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The Effect of Physical Fitness and Self-Confidence on the Martial Arts of Pencak Silat

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Abstract

This study aimed to determine the effect of physical fitness and self-confidence on the martial art of Pencak Silat. The research method used is the ex post facto method. The research design describes the relationship or influence between a variable and other variables. The population is students who take extracurricular Pencak Silat at SMPN 1 Parongpong, with a sample of 30 people. The test instrument for martial arts skills is the Pencak Silat regarding single empty-handed moves; physical fitness tests are TKJI for the age range of 13-15 years and a self-confidence questionnaire. Based on the processing and analysis, they use the technical correlation analysis but were previously tested for normality, regression and linearity. The hypotheses of this study are 1) With a positive effect, the higher the physical fitness, the better the martial arts skills of Pencak Silat. There is an influence of physical fitness on the martial art of Pencak Silat by 55.91%, 2) With a positive impact, the higher the self-confidence, the better the martial arts skills of Pencak Silat. There is an influence of self-confidence on the martial art of Pencak Silat by 27.29%, and 3) Of the two variables, the effect is excellent on these skills. So there is an influence between physical fitness and self-confidence on the martial art of Pencak Silat by 235.26%.

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INTRODUCTION

Martial arts have elements that protect oneself or others from disturbances or evil that come from within or outside. This is reinforced by (Haryanto et al., 2021; Ramadan & Ningrum, 2019) who revealed that humans in prehistoric times had to maintain their survival by fighting ferocious animals and hunting, which in the end, humans developed martial arts.

Asian cultural martial arts include martial arts that instil philosophical values from training (Antczak et al., 2020; Liu et al., 2020). These philosophical values are internalized in individuals and are expected to be practised in their daily lives because of the values and rules that the individual must obey to learn to control himself so as not to act carelessly (Syafei et al., 202; Lukács, 2021). In other words, the individual controls himself, namely the behaviour he has, so as not to violate the rules and values in the college.

Pencak silat is a martial art form native to the ethnic group of Malay origin that inhabits mainland and island, Southeast Asia. "Pencak silat is a martial art inherited from the cultural heritage of the Indonesian nation's ancestors" (Hadiana et al., 2021; Gantohe et al., 2022). Defines Pencak silat as an attack-defence movement that is orderly according to place, situation and time (Zahrt & Crum, 2020). There are values contained in Pencak silat, namely: sports values, cultural arts, martial arts, mental, spiritual and brotherhood.

It can be concluded that Pencak silat is a martial art originating from Indonesia which is intended to defend or protect ourselves from all evil and obstacles that sometimes come suddenly and unexpectedly, and we should preserve and disseminate its existence (Saputra & Muzaffar, 2022).

Pencak silat affects education in schools. Because Pencak silat is one of the subjects in the school curriculum and is an extracurricular activity. Extracurricular activities are outside of school hours but within the school environment (Friskawati, 2021; Ariestika et al., 2021). This program is carried out at school or outside of school. This activity is intended to broaden students' knowledge, add insight, add skills, channel their interests, talents, and complement coaching efforts for outstanding students. This activity is carried out periodically at certain times.

The martial art of Pencak silat is an element of sport that aims to improve body health and increase self-confidence, as defined by PB. IPSI and BAKIN in 1975 in (Hadiana et al., 2020) Pencak silat is the result of Indonesian human culture to defend and maintain existence (independence) and integrity (unity) towards the environment / natural surroundings to achieve harmony in life in order to increase faith and piety to God Almighty.

The more we move, the higher the quality of our health. He revealed, "Movement and exercise are necessities that must be carried out daily, just as we eat and drink

when we want to stay healthy (Oudejans et al., 2012). The more we do the Movement, the higher the quality of our health. Sufficient physical activity or sports will cause our health to be in good condition, and when done with regularly and measurably will improve emotional health (physical fitness)".

Explains that physical fitness is a person's dynamic, healthy degree which is a physical ability that occurs as the basis for the successful implementation of tasks that must be carried out (Ramadan et al., 2020). In carrying out Pencak silat training, students must have high self-confidence; not only physical fitness is seen. By having self-confidence, students will perform well during practice and competition.

Confidence is one of the psychological aspects that must be possessed by an athlete, which determines the appearance of many athletes on the field (Jacob et al., 2020). Self-confidence or self-confidence is an essential aspect of personality in a person (Jacob et al., 2020). Without self-confidence, one will cause many problems in a person. Confidence is the most valuable attribute of a person in social life because, with self-confidence, a person can actualize all the potential within him.

Therefore researchers want to examine the effect of physical fitness and self-confidence on the martial arts of Pencak Silat. Because to reduce clashes and turmoil and provide opportunities for adolescents to develop themselves more optimally, it is necessary to create the closest possible environmental conditions, especially the family and adolescent environment, in

participating in an activity that can improve physical and mental health. Psychologically through participation in the martial art of Pencak Silat.

