

Efforts to Improve Learning Outcomes of Basic Side Kick Movements of Pencak Silat Using Modified Rubber Tire Tools for Class VII.1 Students at SMP Negeri 3 Palembang

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ABSTRACT

This study aims to determine the Efforts to Improve Learning Outcomes of Basic Side Kick Pencak Silat Movements Using Modified Rubber Tire Tools for Class VII.1 Students at SMP Negeri 3 Palembang. The method in this experimental research is a pre-experimental design, and the research design is a one-group pretest-posttest design. There is also the population of this study, namely all students, and a total sampling technique of 26 students. The technique in collect this data uses the pencak silat crescent kick test, and there is also the analysis technique used in this study is the t-test. Based on the results of the t-test analysis, the t-count value = 12.31 is more than the t-table (0.05) (dk = n-1) = 2.120, so that H₀ is rejected. Likewise with the sig. Value for 0.000 < 0.025. Based on the results of the research that has been conducted, it was found that the approach of using rubber tire tool modification is very effective in improving the learning outcomes of physical education in class VII.1 of SMPN 35 Palembang. In the process of learning Physical Education, Sports and Health, there needs to be an interesting learning innovation so that students are interested in learning Physical Education, Sports and Health.

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A. Conception and design of the study;
B. Acquisition of data;
C. Analysis and interpretation of data;
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INTRODUCTION

Education has an important role as a means that makes a significant contribution to the development of a nation and state in various sectors (Andika et al., 2024). Sport is a systematic activity that can encourage, foster and develop physical, spiritual and social potential. Sport functions as a vehicle for fostering physical development in order to achieve growth and development goals (Wibowo et al., 2024). This is following the Republic of Indonesia Law No. 3 of 2005 concerning the national sports system, articles 3 and 4 concerning the functions and objectives of sports, namely: "national sports function to develop physical, spiritual, and social abilities and shape the character and personality of a dignified nation. National sports also aim to maintain and improve health

and fitness, achievement, human quality, instill moral values and noble morals, sportsmanship, discipline, strengthen and foster national unity, strengthen national resilience, and elevate the dignity and honor of the nation. Sports continue to develop rapidly along with the development of modernization and increasingly sophisticated technology with various characteristics in the form of needs, activities and lifestyles (Lauh & et al., 2020).

Sports are also an activity that is useful for training a person's body. For the Indonesian nation, sports are a means to develop human resources (HR), which are expected to be able to create productive, honest, sporty people, and have a high spirit and fighting spirit, as well as competitiveness. In addition, sports as an effort to increase the dignity, dignity and fragrance of the nation, because sports achievements are sometimes considered as a reflection of the nation's achievements and the state. Physical education is an educational process through physical activities aimed at enhancing physical fitness, developing motor skills, fostering sportsmanship, emotional intelligence, knowledge, and promoting a healthy and active lifestyle (Tampubolon et al., 2024). According to Law of the Republic of Indonesia No. 3 of 2005, article 1 paragraph 13, "achievement sports are sports that foster and develop athletes in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology". With the right development of athletes and supported by the use of good technology, achieving maximum efforts for achievement will be easier. Science and technology are very much needed by all sports, one of which is martial arts, namely pencak silat.

Pencak silat is a martial arts system inherited from ancestors as a culture of the Indonesian nation, so it needs to be preserved, fostered, and developed (Kriswanto E. S., 2015). According to one of the original cultures of the Indonesian nation, it is strongly believed by its warriors and pencak silat experts that the Malay people at that time created and used this martial art since prehistoric times (Lubis & Wardoyo, 2016). Pencak silat, in a very simple form, is used as a tool to defend oneself from the threat of wild animals or from attacks by other individuals or groups. According to Mulyana (2014), it is explained that initially, pencak silat was created by humans to obtain security from the threat of wild animals. Over time, in Indonesia, pencak silat championships are often held to determine the level of success of the training process carried out. Such as championships, POMDA, POMNAS, POM ASIA, PON, ASIAN GAMES and SEA GAMES.

