

**THE RELATIONSHIP OF FOREHAND AND BACKHAND ABILITY WITH TABLE TENNIS
PLAYING SKILLS OF STUDENTS WHO PARTICIPATE IN THE TABLE TENNIS
EXTRACULICULAR AT SMP N 3 LABUHAN HAJI**

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ABSTRACT

Forehand and backhand abilities are guidelines for table tennis playing techniques. The issue in this research is that forehand and backhand abilities have not yet been mastered well. Therefore, this study aims to examine the relationship between fronthand and backhand abilities and table tennis playing skills of students who participate in the table tennis extracurricular at SMP N 3 Labuhan Haji, both individually and simultaneously.

This research was correlational research. The subjects of this research were students who took part in the table tennis extracurricular at SMPN 3 Labuhan Haji, totaling 12 students. Data were collected using tests and measurements with the instruments used were table tennis forehand and backhand ability instruments from the Moot-Lochhart Table Tennis test. The data analysis used was simple correlation analysis for each independent variable with the dependent variable, while for both multiple correlations and multiple regressions.

The research results show that there is a positive and significant relationship between forehand ability and table tennis playing skills. There is a positive and significant relationship between backhand ability and table tennis playing skills. There is a positive and significant relationship between forehand ability and backhand ability and table tennis playing skills.

Key words: forehand ability, backhand ability, table tennis playing skills.

