

Interactive Online Karate Learning During the Covid-19 Pandemic

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Abstract

The COVID-19 pandemic has affected the world in every aspect of our lives. This has had a huge impact on sport and learning. People have to adapt and change to maintain their normal activities. Learning and sports training are very important for young people. This study was conducted with the aim of knowing the training that can be carried out during the COVID-19 pandemic and local lockdowns. The research is focused on discussing changes in the way karate practices during the COVID-19 pandemic and what types of karate trainings are carried out during local lockdowns. The research method uses a survey. The research sample was 36 karate UKM students. The study was conducted using an online questionnaire. The results showed that 39% of students used online training through websites or applications, 25% of students used written training programs, 19% of students used video challenges, and 8% of students used video training and telephone conversations. The conclusion of the study shows that most students switch to online training using the Zoom application under social distancing rules and during local lockdowns.

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✉ Alamat korespondensi:

INTRODUCTION

Sport is a phenomenon in society and is an integral part of life. Sport has always been of great importance to social and economic development. The government recognizes the impact of sports activities on society. This is because sport contributes to the empowerment of women and youth, individuals and communities, as well as to health, education and achievement goals. UU no. 3 of 2005 article 1 also explains that sports are carried out to encourage, foster and develop physical, spiritual and social potential as individuals or members of society in the form of games, matches and peak achievements in the formation of quality individuals. In early 2020, the World Health Organization (WHO) reported many pneumonia cases without deaths in Wuhan. Later, a new coronavirus was identified and provisionally named 2019-nCoV. The newly discovered coronavirus was recognized as SARSCoV-2 by the World Health Organization and the disease was named COVID-19. WHO states that COVID-19 is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without needing special treatment. However some will become seriously ill and require medical treatment. As of April 8 2022, there have been 494,587,638 confirmed cases of COVID-19 including 6,170,283 deaths, which were reported to WHO. In Indonesia, the spread of COVID-19 continues to increase, until now there have been 6,031,636 confirmed cases of COVID-19. As a result of this widespread spread, COVID-19 is classified as a pandemic. The COVID-19 pandemic has had a tremendous impact on all areas of economic and social life. It also has a big impact on sports. Individual and team trainings have been cancelled. Championships and all kinds of tournaments have been delayed, postponed, and even canceled all over the world. Biggest sporting events such

as the Tokyo 2020 Olympic Games have been postponed and will only be held in 2021. This affects an entire generation of talented athletes who will not have the opportunity to participate in the most prestigious youth sports events in the world. Most countries declare a state of emergency and governments must take extraordinary measures to protect the health and well-being of the population. The action taken by the government is to impose lockdowns so that people have to stay at home for a long time. These actions affect the process of education, business, sports and all areas of life. The educational world is affected and unable to use their classrooms. The results of Ningsih S's research (2020) show that 100% of students carry out online or online learning. Bermanhot (2014) states that karate is a martial art originating from Okinawa Japan, this martial art was first called "Tote" which means like "Chinese Hand". Karate consists of two kanji, the first 'Kara' means empty and 'Te' means hand, so karate is empty hand. Karate martial arts is a sport that maximizes human weapons such as hands and feet. So to get maximum performance, a karate athlete must master kihon (basic techniques) in karate such as punching, kicking and parrying techniques where these techniques are carried out with the hands and feet. Therefore training is needed. However, this pandemic has become a big challenge due to delays in the implementation of training. The obstacles experienced in training lie in the facilities and infrastructure, sparring partners, and the implementation of training that is implemented when done at home (Sya'diah, H., & Jatmiko, 2021). Since the world's largest pandemic occurred in the last few decades, this research was conducted to examine the possibility of interactive online karate learning and training for karate athletes during the COVID-19 pandemic. Research was conducted on active karate students about how the COVID-19 pandemic affected karate learning and training.

RESEARCH METHOD

Researchers use surveys to achieve the goals that have been set. The research design places all students under various types of training

that are suitable for karate practice, including: 1. Interactive online training and learning using websites or applications; 2. Written training programs sent to students using email or social media channels; 3. Video trainings sent to students using the internet; 4. Video challenges are sent to students using internet channels – YouTube, Facebook, Viber, or WhatsApp groups; 5. Telephone conversation. Data was collected using an online questionnaire filled out by karate students. The research subjects were members of UKM Karate, totaling 36 students. The survey was conducted on March 12, 2022. Data analysis was carried out using MS Excel.

