



## Analysis Of The Level Of Basic Pencak Silat Skills Of Athletes Of The Satria Ash-Syuhada College In Deli Serdang District

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**Abstract:** This study aims to determine the level of basic skills of pencak silat athletes at the As-Syuhada Satria College of Deli Serdang. This research is a descriptive study characterized by the absence of a hypothesis and the data obtained will be presented. The method used is a survey method with test and measurement techniques that aim to find out empirical data on the basic skill level of pencak silat at the Satria Asy-Syuhada Deli Serdang College. Based on the results of the research and discussion that 1 athlete falls into the less category (6.25%) and 15 athletes fall into the very poor category (93.75%), it can be concluded that the basic skill level of pencak silat athletes participating in the Satria Pencak Silat college Asy-Syuhada Deli Serdang is included in the very less category

**Keywords:** Basic Skills; Pencak Silat; Athletes

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### INTRODUCTION

Self-defense is a human self-defense system that has existed since ancient times (Harahap & Sinulingga, 2021). Humans in prehistoric times had to defend their survival by fighting wild animals and hunting, which eventually led humans to develop martial arts. Pencak Silat is one of the many types of martial arts in the world (Muslim et al., 2020). Pencak silat, which emphasizes self-defense, has actually existed since ancient times because in order to defend their lives, humans had to fight, both humans against humans and against wild animals. At that time, people who were strong and good at fighting got a good position in society so that they could become tribal chiefs or kings. Over time, the science of fighting became more organized so that a martial art called pencak silat emerged (Akbar & Rizki, 2021). Pencak silat is one of the cultures of the Indonesian nation that has developed from the era of the Srivijaya kingdom to the modern era today (Yuliana & Wahyudi, 2022). Pencak silat is used to defend oneself and maintain its existence and integrity. The role of pencak silat self-defense is also important to maintain life from actions or behavior that are not pleasing to other humans (Wicaksana & Wahyudi, 2021). Self-defense is a human self-defense system that has existed since ancient times. Humans in prehistoric times had to defend their survival by fighting wild animals and hunting which eventually led humans to develop martial arts (Yakin & Hasibuan, 2021). The development of pencak silat in Indonesia cannot be

separated from the hands of warriors who are members of pencak (Khasanah et al., 2022) silat until the formation of the parent organization of pencak silat, namely IPSI (Indonesian Pencak Silat Association) (Wahyudi, 2021). IPSI was founded by Mr. Wongsonegoro on May 18, 1948 in Surakarta. At that time Mr. Wongsonegoro was serving as chairman of the Cultural Center. In Indonesia, pencak silat has been recognized in various countries such as Brunei, Thailand, Vietnam, Malaysia and other Asian countries. Pencak silat has also been recognized by UNESCO (The United Nations Educational, Scientific and Cultural Organization) as an intangible cultural heritage at the 14th session held in Bogota, Colombia (Muhammad, 2021).

The development of pencak silat has spread to regions in Indonesia, especially North Sumatra (Kumaidah, 2012). North Sumatra itself has won many medals in several prestigious events in Indonesia, even North Sumatran athletes have also participated in world championships such as the Singapore, Thailand, India, and Malaysia open tournaments. Pencak silat has 2 types of categories that are competed in, namely the art category and the match category. The match category is a category that shows 2 martial artists in different teams. This match category shows techniques in pencak silat, martial artists are allowed to hit the opponent's body according to the predetermined target. From the opinion above, it can be concluded that during the match, the match category is the one that often uses techniques in pencak silat (Susanto & Lesmana, 2020).

Pencak silat has several techniques, namely punching, kicking, blocking, dodging, falling, and sweeping techniques (Prayogo et al., 2021). However, one technique that is often used during matches is the kicking technique. Researchers analyzed the video of the pencak silat match category held at PON XX Paupa 2021 which competed in the men's F class, namely Iqbal Candra (East Kalimantan) vs. M. Syafii Nurhikmah (West Java) in the final round. In the match, the kicking technique was shown 33 times, the punching technique 14 times and the throwing/falling technique 7 times. In another video showing the final of the women's D class PON Papua Pipit Kamelia (DKI Jakarta) vs. Ifon (Papua) in the match, the kicking technique was shown 54 times, the punching technique 30 times and the throwing technique 3 times (Wardoyo & Ali, 2022). Pencak silat, as one of the martial arts, is one of the pencak silat schools in North Sumatra, especially at the Satria As-Syuhada Deli Serdang School. As a pencak silat school, pencak silat training is held outside of teaching and learning activities at school. In the training process and its relation to the training program, ideally the trainer knows the skill level of his athletes in order to compile the training program that will be implemented. However, in reality the trainer does not have data on the level of basic technical skills of the athletes because the trainer does not know about the good and correct pencak silat skill test. This results in the trainer not being able to compile a training program, even though the skill level of the athletes is very important for the trainer to compile a training program that is in accordance with the abilities of the athletes. This makes the trainer only spontaneously provide material for each training menu.

