

A review of the motivation of pencak silat athletes

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ABSTRACT

Problems: This study discusses the decline in athletes' achievements in participating in national or regional championships. **Purpose:** This study aims to reveal the extent of athletes' motivation for pencak silat training activities at the Sakato Minangkabau Pencak Silat College Semen Padang. **Methods:** This type of research is a descriptive research that aims to describe the data as it is. The population in this study is 20 pencak silat athletes from Sakato Minangkabau Semen Padang. The sampling technique used is Purposive Sampling. The data analysis used is descriptive percentage. **Results:** From the data analysis, it can be seen that the motivation of male athletes in participating in pencak silat practice activities was obtained as follows: Indicators Oriented to satisfaction in themselves with a score (97.27%). Indicators of Persistence with a score (81.82%). Indicators of Diligence with a score (9.80%). Discipline Indicator in training with a score (10.00%). The Activity Indicator is more permanent with a score (89.09%). The extrinsic motivation of male athletes consists of the Less Sportsmanship Indicator with a score (9.30%). Indicator Not respecting the opponent with a score (87.27%). Indicators Tend to do things that are detrimental with a score (87.27%). Indicator: Lack of enthusiasm and enthusiasm in training and competition with a score (83.64%). **Conclusion:** This means that the motivation of male pencak silat athletes Sakato Minangkabau Semen Padang is relatively strong, and must continue to increase motivation to be more active in participating in pencak silat practice activities.

Keywords: motivation, practice, pencak silat.

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Introduction

Sport is one of the important aspects of life, because sport is a systematic activity to encourage, foster and develop physical, spiritual and social potential. In order to achieve national development goals, the government continues to strive to carry out development in all fields. One of the goals of national development is basically to create a whole Indonesian human being.

Wahjosumijo (1987) defines motivation as an encouragement that arises in a person to behave in achieving a set goal. In addition, John Arwandi (2016) said that motivation is a force that supports individuals to do something they want or want. Motivation is a change in energy in a person's personality which is characterized by the emergence of affective (feelings) and reactions to achieve goals. (Hermazoni, 2017).

(Sutrisno, 2010) stated that "motivation is a factor that encourages a person to do a certain activity, therefore motivation is often interpreted as a driving factor for a person's behavior. Every activity carried out by a person must have a factor that drives that activity. Donald in Sadirman (2011), said "Motivation is a change in energy in a person which is characterized by the appearance of "feeling" and preceded by a response to the existence of a goal".) Internal factors are factors that come from within, namely from the athlete himself with all the potential he has. there are 4 components that must be possessed by athletes to achieve the best achievements, namely physical ability, technique, tactics and also mental abilities.

Motivation issues are at the heart of athlete fatigue problems. If motivation can contribute to fatigue, then investigating motivational dynamics may help us understand motivation as a determinant of fatigue. (Pierre-Nicolas Lemyre, Glyn C. Roberts & Jim Stray-Gundersen, 2007. While external factors are factors that affect athletes' achievements that come from outside the athletes, these external factors include: coaches, coaches, nutrition, and infrastructure. From the above opinion, we can know that there are many factors that can affect an

athlete's achievements, such as internal factors that come from within the athlete himself, and also external factors that come from outside the athlete.

At all levels of sports participation, coaches are considered architects of a motivational climate conducive to achieving the goals and expectations of the individuals with whom they work. These goals range from fostering fun in the context of participation to focusing on winning big competitions in high-performance arenas. The concern that not all pencak silat training will be beneficial is examined more deeply by Endresen and Olweus (2005) who explore the relationship between training in what they call the "strength" of sports involvement and antisocial in boys. In SDT, motivation is defined as a multidimensional phenomenon. There are different types of motivations or rules of behavior that are central to SDT, each reflecting a qualitatively different motive for the chosen behavior. Assessing the regulation of behavior may provide further insight into how people differ in their motivation and goal profiles (Wang & Biddle, 2007; Wang, Biddle, & Elliot, 2007).

