

Athletes' Interest in Participating in Karate Martial Arts Training at Shokaido Academy in Bungo Regency

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ABSTRACT

The Shokaido Dojo in Bungo Regency is one of the karate training centers located in Bungo Regency. During an interview with the coach, it was revealed that this dojo had achieved unsatisfactory results in the last three years, from 2022 to 2024. Based on observations and interviews, the researcher tentatively concluded that the factor influencing this decline was interest. The purpose of this study was to determine the level of interest in karate training at the Shokaido Dojo in Bungo Regency. This study used a descriptive method with a quantitative approach to describe the level of interest in karate training at the Shokaido Dojo in Bungo Regency. The population in this study consisted of 20 people. Based on the results obtained, the intrinsic indicator results were in the very good category, namely 4 people (20%). In the good category, there were 11 people (25%), and in the moderate category, there were 5 people (25%). The results of the extrinsic indicators were in the good category, with 13 people (65%). In the moderate category, there were 5 people (25%), and in the low category, there were 2 people (10%). Based on the results obtained, it can be concluded that the athletes' interest in participating in Shokaido Karate training in Bungo Regency is in the good category with an average score of 87.6, which is in the interval range of $82.5 \leq 97.5$.

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B. Acquisition of data;
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INTRODUCTION

Sports play an important role in human life. One of the sports that is currently popular among Indonesians is karate. This sport can be practiced by both men and women. Karate is a special method of self-defence through the use of well-trained and natural body movements based on and aimed at Eastern philosophical values (Abdul Wahid, 2007:5).

The purpose of karate itself is to introduce karate and provide a place for training and competition. There are many supporting factors that influence athletic achievement, such as physical condition, technique, tactics, and mental strength (Soniawan). In karate, in addition to good technique, tactics, and mental strength, athletes also need to be in good physical condition. Karate consists of the words "kara,"

which means empty, "te," which means hand, and "do," which means way. Karate is a special method useful for self-defense using well-trained and natural body parts based on and aimed at Eastern philosophical values (Abdul Wahid, 2007:5).

So, overall Karate-do means walking with empty hands to improve discipline, personality, and shaping a well-rounded individual who has noble personal characteristics, good character, a high fighting spirit, upholds ethical values, and has mental maturity. In karate, five values must be applied in the daily life of a karateka, such as responsibility, honesty, tolerance, independence, and discipline. One of the values often used by a karateka is discipline when coming to practice, where practice itself means a process of change for the better (Syafruddin, 2017:25).

Based on initial observations, the researcher found that the facilities at the Shokaido Bungo school are very complete, with the Shokaido karate dojo having two separate dojos, one for kata and one for kumite, with complete facilities. However, the lack of interest among athletes in training has resulted in a lack of effectiveness in winning championships in recent years, with interest being the influencing factor. Interest is necessary in the training process to improve performance because with interest, a person will perform the activity to the maximum.

Interest is a condition that occurs when an individual sees the characteristics or temporary meaning of a situation that begins to be associated with his or her own desires or needs. It can be said that interest is an individual's drive or attraction to a particular object or activity and is usually accompanied by feelings of pleasure, as stated by (Sardiman, 2006:76). Interest is one of the factors that play an important role in martial arts. (Slameto 2010:180) States that interest is a condition in which an individual feels fond of or attracted to something or an activity, without coercion from others.

According to Crow & Crow (in Gunarto, 2007: 7), interest is a movement that drives us to be inclined or feel attracted to something, such as people, objects, or activities, which can be effective experiences stimulated by the activity itself. Interest arises as a result of feeling attracted to something that is being done in an activity without anyone telling us to do so. There is an element of need contained within it (Rohmalina, 2015: 28). (Djaali, 2013: 121) adds in his opinion that interest is an expression that shows a greater liking for an activity.

Based on the above description, researchers observed problems in karate martial arts in Bungo Regency, prompting them to research to determine the level or extent of athletes' interest in participating in Shokaido karate martial arts training. This study, entitled "Athletes' interest in participating in Shokaido karate martial arts training in Bungo Regency," is expected to evaluate the increase in interest among students and the community in Shokaido karate martial arts on their own initiative, supported by several other aspects, such as the support of coaches and parents.

METHODS

The method used in this study was a survey method, while the data collection technique was a questionnaire. The scores obtained from the questionnaire were then

analyzed using quantitative descriptive analysis in the form of percentages (Sugiono, 2015:3). The sample in this study consisted of karate practitioners aged 13-16 years from the Shokaido Dojo in Bungo Regency, with a population of 40 people and a sample size of 20 karate practitioners.