Another problem that arises is that the Pencak Silat school trainers at the Satria As-Syuhada Deli Serdang School do not conduct evaluations at certain periods. In fact, evaluation is very important to be carried out in order to achieve predetermined goals. Evaluation is a systematic process to determine or make decisions, to what extent goals or programs have been achieved.

Evaluation is very important, the purpose of which is to provide information about the performance of educational products. Pencak Silat School is one of the sports education products outside of school, improving athlete skills is one indicator of athlete development. Trainers also have the responsibility to report the results of Pencak Silat

School activities to the Indonesian Pencak Silat Association (IPSI) of Deli Serdang Regency. The results and processes of Pencak Silat School activities are assessed qualitatively and reported to the leadership of IPSI and other stakeholders by the person in charge of the activity.

Another problem that the author found was that the Pencak Silat school at the Satria As-Syuhada Deli Serdang School was carried out once a week, while the ideal training frequency is 2-3 times a week. The recommended training frequency is 2-4 times a week. The existing facilities and infrastructure, according to the author, are inadequate, including 1 punching box and one pair of body protectors. The selection of the Satria As-Syuhada Deli Serdang School as a research location is an effort and attempt to develop the coaching process of pencak silat schools in Deli Serdang Regency.

## **METHOD**

This research is a descriptive study with the characteristics of no hypothesis and the data obtained will be presented (Hermawan, 2019). The method used is a survey method with test and measurement techniques which aim to determine empirical data on the level of basic pencak silat skills at the Satria Asy-Syuhada Deli Serdang School.

The instrument is a data collection tool (Nasrudin, 2019). This study uses an instrument compiled by Drs. Agung Nugroho, AM., M. Si. entitled "Pencak Silat Skills Test for FIK UNY Athletes". In fact, the test is intended for athletes. However, considering that the research subjects are athletes who have a similar age range and physical conditions to athletes, this test was taken as an instrument in data collection. However, because the research subjects are not the same as the subjects intended in the instrument, a trial was carried out. The instrument was tested on 11 athletes participating in the Al-Hikmah Deli Serdang Silat School. Data collection in this study used a survey method with test and measurement techniques. The method used is a survey research method with a basic pencak silat skills test consisting of 4 test items, namely; Straight kick skills with a punching bag which in its implementation is preceded by a sideways dodge to the left/right, the measurement unit is the number of straight kicks within 20 seconds. Side kick (T) skills with a punching bag which in its implementation is preceded by a sideways dodge to the left/right. The measurement unit is the number of T kicks within 20 seconds. Bow/sickle kick skills with a punching bag target which in its implementation is preceded by a sideways dodge to the left/right. The measurement unit is the number of sickle kicks within 20 seconds. Punching skills with a clenched fist with a punching bag target which in its implementation is preceded by a forward kick technique before hitting the punching bag. The measurement unit is the number of clenched fist punches within 20 seconds. The data analysis technique in this study uses the descriptive percentage analysis method, namely data processing as proposed by Sudjana (2001: 129) by dividing the frequency by the total number of respondents multiplied by 100 percent.

The collected data was analyzed and then categorized into 5 categories, namely very good, good, moderate, lacking, and very lacking by referring to the t-score value presented in the following table:

Table 1. T-Score of Pencak Silat Skills Test

| No. | Skore T | T Kick | Straight Kick | Crescent Kick | Punch |
|-----|---------|--------|---------------|---------------|-------|
| 1.  | 65      | 11     | 12            | 12            | 40-41 |
| 2.  | 64      | 10     | -             | -             | 38-39 |
| 3.  | 58-63   | -      | -             | -             | 37    |
| 4.  | 57      | -      | -             | -             | 36    |
| 5.  | 56      | -      | -             | -             | 35    |
| 6.  | 55      | -      | -             | -             | 34    |
| 7.  | 54      | 9      | -             | -             | 33    |
| 8.  | 52-53   | -      | -             | -             | -     |
| 9.  | 51      | -      | -             | -             | 32    |
| 10. | 50      | -      | 11            | -             | 30-31 |
| 11. | 49      | -      | 10            | -             | 28-29 |
| 12. | 47-48   | -      | -             | -             | -     |
| 13. | 46      | -      | -             | 10-11         | -     |
| 14. | 41-45   | -      | -             | -             | -     |
| 15. | 40      | -      | -             | -             | 26-27 |
| 16. | 39      | -      | -             | -             | 23-25 |
| 17. | 38      | -      | -             | 9             | -     |
| 18. | 37      | -      | 9             | 8             | -     |
| 19. | 36      | -      | 8             | -             | -     |
| 20. | 35      | 7-8    | -             | -             | -     |
| 21. | 34      | -      | -             | 7             | 22    |
| 22. | 33      | -      | -             | 6             | 21    |
| 23. | 32      | -      | 7             | -             | 20    |
| 24. | 30-31   | -      | -             | -             | -     |
| 25. | 29      | 6      | -             | -             | -     |
| 26. | 17-28   | -      | -             | -             | -     |

