



Movement skills in the single art of pencak silat for students in martial art materials

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Abstract: Learning self-defense pencak martial arts for physical education students is For understand essence about learning technique pencak silat and values art single in his learning . The most important part from learning self-defense pencak martial arts is prepare students to focus to assignment and practice material that has been prepared in teaching materials provided . Research purposes This is for now the skill level motion self-defense art single physical education student at Bina Bangsa University Gethsempena 2024. Type of research This is study Descriptive Quantitative with using the test method Skills motion art single pencak martial arts. Retrieval technique sample that is with use technique *total sampling* (Population Sample) of 40 students . Deep data collection techniques study This using test instruments motion art single Pencak silat . Data analysis techniques using statistical calculations , namely counting average value and percentage . Research result This showing that : the "very good " category is 1 student with percentage of 2.5%, as many as 15 students is in the "Good" category with percentage 37.5%, 11 students are in the category " Enough " 27.5%, in the "Poor" category there were 8 students with percentage of 20% and 5 students in the "very poor " category with percentage 12.5%. So can is known that results evaluation Skills motion art single Physical Education student at Bina Bangsa University Gethsempena in 2024 it will be in the "Good" category with percentage 37.5%.

Keywords: Evaluation ; Pencak Silat Solo Art ; Martial Arts; Evaluation

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INTRODUCTION

Sports physical Education and health is material lectures taught at the level college capable height push activity physical and healthy development For reach harmony physical , mental, social and emotional as well as balanced , deep growth and development journal (Gani et al., 2021) . Physical education is an integral part of whole system education and its aims is For increase aspects like health , fitness physical , skill think critical , stability emotions , skills social , abilities thinking and moral behavior through activity physical and exercise.

Stages development individual through physical education is very important part in educational development in schools nor level college tall. education physical hold very important role Because can give chance Study in a way direct to student for follow various learning through activity physical, games, and sports will fulfill it. Experience step by step. Give experience Study aim for develop and create pattern life healthy and active throughout life¹.

This study offers a fresh perspective by investigating the development of movement skills at the student level using characteristics especially the development of the ability to master the movements of a single pencak silat art. Learning about the development of single art movements is currently technology-based which has been integrated into the school education environment. The formation of student character remains an important focus. Many schools instill broader moral, ethical and civic values, with the aim of forming a generation that is responsible, sensitive to social and environmental issues, and ready to contribute to global society. Success learning education physicality also depends on the interaction process that begins from perception holder interest education that is students and teachers towards the learning process teach education physical. Culture is whole results Act in demand acquired human through learning, all of which structured in life social. Culture present in three forms. 1) A form culture as something complex ideas, concepts, values, norms, regulations, etc. 2) Manifestation culture as something complex from activity behavior structured public in public. and 3) forms culture as artifact. It is hoped that the new findings in this research will have an impact on technology on the development of student character. Research could explore whether students who are more exposed to digital learning experience difficulties with social skills compared to those who interact more physically in the classroom.

Sport defend self pencak martial arts is culture Nation, Pencak Silat is one of them culture original Indonesian nation. Pencak Silat warriors and experts believe that public Malay create

and use knowledge defend self This since prehistoric times (Ediyono & Widodo, 2019) . Pencak Silat has uniqueness compared to with sport defend self-others there is four pattern in Pencak Silat competitions are : 1) pairs of attitudes , 2) patterns step , 3) attack-defense , and 4) return attitude . Fourth pattern the is One unity shaping movement something Suite motion so that become pattern motion certain .

Pencak Silat is a martial art a sport involving two people face to face in matches in the arena , according to National Conference results (IPSI, 2023) , matches pencak martial arts consists from 2 categories that is categories , including : 1) Competition Category and 2) Art Category . In the match category art consists from : Single Art, Multiple category , category Creative Teams and Solos . In pencak silat category sparring , martial artist each other face to face with use element defense and attack with IPSI National Conference rules , namely parry / dodge , wear target and drop against , with use rules pencak martial arts as well as obey specified prohibitions .

Furthermore in journal (Rozalini et al., 2023) Learning halibut martial arts at school held with objective For give understandings and essence about pencak martial arts as well as the values contained in pencak martial arts . Apart from putting forward development character students at the level school basics , learning pencak Silat at school also teaches about technique base match as well as move the moves being competed in match pencak martial arts . Learning self-defense pencak martial arts is a physical education learning process that is carried out start from level School level base until college tall . Achievements learning self-defense pencak martial arts for physical education students is For understand essence about learning technique pencak silat and values art single in his learning . The most important part from learning self-defense pencak martial arts is prepare students to focus to assignment and practice material that has been prepared in teaching materials provided . Pencak Silat A single art is series motion move art self-defense pencak martial arts being demonstrated with displays the rules and beauty of pencak movements silat containing cultural values and norms inside it .

Single Art Movement consists from move mandatory must held namely 7 moves hand empty , 3 moves weapon machete and 4 moves weapon Toya . Execution time appearance in art single is for 3 minutes , the movements are carried out must in accordance with order motion so that produce beautiful and pregnant movement aesthetic meaning .