The sampling technique used in this study was purposive sampling, with a population of 10 females and 10 males. The author used his own judgment in deliberately selecting members of the population who were considered to be able to provide the information needed by the author (Sugiono, 2013).

According to (Arikunto, 2010:17), variables are things that become the object of research, which are observed in a research activity, points to be noticed, which show variations, both quantitatively and qualitatively. The variable in this study is the interest in karate training applied to 20 karatekas at the Shokaido Dojo in Bungo Regency. The method used to determine the interest in training at the Shokaido Dojo in Bungo Regency is descriptive analysis, which does not use hypotheses in its research steps but only aims to describe a situation. After the required data has been collected, it is then analyzed.

The steps taken in this study were to provide statements for each item in the questionnaire distributed to athletes as respondents. The alternative answers in the questionnaire had been determined and scores assigned according to the choices using a modified Likert scale. Then, all scores were added up and analyzed using statistical data. This analysis was conducted to obtain an overview of the distribution of research results for each aspect and indicator that measures the training interest of karateka at the Shokaido dojo in Bungo Regency. The instrument used in this study was a questionnaire aimed at karate practitioners at the Shokaido Dojo in Bungo Regency, using the Likert scale principle. A questionnaire is a data collection technique carried out by providing a set of written questions or statements to respondents to answer (Sugiono, 2015:199).

In this study, the scale responses in the questionnaire use a modified Likert scale with four (4) response options, namely Strongly Agree (SS) with a score of 4, Agree (S) with a score of 3, Disagree (TS) with a score of 2, and Strongly Disagree (STS) with a score of 1. The four response alternatives for each statement item have a score. (Sugiono, 2015:199).

According to (Suharsimi Arikunto, 1993: 136), validity is a measure that shows the levels of validity or authenticity of a particular instrument. A valid or authentic instrument has high validity. The validity or authenticity of an item must go through several steps before it can be declared valid or invalid.

The instrument items were analyzed using the SPSS version 17.0 for the Windows computer program. The criteria for deciding whether an item is valid or invalid are that if the correlation coefficient (r) obtained is greater than or equal to the table coefficient (r), at a significance level of 5% or 1%, then the item in the instrument is declared valid (Burhan Nurgiyantoro et al., 2004: 339). Data analysis in this study used descriptive statistics, which are statistics used to analyze data by describing or illustrating the collected data as it is, without intending to make conclusions that apply to the general public or are generalized (Sugiono, 2013:206).

A questionnaire was distributed to respondents to determine the interest in karate training at the Shokaido Dojo in Bungo Regency. The questionnaire data were presented in tabular form and analyzed using percentages. The steps for calculating percentages are as follows, according to Arikunto (in Kamelta, 2013:144).

1. Calculate the frequency (f)
2. Calculate the percentage (P)
of the answers using the formula;

$$P = \frac{f}{N} \times 100 \%$$

where;

P = Percentage of answers

f = Frequency of respondents' answers N = Total frequency

After obtaining the percentage of respondents' answers, an interpretation or assessment of the research results was provided. The research used the interpretation method according to Arikunto (Kamelta, 2013:144).

RESULTS AND DISCUSSION

Result

Based on the information gathered previously, this chapter will analyze the findings obtained in this study. The results of the study will be described in accordance with the research questions posed earlier. The questionnaire distributed to Shokaido Karate athletes in Bungo Regency was considered to have adequate validity. Furthermore, the research was conducted on a sample of 20 respondents, who were able to complete the questionnaire within 45 minutes.

The respondents' task was only to check the answers they chose. The following research results answer the research questions in this study, namely, to determine the athletes' interest in participating in Shokaido Karate martial arts training in Bungo Regency. Based on the data processing results, the results of this study are as follows:

Intrinsic Dimensions

Mean Idea (Mi) = $\frac{1}{2}$ (ideal maximum score + ideal minimum score), so Mi = $\frac{1}{2}$ (120+30) = 75, while SDi = $\frac{1}{6}$ (ideal maximum score - ideal minimum score) = $\frac{1}{6}$ (120-30) = 15. Then, the SDi and Mi values are converted into a tendency table with 5 (five) categories as follows:

Table 1.
Calculation of Athlete Interest Norms

Calculation	Result
Mi + 1,5 SDi - Mi + 3,0 SDi 75 + 1,5 (15) - 75 + 3,0 (15)	97,5- 120 = Excllent
Mi + 0,5 SDi - Mi + 1,5 SDi 75 + 0,5 (15) - 75 + 1,5 (15)	82,5 ≤ 97,5= Good
Mi - 0,5 SDi - Mi + 0,5 SDi 75 - 0,5 (15) - 75+ 0,5(15)	67,5 ≤ 82,5= Fair
Mi - 1,5 SDi - Mi - 0,5 SDi 75 - 1,5 (15) - 75 - 0,5 (15)	52,5 ≤ 67,5= Low
Mi - 3,0 SDi - Mi -1,5 SDi 75-3,0 (15) - 75-1,5 (15)	30 ≤ 52,5= Very Low

From the calculations in the table above, a table with five categories can be compiled, as presented in Table 2 below:

Table 2.

