

**Achievements of Pencak Silat Athletes: The Role of Parents and Coaches****Ashari Alang<sup>1✉</sup>, Rasyidah Jalil<sup>2</sup>, Irsan Kahar<sup>3</sup>, Ahmad<sup>4</sup>**Physical Education, Faculty of Teacher Training and Education, University of Muhammadiyah  
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Received November 2022

Accepted February 2023

Published Vol.12 No.(1) 2023

**Keywords:**Martial Arts; Parents;  
Coach.**Abstract**

Pencak silat, one of the martial arts sports, is one of Indonesia's ancestral heritage which is widely spread throughout the archipelago. In the current development of pencak silat, it tends to become an achievement sports with high competition, thus encouraging athletes to improve their abilities. For sports, achievement is more directed at competition which ends with "win or lose" for the participating parties. Therefore, training is very necessary in winning an achievement. Qualitative research is collecting data in a natural setting with the intention of interpreting phenomena that can occur where the researcher is the key instrument, sampling data source is carried out purposively. The research subjects are 6 informants, parents and trainers and a sibling with a total of 2 parents and 2 trainers and 2 siblings. The result of this research, based on the explanation that the role of parents and coaches are necessary in increasing athletes; achievement, whether in the form of prayer, support, training facility and emotional support.

**How to Cite**

Alang, a., Jalil, R., Kahar, I., Ahmad. (2023). Achievements of Pencak Silat Athletes: The Role of Parents and Coaches. *Journal of Physical Education, Sport, Health and Recreation*, 12 (1), 29-34.

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[irsankahar@umpalopo.ac.id](mailto:irsankahar@umpalopo.ac.id), [ahmad@umpalopo.ac.id](mailto:ahmad@umpalopo.ac.id)**p-ISSN 2460-724X**  
**e-ISSN 2252-6773**

## INTRODUCTION

Indonesia is a country which become the center for the traditional martial arts of pencak silat. which is the main principle of the sport of pencak silat is self-defense and there is the value of attacking and defending (Triana et al., 2020). Pencak silat, a self-defense sport, is one of Indonesia's ancestral heritage which is widely spread throughout the archipelago (Jalill et al., 2022). The presence of pencak silat as a self-defense sport is quite old even before the independence of this nation, therefore we are the successors of this nation by preserving and spreading it throughout the world. This pencak silat sport is very popular with Indonesian people, children, teenagers, or adults (Purwantoga et al., 2022). In the current development of pencak silat, it tends to become an achievement sports with high competition, thus this sport is encouraging athletes to improve their abilities. For sports, achievement is more directed at competition which ends with "win or lose" for the participating parties. Therefore, training is very necessary in achieving achievement (Purwantoga et al., 2022b). In Indonesia, there are many outstanding sports, one them is pencak silat (Putra & Wijono, 2021). In order to win an achievement, a pencak silat athlete must go through stages by being responsible for practicing hard. Without a training process, athletes cannot develop their abilities properly to achieve their goals.

Currently, UNESCO has designated pencak silat as the world cultural heritage or the Intangible Culture Heritage of Humanity originating from Indonesia (Ministry of Foreign Affairs, 2019). Beside becoming the culture Indonesia, Pencak Silat is also a sport that has been long existed in Indonesia, it is an original Indonesian martial art that has been developed in society from generation to generation. Pencak silat is increasingly popular after being competed in various events, both national and international events (Utomo Prastyo Galih et al., 2022). The coaching process is systematic, planned, organized and continuous, which needs an evaluation because a field of work can be done well or badly if an evaluation has been carried out (Winata et al., 2015).

The current development of pencak silat is very likely to become an achievement sports with high competition, and is encouraging athletes to improve their abilities. For sports, achievement is more directed at competition which ends with "win or lose" for the participating parties. before doing the exercise, it is necessary in winning achievement. The development of pencak silat

also currently tends to become an achievement sport with a very high level of competition. So that it encourages athletes to always practice to improve their abilities in achievement sports activities and always contain an element of competition which ends with a "win/lose" assessment of the parties participating in the match. Athletes' achievements cannot be separated from the development of athletes' potential in a planned and tiered manner (Prastyo Galih et al., 2022). Indonesia is a country that is the center of traditional martial arts.