Deci and Ryan (1985, 1991) propose a continuum of self-determination to describe the types of motivations with varying degrees of self-determination. The sport of pencak silat is one of the sports that is currently booming, because the development of pencak silat in Indonesia is quite good and has received positive attention from all circles of society and the government. (Mifren R, 2018) Asian martial arts have long been associated with theater, opera, and popular entertainment, including acrobatics and martial arts adaptations that fight for level. (Barry Allen, 2016)

Pencak silat is a martial arts system inherited by ancestors as a culture that reflects the personality of the nation, pencak silat needs to be fostered, maintained and developed. The athlete's peak performance is the result of coaching and training and well-programmed competitions. The achievement of athletes' best achievements is determined and influenced by two factors, namely internal factors and external factors.

A silat fighter does not do things that can damage himself, nor do things that can provoke a riot. (Ali Rahmad and Sayuti Syahara, 2019). Scholars have always struggled to justify learning and writing about the history and culture of pencak silat (Peter Lorge, 2016). After modernization, only a few Asian martial arts survived. The majority have not been able to develop talent, and as a result have faded, or merged into western sports. Asian martial arts are still struggling and surviving. (Young, 2016).

Judging from the figure, profile, or appearance of pencak silat in Indonesia, there are three, namely 1. Original Pencak Silat 2. Pencak silat is not original, which is mostly from kung fu, karate, and jujitsu, 3. Mixed pencak silat is the original pencak silat and foreign martial arts (foreign martial arts who want to join the name of pencak silat after the regulations) Notosoejitno (2011). My discussion seeks to explain martial arts training in systematic contrast with sports games and works of art, show art, especially dance. (Barry Allen, 2013). This psychological state reflects the motivational forces that bind athletes to their chosen sport, and as a result is said to facilitate a pattern of continued participation (Liam O'neil, 2020).

Physical condition is one of the complete units of components that cannot be separated just like that, both improvement and maintenance, which means that all physical components must be developed in an effort to improve physically. Professional trainers will develop the physical condition of the silat fighters accompanied by systematic planning and training programs. (Syukriah U & Aziz I, 2019)

The training program aims to improve the quality of silat players so that they are really ready to compete. (Kuswanto, 2016) Physical conditioning is one of the advantages of elements that cannot be separated just like that both in terms of level and preservation (Ridwan, M, 2020).

Nutritional intake also has a relationship with athletes' achievements, where good nutritional intake is the main requirement to obtain the best body condition and to achieve maximum achievement (Sabar Subakti, 2010). All the nutrients that the body needs are found in the food we eat every day. Foods that meet the nutritional needs recommended by the Ministry of Health are 4 (four) healthy, 5 (five) perfect.

Method

In accordance with the problems that have been raised earlier, this type of research is a descriptive research that aims to describe and describe the data as it is. The place of this research will be carried out in Indarung Padang. The total population in this study is 20 athletes, consisting of 9 female athletes and 11 male athletes. The instrument used to use data from athlete motivation variables is a questionnaire with a *Likert* scale. Alternative responses in the form of the level of approval of the response to the questions in the questionnaire.

Results

The results of this study can be seen in the following tables:

Table 1. The results of the data of the Satisfaction Oriented Indicator in itself

Indicator	Percentage	Category
Self-satisfaction oriented	97,27%	Very Powerful

The table above shows that for the satisfaction oriented indicator, data with a score (92.27%) was obtained which was included in the very strong classification.

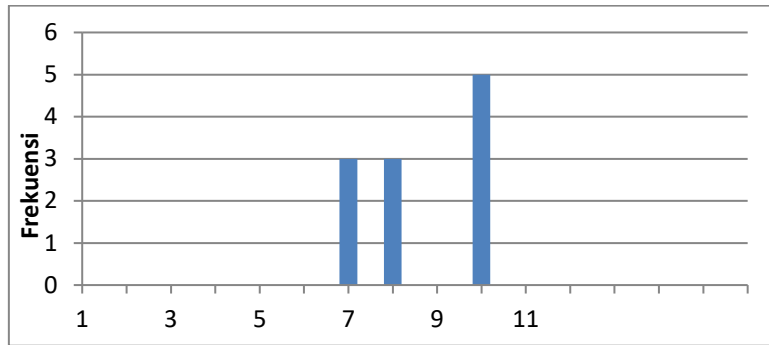


Figure 1. Self-satisfaction oriented

Table 2. Results of diligence indicators

Indicator	Percentage	Category
Persistent	81,82%	Strong

The table above shows that for the persistent indicator, data with a score (81.82%) was obtained which was included in the strong classification.

