

Socialization of Elementary School PJOK Teachers in the Southern City of Cimahi through Pickleball Sports

 Yudi Hidayat¹,  Sumbara Hambali^{2*},  Gugun Gunawan³,  Ricky Ferrari Velentino⁴,
 M Saleh Paembonan⁵,  Dindin Bernhardin⁶,  M Syahnal Rambe⁷

^{1,2,3,4,5,6,7}STKIP Pasundan, Jawa Barat, Indonesia
✉ sumbarahambali8@gmail.com*



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Abstract

The aim of carrying out this community service activity is to provide knowledge and information about new types of sports that are currently popular with many people in all circles, and one of them is introducing the sport of Pickleball. Some of the implementation methods for this activity are delivery using lecture, discussion and question and answer methods, as well as direct demonstrations or practice. This research was carried out at Melong Mandiri 3 Elementary School, Cimahi City, involving one regional branch of South Cimahi City with a total of 7 schools involved. The results of this research show that what is proposed in this community service activity plan can be implemented well and fulfilled. From the results of the implementation of this activity, it was found that the majority of PJOK teachers in the South Cimahi area were still unfamiliar with the sport of pickleball because, from the test results using questions, an average of 85.7% of the 15 people present were not familiar with the sport of pickleball. Therefore, after being given this socialization material, the participants had quite a high enthusiasm for learning about the sport of pickleball.

A. Introduction

Sport is an effort to maintain bodily health, and has an important role in human life. There are many kinds of sports that can be done to maintain body health, one of which is playing sports, such as volleyball, basketball, football, badminton, tennis, etc., where these sports are believed to have good health benefits if done correctly (Pane, 2015). Apart from that, nowadays a lot of new sports games have emerged and their development is quite rapid, one of which is the sport of pickleball.

Pickleball is a new type of sport and has become popular in recent years (Vitale & Liu, 2020), Moreover, with the help of media via the internet, this sport can be promoted quickly (Wang et al., 2023). Pickleball is a combination of tennis, badminton and table tennis, besides this sport is also one of the fastest growing sports in America (Jamaludin et al., 2023). Pickleball is a type of sport played with a special bat and ball equipment played on a 20 x 40 foot court and separated by a type of field tennis net (Primanata et al., 2021). This sport is often described as a hybrid of tennis, badminton and table tennis, and uses a plastic ball with holes in it, played on a badminton-sized court that is approximately one-third the size of a tennis court (Iqroni et al., 2022). Therefore, pickleball is a simple and fun game, it can be played by anyone and any group, indicating that this sport has high accessibility because it is able to reach all audiences (Cerezueta et al., 2023).

Pickleball is generally a sport for all ages where the game is very easy, with slightly modified rules and fields that will make it very easy for players to understand and play it. Apart from that, pickleball has its own charm so that it can encourage sports enthusiasts to take up the sport and develop it in their respective

regions (Irvan et al., 2022; Muslimin et al., 2022). In fact, other findings suggest that engaging in Pickleball is a promising way to maintain and achieve a healthy and physically active lifestyle (Heo & Ryu, 2023), so that they will accidentally be encouraged to move and stay fit.

This pickleball sport is very fun and has many benefits, not only in the physical aspect, but psychologically it is also believed to foster a sense of joy and excitement for the players (Buzzelli & Draper, 2020), the players can socialize with other players, build friendships and communicate at other times (Kim et al., 2021). Pickleball can also be an alternative physical activity for those who feel unable to play other sports games which require relatively more expensive and difficult facilities, and perhaps this can be a solution to the fitness problem of teachers in particular. Research also states that pickleball, both singles and doubles, is an activity with moderate to heavy intensity and makes a major contribution to meeting physical activity guidelines (Webber et al., 2023), so this can be used to overcome the lack of physical activity among physical education teachers. Other research evidence regarding pickleball sports also reveals that participating in pickleball sports helps in disease prevention (Casper et al., 2023).