To improve the ability of pencak silat athletes, various methods are used so that the athlete can achieve the desired peak performance. Several aspects need to be trained for a silat athlete in order to enable the athlete to achieve maximum performance, namely physical training, technical training and mental training (Dewi, 2014). In pencak silat movements, there are kicking, punching, blocking, dodging and falling techniques, and there are also attack and defence patterns. For attack patterns in pencak silat, there are various types, one of which is kicking. Kicking is one of the attack techniques in the sport of pencak silat that has a fairly high value and is one of the techniques often used in matches. The majority of silat athletes often use the crescent kick technique as one of

the attacks to collect as many points as possible to achieve victory. According to (Kriswanto E. S., 2015), a crescent kick is a kick that is done with a curved side trajectory like a sickle or sickle. A crescent kick can also be called a C kick because the position of the body that curves follows the swing from the leg to the tip of the foot, with the target of the back of the foot. Meanwhile, Lubis (2014) states that a bow or crescent kick is a kick that has a semicircular trajectory inward, targeting the entire body, with the instep or toes of the foot. The crescent kick is performed with a strong and correct horse stance. With a swing of the leg to kick towards the opponent and bounce the instep to the target. The foot hits the target right on the instep. The position of both hands is bent in front of the chest to maintain body balance.

The implementation of good and correct basic techniques is very necessary in pencak silat matches. The method that must be done is to undergo training with a planned training program (Pratiwi & et al., 2013). In developing athletes, of course, there are many components that must be considered by the coaches so that their athletes can achieve maximum performance. Some components that must be considered include the athlete's physical, technical, tactical and mental state. Physical is one of the most important basic components, because if an athlete experiences fatigue during the match, it will harm the results of the match in progress. So the problem of physical condition and weak muscle strength makes an athlete's sickle kick unable to be used to attack optimally. To produce fast movement speed, foot movement speed is needed as a driving force to help leg movements when swinging (Harliawan & Darminto, 2020).

From the results of observations conducted by researchers on students at SMP 35 Palembang when taking pencak silat lessons, the problems found by researchers were due to the hot field conditions and the provision of monotonous materials which caused students' kicks to not be able to be done quickly, precisely, strongly and accurately on target. Therefore, training is needed using the right training method, one of which is kicking using a rubber tire weight tied to the ankle. By providing a play approach to students, it will foster a sense of enjoyment in PJOK learning, so that learning objectives are achieved. Other research was conducted on junior high school students in grade VII. I also explained that there was an increase in PJOK learning outcomes in physical fitness material through a play approach (Ahmad Sesfa'o, 2018). Students in grade VII.1 of SMPN 3 Palembang had less interest in Pencak Silat learning, this was because during Pencak Silat lessons, the hot field conditions and the provision of monotonous materials. Therefore, the researcher decided to carry out learning innovations to foster students' interest in learning PJOK pencak silat through Classroom Action Research (CAR).

METHODS

The subjects of the study were 26 students of class VII 1 of SMP Negeri 3 Palembang, consisting of 13 boys and 13 girls. This type of research is Classroom Action Research, which is carried out. The implementation of learning uses the applicable curriculum, namely the independent curriculum. The research method used is a pretest, and the design of this study

uses the one-group pretest-posttest design if the study can be given (treatment), which aims to see the difference in results before and after being given. With that, the results of the treatment can be known accurately when compared to before.

$$O_1 \quad X \quad O_2$$

Description:

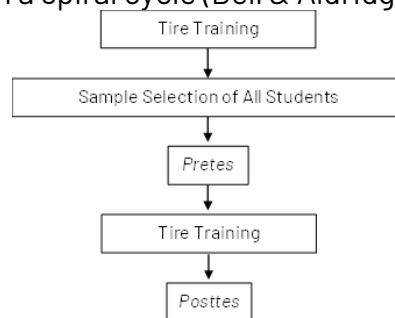
O₁: initial test (pre-test) of pencak silat crescent kick ability.

X: training treatment using crescent kick training with rubber tires.

