

# Efforts To Improve Shooting Accuracy Through The Target Situations Game Approach In Petanque Sports

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# Efforts To Improve Shooting Accuracy Through The Target Situations Game Approach In Petanque Sports

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## Abstract

**Study purpose.** This study sought to ascertain whether the target scenario game strategy improved petanque shot accuracy. Training with target situation games seeks to accomplish a certain goal, which calls for coordination, accuracy, and precision.

**Materials and Methods.** True Experimental One Group Pretest-Posttest Control Group Design is the name given to this kind of study. 16 participants made up the study's population. The study's sample consisted of sixteen individuals. This study's sample was selected using the total sampling technique. The shooting game is the test tool employed in this study. This study's data analysis employed the Statistical Product for Social Science (SPSS) version 29 program for data processing, along with the normality, homogeneity, and hypothesis tests.

**Results.** Based on the results of the analysis in the experimental group, the t test was 7.690 and in the control group it was 6.355 > a table 1.761, Ho was rejected and Ha was accepted.

**Conclusion.** That there is an effect of shooting accuracy through a game situation approach.

**Keywords:** Target Game, Accuracy, Petanque

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## Introduction

Exercise is a kind of activity that one or more people do to keep their bodies fresh and enhance their quality of life. The sport is now popular throughout many nations and is not limited to particular demographics. There are people who exercise for fun, improve their health, improve their fitness, or to improve their performance in sports. There are many different types of sports that can be done, and the choice depends on one's interests and talents. By (UU No 11 Tahun 2022, 2022), In order to promote, nurture, and develop physical, spiritual, social, and cultural potential, sports encompass all activities that combine and methodically engage the mind, body, and soul. Sports are essentially an educational process that incorporates physical exercise to bring about changes in people's physical, emotional, and mental states. Play and enjoyment are also incorporated into the sport's application. Since humans are living beings with high levels of activity, they require strong immunity. According to (Kurniawati, 2017) explained that "Sport as a human movement behavior is a medium to express *body and mind* harmoniously". Meanwhile, In the form of games, competitions, matches, and high points in

the development of an entire Indonesian human being who is qualified according to Pancasila, sports are a systematic process that can support and nurture a person's physical and spiritual potential as an individual or member of society.

Based on the explanation above, it can be concluded that exercise is an activity of regular body movements with rhythm that aims to improve the fitness and immunity of the human body both physically and spiritually. Petanque sports are traditional sports that originated in France and are hosted by a sports partner called Fédération Internationale de Pétanque et Jeu Provençal (FIPJP). Petanque is one of the new types of sports that have become popular in Indonesia. Although it is considered new in Indonesia, this sport is actually very famous (Irfan, Nasrullah, & Yanti, 2024). Petanque was created all over the world by the countries that became French colonies strongly and consistently. At the 2011 SEA Games in Indonesia, Petanque has become one of the sports that are contested, as usual. In the SEA Games, petanque is included in category of concentration sports and meets certain requirements. The game can not only be played on hard ground, You can also play this game on grass, sand, or other ground surfaces. It was only in 2011 that petanque became a mandatory sport at the 26th SEA Games in Jakarta-Palembang, Indonesia. The Regional Mining and Energy Company was appointed by the South Sumatra Provincial Government through the South Sumatra Province KONI to build this sports forum and look for athletes for the 2011 SEA GAMES in Palembang. On March 11, 2011, the Indonesian Petanque Sports Federation (FOPI) was established by the Regional Mining and Energy Company (PDPDE). PDPDE finances FOPI activities for the 2011 SEA GAMES (Permadi & Lubis, 2022).

Mr. Caca Isa Saleh is the first chairman of the Indonesian Petanque Sports Federation. He is very dedicated to developing petanque in Indonesia. After the success of the 2011 SEA Games, many efforts were made to develop petanque in Indonesia. After the 2011 SEA GAMES, FOPI began to spread Petanque sports to schools in five provinces: Bali, Special Region of Yogyakarta, Riau, West Java, Special Capital Region of Jakarta, and East Java (Surabaya). After the State University of Jakarta followed this socialization standard, this sport has developed successfully throughout Indonesia. Sport Petanque It can be played indoors as well as outdoors by everyone, regardless of one's age and gender or athletic ability. Petanque requires a ball spin to stop the ball from rolling. Sport Petanque It can be played individually, in pairs (Double), three (Triple) and a mixture of men and women (mixed) with two game numbers, namely precision shooting and pointing. According to (Agustina, Ayuk Tyas, 2015) Petanque consists of several numbers including single man and woman, double man and woman, triple man and woman dan shooting. On the match shooting game There are several distances that must be played, namely the distance of 6 m, 7 m, 8 m, and 9 m and the points that can be generated at each distance are between 0 and 5.

