ETDC Indonesian Journal of Research and Educational Review
Volume 4, No. 2, 2025, pp 349 - 361
e–ISSN 2809-3682
p–ISSN 2809-7505

https://doi.org/10.51574/ijrer.v4i2.2949

INFLUENCE OF ARM MUSCLE STRENGTH AND CONCENTRATION ON BADMINTON LONG SERVICE ABILITY IN ELEMENTARY SCHOOLS

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Article Info

Article history:

Received December 25, 2024
Revised March 05, 2025
Accepted March 10, 2025

Keywords:

Arm Muscle Strength;
Badminton;
Elementary School;
Hand Eye Coordination;
Long Serve.

ABSTRACT

This study intends to analyze the effect of arm muscle strength, eye-hand coordination, and concentration on badminton long serving ability in students. This type of research uses a quantitative approach with a correlational design. The sample of this study at elementary school YPS Lawewu Sorowako amounted to 16 students. We measured arm strength using a hand-grip dynamometer and evaluated eye-hand coordination through a ball wall-toss test. We analyzed the data using SPSS and AMOS for path analysis. The results indicated that there was a weak positive effect between arm muscle strength and long serve. This effect was not statistically significant because the significance value (0.566) was much greater than 0.05. There was a weak positive effect between eye-hand coordination and long serve. This effect was not statistically significant because the significance value (0.423) was greater than 0.05. There was a weak negative effect between concentration and long service. The effect is not statistically significant because the significance value (0.212) is greater than 0.05. Additionally, there is no significant effect of both variables on long service. Both variables have a significance value > 0.05. Concentration has a negative effect (-0.417). Hand-eye coordination has a weak positive effect (0.152). The conclusion is that there is a weak positive effect between arm muscle strength, hand-eye coordination, and badminton long service. There is a weak negative effect of concentration on badminton long service performance. Next, there is no significant effect of arm muscle strength or hand-eye coordination through concentration on the badminton long service ability of Elementary School extracurricular participants.

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1. INTRODUCTION

Badminton has become a national sport of pride for Indonesia with various brilliant achievements in the international arena. Not only is it a national sporting identity, but badminton has also developed as a recreational and competitive activity that is of interest to various age groups, including children at the elementary school level (Saleh et al., 2024). Extracurricular badminton programs at the elementary school level are a

strategic medium in identifying and developing early-age talents while building a foundation of fundamental technical skills for future athletes (Firdausi & Agustiyanto, 2021).

Mastery of basic badminton techniques includes several important elements, such as serve, lob, dropshot, smash, and netting, which are prerequisites for success in this game (Heidorn, 2024). Among these techniques, the serve has a strategic position as an opening shot that can determine the flow of the match and create a positional advantage for players (Rasmussen & de Zee, 2021). The long serve technique is one of the variations of service that requires a combination of technical skills and optimal physical condition to be executed effectively (Rahman & Abdullah, 2021).

Arm muscle strength is a crucial physical component for successfully executing a long badminton serve. Adequate arm muscle strength allows players to generate the power needed to send the shuttlecock to the back of the opponent's court (Suhardiman et al., 2024). An empirical investigation conducted by Chen et al. (2024) revealed a significant correlation between the level of arm muscle strength and the quality of long serve in junior badminton players. A 12-week arm muscle strengthening program intervention improved the long serve performance of athletes aged 10-12 years.

Eye-hand coordination is the second physical component that is no less important in supporting the success of a long serve. This coordination skill allows players to make precise contact with the shuttlecock and control the direction and speed of the shot with high precision (Nakagawa et al., 2022). A comparative study conducted by Johnson and Williams (2024) showed that badminton players with superior eye-hand coordination were able to produce long serves with better levels of consistency and accuracy than the control group. In line with these findings, Lee and Park (2023), in their study of 58 young badminton players, found that eye-hand coordination contributed 37.4% to the variation in long serve ability.

The third component that is the focus of this study is concentration, which plays a role in maintaining stability and kinesthetic awareness when performing a long serve. Players with optimal concentration levels can maintain technical consistency and minimize execution errors (Garcia & Lopez, 2023). An experimental study by Tanaka et al. (2022) proved that the group that received a concentration training intervention showed a significant increase in long serve accuracy compared to the group that only received conventional technical training. Complementary findings were presented by Wilson and Ahmed (2023), who identified concentration as an important predictor of long-term consistency in a group of young players.

