Achievement Development of The Pencak Silat Sport Branch At The Psht Club in North Musirawas District

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Abstract: The aim of this research is to investigate the Development of Pencak Silat Achievement in Kabupaten Musirawas Utara. This research adopts a quantitative descriptive design. The survey method is employed with data collection techniques utilizing questionnaires, supported by interviews, observations, and documentation to obtain valid data. The population of this study consists of administrators, coaches, and Pencak Silat athletes in Club PSHT Kabupaten Musirawas Utara, totaling 25 individuals. The sampling technique used in this research is purposive sampling, where 3 out of 6 administrators/coaches who have a comprehensive understanding of the development of Pencak Silat achievements in Kabupaten Musirawas Utara since its establishment are selected as the subjects. Additionally, 22 athletes are included as participants. The data analysis technique used is quantitative descriptive analysis presented in the form of percentages. The research findings indicate that: (1) The Development of Pencak Silat Achievement in Club PSHT Kabupaten Musirawas Utara is categorized as "moderate" at 44.00%, "very poor" at 4%, "poor" at 28.00%, "moderate" at 44.00%, "good" at 16.00%, and "excellent" at 8%. (2) Endogenous factors are categorized as "very poor" at 4.00%, "poor" at 28.00%, "moderate" at 44.00%, "good" at 16.00%, and "excellent" at 8.00%. (3) Exogenous factors are categorized as "very poor" at 4.00%, "poor" at 24.00%, "moderate" at 40.00%, "good" at 28.00%, and "excellent" at 4.00%.

Keyword: Achievement Development, Endogenous, Exogenous, Pencak Silat, Club PSHT Kabupaten Musirawas Utara.

INTRODUCTION

Pencak silat, a martial art that was born and developed among the Malay community, includes four aspects: mental-spiritual, artistic-cultural, self-defense, and sports. Originally used for self-defense during war, pencak silat has now gained global recognition as a traditional Indonesian martial art that has great potential in the field of competitive sports. Pencak silat adheres to the values of sportsmanship and intense competition. Achievement sports provide a
platform for achieving the highest achievements, by including elements of competition in training and determining victory or defeat in matches.

METHOD

This type of research is descriptive research. According to Suharsimi Arikunto (2006:302) states that "descriptive research is not intended to test a particular hypothesis, but only describes "what is" about a variable, symptom or situation". The data collected in this research is data in the form of numbers, so this research is called quantitative descriptive research. The method used in this research is a survey method with data collection techniques using questionnaires supported by interview, observation and documentation methods to obtain valid data.

Research Subjects

In the context of this research, the criteria used to determine the sample involve three main groups, namely (1) daily administrators who have a deep understanding of the development of pencak silat achievements in North Musirawas district, from its inception to the present, (2) trainers pencak silat in North Musirawas district, and (3) athletes who actively participate in pencak silat sports in North Musirawas district. and present when the research was conducted.

Research Procedures

In this research, the research procedure that will be used is giving questionnaires and interviews to administrators, coaches and athletes who are the subjects of this research and completing the data with observation and documentation.

RESULTS AND DISCUSSION

The first method used by researchers is the questionnaire method. Questionnaires were given to the daily administrators, totaling 6 people, but I took 3 daily administrators who I considered understood the development of pencak silat achievements at Club PSHT, North Musirawas Regency from its founding until now and 2 people who also double as pencak silat trainers at Club PSHT. North Musirawas Regency and all the pencak silat athletes at the North Musirawas Regency PSHT Club totaling 22 people.

Percentage data analysis management coaching performance branch sport pencak martial arts at the Regency PSHT Club Musirawas Utara based Endogenous factors, in Figure 1.1 as following:

![Figure 1.1 Bar Chart Percentage Coaching Achievements in the Pencak Silat Sports Branch at the Regency PSHT Club North Musirawas Based on Endogenous Factors](image)

Details regarding the development of achievements in the pencak silat sport at the North Musirawas Regency PSHT Club based on exogenous factors can be seen in table 1.1 as follows:
Table 1.1 Percentage Coaching Achievements in the Pencak Silat Sports Branch at the Regency PSHT Club North Musirawas Based on Exogenous Factors

<table>
<thead>
<tr>
<th>Factor</th>
<th>Score</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coach</td>
<td>101</td>
<td>29.88%</td>
</tr>
<tr>
<td>Sarpras</td>
<td>50</td>
<td>14.79%</td>
</tr>
<tr>
<td>Organization</td>
<td>30</td>
<td>8.88%</td>
</tr>
<tr>
<td>Environment</td>
<td>49</td>
<td>14.50%</td>
</tr>
<tr>
<td>Management</td>
<td>49</td>
<td>14.50%</td>
</tr>
<tr>
<td>Funding</td>
<td>42</td>
<td>12.43%</td>
</tr>
<tr>
<td>Match</td>
<td>17</td>
<td>12.43%</td>
</tr>
<tr>
<td>Amount</td>
<td>338</td>
<td>100%</td>
</tr>
</tbody>
</table>

CONCLUSION

One effective way to see whether an athlete’s competing quality has improved or not is by giving athletes the opportunity to frequently take part in competitions to increase the athlete’s flying hours. The more flying hours, the closer the opportunity to achieve. In contrast to the athletes at the North Musirawas Regency PSHT Club, they often take part in competitions at the provincial level but always do not produce satisfactory results, such as very few athletes getting gold medals or qualifying for nationals and none of them even qualify, whereas the Musirawas Regency PSHT Club athletes The North lacks competition and competition events in its own region as flying hours as well as selection to see the best athletes to represent the PSHT Club of North Musirawas Regency at the provincial and national levels.

According to Sajoto (1995:90), supporting factors are needed which are classified into four aspects, namely Biological Aspects including the body’s basic potential/abilities, body organ function, body posture and structure and nutrition. Psychological aspects include intelligence/IQ, motivation, personality, brain and nerve coordination. Environmental aspects include social, facilities and infrastructure, weather/climate, parents, family and community. Supporting aspects include quality trainers, appropriate programs, appreciation from the community and government. The athlete recruitment process at the North Musirawas Regency PSHT Club uses a competition selection system and the winners will be sent to represent the Regency in provincial and national level competitions. According to Irianto (2002:11)

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