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Systematic Literature Review: The Influence of The Play Method on Improving Underhand Passing Skills in Volleyball

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ABSTRACT	ARTICLE INFO
<p>This study aims to examine the effectiveness of the play method in improving underhand passing skills in volleyball games, particularly as applied by physical education teachers and sports coaches. The research utilized a Systematic Literature Review (SLR) approach to comprehensively classify, select, and interpret existing studies that investigate interconnected measurement parameters related to skill development through play-based interventions. The results of the review and discussion indicate that the play method consistently enhances underhand passing abilities across different educational and training contexts, including both formal school settings and extracurricular sports programs. The method fosters an engaging and dynamic learning environment that not only supports technical skill acquisition but also enhances motivation and enjoyment during the learning process. Additionally, the play method has been demonstrated to be a highly effective instructional approach for teachers and coaches aiming to develop fundamental volleyball skills among youth. Based on the synthesis of the research findings, it is concluded that the play method significantly improves underhand passing skills in volleyball and proves to be an effective and efficient strategy for application across various age groups, from elementary to high school students. These findings reinforce the importance of integrating play-based pedagogies in physical education and sports training to achieve better learning outcomes.</p>	<p>Article History: <i>Submitted/Received 02 Feb 2025</i> <i>First Revised 12 Feb 2025</i> <i>Accepted 09 Mar 2025</i> <i>First Available online 25 Mar 2025</i> <i>Publication Date 01 Apr 2025</i></p> <p>Keyword: <i>systematic literature review,</i> <i>play method,</i> <i>volleyball,</i> <i>underhand passing,</i> <i>passing skills.</i></p>
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1. INTRODUCTION

Education plays a very important role in the development of human resource quality and the success of national development. A country can achieve success if all components of the nation share the same vision to advance development, and this success cannot be separated from the quality of healthy and fit human resources (Imran, 2019). Health and fitness are cultivated from an early age through physical education, which helps foster high-quality human resources.

Physical education is a compulsory subject in every school, playing a significant role in enhancing both individual and group growth, as well as physical and mental development (Yulianingsih et al., 2011). To achieve this, engaging methods or approaches are needed so that students are motivated and eager to learn, allowing them to develop their physical abilities. For children, play is an essential part of life. Therefore, when the play method is applied, children are more likely to follow instructions from teachers or coaches. According to Firmansyah & Rahayu (2016), sports education is implemented both during academic and non-academic sessions through intra-curricular or extracurricular activities.

Volleyball is a sport played by two teams, each consisting of six players. The goal is to land the ball in the opponent's court, with the two courts separated by a stretched net (Hidayat et al., 2018). There are five basic techniques in volleyball that every player must master, one of which is passing. Passing is divided into two types: overhand and underhand passing. Other techniques include overhand and underhand serving, and finally, the smash or spike. Passing is a fundamental skill aimed at directing the ball to a teammate, and it is considered the most essential technique for maintaining team defense against opponents' attacks (Adri & Astuti, Y., 2024).

According to Erliana (2014), there are still challenges faced by children when performing underhand passing, as many have not yet mastered the basic technique. Children often struggle with the steps required to execute the underhand pass, including proper ball contact with the arms and coordinated body movement. Common mistakes include bent arms due to flexed elbows, an incorrect starting posture with a rigid body, feet not shoulder-width apart or spread too wide, and a lack of readiness in the legs or incorrect athletic stance (Jauhari, 2022).

The role of a teacher or coach in applying the right method is crucial to the success of both teaching and training sessions. Therefore, the most appropriate method for children, according to Pratiwi (2017), is the play method. When children hear the word "play," they become more enthusiastic, especially when the activity is packaged in an engaging and entertaining way. Play is a fun activity carried out for enjoyment and not focused on the end result, making it voluntary. Through play, children may not realize that they are also learning or practicing. This method should continue to be applied in all educational institutions, as it allows children to express emotions, feelings, thoughts, and ideas.

Based on the explanation above, the researcher intends to conduct a study entitled "The Influence of the Play Method on Improving Underhand Passing Skills in Volleyball Games."

