

Burnout Level in Pencak Silat Extracurricular Students of SMK Negeri 7 Palembang During the Covid-19 Pandemic

Ismail*, Ilham Arvan Junaidi, M. Taheri Akhbar

Universitas PGRI Palembang, Indonesia

*Corresponding author: ismailpgri15@gmail.com

Received December 11, 2023; Revised March 28, 2024; Accepted August 20, 2024

Copyright©2024 by authors, all rights reserved. Authors agree that this article remains permanently open access under the terms of the Creative Commons Attribution License 4.0 International License

Abstract

Background and Aim. During the COVID-19 pandemic, students involved in sports extracurricular activities, including pencak silat, faced various psychological challenges such as burnout. This study aims to determine the level of burnout among pencak silat extracurricular students at SMK Negeri 7 Palembang..

Method. This study uses a quantitative descriptive method. Data were collected through questionnaires and observations involving students participating in pencak silat extracurricular activities.

Results. The results show that internal factors contributing to burnout include emotional exhaustion, depersonalization, and decreased personal achievement. From 17 indicators, responses varied across categories ranging from very good to very poor. External factors such as workload, social support, and role conflict also influenced burnout levels. Based on 38 questionnaire items distributed to 15 students, the responses indicated varying perceptions, with the highest proportion categorized as very good (38.10%). Overall, the burnout level falls into the high category, with a score of 11986.66 (119.86%) within the 80–100 interval, indicating a very high level.

Conclusion. The findings indicate that pencak silat extracurricular students experienced a high level of burnout during the pandemic, influenced by both internal and external factors.

Keywords: *Burnout Rate; Extracurricular Students; Pencak Silat.*

1. Introduction

Exercise is an activity that has a specific purpose, just like training the body for physical and spiritual health. So that regular exercise can have benefits to maintain a healthy body. Because metabolism in the body can run smoothly. That way, the absorption and distribution of nutrients can work effectively and efficiently and sports can also be found in the Law of the Republic of Indonesia number 3 of 2005 concerning the national sports system.

One of the sports that is popular in the community is Pencak Silat. Pencak silat is a cultural heritage from ancestors that has been preserved from generation to generation until the modern century as it is today, (Kriswanto, 2015, p. 13). The development of pencak silat as a martial art is very rapid, through various schools in which pencak silat has become a new prima donna for the world community, not only Indonesia. One of the efforts in order to make pencak silat known in the eyes of the world, is by cultivating pencak silat through sports.

To become a good pencak silat athlete, good skills/techniques are needed, namely: 1) The pattern of steps forms the letter I, namely a firm body, then the right foot advances one step forward and followed by the left foot steps straight forward and so on by using a step backward. 2) Zig-zag step pattern, namely the body of the right foot forward one oblique step to the right, the left foot to the left, and vice versa with the backward position. 3) The step pattern forms the letter "U", namely the body is firm, the right foot is on the side one step then the left foot is forward one step, returns to the original position with a backward movement, then the right foot goes forward and returns to the original position with a backward movement as well. 4) The pattern of steps forms a triangle, namely the body is firm, the right leg is sideways one step, then the left foot steps obliquely, followed by the right foot is also oblique, and the left foot steps sideways to return to the original position. 5) The quadrilateral step pattern is a firm body, the right foot is on the side of one step followed by the left foot one step forward, then the right foot is on the side one step

and the left foot is one step ahead, and the right foot is on the side one step, to return to the original position. 6) The pattern of steps forming the letter "S" is the firm body, the right foot to the side of one step, followed by the left foot forward one step, then the right foot to the side of one step, followed by the left foot, ending with the right foot to the side of one step with a forward movement, as well as a backward movement.

There are several things that can affect the ability of pencak silat athletes, one of which is Burnout. Burnout is not a trendy way to say "tired" or "stressed" but has the meaning of just that. To make matters worse, boredom, a person feels compelled to follow or do a physical, mental, or social work without a clear purpose, so that it cannot arouse his attention or interest, so he usually finds it difficult to continue his work or activities. This feeling can be called the feeling of boredom (bored, tired, uncomfortable). Boredom or boredom is a psychological disorder, this feeling usually arises due to being forced to do an activity or exercise even though the athlete feels that it is right and is able to do it well, this is commonly called a repetitive compulsive symptom. Repetitive compulsive is a compulsion to repeat certain tasks, players feel compelled to repeat tasks or activities that have been done even though they are correct. He felt disappointed if he did not repeat those works. According to (Lemyre, 2007) extracurricular student boredom is a multidimensional syndrome characterized by emotional and physical exhaustion, devaluation of sports participation, and reduced sense of achievement. Emotional and physical fatigue is associated with intense demands of training and competition. In addition to and physical energy, athlete fatigue implies a negative assessment of the athlete's self.

