



The level of Understanding of FIK Unimed Basketball UKM Students About Fiba Regulations in 2022

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Abstract

The purpose of this study was to measure the level of understanding of FIK UNIMED basketball UKM students of FIBA regulations in 2022. This research is descriptive with a quantitative approach, using a survey method and one variable, namely the level of understanding of the FIBA 2022 regulations, which is translated into three indicators: game rules, violations, and fouls. The research subjects were students who participated in extracurricular basketball, with the sampling technique using total sampling, resulting in 14 students as samples. Data were collected using research instruments in the form of multiple choice questions that had been validated by experts (expert judgment). Data analysis was carried out with descriptive statistics presented in percentage form. The results showed that the level of understanding of FIK UNIMED basketball UKM students about FIBA regulations in 2022 had an average of 24.21 which was included in the "Moderate" category. Details of the categorization results are as follows: "Very Low" category of 0%, "Low" category of 29% or 4 students, "Medium" category of 43% or 6 students, "High" category of 14% or 2 students, and "Very High" category of 14% or 2 students.

Keywords: Level of Understanding, FIBA Rules 2022, UKM Basket FIK Unimed

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A. Introduction

Sports are a series of movement skill activities or object games that are carried out in a structured and systematic manner, with the aim of increasing the strength, health and skills of the human body, both physically and mentally. This activity is carried out by applying certain rule restrictions in its implementation (Suprayitno et al., 2020: 1108).

Sport is a physical activity performed by an individual or group with the aim of improving physical health, fitness and motor skills. It can also be geared towards competitive or recreational purposes, and can involve various types of body movements, such as running, swimming, cycling and more.

Sport is considered as one of the factors that contribute to helping individuals in the development of physical and psychological well-being (Suprayitno et al., 2023: 1057). In addition to a means to improve the health of the body, sports are also a place to compete to improve achievement and can also bring the good name of the group, school, region, province, and even the country (Ali & Yanto, 2022: 118).

Based on the results of interviews with the FIK Unimed basketball UKM coach in January 2024, that during the match the FIK Unimed basketball UKM students still committed many violations of the rules. This is because extracurricular participants

are only given training material on playing strategies and techniques because, some of the basketball UKM FIK Unimed basketball participants have just started participating in basketball games at the high school and college levels. In addition, the championships that have been followed before have not implemented the latest FIBA regulations, namely the FIBA 2022 regulations. Therefore, extracurricular participants still commit many violations of rules in matches such as, game rules, violations and fouls.

Basketball was invented by accident by Prof. Dr. James A. Naismith, a physical education teacher at the YMCA, United States, on December 15, 1891. The game was designed at the request of Luther Halsey Gulick Jr. for indoor activities during the winter holidays. Inspired by the game Duck on a Rock, basketball uses a ball and goal that was originally a 3-meter peach basket.

In 1894, the sport was brought to Asia by Bob Baily through the YMCA, first developing in China, then spreading to the Philippines and Japan in 1900. In Indonesia, basketball was introduced by Chinese immigrants in the 1920s through Chinese schools, and became known in the national struggle movement.

Along with the times and technology, the game of basketball has also progressed, both in the rules and the game system. The

official rules of basketball are governed by FIBA (Federation Internationale de Basketball), which is constantly undergoing revisions to accommodate a more modern and dynamic game. The latest rules, published on October 1, 2022, cover various important aspects of the game, such as game time, draws, overtime, the start and end of quarters, ball status, player and referee locations, as well as rules regarding jumpball, ball possession, shooting motion, incoming balls, throw-ins, time-outs, substitutions, and defeat by forfeit or default. These changes aim to provide flexibility and ensure that the game of basketball remains exciting and progressive, in line with the times.

Comprehension is the ability to understand or comprehend information once it is known and remembered. According to Bloom, comprehension involves a deeper understanding after something is learned. Gunawan et al. added that comprehension includes the ability to capture the meaning and significance of the material learned. Thus, comprehension is more than just remembering or memorizing; it involves critical thinking processes and the ability to look at information from various points of view.

B. Methods

The research method used in this study is a development method with a survey approach. The survey method is used to collect data or information from a large population using a smaller sample. Survey research began to develop since the 20th century, especially in the fields of psychology, sociology, economics, political science, and statistics. The instrument used in this study is a multiple choice question test related to FIBA regulations in 2022. According to Huda (2018: 51-52), a test is a measuring instrument designed to assess skills, knowledge, intelligence, abilities, or talents possessed by individuals or groups.

