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The Role Of *Women Self Defense Of Silat (Wsd's)* As An Effort To Prevent Cases Of Violence

Siti Hanifah^{1*}, Berliana Rahely², Nina Sutresna³

^{1,2,3} Physical Education, Universitas Pendidikan Indonesia, Jl. DR. Setiabudi No.229, Isola, West Java Province, 40154, Indonesia

*e-mail: hanifahsiti336@upi.edu berliana@upi.edu nina.sutresna@upi.edu

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Abstrak

Violence against women increases yearly because women are always seen as weaker. So, this research aims to protect women from criminal threats through Women Self-Defense of Silat (WSDs). Then this research uses the descriptive analysis method, a literature study supported by distributing questionnaires to respondents. After the research data was collected, the results obtained in this study were the inability of women to protect themselves when they became victims of violence and crime or other things. WSDs emerged as special martial arts training facilities for women. It is hoped that WSD's martial arts can become a tool to make it easier for women to practice through WSD's e-books.

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✉ Alamat korespondensi: Jl. DR. Setiabudi No.229, Isola, West Java Province

E-mail : hanifahsiti336@upi.edu

INTRODUCTION

In this millennial era, the impact of gender equality allows women to work freely and be outdoors if they want (Setiawan, 2011; Ramadan et al., 2020). However, outdoor activities pose a greater threat to women's crimes because if they are not aware of them, the crimes will continue to threaten and approach women. According to Komnas Perempuan's annual statistics for 2020, crimes

against women have increased nearly eightfold over the previous 12 years.

According to the KBBI, the meaning of this crime comes from the word evil, which means bad behavior, very bad (KBBI, 2017). Therefore, meaning of evil is the behavior of a person or group, is a crime, and violates the social norms and values prevailing in the written environment. Evil is behavior that takes away human feelings from others. No attention and behavior are often classified as negative

(Sumera, 2013). Criminal behavior is representative of an unsuitable lifestyle that can damage the image of gender equality. Criminals believe that women are weak and easily oppressed creatures. This statement is a statement of social interaction or hierarchy, assuming that men are always stronger than women. (Harnoko, 2010) . As crimes against women continue, other people's assessment of rape victims becomes shameful to women and their families (Faizah, 2019). Women who are considered gentle naturally make women weak (Setiawan, 2011). Then, the crimes committed undermined the Protection Law Number 5 of 1998 concerning protecting all forms of crime. If crimes still occur, it means that the application of the law is not going well, which will make the future of the victims more difficult in the long run (Segaf & Yumpi-R, 2009).

Starting from this problem, it can be concluded from the purpose of the research that efforts must be made to prevent crimes against women; first of all, namely measures to realize that women must be able to protect themselves through self-defense skills. The function of martial arts is to be vigilant in the face of all visible evil (Robaeni, Nugraha, & Hidayat, 2018). In this way, self-defense will affect the body and carry out psychological training when faced with dangerous situations (Alif & Muhtar, 2019).

The research associated with this article is the "Guide to Designing Martial Arts Practices for Women" from the United States. (Robaeni et al., 2018) explain that the karate martial arts expert WSDK (Women's Martial

Kopo-ryu) created self-defense for women. Furthermore, in "Self-defense training for women in college" by Cummings (1992), The efficiency of martial arts training for women was discussed. The study also examined how women deal with threats. Subsequent research is from (Ramadan, 2017), explaining the benefits of practical and vigilant martial arts by women.

Women's martial arts, the goal is to cultivate the characteristics of Indonesian martial arts. Pencak silat is one of the martial arts that carries the parts of Indonesia, meaning that the originator is the ethnic groups native to Southeast Asia. Pencak silat is a vocabulary combination validated by the Indonesian Pencak Silat Association (IPSI). Pencak Silat is currently managed and assisted by the Federal PERSILAT (United Nations Pencak Silat Association), formed by representatives of several Southeast Asian countries (Saryanto, 2018).

Therefore, the application of WSD (*Women Self Defense of Silat*) is a practical method of learning martial arts that uses the characteristics of native Indonesian art in self-protection. In addition, WSDs are presented as an e-book so that it is more practical, women can learn more easily, and women can realize that protecting themselves is their duty. (Sergi Erza Nuari & Mustikawan, 2018). Not only defending itself but also adding value by planting Pencak Silat is a martial arts art created in Indonesia, so Silat can be a way to protect yourself and at the same time cultivate national characteristics.

METHODS

This research resulted in descriptive writing, starting with collecting, analyzing, and interpreting the data examined (Suryana, 2010; Ramadan & Juniarti, 2020). This qualitative descriptive method is derived from raw data or data based on existing conditions because no processing is done on the data obtained (Suherman, 2014).

