



Managing Stress and Emotion in Pencak Silat Martial Arts Athletes Aged 18 – 22 Years

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Abstract

The research is based on the importance of mental toughness in the achievement of martial arts athletes. The function of mental toughness and emotional control is to maintain performance in the face of adversity. This study aims to find (1) a description of the emotional and stress training model for pencak silat martial arts athletes (2) a description of emotional processing and its impact on the success of pencak silat martial arts athletes, and (3) a description of the operational model of emotional and stress control in pencak silat martial arts athletes. The sample in this study were the pencak silat athletes from the city of Palopo. The method used in data collection is qualitative. The research subjects were 7 informants consisting of 2 coaches and 5 athletes. The sample criteria that must be met are as follows: (1) parents living in the same house as athletes (2) male and female (3) athletes aged 18 – 22 years. Results of this study Based on the description of the results of the study, overall the martial arts athletes in this study showed quite good attitudes and behavior, seen from their self-confidence, stress management and good emotions. The description states that the emotional aspect as central to one's life needs important attention by coaches and parents, so that a comprehensive understanding of the development of children's emotional stimulation is needed.

How to Cite

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INTRODUCTION

Humans have the capacity to experience a wide variety of emotions from birth. Through experience and engagement with others in the environment, these skills will continue to develop as you mature and learn (Nadhiroh, 2017). Because of the biological and psychological differences in how men and women control their emotions, there are differences in the way men and women think, feel, and behave (Hasmarlin & Hirmaningsih, 2019). Human interactions are strongly influenced by emotions. Without using emotions, people cannot interact with each other (Syarifuddin et al., 2021).

Stress is a picture of the impact of negative emotions. Stress is often caused by pressure caused by personal, family, school and social problems (Sari et al., 2020). Sometimes, there are issues that can lead to negative thoughts, such as an urge to get angry or feeling overwhelmed by other emotions (Baihaqi et al., 2022). Dissatisfaction with something that is followed by the emergence of negative emotions is also experienced by most people (Satria et al., 2019).

Sport is a physical activity carried out by a person for various purposes such as for achievement (Wafiroh et al., 2022). Because of its significance in fostering a sense of national identity, sport has become a proven medium in developing moral and national character (Aguss & Yuliandra, 2020). When exercising, whether in everyday life or on the field, many athletes feel really good. However, not while playing in the competition (Aguss & Yuliandra, 2020). The athlete's focus during competition is influenced by various elements, especially psychological aspects. Psychological factors have an important role in efforts to improve sports performance (Nisa & Jannah, 2021).

Our ancestor inherited pencak silat as an aspect of Indonesian culture that must be protected, fostered, and promoted. Pencak silat is often considered as a traditional Indonesian martial art. The fighters claim that the name "pencak silat" has two different meanings. "Pentjak is a movement of beauty steps through avoidance, which contains a comedic component of movement". Silat is a component of martial arts skills that cannot be used in public, in contrast to pencak which can be displayed as a kind of entertainment (Jalil et al., 2022).

Martial arts have developed in the systematics of matches in the division of competition categories based on age and the rules of the match have been clarified so that they are more interes-

ting because they are easier to understand. Similar to the martial arts sport of pencak silat, athletes can maximize their performance when mentally trained, the more skilled they are at dealing with emotional problems, the more they know the causes of emotions so they can concentrate more on selecting and using techniques and tactics to win matches. (Wafiroh et al., 2022). Athletes who feel more optimistic are more motivated to win and are constantly looking for new strategies to achieve so that they hone their creative thinking and emotional fortitude. In a happy and calm state causes brain activity to increase (Yang et al., 2020). The most important element is attention to do your best. In increasing focus athletes need to remember that they are also people with different conditions outside the sports arena. Basically, self-confidence is a belief in one's own abilities without expecting help from others, and feeling capable of getting certain achievements or goals for an athlete. Athletes with maximum self-confidence will be able to control themselves well, on the contrary if an athlete has low self-confidence, it is very easy to experience excessive anxiety and can even result in mental down. (Nisa & Jannah, 2021).

Positive emotions are undoubtedly the result of effective management, including distractions, experiences, and similar mechanisms (Baihaqi et al., 2022). When there is a feeling of not succeeding in a goal or overcoming an obstacle, it can cause anxiety. It can also increase feelings of failure and shame (Aliyev & Karakus, 2015). However, not all sports and training are the same, and sometimes, the right level of competition anxiety can improve an athlete's performance (Georgetown, 2011). In pencak silat, athletes are often faced with situations that can cause negative emotions, especially when in a match. Many factors can cause negative emotions when in the arena, which can lead to failure of self-control.

Athletes who do not have a sense of self-control will create negative expectations about their ability to cope and ability to achieve goals. Self-handicapping is the practice of generating justifications for errors or substandard performance. It is basically a person's defensive response to a possible failure. As a result, self-handicapping is a practice in which a person intentionally puts himself in an unfavorable situation in order to succeed. Failure can be attributed to external forces and unstable variables that protect one's perception of one's abilities or self-worth. If success is achieved, it may be related to personal achievements and abilities (Yang et al., 2020).