2. METHODS

A perspective related to the issue being studied. The method used in this research is a systematic approach through a literature review as the basis of the study, which means analyzing previous research that discusses the influence of the play method in improving the basic underhand passing technique in volleyball. Systematic Literature Review (SLR) is a research method used to classify, filter, and interpret all studies related to interdependent

measurement parameters (Triandini et al., 2019). According to Fitriani & Putra (2022), SLR is a technique for grouping interrelated data into a unified form presented in journal format.

In the process of this systematic review, the researcher used the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) framework, which includes: (1) Data identification, (2) Data screening, (3) Eligibility assessment, and (4) Inclusion of final data. The purpose of this research is to determine the most appropriate strategy for solving the identified problem and to identify various approaches.

The researcher then searched for articles or data using Google Scholar through the Publish or Perish application. The keywords used were “play method,” “basic technique,” and “volleyball.” From the search results, the researcher found 200 articles, of which 6 were directly relevant to the selected keywords.

Table 1. The Search Used in Collecting Data Process

	Database	Keywords
1.	Google Scholar (Publish or Perish)	“Play method, basic technique, volleyball”

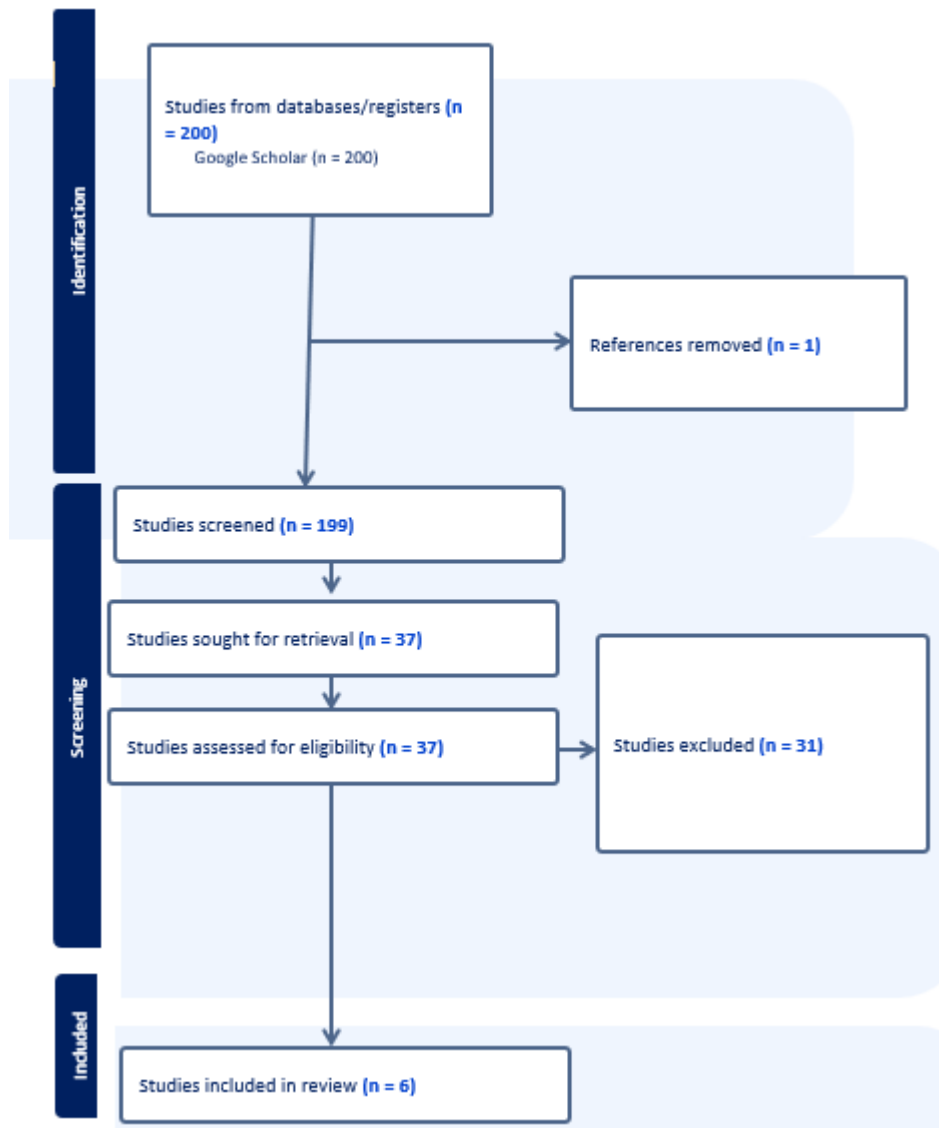
The next stage is the data screening phase. In this phase, the researcher excluded 163 articles that did not meet the criteria. As a result, 37 articles met the criteria and proceeded to the next stage.