C. Results and Discussion

Description of Research Results The test results conducted on FIK UNIMED basketball UKM students with a sample size of 14 male participants, are the findings of research conducted for 1 week by collecting data in the form of a multiple choice question test. This research was conducted to determine the level of understanding of extracurricular basketball participants about FIBA regulations in 2022. Researchers conducted content validation to the PERBASI North Sumatra Licensed B2 basketball referee as an expert

judgment, namely, Mr. Feri Simangungsong, S.Si. Based on the validation results, it is known that each question question is declared valid by the validator. So it is concluded that the research instrument is suitable for research. The level of understanding of basketball UKM FIK UNIMED students is categorized through the ability to correctly answer 56 questions contained in multiple choice questions about FIBA regulations in 2022 with a score range of 0-1, each question item answer has the opportunity to score 0 (wrong answer), and score 1 (correct answer), so that respondents have the possibility to get a minimum score of 0 and a maximum score of 56. Furthermore, correct answers are calculated and categorized into 5 (five) categories to determine the level of understanding of basic swimming techniques. The categories are very low level of understanding, low level of understanding, medium level of understanding, no high understanding, very high level of understanding.

Discussion

Discussion of Research Results This study aims to determine the level of understanding of extracurricular basketball participants about FIBA regulations in 2022 in basketball UKM FIK UNIMED students. The research instrument used in this study is a multiple choice question of 56 items with 3 indicators, namely (1) game rules

that discuss game time, the start of the quarter, ball status, player location, jumpball and alternating possession, how the ball is played, ball possession, shooting motion, incoming ball, throw-in, throw-out, (2) violations which discuss the ball outside the field, dribble, traveling, 3 seconds, tight guard, 8 seconds, shot clock, backcourt, goaltending and interference, (3) fouls which discuss contact, personal foul, double foul, technical foul, unsportmanlike foul, disqualifying foul and fights. Furthermore, the level of understanding of FIBA regulations in 2022 in terms of violations, gets an average value of 8.14 so that it falls into the "Moderate" category. The data can be seen in the results of the frequency distribution of each category, where the "Very Low" category is 7% (1 student), the "Low" category is 36% (5 students), the "Medium" category is 36% (5 students), the "High" category is 14% (2 students), and the "Very High" category is 7% (1 student). From the categorization results, it shows that participants lean towards the "Low and Medium" categories. Finally, the level of understanding of FIBA regulations in 2022 in terms of fouls indicators, gets an average value of 5.43 so that it falls into the "Moderate" category. The data can be seen in the results of the frequency distribution of each category, where the "Very Low" category is 0% (0 students), the "Low" category is 43% (6

students), the "Medium" category is 43% (6 students), the "High" category is 7% (1 student), and the "Very High" category is 7% (1 student). From the results of the categorization, it shows that participants lean towards the "Low and Medium" categories. Based on the research results obtained, it shows that the overall level of understanding of basketball extracurricular participants about FIBA regulations in 2022 can be classified in the "Very Low" category as much as 0% (0 students), the "Low" category as much as 29% (4 students), the "Medium" category as much as 43% (6 students), the "High" category as much as 14% (2 students), and the "Very High" category as much as 14% (2 students). The research results obtained as a whole get an average value of 24.21. So, it can be concluded that the level of understanding of extracurricular participants about FIBA regulations in 2022 falls into the "Medium" category. In addition, too many game rules that cannot be accepted directly by students and the presence of students who are new to the game of basketball are also factors that influence understanding of FIBA regulations in 2022. This is in line with Hamalik's theory (in Renaldi, 2021: 43) which argues that one of the factors that influence understanding is internal factors

that come from oneself. This means that whether or not participants understand FIBA regulations is based on their intelligence.

D. Conclusion

Based on the results and discussion of the research that has been presented, it can be concluded that the level of understanding of FIK UNIMED basketball UKM student participants about FIBA regulations in 2022 obtained an average score of 24.21 so that it falls into the "Moderate" category.

5.2 Suggestions

Based on the research results that have been concluded above, the researchers propose the following suggestions:

- For extracurricular basketball participants to increase their understanding of the FIBA regulations in 2022 and future changes by finding their own references from various information media, due to limited time during training sessions.
- For extracurricular basketball coaches to make research as evaluation material and be able to provide materials regarding FIBA regulations to improve the understanding and quality of players.

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