

Athletes' Motivation in Participating in Pagar Nusa Pencak Silat Activities in

Rimbo Bujang District, Tebo Regency

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Abstract

Studi Purpose- Mental coaching in the sport of pencak silat is a very important indicator that must be possessed by an athlete to support the athlete's performance during the match, so that the athlete has concentration and self-control when the athlete is under pressure so that the athlete can make good and correct decisions and coordinate themselves as well as possible. One type of mental training is through motivation. It is seen that training alone is not enough to support success in achievement, but there are still other factors that determine this success, including achievement motivation. **Method.** The type of research conducted is descriptive research. This research was conducted in the Rimbo Bujang District, Tebo Regency on November 1-2, 2024. The sampling technique used was a total sampling of 20 people. The data analysis technique used is a descriptive technique. **Result and Discussion.** Based on the results of the intrinsic factor motivation questionnaire study, it had an average of 34.96 (84.76%) with a very good category. Intrinsic factors are divided into four indicators with the finding that the success indicator has an average percentage of 82.86% with a very good category, the needs indicator has an average of 84.46% with a very good category, the ideals indicator has a percentage of 89% with a very good category, the remaining 45.24% is influenced by other factors outside this research.

Keywords Motivation, Martial Arts, Pencak Silat

1. Introduction

Efforts to change or mature human resources is one of them through coaching with sports activities in the younger generation (Astusi, Y, 2017)

Sport is an activity that is widely practiced by the community, its existence is no longer underestimated but has become part of people's lives (Asnaldi, 2019)

Pencak silat is a traditional martial art native to Indonesia. Pencak silat as part of Indonesian culture develops in line with the historical development of society (Kholis, 2016:76).

Pencak silat is a martial sport that was born and developed in the Malay community. At first pencak silat serves as a tool to defend themselves from various threats but along with its development, the function of pencak silat is not only as a means of self-defense but also made as a means of sports, a means of devoting love to aspects of beauty (aesthetics) , and a tool of mental and spiritual education (Sutopo & Misno, 2006:28)

As revealed by Lubis (Yanti, Ifwandi, & Saifuddin, 2015: 294) that pencak silat is a sport that is quite complete to be studied because it has four aspects that are one whole and inseparable, namely spiritual aspects, Martial aspects, sports aspects and cultural aspects. So, each pencak silat ranks and all related parties outside of it including in this case the role of the school or the world of education is pleased to take part in each other's roles to cooperate and support each other and carried out continuously. That is, Pencak Silat is another field that should also have the opportunity to position itself in this adventure, in addition to being an accomplished sport. Now is the time for schools to have a broader view of the activities of the Arts in school in intra and extra subjects.

Side kick is a kick that is done by lifting the knee of the tending leg, then the body is rotated so that the tip of the fulcrum finger faces out and the sole of the tending foot is in line with the body. Then the tending leg is straightened, the body is slightly tilted back, then the kicking leg is pulled back by bending the knee and the foot is placed in its original position. (Suwirman, 2019).

In holding pencak silat pagar nusa activities, first observe what sports are in great demand by members of the fighters out there. The results of pegamatan during this time in the district of rimbo bujang tebo concluded that the sports that are in great demand among members of the fighters are

mostly martial arts/pencak silat pagar nusa. With pagar nusa activities in rimbo bujang district, tebo regency, it can be a container for the distribution of fighters ' energy and the types of activities are very diverse, whether it's about sports, arts, skills or knowledge. In addition, the development of sports achievements in pencak silat pagar nusa which is expected to produce/attract athletes in the new academic year to strengthen the ranks of athletes in the district of rimbo bujang tebo regency.

The purpose of pencak silat pagar nusa in Pagar Nusa, Rimbo Bujang district, Tebo regency is a sport that must be guided by existing goals, so that cognitive, affective and psychomotor biases are formed, (Putra & Wijono, 2021). In terms of cognitive improve, and strengthen the knowledge of students, so that members of the fighters have a broad knowledge of the sport. In the affective aspect, namely personal coaching of fighter members to have an attitude, discipline, honest, happy, sporty and have a good relationship in human life. For psychomotor fighters have the skills and ability to exercise).

The human physical condition consists of various components that cannot be separated from each other, because the existence of one component of the physical condition is related to the components of other physical conditions. (Asnaldi, A.(2020).