Through the results of the author's observations, boredom often occurs due to games or students often practice at home or their time and hours of practice are interrupted. According to the author's observation and information from the coach, there has been a decline in students in terms of mental, physical and playing technique because their game and way of playing are still said to be less good than before.

In the city of Palembang, there are several schools that develop Pencak Silat extracurriculars, one of which is SMK Negeri 7 Palembang established on March 5, 1985. The direct instruction model is very necessary in the training process so that extracurricular participants can see and practice directly the movements of single-category pencak silat under the guidance of the trainer. However, the

reality in the field that the time used to perform the direct instruction model is not enough to master the single-category pencak silat movement. Considering that the training schedule at SMK Negeri 7 Palembang is only 3 (three) meetings per week. To master the single category pencak silat movement, continuous practice is required and each movement must be repeated frequently. For the pencak silat competition championship, SMK Negeri 7 Palembang has not given any proud achievements. Extracurricular activities are formal non-learning activities carried out by school or university students, generally outside of the standard curriculum learning hours. These activities exist at every level of education from elementary school to university. Extracurricular activities are aimed at enabling students to develop their personalities, talents, and abilities in various fields outside the academic field. This activity was held independently from the school and the students themselves to pioneer activities outside school hours. Activities from this extracurricular themselves can be in the form of activities on art, sports, personality development, and other activities that aim positively for the progress of the students themselves. being characterized by an important loss of emotional.

Based on the results of observations, it can be seen that there are several pencak silat athletes who experience boredom at SMK NEGERI 7 Palembang, such as: athletes are lazy to participate in training, lack of variety of exercises given by coaches so that extracurricular achievements at SMK NEGERI 7 Palembang are less than optimal, and if the fatigue has been felt, then a player may experience a chaotic training process. So it is not a skill that is honed but what is obtained is a useless practice, unable to produce or improve the goals to be achieved.

According to research conducted by by (Mochamad, 2019) entitled "Coping Stress in Pencak Silat Athletes at Ahmad Dahlan University in Facing Matches". This study aims to find out how pencak silat athletes cope with stress when facing matches. The subject of this study is an art category pencak silat athlete at Ahmad Dahlan University, Yogyakarta. This study uses a qualitative research design with a phenomenological approach, data collection using an interview method with a data collection technique using semi-structured interviews. The analysis used in this study is content analysis. This study involved three subjects who participated in UAD pencak silat in the art category. The results of this study show that the three pencak silat athletes feel stress when they are about to face the pencak silat championship, this feeling of stress

causes the athletes to experience defeat when they are about to compete. The conclusion of this study shows that the three subjects use both types of coping, namely problem focused coping and emotional focused coping to overcome the stress felt when facing a match.

Furthermore, research by (M. Saiful A., 2021) with the title *Motivation Level of Students Who Participate in Pencak Silat Extracurricular at SMA Negeri 1 Patianrowo*. During the Covid-19 pandemic, pencak silat extracurricular activities could not be carried out as they should, which greatly affected the level of student motivation. The purpose of this study is to find out how much the level of motivation of students in participating in pencak silat extracurricular activities at SMA Negeri 1 Patianrowo during the Covid-19 pandemic. This research survey method. The assessment rule is to use a Likert scale. Data collection was carried out online by distributing questionnaires using google forms distributed through WhatsApp groups. The sample used was all students who participated in pencak silat extracurriculars. The sample selection used a saturated sampling technique with a sample of 25 students. The questionnaire used in this article is adopted from previous research that has been tested for validity and reliability. This questionnaire consists of 2 sub-motivations, namely intrinsic motivation and extrinsic motivation. The data analysis technique uses percentages with the help of the SPSS version 25 application. The results of the study showed that intrinsic motivation was in the "Good" category with a value of 79.73%, while extrinsic motivation in the "Sufficient" category with a value of 69.81%, and the average value in the "Sufficient" category with a value of 74.77%. So it can be concluded that the level of motivation of students who participated in pencak silat extracurricular activities at SMA Negeri 1 Patianrowo during the Covid-19 pandemic can be categorized as "Sufficient".