Athletes' interest in participating in Shokaido Karate martial arts training in Bungo Regency

Interval Nilai	F	%	Category
97,5– 120	2	10%	Excellent
82,5 ≤ 97,5	13	65%	Good
67,5 ≤ 82,5	5	25%	Fair
52,5 ≤ 67,5	0	0%	Low
30 ≤ 52,5	0	0%	Very Low

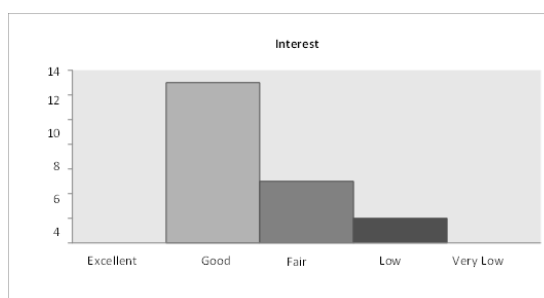


Figure 1.

Athletes' interest in participating in Shokaido Karate martial arts training in Bungo Regency

Based on the table and diagram above, it shows that the results of athletes' interest in participating in Shokaido Karate martial arts training in Bungo Regency are in the very good category, namely 2 people (10%), namely athletes named Ulfarizi with a brown belt and Fransiskus with an orange belt. There are 13 athletes (65%) in the good category, namely Caslas Wafa with a blue belt, Lintang with a brown belt, Uyander T with a brown belt, Ahmad Ifnu with a brown belt, M. Fadli with a brown belt, Khaizahran with a brown belt, Abai Puri with a brown belt, Bunga with a brown belt, Cilvia with a brown belt, Siska Saskia with a black belt, Salsabila brown belt, Zahrotu Nida orange belt, and Vitaasari orange belt. Based on the results obtained, they have good interest, both intrinsically and extrinsically, either from the athletes themselves or from encouragement from their families or environment.

In the moderate category, there were 5 people (25%) who were brown belt brothers, M. Bayu brown belt, Marcha brown belt, Ziske brown belt, and Diva orange belt. The moderate level of interest shown by these athletes does not mean that they have no interest; sometimes, their extrinsic and intrinsic interests are still lacking. Meanwhile, the average interest of athletes in participating in Shokaido Karate training in Bungo Regency is in the good category with an average score of 87.6, which is within the interval range of $82.5 \leq 97.5$.

The following research results are to answer the research questions in this study. Based on the data processing result, mean idea (M_i) = $\frac{1}{2}$ (ideal maximum score + ideal minimum score), so $M_i = \frac{1}{2} (56 + 14) = 35$, while $SD_i = \frac{1}{6}$ (ideal maximum score – ideal minimum score) = $\frac{1}{6} (56 - 14) = 7$. The SD_i and M_i values are then converted into a tendency table with 5 (five) categories as follows:

Table 3.

Calculation of athletes' intrinsic interest norms

Calculation	Result
• $Mi + 1,5 SDi - Mi + 3,0 SDi$ $35 + 1,5 (7) - 35 + 3,0 (7)$	$45.5 - 56 =$ Excellent
• $Mi + 0,5 SDi - Mi + 1,5 SDi$ $35 + 0,5 (7) - 35 + 1,5 (7)$	$38,5 \leq 45.5 =$ Good
• $Mi - 0,5 SDi - Mi + 0,5 SDi$ $35 - 0,5 (7) - 35 + 0,5 (7)$	$31.5 \leq 38.5 =$ Low
• $Mi - 1,5 SDi - Mi - 0,5 SDi$ $35 - 1,5 (7) - 35 - 0,5 (7)$	$24.5 \leq 31.5 =$ Low
• $Mi - 3,0 SDi - Mi - 1,5 SDi$ $35 - 3,0 (7) - 35 - 1,5 (7)$	$14 \leq 24.5 =$ Very Low

From the above calculations, a table of intrinsic variables with five categories can be compiled, as presented in Table 4 below:

Table 4.