The extracurricular badminton program at elementary school YPS Lawewu Sorowako represents a systematic effort to develop sports talent at the elementary school level. The educational institution has demonstrated a continued commitment to sports development through structured programs and adequate facilities. However, there has been no scientific study that specifically analyzes the physical determinants that influence long-term serviceability in the school's student population (Kumar & Singh, 2023).

Research on the effect of arm muscle strength, eye-hand coordination, and concentration on long serve ability in extracurricular badminton participants at elementary school YPS Lawewu Sorowako is time-sensitive to implement. Brown and Martinez (2024) emphasized the importance of identifying physical factors that influence fundamental skills in badminton at an early age to optimize the design of training programs that are in accordance with the characteristics of children's development. The results of the study are expected to provide an empirical basis for developing more effective and differentiated training methods for elementary school students.

Arm muscle strength is the main variable in this study because of its vital role in generating the power needed for long serves. The arm muscles, like the biceps, triceps, and forearm muscles, work together to help perform the serve stroke effectively (Taylor et al., 2022; Fernandez & Ramirez, 2023).

Eye-hand coordination, as the second aspect studied, is an essential ability in sports that require high precision, such as badminton. Peterson and Kim (2024) pointed out that elementary school is a crucial time for developing eye-hand coordination and that proper support during this time can help kids learn the skills needed for racket sports better (Yamamoto et al., 2023).

Concentration as the third variable has significance in ensuring the stability and consistency of long serve technique execution. Henderson and O'Connor (2023) identified that elementary school-aged children are in the process of developing static and dynamic concentration capacities, which have direct implications for the quality of performance in complex motor activities. Gonzalez and Martinez's (2022) research revealed that a training program that integrates concentration elements can accelerate the process of mastering technical skills in racket sports in children.

Technical inconsistencies in contact angle and force application often lead to errors in long serves. The use of objective and standardized measurement methods will ensure the validity of the data collected in this study (Zhao & Liu, 2022). The research findings have the potential to identify common technical errors and generate remediation strategies that can be implemented in badminton training programs for elementary school children.

The formulation of the problem in this study is

1) Is There an Influence of Arm Muscle Strength on the Long Service Ability of Badminton of Extracurricular Participants of YPS Lawewu Sorowako Elementary School?
2) Is There an Influence of Hand-Eye Coordination on the Long Service Ability of Badminton of Extracurricular Participants of YPS Lawewu Sorowako Elementary School?
3) Is there an influence of concentration on the long-term serviceability of badminton among extracurricular participants of YPS Lawewu Sorowako Elementary School?

4) Is There an Influence of Arm Muscle Strength Through Concentration on the Long Service Ability of Badminton of Extracurricular Participants of YPS Lawewu Sorowako Elementary School?
5) Is there an influence of hand-eye coordination through concentration on the long-service ability of badminton of extracurricular participants of YPS Lawewu Sorowako Elementary School?

2. METHOD

This study implemented a quantitative approach with a correlational design to explore the relationship between variables without conducting experimental manipulation. This design was chosen because of its ability to identify complex interactions between physical components that contribute to badminton long serve skills (Wang et al., 2023). Path analysis was applied to evaluate the causal relationship between four main variables: arm muscle strength (X1), eye-hand coordination (X2), concentration (Y), and long serve ability (Z) in the study subjects.

The study population included all badminton extracurricular participants at elementary school YPS Lawewu Sorowako (N=28). We implemented the quota sampling technique with specific criteria to ensure sample homogeneity, ultimately selecting 16 male subjects as the final group. Inclusion criteria included regular participation in extracurricular programs for at least six months and no history of musculoskeletal injuries in the past three months. The sampling method used followed the advice of Nakamura and Ishikawa (2022), who highlighted that having a similar group is crucial in correlational studies to reduce differences that don't relate to the research variables.