MATERIAL AND METHODS

Types of research This is study Descriptive Quantitative with using the test method Skills motion art single pencak silat , according to Maksum in Study (Aisyiyah & Subagion, 2020) Study descriptive is research that describes or describe symptom , phenomenon , or something circumstances certain. Where when research truth motion art single pencak martial arts for get description in a way systematic, factual and accurate about facts, characteristics, symptoms and relationships from analysis motion kick front of the course learning self-defense pencak martial arts among students Bina Bangsa University Physical Education Gethsempena. The focus of the subject in this lesson is all Physical Education students at Bina Bangsa Gethsempena University who are taking part in the human martial arts course. based on the research population of Physical Education Students, totaling 40 students and the sampling technique used was the total sampling technique. The aim of this research is to determine the level of single pencak silat movement skills of Physical Education students at Bina Bangsa Gethsempena University. with data collection techniques using a single artistic skills test instrument based on 1) movement correctness assessment rubric, 2) basic movements and 3) Video Analysis. Based on the results of data collection, the data analysis techniques used were mean (average) and percentage.

According to (Maksum, 2020) Instrument is part from tool measure used for collect data in A study with objective For obtain more results good and capable makes it easier researcher in answer problem study. Instruments used in study This is test Skills motion art single pencak martial arts . Amount sample used in study This There were 40 students who took part eye studying Learning Martial Arts at Bina Bangsa University Gethsempena . Instrument assessment used in study This use balnko evaluation match category art single in regulation competition (IPSI: 2022) is as explained in picture following:

Unsur Penilaian		Urutan Dan Rincian Jurus							
		1	2	3	4	5	6	7	
Setiap gerakan 0,01 poin		7	13	18	25	31	39	50	
		8	9	10	11	12	13	14	
I. Detail Gerakan II. Urutan Gerakan III. Gerakan yang terlewat		57	63	75	81	86	91	100	
	Nilai A :	9,90 - _____ =						Total Nilai :	
Antara 0,01 hingga 0,10 I. Detail Gerakan II. Urutan Gerakan III. Gerakan yang terlewat	Nilai B :	_____ / 0,10							
Nomor Juri		Nama Juri				Paraf			

Source : Regulations Pencak Silat Competition . PBIPSI:2022

Evaluation category art single which is assessed by 10 judges (raters) with fulfil elements appropriate assessment with regulation match pencak martial arts category art single namely : 1) Amount Correctness of Movement, and 2) Appreciation of movement and Stamina. Based on results evaluation Skills motion art single pencak martial arts so results assessment are categorized in Assessment Norms Following :

Table.1 Assessment Norms Single Art Pencak Silat Skills

NO	RANGE OF VALUES	CATEGORY
1	9.00-10.00	Very good
2	7.50-8.90	Good
3	6.50-7.40	Enough
4	5.50-6.40	Not enough
5	4.50-5.40	Very less

Based on results evaluation Skills motion art single performed by students Next the data is grouped in category , then look for percentage of each data with formula percentage . (Sugiyono:2017) formula percentage used is as following :

$$P = \frac{f}{N} \times 100\%$$

Where,

P= Percentage

F= Frequency

N= Number of data

RESULTS

Research result This based on evaluation Skills motion art single physical education students taking part eye studying learning self-defense in 2024, yes noticed in the percentage overview results study following :

