



Implementation of Karate Values to Shape The Character of Karate Extracurricular Participants

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Abstract

This study aims to evaluate the improvement of the character of karate extracurricular participants through the implementation of karate values in the activity, as well as to compare differences in children's character before and after participating in training for 3 months. The research method used is qualitative with data collection through interviews, observation, and documentation, and the validity of the data is tested by triangulation. The results showed that the application of karate values was successful in shaping the character of extracurricular participants. Training ceremonies, discipline, and playtime activities are well integrated, making the child happy and not bored. Karate vows also have a positive impact, such as increased personality, honesty, fighting power, ethics, and self-control. The implementation of the first karate vow succeeded in improving the child's personality by increasing social interaction and mutual respect. Although character still needs to be improved, character education through karate helps parents in imparting positive values to children. The second karate vow, which emphasizes honesty, is reflected in the child's courage to admit his mistakes. While the third to fifth karate vows, which emphasize achievement, courtesy, and self-control, are also successfully applied and improve the child's character in a better direction. Thus, this study concluded that the implementation of karate values in extracurricular exercises is able to shape children's character, including aspects of personality, honesty, fighting power, ethics, and self-control.

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INTRODUCTION

Sports are a medium of struggle and unity of the nation (Hasibuan et al., 2024; Marisa et al., 2022). Sports can show the world Indonesia's existence as a nation. In sports, it can build the character of the nation, because a healthy nation is a strong and productive nation. If a country is desperately fighting to chase a trophy or medal in a sports championship, then one of the goals is certainly for the sake of the nation's achievements and self-esteem (Rasyono, 2018). Behavior is more meaningful than just verbal words, so it is important in every sports activity and training to provide or demonstrate through modeling the characteristics of the true sportsman in question (character building) (Bafirman et al., 2023). According to Alnedral, (2016) that through Sports Education is one of the efforts to improve the mental health of students. The famous classic motto for human life is, *orandum est, mensana in corpore sano* (hopefully, in a healthy body there is a healthy soul). Some of the benefits of sports in education that can be mentally healthy for students/athletes: (1) Sports can reduce stress and increase feelings of happiness, (2) sports can increase brain power, and (3) Sports can increase confidence. For this reason, sports activities can be pursued in various forms of games through learning movements such as (Karate Martial Arts) (Ai et al., 2023; Paul & Dutta, 2022).

Character education is an effort to educate children to make wise decisions and practice them in their daily lives, so that they can make a positive contribution to their environment (Hu et al., 2019; Rossi et al., 2020). The character of a person who is dominant will be difficult to change by instant learning, for example through courses or education and exercises, but it must be changed with mentoring and counseling programs (Liné et al., 2022; Sugiarti et al., 2022). Through karate extracurricular activities, it is felt that it is able to develop character education. Extracurricular activities include activities for the development of educational sports. Sports education is physical education and sports that are carried out as part of an organized and continuous educational process to acquire personality knowledge, skills, health and physical fitness.

Through the application of character, education in every educational institution not only develops the interests and talents of its students, but also develops the interests and talents of its students, but also develops the character of students in life. In the training environment, there are rules set to maintain and control the behavior of athletes. If character has been formed in humans,

an athlete will have a good identity. Following the scientific rules of education, learning/training strategies with nuances of intelligent character are more popular in applying the Thinking, Feeling, Behaving, Acting and Responsible Strategies (referred to as BMB3) is important as a standard in the training process to improve training dynamics, increase understanding and mastery of practice in the training process (Hu & Liu, 2016; Lenicka et al., 2017; Ma et al., 2020). Character development in the development of athlete achievement at an early age will have an impact on increasing athlete achievement. For this reason, it is necessary to apply values in students so that good character is formed and leads to positive things. The application of character values by coaches as an effort to realize athletes who have good ethics (Lei, 2023; Weng et al., 2019).

Extracurricular is one of the activities that are programmed or carried out by students in school. Extracurricular goals are the basic foundation for the continuation of activities well, developing potential, talents, interests, abilities, personalities, cooperation and independence of didi participants to support the achievement of educational goals (Rahman & Alnedral, 2019). The primary school Plus Lillah Dojo has been established since 2017 until now, the karate coaches at the beginning of its establishment were Harris Setiawan (Karate DAN II) and Yazid Algiovani (Karate DAN I) who are former West Sumatra Athletes. But then he was replaced by Sarah Nikmatia (Karate DAN I) is a former outstanding athlete from West Sumatra and also a former PPLP West Sumatra athlete.