METHODS

Humans have the capacity to experience a wide variety of emotions from birth. Through experience and engagement with others in the environment, these skills will continue to develop as you mature and learn (Nadhiroh, 2017). Because of the biological and psychological differences in how men and women control their emotions, there are differences in the way men and women think, feel, and behave (Hasmarlin & Hirmaningsih, 2019). Human interactions are strongly influenced by emotions. Without using emotions, people cannot interact with each other (Syarifuddin et al., 2021).

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Figure 1. Research stages

RESULTS AND DISCUSSION

Table 1. Results of interviews with informants 1,2,3, and 4 (athletes)

First question	Informant's Answer
	(Informant 1) Once, the cause was anxiety in thinking about the strength of the opponent to be faced and the desire to achieve maximum results.
	(Informant 2) yes, the cause is when my weight does not reach the target class, because in pencak silat there are classes, each of which has a weight criterion
Have you ever felt very tense and stressed before a match? And what causes it?	(Informant 3) Yes, I did, the reason was because I was looking for the quality of my potential opponent, when I found out that my opponent had more experience and achievements
	(Informant 4) Yes, I often feel stressed and tense. The cause is long training and pressure from body weight

Table 2. Results of interviews with informants 1,2,3, and 4 (athletes)

Second Question	Informant's Answer
	(Informant 1) Keep trying to relax, and find another focus so you don't think too much about the worry.
	(Informant 2) Maintain a regular eating pattern and of course a diet pattern, avoid excessive stress so that the target weight does not decrease drastically and maintain the mood
How to deal with it?	(Informant 3) Still have to be optimistic, calm and of course a lot of prayer and more effort.

(Informant 4) Stay calm and happy, relaxed, keep practicing so you don't think too much of a burden when resting at home.
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Table 3. Results of interviews with informants 1,2,3, and 4 (athletes)

Third Question	Informant's Answer
	(Informant 1) no, because I'm the easy going type, so don't think too much about those annoying things.
	(Informant 2) no, because I'm the easy going type, so don't think too much about those annoying things.
Do you get angry easily when other people annoy you? Is there a way to control it?	(Informant 3) No, I'm quite calm in dealing with people who sometimes joke too much.
	(Informant 4) because I am a woman, well sometimes I feel easily irritated and I express it sadly and sometimes prefer silence. To overcome this I try to keep the mood and think they are just joking. Moreover, I am a female athlete so I can easily express it.

Table 4. Results of interviews with informants 1,2,3, and 4 (athletes)

Fourth Question	Informant's Answer
	(Informant 1) I definitely feel emotions when I'm in the arena, but I still try to stay calm to stay focused and listen to the coach's directions so that the competitive strategy is carried out properly.
When you are in a match, have you ever felt overly emotional? How can you control your emotions while competing?	(Informant 2) Yes, the cause was an opponent who violated me, to overcome these emotions what I did was to stay calm, return to focus with the original goal of winning, remembering God, and listening to the coach's directions

(Informant 3)
Yes, I've even often been emotional because the cause was an opponent who violated or provoked me. To overcome this I have to keep remembering God, believe in myself and listen to the direction of the coach.
(Informant 4)
Once, when the opponent hit a part that included a violation or even part of my face, there I was provoked by emotions and felt like retaliating. To control it I try to stay calm and listen to the coach's directions to stay focused

<p>Are there athletes who have a temperament and are quite difficult to direct?</p>	<p>problems, that's why we coaches always provide support and pay more attention to the athletes' needs, because this is for their success as well.</p> <p style="text-align: center;">(informant 5)</p> <p>For the current athletes, I don't think there is anything that is difficult to direct, because I have made rules that would discipline the athletes. This will greatly affect self-control and of course the emotions of the athletes.</p> <p style="text-align: center;">(informant 6)</p> <p>I think there is no temperament for athletes, because most of them already know each other closely and personally from them are people who like to joke.</p> <p style="text-align: center;">(informant 5)</p>
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Table 5. Results of interviews with informants 1,2,3, and 4 (athletes)

Fifth Question	Informant's Answer
	(Informant 1)
	what I feel is calm, not in a hurry, the strategy continues, and gets satisfactory results.
	(Informant 2)
What results do you feel when you manage to control your emotions while in the arena?	The competitive strategy continues to run well, when attacking becomes more effective and of course victory.
	(Informant 3)
	Can play more calmly, play strategies run, and there is a certain satisfaction.
	(Informant 4)
	The techniques that I apply are still running, kicks, punches remain focused and will certainly lead to victory.

