The Level Of Parents Anxiety Towards Female Students Participating In Pencak Silat Martial Arts Training At Margasari Branch, Margasari Sub District, Tegal Regency

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Abstract

This research to analyze the level of parental anxiety regarding female students participating in pencak silat martial arts training at Margasari Branch, Margasari Sub District, Tegal Regency. This research uses a quantitative approach with a descriptive design. Data collection technique used was purposive random sampling. The background of this research is the anxiety of parents whose daughters participate in pencak silat martial arts training. The problem of this research is that is not yet known whether there are differences between the anxiety levels of parents whose children participate in pencak silat martial arts training at Margasari Branch, Margasari Sub District, Tegal Regency. The sample of this study consisted of 35 respondents who were parents of students, comprising 18 parents of female students and 17 parents of male students. The parental anxiety variable was analyzed based on four main factors that is, motoric, cognitive, affective, and somatic. The results showed that of the 18 parents of female students, 11 respondents fell into the high anxiety category, 5 respondents into the moderate category, 3 respondents into the low category, and 0 respondents into the panic category. Meanwhile, among the 17 parents of male students, 4 respondents fell into the high anxiety category, 5 respondents into the moderate category, 8 respondents into the low category, and 0 respondents into the panic category Based on the research findings, it can be conclude that the anxiety levels of parents of female students are higher than those of parents of male students. A significant difference was found between the anxiety levels of parents of female and male students, based on the independent sample t-test (t = 2,536; p = 0,016). The average anxiety level for parents of female students was 49,5, while for parents of male students, it was 39,29. This study recommends further socialization to parents regarding the benefits and safety of pencak silat martial arts training, especially for female, to reduce anxiety levels and enhance their participation.

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INTRODUCTION

Sport is a part of human life throughout time which is carried out with certain techniques, methods and movements which involve the exertion of physical and mental energy to improve the body's abilities as well as other goals such as physical and spiritual health, achievement educational and pleasure where in its implementation there are elements playing, there is a sense of fun, recreation and is done in free time (Akbar Romadhon et al., 2016; Purwantoga et al., 2022).

According to Widiastuti in (Adi et al., 2023) it is important to exercise regularly because there are various benefits obtained such as maintaining health, fitness and body freshness.

Nowadays, sport is not only aimed at fulfilling the need for the body to be healthy, for example martial arts sports which, apart from aiming to maintain body fitness, are also a form of protecting oneself and others from unpredictable dangers, especially for women who are often the target crime. According to the Ministry of Women's Empowerment and child Protection (Kemen PPPA), from January 1 2022 to July 31 2022 there were 13.514 crime cases registered with 2.073 male victims and 12,498 female victims. From 2019 to 2021 the number of female victims also worsened, in 2019 with 17.132 victims, in 2020 with 17.575 victims, and in 2021 with a spike in victims reaching 21.753 women. Judging from the data above, it can be concluded that crimes against women continue to increase from year to year. Therefore, it is very important for women to equip themselves with self-defense knowledge.

One of the martial arts sport in Indonesia is pencak silat. Pencak silat is a martial arts sport that originates from Indonesian people (Andriawan & Irsyada, 2022). Even though it originates from Indonesia, this sport is already widely known by people all over the world. This pencak silat is performed using techniques that rely on internal strength abilities without using weapons. Therefore, to do this sport you need to train hard and regularly. So that your abilities in this sport are increasingly felt.

Pencak silat sports aims to develop sports factor namely, skills in effective movement to ensure physical and spiritual health based on the desire to live a healthy life. According to Da Silva in (Mardika et al., 2023) in the world of Indonesian sports, especially in rural areas, it can be said that women are still looked down upon. Society considered women not suitable to enter the world of sports, there needs to be outreach to the community, especially to parents who have daughters to attract interest in sports (Dermawan et al., 2019). Meanwhile, currently there are many phenomena where many women are interested in the world of sports and quite a few are able to excel, one of which is in martial arts sports, as proven by the existence of a pencak silat athlete from Tegal named Atifa Fismawati who was able to excel by winning gold at the 2022 World Pencak Silat Championship.

Pencak silat is a martial art in Indonesia that is very popular and is widely followed by people from various groups and ages, from children to adults, both men and women and is already present in extracurricular activities in schools (Baehaki et al., 2021). In this way, pencak silat is a flexible martial sport that can be followed

and carried out by everyone. However, in the field it was found that there was still a very large ratio between the numbers of women and men who practiced pencak silat.

