



Development of Confidence Through Pencak Silat Towards Students' Self-Trust

Hani Fatonah^{1✉}, Sujarwo², Widiastuti³

Physical Education, Postgraduate Program, Universitas Negeri Jakarta, Jl. Rawamangun Muka No 1. Jakarta 13220, Indonesia¹²³

History Article

Received July 2021
Approved November 2021
Published vol 8 no 2 2021

Keywords

Self Confidence; Extra-curricular; Pencak silat

Abstract

This study aims to see the effect of Pencak silat extracurricular activities on students' self-confidence at SMAN 1 Ciomas. With a population of all members of the Pencak silat extracurricular activities, namely 20 students. The method used in this research is ex-post facto. The research instrument used a self-confidence questionnaire using trials. From the data generated, there is an effect of extracurricular Pencak silat activities on a student's self-confidence and from the data obtained the results of the normality test on Program Statistics show a significant value of $0.541 > 0.05$, it can be concluded that the value is normally distributed. Hypothesis test results note that the value of Sig. (2-tailed) of 0.002 less than < 0.05 , so H1 is accepted and Ho is rejected. This means that there is a significant influence in the extracurricular activities of Pencak silat on the self-confidence of students at SMAN 1 Ciomas based on the results of descriptive analysis of 88% of self-confidence with details of 90% self-confidence sub-variables, 87% positive attitude, and 86% use sub-variables. Based on the results of the research and discussion, it can be ignored that the extracurricular activities of Pencak silat have a very significant effect on increasing the self-confidence of students at SMAN 1 Ciomas.

How to Cite

Fatonah, H., Et al. (2021). Development of Confidence Through Pencak Silat Towards Students' Self-Trust. *Journal of Physical Education, Health and Sport*, 8 (2), 31-34.

INTRODUCTION

One's sense of confidence can conquer the fear of facing various situations. A sense of confidence is required in a person's life in order to achieve goals in his or her life. The goal will be achieved while people have an adequate sense of confidence, a sense of confidence is very important to have by a person, a good sense of confidence is that has been formed from small assisted by the guidance of parents and the surrounding environment. (Fitri et al., 2018) A sense of confidence will grow through the environment, encouragement and training. Just like in the school environment, confidence can be formed by participating in extracurricular activities in school, extracurricular pencak silat is one of the extracurricular martial arts that can help increase confidence.

When observing extracurricular pencak silat at SMAN 1 Ciomas, researchers found that students who followed extracurricular pencak silat had a higher level of confidence than students who did not follow extracurriculars. This is in accordance with the observations of researchers when training extracurricular students pencak silat. This can be seen from the attitude of students who are less agile, courageous, and independent. Nowadays students tend to be less confident. This is not because of a lack of confidence in the child, but the influence of the environment and parents who do not instill a sense of confidence in the child. (Riani & Purwanto, 2018) Children prefer to follow the surrounding environment for a variety of reasons. So indirectly it all affects her confidence while in the school environment.

Martial arts pencak silat actually teaches martial arts techniques that can be used when a person is in danger. The basic principle of pencak silat sport is self-defense and in it there is a value of attacking and defending. (Triana et al., 2020) The advantages of learning martial arts pencak silat among others to get used to being ready, not spoiled, or more clearly to train self-reliance. Make someone more disciplined that will gradually get carried away in his daily life. (Mardotillah & Zein, 2017) Increase the confidence to express himself in performing every movement or skill he learns.

Based on the exposure of the description above, the author may consider it important to raise this issue in the study in the hope that the results of this study can be useful for educators, extracurricular coaches, coaches, and parents in order to be a reference to increase confidence in children. Therefore, the author wants to research further with the title «Growth of Confidence

Through Pencak Silat Against Student Self-Confidence.

METHOD

The main goal to be achieved in this study is to determine how much influence the extra-curricular activities of pencak silat have on self-confidence.

This research will be carried out in the outdoor field of SMAN 1 Ciomas with the number of meetings in this study are 3 meetings starting from data collection to taking questionnaires. Frequency in one week 2 meetings.

This research is ex-post facto research, because the independent variables are not controlled in the sense that these variables have occurred. Exspost facto is a study conducted to examine events that have occurred and then backwards to find out the factors that can cause these incidents. (Sappaile & Makassar, 2020)

The questionnaire that the authors used to measure the extracurricular influence of pencak silat on students' confidence was a closed questionnaire. Closed questionnaire is a questionnaire that has been provided the answer so that respondents just choose the answer, the questionnaire is answered firmly, limited, concrete, and do not need an answer that unravels. The scale used in this poll is the likert scale. The likert scale is used to measure the attitudes, opinions, and perceptions of a person or group of people about social phenomenal. (Janti, 2014) With the likert scale, the variable to be measured is described as a variable indicator. The statement answered by the respondent is rated in accordance with the alternative answer in question. The assessment criteria of the question have 5 alternative answers used are Always (SL), Serang (SR), Sometimes (K), Ragu (R), Never (T).

Table 1. Linkert Scale

Alternative Answers	Score Alternative Answers	
	Positive	Negative
Always (SL)	5	1
Often (SR)	4	2
Sometimes (K)	3	3
Hesitate (R)	2	4
Never (T)	1	5

RESULTS AND DISCUSSION

Data regarding the effect of pencak silat extracurricular activities on student self-confidence at SMAN 1 Ciomas with a total of 20 students. The questionnaire for data collection consisted of 45 statements.