<p>In your opinion, the benefits obtained when athletes can control their negative emotions become positive, especially in the arena of competition.</p>	<p>Of course, I really hope that the athletes can change their negative emotions into positive emotions, if they are successful then there will be satisfaction for them and of course I as a coach feel it too, they can play calmly, focus and maintain their strategy pattern, and of course maximum results . Regardless of the results, I still have to appreciate the efforts of the athletes, because they still maintain their sportsmanship and good name.</p> <p style="text-align: center;">(informant 6)</p> <p>The result of them being able to control their emotions is calm and focus. From that they can do punches and kicks and are precise and powerful as well as their playing strategy goes well, for artistic athletes they can regulate their breath and energy so that they are able to carry out certain movements from breathing that they are not in a hurry and calm in express movement.</p> <p style="text-align: center;">(informant 5)</p>
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Table 6. Results of interviews with informants 5 and 6 (Coach)

Research Questions	Informant's Answer
	(informant 5)
Have there been any changes in the athlete's psyche during match preparation?	Yes, there are some athletes that I have noticed have changed. Some get tired quickly, some are contemplative and some even don't seem focused at times.
What kind of changes did you notice?	(informant 6)
	Yes,At first this athlete looks cheerful and excited, but these few days he seems more silent and like a lot of weight. As a coach, I don't want my athletes to think about external

<p>As a coach, what training pattern do you provide to maintain the athlete's psychology?</p>	<p>At the beginning I have to take into account the time and length of exercise, after that I have to pay attention to their rest and diet, my training time is for a fraction of an hour and per set. I do that to avoid excessive stress and of course fatigue. On the other hand, I also have to continue to provide support and treatment so that they don't think about post-workout fatigue. And lastly, during practice time, don't put too much pressure on it and keep it cool.</p> <p style="text-align: center;">(informant 6)</p> <p>To maintain the psychology of our</p>
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athletes, the coaches have their own ways, which of course we have thought about too, from me personally, I still give the same portion of training but there is no pressure in training, because athletes who feel stressed will find it difficult to focus and are burdened so that their enthusiasm and mood will be lost. In addition, they still pay attention to their health, including the athletes' sleep and rest patterns. and lastly don't let them brood too much and think about their opponent.

Control of emotions and stress in pencak silat martial arts athletes is very important for their mental health, when they fail to control it there will be consequences that must be accepted. Informants 1,2,3, and 4 are pencak silat athletes. For informant 4 is an athlete with a female gender. Informants 5 and 6 are trainers. Based on interviews with athletes and coaches, the following answers were obtained **Table 1-Table 6**.

From the first question **Table 1**, it is concluded that athletes experience mild stress because of the pressure they think themselves, this affects anxiety before the match. The branch of martial arts often assumes that the opponent is stronger and more powerful so that he feels that he is not better than his opponent. This feeling makes martial arts athletes often down and want to end the match immediately (Nisa & Jannah, 2021).

The result of the second question **Table 2** is that in dealing with the anxiety and mild stress that athletes experience, they try to stay optimistic and strive for their goals. Self-confidence plays an important role in overcoming anxiety and suppressing negative feelings that arise in competing. Martial arts athletes who have confidence in the high category can see a threat into an opportunity so that it becomes a motivation to show maximum performance.

In the **Table 3**, it is concluded that female athletes are more at risk of experiencing stress caused by biological factors, namely (the neurotransmitter serotonin) which is one of the biological elements that influence the occurrence of stress in a person. (Hastuti & Baiti, 2019).

Table 4. Athletes who are still 18-22 years old sometimes show various symptoms of mild stress, such as impatience, overreacting to situations, irritation, anxiety, lack of patience in dealing with delays and interruptions in doing their work, and sometimes being easily agitated.

Table 5. Factors that affect mental toughness One of them is self-confidence. Due to a lack of self-confidence, pencak silat student athletes

struggle to maintain self-control, which makes them doubt their ability to perform as expected.

The results that can be concluded from **Table 6** are that as a coach there are certainly many choices and methods in carrying out exercises and maintaining the mental health of the athletes, so that it will create quality and mentally strong athletes, of course with the confidence of the athletes. Successful combat sports athletes must feel in a state of manageable anxiety sufficient to remain aroused, challenged, and alert while monitoring and reacting to external stimuli. Moderate anxiety that is easy to manage is the athlete's skill to control feelings of anxiety both from within the athlete and from the environment he faces so as not to feel excessive anxiety so that it can be managed and used as an alarm for alertness in athletes and improve the athlete's performance. (Donoran, 2021).



Figure 2. Interview with a pencak silat martial arts coach.



Figure 3. Interview with one of the pencak silat athletes



Figure 4. The procession of sparring between athletes.

CONCLUSION

Based on the description of the results of the study, overall the martial arts athletes in this study showed quite good attitudes and behavior, seen from their self-confidence, stress processing and good emotions, even still entering the teenage age category but were able to show mental toughness which on average tends to not bad but not good either. The description states that the emotional aspect as central to one's life needs important attention by educators and parents, so that a comprehensive understanding of the development of children's emotional stimulation is needed. However, not all parents pay attention to the overall development of their children. Most parents focus more on aspects of development that they can observe directly, such as cognitive development.

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