Based on the results of interviews with coaches, karate practice is carried out 2 times a week at school. However, because our country is experiencing the Covid-19 pandemic which is an infectious disease that requires all schools to be closed, it also means all extracurriculars. So the coach of Dojo primary school Lillah moved the training center to Dojo Akase Padang so that students continue to exercise and extracurricular activities continue to run as usual while still carrying out health procedures. Karate training at the Akasekota Padang Dojo is an organized training activity. The exercise is packaged in an interesting and fun way. When practicing, the coach does not only give or teach practical movements in karate, Because character has a considerable influence on the personality of athletes (Liu et al., 2022b; Turan & Çetin, 2019).

Based on the results of observations made by researchers on the application of karate values to shape the character of Extracurricular participants of primary school Plush Lillah Padang at

DOJO Akase Padang during the Covid-19 pandemic. It is known that there is still a low level of personal character and social character in Karate Extracurricular Classes. The low social character of athletes includes, among others, low personality values, honesty, fighting power, ethics and also confidence of Padang Extracurricular Participants. This was proven when researchers observed at the primary school Plus Lillah Dojo that it was felt that the value of karate which was felt to be able to be a reference for students in behaving was not as expected. Personality values that seem to have not been realized properly for karate extracurricular participants are found to be the problem of humility, lack of appearance, and most selfishness in acting, it can be seen that most children want to win on their own, do not care when their friends forget the practice time, deliberately do not remind their friends.

The value of honesty is also not all successfully applied to children because there are still many who are not honest because when the coach asks if there is an assignment to memorize word movements in karate, many answer "none" even though in fact the coach has given the task. Less openness to the coach indicates that the attitude of children at home is more likely to be closed. The fighting power of extracurricular participants is also less seen from the attitude of athletes during sparring exercises, pairs are not too aggressive to win the match during training and during training, most of the extracurricular participants are relaxed and do not want to compete with their friends. If the coach gives a new movement, the child is not excited and gives up if he cannot do the movement. Manners related to ethics are also seen to be very lacking because among others because ethics is a character that reflects oneself in front of others, karate extracurricular participants are very sad in the value of ethics because it is seen that many who have just entered karate do not respect seniors who have been practicing in the Dojo for a long time. Seen often thinking that he is the same age as his brother who has been in for a long time does not submit if asked for help by seniors. Often forgetting to say greetings and honorable greetings in karate to others and even coaches can conclude that the value of manners is lacking in karate extracurricular participants. Self-control is the same as other values, participants lack self-control, for example when hit during training, participants are more angry and unable to control themselves.

From the description of the problem above, a clear picture was obtained that could attract the attention of the author to conduct Extracurricular Research Dojo Plus Lillah which took place at

the Akase Dojo and Extracurricular participants of primary school Plus Lillah could still carry out exercises as usual. This study is intended to see the success of the application of karate values to shape the character of Lillah Padang Extracurricular Elementary School Plus participants. The application of character values that are expected to make students become better individuals has not been successfully found in the extracurricular karate of Dojo primary school Plus Lillah Padang, Because during the observation period to the field, there are many things that have not reflected positive character values in karate extracurricular participants.

The novelty of this study lies in its comprehensive evaluation of how karate values, specifically articulated through karate vows and integrated into extracurricular activities, significantly enhance children's character development. Unlike previous studies that often focus on general martial arts benefits, this research specifically examines the impact of each karate vow on aspects such as personality, honesty, ethics, and self-control. Furthermore, the qualitative approach with triangulated data collection ensures robust validity, highlighting a nuanced understanding of character improvement over a structured three-month training period.

METHODS

The research uses a qualitative approach by revealing the application of the karate oath value in shaping the character of extracurricular participants by participating in karate training. Data Karate extracurricular participants collection in this study uses several methods and techniques, namely observation, interviews and documentation. The instrument of this research is the researcher himself and the researcher will see the application of karate values that have been successfully applied. The steps to analyze data are data reduction, data display and data verification. Triangulation of data on the application of karate values through karate extracurricular activities is triangulation of techniques and source triangulation.