Review of Karateka Interest at Shokaido Dojo in Bungo Regency in Terms of Intrinsic Dimensions.

Value Interval	F	%	Category
45.5– 56	4	20%	Excellent
$38,5 \leq 45.5$	11	55%	Good
$31.5 \leq 38.5$	5	25%	Fair
$24.5 \leq 31.5$	0	0%	Low
$14 \leq 24.5$	0	0%	Very Low



Figure 2.

Review of Karateka Interest at Shokaido Dojo in Bungo Regency in Terms of Intrinsic Dimensions

Based on Table and Diagram 2 above, it shows that the intrinsic indicator results are in the excellent category, namely 4 people (20%), namely Ulfarizi with a brown belt, Ikhwan with a brown belt, Fransiskus E with an orange belt, and Khaizahrhan with a brown belt. In the good category, there are 11 people (25%), namely Casilas Waffa (blue belt), Lintang (brown belt), Uvander T (brown belt), M. Fadil (brown belt), Marsha (black belt), Abai Putri (brown belt), Bunga (brown belt), Olivia (orange belt), Saskia (black belt), Salsabila with a brown belt, and Vitasari R with an orange belt. Based on the results of the athletes' intrinsic motivation, on average, they were in the good category, meaning that their motivation came from within themselves, which encouraged them to continue training and achieve good results. There are 5 athletes (25%) in the moderate category, namely Ahmad Ifnu (brown belt), M. Bayu (brown belt), Ziske (brown belt), Diva (orange belt), and Zahratu Nida (orange belt).

Meanwhile, the average interest of athletes in participating in Shokaido Karate martial arts training in Bungo Regency on intrinsic indicators, was categorized as good, with an average score of 42, which falls within the interval range of $38.5 \leq 45.5$.

External dimensions

Mean Idea (M_i) = $\frac{1}{2}$ (ideal maximum score + ideal minimum score), so $M_i = \frac{1}{2} (64 + 16) = 40$, while $SD_i = \frac{1}{6}(\text{ideal maximum score} - \text{ideal minimum score}) = \frac{1}{6}(64-16) = 8$. The SD_i and M_i values are then converted into a tendency table with five categories as follows:

Table 5.

Calculation of Extrinsic Interest Norms for Athletes

Calculation	Result
$M_i + 1,5 SD_i - M_i + 3,0 SD_i$ $40 + 1,5 (8) - 40 + 3,0 (8)$	$52 - 64 = \text{Excellent}$
$M_i + 0,5 SD_i - M_i + 1,5 SD_i$ $40 + 0,5 (8) - 40 + 1,5 (8)$	$44 \leq 52 = \text{Good}$
$M_i - 0,5 SD_i - M_i + 0,5 SD_i$ $40 - 0,5 (8) - 40 + 0,5 (8)$	$36 \leq 44 = \text{Fair}$
$M_i - 1,5 SD_i - M_i - 0,5 SD_i$ $40 - 1,5 (8) - 40 - 0,5 (8)$	$28 \leq 36 = \text{Low}$
$M_i - 3,0 SD_i - M_i - 1,5 SD_i$ $40 - 3,0 (8) - 40 - 1,5 (8)$	$16 \leq 28 = \text{Very Low}$

From the above calculations, a table of extrinsic variables with five categories can be compiled, as presented in Table 6 below:

Table 6.

Review of Karateka Interest in Shokaido Dojo Training in the County in the Extrinsic Dimension.

Value Interval	F	%	Category
52– 64	0	0%	Excellent
$44 \leq 52$	13	65%	Good
$36 \leq 44$	5	25%	Fair
$28 \leq 36$	2	10%	Low
$16 \leq 28$	0	0%	Very Low

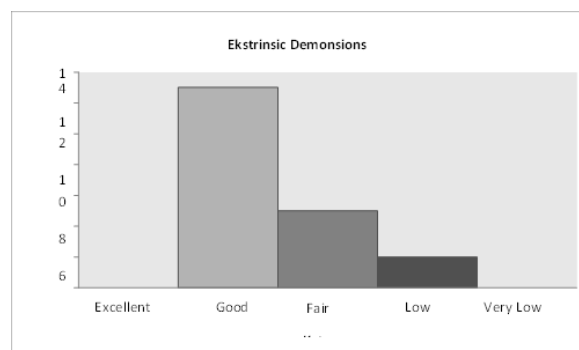


Figure 3.