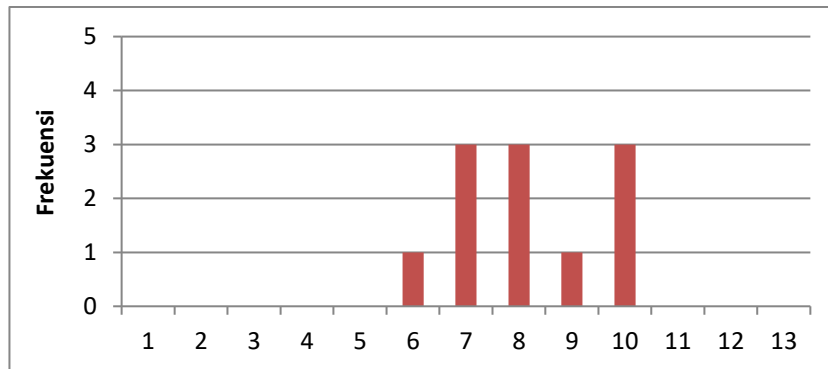


Figure 2. Persistent

Table 3. Results of diligent indicator data

Indicator	Percentage	Category
Diligent	9,80%	Weak

The table above shows that for the diligence indicator, data with a score (9.80%) was obtained which was included in the weak classification

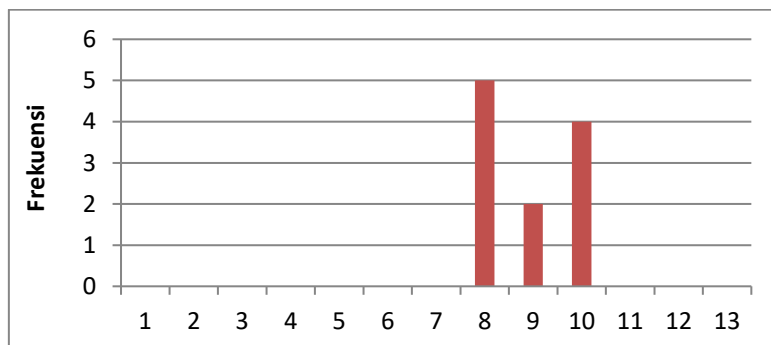


Figure 3. Diligent

Table 4. Results of discipline indicators in training

Indicator	Percentage	Category
Discipline in training	10,00%	Weak

The table above shows that for the discipline indicator in practice, data with a score (10.00%) was obtained which was included in the weak classification.

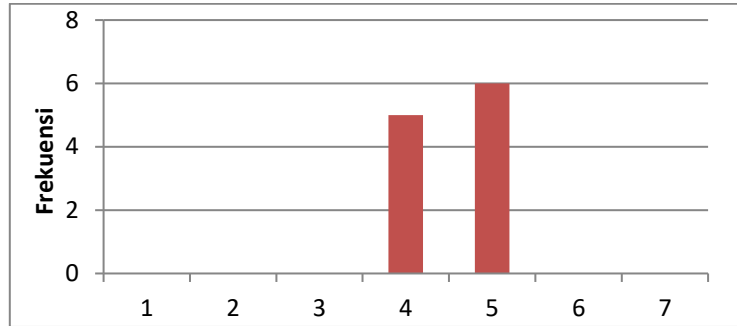


Figure 4. Discipline in training

Table 5. More permanent activity

Indicator	Percentage	Category
More permanent activities	89.09%	Strong

The table above shows that for more permanent activity indicators, data with a score (89.09%) is included in the strong classification.

