

## **Athletes' Perception of Basic Pencak Silat Book at the White Eagle College of North Musi Rawas Regency**

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**Abstract:** This study aims to determine athletes' perceptions of the use of basic pencak silat motion books, (1) athletes' perceptions of pencak silat training, (2) the use of media in pencak silat training, (3) the need for the development of pencak silat books. This research is descriptive quantitative research. The results of this study stated that (1) Athletes' perception of pencak silat training obtained a value of 75.81%, with a good category (2) The use of media in training obtained a value of 85%, very good (3) the need for the development of pencak silat books amounted to a value of 93.25% with the category of strongly agree. The results of this study show that athletes' perceptions of the development of pencak silat books in the white eagle college of North Musi Rawas Regency are positive, for that it is necessary to develop pencak silat books in the white eagle college of North Musi Rawas Regency.

**Keywords:** Athletes' Perception, Book, Pencak Silat

### **A. Introduction**

Physical fitness refers to the level of overall well-being that enables individuals to engage in their daily activities without experiencing undue tiredness, and any fatigue that arises is sufficiently alleviated before undertaking the same task or job the next day (Giriwijoyo & Sidik, 2013). This aligns with Nugroho (2014) which defines physical fitness as an individual's capacity to perform daily tasks without experiencing fatigue while retaining energy reserves for leisure activities and unexpected demands. Pencak silat is present as a culture and method of self-defense and becomes local wisdom for the bearers of the culture. Meanwhile, according to (Lestari et al., 2020). Learning pencak silat material requires a little skill in the learning process and practice pencak silat (Ihsan, 2017). This is so that martial artists can learn and practice the basic skills of pencak silat moves in their colleges. The basic technique of pencak silat includes seven elements in motor skills, namely strength, speed, endurance, agility, balance, improvement, and coordination (Decaprio, 2013). In sports journals examined by Hariono (2004) about the top-down technique, it is stated that the top-down form variations often used by fighters are more than three forms and by default they do not have names.

The technique consists of three basic techniques, namely attack techniques (kicks, punches, elbows), defenses (defiance and avoidance), and falling/dropping techniques (Widiyanto & Hariono, 2015). Pencak is defined as a basic movement of martial arts that is bound by rules and used in learning, training, and performance. While silat is interpreted as a perfect martial arts movement that originates from pure holy spirituality for personal safety or mutual prosperity. Art martial arts, when viewed from the source of origin, techniques and moves, can be said to be beautiful martial arts (Muhajir, 2007). At the time of need, martial arts can indeed be reused or restored to the original and original martial arts.

This is because martial arts have the same structure as martial arts. The structure includes techniques of tide stance, gestures, defensive attacks as a whole. The difference between art martial arts and martial arts lies in the orientation value, and the measures applied in the implementation process. The benefits that can be obtained from learning the martial arts sport of pencak silat besides self-defense but also include various aspects, namely: 1). Aspects of mental and spiritual development, 2). Aspects of martial arts skills, 3). Aspects of art and culture and 4). Sports aspect (Lesmana, 2012). The implementation of martial arts martial arts has technical value. The basic attitudes in training beginner fighters can be divided into: (1) upright stance, (2) stance, (3) sitting posture, and (4) tide attitude (Nugroho & Agung, 2005). Meanwhile, according to (Lubis, et al., 2014) pencak silat sport is a combination of several elements of movement that support each other.

The element of motion in pencak silat sports contains artistic value, and highlights a beauty of motion. According to Handoyo (2005), enhancing physical fitness can be achieved through physical exercises encompassing stretching, warming-up, and breathing movement stages. In their research journal, Christoph et al., (2011) explained that diaphragmatic breathing is a breathing technique involving deep inhalation through the nose and gradual exhalation through the mouth. This method can enhance the performance of the abdominal muscles, aiding in the process of expiration.