Anxiety is taken from the word anxious or often called anxiety, that is a person's natural feeling when they are worried or afraid whose cause is uncertain, but anxiety can become unnatural if the reaction and appearance is not at the right time both in terms of ontensity and level of cause. (Annisa & Ifdil, 2016). Anxiety is a normal reaction when someone feels uncomfortable and safe, giving rise to a feeling of protection towards themselves and those closest to them.

Anxiety is a kind of restlessness, worry, and fear of something that is unclear. If a person feels that he or someone close to him experience an event which is concluded to be threatening by something, even though the truth of that something is not clear, he will become anxious (Putri et al., 2023).

Parents often worry about their children practicing martial arts, particularly pencak silat, especially when it comes to their daughters. This can occur due to physical differences between men and women. Women tend to be weaker than men, therefore parents worry if their daughters suffer minor or serious injuries when practicing pencak silat. In the pencak silat training process there are many movement or techniques such as locking, falling, punching, kicking, parrying, sweeping the opponents legs so they fall. In martial arts, the movement and techniques used are classified as hard even though they are easy to train, so this has led to the perception of parents and the public that pencak silat is only suitable for

men, not to mention the impression that the pencak silat training process is quite long (Berliana, 2014).

Based on observations made by researchers at the beginning of the training period in March 2023, the number of men and women practicing pencak silat from the Faithful Heart Terate Brotherhood (PSHT) in Karang Benda Region, Margasari Sub District, Tegal Regency was 24 men and 13 women. As the training progressed for 2 month, in May 2023, the number of students training decreased to 21 male students and 5 female students. With not too many female students, in the middle of the training period many stopped practicing.

Based on interviews conducted by researchers with the PSHT pencak silat trainer in Karang Benda Region, Margasari Sub District, Tegal Regency, Mr. Idris Sanjaya, 6 out of 8 female students stopped participating in pencak silat training due to permission from parents who were worried or worried about their daughters, 1 female students because he wanted to focus on studying, and 1 female students because he followed his friends who also stopped practicing.

Based on the results of the observations above, the question aises for researchers whether female students who take part in pencak silat have an effect on parents anxiety levels. Supported by the researcher himself as a pencak silat trainer, therefore the researcher was interested in researching the level of anxiety of parents towards female students in participating in pencak silat martial arts at Margsari Branch, Margasari Sub District, Tegal Regency.

METHOD

Quantitative research is a type of research that is systematic, planned and clearly structured from the beginning to the creation of the research design (Sugiyono, 2017). Quantitative research is research used to scientifically test a phenomenon and its cause and effect relationships using numerical data. The research design in this study is quantitative descriptive. Descriptive research is research that uses observation, interviews or questionnaires to find out about the current state of the subject being studied. The data collection technique used is a survey, more precisely a questionnaire. The analysis techniques used in this research are descriptive statistical tests, homogeneity tests, normality tests, independent sample t-test using IBM SPSS Statistics 29.

This research uses the Likert scale as a guideline for submitting statements with alternative answers that is "Strongly disagree, disagree, agree, and strongly agree". According to Sugiyono (2017) "The Likert scale is used to measure the attitudes, opinions and perceptions of a person or group of people about social phenomena." The questionnaire uses a Likert scale in the form of a checklist. With a Likert scale, then the variables being measured are translated into indicator variables. Then these indicators are used as a benchmark for compiling instrument items which can be in the forms of statements or questions.

According to David sue (1986) in (Sue et al., 2015) there are four (4) components of anxiety, namely cognitive, affective, motoric and somatic. Cognitive, in this case, is the worry experienced by the individual. Affective is related to an individual's feelings when experiencing anxiety. Motoric in this case is related to the

individual's body movements when experiencing anxiety. Somatic relates to factors physical or the body that causes changes in the body's systems.

The indicators for each anxiety component factor can be seen in the following table :

Variable	Factor	Indicator
The Level Of Parents Anxiety Towards Female Students Participating In Pencak Silat Martial Arts Training	Motoric Factors	Nervous
		Trembling
		Flustered
	Cognitive Factors	Panic
		Confused
		Alert
	Affective Factors	Concern
		Afraid
		Embarrassed
	Somatic Factors	Heart Palpitation
		Headache
		Feeling sensitive or Irritable

Based on the indicators, each anxiety factor can be explained into statements. If the statement is positive then answered "Strongly disagree" then the score is 4 and if answered "Strongly agree" then the score is 1. If the statement is negative then answered "Strongly disagree" then the score is 1 and if answered "Strongly agree" then the score is 4.

RESULTS AND DISCUSSION

The results of research on the level of anxiety of parents towards female students in participating in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency are based on several anxiety factors, namely motoric, cognitive, affective, and somatic

factors and several indicators taken from each anxiety factor, namely flustered, trembling, nervousness, panic, confusion, alertness, concern, afraid, embarrassment, palpitations, headaches, and feeling sensitive or irritable.

