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UNIMED Court Tennis Community Forehand Drive Capability Review

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Abstract

The purpose of this study was to determine the level of forehand driveability of the UNIMED tennis community. This research is descriptive. The population in the study was 15 Unimed field tennis community athletes with total sampling, which means that the entire population is the sample in this study. The instrument in this study used the Hewitt tennis achievement test forehand drive to measure forehand driveability. Based on the tests carried out, the forehand drive capability was obtained with an average value of 15.46. The average results obtained from each athlete illustrate that the ability of the UNIMED tennis community's forehand drive is in the sufficient category. One of the factors causing low forehand driveability is the athlete's error in doing footwork. These results indicate that regular and continuous training is necessary to improve forehand driveability, one of which is footwork training.

Keywords: *forehand drive, UNIMED tennis community, descriptive analysis, footwork*

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A. Introduction

Sport is an important part of our daily life, a human necessity and helps our physical and mental health (Siagian, 2021). Sport is an exercise activity or physical activity to strengthen the body (Bangun, 2016). Sport is not only done by sportsmen for achievement, but many people only exercise for recreation. Sport can also affect the mental health of the players so that it can provide benefits, namely (1) reducing stress, (2) increasing brain performance, (3) reducing anxiety and depression, (4) increasing intracerebral brain and increasing neurotransmitters. (5) aging prevention. (6) increase happiness and increase self-confidence (Siahaan, 2017). In addition, sports also play a role in empowering countries to implement sustainable development systems. This sport has become a career for some people. This is reinforced by the opinion Siahaan (2017) that sport has developed into an industry in that many people rely on sports activities to make a living.

Tennis is one of the most popular sports in Indonesia. Court tennis is a small ball game played with a racket (Fakhi, 2019). Tennis matches are often held from junior to senior level (generally) to enhance athletic coaching and development (Firdaus, 2011). Court tennis is a sport that can be played individually by teams consisting of two players (singles) and four players (doubles). The basic principle of playing tennis is to hit the ball directly and enter the opponent's court (Alim, 2015). There are many aspects a tennis coach needs to consider. For example the technical and tactical aspects of playing tennis (Setyohardani et al., 2015). To train athletes who excel in the field of tennis, it is first necessary to master and practice basic skills (Arifianto & Raibowo, 2020). Tennis has several basic techniques, including (1) forehand, (2) backhand, (3) serve, and (4) volleyball.

The forehand drive is a punching technique that is dominantly done with the right hand. Forehand drives are shots that are swung forward behind the body with the front of the racket or palms facing the ball (Soegiyanto & Nugroho, 2012). A forehand shot is a shot that includes a ground shot, seen from the process of its movement, and a ground shot technique is hitting the ball after it first bounces on the court (Jatra et al., 2020). According to Navavan (2021), The forehand drive is a type of tennis game that is hit after the ball has bounced off the court. The forehand stroke itself is the easiest to teach and the most commonly used in tennis. At least half of all tennis strokes are forehand strokes (Tarigan & Supriadi, 2021).

The forehand has become the weapon of choice for most tennis players today (Rive & Williams, 2012). According to (Siahaan, 2017), The forehand is a very important shot in tennis and the ball is kept low over the net for shots in the backline area. From the explanation above we can conclude that the forehand is the most important stroke in tennis. This is because this shot can be used as a weapon for game management in tennis.

The UNIMED tennis community is a good idea before offering a training program to test and measure to determine an athlete's performance level and to find out which training program is offered. efficient when hitting a forehand drive and lack of acceleration when swinging the racket, this error causes the desired target to be inaccurate and the resulting shot tends to go out and land on the net.

From the results of observations made, it can be seen that most athletes from the UNIMED tennis community still have a low level of forehand driveability. On this basis, it becomes the rationale for researching the level of forehand driveability by conducting tests and measurements.

The purpose of this research is to systematically and precisely explain the facts and special characteristics of the subjects so that the course of study can be determined. This is by the opinion that the data obtained from the measurement results are very useful for the evaluation needs and decision-making of the training process (Sepdanius et al., 2019). For this reason, researchers wanted to carry out tests and measurements to determine the level of forehand drive skills of the UNIMED tennis community.

B. Method

1. This research was conducted using the descriptive method. The population of this study was 15 Unimed tennis community athletes and the sample was taken using the total sampling method. In this study, the researchers elaborated on the level of forehand driveability of the athletes in the UNIMED tennis community. This study used the Hewitt Tennis Performance Test which is a forehand drive test instrument used to collect data on the level of forehand driveability of athletes from the UNIMED tennis community. The implementation mechanism is as follows:
    a. The sample stands behind the center mark on the baseline line.
    b. Each sample is given a chance of 10 balls and 2 balls for a trial shot.
    c. The feeder stands across the net.

d. After the ball is fed to the forehand and after the ball is hit, the sample must return to its starting position and prepare for the next shot.
e. If the bait given by the feeder does not match the sample, you can skip it and ask to be repeated.
f. Scoring: every ball that is hit passes between the net and the rope and falls on the target, the points will be calculated according to the number of target points, if the ball is hit over the rope and enters the target then the points obtained are half of the total points on the target if the ball is out then the point is 0, if the ball that is hit falls on the boundary of the target line then the point taken is the point that is greater than between the two targets.