Review of Karateka Interest at Shokaido Dojo in Bungo Regency in the Extrinsic Dimension

Based on Figure 3 above, it shows that the results of the extrinsic indicators are in the good category, namely 13 people (65%), namely Casilas Waffa, blue belt, Lintang brown belt, Ulfarizi brown belt, Uvander T brown belt, Ahmad Ifnu brown belt, Fransiskus E belt, M.Fadil brown belt, Khaizahran brown belt, Abai Putri brown belt, Bunga brown belt, Olivia orange belt, Salsabila brown belt, Zahratu Nida orange belt, Vitasari R orange belt. The athletes' extrinsic motivation is very good on average, which means that, in addition to the coach's encouragement to continue training, parents also participate in providing support to athletes, as well as their environment, which always supports athletes in training. In the moderate category, there are 5 people (25%), namely Marsha Black Belt, Saskia Black Belt, Ziske Brown Belt, Diva Orange Belt, and in the low category, there are 2 people (10%), namely Ikhwan Brown Belt, M.Bayu Brown Belt.

Meanwhile, the average interest of athletes in participating in Shokaido Karate training in Bungo Regency, on the extrinsic indicator, is in the good category with an average score of 46, which is within the interval range of $44 \leq 52$.

There are many supporting factors that influence athletic performance, such as physical condition, technique, tactics, and mental attitude. Soniawan states that in karate, in addition to good technique, tactics, and mental attitude, athletes must also have good physical condition. The word "karate" consists of the words "kara," meaning empty, "te," meaning hand, and "do," meaning way.

In karate, five values must be applied in the daily life of a karateka, such as responsibility, honesty, tolerance, independence, and discipline. One of the values often used by a karateka is discipline when coming to practice. Practising alone means a process of change for the better (Syafuruddin, 2017:25).

Practice is a process undertaken by an individual to achieve maximum results in accordance with their desires (Mardela and Rahman, 2017).

Interest plays an important role in a person's life and has a major impact on behaviour and attitude during adolescence, which is a stage of searching for one's identity. Thus, there is a tendency for individuals to achieve something through various means, including physical activity or exercise. There are several characteristics of interest in adolescents.

The development of Shokaido karate in Bungo Regency is progressing with the increasing number of competitions being held. However, the declining enthusiasm of karate practitioners has resulted in fewer athletes participating in karate training. This is related to the level of interest in the sport itself.

However, coaching has not been optimal due to factors related to the coaches or the facilities and infrastructure, so karate practitioners with potential in the dojo are not being properly channelled. Therefore, karate practitioners must be more disciplined and feel a sense of responsibility towards themselves to be more motivated to train harder. Based on theoretical studies, interest is a tendency within an individual in the form of curiosity, a desire to know, and a drive to do an activity without being told to do so. The factors of interest are divided into two, namely internal influences (intrinsic), which include attention, enjoyment, and activity, and external influences (extrinsic), which include the role of the coach, facilities, family, and environment.

The results of the intrinsic indicators were in the very good category for 4 people (20%), in the good category for 11 people (25%), and in the moderate category for 5 people (25%). Meanwhile, the average interest of athletes in participating in Shokaido Karate training in Bungo Regency on the intrinsic indicator is in the good category with an average score of 42, which is in the interval range of $38.5 \leq 45.5$.

The results of the extrinsic indicators were in the good category, with 13 people (65%). In the moderate category, there were 5 people (25%), and in the low category, there were 2 people (10%). Meanwhile, the average interest of athletes in participating in Shokaido Karate martial arts training in Bungo Regency on the extrinsic indicator was in the good category with an average score of 46, which is within the interval range of $44 \leq 52$.

The results of athletes' interest in participating in Shokaido Karate martial arts training in Bungo Regency were in the very good category, with 2 people (10%). In the good category, there were 13 people (65%), and in the moderate category, there were 5 people (25%). Meanwhile, the average interest of athletes in participating in Shokaido Karate martial arts training in Bungo Regency is in the good category with an average score of 87.6, which is within the interval range of $82.5 \leq 97.5$.

Based on the results obtained, good or near-good interest in athletes needs to be maintained, both extrinsically and intrinsically, because athletes' achievements need full support from themselves and their environment. Meanwhile, athletes who still have moderate or low interest need to be encouraged by their coaches and approached individually by their coaches to find out the causes or factors behind their reduced interest in training, so that in the future, these athletes can achieve good performance.

CONCLUSION

Based on the results obtained, it can be concluded that the interest of athletes in participating in Shokaido Karate martial arts training in Bungo Regency is in the good category with an average score of 87.6, which is in the interval range of $82.5 \leq 97.5$. The average score for the good category is a brown belt, while those with black belts are in the good and moderate categories.

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