Table 2. Research data

Variable	Number of Questions	Score Maximum	Score Actual	%
Confidence	45	3.375	2.968	88

Table 3. The results of the percentage of sub variables and research results

Sub variable	Number of questions	Score Actual	Ideal score	%
Self Confidence	14	950	1.050	90
Positive Attitude	11	721	825	87
Leveraging the Strengths	20	1297	1.500	86

Based on the results of the **Table 3** above, the self-confidence sub variable has a score of 950 or 90% of the ideal score, the positive attitude sub variable has a score of 721 or 87% of the ideal score, the sub variable utilizes the advantages of having a score of 1297 or 86% of the ideal score. Based on the table data, students' confidence is dominant in self-confidence.

In testing the requirements of the analysis researchers used normality tests with Shapiro-Wilk. Researchers need to create all normally distributed data, based on the results of normality tests in the IBM SPSS Statistic program version 22 known significant value of $0.541 > 0.05$ then it can be shown that the value is normally distributed. In the hypothesis test using the T Test, hypothesis testing was conducted to determine the effect of the variable tested on the sample of researchers. Thus, the test results of the t test hypothesis are shown that the value of Sig. (2-tailed) of 0.002 less than < 0.05 then it can be concluded H1 is accepted and Ho is rejected. This means that there is a significant extracurricular influence on confidence.

Based on the table, it shows that the average self-confidence score of students of SMAN 1 Ciomas is 88%. Based on the answer criteria made by Sugiyono, the self-confidence score is below 20% (very low), a score of 20% to 40% (low), a score of 41% to 60% (high enough), a score of 61% to 80% (high) and 81% to 100% (very high). The self-confidence category of students of SMAN 1 Ciomas is included in the very high category. (Arifin et al, 2020)

Confidence gained a low score of 182 and a high of 216. Students who scored 182-188 were 3 (20%) students in very low criteria, students who

scored 189-195 a total of 2 (13%) students in the low criteria, students who scored 196-202 were 5 (34%) students in the criteria are quite high, students who score 203-209 a total of 3 (20%) students in high criteria, and students who scored 210-216 were 2 (13%) So it can be concluded that the confidence of SMAN 1 Ciomas students with a sample of 15 dominant students of SMAN 1 Ciomas is included in the criteria quite high in confidence.

From the table above, it is known that the average value of the self-confidence questionnaire is 198.6 from the standard deviation of 12. The results of data analysis processing obtained a confidence percentage of 88% with details of 90% self-confidence sub-variables, 87% Positive Attitude and sub variable Utilizing Excess 86%. At the time of the research, the researcher found several findings which became material for discussion as follows:

Confidence is one of the important aspects of personality in a person. In that respect confidence is part of the affective aspect. In one's attitude to something especially in a sense of confidence, there are various responses from each individual. In response, confidence can arise from the individual itself or be influenced by internal or external factors. Surely with a sense of confidence in a person can live his life very well. To generate a sense of confidence of SMAN 1 Ciomas students, of course many factors that affect it, in addition to the dismay of itself there is also the role of the trainer in this case is to increase the confidence of SMAN 1 Ciomas students who follow the extracurricular process of pencak silat, so that during the process of extracurricular training can take place well and obtain the goals that they want to achieve.

CONCLUSION

That the results of research conducted in extracurricular activities pencak silat generate significant confidence from students SMAN 1 Ciomas this is because in view of the results of the calculation of confidence percentage of 88% with the details of sub variables self-activity 90 %, positive attitude 87 %, utilizing the advantages of 86 % . This research where the results obtained is expected to be used as a parameter in extracurricular activities pencak silat that can affect students' confidence in the general environment in school or especially in good learning outcomes. Especially in improving students' confidence when participating in activities. In addition, it is expected that with this research the parties concerned can

see the problems that occur more widely in an activity process to boost students' confidence when following the extracurricular pencak silat.

Based on this research, there can be certainly a positive influence for some parties concerned. Judging from various points of view the problems that occur in the scope of this research room has been revealed the results of research that directly affects the parties in question.

REFERENCES

- Arifin, Z., & Dkk. (2020). Metodologi penelitian pendidikan education research methodology. *STIT Al-Hikmah Bumi Agung Way Kanan*, 1, 3.
- Fitri, E., Zola, N., & Ifdil, I. (2018). Profil Kepercayaan Diri Remaja serta Faktor-Faktor yang Mempengaruhi. *JPPi (Jurnal Penelitian Pendidikan Indonesia)*, 4(1), 1. <https://doi.org/10.29210/02017182>
- Janti, S. (2014). Prosiding Seminar Nasional Aplikasi Sains & Teknologi (SNAST) 2014 Yogyakarta, 15 November 2014 ISSN: 1979-911X. *Snast*, November, 211–216.
- Mardotillah, M., & Zein, D. M. (2017). Silat Sebagai Identitas. *18(2)*, 121–133.
- Riani, A., & Purwanto, A. (2018). Ekstrakurikuler pencak silat membangun pendidikan karakter pada siswa sekolah dasar. *Prosiding Seminar Dan Diskusi ...*, 12–18. <http://journal.unj.ac.id/unj/index.php/psdpd/article/view/9937>
- Sappaile, B. I., & Makassar, U. N. (2020). Konsep Penelitian Ex-Post Facto. 15.
- Triana, J., Irawan, S., & Windrawanto, Y. (2020). Hubungan Antara Kepercayaan Diri Dengan Kecemasan Bertanding Atlet Pencak Silat Dalam Menghadapi Salatiga Cup 2018. *Psikologi Konseling*, 15(2), 452–461. <https://doi.org/10.24114/konseling.v15i2.16194>