Research by (Hendriko Rahman, Alnedral, 2018) with the title *Student Motivation in Participating in Pencak Silat Extracurriculars*. The results of the study showed that: (1) motivation for students' interendiction achievement in participating in pencak silat extracurricular activities. (2) The inter-curricular motivation of students in participating in pencak silat extracurricular activities at SMA Negeri 13 Palembang is 78.05% in the "Quite Good" classification. This research has similarities and differences with researchers. The similarity is that both research pencak silat is the same, while the difference is in the research unit. Hendriko's

research is at SMA Negeri 13 Palembang, while the author is at SMA Negeri 7 Palembang.

Research by (Sutrisno, Budi, 2013) with the research title *"Motivation of SD Negeri Banjarsari, Windusari District, Magelang Regency Towards Pencak Silat Extracurricular."* Based on the results of the study, it can be concluded that the motivation of students of SD is a type of quantitative descriptive research that uses a Negeri Banjarsari, Windusari District, Magelang Regency regarding Pencak Silat Extracurricular Activities for the Category is very high at 29.10%. Medium Category by 25.45%. The low category is 32.73%, and the low category is 5.45. This research has similarities and differences. The similarity is that both research about pencak silat extracurriculars. Meanwhile, the difference is at different levels of education.

Research (Spyanawati, Ni Luh Putu, 2015) in his journal entitled *"The Influence of Learning Models and Motivation on the Learning Outcomes of Basic Pencak Silat Kick Techniques in the Department of Penjaskesrek FOK Undiksha."* The results of the study showed that 1) there was a significant difference in pencak silat learning outcomes between the group of students who were taught with the jigsaw type II cooperative learning model and the group of students who were taught with the PBI learning model. 2) there are significant pencak silat learning outcomes between the student group who has high motivation and the student group who has low motivation. 3) there is an influence between the interaction between the learning model and learning motivation on the learning outcomes of pencak silat." This research has similarities and differences with researchers. The similarity is that they both discuss pencak silat. Meanwhile, the difference is in the research unit. This journal researches at the student or university level, while researchers at the high school level.

2. Materials and Methods

Design

The method used in this study is descriptive. Descriptive is research by describing the object of research at the present time based on the facts as they are, then analyzed and interpreted, in the form of surveys and developmental studies. In this study, the data collection techniques used are questionnaires/questionnaires and observations. According to the opinion, observation is that as a data collection technique has specific characteristics when compared to other techniques (Sugiyono, 2018, p. 145)

Observation The observation method is a data collection method used to collect research data

through observation and sensing. Observation as a data collection technique has specific characteristics when compared to other techniques. In this case, the researcher observed burnout data on SMK Negeri 7 Palembang students during the covid-19 pandemic. Before being given to the sample, a validity and reliability test is carried out. Questionnaire or Questionnaire. Questionnaires are a technique or method of collecting data indirectly (the researcher does not directly ask questions and answers with respondents). In this case, the researcher made a questionnaire which was then distributed to the athletes. The distribution of this questionnaire aims to find out the level of boredom experienced by students. According to the questionnaire, it is a data collection technique that is carried out by giving a set of questions or written questions to respondents to be answered. The sample of this study is all populations totaling 15 people. According to the definition of saturated sampling, it is as follows: "The technique of determining the sample when all members of the population is sampled, this is done when the number of the population is relatively small, less than 30, or the study wants to make generalizations with very small errors. Data analysis techniques using descriptive statistics (Sugiyono, 2018, p. 142) (Sugiyono, 2018, p. 82) percentage.

3. Result and Discussion

Result

The results of the research on the internal burnout level of extracurricular pencak silat at SMK Negeri 7 Palembang with the highest score at frequency 119 with a percentage of 46.66%. Student responses do not agree with the existence of online learning at home. For more details, you can see the table below:

Table 1. Variable (X) Intern Extracurricular Bournout Level Pencak Silat during the Pandemic

Yes	Respondent's Answer	Frequency	Percentage
1	Very Good (BS)	45	17,65%
2	Good (B)	31	12,16%
3	Pretty Good (CB)	30	11,76%
4	Not Good (TB)	60	23,53%
5	Very Bad (STB)	89	34,90%
Sum		N=255	100%

Based on the table above, it can be seen that respondents who stated very good as many as 45 or (17.65%), while those who stated good as many as 31 (12.16%), who stated quite good as many as 30 (11.76%), who stated not good as many as 60 (23.53%), and who stated very bad as many as 89 (34.90%).