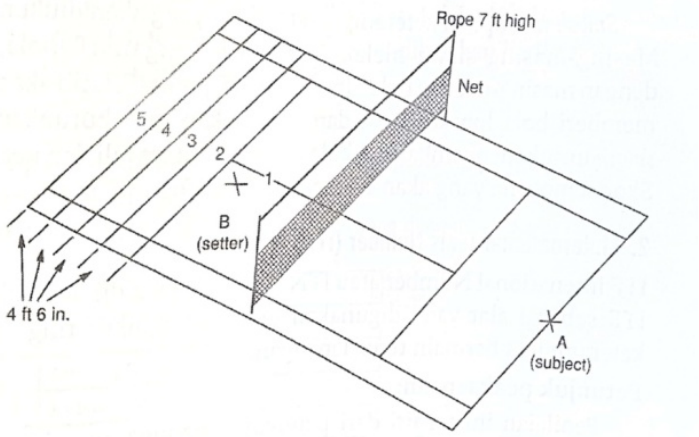

Figure 1. Instruments forehand drive Hewitt tennis achievement test(Sepdanius et al., 2019)

Table 1. Norma *forehand drive Hewitt tennis achievement test* according to Collins and Hodges

Keterangan	Norma
Baik Sekali (BS)	29-39
Baik (B)	22-28
Cukup (C)	09-21
Kurang (K)	04-08
Kurang Sekali (KS)	01-03

Sumber : (Sianipar, 2019)

In addition, the data obtained from the test results using the above equipment were analyzed using descriptive statistical techniques. In other words, write down the test results and measure the athlete's forehand driving ability using the following formula.

$$P = f/n \times 100\%$$

Information :

P = Percentage

F = Frequency

N = Number of test samples

C. Result And Discussion

Result

The data obtained are data taken from test results using the Hewitt tennis achievement test forehand drive instrument. The following are test results using the Hewitt tennis achievement test instrument forehand drive which has been converted according to the Hewitt tennis achievement test forehand drive norm.

Table 2. Data Result Outcomes *Forehand Drive Hewitt Tennis Achievement Test*

Sampel	1	2	3	4	5	6	7	8	9	10	Total	Category
Sampel 1	0	0	3	0	3	4	0	2	1	1	14	C
Sampel 2	0	3	2	3	2	1	0	7	0	0	14	C
Sampel 3	5	2	4	1	5	5	4	2	2	1	31	BS
Sampel 4	0	2	2	2	3	4	2	0	1	0	16	C
Sampel 5	0	0	1	0	1	1	1	2	2	0	8	K
Sampel 6	0	3	0	0	3	1	2	2	0	2	13	C
Sampel 7	2	1	0	0	1	1	2	0	0	2	9	C
Sampel 8	1	0	1	2	1	0	2	3	1	0	11	C
Sampel 9	4	5	4	3	5	4	3	3	2	4	37	BS
Sampel 10	0	2	0	0	5	0	3	2	0	0	12	C
Sampel 11	1	2	1	0	0	0	2	1	0	1	8	K
Sampel 12	4	0	4	3	2	1	2	1	0	2	19	C
Sampel 13	0	3	2	3	0	2	2	1	1	0	14	C
Sampel 14	0	0	1	4	1	3	0	0	0	5	13	C
Sampel 15	2	0	3	0	5	2	0	1	0	0	13	C

From the data above we can see that the results of the Hewitt Tennis Performance Forehand Drive Test from the tennis community were categorized into three categories, very good, normal, and poor, according to the criteria used. Two in the very good category, 11 in the good category, and two in the bad category.

From the results of the study, data collection began on the field by testing Hewitt's tennis performance using the forehand drive test without pre-testing. Therefore, the reference for discussing the results of this study is: Based on a review of forehand driveability conducted in the UNIMED tennis community using the Hewitt Tennis Performance Test, the average result of each athlete shows forehand drive-tennis ability. The UNIMED community field has an average score of 15.46. It is in the Moderate category and has been converted using Hewitt's Forehand Drive Tennis Proficiency Test criteria.

Discussion

From the results of tests conducted on athletes, it can be seen that there were 2 athletes in the very good category, 11 athletes in the sufficient category, and 2 athletes in the poor category. To the initial goal of the researcher, namely to determine the level of forehand driveability of the UNIMED tennis community, if the results of the test are averaged to be 15.46, the athlete of the UNIMED tennis community is included in the sufficient category.

The low level of forehand driveability in the UNIMED tennis community is inseparable from the athlete's mistakes when performing footwork. This is in line with Zulvid dan Arwandi (2019) who argues that in the sport of tennis a good shot is created when a person can place the

correct body position. Sahri and Prabowo (2021) also argue in their research that footwork is a technique for regulating foot movements in a tennis game, the better the footwork of a tennis athlete, the better the tennis player's performance will be. Tennis players must cover a fairly large area, therefore a footwork technique is needed that is rich in various variations and is also required to play the game quickly, and precisely, and be able to observe the nature of the ball (Sinulingga & Nova, 2020).

Based on relevant sources, it can be seen that one of the factors that causes the category of the ability of the UNIMED tennis community's forehand drive to be in the sufficient category is the number of players who still do poor footwork. Thus one way to improve forehand drive ability can be done with regular and continuous footwork exercises.

D. Conclusion

Based on the results of the Hewitt tennis achievement test forehand drive conducted at the UNIMED tennis community, the results showed that 2 athletes were in the very good category, 11 athletes were in the moderate category and 2 athletes were in the poor category. It can be concluded after conducting a review of forehand drive skills in the UNIMED tennis community that the ability is in the sufficient category with an average value of 15.46.

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F. Conflict of Interest

No conflict of interest

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