

Improving Learning Results for Pencak Silat "T" Kicks Using Peking Ped Tools at MTs Al Khairiyah Koja

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Abstract

The research conducted in MTs AL Khairiyah Koja class VII B. This demand is directly related to the increase pencak silat. The fact shows the completeness of the learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta in the initial conditions to cycle I experienced an increase of 38.71% rounded up to 39%. The complete learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta from cycle I to cycle II experienced an increase of 12.91% rounded up to 13%. The complete learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta in the initial conditions to cycle II experienced an increase of 51.62% rounded up to 52%. Based on the phenomenon of students' ability to perform T kicks and alternative descriptions that can anticipate the above phenomena, to get an accurate and focused picture of the problems above, it is necessary to conduct a more in-depth research on this issue.

Keywords: Kick T, Peking ped, Pencak silat.

1 INTRODUCTION

Education is a fundamental instrument for advancing society and its citizens. Education functions to shape dignified national character and civilization in the context of educating the nation's life, aims to develop students to become human beings who believe and fear the Almighty God, have noble character, are healthy, knowledgeable, capable and creative and independent, and become citizens. democratic and responsible.

Physical education is essentially an educational process that utilizes physical activity to produce holistic changes to individual qualities, both physically, mentally and emotionally (Erfayliana, 2017; Taufan et al., 2018; Saleh & Malinta, 2020). Physical education treats children as a unified whole, a total being, rather than just considering them as someone whose physical and mental qualities are separate (Mahendra, 2009).

Thus, to achieve good and maximum performance, it must be supported by planned and maximum coaching as well. One of the many sports achievements is Pencak Silat. Pencak silat is an Indonesian martial art that has been passed down from generation to generation (Ilham, Musa, & Amin, 2023; Fajarudin, 2023). As with other sports achievements, the sport of pencak silat requires coaching to acquire and develop the talents and achievements of athletes and prospective athletes with the aim of getting maximum satisfactory results (Ramadhani et al., 2022; Roiyanto & Mahardika, 2021).

Pencak silat is one of the sports that has often made Indonesia proud in international sports arenas such as the Sea Games, Asian Games, World Championships and other international championships (Azhari, Fajriudin, & Mardiana, 2018).

To elevate the sport of pencak silat to a higher level recently, Persilat, which is the main organization of the World Pencak Silat, is working on making Pencak Silat able to

participate in other, more prestigious Championships, namely the Olympics. This is a positive impetus for the sport of Indonesian Pencak Silat. This can be seen by the growth and development of pencak silat athletes in Indonesia.

Kicks are attack techniques and tactics that are carried out using the legs and feet as an attacking component (Wardoyo & Fitranto, 2021; Lamusu & Lamusu, 2021). An attack using the feet that aims to hit or drop the opponent in order to gain points in a martial arts match (Adeyansyah, Bachtiar, & Saleh, 2022)

The real conditions in the field show that modifications to learning aids are rarely carried out by teachers when carrying out learning (Cakrawijaya, 2021). This is caused by several things, including physical education learning that tends to be traditional, the learning model is still teacher-centered (Raif, Nugraheningsih, & Iwandana, 2023).

MTs AL Khairiyah Koja as a formal educational institution, through coaching programs and learning activities in Physical Education, Sports and Health (Penjasorkes) subjects, is expected to be able to form quality and competitive students in line with the demands of the content line of the Physical Education subject curriculum, especially in martial arts material. This demand is directly related to the increase in student competence in various sports achievements, especially the sport of pencak silat. However, the reality is not like that. This happened in class VII B and it was known that after initial observations or initial tests regarding students' ability to perform T kicks showed that the ability to perform T kicks was still relatively low.

2 RESEARCH METHODS

This study used a classroom action research method consisting of two cycles. The first cycle was conducted in two meetings, and the second cycle was carried out in two meetings. Until the second cycle.

Research starts from problem collection and the teacher makes a plan that is arranged according to the needs of the research and after completion of the implementation the teacher observes and compiles the results of observations until the next cycle.

This study has 2 (two) variables, namely pencak silat kicks as the independent variable, while the use of assistive media using Pacing Ped is the dependent variable. This classroom action research will be carried out in the field of MTs Al Khairiyah Koja, North Jakarta. The implementation of the research will be carried out in May at the end of the 2022-2023 academic year and will be held in four meetings in 2 (two) cycles.

3 RESULT AND DISCUSSION

Based on the results of initial observations on class VII B students at MTs Alkhairiyah Koja, when the action had not been implemented, in the sense that they had not implemented the learning of T-kick martial arts using the Pacing Ped tool, the results obtained were not as expected. This is because the students' interest in doing the T kick movement is still minimal (from observations and interviews), please see Table 1.

