

REVIEW ARTICLE

Study of the implementation of the pickleball game in physical education learning

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Abstract

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Pickleball is a sport that combines elements of tennis, ping pong and badminton. Pickelball, is one of the newest sports in Indonesia which is very popular because of how to play and the media used is easy to get. This study aims to provide the results of a literature review from previous research on sports, the socialization and application of pickelball sports, in physical education learning at schools. The method used in this research is a literature review, which means reviewing the results of previous research on the sport of volleyball from articles that have been published in the 2020-2023 range. This research is included in the category of qualitative research types. The results obtained are that in Indonesia itself this sport has been socialized quite a lot and is widely respected because athletes have more opportunities than other sports. In learning Physical Education, this sport is easy to apply because it does not have complicated game rules and can then increase motivation to learn Physical Education because this is a new sport so that it attracts students' interest. It is hoped that the results will be able to provide an overview of the implementation or implications of pickelball in Indonesia so that this sport will be better known and Indonesia is expected to be able to take steps or start earlier to be able to improve performance in this sports sector.

Keywords: Physical education, pickleball, sports.

Introduction

Pickelball is a sport that is relatively new and quite attracts the attention of the Indonesian people. (Buzzelli & Draper, 2020) explains that pickleball is a relatively new sport, created in 1965 by Joel Pritchard, William Bell, and Barney McCallum as a way to involve their children. Pickleball has also been recommended as a new activity to engage students and to teach offensive and defensive strategies that can easily transfer to sports such as tennis or badminton. Pickleball is a sport that is played with a kind of bat and uses a special ball which is played on a 20-foot wide and 44-foot long field separated by a kind of (Primanata et al., 2021). Pickleball, a sport that combines aspects of tennis, badminton and table tennis, is one of

the fastest growing sports in America. This sport is very popular among older adults because it provides a means for competition and exercise. This sport is very relevant to the program being promoted by the government, namely the spirit of exercise for Indonesian people (Muslimin et al., 2022)

The novelty of pickelball in Indonesia requires good socialization so that it can be well known because in Indonesia the prospects for developing this sport are quite large. (Hidayat et al., 2022) revealed that pickelball must be socialized in Indonesia evenly so that we are able to get seeds who want to advance and become pivkelball athletes with the opportunity to take part in major National and International Championships. On April 18 2019, pickleball was socialized for the first time in Hall A of the

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FIK UNJ campus and was attended by FIK UNJ students. This socialization produced results with extraordinary enthusiasm from students which is proven until now more and more students are involved in the sport of pickleball (Dewanti, 2022). Irvan et al. (2022) explains that the socialization of the introduction of pickleball, basic techniques, playing techniques and refereeing procedures has been planned as well as possible, the conditions of the partners and in accordance with the targets to be achieved from the results of this dedication. The implementation of this service went smoothly.

For development in Indonesia, a large Pickleball Board has been formed called the Indonesia Pickleball Federation (IPF). Besides Jakarta, now Pickleball has mushroomed in other places, such as in Kalimantan, Jakarta, Yogyakarta, Bandung, Surabaya, Malang, Bali and several other places, including in Makassar. The Pickleball Championship in Indonesia has been contested in Jakarta including an inter-student championship (Gani et al., 2022). Pickleball sport is a new sport that has begun to be applied in physical education (PE) learning which is considered quite well because it does not have too complicated learning media and can be played by all ages. This sport also has a high level of novelty so that it increases students' PE learning motivation, especially in junior high schools (Vitale & Liu, 2020). The Pickleball sport branch in PE learning at this school has many physical and mental health benefits, such as increasing social interaction, increasing balance and agility, and reducing risk of falling (Ali, 2022). Cerezuela et al. (2023) explains that Pickleball sports in PE can improve physical abilities and fitness. Continuing in this sport does not hurt too many tools in the game, this new bright sport also increases the motivation and curiosity of students so that students have more enthusiasm in doing this sport.

Based on the explanation regarding the development of Pickleball sport, and its relation to socialization and implementation in Indonesia. The author is interested in conducting a literature research study regarding the application of pickleball sports in Indonesia. This research uses the Nvivo application which will later collect published articles relating to the sport of pickleball, both understanding, socialization and application in Indonesia. The results of the research are expected to be able to become a reference regarding pickleball sports, for implementation in Indonesia and to be able to increase

motivation and interest in participating in pickleball sports, in Indonesia. This research is included in qualitative research by conducting a study on the results of previous research in 2020-2023.

Methods

The type of research used is literature study or literature review because researchers will review the results of previous studies. Literature study is a research design used in collecting data sources related to a topic obtained (Herliandry et al., 2020). The search for literature sources focuses on articles that discuss the application of pickleball games in PE learning. The strategy used in literature search was obtained through a database of national and international journal providers. Access is used to collect relevant articles using search databases from Google Scholar and Scopus with an article time span from 2020 which examines pickleball. Data analysis used in this study uses Nvivo 12 Plus to produce data in the form of Word Cloud and Summary which the author can display in this study.

Results and Discussion

This study is a literature study that aims to examine the application of pickleball games in PE learning. The data in this study are 10 journal articles that have been published from 2020. This study is a literature review of articles that present data and journal documents including author, year, title and method which will be presented in Table 1.