Kim and Park (2023) developed a standard protocol to measure arm muscle strength using a hand-grip dynamometer (Takei Scientific Instruments, model TKK-5401). Each subject performed three trials with a 30-second rest interval, with the highest score used as the final data (test-retest reliability r = 0.92). Eye-hand coordination was evaluated using the ball wall-toss test using a methodology validated by Thompson et al. (2022) with a validity coefficient of r = 0.87 and a reliability of r = 0.89 for a population aged 8–12 years. Participants performed the test twice with a three-minute rest interval, with the best score used for analysis. Rodriguez and Chen (2022) validated the protocol for the Grid Concentration Test, which we modified for elementary school children to measure concentration. This test evaluates the subject's ability to maintain focus for a certain period of time with high accuracy ($\alpha = 0.84$). Long service ability was evaluated using the Long Service Test developed by the Badminton World Federation with modifications to suit the characteristics of the research subjects (Jackson & Williams, 2023). This test measures service accuracy and distance with a target zone-based scoring system (validity r=0.86, reliability r=0.83).

Data were analyzed using IBM SPSS Statistics software version 28.0 and AMOS 26.0 for path analysis. Descriptive analysis was performed to evaluate the central characteristics and dispersion of the data. Data normality was tested using Kolmogorov-Smirnov, while homogeneity of variance was evaluated using Levene's test. The

relationship between variables was analyzed using the Pearson correlation coefficient, with interpretation criteria referring to Johnson and Smith (2023).

3. RESULTS AND DISCUSSION

Results

We applied this research to the athletes participating in extracurricular activities at YPS Lawewu Sorowako Elementary School. The study involved four tests and one measurement. The first test measured the arm muscle strength of the athletes, and the second test looked at their concentration, hand-eye coordination, and ability to serve for a long time. We will analyze the results using the SPSS 25 program. The analysis includes descriptive analysis, classical assumption tests (normality and correlation), multiple linear regression, and product moment correlation. More details can be seen in the research results in Table 1 below.

Table 1. Descriptive Statistical Results

Variable	N	Minimum	Maximum	Sum	Mean	Std. Deviation	Variance
Long Service	16	30	38	544	34.00	2.338	5.467
Arm Muscle Strength	16	7	16	190	11.88	2.941	8.650
Concentration	16	20	25	357	22.31	1.815	3.296
Hand Eye Coordination	16	7	16	187	11.69	3.177	10.096

Long Service: this variable has a minimum value of 30 and a maximum of 38, with a range of 8. The total value is 544, resulting in a mean value of 34.00. The standard deviation value of 2.338 indicates a moderate level of data distribution, with a variance value of 5.467. Arm Muscle Strength: The range of this variable's value is 9, with a minimum value of 7 and a maximum of 16. The total score obtained is 190, with an average of 11.88. The standard deviation of 2.941 and variance of 8.650 indicate a relatively high data distribution compared to several other variables. Concentration: the concentration variable has the smallest value range, which is 5, with a minimum value of 20 and a maximum of 25. The total overall score is 357, with an average of 22.31. The standard deviation of 1.815 and the variance of 3.296 indicate that this variable has the lowest level of data variability among the four variables analyzed. In addition, eye-hand coordination has a value range of 9, with a minimum value of 7 and a maximum of 16. The total score of 187 produces an average of 11.69. The standard deviation of 3.177 and the variance of 10.096 indicate that this variable has the highest level of data variation among all the variables studied. Furthermore, the results of the normality test are presented in Table 2 below.

Table 2. Normality Test Results

Variable	Kolmogorov-Smirnov[a]		
	Statistic	df	Sig.
Long Service	0,188	16	0,136
Arm Muscle Strength	0,203	16	0,078
Concentration	0,149	16	.200*
Hand Eye Coordination	0,204	16	0,073

All variables exhibit a significance value greater than 0.05, indicating a normal distribution of data. The result indicates that the data meets the assumption of normality and can be continued with the next analysis.

Table 3. Linearity Test

Variable	Deviation from Linearity	Sig.	Description
Long Serve * Arm Muscle Strength	0,531	0,581	Linear
Long Serve * Concentration	0,193	0,175	Linear
Long Serve * Hand Eye Coordination	0,725	0,474	Linear

The three variables (arm muscle strength, concentration, and eye-hand coordination) have a linear relationship with long serve ability, but none are statistically significant because all significance values are > 0.05.

