



ANALYSIS OF PSYCHOLOGICAL ASPECTS IN PENCAK SILAT ATHLETES OF THE CENTER FOR STUDENT SPORTS EDUCATION AND TRAINING (PPLP)

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Abstract

This research is faced with unknown problems regarding the psychological aspects of pencak silat athletes at the West Sumatra Student Sports Education and Training Center (PPLP). The purpose of this study is to find out how the psychological aspects, especially in the aspect of anxiety and motivation aspects in the athlete. This research is a descriptive quantitative research and this research is carried out through a survey method. Questionnaires or questionnaires are the data collection methods used. The population in this study amounted to 18 athletes consisting of 7 female athletes and 11 male athletes. The sampling method applied is the saturated sampling technique, which involves each member of the population as a sample. Percentage formulas and statistical descriptive analysis were used to process the data of this study. According to the findings of this study, the anxiety level in women's pencak silat athletes is mostly in the high category of 43% while men's pencak silat athletes mostly have a medium category of 45%. In terms of motivation, the motivation level in women's pencak silat athletes mostly has a very high category of 43%, while in men's pencak silat athletes, most of them have a medium and high category motivation level of 36% each. From the data, it is known that West Sumatra PPLP pencak silat athletes have moderate to high levels of anxiety but have a high level of motivation.

1. Introduction

In the world of sports, one of the sports developments can be seen from the achievements of the sport. One of them is an achievement sport is pencak silat. Pencak silat, which is an internationally recognized martial art and sport, is an important part of Indonesian culture. According to Mr. Wongsonegoro, the first chairman of the Indonesian Pencak Silat Association (IPSI) quoted by Sucipto (2001), pencak is defined as a series of attack and martial movements that are carried out with a certain rhythm and follow the rules of customary politeness, and are usually performed in public. Meanwhile, silat is the essence of pencak which involves intense fighting or self-defense skills, which are not suitable for general display. Finally, the founders of IPSI agreed not to distinguish between the meaning of pencak silat and pencak because the two terms have the same meaning. As a competitive sport, pencak silat requires athletes to have not only superior physical skills but also a strong psychological aspect.



Basically, sports psychology is a branch of psychology that is related to sports and includes things that affect athletes directly and things beyond the athlete's control that can affect how they perform (Effendi, 2016). At this time, many of the coaches are too focused on training the physical and technical aspects of the athletes so that they forget about the psychology and condition of the athletes (Liew et al., 2019). Another study also revealed that the psychological aspect contributes more than 50% to athletes' success in matches. In their study, Nopiyanto et al. (2021) found that motivation, self-confidence, anxiety control, mental preparation, and concentration are the most important and important psychological components to achieve athletes' best performance. In this study, based on the researcher's observations and interviews with coaches, it is not yet known what the psychological aspects of the West Sumatra PPLP pencak silat athletes are. Based on the results of observations and interviews with coaches, there are many psychological aspects that affect the athlete's performance so that athletes are disturbed to give good performance. Of the many aspects of the psychological aspect according to the analysis of the researcher, the researcher will focus on the aspects of anxiety and motivation.

In terms of anxiety, psychological symptoms related to negative emotions in a person. In line with the opinion of Jatra and Raibowo (2021), anxiety is described as a negative feeling characterized by tension, worry, and fear about things related to activities that generate arousal. So that anxiety makes them unconfident and affects the concentration of the athlete. Many athletes feel anxious before and during the game, but athletes also have their own ways of dealing with this feeling of anxiety.

In the context of motivation, there are two main categories based on the source, namely intrinsic motivation and extrinsic motivation (Supriyatno, 2015). Intrinsic motivation is motivation that starts from one's own will without any connection from outside oneself, unlike extrinsic motivation which is motivation that starts from outside oneself or because there is an influence from around the athlete's environment. According to Bahtra et al. (2023), Motivation is an internal drive in athletes that arouses enthusiasm or desire to achieve desired goals. In the context of sports, motivation is a psychological aspect that is very important for sports coaches, teachers, and coaches, because motivation plays a role as the basis for moving and directing a person's actions and behaviors in the world of sports (Muskanan, 2015). With motivation from within or from outside, it will be a reference for athletes to achieve what they want and it will affect the performance of athletes who will indirectly be determined to be better every day.

2. Materials and Methods

This type of research is a type of descriptive research and the research data here uses quantitative data that will be analyzed using statistical descriptive analysis with a percentage formula. The population in this study of pencak silat athletes from the West Sumatra Student Sports Education and Training Center (PPLP) was 18 athletes consisting of 7 female athletes and 11 male athletes. This sampling uses a saturated sampling technique, which means that every member of the population is taken as a sample. This method uses a survey method and the research instrument is a questionnaire measured on a Likert scale. The instruments in this study used the usual research instruments and the categorization of the variables of this study used mean and standard deviation. According to Azwar (2012) the norm reference assessment (PAN) is used to determine the score criteria.

3. Results

a. Anxiety Level

Based on the data that has been analyzed, it is known that the level of anxiety in women's pencak silat athletes is in the very low category as much as 14%, in the low category there is 14%. While in the medium category as many as 29% and as many as 43% are in the high category while the very high category is 0%. According to the available data, most athletes have high levels of anxiety. Here is the table and histogram.