In-game Petanque, throws are usually done with a parabolic movement, with a focus on the consistency of power when throwing and the angle of the throw being the key to reaching a certain horizontal distance. In addition, good balance is needed to maintain the direction of the throw made by training the balance muscles of the body (core muscle) (Isyani & Primayanti, 2019).

According to (Arrad Agung Fadli, Maliki, & Ibnu Fatkhu Royana, 2022) The characteristics of the petanque game, both precision shooting and pointing numbers, require high accuracy and concentration, so petanque athletes are required to have consistency in making throws. According to (Kuswoyo, Pramono, & Rifai, 2017) concentration is a person's ability to control the focus of attention on a match directly. As stated by (Sahrani, Ramadhani Suradji, & CS, 2022), that Petanque sports tend to require accuracy without excessive energy, anyone who wants to play petanque no matter how old, position, gender is obtained to play this sport. Accuracy is precision, precision and precision, this means that accuracy sports are sports that prioritize precision or precision to score victories. (Dahrial, Hamzah, Wilastra, 2023) Based

on the main mechanical objectives, petanque is included in the sports category with the aim of achieving maximum precision. This means that the throw must be made precisely to a specific target to get the victory point.

According to (Rabani & Nurhidayat, 2021) The accuracy of throwing on *the pointing* will be different from shooting, because on the throwing *of the pointing* what is needed is the closest possible distance between the wooden ball and the thrown iron ball, so that various techniques can be done. In contrast to shooting throws, the accuracy required for *shooting* is relatively higher, because the thrown iron ball must directly hit the target ball that is arranged or fall on the ground as close to the target ball as possible. Based on the results of observations during the UKM exercise and during the circuit, the Petanque UKM Students of the University of Garut did not have good accuracy skills. The problem is the lack of variety in practice methods in shooting. So that the researcher is interested in taking the method of practicing game situations. *the play approach* is an approach to convey physical education and sports materials through games so that motor aspects can be developed. The play approach, sometimes referred to as the inductive approach, emphasizes the process by outlining the outcomes of task execution, stressing maximum engagement, enjoyment, and the growth of creativity and problem-solving abilities while avoiding reliance on the teacher (Alfarisi et al., 2023).

According to (Dinda Novianti et al., 2024) Games are a sport that we use as a tool in educational endeavors. Every time we use a tool, we expect the use of that tool in our efforts to achieve our goals. Meanwhile according to (Haris, 2017) Games are part of the field of sports studies that have many activities. (Husain, 2014) As in sports activities in general, playing will be driven by overall human development, such as physical developments, coordination of movements, psychiatry and social. By growing and developing the whole human being through the activities in this game, it means that children are prepared to be able to participate in activities in other fields of sports studies, which also require physical strength and agility, mental fitness and social distancing approaches (Irman, 2023). Meanwhile, according to (Padang, Alwi, & Dwiridal, 2015) A game is something that is used to play/the act of playing that is played.

One way to improve shooting accuracy is to use *game target situations* (target game). A game is something that is used to play while Target is a game that provides a target to be targeted. According to (Sari, I. R., Herlambang, Y., & Adiluhung, H. 2020), Target games can be used to increase concentration and target accuracy so that the player's shooting accuracy can be honed and improved. According to (Alwi, 2020) that the game of target (*target game*) is a game that moves an object, usually with more emphasis on high precision. *Target game* itself has benefits other than accuracy *shooting* also able to increase the player's focus when going to *shooting* and decide which target is the target. The expected values appear in the target game, namely, attitude independence, learning independence, and character building. Students' self-concept can be formed from target game activities providing mental strength that encourages the process of forming a strong character (Wibowo, 2014). From these problems, Petanque UKM students of Garut University have not had such good shooting accuracy. This can be seen during the Petanque Tournament Circuit I in Garut Regency so that researchers are interested in conducting a study entitled "Efforts to Improve Shooting Accuracy Through the Target Situations Game Approach in Petanque Sports".

## Materials and methods

### Study participants.

Thirty participants made up the study's population. The study's sample consisted of sixteen individuals. The study's sample was drawn from Petanque UKM students at Garut University using the total sampling technique.