Table 1. Initial conditions of mastery of learning outcomes

Interval	Description	Criteria	Frequency	%
≥80	Very Well	Complete	5	16.12
75-79	Good	Not Complete	6	19.35
70-74	Enough	Complete	0	0.00
65-69	Not Enough	Complete	12	38.71
≤64	Less	Not Complete	8	25.81
Total			31	100

Based on the table, it shows that, in the initial conditions of completeness, the learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta Academic Year 2022-2023 with an excellent category (complete) of 5 people (16.00%), good category (complete) as many as 6 people (19.35%).

Based on the results of the pencak silat T-kick test using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta for the 2022/2023 academic year, the researcher then plans action 1, which includes the following activities.

The first, the researcher designed a form of learning to improve the learning outcomes of pencak silat T-kick by using the Peking Ped tool. The steps taken are as follows: (a) The researcher explains the learning of pencak silat T-kick using the Peking Ped tool, (b) Researchers give examples of pencak silat T-kick movements with the Peking Ped tool, (c) Researchers and students reflect on the learning process carried out.

The second, the researcher compiled a lesson plan and learning material for pencak silat T-kick with the Peking Ped tool according to the material in cycle I.

3.1 Cycle I

Based on the results of the assessment and study so that students are able to carry out and improve the learning outcomes of the Pencak Silat T-kick using the peking ped listen correctly and in line with expectations, in this study 2 cycles of 4 meetings were arranged with the following results:

3.1.1 Level of Action Implementation 1

After the preliminary studies that have been carried out, it is obtained data on the ability of students in learning Pencak Silat T-kick using Peking Ped is still not optimal. Research makes learning scenarios improve learning outcomes Kick T with the Peking Ped tool. Learning scenarios are structured and designed for two meetings with a time allocation for each meeting of 2 lesson hours x 40 minutes. The time for learning is Saturday, May 6, 2023 and May 13, 2023.

The assessment technique used is an observational test in the form of practice. Researchers position themselves as observers who observe the course of implementation guided by the Pencak Silat skills learning guide.

The implementation of PTK learning the T-kick of pencak silat with Peking Ped tools includes: (1) planning, (2) implementation of actions, (3) observation and interpretation and (4) analysis and reflection.

In cycle I, they were given the learning of the T kick of pencak silat with the Peking Ped tool given two (2) times a week for two weeks.

3.1.2 Action Implementation Level 1

The implementation of learning the T Kick of pencak silat with the Peking Ped tool is as follows: this learning is carried out in pairs. One of the students holds the Peking Ped with both hands in front of the chest. Furthermore, the other student did a T-kick which was directed at Peking Ped which was held by his partner. This learning is carried out alternately according to a predetermined time.

3.1.3 Observation

After being given action in cycle I, then a Pencak Silat T Kick test is carried out to determine the completeness of learning outcomes. The completeness of learning outcomes of pencak silat T-kick from initial conditions to cycle I of class VII B MTs Alkhairiyah Koja North Jakarta for the 2022/2023 academic year is presented in Table 2.

Based on the table, it shows that, in the initial conditions of completeness, the learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta Academic Year 2022-2023 with an excellent category

(complete) of 5 people (16.00%), good category (complete) as many as 6 people (19.35%).

Table 2 . Completeness of Learning Outcomes Cycle I

Interval	Description	Criteria	Frequency	%
≥80	Very Well	Compleat	9	29.03
75-79	Good	Compleat	14	45.16
70-74	Enough	Compleat	0	0.00
65-69	Not Enouhg	Compleat	5	16.13
≤64	Less	Not Compleat	3	9.68
			31	100

3.2 Cycle II

At this planning stage, continuing from cycle I, where data was obtained on Efforts to Improve Learning Outcomes of Kick T Pencak Silat using the Peking Pad tool, there has been an increase. The learning scenario is the same as before which was prepared and designed for two meetings with a time allocation for each meeting of two learning hours of 2 x 40 minutes. The time for carrying out the Learning is Saturday, May 20, 2023. And May 27, 2023

PTK learning the T-kick of pencak silat with the Peking Ped tool in cycle II includes: (1) planning, (2) implementing actions, (3) observation and (4) analysis and reflection.

Based on the results of the pencak silat T-kick test and the learning completeness score in cycle I, the researcher then plans action 2, which includes the following activities:

The researcher designed a form of T-kick learning with more interesting tools with the following steps: (1) The researcher explains the learning of pencak silat T-kick with the tools that will be given in cycle II, namely with the Peking Ped tool and provides an explanation of the intent and purpose; (2) Researchers and students reflect on the learning process carried out.

The researcher compiled a Learning Implementation Plan (RPP) for learning material for pencak silat T-kick with the Peking Ped tool according to the material in cycle II.

Implementation of action 2 is given one (1) time a week for two weeks. In cycle II, they were taught pencak silat T kicks using the Peking Ped tool.

