the ability test on the participants showed good quality, but not all participants had the same abilities and results, therefore there were some participants who tended to make mistakes in a movement. From table 4.2 above all students have done well. There are 4 students who can execute the *backhand overhead* stroke very well and get a score of 7 with a percentage of 100%, as for 2 students who can perform the *backhand overhead* stroke very well and get a score of 6 with a percentage of 85.7%, and there are also 3 students who can perform the *backhand overhead* stroke quite well and get a score of 5 with a percentage of 71.4%. For the last one, there were 3 students who performed the *backhand overhead* stroke poorly and got a score of 4 with a percentage of 57.1%.

From the results of the data above, the students have hit *backhand overhead*. There are 6 students who hit the *backhand overhead* very well by getting a percentage of 30% and as for 3 students who do the *backhand overhead* shot quite well by getting a percentage of 15% and finally there are 3 students who have done the *backhand overhead* shot poorly and got a percentage 15%. It can be seen that almost all students have done the *backhand overhead* stroke correctly and in accordance with the theory.

## Result and Discussion

Based on the results of research conducted by researchers in PB. Buana Sakti Watervan, therefore it can be described about the discussion based on the research objective, namely to describe the basic *backhand overhead stroke technique*, therefore this will be discussed regarding the results of interviews and observations that have been made by researchers on research informants. Then from the results of the research obtained from informants, the researchers found several findings regarding the basic *backhand overhead* technique of PB badminton participants. Buana Sakti watervan. It can be seen that what are the results of interviews and observations?

The basic *backhand overhead* technique motion is categorized as having a good quality. This can be seen from the results of interviews, to be strengthened by the observations of researchers through observations, that the basic technique of hitting *backhand overhead* by PB participants. Buana Sakti watervan, in accordance with theoretical studies. At the time of starting the basic *backhand* technique, the motion produced by the participants was in accordance with what was stated in the source in the theoretical study. And also the participant's prefix is done correctly. Furthermore, when doing the basic *backhand overhead technique*, some of the participants made an error when starting the *backhand overhead basic technique*. The researcher stated that from the mistakes in the implementation of the basic *backhand overhead* technique by some participants who were still unable to do this technique, it occurred in how to push the shuttle with a racket. Indeed, the basic technique of hitting the *backhand overhead* is how to push the shuttle with a racket

which should be done slowly and low over the net. But in fact some participants did not do what was appropriate to the source of the theoretical study.

It can be seen at the end of the basic *backhand overhead* technique that was done well according to the theoretical study and sources, while those who did it were not good enough. Therefore, this will discuss the interviews and observations that have been made by researchers with research informants where researchers see for themselves how the students perform the *backhand overhead* technique by means of observation. From the findings obtained from the informants, the researcher got several findings about the basic *backhand overhead* PB technique. Buana Sakti watervang including some students do very well and some are still not good at doing the technique.

It is known how the results from interviews and observations of motion observations of the basic *backhand overhead* technique are categorized as having good quality. According to Yuliawan (2017:15) the stroke that is relatively difficult for players to do is the *backhand*, this is because the principle of grip in the *backhand* book is not mastered by the technique.

The *backhand overhead* shot made by the participants was done quite well because all the participants already knew how to start, execute and end the *backhand overhead stroke*. That is when you want to hit a *backhand overhead*, which must be considered first to pay attention to the position of hitting sideways towards the back where students must first pay attention to how the position is when they want to make a shot, and then hold the hand holding the racket up with the lower hand parallel to the floor, so pay attention to holding hands when holding the racket on top and also pay attention to hands on the bottom. For the head of the racket pointing down, it is clear that the head of the racket is at the bottom. After that, put your weight on the dominant back leg, so that the foot can be supported by weight, with the elbow ahead of the stretching movement, it must be noted that the elbow must precede the hand movement when extending it. Therefore, for the racket to follow the contact area downwards parallel to the return of the ball the racket follows where the contact points to the section down after making a hand reaching movement followed by when returning the ball. For the ending Push your body forward with your back foot to push your body back toward the center of the court and use weight transfer to add momentum and power.

It can be concluded that do not use the power on the wrist, excessively. Because it will only affect the direction and accuracy of the stroke to be made. Therefore, you must pay attention to how the correct position will be when you are going to do a *backhand overhead shot*. This research is supported by previous research by Agus Tomi. et al,. (2020) entitled Improving Badminton's *Backhand Overhead Clear* with the *Drill* Method. The purpose of this study is to improve the basic technique of *backhand overhead clear* badminton with the *drill* method for male athletes aged 7-12 years.

## Conclusion

Based on the results of qualitative research through observation, interviews and documentation techniques carried out in PB. Buana Sakti watervan conducted by researchers with the title "Basic Technique Analysis of *Backhand* Strokes in Badminton Games at PB Buana Sakti, Lubuklinggau City" can be drawn several conclusions. The conclusions are presented as follows:

1. According to the data obtained by the researcher, in the basic technique of short serve badminton in PB. Buana Sakti was watered by 13 participants and 1 trainer who took the observation, interview and documentation test. there are 6 people who are doing very well and 3 people are quite good and 3 people are not very good.
2. In accordance with the data obtained by the researcher, in the basic technique of hitting *backhand overhead* in PB. Buana Sakti watervang of the 12 participants who took the observation, interview and documentation test, all participants did well. So it can be concluded that the basic technique of hitting *backhand overhead* is PB. Buana Sakti is watervan, if you look at it from the observation aspect is based on the ability of the participants, that the basic technique of *backhand overhead* PB movement. Buana Sakti watervang has good results.

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