In this study, researchers wanted to know the perception of athletes towards the development of a book of technique material for white eagle colleges. Pencak silat uses a guidebook for 9 - 12 years old children to make it easier for children to understand and master the movements in the form of martial arts moves (Lubis et al., 2016). Pencak Silat Elang Putih is a silat school consisting of a combination of West Javanese pencak silat. The basic idea of the inclusion of the name "White Eagle" in this college is taken from a story from Palembang, South Sumatra which tells the journey of a tough fighter named Batu Api prince who persistently opposed all forms of colonization and colonization of foreign nations, especially the Dutch in his homeland. In college, the White Eagle has 7 moves with belt levels in each move

which indicates that the fighter is in a position of the move, namely: (1) Level 1 Skill 1 with a white belt color, (2) Level 2 skill 2 with a yellow belt color, (3) Level 2 skill 2 with an orange belt color, (4) Level 2 skill 2 with a green belt color, (5) Level 2 skill 2 with blue belt color, (6) Level 2 skill 2 with red belt color, (7) Level 2 skill 2 with Violet belt color. Based on this, it is necessary to understand to perform movements and series of movements in each move so that it can continue to the highest level, namely skill 7.

Based on the results of observations in the field, the number of moves that must be mastered by athletes becomes a problem during training. There are still many athletes who find it difficult to memorize moves, lack of resources to learn moves so researchers want to know the perception of athletes during training, the use of media used during training and the need to develop martial arts books. Movement skills in each person are different, many factors influence it, including age levels, movement experience. Pencak Silat movement movements are not only used for martial arts but are often used as part of beautiful art performances (Lanos et al., 2020). The very nature of a skill is to force a learner to make more judgments when planning to learn from experience (Harvey et al., 2018). Thus, the need for reinforcement of learning with interactive learning resources such as books.

## **B. Methods**

This research is descriptive quantitative research. This research was conducted at the White Eagle College in North Musi Rawas Regency. The study sample was 40 athletes. Research used in the form of questionnaires contains a number of questions that must be answered by respondents (Goddard & Villanova, 2006). The results of the research data are (1) athletes' perceptions of martial arts training, (2) the use of media in martial arts training, (3) the need for the development of martial arts books. The data results from the filled questionnaire were proceeded with this formula:

$$P = (X : Xi) \times 100\%$$

Explanation:

P : Percentage of evaluation results on trial subjects

X : The number of score answers by the test subject.

Xi : The maximum number of answers in the assessment by the test subject.

100% : Constant

To facilitate conclusions on the results of the analysis of the percentage level of attractiveness and convenience of product development, classification criteria are set

**Table 1. Percentage Category**

<b>Percentage</b>	<b>Explanation</b>	<b>Percentage Category</b>
80-100%	Very Good	Can be used without revision
61-80%	Good	Can be used with minor revisions
41-60%	Middle	Not suitable for use it is recommended not
21-40%	Weak	Cannot be used
0-20%	Very Weak	Cannot be used

### **C. Results and Discussion**

Data analysis of the results of the study was obtained based on questionnaires distributed to students with four indicators using the Guttman scale with the results of calculating the frequency of answers, the average value was (1) Athletes' perception of pencak silat training obtained a value of 75.81%, with good categories, (2) The use of media in the exercise obtained a score of 85%, very good (3) the need for the development of pencak silat books amounting to a value of 93.25% with the category of strongly agreeing to develop the pencak silat book of the white eagle college of Musi Rawas Utara Regency.

Based on the above, it can be concluded that athletes' perceptions of the development of the pencak silat book model of the white eagle college of Musi Rawas Uatara District are positive. The white eagle college pencak silat book makes the learning process easy and can be learned anywhere, this is strengthened by (Rahmawati, 2016) The need for information on subject matter in order to meet competence needs to be supported by the existence of quality textbooks that are suitable for use in the teaching and learning process. Athletes strongly agree that the white eagle college martial arts book is developed.

### **D. Conclusion**

The results of this study show that athletes' perceptions of the development of pencak silat books in the white eagle college of North Musi Rawas Regency are positive, for that it is necessary to develop pencak silat books in the white eagle college of North Musi Rawas Regency

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