Based on the table above, the highest number of respondent answers was 89 (34.90%) out of 15 respondents who answered not well with online or studying at home. So it can be concluded that the data shows that there are many things that are not good with pencak silat extracurricular activities that are carried out online at home. Because it greatly affects students' internal factors in participating in pencak silat extracurriculars such as students' emotional weaknesses, depersonalization, and decreased personal achievement of students.

Table 2. External Variable (X) of Pencak Silat Extracurricular Bournout Level during the Pandemic

Yes	Respondent's Answer	Frequency	Percentage
1	Very Good (BS)	120	38,10%
2	Good (B)	42	13,33%
3	Pretty Good (CB)	80	25,40%
4	Not Good (TB)	69	21,90%
5	Very Bad (STB)	4	1,27%
Sum		N=315	100%

Based on the table above, it can be seen that respondents who stated very good as many as 120 or (38.10%), while those who stated good as many as 42 (13.33%), who stated quite good as many as 80 (25.40%), who stated not good as many as 69 (21.90%), and those who stated very bad as many as 4 (1.27%).

Based on the table above, the highest number of respondents' answers was 120 (38.10%) out of 15 respondents who answered very well that the level of bournout or the level of student saturation during the pandemic to pencak silat extracurricular activities was there a workload/school, social support, and role conflicts. So, it can be concluded that the data shows that many people say that they are very good with pencak silat extracurricular activities that are carried out at school instead of online at home.

Based on the results of the questionnaire statement on the level of bournout or the level of saturation of students of pencak silat extracurricular activities during the pandemic at SMK Negeri 7 Palembang, there are two factors that affect it, namely 1) internal factors consisting of emotional weakness, personalization, and decreased achievement of personal achievements; 2) external factors consisting of workload, social support, and role conflicts. From internal factors, there were 89 or 34.90% who stated that they were very not good,

while external factors consisting of workload/school, social support, and role conflict, there were 120 responses from respondents who stated that they were very good or 38m10% using the formula $P=F/N \times 100$. The following is a table of the overall recapitulation of the frequency data of the variable value (X) as follows:

Table 3. Overall Frequency Reaphytulation on Bournot Level Student Answer Items Pencak Silat Extracurricular Activities (X)

Score	Frequency(F)	(S) x (F)
5	165	825
4	73	292
3	110	330
2	129	258
1	93	93
Sum	570	1798

From the table above, it is known that the total score for the bournout level of pencak silat extracurricular activities is 1798 categories based on the ideal score range where:

The maximum score is obtained from 4 (the highest score) multiplied by the number of statement items multiplied by the number of respondents, which is $5 \times 38 \times 570 = 108,300$.

The minimum score is obtained from 1 (the lowest score) multiplied by the number of statement items multiplied by the number of respondents, which is $1 \times 38 \times 570 = 21,660$

Score range = (maximum score – minimum score): 4. Thus the score range for the internal factor variable of the bournout level of pencak silat extracurricular activities during the pandemic = $(108,300 - 21,660) : 4 = 102,885$.

Based on the results of the study of 15 respondents, the variable score of the bournout level of pencak silat extracurricular activities is 1,798 including the high category or also the prerequisite, so it is calculated that $x \quad 100\% = 11986.66$ or 119.86%. The value of 11986.66

when interpreted is in the interval of 80% - 100% with a very high level. So, the result of the level of bournout or learning saturation of pencak silat extracurricular students is very high. For more details, you can see the diagram below:

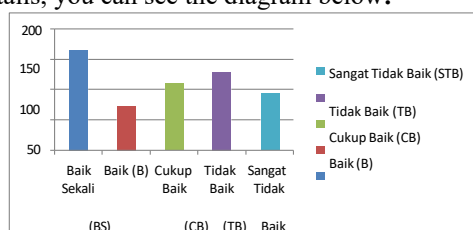


Figure 1. Bournout Level Diagram of Pencak Silat Extracurricular Bournout During the Pandemic

Based on the diagram above, 165 states very good, 73 is good, 110 states are not good enough, 129 states are not good, and 93 states very bad. Based on the results of the calculation above, it can be concluded that the results of the questionnaire regarding the level of student bournout during the pandemic stated that there was a higher level of saturation in participating online at home for pencak silat extracurricular activities. For more details, please refer to the interpretation guidelines table below:

Table 4. Interpretation Guidelines

Interval Coefficient	Relationship Level
80 -100	Very High
60 – 79	Tall
40 – 59	Keep
20 - 39	Low
0 – 19	Very Low

For more details, you can see the table below:

Table 5. Results of Student Learning Saturation

	Score Results		Saturation
15	1.798	100%	11986.66 or 119.86%

Based on the results of the calculation above, it can be concluded that the results of the questionnaire regarding the level of extracurricular pencak silat bournout during the pandemic are 11986.66 (119.86%) which according to the interpretation guidelines of the interval coefficient at a score of 80 – 100 which has a very high level of relationship. Therefore, the student response is very high regarding the level of saturation of online learning during the pandemic.

