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EXTENDED ABSTRACT

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A Systematic Literature Review Techniques of Sila Sepak Takraw in The Sepak Takraw

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I. INTRODUCTION

Article aims to examine and develop a training approach for sepak takraw techniques through an analysis of recent research findings (2020–2025). This study is expected to contribute to physical education teachers, coaches, and sports practitioners in implementing effective, engaging training models that are tailored to the characteristics of students at both elementary and secondary school levels.

II. METHODS

During the data collection process, the authors searched for various national articles using Google Scholar and the Publish or Perish tool. The search focused on publications published between 2020 and 2025, with the aim of obtaining relevant and up-to-date sources. To maintain the accuracy of the search for the research topic, the authors applied the PICO (Population, Intervention, Comparison, and Outcome) method as a guideline for article screening.

TABLE I
PICO METHOD

PICO	Information
P(Problem/Population)	The low ability of students to perform sepak takraw techniques consistently and accurately in sepak takraw games.
I (Intervention)	Efforts to implement various training methods for developing sepak takraw techniques in the Sepak Takraw sport.
C (Comparation)	Efforts to implement the effectiveness between conventional technical training methods and motor learning and game-based training models to improve soccer skills.
O (Outcome)	Application of the Sepak Sila Technique in Sepak Takraw

III. RESULTS AND DISCUSSION

The authors successfully identified approximately 1,000 articles through Google Scholar search results using the Publish or Perish application. In the final selection stage, the authors identified 3 articles that fully met all established inclusion and exclusion criteria. These articles were deemed most relevant to serve as data sources in this systematic review. To provide a clearer picture of the literature screening stages, the figure below shows a detailed flow of the article selection process.

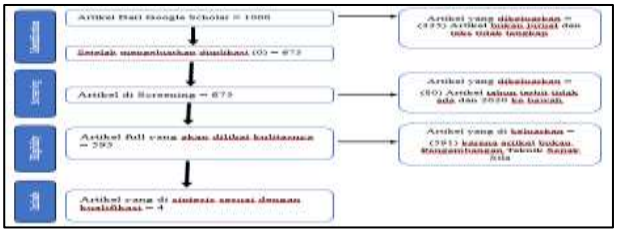


Fig. 1 Prism Flow Diagram

After conducting an in-depth analysis of all selected articles, the author successfully identified 4 articles that met all eligibility criteria to serve as the primary data source for this study. Of these articles, three discussed the development of sepak takraw techniques in sepak takraw, while one specifically focused on teaching sepak takraw techniques to young athletes.

TABLE II
OUTCOME OF DEVELOPING SEPAK SILENCE TECHNIQUES IN SEPAK TAKRAW

No	Author Name and Year	Method	Results
1	(Abdillah, 2023)	(Research and Development)	Based on the results of research and discussion, the sepak takraw training model in sepak takraw games which includes 6 forms of training is very suitable for use in sepak takraw training.
2	(Nur Kholis, Harwanto, Abd Cholid, 2025)	(Research and Development)	The development of variations of sepak takraw exercises was declared valid and suitable that in the long term it can have an impact on national sepak takraw achievements.
3	(Robertus Teja Sue, Yanuarius Ricardus Natal, Ferdinandus Samri, 2021)	PJKR-Exercise (Research and Development)	Based on the development steps that have been carried out from the initial stage to the final stage of the research, the final conclusion of this research is to produce a development product in the form of a PJKR-

IV. CONCLUSIONS

Based on the analysis of several research articles, it can be concluded that various training methods such as movement variation training, kicking pads, hula hoops, and balloon training have been proven effective in improving sepak takraw technique skills in young students and athletes in sepak takraw.

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