Furthermore, this research method uses a descriptive analysis survey (Saengboon, 2016). This research results from analyzing all data obtained (Safari, 2010; Supriyadi, Julia, & Paradise, 2019). Analyze the facts of library records and field records so that they can synchronize between library data and fields. Literature notes here appear in the form of literature sources and field notes, that is, facts from surveys or questionnaires, and can be used to reveal descriptions of field data. (Akin, Mulyanto, Safari, & Fauzy, 2019) . The subjects of this study were women whose age range was 17-53 years.

FINDINGS AND DISCUSSION

Findings

In this discussion, problems related to the results of the study are analyzed. In the research methodology chapter, it has been explained that this research uses qualitative methods that produce descriptive data in the form of writing or sentences in analysis to get the data analyzed into descriptive analytics. (Moleong, 2007; Taylor, Bogdan, & DeVault, 2015).

The purpose of this analysis is to explain the results of the entire discussion through the

survey and to combine the analysis of the results of the library data. These steps are: (1) adjusting the data in the questionnaire according to (knowledge, experience, and action) to adapt to the privacy data obtained, (2) combining survey analysis data with library data; (3) Theories according to experts and reliable sources, reinforce opinion and survey data.

Based on the research design using literature research, it is necessary to conduct data analysis in the form of collected journals, books, or related articles and to be integrated with various other sources. Collect data to fit all theories related to the research. After collecting the data, all these sources will be verified as valid and can then be analyzed. The data is then read to be written and interpreted as part of the theoretical data to improve the data from the field data. Based on the above data, 150 women filled out the questionnaire, while 35 men filled out the questionnaire. Therefore, the people who filled out the data of this questionnaire consisted mainly of women.

According to the data above, as many as 125 respondents graduated from high school, then as many as 56 passed S1, and as many as 4 passed S2. From this data, the average level of respondents is the last time they graduated from high school. They can still be students; the respondents are only high school graduates. Based on this data, survey respondents included many young and vulnerable groups aged 17-26 years. This age consists of the working age of workers and students. From these data, information can be obtained from vulnerable age groups who start working and desire to

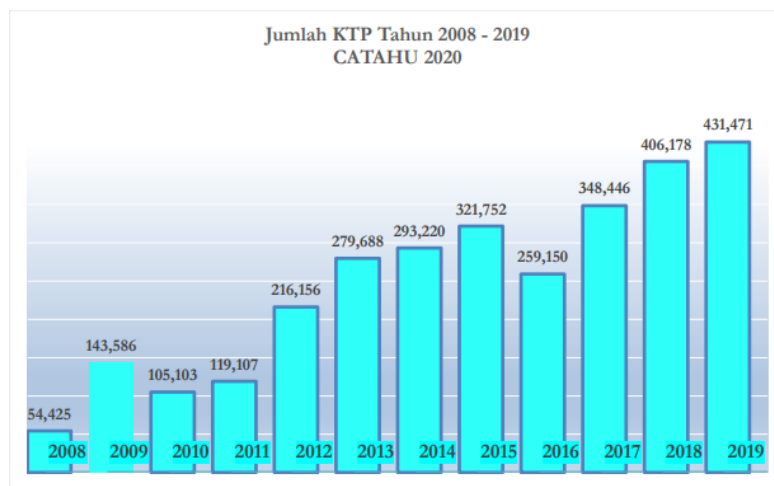
carry out all activities, and then some people get married. Therefore, the average age of the interviewees is filled by the production age.

According to the research data from the Komnas Perempuan Annual Report 2020, crimes committed against women are caused by various factors. Based on (Supriyadi, 2018), the existence of these crimes is based on gender differences, which leads to oppression or discrimination and makes women feel inferior and even underestimated by men. According to the data obtained, women are often victims of crime. As many as 54% of the respondents strongly agreed, and 23.8% chose to settle, so the frequent victims of violence are women.

Discussion

The problem of women who are often victims of crime in the form of violence has

become a global problem in every country (Hehanussa & Salamor, 2019; Widyastuti, 2009). A study surveyed ten countries and distributed data to women through surveys. The results showed that since the age of 15, 95% of female respondents have experienced cases of violence (Devries et al., 2013, p. 1). According to the CATAHU (an annual record) of the National Commission on Women, the number of crimes and violence increased yearly from 2008 to 2019, decreased in 2016, and then increased again. From the results of this data, it can be seen that women who are victims do not have the strength and effort to fight the perpetrator. This makes the perpetrators more courageous to commit crimes because women are always inferior and weak (Amalia, 2014).



Keterangan: Diagram berdasarkan data dari Badiilag dan data formulir kuesioner yang diterima Komnas Perempuan dari tahun ke tahun.