The lack of fitness among physical education teachers is an important study, because they are the spearheads in developing quality and understanding of the importance of physical fitness among students. Sports activities or physical activities that have decreased are one of the triggers for a lack of fitness among teachers (Yunitasari et al., 2019). Difficulty and interest in playing sports is also a factor in the lack of fitness, because it is increasingly difficult to find facilities, especially game sports infrastructure, which is now rarely found, resulting in less teacher sports activities. Physical education teachers are usually used as examples by students to develop aspects of themselves, especially in terms of physicality. It is not surprising that the physical qualities of a physical education teacher who is often used as an example by students are lacking.

PJOK teachers in the southern Cimahi region are one of the potentials that must be developed in knowledge of this Pickleball sport, because almost the majority of elementary schools in the southern Cimahi region do not have knowledge and are still unfamiliar with this sport, so this is a great potential for the PKM team to carry out Pickleball Sports Socialization activities. In this way, it is hoped that PJOK teachers, especially at the elementary school level, can share their knowledge with their students, and it is hoped that potential Pickleball athlete talents will emerge in the future. Based on the situation analysis that has been presented, which relates to the many benefits and advantages of the sport of pickleball and problems related to the fitness of teachers as well as providing new information about the sport of pickleball, the STKIP Pasundan Community Service Team in the PJKR Study Program will hold a PKM with the theme "Socialization of Pickleball Sports for Elementary School PJOK Teachers in the Southern City of Cimahi", so the aim of this community service is to provide knowledge and information about a new type of sport which is currently popular with many people in all circles, and one of them is introducing the sport Pickleball.

B. Methods

In this community service activity in Cimahi City, several methods are used to deliver the material, this is useful so that there is reciprocal interaction between the presenters and the participants or audience. Some of the implementation methods for this activity are delivery using lecture, discussion and question and answer methods, as well as direct demonstrations or practice. The targets for this community service activity are PJOK teachers at the elementary school level in Cimahi City. For more details about the flow and direction of this service activity, you can see the following figure 1:

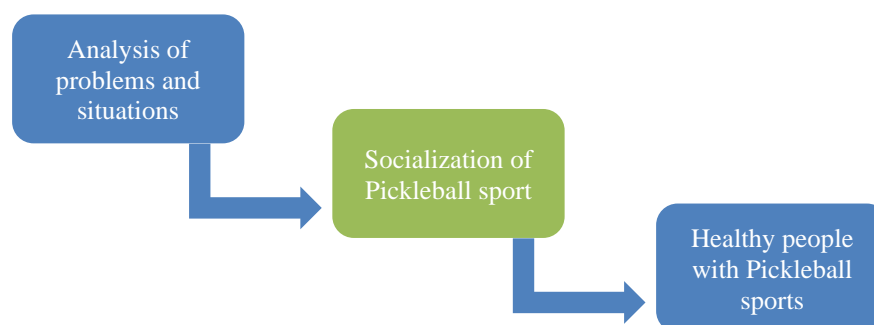



Figure 1. Flow of Implementation of PKM Activities

The time for this community service activity will be held on Thursday, August 1 2024, starting from 13.00-16.00 WIB, at SDN Melong Mandiri 3 Cimahi City. The subjects of this service are 15 PJOK Elementary School teachers who are members of the South Cimahi District KKG group, Cimahi City which consists of seven schools. Apart from that, not only to PJOK teachers, but also to other class teachers who might be interested and interested in learning about this Pickleball sport.

C. Results and Discussion

This research was carried out at the Mandiri 5 Elementary School in Cimahi City, involving one branch in the Central Cimahi area with a total of 8 schools involved. From the results of the implementation of this activity, it was found that the majority of PJOK teachers in the Central Cimahi area were still unfamiliar with the sport of pickleball. Before presenting the material, participants are required to first fill out a questionnaire/questions related to the sport of pickleball. This is useful for ascertaining the participants' initial conditions, and the following are the results of the participants' initial conditions along with their statements:

Table 1. Initial Condition Answer Results

No	Question	Answer	
1	Do you know the sport of Pickleball?	Already 14.3%	Not yet 85.7%
2	What country did the sport of Pickleball originate from?	Correct 28.6%	Incorrect 71.4%
3	What size does a Pickleball court resemble?	Correct 21.4%	Incorrect 78.6%
	What is the name of this tool...?	Correct	Incorrect
4		50%	50%
5	How many holes does Pickleball have for indoor games?	Correct 7.1%	Incorrect 92.9%
6	How many pickleball holes are there for outdoor games?	Correct 14.3%	Incorrect 85.7%
7	What is the standard number of points per game in pickleball?	Correct 64.3%	Incorrect 35.7%
8	Broadly speaking, how many basic techniques are there in Pickleball?	Correct 64.3%	Incorrect 35.7%
9	How many strokes minimum can a player hit the ball without first bouncing to the floor (volleying)?	Correct 50%	Incorrect 50%

Based on table 1, it can be seen that the participants' knowledge of the sport of pickleball is still very minimal, so it seems that here the participants have quite high enthusiasm for learning about the sport of pickleball. This is marked by the fulfillment of the quota for participants who take part in the material, both in theory and practice, so that this socialization activity is seen as very useful for them and the development of the sport of pickleball, especially in Cimahi City.

The overall results of implementing this community service activity can be seen based on the following components:

1. Achievement of target number of participants. The target training participants or target audience are 14 elementary school PJOK teachers in South Cimahi Branch, Cimahi City. In its implementation, this activity was attended by around 15 participants. Thus, the achievement of the target number of training participants exceeded the target achievement, meaning that this socialization activity was very good to carry out.
2. Achievement of training objectives. The achievement of this socialization goal can be assessed as good. A total of 15 people who have taken part in this activity already know and understand the basic techniques and rules of the game properly and correctly according to the rules that have been set.
3. Achievement of planned material targets. The achievement of the planned material targets for this service activity can be assessed as good. All planned theoretical and practical material for the sport

of pickleball can be delivered to participants, although due to time constraints there is some material that is only presented in outline.

4. Participants' ability to master the material. Participants' abilities are seen from their mastery of the material, before gaining new knowledge 14.3% knew the sport of Pickleball, and after taking part in this activity almost all of them knew it and could be rated as good (>80%). This is due to the ability of the training participants who are very enthusiastic about taking part in this PKM activity, but still have little experience in the basic technical movements in the sport of pickleball. However, overall, this PKM activity measured from the four components above can be considered good. This is thanks to the support of partners who are very enthusiastic about participating in the entire PKM series.



Figure 2. Documentation of Activity Implementation

Based on the results of this service activity, it shows that what was proposed in the problem formulation can be implemented well. From the results of the implementation of this activity, it was found that the interest of PJOK SD teachers in the South Cimahi area, Cimahi City to find out additional knowledge of technical training and pickleball game rules was very high, even though in previous activities they had not understood and mastered the basic technical material and pickleball rules. This very valuable opportunity is not wasted even though it is realized that the facilities and equipment for this activity are very limited. But with strong enthusiasm and encouragement from coaches, lecturers and sports teachers, this activity becomes a useful activity.

The impact of the results of this community service activity means that all participants have sufficient knowledge about the history and development of the sport of pickleball. All participants also have knowledge and skills about basic techniques, playing techniques and the rules that apply in the pickleball game. In implementing the PKM Pickleball socialization, all partners are expected to be able to know and play the game of pickleball using basic techniques and game rules properly and correctly. This is in line with the service's expectations so that problems experienced by partners can be resolved well, namely that partners can play pickleball because this game can be played by all groups without requiring more skills and is in line with the vision of the sport of pickleball, namely easy and fun and can introduce and develop the sport of pickleball to local areas.

D. Conclusion

Based on the results of the implementation of PKM activities carried out on PJOK SD teachers in the southern part of Cimahi City, several conclusions can be drawn as follows: 1) With the implementation of PKM Pickleball activities, it can be concluded that partners can know and practice the procedures for implementing the basic techniques of the pickleball game, strategies play and the rules of the game properly and correctly in accordance with the slogan of this sport, namely easy and fun so that it can attract and increase the interest of the public and sports enthusiasts to play this pickleball sport; 2) Partners can receive

the material with enthusiasm and great willingness so that the socialization material can be understood by all participants well as a provision for the coaching and development process of the pickleball sport in Cimahi City.

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