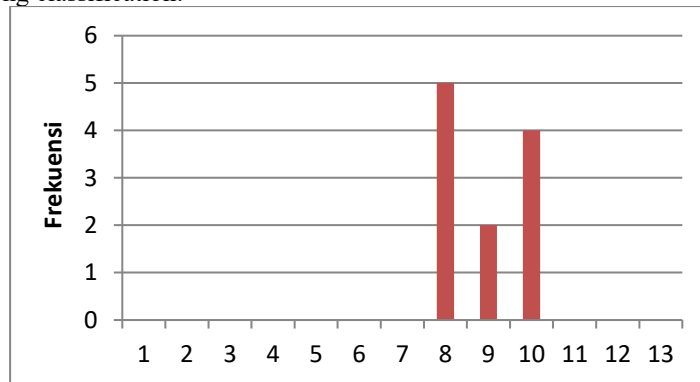


Figure 5. More Permanent Activity

Tabel 6. Results of indicators Less sportsmanship

Indicator	Percentage	Category
Less sporty	9,30%	Weak

The table above shows that for indicators of lack of sportsmanship/dishonesty, cunning/cheating, data with a score (9.30%) was obtained which was included in the weak classification.

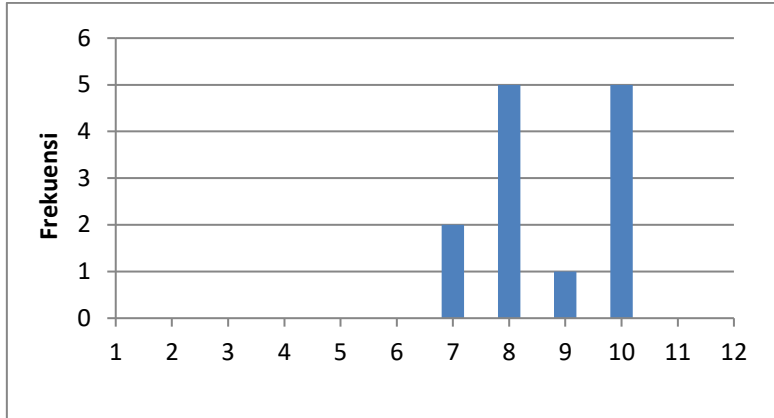


Figure 6. Lack of sportsmanship/lack of honesty/cunning/cheating

Table 7. The results of the indicator's data do not respect the opponent.

Indicator	Percentage	Category
Not respecting the opponent	87,27%	Strong

The table above shows that for indicators of disrespecting opponents, data with a score (87.27%) was obtained which was included in the strong classification.

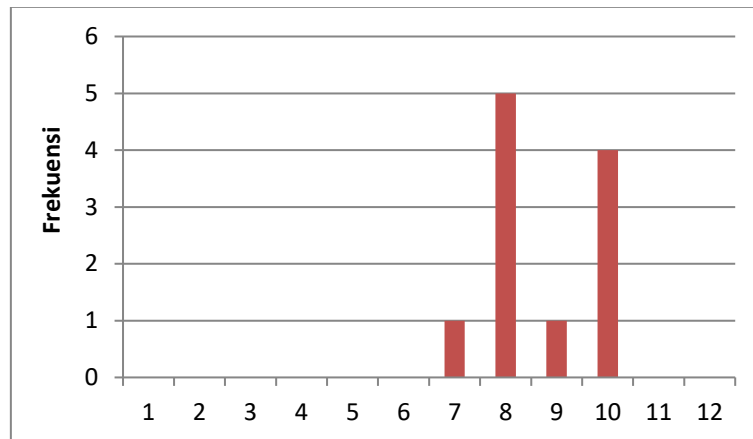


Figure 7. Not appreciating the opponent

Table 8. The results of the indicator data tend to do things that are detrimental.

Indicator	Percentage	Category
Tends to do things that are detrimental	87,27%	Strong

The table above shows that for the indicator of Tendency to do things that are detrimental, data with a score (87.27%) is included in the strong classification.

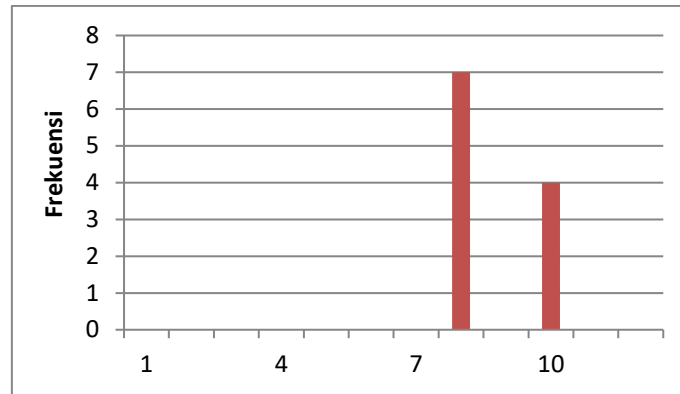


Figure 8. Tend to do things that are detrimental

Table 9. The results of the indicator data show that they are less enthusiastic and passionate in training and competing.