The achievements achieved by pencak silat athletes certainly cannot be separated from the influence or contribution of both internal and external factors. One of the external factors is social support, which is the support of parents and coaches. Previous research has shown that parental support can increase children's achievement motivation (Galugu & Baharudin, 2017). It appears that the role of the social environment has an influence on children's motivation to excel, so it is the same with pencak silat athletes. In addition, there is also research which discovered that one of the important factors is parents, because parents have a big role for the future of their children. Parents play a very important role in supporting their children's achievements, one of them is in the field of sports, especially female athletes (Purwantoga et al., 2022a). Based on the description above, it can be defined as an achievement that can develop and improve through a good coaching system, which is by carrying out coaching for sports achievements to the maximum in stages that can be sustainable, especially in Pencak silat (Atmanegara et al., 2019).

The purpose of this research is to conduct a survey with interviews of parents and coaches who have a big influence on the achievements of the Pencak Silat in Palopo City. This study aims to discover how the role of parents and coaches in fostering or supporting pencak silat athletes in Palopo City so that these athletes excel. Pencak silat is derived from two syllables, which are pencak and silat, Pencak is a martial sport related to applicable regulations, while silat is a martial arts sport that is perfectly rooted in safety, disaster, disease, robbers and all the gods and spirits that can harm society. Pencak silat also contains several aspects as one unit, which are mental spirituality, self-defense, sports and art.

## METHODS

This research is a qualitative descriptive research type, with a phenomenological approach

(Nugroho AM, 2020). In research that uses a qualitative approach, the instrument or tool in this research is the researcher himself (human instrument). can be equipped with understanding with a qualitative approach, mastery of interviews in the field to be researched, and readiness to enter the field (Paradiso & Wahyudi, 2021). The type of research used in this research is descriptive qualitative. Researchers want to know how the process of coaching the achievements of pencak silat athletes (Covid- & Branch, 2022).

Qualitative research is data collection in a natural setting with the intention of interpreting phenomena that can occur where the researcher is the key instrument, sampling data sources is carried out purposively (Ulpi et al., 2021). The research subjects were 6 informants, parents and trainers and a sibling with a total of 2 parents and 2 trainers and 2 siblings. The criteria are as follows. This research was conducted at the informant's house and in the multipurpose hall of MTsN Model Kota Palopo.

## RESULTS AND DISCUSSION

This is a descriptive qualitative research. Descriptive research is a research method that aims to explain or describe facts and systematically accurate about certain symptoms (phenomena) that are the center of attention of researchers (Paradiso & Wahyudi, 2021). This study used a phenomenological qualitative approach. Research methods The qualitative method was chosen because the researcher wanted to obtain in-depth data through the process as it happened in the field (Agustina et al., 2021). The aim of the research is to conduct a survey by interviewing parents and coaches who have a big influence on the achievements of the Pencak Silat College in the city of Palopo. In this study, the aim was to find out how the role of parents and coaches fostered or supported the Palopo City pencak silat athletes so that these athletes excelled. Pencak silat is derived from two syllables, namely pencak and silat, Pencak is a martial sport related to applicable regulations, while silat is a martial arts sport which is perfectly rooted in safety, disaster, disease, robbers and all the gods and spirits that can harm society. Pencak silat also contains several aspects as a togetherness, namely mental-spiritual, self-defense, sports and also the arts.

**Table 1** explains that we have to giveThe first is to provide direction and motivation to athletes so that they prepare themselves mentally in advance and support achievement, and provide facilitation such as the tools needed in the trai-

ning process in order to achieve the desired target as much as possible.

**Table 1.** Interview Results Informants Answers 1

Question	Trainer Informant Answer 1
What is your role in supporting the achievements of pencak silat for athletes?	The first is to provide direction and motivation to athletes so that they mentally prepare them to carry out the training system that is programmed
What things must be done to support the achievement of pencak silat in athletes?	What must be done in supporting the achievements of pencak silat athletes is to facilitate the tools needed in the training process in order to achieve the desired target as much as possible.
What things must be done to support the achievement of pencak silat in athletes?	Provide the highest motivation so that athletes can rush to practice even harder to get the achievements they want
What things do coaches need for athletes to excel?	What is needed to support athlete achievement is to provide facilities and infrastructure, so that they can practice better and more effectively
What are your obstacles in supporting athletes' achievements?	Namely the lack of funds in supporting and fostering in supporting the athlete's achievement process

**Table 2.** Explains that these conclusions require encouragement to be more active in training to achieve the desired goals of an athlete to be able to excel, and provide motivation so that athletes continue to rush to practice harder.