RESULTS AND DISCUSSION

Running a Ceremony Before Starting the Exercise

The ceremony is carried out before and after the karate practice, before starting the ceremony training is carried out. The ceremony is carried out every time the practice starts, after which

the participants pray and start the activity with a warm-up. The ceremony is a karate tradition that must be carried out and from the past until now, the results obtained during the training took place at the beginning of the extracurricular format, all children have not memorized and heeded the karate oath as time goes by by getting used to doing the ceremony and reading the karate oath of all participants memorize and apply it in daily life. The karate tradition ceremony consists of:

- a. Preparing karateka in a karate ceremony.
- b. Reading of the Karate Oath
- c. Calming the mind (makhuso)
- d. Respect for the State flag, as well as the emblem of the university and the parent organization in Akse (INKANAS)
- e. Complete respect for the coach, fellow karateka, and the dojo

Every ceremony takes place all seriously carry it out, because in the karate ceremony all participants who participate must be serious so that the five vows expressed are not only recited but can also be applied in daily life. In the dojo does not eliminate the tradition of the ceremony because the ceremony is one of the media to educate children.

The value of personality is that the child is able to be sportsmanlike because all are required to memorize so all children must dare to take turns to lead the course of the ceremony, the value of honesty is that the child dares to speak honestly and openly admits that he has not memorized the order of the ceremony or the content of the karate oath, it shows the honest attitude that the child has. The high fighting power reflected during the ceremony was to struggle to memorize the karate oath because he did not want to lose to his other friends. The value of politeness is that children do respect (Rei) during the ceremony to teach respect to others and are able to control themselves, namely self-control during the ceremony is able to control themselves not to make a fuss and hold back sounds that can interfere with the ceremony process.

Thus, it can be concluded that during the ceremony it can provide character education indirectly to children, and the five values of the karate oath can be realized to children and make children's character better (Humairoh et al., 2023; Zarya & Welis, 2021).

Punishment and Example

Karate training provides many lessons not only aligning techniques but also instilling karate values with the aim of shaping the character of each karate extracurricular participant, From

the results of observations made that during the practice there are punishments made to educate the trainees, with the punishment that is given to extracurricular participants who commit violations, of course, it can change the character of the trainees. If there is a violation, the coach always gives a warning and is discussed well, if there is no change, then the punishment will be given and make the athlete afraid to commit a foul. Indirectly forming the value of honesty and also making extracurricular participants more exemplary.

However, most of the children began to follow the practice, listen to the rules given by the coach and do what was commanded. After being given, they are reminded and given punishment if they violate. Showing a child's attitude of being willing to give in if reprimanded and quickly accepting the truth and not being selfish reflects a good personality. Because many who take part in the exercise are categorized as if they do not wear masks, it will certainly be unsettling for local residents. The punishment given also yielded results, where extracurricular participants were often given punishment in the form of push ups which is one of the components of basic exercises for hand muscle strength. Giving an impact to children who initially couldn't do push-ups at all can now and much better than before.

So in the process of implementation through punishment that will make the child an example makes the child's personality better than before and the child is more able to control himself, listen to positive things and not get angry if reprimanded and with the punishment the child becomes afraid to violate the rules made for themselves and to make the child's character better and also make the child more exemplary (Putri et al., 2022; Wijaya et al., 2024).

Learning While Playing

Training at Dojo Akase has a program that is specifically for children because the coach not only teaches karate techniques but not only that is given a program that directs to the game so that the training participants can practice while playing. Exercises while playing are made to train the components of the exercise but while playing without forgetting karate techniques. Before entering the core training program, the exercises given to extracurricular participants are in the form of games, but in the game they still train the strength of the hands, legs and also the leg muscles of the training participants who are indirectly trained. Good character was successfully given to the training participants, namely being able to increase achievements related to the value

of fighting power. The game was formed to educate children to be enthusiastic in training and fight to win the match and not want to lose to remain the best among their friends.

During the training and all participants took off their masks because they needed a lot of oxygen when exercising, so the coach allowed them to take off their masks. The coach provides practice while playing with the aim of making the child more enthusiastic for training, when one of the blue teams wins and the red team must accept defeat and must accept punishment all with sportsmanship admitting defeat which reflects the value of honesty. During practice, set strategies together, listen to each other's opinions during practice, and also if wrong, want to be reprimanded by their friends or corrected during practice, show a good personality. No one gives up during training, everyone has high enthusiasm to fight and win passionately, which reflects the value of fighting power (Ghalmane et al., 2021; Guo & Zhang, 2019; Melo et al., 2022). The value of fighting power has been successfully shown by several children, namely by making achievements in several championships both at the regional and national levels (Liu et al., 2022a; Wu et al., 2021).