**Study organization.**

True experimental research is the methodology employed. The primary characteristic of a true experimental study is that the samples used in the experimental group and the control are drawn at random from a specific population allowing for the control of all external factors that could influence the experiment's outcome. The experimental group and the control group were chosen at random for this study's design. Both groups were given a pretest to gauge the UKM students' shooting accuracy skills, after which the experimental group received treatment and the control group received no treatment. Twelve sessions comprised the researcher's treatment. The test instrument used in this study is a shooting game test instrument used based on FIPJP where each sample will make 20 throws with varying distances, the results of the throws are then totaled.

**Statistical analysis.**

Data analysis techniques were carried out by normality test, homogeneity test and hypothesis test using SPSS 29. Data collection includes the type of data to be collected, an explanation, and the reason for using a data collection technique in accordance with the needs in the research. With data collection, a study can be said to be accurate. Both the experimental group and the control group can have their data collected using pretest data collection strategies. While the control group received only standard care, the experimental group received therapy. Additionally, after receiving therapy, the posttest is administered in the same manner as the pretest.

**Results**

The findings of the normality, homogeneity, and hypothesis tests performed on the petanque shooting data collected from Petanque UKM students at the University of Garut. It is visible below:

1. Normality Test

The normality test is intended to find out whether the variables in the study have a normal distribution or not. The calculation of the normality test is that if  $p \geq 0.05$  then the distribution of the population is normal, if  $p < 0.05$  then the population is not distributed normally by processing using the help of the SPSS program version 29.

The data processed is the posttest score. The results of processing normality test data are presented in the following table.

**Table 1.** Table Result Normality

	Kolmogorov-Smirnov		Shapiro-Wilk	
	Statistic	Sig	Statistic	Sig
Pretest Eks	.241	.193	.930	.512
Posttest Eks	.142	.200	.932	.532
Pretest Kon	.125	.200	.983	.975
Posttest Kon	.217	.200	.946	.672

Based on the table 1 given that the significance value ( $p$ ) for all of the data on the Shapiro-Wilk and Kolmogorov-Smirnov tests is greater than 0.05, it may be said that the research data is normally distributed. Based on the results of the normality test, it was obtained that the research data was normally distributed so that we could use parametric statistics

(paired sample t-test and independent sample t-test for the continuation of research data analysis.

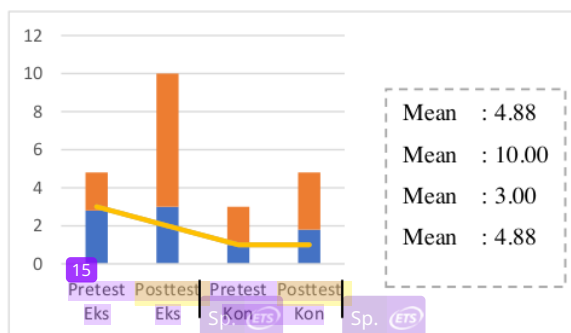


Figure 1. Normality Chart

Based on the graph in Figure 1 above, there is a mean pretest value of 4.88, a mean posttest of 10.00, a control pretest of 3.00 and a control posttest value of 4.88.

## 2. Homogeneity Test

When evaluating the similarity of samples—that is, homogeneous or non-variant samples drawn from the population—the homogeneity test is helpful. According to the homogeneity principle, a test is considered homogenous if  $p > 0.05$ , and non-homogeneous if  $p < 0.05$ . The results of the homogeneity test of this study used levene statistics and can be seen in the following table:

From the table above, the results of data homogeneity were obtained using levene's data analysis, the value of sig.  $557 > 0.05$  so that the data was homogeneous. Therefore, all data is homogeneous, so the data analysis is continued with parametric statistics.

## 3. Uji Hipotesis

The t-test is one of the parametric statistical tests used to test for significance in one or two batches of samples.

Table 2. Paired Samples Test

		Mean	Std. Dev	t	One-Sided	Two-Sided
Pair 1	Pretest Eks-	-5.125	1.885	-	<.001	<.001
	Posttest Eks			7.690		
Pair 2	Pretest Kon-	-1.875	.835	-	<.001	<.001
	Posttest Kon			6.355		

Based on the Table 2 output table of t-test results, the value of sig=0.001 was obtained, which means it is smaller than  $\alpha 0.05$ . Thus :Ho= There is no improvement in shooting accuracy ability through the target situation game approach, it is declared rejected. Hi= There is an increase in shooting accuracy ability through the target situations game approach, declared accepted.