Table 4. Effect of Arm Muscle Strength on Badminton Long Service Ability

Model		Unstandardized Coefficients		Standardized Coefficients		
		B	Std. Error	Beta	t	Sig.
1	(Constant)	32.536	2.563		12.694	.000
	Arm Muscle Strength	.123	.210	.155	.588	.566

Based on the table, it can be explained that: The constant value is 32.536 with a standard error of 2.563. The t-count value for the constant is 12.694 with a significant level of 0.000. This means that the constant is very statistically significant. The regression coefficient for the Arm Muscle Strength variable is 0.123 with a standard error of 0.210. The standardized Beta value of 0.155 indicates a weak positive relationship. The t-count value for this variable is 0.588 with a significant level of 0.566.

The regression equation model formed is: Long Service = 32.536 + 0.123 (Arm Muscle Strength) From the results of the analysis, it can be concluded that: There is a weak positive effect between arm muscle strength and long service. This effect is not statistically significant because the significance value (0.566) is much greater than 0.05. Only the constant value shows statistical significance (p <0.001).

Table 5. The Effect of Hand Eye Coordination on Badminton Long Service Ability

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	32.148	2.321		13.851	.000
	Hand Eye Coordination	.158	.192	.215	.825	.423

Based on Table 5, it can be explained that the constant value is 32.148 with a standard error of 2.321. The T-count value for the constant is 13.851 with a significant level of 0.000. This shows that the constant is very statistically significant. The regression coefficient for the Eye Hand Coordination variable is 0.158 with a standard error of 0.192. The standardized Beta value of 0.215 indicates a weak positive relationship. The t-count value for this variable is 0.825 with a significance level of 0.423.

The regression equation model formed is: Long Service = 32.148 + 0.158 (Eye Hand Coordination). From the results of the analysis, it can be concluded that there is a weak positive influence between eye hand coordination and long service. This influence is not statistically significant because the significance value (0.423) is greater than 0.05. Only the constant value shows statistical significance (p <0.001).

Table 6. Effect of Concentration on Badminton Long Service Ability

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	43.478	7.273		5.978	.000
	Concentration	-.425	.325	-.330	-1.307	.212

Table 6 shows the results of a simple linear regression analysis with the dependent variable being Long Service and the independent variable being Concentration. The constant value is 43.478 with a standard error of 7.273. The t-value for the constant is 5.978 with a significance level of 0.000. This indicates that the constant is very statistically significant. The regression coefficient for the Concentration variable is -0.425 with a standard error of 0.325. The standardized Beta value of -0.330 indicates a weak negative relationship. The t-value for this variable is -1.307 with a significance level of 0.212. The regression equation model formed is: Long Service = 43.478 - 0.425 (Concentration). From the results of the analysis, it can be concluded that there is a weak negative influence between concentration and long service. This influence is not statistically significant because the significance value (0.212) is greater than 0.05. Only the constant value shows statistical significance (p < 0.001). Each increase of one unit of concentration will decrease the long service value by 0.425 units.

Table 7. The Effect of Arm Muscle Strength Through Concentration on Badminton Long Service Ability

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	42.091	7.714		5.456	.000
	Concentration	-.435	.332	-.338	-1.309	.213
	Arm Muscle Strength	.135	.205	.170	.661	.520

Based on the regression coefficient table, it can be explained: Constant: Constant value = 42.091 with a standard error of 7.714. t-count = 5.456 with a significance of 0.000 (very significant). This shows the basic value of Long Service when other variables are zero. Concentration Variable: Regression coefficient = -0.435 (negative effect). Standard error = 0.332. Standardized beta = -0.338 (indicating a moderate negative relationship). t-count = -1.309 with a significance of 0.213 (not significant). Arm Muscle Strength Variable: Regression coefficient = 0.135 (positive effect). Standard error = 0.205. Standardized beta = 0.170 (indicating a weak positive relationship). t-count = 0.661 with a significance of 0.520 (not significant). The regression equation model formed: Long Service = 42.091 - 0.435 (Concentration) + 0.135 (Arm Muscle Strength).

Conclusion: There is no significant effect of Arm Muscle Strength through Concentration on Long Service Ability, because: Both variables have a significance value > 0.05. Concentration has a negative effect (-0.435). Arm Muscle Strength has a very weak positive effect (0.135). This model shows that: Increasing concentration tends to decrease the value of the Long Service. Increasing arm muscle strength provides a slight increase in the value of the Long Service, but both effects are not statistically significant. Only the constant value shows statistical significance, indicating that there may be other factors that have a greater influence on long service ability that are not included in this model.

