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# Analysis of Table Tennis Forehand Drive Ability in Table Tennis Extracurricular Students

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## Abstract

This study aims to analyze the forehand drive ability in table tennis among students participating in the extracurricular table tennis program at MTs Al-Ittihad. This research is descriptive in nature, meaning it seeks to observe the actual conditions in the field regarding students' forehand drive performance. The population of the study consisted of 20 students enrolled in the table tennis extracurricular program at MTs Al-Ittihad Poncokusumo, Malang Regency. Using proportional random sampling, 17 students were selected as the sample.The data collection instrument used was a forehand drive accuracy test, which required students to hit a target area on the table within a 30-second time frame. The goal was to assess the accuracy of each student's forehand drive. The data analysis method used in this study was percentage calculation, in accordance with the descriptive approach. The results showed that the students' table tennis skills, particularly in executing the forehand drive, were in the **moderate** category based on the assessment and analysis conducted.

Keywords: table tennis, forehand drive, student skills, extracurricular activity, descriptive research

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## 1. INTRODUCTION

Table tennis is one of the most popular sports across various groups, including in educational settings. This game not only provides physical fitness benefits but also trains concentration, reaction speed, and fine motor coordination (Zubir et al., 2024). In the context of education, the development of sports skills such as table tennis can be carried out through extracurricular activities, which serve as a medium for students to develop their interests and talents outside of regular classroom hours (Sariva et al., 2024).One of the fundamental techniques in table tennis that is essential for beginners to master is the forehand drive (Wardi et al., 2024).

This technique is used in offensive situations to produce fast, flat, and accurate shots

toward the opponent's area (Tyan, 2021). Proper mastery of the forehand drive can provide a competitive advantage, both in terms of ball control and managing the pace of the game (Susanti et al., 2020). It also serves as a foundation before learning more advanced techniques (Sariul et al., 2022). Based on the background described above, the research questions in this study are as follows

1. How is the forehand drive ability of students in the table tennis extracurricular activities at MTs Al-Itihad?
2. What factors influence the mastery of the forehand drive technique among the students participating in the table tennis extracurricular activities

MTs Al-Itihad, as one of the madrasahs offering a table tennis extracurricular program, has provided students with opportunities to develop their basic playing techniques (Sari & Antoni, 2020). However, the absence of systematic data or evaluation regarding the mastery of the forehand drive technique among extracurricular participants has resulted in suboptimal adjustments of the training program to meet students' needs (Sariul et al., 2022). Therefore, a scientific study is needed to provide an objective overview of students' forehand drive abilities so that coaching can be conducted more effectively and purposefully (Sahabuddin et al., 2022).

Based on the description above, the researcher is interested in analyzing the forehand drive ability of students participating in the table tennis extracurricular activities at MTs Al-Itihad, with the aim of contributing to the improvement of sports development quality at the school (Marzuki & Kleden, 2018). Table tennis is one of the popular sports favored among students (Rodhi et al., 2023). Besides being competitive and enjoyable, table tennis also offers many benefits, such as improving motor coordination, reaction speed, and concentration (Purwanto & Suharjana, 2017). In the context of sports development within the school environment, extracurricular activities play an important role in fostering students' interest and developing their potential in sports, including table tennis (Pujianto, 2015).

Among the basic techniques in table tennis, the forehand drive is a primary stroke that every player must master (Asri et al., 2017). The forehand drive is used in various game situations to deliver fast and accurate shots toward the opponent (Nugroho & Hafidz, 2021). Mastery of this technique greatly determines the quality of a player's performance, especially at the beginner to intermediate levels (Mahendra et al., 2012). Therefore, understanding and mastering the forehand drive need to be analyzed in depth as part of the athlete development process from an early stage (Lestari et al., 2022).

MTs Al-Itihad, as one of the madrasahs that organizes table tennis extracurricular activities, has a number of students actively participating in this program (Kharis & Andrijanto, 2021). However, until now, there has been no systematic evaluation of the students' basic technical skills, especially in performing the forehand drive (Kadeira & Hafidz, 2021). The lack of such data may hinder the coach's efforts to design targeted and sustainable training programs (Gusman et al., 2025).

Based on the background above, this study aims to analyze the forehand drive ability of students participating in the table tennis extracurricular activities at MTs Al-Itihad (Firmansyah et al., 2021). The results of this study are expected to provide a concrete overview of the level of mastery of this technique, as well as serve as a basis for evaluation and a reference for improving the quality of training (Asri et al., 2017).