FINDINGS AND DISCUSSION

Hasil Penelitian

The results of the research show that there are several types of karate trainings that are possible for karate students. Figure 1 shows the possibilities of karate training and learning during the COVID-19 pandemic.

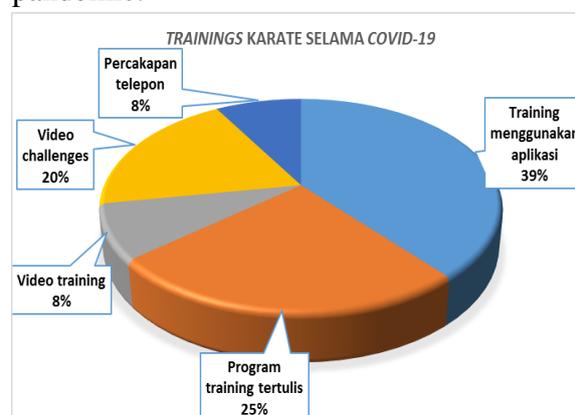


Figure 1. Karate Training During COVID-19

Online trainings using websites or applications

The graph shows that the most common type of karate learning and training used by students during the COVID-19 pandemic is online training using websites or applications. In this type of e-training, it is carried out using the Zoom platform. 71% of users of this type

of e-training and e-learning are male students. Another 29% are female students.



Figure 2. Students in Online Karate Training and Learning

Program training tertulis

The survey revealed that 25% of the respondents in this study used a training program that was prepared in advance and sent by a trainer. Usually, it is a day-by-day training program. Figure 3 shows that 56% of the program users are male students. Another 44% are female students

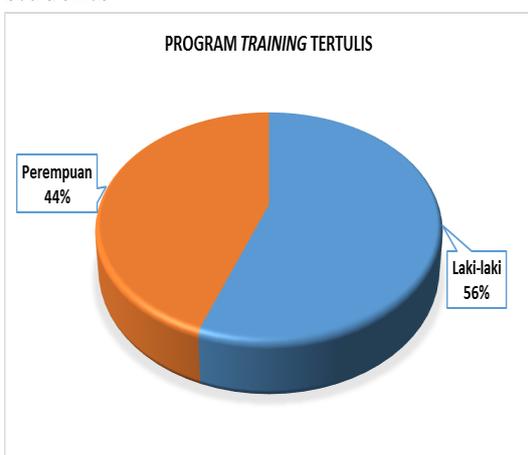


Figure 3. Students in the Written Training Program

Video training yang direkam sebelumnya

A small number of participants in this study answered that they used pre-recorded training videos, namely 8%. Trainers who use this type of training prefer that they can prepare training sessions in advance and avoid the need to

be online at certain times. In addition, it is the choice of students who prefer to access training at different times and places.

Video challenges

19% of participants in this study used video challenges to practice karate under the COVID-19 pandemic situation. Usually trainers develop challenges for students. The students then try to meet or exceed the challenge. They record their performances and share them, using different internet options. Most of the users of this method for training and learning during lockdowns were male students at 71%. Female students show little interest in participating in video challenges by 29%.



Gambar 4. Mahasiswa dalam Training Video Challenges

Percakapan telepon, emails, dan chats

8% of respondents use telephone conversations, emails, or chats for their training sessions. None of the trainers demonstrated use of emails to send their training programs to students. Sometimes they use telephone conversations to discuss specific training issues either before or after a training session.

Discussion

The COVID-19 pandemic is new to the world with a huge impact on all aspects of life. However, people should continue with their normal lives. To do so, they must change and adapt to challenges. Sport and learning is especially important for young people who must continue with their normal learning and sport activities. Even in situations of local lockdowns and social distancing, there are various ways for students to conduct training to advance their learning. This study shows that the majority of students are turning to online trainings under social distancing rules and local lockdowns. However, training conducted online is not always as expected or to be achieved. In line with this, the results of research by Subagio, I., & Jatmiko (2021) show that during Training From Home (TFH) karate athletes at the East Java Koni Puslatda showed a decrease in their physical condition from the tests they carried out at home. This decrease in physical condition can be caused by detraining. In line with this, Sasetiono, J. E., Andiana, O., & Abdullah (2021) stated that the most obvious impact is reduced physical activity for everyone, including sports activists, is detraining. Detraining is a reduction in the amount of exercise that can lead to a decrease in the various elements of physical fitness needed when exercising.

CONCLUSION

The conclusion of the research shows that the majority of students turned to online trainings using the zoom application under social distancing rules and during local lockdowns.

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