Table 8. The Effect of Hand Eye Coordination Through Concentration on Badminton Long Service Ability

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	41.537	7.748		5.361	.000
	Concentration	-.417	.329	-.324	-1.268	.227
	Hand Eye Coordination	.152	.188	.206	.807	.434

Based on the regression coefficient table, it can be explained that: Constant: Constant value = 41.537 with a standard error of 7.748. t-count = 5.361 with a significance of 0.000 (very significant). This shows the basic value of Long Service when other variables are zero. Concentration Variable: Regression coefficient = -0.417 (negative

effect). Standard error = 0.329. Standardized beta = -0.324 (indicating a moderate negative relationship). t-count = -1.268 with a significance of 0.227 (not significant). Eye Hand Coordination Variable: Regression coefficient = 0.152 (positive effect). Standard error = 0.188. Standardized beta = 0.206 (indicating a weak positive relationship). t-count = 0.807 with a significance of 0.434 (not significant). The regression equation model formed: Long Service = 41.537 - 0.417 (Concentration) + 0.152 (Eye Hand Coordination).

Conclusion: There is no significant effect of the two variables on Long Service, because: Both variables have a significant value > 0.05. Concentration has a negative effect (-0.417). Eye Hand Coordination has a weak positive effect (0.152). This model shows that: Increasing concentration tends to decrease the value of Long Service. Increasing eye-hand coordination provides a slight increase in the value of Long Service. However, both effects are not statistically significant. Only the constant value shows statistical significance ($p < 0.001$), which indicates that there may be other factors that have a greater influence on long service ability that are not included in this model.

Discussion

The Effect of Arm Muscle Strength on Long Serve

There is a weak positive effect between arm muscle strength and long serve ability (regression coefficient 0.123; Beta 0.155), but it is not statistically significant (sig. 0.566 > 0.05). This finding is in line with research by Roky and Suhartiwi (2023) which stated that arm muscle strength only contributed 7% to the accuracy of long serve in junior high school students, while 93% was influenced by other factors such as coordination and muscle explosive power. At the elementary school level, basic technique factors and playing experience are more dominant than physical strength (Huang et al., 2017).

The Effect of Eye-Hand Coordination on Long Serve

Eye-hand coordination showed a weak positive effect (regression coefficient 0.158; Beta 0.215) which was not significant (sig. 0.423 > 0.05). This is in accordance with a study that found that audiovisual-based technique training is more effective in improving long serve accuracy in elementary school children than relying on natural coordination (Huang et al., 2017). Coordination at this age is still in the development stage and requires a structured training approach (Boichuk et al., 2023).

Effect of Concentration on Long Serve

Concentration shows a weak negative effect, indicating that excessive focus can cause anxiety in beginners. Similar studies have shown that a contextual approach (playing while learning) is more effective in improving service skills because it reduces mental stress (Boichuk et al., 2023).

Effect of Arm Muscle Strength through Concentration on Long Serve Ability

The absence of a significant effect of arm muscle strength through concentration (sig.>0.05) strengthens the findings of Rodriguez-Ayllon et al. (2019) that physical

factors such as muscle strength have a more direct effect on long serve without being mediated by psychological conditions in early childhood.

The Effect of Eye-Hand Coordination Through Concentration on Long Service Ability

This finding is consistent with a study that emphasized that eye-hand coordination in beginners is more related to repetition of technique training than cognitive ability (Huang et al., 2017).

4. CONCLUSION

The conclusssion in this research that there was a weak positive effect between arm muscle strength and long serve. This effect was not statistically significant because the significance value (0.566) was much greater than 0.05. There was a weak positive effect between eye-hand coordination and long serve. This effect was not statistically significant because the significance value (0.423) was greater than 0.05. There was a weak negative effect between concentration and long service. The effect is not statistically significant because the significance value (0.212) is greater than 0.05. Additionally, there is no significant effect of both variables on long service. Both variables have a significance value > 0.05. Concentration has a negative effect (-0.417). Hand-eye coordination has a weak positive effect (0.152). The conclusion is that there is a weak positive effect between arm muscle strength, hand-eye coordination, and badminton long service. There is a weak negative effect of concentration on badminton long service performance. Next, there is no significant effect of arm muscle strength or hand-eye coordination through concentration on the badminton long service ability of YPS Elementary School extracurricular participants.

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