Figure 1. Komnas Perempuan Annual Record

Judging from the theoretically analyzed data (i.e., the annual record of Komnas Perempuan), since the Prophet Muhammad SAW was sent to earth, the point is to eliminate discrimination against women, and he is trying to get rid of slavery and murder. According to

the following explanation, the lack of religious understanding leads to gender inequality of Supriyadi et al. (2019).

Then, in the Qur'an translated from the Ministry of Religion, Surat An-Nisa verse 1 mentions that; "O all men, be devoted to your

Lord who created you from the one thyself (Adam), and (God) created his mate (Eve) from his (self); and of the two Gods bred many men and women,....". Therefore, if a female comes from a man's ribs, it is close to the protected arm and the dear heart. It tells us that women must be protected, not made cruel or subjected to other violence so that women feel that they are always threatened.

From this exposure, protecting oneself from the threat of danger is an obligation that must be owned by a person (Rouse, 2019; Iskandar & Ramadan, 2019). Women should realize that self-defense is a way to avoid the threat of crime. Such frequent crimes must be handled properly, and women should be vigilant if they engage in outdoor activities or even at night to reduce or even prevent increased casualties by being able to protect themselves. Through self-defense, if a threatening danger occurs, women can better develop strategies, and then mastering self-defense can minimize the offender's physical attacks. (Hunt & Grabowski, 2014).

Martial arts are important for women today because evil comes anytime and anywhere. To avoid dangerous threats, it is necessary to take into account that women should practice the means of self-defense. According to the data obtained, 71.4% of respondents strongly agreed, while up to 22.7% agreed that martial arts should be held for women. In other words, they understand the importance of self-defense better than there is a casualty. Later, self-defense is not only protective equipment but also provides self-

disclosure and self-confidence, which allows them to carry out all daily activities freely.

Women are always the target of attacks anytime, anywhere. Even compared to the fact that every woman is a target of violence, although women can defend themselves, dangerous situations still occur, and there are still great risks. However, they are prepared for greater courage and vigilance. Women are at risk. Compared to unprepared women (Brecklin, 2008; Ramadan & Ningrum, 2019).

The lack of self-defense that gives women minimal knowledge of protection is specialized in practical self-defense. So what makes this research different is that it provides innovations. Like other martial arts, it still aims to protect oneself from the threat of violence. The existence of WSD's (*Women Self Defense of Silay*) women's martial arts provides a way of self-defense for women while continuing to inherit the culture through martial arts. One example of Pencak Silat is reaction, speed, and the right time when threatened.

Then previously, some people created WSD (Women's Self-Defense), but still universally mentioned the name of martial arts and the origin of martial arts. Then and also aims to cultivate martial arts, mainly to appreciate other martial arts. The reason for choosing Pencak silat is because it is consistent with the scientific field understood by the author. Here, the development of a martial art called "pencak silat" is due to the desire of Indonesians to love their cultural heritage. This kind of martial arts development must continue to develop well and gain support. Uniquely, this island has existed since colonial times and

continues to grow today. The island supports the physical aspect and increases personality value and self-awareness. (Muhtar, 2016).

Furthermore, WSD (*Women Self defense of Silat*) was established to have space to defend themselves against evil and to be a spiritual means to make themselves calmer so that they can carry out activities with vigilance and confidence (Yulio Pratama & Trilaksana, 2018). However, these special martial arts activities targeting women have yet to be discovered. Only 15.3% strongly agree, and 15.8% agree with their knowledge of the existence of WSD, which means that few people in society, especially female-led. To reduce the number of acts of violence against women, it is also necessary to increase the awareness and desire of women so that they dress or strengthen themselves so as not to be underestimated. Women's awareness will increase their concerns to protect themselves from the threat of crime. Then, the willingness of the Permians to protect themselves is to try to defend themselves when they are really in danger.

Therefore, WSDs exist to address women's concerns about crime and other violent dangers. If women do this, they will be more alert to the dangers that lurk anytime, anywhere, and the reduction in violence will be greatly reduced. Results from respondents in the Department of Water Supply suggest that the choice of the Department of Water Supply may be the solution. 48.1% voted strongly in favor, and 20% voted whether to agree if WSD (*Women Self Defense of Silat*) was held.

CONCLUSION

This ongoing crime is a shared responsibility between women and the government. Of course, this must be treated wisely, making women more vigilant and responsible when facing threats and dangers. Resistance and readiness are needed when facing Bahia. Therefore, women must protect themselves when facing danger and circumstances. Therefore, WSDs (*Women Self Defense of Silat*) exists as an effort to unrest women about the dangers of crime that threaten them at any time, wherever it is. By learning martial arts from WSD, women will be more confident if they encounter all dangers because they can protect themselves. Not only that but WSD also aims to preserve Indonesia's unique martial arts, namely martial arts. If self-protection is mastered, women are also aware of the threat of danger and make themselves more vigilant. The reduction in crime and other violence will be significantly reduced.

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