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Along with the development of time, maintaining physical health is very important and supported by physical activity and fitness, which are highly needed (Alfarisi et al., 2022). Nowadays, most activities are done in front of computers and gadgets, resulting in reduced motor activities for individuals (Abdul et al., 2024). Currently, many children and students participate in sports activities through extracurricular programs at school. One of these is the table tennis extracurricular activity. In this activity, various basic techniques, tactics, mental skills, and physical conditioning are practiced

This becomes the purpose of the study, to ensure that each individual, especially students, maintains their health and fitness levels. All family members can play and enjoy table tennis, which provides body movement as well as entertainment for players of all ages, whether young children, teenagers, or adults. Table tennis offers many benefits, including the development of mental, physical, and social growth in individuals. Additionally, playing table tennis can teach students to be diligent, hardworking, persistent, disciplined, and responsible.

Table tennis is a sport characterized by distinctive, unique, and dynamic movements involving the entire body. It is one of the sports widely enjoyed by people from various groups, both nationally and internationally. Table tennis is played by two players (singles) or two pairs of players (doubles) on a specialized table using paddles and a small ball. The game is played on a table divided in half by a net. This sport requires quick reflexes, good hand-eye coordination, and mastery of basic techniques. Table tennis is a high-intensity sport that involves rapid reactions and coordinated movements, making it suitable for training speed, accuracy, and agility.

In the school environment, table tennis is often offered as an extracurricular activity aimed at fostering students' interest and developing their talents from an early age. Additionally, this sport is effective as a means of building sportsmanship, teamwork, and emotional control. Table tennis requires agility, good hand-eye coordination, and well-trained basic techniques. The forehand drive is one of the basic stroke techniques, performed by swinging the paddle from back to front using the dominant side of the hand. This technique aims to produce a fast and flat shot that pressures the opponent. The success of the forehand drive is influenced by body position, foot movement, and hand coordination.

Extracurricular activities aim to develop students' potential, interests, and talents outside of formal class hours. In the context of sports, extracurricular activities serve as a platform for achievement development and character strengthening. Proper technical training in extracurricular activities can enhance students' specific skills. This sport not only demands speed and accuracy but also good mastery of basic techniques, one of which is the forehand drive technique.

The forehand drive is a fundamental stroke that is very important in table tennis because it is frequently used in both attacking and defending situations. Good mastery of the forehand drive will greatly support a player's performance in matches. The forehand drive is one of the basic stroke techniques in table tennis. This technique is performed by swinging the paddle from back to front through the dominant side of the body to produce a fast and flat shot. The forehand drive is used to pressure the opponent and maintain the tempo of the game. The success of this technique is highly influenced by body position, foot movement coordination, swing timing, and shot consistency

Influenced by body position, foot movement coordination, swing timing, and shot

consistency. In the educational environment, extracurricular activities serve as an important platform for developing students' interests and talents, including in the field of sports. At MTs Al-Ittihad Poncokusumo, table tennis extracurricular activities are among the programs quite favored by students. However, the effectiveness of these activities in improving basic game techniques, such as the forehand drive, needs to be analyzed more thoroughly. Extracurricular activities are additional programs conducted outside formal class hours and aim to develop students' potential. In sports, extracurricular activities function as a medium for talent development, instilling sportsmanship values, and strengthening a culture of healthy living. The success of extracurricular development largely depends on internal factors of the students (motivation, interest, discipline) and external factors (instructor competence, facilities and infrastructure, and training methods).

Therefore, evaluating the students' technical skills is very important as a basis for improving the training program. Consequently, this study aims to analyze the forehand drive ability of students participating in the table tennis extracurricular activity at MTs Al-Ittihad Poncokusumo. The objectives are to analyze the level of forehand drive proficiency among the table tennis extracurricular students at MTs Al-Ittihad and to identify the factors that influence the mastery of the forehand drive technique in students actively involved in the table tennis extracurricular activities.

The results of this analysis are expected to serve as a reference for improving the quality of table tennis coaching at the school, as well as providing an overview of the level of basic technique mastery among the students. This study is also supported by several relevant previous studies, including:

1. Ramadhani (2020), in his research titled "Analysis of Basic Forehand Drive Technique at Remaja Sejahtera Table Tennis Club," showed that structured training significantly improved students' stroke accuracy and power within three months.
2. Fitriani (2021), in the journal "Evaluation of the Table Tennis Extracurricular Program at SMP Negeri 2 Bantul," found that limited equipment and training intensity greatly affected the students' basic technique performance.

These studies highlight the importance of regular technical evaluation as well as the need to strengthen extracurricular programs through a scientific approach.

