

Analysis of Wrist Fitness on the Backhand Lob Badminton Better For Badminton Athletes in Takalar District



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ABSTRACT: This study aims to determine the level of wrist flexibility on badminton backhand lob for badminton athletes in Takalar District. This research type is quantitative research. The variables in this study are wrist flexibility and backhand lob strokes. The population in this study is all badminton athletes in Takalar District, the sample technique that used in this study is simple random sampling. Data collection techniques used are wrist flexibility test and backhand lob test. The method used in this research is descriptive correlation, namely by knowing the relationship between wrist flexibility and the ability to hit backhand lobs for badminton athletes in Takalar district. Based on the research, the result shows that wrist flexibility on badminton backhand lob strokes for badminton athletes in Takalar district as many as 20 respondents has a significant relationship between wrist flexibility. With the elasticity of the muscles and the breadth of the joints, it will be easier for a person to master movement skills in various sports and faster, because the possibility of movement will be more flexible and difficult movements can be done, such as doing lob movements in badminton.

KEYWORDS: Wrist Flexibility, Backhand Lob, Badminton

I. INTRODUCTION

Badminton is a sporting activity that involves using a racket and shuttlecock to hit it over the net. Badminton is a sport that is popular with various groups of people, from urban to rural areas.

Badminton is a type of sport that is popular among the residents of South Sulawesi. This sport is widely known and can be enjoyed by people of all ages and backgrounds, both men and women. Both in cities and in remote villages. The popularity of this sport is so widespread that almost everywhere you can find a badminton court, even though it is in a very simple form. Moreover, badminton is a sport that has provided brilliant achievements for Indonesia, making it a source of pride for this country.

Badminton is a sport that is quite popular among the people of South Sulawesi. This game is famous and can be enjoyed by people of all ages, both men and women, from various walks of life, this sport is popular not only in big cities, but also in remote villages. The popularity of this sport is so widespread that almost everywhere you can find a badminton court, even though it is in a very simple form. In particular, badminton has become a proud sport for Indonesia, bringing a good name to this country.

The development of the sport of badminton is increasingly rapid because it has a unique appeal and attracts attention. Namely, one of his attractions lies in his interesting movements, such as making a backhand shot which involves swinging the racket from the front of the chest outward to hit the ball. When making a backhand shot, the palm of the hand faces the opposite direction from the ball. With the progress of this sport, opportunities will open up for badminton fans to improve their achievements.

The lob shot is a technique in badminton which aims to send the shuttlecock into the air as high as possible and towards the back of the court. The lob shot involves a relaxed body position, with the body positioned behind the shuttlecock, the position of one foot in front is used by placing the body weight on the back. The shuttlecock is hit in the front of the head with a swing of the racket towards the front of the head, while fully straightening the arm. After the racket hits the shuttlecock, continue the hitting motion so that the racket is next to your body. Drs. Herman Subardjah, (2000: 46-47).

The rapid growth in the sport of badminton is due to its unique appeal, pulling movements in badminton, such as the

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backhand, involve hitting the ball with a swing of the racket from the front of the chest outward. When making a backhand shot, the palm of the hand faces the opposite direction from the ball. As this sport develops, it will provide opportunities for badminton fans to develop their achievements.

Mastery of basic techniques really determines the quality of badminton. Athletes or players who have good mastery of basic techniques will be able to perform games with high skill. In badminton, there are several basic techniques that must be mastered, one of the fundamental aspects of the game of badminton which has an important role for players to master is the backhand technique.

Badminton is an individual sport that can be played in a one-on-one or two-on-two format, using a racket and shuttlecock. The badminton court is rectangular in shape and divided by a net to separate the players' own and opponent's areas (Drs. Herman Subardjah, 2000:3).

Badminton is a sport that is included in the game category, Badminton is individual with two game formats, namely singles and doubles, which are played by various ages from children to adults with various skill levels, from basic to the most complex level. (Mangun, F. A., Budiningsih, M., & Sugianto, A. 2017).

The lob shot in badminton is a shot that aims to send the shuttlecock into the air as high as possible, towards the back of the court line (Drs. Herman Subardjah, 2000: 46- 47). After the serve, the lob or long shot becomes a very significant skill in the game of badminton. This ability must be maintained to send attacks to the back of the field. Usually, new players have difficulty hitting lob shots to the back of the court. (Puji Hastuti 2009: 21).

Overhead punch technique, also known as overhead punch. Mastering this punch is important to be able to stop your opponent's movements. A shot that may be difficult to execute at certain age points, the level of difficulty mainly occurs when the shuttlecock comes into contact with the racket, in making the shot It requires using the wrist with strength and speed to direct the shuttlecock to the back of the opponent's court. Mastering the backhand overhead lob skill can increase the precision and range of the backhand overhead clear. (Umam, 2008).

To perform a backhand overhead lob in the left back area, the player needs to step his right foot back first. First, rotate your right foot to initiate the step in the backhand overhead lob, then take a long step towards the back left corner of the court with your left foot. The next step is to take a long step with the right foot, Take a few steps with your right foot to get yourself in the right position for a backhand overhead lob.