The development of pencak silat for now tends to lead to sports achievements that the level of competition is very high. Thus encouraging the fighters to always practice improving their skills in sports activities and always contain elements of competition ysng ended with an assessment of "win/lose" against those who participated in the match. The achievement of fighter training can not be separated from the development of potential athletes in a planned and tiered manner. So in coaching should pay attention to the system of the coaching path in pencak silat ysng there according to current conditions, coaching is basically an effort ysng must be implemented consciously programmed, directed, planned. Sports can be said to be a necessity of life to achieve physical health and have a good influence on spiritual development.

The factors that need to be prepared in every branch of

sports achievement there are 4 aspects of physical, teknk, tactics, and mental. Physical preparation and preparation of foundation techniques in building achievement achievement. Everyone needs to learn skills, and put forward tactical preparation and more mature psychology, so that achievements in this sport can outperform other athletes. To get it, the athlete must have good physical, technical, tactical, and mental qualities.

Mental coaching in the sport of pencak silat ysng indicator is very important that must be owned by an athlete to support the performance of athletes during the game, so that athletes have concentration and self-control when the athlete is in a depressed state so that athletes can take decisions properly and appropriately and coordinate themselves with the best possible. One type of mental development is through motivation.

Most of the fighters still do not have a good motivation in training and the skills of fighters in practicing techniques are still low so that from these problems the training does not work as it should.

The facilities available for pagar nusa pencak silat athletes are quite adequate, there is a fairly wide and clean field. But for equipment used such as patchingpat, hand boxes and body armor are less attention by the building. Then when viewed from the list of participants and the presence of fighters during the activity, the number of fighters who attended was not as much as in the registration.

Based on the above problems need to be studied so that researchers see how much motivation athletes in following the activities of pencak silat pagar nusa.

2. Materials and Methods

The type of research used in this study is descriptive research. According to Sugiyono (2018: 13) descriptive research is a research method based on positivistic (concrete data), research data in the form of numbers that will be measured using statistics as a counting test tool, related to the problem under study to produce a conclusion. This research will be conducted in the Rimbo Bujang Sub-District of Tebo regency and will be carried out on November 1-2, 2024. The population in this study are

students who follow the activities of Pencak Silat Pagar Nusa located in the District of Rimbo Bujang Tebo totaling 20 people.

The sample technique used in this study using the total sampling technique, which consists of all students who participated in the activities of Pencak Silat Pagar Nusa, Rimbo Bujang district, Tebo regency as many as 20 people.



Figure 1. Questionnaire Filling By Research Sample

Questionnaires are used to investigate the subject's opinion on a matter or express to the respondent. According to Sugiyono (2011), the steps in the preparation of research instruments seen from the research variables set to be studied, and further indicators to be measured.

From this indicator is then translated into items of questions or statements. To facilitate the preparation of instruments, it is necessary to use instrument developer matrices or instrument grids.



Figure 2. Directions and instructions for filling out the questionnaire

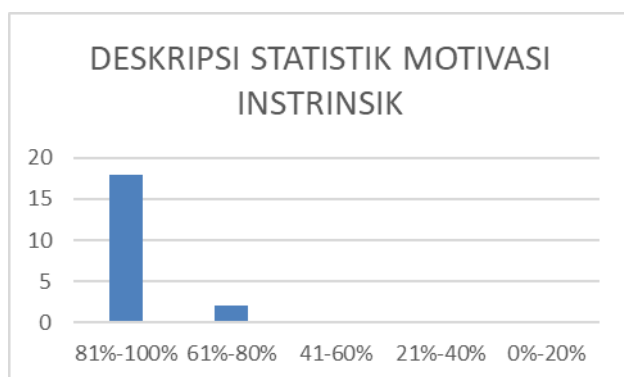
From this indicator is then translated into items of questions or statements. To facilitate the preparation of instruments, it is necessary to use instrument developer matrices or instrument grids.

The steps in analyzing the data in this study are as follows: Calculate the score of each respondent's answer from each item of the statement. Calculate the average answer score of each statement as a result of the respondent's answer by calculating the total score of each statement for the number of respondents.