The following stage involved identifying eligibility requirements. The inclusion and exclusion procedures were conducted manually based on the criteria determined by the researcher. After completing this stage, the articles entered the systematic review process. The results showed that out of the 37 articles, 6 met the criteria, while 31 did not.

Table 2. Inclusion and Exclusion Criteria

Criterion	Inclusion	Exclusion
Times	2014 - 2024	<2014
Doc	Research Artikel	Review artikel books, book chapters, conference proceedings, and report
Language	Indonesia & Melayu	
Index	SINTA 1-6	NON-SINTA

After the screening stage was completed, a total of 37 articles were identified. In the eligibility stage, 31 articles did not meet the criteria. This study will be presented using a PRISMA flowchart.



4. RESULT AND CONCLUSION

Based on the results of the systematic literature review conducted by the researcher, 6 articles were deemed eligible for analysis. The purpose of this review is to determine the effect of the play method in improving the basic underhand passing technique in volleyball. Below are the articles that have been reviewed by the researcher, along with the following results.

Table 3. Selected Primary Study

No	Author/Year	Title	Population	Indeks	Result
1	Muhammad Reza Atsani. (2020)	Meningkatkan kemampuan passing bawah bolavoli	Dalam penelitian ini, digunakan sampel sebanyak 20 orang siswa,	SINTA 2	Hasil penelitian menunjukkan adanya peningkatan kemampuan passing bawah bolavoli

		menggunakan metode bermain	terdiri dari 13 orang siswa laki-laki dan 7 orang siswi perempuan		pada siswa kelas XI Mekatronika EPCOS SMK Negeri 1 Batam setelah menggunakan metode bermain.
2	Doni Jaswanto Anpolu, Eri Barlian. (2019)	Metode Latihan Bermain Berpengaruh Terhadap Kemampuan Passing Bawah Pemain Bolavoli	Populasi penelitian ini terdiri dari 24 orang pemain bola voli, dengan 12 pemain putra dan 12 pemain putri	SINTA 4	Hasil penelitian menunjukkan bahwa penerapan metode latihan bermain memiliki pengaruh positif dan signifikan terhadap peningkatan kemampuan passing bawah pemain bola voli.
3	Nissa Widya Agustina, Yudha M Saputra , Yogi Akin.(2023)	Pengaruh Latihan Pendekatan Bermain Terhadap Peningkatan Keterampilan Passing Bawah Dalam Permainan Bola Voli	Populasi dalam penelitian ini adalah anggota club bola voli family yang berjumlah 40 orang	SINTA 4	Hasil penelitian menunjukkan adanya pengaruh positif dari latihan pendekatan bermain terhadap peningkatan keterampilan passing bawah dalam permainan bola voli. Data berdistribusi normal dan uji paired sample t test menunjukkan adanya pengaruh signifikan dari latihan tersebut
4	SYARIF HIDAYAT, PULUNG RIYANTO, DEDEN	PENGARUH METODE BERMAIN TERHADAP PENINGKATAN	Populasi penelitian adalah anggota ekstrakurikuler	SINTA 4	Hasil penelitian menunjukkan adanya pengaruh positif dari latihan pendekatan

