

ABSTRAK

SALESA NURZEHAN. 2026. **Perbandingan latihan berpasangan dengan alat bantu *robotic* terhadap ketepatan *forehand drive* tenis meja pada atlet ptm paramajaya.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui pengaruh latihan berpasangan dan latihan menggunakan alat bantu *robotic* serta mengetahui perbedaan pengaruh kedua metode tersebut terhadap ketepatan pukulan *forehand drive* tenis meja pada atlet PTM Paramajaya. Metode penelitian yang digunakan adalah metode eksperimen dengan desain *pretest-posttest group design*. Populasi dalam penelitian ini adalah seluruh atlet PTM Paramajaya yang berjumlah 16 orang, sedangkan sampel menggunakan teknik total sampling sebanyak 16 atlet yang dibagi menjadi dua kelompok, yaitu 8 atlet kelompok latihan berpasangan dan 8 atlet kelompok latihan menggunakan alat bantu *robotic*. Instrumen penelitian menggunakan tes ketepatan pukulan *forehand drive* tenis meja. Teknik pengumpulan data dilakukan melalui tes awal (*pre-test*) dan tes akhir (*post-test*). Teknik analisis data menggunakan uji normalitas, uji homogenitas, dan uji hipotesis menggunakan uji-t. Hasil penelitian menunjukkan bahwa latihan berpasangan memberikan pengaruh yang signifikan terhadap peningkatan ketepatan *forehand drive* tenis meja dengan nilai t_{hitung} sebesar 10,3 sehingga t_{hitung} lebih besar dari t_{tabel} dan berada diluar daerah penerimaan hipotesis (t_{tabel} sebesar 1,89) artinya hipotesis nol (H_0) ditolak dan hipotesis (H_1) kerja diterima. Latihan menggunakan alat bantu *robotic* juga memberikan pengaruh yang signifikan dengan nilai t_{hitung} sebesar 21,6 sehingga t_{hitung} lebih besar t_{tabel} dan berada diluar daerah penerimaan hipotesis (t_{tabel} sebesar 1,89) artinya hipotesis nol (H_0) ditolak dan hipotesis (H_1) kerja diterima. Namun hasil uji perbedaan antara kedua metode latihan menunjukkan t_{hitung} sebesar 1,75 lebih kecil t_{tabel} dan berada diluar penerimaan hipotesis kerja (t_{tabel} sebesar 2,14) artinya hipotesis kerja (H_1) ditolak dan hipotesis nol (H_0) diterima. Dengan demikian, telah terbukti bahwa kedua metode tersebut sama baiknya dalam meningkatkan *forehand drive* tenis meja. Sehingga tidak terdapat perbedaan pengaruh yang signifikan antara latihan berpasangan dan latihan menggunakan alat bantu *robotic*. Dengan demikian dapat disimpulkan bahwa kedua metode latihan sama-sama efektif dalam meningkatkan ketepatan pukulan *forehand drive* tenis meja pada atlet PTM Paramajaya.

Kata kunci: *forehand drive*, latihan berpasangan, *latihan robotic*, tenis meja

ABSTRACT

SALESA NURZEHAN. 2026. Comparison of paired training with robotic aids on the accuracy of table tennis forehand drives in PTM Paramajaya athletes. Department of Physical Education. Faculty of Teacher Training and Education. Siliwangi University.

This study aims to determine the effect of paired training and training using robotic aids, as well as to determine the difference in the effects of these two methods on the accuracy of table tennis forehand drives in PTM Paramajaya athletes. The research method used is an experimental method with a pretest-posttest group design. The population in this study consisted of all 16 PTM Paramajaya athletes, while the sample used total sampling technique involving 16 athletes divided into two groups, namely 8 athletes in the paired training group and 8 athletes in the robotic training group. The research instrument used was a table tennis forehand drive accuracy test. Data collection techniques were carried out through pre-tests and post-tests. Data analysis techniques used normality tests, homogeneity tests, and hypothesis testing using t-tests. The results showed that paired training had a significant effect on improving the accuracy of table tennis forehand drives, with a t_{value} of 10.3, which was greater than the t_{table} value and outside the hypothesis acceptance region (t_{table} value of 1.89). This means that the null hypothesis (H_0) was rejected and the working hypothesis (H_1) was accepted. Training using robotic aids also had a significant effect with a t_{value} of 21.6, which is greater than the t_{table} and outside the hypothesis acceptance region (t_{table} is 1.89), meaning that the null hypothesis (H_0) is rejected and the working hypothesis (H_1) is accepted. However, the results of the test of the difference between the two training methods show that the t -value is 1.144, which is smaller than the t_{table} and outside the working hypothesis acceptance area (t_{table} is 2.14), meaning that the working hypothesis (H_1) is rejected and the null hypothesis (H_0) is accepted. Thus, it has been proven that both methods are equally effective in improving the table tennis forehand drive. Therefore, there is no significant difference in the effect between paired training and training using robotic aids. Thus, it can be concluded that both training methods are equally effective in improving the accuracy of the table tennis forehand drive in PTM Param athletes.

Keywords: Forehand drive, doubles practice, robotic practice, table tennis