

ABSTRAK

MOCHAMMAD FARRIZ AL HABBSY. 2025. **Pengaruh Latihan *Multiball* Terhadap Ketepatan *Smash Forehand* Dalam Permainan Tennis Meja Pada UKM Tennis Meja Universitas Siliwangi.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian yang berjudul “Pengaruh Latihan *Multiball* Terhadap Ketepatan *Smash Forehand* dalam Permainan Tennis Meja pada UKM Tennis Meja Universitas Siliwangi” dilakukan untuk mengetahui pengaruh latihan *multiball* terhadap ketepatan *smash forehand* dalam permainan tenis meja pada UKM Tennis Meja Universitas Siliwangi. Metode penelitian yang digunakan adalah metode eksperimen dengan desain *one group pretest-posttest design*. Populasi penelitian ini adalah seluruh peserta UKM Tennis Meja Universitas Siliwangi yang berjumlah 20 orang. Pengambilan sampel menggunakan teknik *purposive sampling* dengan jumlah sampel 10 orang. Berdasarkan hasil penelitian yang telah dilakukan, diperoleh nilai t_{hitung} sebesar 6,14 yang lebih besar dari nilai t_{tabel} sebesar 1,83. Hasil penelitian menunjukkan bahwa terdapat pengaruh yang signifikan dari latihan *multiball* terhadap ketepatan *smash forehand* dalam permainan tenis meja pada UKM Tennis Meja Universitas Siliwangi. Oleh karena itu metode latihan *multiball* dapat dilakukan untuk melatih ketepatan pada *smash forehand* dalam permainan tenis meja di UKM Tennis Meja Universitas Siliwangi.

ABSTRACT

MOCHAMMAD FARRIZ AL HABBSY. 2025. ***The Effect of Multiball Training on Forehand Smash Accuracy in Table Tennis at Siliwangi University Table Tennis Student Activity Unit***. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University

The research entitled "The Effect of Multiball Training on Forehand Smash Accuracy in Table Tennis at Siliwangi University Table Tennis Student Activity Unit" was conducted to determine the effect of multiball training on forehand smash accuracy in table tennis at Siliwangi University Table Tennis Student Activity Unit. The research method used was an experimental method with one group pretest-posttest design. The population of this study consisted of all 20 participants of Siliwangi University Table Tennis Student Activity Unit. The sampling used purposive sampling technique with a sample size of 10 people. Based on the research conducted, the t-count value obtained was 6.14, which was greater than the t-table value of 1.83. The results showed that there was a significant effect of multiball training on forehand smash accuracy in table tennis at Siliwangi University Table Tennis Student Activity Unit. Therefore, the multiball training method can be implemented to train accuracy in forehand smash in table tennis at Siliwangi University Table Tennis Student Activity Unit.