Table 1. Anxiety level of women's pencak silat athletes

No.	Categori	Frekuensi	Percentase
1	Very Low	1	14%
2	Low	1	14%
3	Keep	2	29%
4	Tall	3	43%
5	Very Tall	0	0%

Tabel 2. Tingkat kecemasan atlet pencak silat putra

No.	Categori	Frekuensi	Percentase
1	Very Low	0	0%
2	Low	3	27%
3	Keep	5	45%
4	Tall	2	18%
5	Very Tall	1	9%

Meanwhile, based on data on men's pencak silat athletes who have been analyzed, it is known that 0% of the anxiety level is in the very low category. The anxiety level in the low category is 27%, 45% is in the medium category while in the high category 18% and the rest are in the very high category 9%. From the available data, it can be seen that athletes who have a level of anxiety in the medium category dominate. The following can be seen in this table and histogram.

b. Motivation Level

The results of the data on the motivation level of women's pencak silat athletes are known to be 28% while in the low category there are 0%, in the medium category there are 14% and in the high category as much as 14% while in the very high category as much as 43%. From the available data, it can be seen that the dominating female athletes have a very high category. The clarity of the data can be seen in the following table and histogram:

Table 4. Motivation level of female pencak silat athletes

No.	Categori	Frekuensi	Presentasi
1	Very Low	2	28%
2	Low	0	0%
3	Keep	1	14%
4	Tall	1	14%
5	Very Tall	3	43%

Meanwhile, in male athletes, the existing data can be seen that the motivation level of athletes in the very low category is 18%, in the low category as much as 9%. In the medium and high categories, 36% and in the high category were 0%, respectively. According to the available data, it can be seen that most of the athletes' motivation levels are in the medium and high categories. Data clarity can be seen in the following table and histogram:

Table 5. Motivation level of men's pencak silat athletes

No.	Kategori	Frekuensi	Presentasi
1	Very Low	2	18%
2	Low	1	9%
3	Keep	4	36%
4	Tall	4	36%
5	Very Tall	0	0%

In accordance with this study, it aims to understand the psychological aspects of pencak silat athletes at the West Sumatra Student Sports Education and Training Center (PPLP), with a focus on anxiety and motivation. The psychological aspect is important in pencak silat, especially during matches. Athlete psychology can affect performance, and high anxiety can interfere with performance. Therefore, good anxiety control and motivation are needed. Athletes often feel anxious before a match, characterized by feelings of fear and negative thoughts that can affect their performance. Anxiety in female athletes is associated with match pressure and high expectations. According to Widya et al. (2020) One of the factors that affect athletes in matches is the feelings of anxiety they experience before the match. This feeling of anxiety is felt by athletes when they enter the match, especially in the competition category, where they will become more anxious when facing their opponents. Male athletes, while also dealing with anxiety, tend to have better control. Intrinsic motivation is also extrinsic and plays an important role in encouraging athlete performance. Komarudin (2015) stated that achievement motivation encourages athletes to achieve the best results. Intrinsic motivation, according to Muskanan (2015) makes athletes train and compete for self-satisfaction, not rewards. Male athletes are more influenced by family support and experience. According to Farkhan Tri Negoro (2023), increased motivation, achievement, and experience can reduce anxiety.

4. Discussion

Based on the findings of this study, it is known that the anxiety level of West Sumatra PPLP pencak silat athletes shows a different tendency between female and male athletes. Most female athletes experienced a relatively high level of anxiety with a percentage of 43%, while male athletes were dominated by moderate anxiety levels with a percentage of 45%. These findings suggest that female athletes tend to be more susceptible to psychological distress before or during competition compared to male athletes. Anxiety in the context of competitive sports is common, but if not managed properly, it can negatively impact athletes' performance. According to Martens et al. (1990), anxiety consists of two main components, namely somatic (physical) anxiety and cognitive anxiety (mind), both of which can affect an athlete's ability to make decisions and respond to match situations. However, the results of this study also show that the level of motivation of athletes remains in the high category. Female athletes actually have a very high level of motivation with a percentage of 43%, while male athletes are mostly in the medium and high categories, at 36% respectively. This shows that despite facing pressure and anxiety, athletes still have a strong drive to excel.

High motivation can act as a protective factor against the negative impact of anxiety. As stated by Deci & Ryan (2000) in the theory of intrinsic motivation, highly motivated individuals tend to be able to persevere and stay focused on goals despite facing psychological obstacles. In other words, motivation can be an important key to maintaining performance and training commitment, even when athletes are in a less-than-ideal emotional state. These results provide an idea that coaches, sports psychologists, and coaches at PPLP West Sumatra need to pay special attention to anxiety management, especially in female athletes, while maintaining and strengthening their already high motivation. Approaches such as mental training, relaxation techniques, and psychological counseling can be effective strategies to balance the psychological state of athletes.

In addition, the high level of motivation possessed by athletes, both men and women, is an important capital that needs to be maintained and improved. Coaches can continue to motivate athletes through an award-based approach, social support, and the creation of a competitive yet healthy training atmosphere. Providing clear and measurable training goals can also strengthen the athlete's intrinsic motivation. It is also important to conduct regular psychological evaluations to monitor changes in the mental state of athletes over time, as well as to adjust to a more individualized and holistic approach to training. With the synergy between physical readiness and mental stability, athletes are expected to be able to achieve peak performance and achieve higher achievements in various competitions.

5. Conclusion

Based on the findings of this study, it can be concluded that the anxiety level of PPLP women's pencak silat athletes is mostly in the high category with a percentage of 43%, while the anxiety level of male athletes dominates in the medium category with a percentage of 45%. As for the level of motivation, female athletes are mostly very highly motivated with a percentage of 43%, and male athletes are mostly motivated in the medium and high categories, the same at 36%. This study shows that despite the high level of anxiety, the motivation of West Sumatra PPLP pencak silat athletes remains high, which can be a driving factor for them to achieve better results.

Declaration of Competing Interest

There is no conflict of interest in the implementation of this research

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