Based on the table above, a literal study is shown that examines the application of the pickleball game in PE learning. Pickleball is a sport that is played with a kind of bat and uses a special ball that is played on a field measuring 20 feet wide and 44 feet long separated by a kind of tennis net. With pickleball sports teachers can provide modifications to new sports and make it easier for students to do sports. In the Pickleball game there are balls made of rubber and there are balls with holes, so the ball speed is very slow, so anyone can play without difficulty, will play it for a long time, so anyone can feel happy (Primanata et al., 2021; Chen et al., 2022). More pickleball is a fun and exciting activity that can be used for learning activities (Michael & Webster, 2020).

Table 1.

Results of collection of articles of scientific publications.

Author/Years	Title	Methods	Results
Gani et al. (2022)	Pembelajaran Pendidikan Jasmani Melalui Permainan Pickleball di Sekolah Dasar	Qualitative Descriptive	Learning PE through pickleball games can realize the achievement of PE goals including the cognitive, affective, and psychomotor domains. Pickleball games can be played using infrastructure facilities that are relatively easy to obtain and also durable in use.
Muslimin et al. (2022)	Sosialisasi Olahraga Pickleball pada Pelajar Di Sekolah Menengah Atas (SMA) Negeri 3 Palembang	Qualitative Descriptive	Providing motivation to students to take part in pickleball besides being a pickleball athlete can improve physical fitness.
Iqroni et al. (2022)	Pengaruh Olahraga Pickleball Terhadap Peningkatan Minat Siswa Berolahraga	Quantitative descriptive	With this activity, you can
Chen et al. (2022)	The Effect of Leisure Involvement and Leisure Satisfaction on the Well-Being of Pickleball Players	Quantitative descriptive	Making students who excel in pickleball sports
Irvan et al. (2022)	Sosialisasi Pickleball Guru Pendidikan Jasmani Kabupaten Sidrap	Qualitative Descriptive	Pickleball has a high effect on increasing students' exercise at SMPN 7 Jambi City with a percentage of 70%.
Dewanti (2022)	Sosialisasi Pembuatan Lapangan dan Pertandingan Olahraga Pickleball	Qualitative Descriptive	(1) leisure involvement has a significant effect on leisure satisfaction; (2) leisure involvement does not have a significant effect on well-being; (3) leisure satisfaction has a significant effect on well-being; and (4) leisure satisfaction has a mediating effect on the relationship between leisure involvement and well-being
Primanata et al. 2021	Implementasi Permainan Pickleball Bagi Siswa Sekolah Menengah Atas	Quantitative descriptive	Able to understand and practice basic techniques, playing techniques and be able to apply refereeing procedures in accordance with the standard rules of the pickleball sports federation.
Kim et al. (2020)	Teaching Pickleball with In-Depth Content Knowledge in Middle School Physical Education	Quantitative descriptive	Able to understand field standards and match rules in pickleball
Vitale & Liu (2020)	Pickleball: Review and Clinical Recommendations for this Fast-growing Sport	Qualitative Descriptive	Overall, the results can be drawn that the responses of students and teachers in participating in pickleball are included in the good and moderate categories.
Michael & Webster (2020)	Pickleball Assessment of Skill and Tactics	Development Research	This research evidence supports

Traditionally, some players may have viewed pickleball as a "lighter" sport compared to tennis, as it is on a smaller court with less running, uses a smaller paddle, and employs a lower ball strike speed, and thus may not be viewed as a competitive sport. high-injury-risk sports (Vitale & Liu, 2020). Pickleball is often described as a hybrid of tennis, badminton and table tennis. This sport uses a hollow plastic ball which is slower than a tennis ball and is played on a badminton-sized court, which is approximately one-third the size of a standard tennis court (Iqroni et al., 2022) This sport is very popular among older adults because it provides a means for competition and exercise.

With this new sport, it is hoped that PE teachers and students at school can know and practice the procedures for implementing basic techniques and pickleball games, game rules, refereeing 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 students in particular and the public in general to play pickleball (Muslimin et al., 2022) Pickleball has become part of the general activities in the school's PE program. Pickleball is most often played as a doubles sport, involving two teams of two people each. However, it can also be played as a single sport, namely one on one (Irvan et al., 2022). In addition, the teacher may decide to modify the rules of the game without changing the nature

of the game (Kim et al., 2020). Through pickleball games, with a sense of fun playing students indirectly develop cognitive aspects. For example, how can the ball be hit over the net, how is the ball hit according to the expected target, what to do if the opponent is in the net area, and there are still many cognitive aspects that can be developed (Gani et al., 2022; Dewanti, 2022).



Figure 1. Word Cloud (Sumber: Author Using Nvivo 12 Plus, 2023).

Based on the Word Cloud image above, the word pickleball looks dominant. This shows that pickleball is one of the most popular sports games in Indonesia, this is of course the foundation for teachers to implement pickleball games in PE learning. However, it is also seen that the word is quite dominating than the other words. This shows that the sport of pickleball needs to be socialized on a wider scale starting from the school realm so that it can be applied in PE learning with the aim of creating achievements in this sport.

Conclusion

Based on the results of the analysis that has been carried out and the socialization carried out in Indonesia regarding the sport of pickleball, it has been well presented. Even so, there are still some obstacles found in implementing them in schools, especially in PE learning in schools. The results are expected to be able to become a reference for the implementation of pickleball sports in schools in physical learning and to be able to make one model of this sport socialization evenly so that it can be recognized more widely by the people of Indonesia. The opportunity for pickleball sports, in Indonesia to be superior to other countries, has the potential to be seen

from Indonesia's frequent participation in pickleball sporting events, at National and International.

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