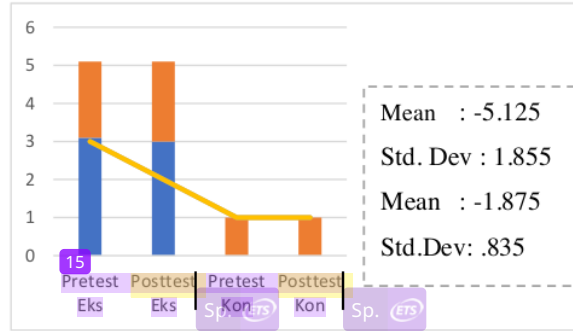


Figure 2. Hipotesis Chart

Based on Figure 2, the mean value of the former pre-post mean value is -5.125, the value of Std. Dev is 1.875 and for the mean value of the control pre-post is -1.875, and the value of Std. Dev is .835.

### Discussion

This study aims to determine the effect of target game training on the accuracy of *petanque* shooting. The results of the hypothesis test obtained the result that the hypothesis was accepted, namely there was an effect of target game training (target game) on the improvement of shooting accuracy in the sport of *petanque*. The mean of the hypothesis test results can be seen that the pretest is smaller than the posttest in the experimental group with a difference of 5.12. Meanwhile, in the control group, the difference was 1.87. In this study, the researcher tried to carry out the Approach method game target situations for increased accuracy shooting *petanque*. According to (Alwi, 2020) that the game of target (target game) is a game that moves an object, usually with more emphasis on high precision. Target game itself has benefits other than accuracy shooting also able to increase the player's focus when going to shooting and decide which target is the target. Meanwhile, according to (Suryadi, Maulana, & Saputri, 2021), target game is a suitable game for players, because this game is a fun exercise. If done repeatedly, it will strengthen concentration, accuracy, and calmness in doing shooting.

It can be seen that target games (target games) can improve the accuracy of shooting *petanque*. The following is the conclusion from the results of the data analysis obtained: There is an influence of the target situations game approach on the improvement of shooting accuracy in *petanque*. Based on the results of the t-test in the experimental group, it is known that the average pretest 4.88 after done posttest 10.00 so that the increase is 5.12. Furthermore, based on the t-test, a t-value of -7.690 was obtained, so it was stated that there was a significant increase in the shooting score in the experimental group after being given an exercise or treatment program. Meanwhile, in the control group, the increase was 1.87, so it can be concluded that the average value of the experimental shooting results was more than 3.25 greater than that of the control class. From the table, it is known that t is calculated at -7.690 with a significance of 0.001. Therefore, it can be concluded that there is a difference in scores in the experimental group and the control group.

Based on the calculation table *N-Gain* Each student has an increase based on the value of *N-Gain*. The average score of the entire experimental group was 5.39%, the minimum score was 3.16% and the maximum score was 8.6%. Meanwhile, in the control group, the average pre was 1.929, the minimum score was 1.03%, and the maximum score was 3.09%. The results of the analysis obtained from the value pretest and posttest from the experimental group and the control group proved that the target game can improve accuracy shooting.

Because after getting a workout that focuses on training shooting. The UKM students of the University of Garut were motivated to direct the ball towards the intended target. So that the results *pretest* and *posttest* has experienced a significant increase. From the statement above, the most important part in achieving peak achievement is practice. Coaches must of course understand the goals and objectives of providing training to their athletes, especially athletes who are about to enter the golden age. A relatively short and monotonous training time will only be able to cause temporary changes and will even easily return to the original state. However, with relatively long training and varied training programs, it will cause changes due to permanent and non-temporary training. From the results of the study, it can be concluded that there is a significant influence of the approach method *game target situation* to the accuracy of shooting *petanque*.

### Conclusions

The Target Game approach has an effect on improving *petanque shooting ability* in *Petanque UKM Students* of Garut University. Based on the hypothesis the *t-test* that has been analyzed, the researcher can conclude that: There is an increase in shooting accuracy in the experimental group by 7.690 and in the control group by 6.355.

### Acknowledgment

We would like to thank all *Petanque* UKM students of Garut University who have practiced so that they can improve their *petanque shooting skills*.

### Conflict of interest

This research does not contain any conflict of interest.

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