2.1. Based On Intrinsic Factor

Table 1. Frequency Distribution, Intrinsic Factor Motivation

Percentage	Frequency		Criterion
	Absolute	Relative	
81% -100%	18	90%	Excellent
61%-80%	2	10%	Good
41-60%	0	0%	Sufficient
21%-40%	0	0%	Less
0%-20%	0	0%	Less
Total	Than 20	100%	

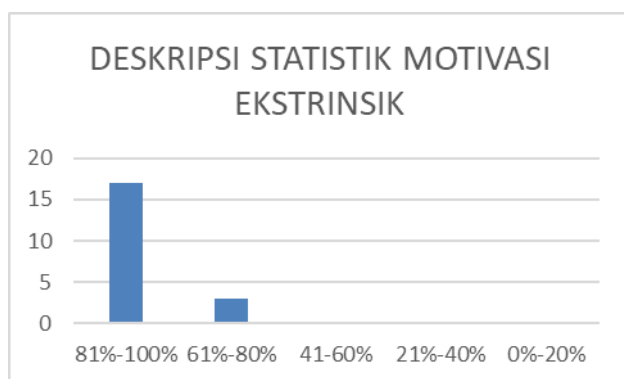


Based on the table above, the results of the questionnaire obtained from students who participated in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo regency on intrinsic motivation factors. It can be seen that from 20 research samples as many as 18 (90%) students at a percentage interval of 81% - 100% with very good category and as many as 2 (10%) students at a percentage interval of 61% - 80% with good category.

2.2. Based On The Results Of Extrinsic Factors:

Table 2. Frequency distribution of extrinsic factor motivation

Percentage	Frequency		Criterion
	Absolute	Relative	
81% -100%	17	85%	Excellent
61%-80%	3	15%	Good
41-60%	0	0%	Sufficient
21%-40%	0	0%	Less
0%-20%	0	0%	Less
Than Total	20	100%	



Based on the table above, the results of the questionnaire obtained from students who participated in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo

regency on intrinsic motivation factors. It can be seen that of the 20 research samples as many as 17 (85%) students at a percentage interval of 81% - 100% with a very good category and as many as 3 (15%) students at a percentage interval of 61% - 80% with a good category.

2.3 The results of student motivation to follow the activities of Pencak Silat Pagar Nusa in Rimbo Bujang Tebo District:

Table 3. Frequency Distribution of Motivational Results

Percentage	Frequency		Criterion
	Absolute	Relative	
81% -100%	19	95%	Excellent
61%-80%	1	5%	Good
41-60%	0	0%	Sufficient
21%-40%	0	0%	Less
0%-20%	0	0%	Less
Than Total	20	100%	

Based on the histogram of the questionnaire results obtained from students who participated in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo regency, it was found that the success indicator had an average percentage of 82.86% with excellent category, the need indicator had an average of 84.46% with excellent category, the ideals indicator had a percentage of 89% with excellent category, the indicator of interesting activities has a percentage of 90.25% with excellent category, and the indicator of conducive environment has a percentage of 88% with excellent category

Discussion

Acquisition of research data was conducted based on a series of systematic activities, so as to obtain tested research data from the results of questionnaires distributed to students who participated in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo regency.

Based on the results of research questionnaire intrinsic factor motivation has an average of 34.96 (84.76%) with a very good category. Intrinsic factors are divided into four indicators with the finding that the success indicator has an average percentage of 82.86% with excellent category, the needs indicator has an average of 84.46% with excellent

category, the ideals indicator has a percentage of 89% with excellent category

The results of extrinsic factor motivation questionnaire has an average of 15.63 (89.29%) with good category. Extrinsic factors are divided into two indicators with the finding that the indicator of interesting activities has a percentage of 90.25% with excellent category, and the indicator of conducive environment has a percentage of 88% with excellent category. The good percentage on extrinsic indicators explains that pencak silat is an interesting activity and a conducive environment so that the motivation of students to do pencak silat activities in Pagar Nusa, Rimbo Bujang district, Tebo regency goes well.

3. Conclusion

Based on the findings of the research that researchers have described in the previous chapter, the following conclusions can be drawn:

Intrinsic motivation (success, needs, ideals, Awards) students follow the activities of Pencak silat Pagar Nusa in the District of Rimbo Bujang Tebo regency has an average of 34.96 with a percentage of 84.76% which is in the category of excellent.

Extrinsic motivation (interesting activities and conducive environment) students participate in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo regency has an average of 15.63 with a percentage of 89.29% which is in the very good category.

The level of motivation (intrinsic and extrinsic) of students participating in pencak silat Pagar Nusa activities in Rimbo Bujang district, Tebo regency has an average of 28.52 with a percentage of 85.55% which is in the very good category.

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