Cycle II was given because in cycle I the results did not match the targets that had been set. Cycle II is given with the aim that the learning results of the pencak silat T kick are better and the completeness of the learning results increases to the maximum. The implementation of the pencak silat T kick learning in cycle II is as follows: this learning is carried out in pairs. One of the students holds the Peking Pad with both hands in front of his chest. Next, the other student performs a T kick aimed at the Peking Pad held by his partner. This learning is carried out alternately according to the specified time.

3.2.1 Observation

After being given the action in cycle II, then a T kick test was carried out to determine the completeness of the learning outcomes. The results of the learning mastery test for pencak silat T-kick from cycle I to cycle II are presented in Table 3.

Table 3. Mastery of Learning Outcomes from Cycle I to Cycle II

Interval	Description	Precycle	Cycle I	Cycle II
≥80	Very Well	16.00%	29.03%	58.06%
75-79	Good	19.35%	45.16%	29.03%
70-74	Enough	0.00%	0.00%	0.00%
65-69	Not Enough	38.71%	16.13%	12.90%
≤64	Less	25.81%	9.68%	0.00%
Total			31	100%

In the following, Figure 1 show the completeness of the learning outcomes of Kick T Pencak Silat is presented using the Peking Ped tool for class VII B MTs alkhairiyah Koja North Jakarta for the 2022-2023 academic year in the initial conditions, after cycle I and after cycle II.

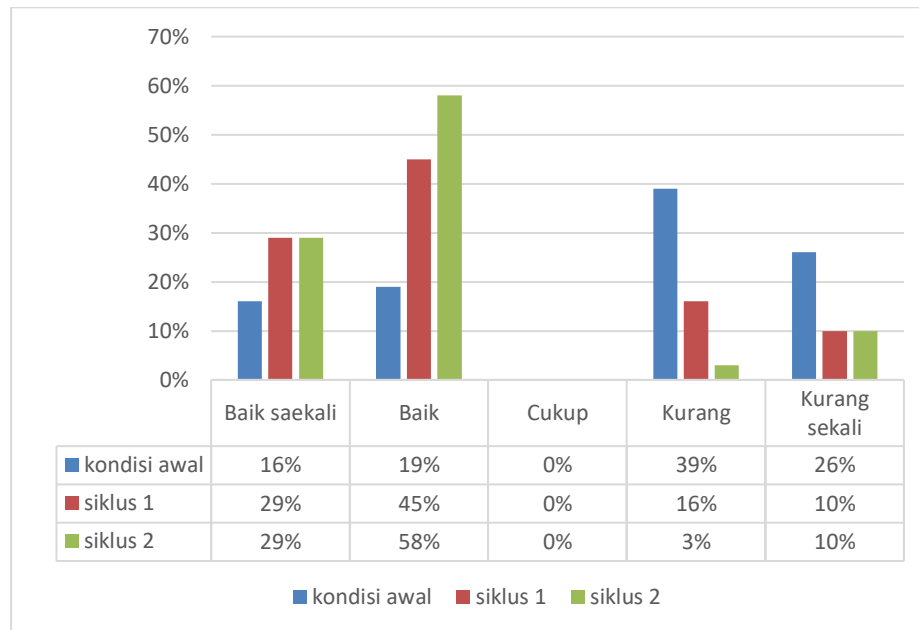


Figure 1. The Completeness of Kick T Learning Outcomes Pencak Silat from Cycle I to Cycle II

Based on the completeness data of learning outcomes of Pencak Silat T Kick using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta Academic Year 2022-2023 in the initial conditions, after cycle 1 and after cycle 2 it shows that, learning Pencak Silat T kick using tools Peking Ped improves learning outcomes of Pencak Silat T-kick. This is because the use of the Peking Ped tool in learning Kick T Pencak Silat can foster a sense of fun and increase student learning motivation. Students understand more concretely the subject matter they receive, namely, doing a T-kick that must be worn on a peking ped. With the Peking Ped tool, students are more enthusiastic about doing T kicks repeatedly, which will increase the results of learning Pencak Silat T kicks.

4 CONCLUSION

Based on the results of the analysis and discussion of the data, the authors draw conclusions that can be drawn from research regarding Efforts to Improve Learning Outcomes of Kick T Pencak Silat Using the Peking Ped Tool for Class VII B MTs Alkhairiyah Koja North Jakarta for the Academic Year 2022-2023 as follows: (a) The complete learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta in the initial conditions to cycle 1 experienced an increase of 38.71% rounded up to 39%; (b) The complete learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta from cycle 1 to cycle 2 experienced an increase of 12.91% rounded up to 13%; (c) The complete learning outcomes of Kick T Pencak Silat using the Peking Ped tool for class VII B MTs Alkhairiyah Koja North Jakarta in the initial conditions to cycle 2 experienced an increase of 51.62% rounded up to 52%.

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