## 2. METHOD

This research is a quantitative descriptive study using a survey approach. The purpose of this study is to provide an overview of the forehand drive technique skills of students participating in the table tennis extracurricular activities at MTs Al-Itihad. The descriptive method is used to present the data as it is, based on the results of the students' skill assessments

This type of research is descriptive, meaning that the researcher aims to observe and describe the field conditions regarding the forehand drive skills of students participating in the table tennis extracurricular activity at MTs Al-Itihad Poncokusumo, Malang Regency. The population in this study consists of all MTs Al-Itihad students who are actively involved in the table tennis extracurricular activities during the even semester of the 2024/2025 academic year. The sample was selected using the total sampling technique, in which all members of the population are used as research subjects due to the relatively small and manageable number. The total number of students included in the sample is 17

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The study uses a descriptive research approach to evaluate current conditions and examine societal issues and specific situations. It covers relationships, activities, attitudes, opinions, processes, and the impact of certain phenomena. This research involves a population of students participating in the table tennis extracurricular program. A sample of 17 students was selected from this population using proportional random sampling. To collect data on the forehand drive skills of the table tennis extracurricular students at MTs Al-Itihad, a table target test was used. In this test, the examiner directs the ball to specific points on the table, and scores are awarded based on the level of difficulty. Descriptive percentage analysis was used in accordance with the nature of the study.

### 2.1 Participants

The participants of this study were involved during the table tennis training sessions at MTs Al-Itiihad Poncokusumo, Malang Regency. The population consisted of 20 students, and a sample of 17 students was selected. This study employed a random sampling technique.

### 2.2 Research Design

This study employs a quantitative descriptive research design. This design was chosen to obtain an objective overview of the students' forehand drive skills who participate in table tennis extracurricular activities. Descriptive research aims to describe, record, analyze, and interpret current conditions based on observable facts.

This design does not involve independent and dependent variables as in experimental research, but rather describes the actual condition of students' ability in performing the forehand drive technique based on direct observations using a structured assessment instrument. This study was Instrument Preparation: Developing a rubric or observation sheet based on the basic techniques of the forehand drive.

1. Instrument Preparation: Developing a rubric or observation sheet based on the basic techniques of the forehand drive.
2. Data Collection: Students perform the forehand drive movement, and their performance is assessed by several observers (evaluators) using the rubric.
3. Data Analysis: The collected data are analyzed using descriptive statistics such as mean, percentage, and categorization of skill levels.
4. Reporting Results: The data are presented in the form of tables, graphs, and narrative descriptions of students' mastery levels of the forehand drive technique.

The quantitative descriptive design was chosen because:
1.) This study does not manipulate variables but merely describes the phenomenon as it occurs.
2.) The researcher aims to determine the extent of students' skills in performing the forehand drive.
3.) It is suitable for a small and specific population (such as table tennis extracurricular students in a single school).

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### 2.3 Instruments

The sampling technique used was proportional random sampling, resulting in a total sample of 17 students. To collect data on the forehand drive skills of table tennis extracurricular students at MTS AL-Ittihad, a target table test was used as the instrument. In this test, participants are required to direct the ball to designated points on the table, and scores are awarded based on the level of difficulty. The analysis technique employed, in accordance with the type of research, was descriptive percentage analysis.

### 2.4 Procedures

The test was conducted 2 to 3 times to obtain reliable results. The assessment was based on the following indicators: body and foot position during the forehand drive, consistency of the stroke (number of successful hits on the table), accuracy of shot direction (toward the target area), and ball speed and control. The test was carried out for 30 seconds. To collect data on the forehand drive ability of students at MTS AL-Ittihad Poncokusumo, a target table test was used as the instrument, in which the testee directs the ball to predetermined points and receives a score based on the level of difficulty.

### 2.5 Data Analysis

The analysis technique used, in accordance with the type of research, was descriptive percentage analysis.

## 3. RESULTS

Based on the results of the forehand drive skill test, the maximum score obtained was 26 and the minimum score was 18. In addition, the mean score was 22, the median was 23, the mode was 23, the standard deviation was 2.36, and the range was 8. For a clearer overview, the frequency distribution of the forehand drive skill variable group is presented below.

### 3.1 Tables

**Distribusi Frekuensi Kemampuan *Forehand Drive***

| Kategori | Kelas Interval | Fa | Fr (%) |
|---|---|---|---|
| kurang sekali | 18-19 | 3 | 17,65 |
| Kurang | 20-21 | 3 | 17,65 |
| sedang | 22-23 | 8 | 47,05 |
| sedang | 24-25 | 0 | 0 |
| baik | 26-27 | 3 | 17,65 |
| Baik sekali | jumlah | 17 | 100 |

In Table 1 above, out of 17 samples, 3 individuals (17.6%) had forehand drive skills ranging between 18–19, categorized as *very poor*. Another 3 individuals (17.65%) had scores between 20–21, categorized as *poor*. A total of 8 individuals (47.05%) had scores between 22–23, falling into the *moderate* category. No individual (0%) scored between 24–25, which would

be categorized as *good*. Meanwhile, 3 individuals (17.65%) scored between 26–27, categorized as *very good*.