	BUDI ROSMAN.(2018)	PASSING BAWAH DALAM PERMAINAN BOLA VOLI SISWA EKSTRAKURIKULER SMK NEGERI 1 SUBANG	bola voli SMK Negri 1 Subang sebanyak 20 orang yang semuanya ditentukan sebagai sampel dengan menggunakan teknik simple randomsampling.		bermain terhadap peningkatan keterampilan passing bawah dalam permainan bola voli. Data berdistribusi normal dan uji paired sample t test menunjukkan adanya pengaruh signifikan dari latihan tersebut
5	Juni Herlina, Roma irawan.(2019)	Pengaruh Metode Latihan Bermain Terhadap Kemampuan Passing Bawah Bolavoli	Populasi dalam penelitian ini adalah seluruh atlet bolavoli SMAN 8 Padang yang berjumlah 22orang.	SINTA 4	Hasil penelitian menunjukkan bahwa metode latihan bermain memiliki pengaruh signifikan terhadap kemampuan passing bawah atlet bola voli SMAN 8 Padang. Terjadi peningkatan kemampuan passing bawah setelah menggunakan metode latihan bermain.
6	Erick Ariyanti Girsang, Dicky Hendrawan.(2022)	Upaya Meningkatkan Kemampuan Passing Bawah Bola Voli Melalui Metode Bermain	Populasi dalam penelitian terdiri dari siswa yang berpartisipasi dalam kegiatan ekstrakurikuler bola voli di sebuah sekolah	SINTA 6	Hasil dari penelitian menunjukkan bahwa penggunaan metode bermain dalam meningkatkan kemampuan passing bawah dalam permainan bola voli telah

menengah pertama swasta di Medan	memberikan hasil yang positif. Terdapat peningkatan signifikan dalam keterampilan passing bawah setelah penerapan metode bermain dan modifikasi media pembelajaran.
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Based on the results and data analysis, the researcher generated an idea derived from the discussion of the six reviewed articles through thematic analysis. This idea led to the formulation of a single discussion title: "The Influence of the Play Method on Improving Underhand Passing Skills in Volleyball." This title serves as the main focus in understanding key information relevant to research in the field of volleyball.

The first study discussed is from [Atsani \(2020\)](#), titled "Improving Volleyball Underhand Passing Skills Using the Play Method." The research was conducted in two cycles on Grade XI Mechatronics students at EPCOS SMK Negeri 1 Batam using the play method. The results showed an improvement in students' underhand passing ability. The study involved 20 students, including 13 boys and 7 girls. In the first cycle, 11 students achieved the competency standard (55%), and in the second cycle, 17 students achieved it (85%). Therefore, the study concluded that the use of the play method led to a 30% improvement in students' underhand passing skills.

The next study is by [Anpolu & Barlian \(2019\)](#), title "The Influence of the Play Training Method on the Underhand Passing Ability of Volleyball Players." This research aimed to determine whether the play method had an effect on learning outcomes related to basic underhand passing techniques. The findings indicated that applying the play training method had a positive and significant effect on improving the underhand passing ability of volleyball players.

Another study by [Agustina et al. \(2023\)](#), themed "The Influence of the Play-Based Training Approach on Improving Underhand Passing Skills in Volleyball," also found a positive impact of the play-based approach on the improvement of underhand passing skills. The data followed a normal distribution, and the paired sample t-test revealed a significant effect of the training.

Furthermore, research by [Hidayat et al. \(2018\)](#), titled "The Influence of the Play Method on Improving Underhand Passing in Volleyball for Extracurricular Students at SMK Negeri 1 Subang," confirmed that the play method had a significant effect on enhancing underhand passing skills. The method was found to be effective in helping students improve their technical abilities, particularly in underhand passing. The study recommends the play method as an alternative in physical education, especially in developing volleyball skills.

[Herlin & Irawan \(2019\)](#) conducted a study titled "The Influence of the Play Training Method on Volleyball Underhand Passing Ability." The research aimed to examine the effect

of the play training method on the underhand passing skills of volleyball athletes at SMAN 8 Padang. The findings showed a significant impact of the play training method on athletes' underhand passing performance, including those at SMAN 8 Padang. The training method led to measurable improvement in the players' passing skills.

Lastly, the study by Girsang & Hendrawan (2022), titled "Efforts to Improve Volleyball Underhand Passing Skills Through the Play Method," concluded that using the play method and modified learning media was effective in enhancing underhand passing skills in volleyball. The study utilized triangulation to ensure data validity and applied content analysis for data interpretation.

From the analysis of all six studies, it can be concluded that the play method significantly improves underhand passing skills in volleyball, both in school learning settings and during extracurricular training. The play method can also serve as an effective and beneficial approach for both teachers and coaches.

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