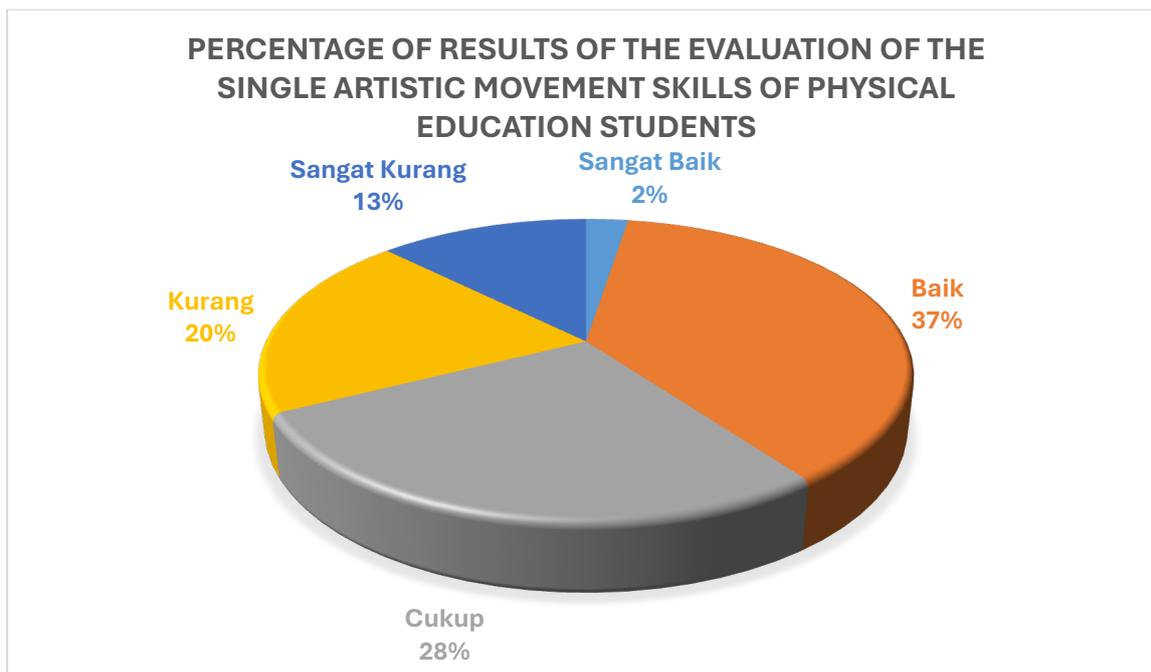


Figure 1. Description results evaluation Skills motion art single pencak martial arts student Physical education in 2024.

Table. 2 Evaluation results Skills motion art single physical education student

RANGE OF VALUES	FREQUENCY (f)	PERCENTAGE (%)	CATEGORY
9.00-10.00	1	2.5%	Very good
7.50-8.90	15	37.5%	Good
6.50-7.40	11	27.5%	Enough
5.50-6.40	8	20%	Not enough
4.50-5.40	5	12.5%	Very less
Amount	40	100%	

Based on results analysis percentage study evaluation Skills motion art single pencak martial arts physical education student at Bina University nation getsempena in 2024 it will be in the "very good " category , namely 1 student with percentage of 2.5%, as many as 15 students is in the "Good" category with percentage 37.5%, 11 students 27.5% are in the " Enough " category , in the "Poor" category there are 8 students with percentage of 20% and 5 students in the "very poor " category with percentage 12.5%. So can is known that results evaluation Skills motion art single Physical Education student at Bina Bangsa University Gethsempena in 2024 it will be in the "Good" category with percentage 37.5%.

DISCUSSION

Based on research that has been carried out by researchers obtained process level value data Skills motion art single among physical education students who take part eye studying learning martial arts at Bina Bangsa University Gethsempena in 2024, using instrument test Skills motion art single pencak martial arts obtain results from overall total sample study that is totaling 40 students physical education that 1 student is in the "very good " category with percentage 2.5%, 15 people in the " good " category with percentage 37.5%, in the " enough " category there were 11 students with percentage 27.5%, in the " less " category there were 8 students with percentage of 20%, then in the "very poor " category there were 5 students with percentage 12.5%. matter This show that physical education students taking part eye studying learning martial arts at Bina Bangsa University Gethsempena in 2024 the average will be in the Good with category amount 15 students , where in the learning process motion art single of 40 students succeed run and control art movement techniques single with Good .

This matter in accordance with objective learning self-defense material for physical education students . (Rozalini et al., 2023) state that : Learning halibut martial arts at school held with objective For give understandings and essence about pencak martial arts as well as the values contained in pencak martial arts . Apart from putting forward development character students at the level school basics , learning pencak Silat at school also teaches about technique base match as well as move the moves being competed in match pencak martial arts . ideal learning process education physical education, sports and health at school base must include (1) skills spiritual attitude, (2) attitude social, (3) knowledge , and (4) skills .

Essentially pencak martial arts art own consisting meaning of two terms : " art " is something containing works beauty and "Skill" are Skills or Proficiency in do something . Implementation objectives learning self-defense category art single This besides For increase student abilities and skills in do Skills beauty motion art single , learning this is also expected can increase ability student in teaching and implementing art movements single at school later . Based on matter the so study This held based on research ever conducted by (Ediyono & Widodo, 2019) , results study This show martial arts as method fight in a way philosophical teaches 4 things basic namely : (1) martial arts norms martial arts conceptual found in attitude performance , movement steps , attacks , and defense (2) styles art defend self (flow style) consisting of from mental-spiritual aspect , defense self , art , and sports , (3) art in art defend

self-shared become wiraga , wirama , and wirasa as well as equipment art self-defense . according to (Ahmad, 2022) that the learning process physical is one of the efforts to improve ability individual in increase ability psychomotor as well as can help development individual the optimally . (Effendi, 2016) state that activity study Physical education can improve and control symptom development Act in demand someone , can too give treatments For develop abilities and aspects positive you have individual esp student .

CONCLUSION

Study This aim For now level Skills motion base art single on the eye studying learning self-defense pencak martial arts for physical education students at Bina Bangsa University Gethsempena , research This obtain results that level Skills motion base art single on the eye studying learning self-defense pencak martial arts there is 1 student is in the "very good " category with percentage 2.5%, 15 people in the " good " category with percentage 37.5%, in the " enough " category there were 11 students with percentage 27.5%, in the " less " category there were 8 students with percentage of 20%, then in the "very poor " category there were 5 students with percentage 12.5%. based on research that has been done so can concluded that Skills motion art single pencak martial arts Physical Education students on the eyes studying learning martial arts at Bina Bangsa University Gethsempena in 2024 it will be at the "Good" Level.

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