Based on the explanation above, of the 17 samples:

1) 3 individuals (17.65%) scored above the average,
2) 8 individuals (47.05%) fell within the average group, and
3) 6 individuals (35.3%) scored below the average.

## 4. DISCUSSIONS

The purpose of this study is to analyze the forehand drive skills of table tennis athletes who are students participating in the table tennis extracurricular program at MTS AL-Ittihad. Based on the analysis of the forehand drive abilities of the extracurricular table tennis students at MTs Al-Ittihad Poncokusumo, it was found that the majority of students fell into the "moderate" category, with a frequency of 8 students or 47.05% of the total 17 participants. This indicates that nearly half of the participants have acquired a sufficient level of proficiency in the forehand drive technique, although they have not yet reached an optimal level.

Furthermore, 3 students (17.65%) were categorized as "good," indicating that they were able to perform the forehand drive with relatively correct and consistent technique. However, no students fell into the "very good" category, which suggests that none demonstrated forehand drive performance with a very high level of precision, power, and consistency.

Conversely, there were 6 students (35.3%) who fell into the "very poor" and "poor" categories, with 3 students in each group. This indicates that more than one-third of the students are still struggling to master the basic forehand drive technique. Common issues found in this group include incorrect body positioning during the stroke, stiff or improperly executed arm movements, and a lack of eye-hand coordination in directing the ball toward the opponent's playing area

Interestingly, the "moderate" category for the interval class of 24–25 was not occupied by any student (0%), which may indicate a performance gap between the moderate and good groups. This suggests that the difference in skill mastery levels is quite significant, and that transitioning from the moderate to the good level requires more intensive and structured training

These results are in line with motor learning theory, which states that technical skills such as the forehand drive are greatly influenced by the frequency of practice, the quality of feedback from the coach, and the student's intrinsic motivation. Therefore, coaches need to implement an individualized and progressive training approach, as well as utilize video analysis or direct technique correction to help students understand their mistakes and make necessary improvements

Overall, the students' forehand drive abilities showed considerable variation, with the majority tending to fall within the moderate level. To improve performance toward the "good" and "very good" categories, a more intensive training program is needed, accompanied by regular evaluations and technical approaches tailored to each student's condition. Support from the school in providing adequate training facilities and time is also a key factor in the successful improvement of this fundamental skill

Considering the findings of this study, serious attention is certainly needed in order to achieve optimal performance. The forehand drive skill, as examined in this research, holds significant value and plays an important role in attaining the best possible results in table tennis performance.

The results of the study indicate that the forehand drive ability of students participating in the table tennis extracurricular program falls into the *fair* category. These findings are consistent with the study by Sapta Waluya et al. (2019), which found that multiball training is more effective than paired training in improving the accuracy of the forehand drive among table tennis extracurricular students at SMP Negeri 14 Jakarta. Additionally, research by Ramadhani et al. (2019) also demonstrated that multiball training has a significant effect on the accuracy of forehand drive strokes in students involved in table tennis extracurricular activities at SMP Negeri 20 Malang.

The study by Susanti et al. (2020) emphasizes the importance of eye-hand coordination and arm muscle strength in improving the forehand drive ability of table tennis extracurricular students at SMA Muhammadiyah Rambah. The results of the study indicate a significant relationship between eye-hand coordination and arm muscle strength with students' forehand drive performance. This demonstrates that physical and coordination factors greatly influence the quality of basic techniques in table tennis.

In addition, a study by Saputro (2017) at SMA Negeri 1 Tanjungsari also found that eye-hand coordination and arm strength have a significant relationship with the accuracy of forehand drive strokes among table tennis extracurricular participants. The findings suggest that improving coordination and physical strength can contribute to the enhancement of basic techniques in table tennis.

Research by Wardi et al. (2020) at MTsN 6 Banjar showed that student motivation affects the accuracy level of the forehand drive in table tennis extracurricular activities. Although student motivation was relatively high, the accuracy of the forehand drive still needs to be improved through more structured training and regular evaluation.

Overall, technical, physical, and motivational factors interact in determining the forehand drive ability of table tennis extracurricular students. It is essential for coaches to develop a holistic training program that includes technical, physical, and motivational aspects in order to comprehensively enhance students' performance.

## 5. CONCLUSIONS

Based on the previous explanation, it can be concluded that the table tennis extracurricular students at MTS AL-Ittihad possess forehand drive skills that fall into the moderate category. It is hoped that these students will be more diligent in their training, particularly in improving their forehand drive abilities. Future researchers are encouraged to conduct studies with a larger sample size

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