**Table 2.** Interview Results Informant Answers 2

Question	Trainer Informant Answer 2
What is your role in supporting the achievements of pencak silat for athletes?	Provide motivation for foresight on how you practice harder to achieve the desired goals such as getting scholarships and getting convenience in following selections at prestigious institutions.
What things must be done to support the achievement of pencak silat in athletes?	Give him the facilities he needs in the training process
What things do coaches need for athletes to excel?	The first step that must be considered is to provide good facilities, and to develop athletes as well as possible by

What are your obstacles in supporting athletes' achievements? Constraints that often occur are the lack of facilities and time

**Table 3.** Interview Results Informants Answers 3

Research questions	Parents informant answer 1
How do you support your child's achievement?	Provide motivation for foresight on how you practice harder to achieve the desired goals such as getting scholarships and getting convenience in following selections at prestigious institutions.
	In supporting and supporting my first child, namely supporting through prayer and giving encouragement to focus so that he can achieve further
How about when your child is constantly practicing while you want to need your child to help you at home while your child is practicing	Work must be postponed first and wait for the athlete to finish training

**Table 3** explains that in supporting and supporting the achievements of athletes, namely through prayer and giving encouragement to be more focused so that they can be enthusiastic in achieving

**Table 4.** Interview Results Informants Answers 4

Researcher Question	Parents informant's answer 2
How do you support your child's achievement?	The first one I will give full load in doing exercises and developing creativity but still emphasizing responsibility
How about when your child is constantly practicing while you want to need your child to help you at home while your child is practicing	I will wait for my child to finish training then ask to help with my work

**Table 4.** Explains that what is done early to support the athlete's achievement is to give full freedom in carrying out the training process in order to develop the athlete's skills in achieving the target to be targeted.

**Table 5.** Interview Results Informant Answers 5

Research questions	Athlete's informant's answer 1
How to support your brother in supporting your brother's training process	The first provides motivation for the future how you train harder to achieve the goals you want such as getting scholarships and getting convenience in participating in prestigious or military international selections.
What things do you do to support your brother so that he can excel	Provide facilities to facilitate the exercise you are involved in

**Table 5** explains that it provides motivation for the future how the athlete trains harder to achieve the desired goal

**Table 6.** Interview Results Informants Answers 6

Researcher's question	Athlete's friend informant's answer 2
How to support your brother in supporting your brother's training process	When he needs to be escorted to practice and accompany or whatever it is related to training so my brother can practice
What things do you do to support your brother so that he can excel	I will give him the facilities he needs to support his training to be even more active in the training process

**Table 6** explains that when the athlete needs, the things needed in the training process to support the athlete, I will be ready to give free time so that he can give what he needs to be even more active.

The current development of pencak silat is very likely to lead to sports achievements with high competence by encouraging athletes to increase their ability to excel in order to achieve an achievement. can develop abilities properly by achieving goals

The achievements achieved by pencak silat athletes certainly cannot be separate from the influence or contribution of both internal and external factors. One of the external factors that is thought to contribute is the support of parents and trainers. Intrinsic motivation is motives that are active or functioning so that there is no need for stimulation from the outside, because already within the individual there is an urge to do something.

Pencak silat, which is the main principle of the sport of pencak silat, is self-defense and in which there are values of attack and defense.

One of the factors in the achievement of pencak silat athletes is parental support, because parental support plays a very important role in supporting children's achievements in the sport of pencak silat. (Samantha & Almalik, 2019) Parents play an important role in the career development and achievement of athletes, and introduce pencak silat from an early age and provide support and motivation in the training phase and competition in the competition (Utomo Prastyo Galih et al., 2022).

## CONCLUSION

Providing motivation for the future how the athletes train harder to achieve the objectives of the results studied based on the role of parents and coaches in supporting the achievements of athletes who take part in pencak silat training so that they practice more actively in the training process, so that they can achieve superior results and they can be proud with the progress they want, in supporting the athlete's achievement, the athlete must lose a lot of time in the training process to achieve all the goals that can be achieved. Through the achievements that have been achieved by athletes that really need to be maintained and can be improved, it becomes a motivation so that they can be improved in participating in the upcoming championships that have been scheduled at the level every year. In this study, the role of parents in pencak silat athletes can be seen from parents who give encouragement, praise, facilities, and watch when children are competing, and pay attention to children when training and competing.

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