After conducting research, the level of bournout or the level of boredom of online learning during the pandemic, students experienced a high level of saturation in participating in pencak silat extracurricular activities at home. This is influenced by internal factors, namely the emotional weakness of students, various obstacles faced online, depersonalization, and a decrease in students' personal achievements. From the results of the research questionnaire, the average student stated

that it was very good by 89 or (34.90%) and that it was not good by 60 or (23.53%).

In addition to internal factors, there are external factors consisting of the existence of a workload/school, social support, and role conflicts. From the results of the research questionnaire, the average student stated that 120 (38.10%) was very good and 42 (13.33%) were good, 80 (25.40%) was very good, 69 (21.90%) were not good, while 4 (1.27%) were very bad. This proves that social support is very much needed during the pandemic for the success of students' learning.

The results of the study interpretation stated that the bournout level or the level of saturation of students of pencak silat extracurricular activities who studied online during the pandemic experienced a saturation level in the high category, the score obtained was 11986.66 (119.86%) in the interval of 80-100 with a very high level of relationship. This higher saturation will reduce students' concentration on learning.

The same thing was also expressed by those who stated that distance learning is inseparable from mobile phones, tablets, laptops and computers. Distance learning in the network makes students feel bored and lose concentration because they have to constantly stare at the cellphone screen. (Ningsih, 2020, p. 8)

In addition, it was also revealed by those who stated that learning boredom occurs as a result of the demand for students to always comply with the rules of the tasks carried out for students. Boredom also occurs because of the same activities that are always done by students every day. This boredom will have an impact on students for the sustainability of their education, such as irritability, irritability, and frustration. (Conilie, 2020, p. 30) Likewise, those who state that the research subjects who are adolescents have learning (Wicaksono, 2019, p. 1) Online which is more positive than the general population. In addition, it was found that the research subjects had a score category in a high level.

4. Conclusion

Based on the results and discussion in the research above, the author can conclude that the burnout rate of pencak silat extracurricular students during the covid-19 pandemic at SMK NEGERI 7 Palembang is at a high level of bournout, or a high

level of saturation. With this, the interpretation of the results of the study stated that in the high category, the score obtained was 11986.66 (119.86%) in the interval of 80-100 with a very high level of relationship.

5. Author Contribution

Gratitude was given to the Teachers of SMK Negeri 7 Palembang, the Rector of PGRI Palembang University, the Head of the Physical Education Study Program of PGRI Palembang University who have assisted in the completion of this journal which is the product of the thesis. Then thank you also to the students of the Physical Education Study Program, University of PGRI Palembang and all parties who have helped write and publish this journal.

References

- Fajarini Mochamad, N. (2019). *Coping stres pada atlet pencak silat Universitas Ahmad Dahlan dalam menghadapi pertandingan* (Bachelor's thesis, Universitas Ahmad Dahlan).
- Kriswanto. (2015). *Pencak silat*. Pustaka Baru Press.
- Rahman, H., & Alnedral. (2018). *Motivasi siswa dalam mengikuti ekstrakurikuler pencak silat*. Universitas Negeri Padang.
- Saiful, M. A. (2021). Tingkat motivasi siswa yang mengikuti ekstrakurikuler pencak silat di SMA Negeri 1 Patianrowo. *Jurnal Pendidikan Olahraga dan Kesehatan*, 9(2).
- Spyanawati, N. L. P. (2015). *Pengaruh model pembelajaran dan motivasi terhadap hasil belajar teknik dasar tendangan pencak silat pada jurusan Penjaskesrek FOK Undiksha* (Thesis, Universitas Pendidikan Ganesha).
- Sugiyono. (2018). *Metode penelitian*. Alfabeta.
- Sutrisno, B. (2013). *Motivasi siswa SD Negeri Banjarsari Kecamatan Windusari Kabupaten Magelang terhadap ekstrakurikuler pencak silat* (Thesis, Universitas Negeri Yogyakarta).
- Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 tentang Sistem Keolahragaan Nasional. (2005). Kementerian Negara Pemuda dan Olahraga Republik Indonesia.