Survey data was obtained by answering questionnaire distributed to 35 respondents via Google Forms and then results were analyzed using descriptive statistical analysis. The variable explained is the variable of parental anxiety towards female and male students who take part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency.

Based on the results of calculations using steps to determine descriptive criteria for the data achieved, a variable category table can be created as follows :

Table 2. Variable Category

No.	Interval Score	Category
1	68 – 80	Panic
2	52 – 67	High
3	36 – 51	Moderate
4	20 – 35	Low

Descriptive Statistical Analysis of Parental Anxiety Towards Their Daughters

Descriptive statistical analysis of anxiety for parents anxiety towards their daughters using IBM SPSS Statistic 29. To measure the anxiety of parents of daughters using 4 anxiety factors and 9 indicators which are translated into 20 statements.

Table 3. Results of Descriptive Statistical Analysis of Parental Anxiety Towards Their Daughters

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
TX	18	25.00	67.00	49.5000	13.41750
Valid N (listwise)	18				

Based on the test results in the table above, it can be concluded that the results of descriptive statistical testing of the 20 statements submitted to 18 respondents have the highest value being 67 and the lowest value being 25. The standard deviation value is 13.4175. Then the mean value is 49.5 which is included in the moderate anxiety category.

It is known that 18 respondents were parents of girls who took part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency, in the category with presentation The highest were those with high anxiety results as many as 11 respondents or 61%, for the moderate anxiety category as many as 4 respondents or 22%, for the low anxiety category as many as 3 respondents or 17%, and the category with presentation The lowest is the panic category with 0 respondents or 0%.

Descriptive Statistical Analysis of Parental Anxiety Towards Their Sons

Descriptive statistical analysis of parental anxiety towards their sons using IBM SPSS Statistic 29. To measure anxiety, parents of boys use 4 anxiety factors and 9 indicators which are translated into 20 statements.

Table 4. Results of Descriptive Statistical Analysis of Parental Anxiety Towards Their Sons

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
TX	17	27.00	55.00	39.2941	9.51817
Valid N (listwise)	17				

Based on the results in the table above, it can be concluded that the results of descriptive statistical testing of the 20 statements submitted to 17 respondents have the highest value is 55 and the lowest value is 27. The standard deviation value is 9.51817. Then the mean value is 39.29 which is included in the moderate anxiety category.

It is known that 17 respondents were parents of boys who took part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency, in the category with presentation The highest were those with low anxiety results as many as 8 respondents or 47%, for the moderate anxiety category as many as 5 respondents or 29%, for the high anxiety category as many as 4 respondents or 24%, and the category with presentation The lowest is the panic category with 0 respondents or 0%.

Normality Test

The Normality test was carried out to determine whether the distribution of data obtained by researchers was normally distributed or not (Qurnia Sari et al., 2017). The normality test carried out in this research is the test Shapiro-Wilk. In this research used Software IBM SPSS Statistic 29 with test Shapiro-Wilk to make calculations easier. The classification of the normality test in this study is accept H0 if the Sig

value > level of significance (0.05). Hypothesis that tested as follows.

H_0 : data is normally distributed
H_1 : data is not normally distributed

Table 5. Normality Test Results

Tests of Normality

	Gender	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Parental Anxiety	Girls	.187	18	.097	.920	18	.132
	Boys	.224	17	.024	.899	17	.065

a. Lilliefors Significance Correction

Based on the table above, it can be concluded that the results of the normality test for data with a sample size of 35 parents of students who took part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency. Of the 18 parents of female students, the significance value was 0.132, where 0.132 > 0.05, so it can be concluded that the data in this study is normally distributed. Then, from 17 parents of male students, the significance value was 0.065, where 0.065 > 0.05, so it could be concluded that the data in this study had a normal distribution. It can be concluded from the normality test results above that accept H0 which means the data is normally distributed.

Homogeneity Test

The homogeneity test is one of the prerequisite tests for parametric statistical data analysis using comparative techniques (comparing). The homogeneity test is carried out to determine whether the data variance from the sample being analyzed is homogeneous or not (Sianturi, 2022). The homogeneity test in this study was carried out using software IBM SPSS

Statistic 29. In the homogeneity test the hypothesis tested is as follows.

H_0 : $\sigma_1^2 = \sigma_2^2$ (Anxiety questionnaire data from parents of boys and parents of girls have homogeneous variant)

H_1 : $\sigma_1^2 \neq \sigma_2^2$ (Anxiety questionnaire data from parents of boys and parents of girls have non-homogeneous variant)

The test criteria use significant degrees (a) by 5% = 0,05. The test classification is as follows. If the value is significant $\geq$ 0,05, for H_0 accepted. If the value is significant < 0,05, for H_1 accepted.