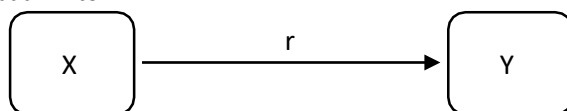
Flexibility is the ability of the wrist/joint to be able to move in all directions with a wide and large range of motion that suits the function of the joints that are moving (Syafurudin, 2012:111). Flexibility is a person's ability to perform movements with a wide range of joint motion (Vai, A., Ramadi, R., & Johanes, B. 2018).

Flexibility is one element of the physical condition component which is also included in the basic component category of physical condition, flexibility is considered a component of basic physical conditions because it is independent and separate from other components, Flexibility is not affected by other physical components. Flexibility is the capacity of the wrist or joint to make optimal movements in all directions, flexibility is also an aspect of physical condition. Flexibility plays an important role in changing the direction of movement when executing a short serve (Ihsanul Qalbi, Abdurrahman, Bustamam. 2017).

Badminton players who have good wrist flexibility can direct force effectively when executing a backhand lob. This is because with good wrist flexibility, badminton players can execute various movements more smoothly. So, to produce an effective backhand lob, wrist flexibility must be optimal.

II. METHOD

research variable, In this study, there are two variables involved, namely the independent variable and the dependent variable. In this study, these two variables will be identified as wrist flexibility in executing a backhand lob. Research design is a framework used as a guide in carrying out research. This research is a type of descriptive research which aims to evaluate how big the contribution of the backhand lob in badminton.



Information :

X : wrist flexibility

Y : Backhand Lob

r : Relationship between X and Y

Data analysis, Descriptive data analysis aims to provide a general description of wrist flexibility, including values such as average, standard deviation, variation, minimum value and maximum value.

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The correlation test in this study aims to evaluate whether there is a relationship between wrist flexibility and backhand lob shots in badminton athletes in Takalar Regency, with a standard value referring to the P value $> \alpha$ (0.05).

III. RESULT AND DISCUSSION RESULT

To test this hypothesis, a correlation test was carried out between wrist flexibility data and backhand lob hitting skills in badminton. Correlation analysis of Takalar Regency badminton athletes will use the Pearson product moment correlation method. The findings from the correlation analysis will be explained as follows:

Table 1. Summary of the results of the correlation analysis of wrist flexibility on badminton backhand lob skills in badminton athletes in Takalar district.

Variable			Information
KPT(X) – KBL (Y)			Signifikan

Based on the data in Table 3, it can be seen that the calculated Pearson correlation value is 0.656 ($P < 0.05$). This shows that there is a significant relationship between wrist flexibility and backhand lob skills in badminton in Takalar Regency badminton athletes. Data analysis obtained calculated correlation value (r) = 0.656 ($P < 0.05$), then H_0 was rejected and H_1 was accepted. This indicates that there is a significant relationship between wrist flexibility and backhand lob skill in badminton in athletes from Takalar Regency.

Discussion

The results of the analysis of the relationship between an independent variable and the dependent variable in hypothesis testing need to be studied further by providing an interpretation of the relationship between the analysis results achieved and the theories underlying this research.

This explanation is important to assess the suitability between the proposed theories and the research results that have been obtained: First hypothesis test results: There is a significant relationship between wrist flexibility and badminton backhand lob skills in Takalar Regency badminton athletes.

Based on statistical results, there is a significant relationship between wrist flexibility and backhand lob skills in badminton in athletes from Takalar Regency. Thus, the results of this research basically support and strengthen theories and findings from previous research.

With elastic muscles and a wide range of motion in joints, a person will be able to master movement skills in various sports more efficiently, this is because it is possible that his movements will be more flexible, allowing him to perform difficult movements, such as a lob in badminton. In order to achieve maximum performance in a sport, especially badminton, To achieve maximum performance in certain sports, especially badminton, it is important to maintain wrist flexibility. With good flexibility, a person can smash with the correct and strong technique.

Therefore, it is very important to increase the flexibility of athletes because this has an impact on stretching tendons and ligaments, as well as improving the quality of movement optimally. As previously explained, flexibility can be increased through muscle stretching exercises and exercises to increase joint range of motion. Because flexibility is influenced by how much range of motion a person's joints have.

If an athlete has good flexibility in terms of quality and quantity, This will provide psychological benefits to athletes, such as increased self-confidence, courage to move, and so on. Because flexibility has many benefits in reducing the risk of injury, athletes will have a lower risk of injury by increasing their flexibility. However, in flexibility training, it is important to use the right methods and appropriate exercise dosage. However, apart from flexibility, there are other physical components that also play a role in the backhand lob another factor that influences a backhand lob is arm muscle strength, which determines how strong a shot a player can make.

IV. CONCLUSIONS

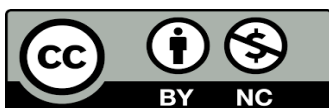
Based on the results of data analysis and the description of the discussion that has been presented, it can be concluded as follows: There is a significant relationship between wrist flexibility and badminton backhand lob skills in Takalar Regency badminton athletes.

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