O₂: final test (post-test) of pencak silat crescent kick ability

Method and Design

Classroom Action Research is a research method that is useful for implementing change or innovation through a spiral cycle (Bell & Aldridge, 2014).



Procedure

The design or design of the treatment for this study is "The One-groups pretest-posttest" (according to Sugiyono, 2011), the research design that contains a pretest before being given treatment and a posttest after being given treatment, because it can be compared with being held before being given treatment. Then the researcher used the total sampling technique, which means that all students were sampled from the total population.

RESULTS AND DISCUSSION

Result

For this study, data normality testing was carried out using the Kolmogorov-Smirnov method with the help of SPSS 22 software. The research data is said to be normal if:

- 1) If the significance value $> \alpha = 0.05$, then the data is declared normal.
- 2) If the significance value $< \alpha = 0.05$, then the data is declared abnormal.

Table 1.

Results of Normality Test of Pencak Silat Athletes' Crescent Kick Data

Tests of Normality						
	Data	Kolmogorov-Smirnov ^a			Shapiro-Wilk	
		Statistic	df	Sig.	Statistic	Df
Sickle kick Results	Right PreTest	,204	26	,073	,928	26
	Right PostTest	,188	26	,132	,944	26
	Left PreTest Left	,163	26	,200*	,919	26
	Left PostTest	,227	26	,027	,886	26

Based on the results of this study from the normality test of the study in Table 4.3, a significant value was obtained for the results of the right crescent pre-test, namely 0.073 with a value of $\alpha = 0.05$, because $0.073 > 0.05$, the data can be said to be normally distributed and the results of the right crescent post-test are 0.132 with a value of $\alpha = 0.05$, because $0.132 > 0.05$, the data can be said to be normally distributed. The results of the left crescent pre-test are 0.200 with a value of $\alpha = 0.05$, because $0.200 > 0.05$, the data is stated to be normally distributed and the results of the left crescent post-test are 0.027 with a value of $\alpha = 0.05$, because $0.027 > 0.05$, the data is stated to be normally distributed.

Table 2.
Hypothesis Test Results Table

		Paired Differences			95% Confidence Interval of the Difference		T	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper			
Pair 1	Pre Test - Post Test	4,06250	1,86543	,32977	4,06271	4,06229	12,319	31	,000

Based on the calculation results in the table, Sig. (2-tailed) $0.000 < \alpha$ ($\alpha = 0.025$) was obtained, and because $t_{\text{count}} = 12.31 > t_{\text{table}} = 2.120$ and with a significant value < 0.05 , H_0 was rejected.

Discussion

In this study, it was conducted to determine whether or not there was a significant influence on the results of the athlete's crescent kick after being given rubber band training treatment on class VII.1 students at SMP 3 Palembang. To determine the changes in the increase, an initial test (pre-test) was carried out at the first meeting before being given treatment using rubber bands and a final test (post-test) at the final meeting of the athlete's crescent kick. Judging from the results of the t-test, it shows that the t-count value = 12.31 is more than the t-table (0.05) ($dk = n-1$) = 2.120, so that H_0 is rejected and also with a sig value of $0.000 < 0.025$. These results follow the results of previous studies, namely that there is an Effect of Training Using Resistance Bands on the Leg Power of UKM Taekwondo UNY Athletes (Romadhon, 2017). Based on the results of the study, it is reported that providing training using rubber tires can provide a significant contribution to the results of crescent kicks in class VII.1 students at SMP 3 Palembang. This indicates that using a form of training using rubber tires is very useful for improving crescent kicks. With this training, the ability of the athlete's crescent kick results which initially decreased, can be significantly improved.

CONCLUSION

Based on the results of the research obtained by using data analysis and using hypothesis testing, this study can be concluded that there is a significant influence of

training between rubber tire training results with pencak silat crescent kicks on class VII.1 students at SMP 3 Palembang and in this study the results of the data hypothesis test are informing that the results of the t test provide a value of t count = 12.31 more than t table (0.05)(dk = n-1) = 2.120 so that H₀ is rejected, which means there is an influence of rubber tire training on the results of pencak silat crescent kicks on class VII.1 students.

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