METHODS

This research method uses the ex post facto method to find causes that allow for changes in behaviour, symptoms or phenomena caused by an event, behaviour or things that cause changes in the independent variables that have taken place as a whole. (Ramadan & Juniarti, 2020) suggests that Ex Post Facto research is a study conducted to examine events that have occurred and then look back to find out the factors that could have caused these events.

To obtain data objectively, appropriate instruments are needed to reflect the problem under study properly. The instruments used in this study were the Pencak silat martial arts skills test instrument regarding single empty-handed moves, the Physical Fitness Test and a questionnaire or questionnaire using a Likert Scale.

The collected data is processed through a parametric statistical approach. The use of statistics is done because data from respondents will be generalized as material for making conclusions. Data processing will use computer assistance, the SPSS for Window version 26.0 program.

FINDING AND DISCUSSION

The results of data collection from the research from the data analysis is a description

of data regarding physical fitness, self-confidence and the Pencak silat martial arts test regarding single empty-handed moves, which shows that physical fitness has an average of (16.07), standard deviation (1.85) and variance (3.44), Confidence has an average (121.67), standard deviation (4.99) and variance (24.92) and the Pencak silat martial arts test regarding single empty-handed moves has an average of (38.97), standard deviation (2.82), and variance (7.96). Furthermore, the analysis will be tested for normality with the normality test and hypothesis testing.

Based on the values generated in the Kolmogorov-Sminov Normality Test, the Monte Carlo. Sig. The physical fitness equation is 0.551, > 0.05 , and then the data is usually distributed; Confidence is 0.099 > 0.05 , then the data is typically distributed. The data is usually distributed if Martial Arts are 0.162 > 0.05 .

Besides that, further statistical testing steps are needed after the normality test. A multiple linear regression test is carried out, which is used to test the hypothesis.

Table 1 Partial Test Results

Model	Coefficients			T	Sig.
	Unstandardized Coefficients		Standardized Coefficients		
	B	Std. Error	Beta		
1	(Constant)	,441	8,090	,055	,957
	x1	1,010	,181	,664	,000
	x2	,183	,067	,324	,011

a. Dependent Variable: y

It can be concluded that the two independent variables tested show that the physical fitness variable (x1) has a significant effect on the martial arts of Pencak silat (y), it is known from the probability value Sig 0.000 < 0.05 with a t count value of 5.591 $>$ from the t table, which is 2.045. The self-confidence variable (x2) has a significant effect on the martial arts of Pencak silat (y); it is known from the probability value Sig 0.01 < 0.05 with a t count value of 2.729 $>$ from the t table, which is 2.045.

This study's calculation of multiple linear regression analysis uses computer software, namely SPSS version 26. The results are obtained from the analysis of the coefficients for the independent variables, and each X1 is 1.010 and X2 is 0.183. The equation of the regression model above can be interpreted as follows: $Y = 0.441 + 1.010X1 + 0.183X2$ From a constant value of 0.441 indicates that there is a positive influence on the independent variable. If the independent variable increases or affects one unit, the dependent variable also increases.

The value of the regression coefficient of the physical fitness variable is 1.010, which indicates that each practice of the martial arts of Pencak silat increases. The value of the regression coefficient of the self-confidence variable is 0.183, which indicates that each practice of the martial art of Pencak silat increases.

Based on the calculation results, it shows that the sig. F change of 0.000 (<0.05), so it can be concluded that physical fitness (X1) and self-confidence (X2) have a

significant influence on the martial arts of Pencak silat (Y). The value of R (Correlation Coefficient) or R square is 0.635, and it can be concluded that physical fitness (X1) and self-confidence (X2) have a significant influence on the martial arts of Pencak silat (Y), which simultaneously have a solid relationship.

The F test is used to determine the independent variable data, namely physical fitness and self-confidence, whether or not it is significant to the dependent variable, namely the martial arts of Pencak Silat.

Table 2 F Test Results

ANOVA						
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	146,754	2	73,377	23,526	,000 ^b
	Residual	84,213	27	3,119		
	Total	230,967	29			

a. Dependent Variable: y

b. Predictors: (Constant), x2, x1

From the table above, the value of F = 23.526 is obtained with a significance level of 0.000. The significance level will be compared to 0.05 (because it uses a significance level or $\alpha = 5\%$). So it can be concluded that sig. 0.000 <0.05 , then H0 is rejected, meaning that there is a significant influence between physical fitness and self-confidence on the martial art of Pencak silat.

CONCLUSION

Based on data analysis and discussion, this research can be concluded: 1) With a positive influence, the higher the physical fitness, the better the martial arts skills of Pencak silat. There is an effect of physical fitness on the martial art of Pencak silat at

55.91%; 2) With a positive influence, the higher the self-confidence, the better the skills in the martial arts of Pencak Silat. There is an influence of self-confidence in the martial arts of Pencak silat by 27.29%; 3) The two variables have a perfect effect on these skills. So there is an influence between physical fitness and self-confidence in the martial art of Pencak silat by 235.26%.

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