Indicator	Percentage	Category
Lack of enthusiasm and enthusiasm in training and competition	83,64%	Strong

The table above shows that for the indicator of Lack of enthusiasm and enthusiasm in training and competition, data was obtained with a score (83.64%) which was included in the strong classification.

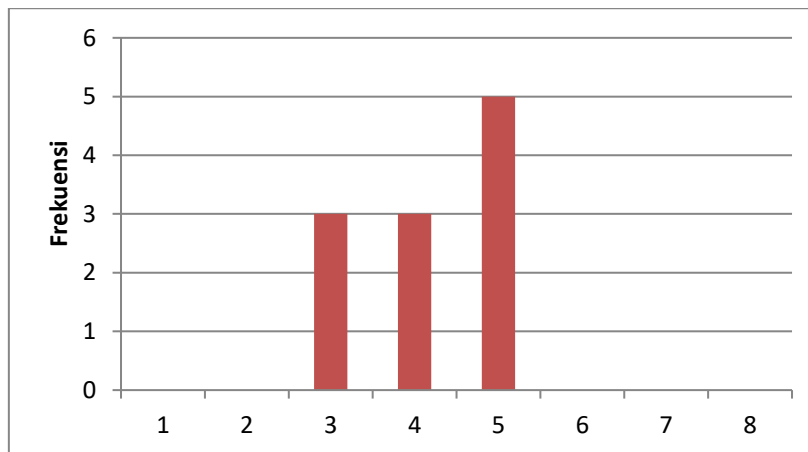


Figure 9. Lack of enthusiasm and enthusiasm in training and competition

Discussion

Based on the results of research that has been carried out at the pencak silat sakato minangkabau training ground in Semen Padang, it can be reviewed that there is still a lack of motivation for male athletes to participate in training activities that are classified as "adequate". This can be seen from the percentage obtained from indicators oriented towards satisfaction in themselves, diligence, discipline in training, more permanent athleticism, less sportsmanship/less honest, not respecting opponents, tending to do things that are detrimental, lack of enthusiasm/enthusiasm in participating in training or competing in male pencak silat athletes Sakato Minangkabau Semen Padang.

Among the 9 (nine) indicators of intrinsic motivation and extrinsic motivation, namely Oriented to satisfaction in oneself with a percentage (97.27%) entered the classification of very strong. The Persistent indicator with a percentage (81.82%) is included in the strong classification. The Diligent indicator with a percentage (9.80%) is included in the weak classification. The Discipline Indicator in training with a percentage (10.00%) is included in the weak classification. The Activity indicator is more permanent with a percentage (89.09%) entered into a strong classification. Indicators Less sportsmanship/dishonest, cunning/cheating with a percentage (9.30%) included in the weak classification. The indicator does not appreciate the opponent with a percentage (87.27%) included in the strong classification. Indicators Tend to do things that are detrimental with the percentage (87.27%)

included in the strong classification. Indicator: Lack of enthusiasm and enthusiasm in participating in training and competing with a percentage (83.64%) included in the strong classification.

Conclusion

Based on the results of data analysis and discussion, conclusions can be drawn regarding the level of achievement of intrinsic motivation and extrinsic motivation of Sakato Minangkabau Semen Padang male athletes are at the "strong" criteria. Based on the data obtained from the sub-Indicators Oriented to satisfaction in themselves, Indicators of diligence, Indicators of discipline in training, Indicators of Activity are more permanent. The extrinsic motivation of Putra Sakato Minangkabau Semen Padang athletes consists of Indicators of Lack of Sportsmanship, Indicators of Not Respecting the Opponent. Indicators Tend to do things that are detrimental, Indicators Lack enthusiasm and enthusiasm in training and competition. This means that the motivation of pencak silat athletes Sakato Minangkabau Semen Padang is already relatively strong and needs to be improved again.

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Conflicts of Interest

The authors declare no conflict of interest.

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