Karate Values That Have Been Successfully Applied to Karate Dojo Plus Lillah Extracurricular Participants

Personality Values

The personality of children who take part in karate training is very different from those who do not take karate training. Most of those who take part in karate training are humble and not arrogant, which is a person that children must have and is taught from an early age in the training place, humility is always applied, as evidenced by the fact that during training, the coach is not only focused on technique but also helps in shaping children's character by applying karate values. By participating in karate training, of course, children have more value than their friends who are only character education at school. Especially now that education is carried out through visuals which makes character education more difficult to apply with the existence of karate training, it certainly helps children who take part in karate training get better character education than their friends who do not follow the training.

The results of the documentation obtained by the researcher during the joint exercise on the beach on the Sunday of December 6, 2020, showed that the changes in the extracurricular participants of primary school Plus Lillah karate they had dared to socialize with the participants of the exercise from other Dojos during the joint

exercise and also socialized and respected each other which showed a change in personality for the better than before. Although character education has not been as optimal as possible, it has helped parents a lot in providing karate education. So it can be concluded that personality values help shape the character of extracurricular participants, make children more friendly and happy to socialize with fellow training friends and the community around the training venue and show a good personality (Fumanal-Idocin et al., 2020; Sysoev et al., 2021).

The Value of Honesty

The results of interviews with informants that the value of honesty exists in athletes who participate in karate training is proven by the fact that at the training ground, the child's honest attitude is also seen as evidenced by admitting mistakes if the child chooses to be honest rather than lying even though he gets punishment from the coach. Children say honestly if they can't do movements and even at home if something can't be done, children talk directly to their parents and no less important is the child's sportsmanship attitude since participating in karate training has changed the child to be more sportsmanlike, sportsmanship is very necessary, especially in sports.

At the time of the belt ascension exam carried out by INKANAS in Padang City at primary school Plus Lillah and also attended by primary school Plus Lillah extracurricular participants, in front of the senpai and senior INKANAS coaches of the Plus Lillah extracurricular participants dare to be honest and have not memorized the karate oath, this shows the value of honesty possessed by children who have the courage to express something. The formation of a good character not only helps parents but even teachers at school is also helped if children have the value of honesty that sometimes other children do not have. So an honest attitude exists and has been successfully instilled in karate extracurricular participants, honest if they cannot do the movements given by the coach and do the training program as ordered by the coach, so from the results of observations and interviews, it can be concluded that the application of the second karate oath has been successfully applied to extracurricular participants (Duan et al., 2019; Hu et al., 2017).

Fighting Power Value

Being able to increase achievement is related to the fighting power of karate extracurricular participants to be persistent in many ways, be it achievements at training grounds, competitions

or even at school. Fighting power in children has been successfully applied with the persistence of children both at the training ground and at home, given tasks at the training ground with the spirit of repeating it. The increase in achievement is evidenced by many virtual champions, only a few are not enthusiastic. When children take part in the training, they can see their persistence in fighting, running as fast as possible and swiftly so that their team wins. Not only trying to win in the game given by the coach, but when the material displays the words, the child tries to show the best and also when the coach gives the material kumite, the child also tries to win the match simulation, this of course makes the child motivated by each other.

The conclusion of the fighting power related to the third karate oath is that it is able to improve achievement in children successfully applied through karate training in Akase, as evidenced by the persistence of children both at the training ground and at home when given assignments at the children's training ground with the spirit of repeating it at home or at the training ground, when the coach gives new techniques to children with the enthusiasm to work and high curiosity makes children continue to want to learn until they can make movements that cannot be done yet. However, there are some who are not enthusiastic or persistent in training but most of them have a high fighting spirit (de Guzzi Bagnato et al., 2018; Tripathi & Reza, 2020; You et al., 2020).

The Value of Manners

The results of interviews with several instruments show that ethics in children who take part in karate training exists, mutual respect for fellow training members, respect for coaches, and of course also respect for parents. Children always greet the community around the training ground and at home children always kiss their parents' hands and say goodbye to their parents. Ethics is related to the fourth value of karate, which is to be able to maintain good manners and of course most of them are polite both at home and in the training environment and have been successfully applied and improved through KARATE extracurriculars.

Researchers managed to find evidence of good manners in children who participated in karate practice, namely during a meal with their parents, all children showed good manners to the parents who attended, which showed good ethics possessed by the extracurricular participants of Dojo Plus Lillah karate. Able to maintain good

manners and of course most of them are polite both at home and in the training environment, even karate extracurricular participants also like to greet the community around the training ground, thus showing that the character of good manners has been successfully applied and also fellow training members and coaches always salute (Osh), Able to maintain good manners successfully applied and also experience an improvement in character leading to a better direction (Yazdanparast & Havens, 2017; Yuliansyah et al., 2023).