Table 6. Homogeneity Test Results

Tests of Homogeneity of Variances

		Levene Statistic	df1	df2	Sig.
Parental Anxiety	Based on Mean	3.277	1	33	.079
	Based on Median	1.452	1	33	.237
	Based on Median and with adjusted df	1.452	1	30.138	.238
	Based on trimmed mean	3.031	1	33	.091

The homogeneity test results of the anxiety data from parents of girls and boys are $Sig. = 0{,}079 > a = 0{,}05$. Based on the test results, then H_0 accepted. This shows that data on anxiety from parents of girls and anxiety from parents of boys have the same or homogeneous variance.

Independent Sample t-Test

The test aims to determine the difference in anxiety levels between parents of female students and parents of male students when participating in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency. The test carried out is a test Independent sample t-test right side. Prerequisites for using the test Independent sample t-test is that the data must meet the expectations of normality and homogeneity. The data to be tested is parent anxiety questionnaire data. The data hypothesis used is as follows.

H_0: $\mu1 \leq \mu2$ (The average anxiety of parents of female students is less than or equal to the anxiety of parents of male students who take part in pencak silat)

H_1: $\mu1 > \mu2$ (The average anxiety of parents of female students is more than the anxiety of parents of male students who take part in pencak silat)

If $t_{count} \geq t_{table}$ then refuse H_0 accept H_1, $t_{table} = (a,)$ Where a = significant index and $dk = n - 1$ (degrees of freedom). If $nt < t_{table}$ then accept H_0 reject H_1 (Lestari & Yudhanegara, 2015). Apart from that, it can be seen from the sig value. If value $Sig. (2 - tailed) < 0{,}05$, then there is a significant difference between the anxiety results of parents of girls who take part in pencak silat martial arts and the anxiety of parents of boys who take part in pencak silat martial arts. If value $Sig. (2 - tailed) > 0{,}05$, then there is no significant difference between the anxiety results of parents of girls who take part in pencak silat martial arts and the anxiety of parents of boys who take part in pencak silat martial arts.

The results of statistical testing of the difference between two means using SPSS can be seen in the following table :

Table 7. Independent Sample t-Test

		F	Sig.	t	df	Sig. 2-tailed
Parental Anxiety	Equal variances assumed	2.968	0,094	2,536	33	0,016
	Equal variances not			2,560	30,944	0,016

	assumed						

Based on testing using SPSS, it was obtained tcount = 2,536 > t_{table} = 1,690 . Then, H_0 is rejected and H_1 is accepted.

If the test is viewed from the significance value as follows. Based on the table above, the following results are obtained sig. (2 – tailed) = 0,016 < 0,05, so there is a difference in the average anxiety of parents who have daughters who take part in pencak silat martial arts with the anxiety of parents who have sons who take part in pencak silat martial arts.

To find out more clearly the average anxiety of parents of girls and anxiety of parents of boys, see the table below.

Table 8. Results of Average Parental Anxiety

Group Statistics					
	Gender	N	Mean	Std. Deviation	Std. Error Mean
Parental Anxiety	Girls	18	49.50	13.418	3.163
	Boys	17	39.41	9.696	2.352

Based on the test results in the table above, we can see that the average anxiety for parents of girls = 49.50, while the average anxiety for parents of boys = 39.41. So $\mu 1 > \mu 2$ or the average anxiety of parents of girls > the average anxiety of parents of boys. Therefore, accept H_1 and reject H_0. So, it can be concluded that the average anxiety of parents of girls who take part in pencak silat martial arts training is more than the average anxiety of parents of boys who take part in pencak silat martial arts training.

CONCLUSION AND ADVICE

1. Conclusion

Based on the results of research on the level of parental anxiety towards female students in participating in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency, the following conclusion were obtained :

1) There is a difference between the anxiety of the parents of female students who take part in pencak silat martial arts and the parents of male students who take part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency.

2) The anxiety level of parents of female students is higher than the anxiety level of parents of male students who take part in pencak silat martial arts in Margasari Branch, Margasari Sub District, Tegal Regency.

2. ADVICE

Based on results conclusions above there are several suggestions that can be given, including:

1) Trainers need to provide in-depth outreach and explanations about pencak silat martial arts to the public, especially parents, so that they understand the benefits and feel calm and comfortable, especially if their daughters take part in pencak silat martial arts training.

2) For future research, it is recommended to further develop the study in order to achieve better results, especially regarding the level of anxiety of parents towards female students who take part in pencak silat martial arts.

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