Self-Mastery

The results of the interview with the informant above show that self-control or the attitude of being able to control oneself already exists in children in the environment where the training is held. So far, the child can control himself even though there are some who are jailed, but other children are not affected by their attitude and are always taught not to respond to small things that will be a problem, the child can accept well what the coach always teaches. Regulations for training activities are rarely violated, but there are several minor violations that are committed but can be controlled by the coach, as evidenced by when someone commits a violation, the coach does not immediately scold the child but is reminded well and the child can accept it well and also change not to commit the violation again. At home, children juice faster and not late at night and that is what the coach teaches and applies to children.

The fifth value of karate, which is being able to control oneself, of course, if you can't control yourself, there will definitely be a report to the coach if the child often fights outside the training ground, but during the training process there are never reports such as fights showing that the child can control himself in the training ground and outside the training ground. Self-control is the fifth value of karate, namely personality, of course. there have never been reports of extracurricular participants in primary school Plus Lillah karate who fight outside, which means that children can control themselves from disturbances. Thus, the implementation of the five karate values in extracurricular participants was successful and the character of the participants increased even though it was not optimal.

From the documentation that the researcher can see above, that the child shows a good attitude of self-control when one of his friends reprimands his mistake, the child can accept and correct patiently even though it takes a long time to get the correct technique, but the child still

repeats it, this shows that the child can control himself well by not losing his training task and continue to learn patiently.

The conclusion of the overall results of the study using the triangulation technique by combining observations, interviews, and documentation shows that the extracurricular karate training of Dojo Plus Lillah which takes place at Dojo Akase Padang has a positive impact on children who take part in karate training, ranging from family, school environment, training venue, and even the community environment where karate training is considered to have a lot of positive impacts not only for children but also for children and other people. For many people. For the community, karate training activities have a lot of positive impacts, namely mutual respect, and not only respect in the training environment but with the surrounding community. Positive responses were also conveyed by the child's parents that starting from the attitude of rendah hati, jujur, daya juang yang tinggi, etika sopan santun yang baik, dan juga bisa mengontrol diri.

So the results of the research show that the values of personality, honesty, fighting power, ethics, and self-control. The values of personality, honesty, fighting power, ethics, and self-control related to the karate oath, namely being able to maintain personality, being able to obey honesty, being able to improve achievements, being able to maintain good manners and being able to master themselves have been successfully implemented, as evidenced by the results of interviews that give a positive opinion that children who take part in karate training. Making the child's personality better, the child becomes more honest in many things, has a high fighting power that leads to positive things, etiquette and manners are also highly upheld, and the last is to be able to control himself more. Thus, the application of karate values has been successfully implemented through karate extracurricular training activities (Wang & Li, 2021; Žalik & Žalik, 2018).

CONCLUSION

Based on the results of the study, it was concluded that extracurricular karate training has a positive impact on children who take part in karate training, starting from the family, school environment, training venue, and even the community environment where karate practice is considered to have a lot of positive impacts not only for children but also for many people. The personality of children who participate in karate practice becomes better, children become

more humble and unselfish. The value of honesty is in children who take part in karate training to be better, as evidenced by the fact that in the training place, the child's honest attitude is also seen. Fighting power related to the third karate value is being able to improve the achievement of children to be better through karate practice, as evidenced by the persistence of children both at the training ground and at home when given assignments at the children's training ground with the spirit of repeating it at home or at the training ground, when the coach gives new techniques to children with the enthusiasm to work on it and high curiosity makes children continue to want to learn until they can do movements that have not yet been can be done. Able to maintain good manners and of course most of them are polite both at home and in the training environment, even karate extracurricular participants also like to say hello to the community around the training ground, thus showing that the character of good manners has been successfully applied and also fellow training members and coaches always give respectful greetings (Oss) and be friendly to the people around them. Self-control becomes better, there are never reports of children fighting outside, thus means that children can control themselves from distractions that can harm themselves and even others do not even ignore the interference of their nosy friends by always being calm so that children learn to control themselves.

This study shows that the value of karate, namely the value of personality, honesty, fighting power, manners, and self-control/self-control has been successfully obtained by children in Dojo Akase, as evidenced by the results of interviews that give a positive opinion that children who take part in karate training at Dojo Akase have had and made the child's personality better, children become more honest in many ways, Having a high fighting power that leads to positive things, etiquette and manners are also very high, and the last is to be able to control yourself more. Thus, the application of karate values has been successfully applied through karate extracurricular training activities.

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