After the four test items are completed, the results will be obtained. The results of each test item are converted into a t-score value, then added up and the final value is obtained to determine the skill category by referring to the following standard test scores:

Table 2. Standard Test Scores

| Standard Score | Category  | Mark |
|----------------|-----------|------|
| 278            | Very Good | A    |
| 245-277        | Good      | B    |
| 212-244        | Average   | C    |
| 179-211        | Poor      | D    |
| 178            | Very Poor | E    |

## RESULT AND DISCUSSION

### Result

The subjects in this study were 16 athletes participating in the pencak silat school. The research variable is the level of basic pencak silat skills of athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school. The data obtained from the test were used to categorize into five categories, namely very good, good, sufficient, lacking

and very lacking. The categories were obtained from the summation of data from all test items that had previously been converted into t-score values. The results of the tests that have been carried out in accordance with the provisions of each test item are as follows:

#### Level of Crescent Kick Skills

The results of the analysis of the crescent kick skill test carried out by athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school showed that the highest data was 10 and the lowest was 6. The collected data was converted into t-score values which can be seen in the following table:

Table 3. Crescent Kick Test Results

| No. | Acquisition | t-score |
|-----|-------------|---------|
| 1   | 8           | 37      |
| 2   | 10          | 46      |
| 3   | 10          | 46      |
| 4   | 10          | 46      |
| 5   | 8           | 37      |
| 6   | 9           | 38      |
| 7   | 8           | 37      |
| 8   | 7           | 34      |
| 9   | 9           | 38      |
| 10  | 8           | 37      |
| 11  | 8           | 37      |
| 12  | 6           | 33      |
| 13  | 8           | 37      |
| 14  | 6           | 33      |
| 15  | 9           | 38      |
| 16  | 8           | 37      |

#### Straight Kick Skill Level

The results of the straight kick skill test analysis conducted by athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school obtained the highest data of 10 and the lowest was 7. The collected data were converted into t-score values which can be seen in the following table:

Table 4. Straight Kick Test Results

| No. | Acquisition | t-score |
|-----|-------------|---------|
| 1   | 8           | 36      |
| 2   | 8           | 36      |
| 3   | 9           | 37      |
| 4   | 8           | 36      |
| 5   | 7           | 32      |
| 6   | 8           | 36      |
| 7   | 9           | 37      |
| 8   | 7           | 32      |
| 9   | 9           | 37      |
| 10  | 10          | 49      |
| 11  | 9           | 37      |
| 12  | 7           | 32      |
| 13  | 9           | 37      |
| 14  | 8           | 36      |
| 15  | 9           | 37      |
| 16  | 8           | 36      |

### Side Kick Skill Level

The following are the results of the side kick skill test conducted by athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school. The collected data was converted into a t-score value which can be seen in the following table:

Table 5. Side Kick Skills Test Results

| No. | Acquisition | t-score |
|-----|-------------|---------|
| 1   | 9           | 54      |
| 2   | 9           | 54      |
| 3   | 8           | 35      |
| 4   | 8           | 35      |
| 5   | 7           | 35      |
| 6   | 8           | 35      |
| 7   | 9           | 54      |
| 8   | 6           | 29      |
| 9   | 8           | 35      |
| 10  | 8           | 35      |
| 11  | 9           | 54      |
| 12  | 7           | 35      |
| 13  | 7           | 35      |
| 14  | 8           | 35      |
| 15  | 9           | 54      |
| 16  | 8           | 35      |

### Punch Coordination Level

The following are the results of the punch coordination test analysis conducted by athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school. The collected data was converted into a t-score value which can be seen in the following table:

Table 6. Punch Coordination Test Results

| No. | Acquisition | t-score |
|-----|-------------|---------|
| 1   | 25          | 39      |
| 2   | 24          | 39      |
| 3   | 26          | 40      |
| 4   | 28          | 49      |
| 5   | 26          | 40      |
| 6   | 30          | 50      |
| 7   | 30          | 50      |
| 8   | 28          | 49      |
| 9   | 28          | 49      |
| 10  | 24          | 39      |
| 11  | 28          | 49      |
| 12  | 28          | 49      |
| 13  | 22          | 34      |
| 14  | 30          | 50      |
| 15  | 38          | 64      |
| 16  | 41          | 65      |

The result data from each test item that has been converted into a TSCORE value is added up to determine the athlete's skill level category. The results can be seen in the following table.:

**Table 7. Pencak Silat Basic Skills Test Results**

| No. | Test 1 | Test 2 | Test 3 | Test 4 | Amount | Value |
|-----|--------|--------|--------|--------|--------|-------|
| 1   | 37     | 36     | 54     | 39     | 166    | E     |
| 2   | 46     | 36     | 54     | 39     | 175    | E     |
| 3   | 46     | 37     | 35     | 40     | 158    | E     |
| 4   | 46     | 36     | 35     | 49     | 166    | E     |
| 5   | 37     | 32     | 35     | 40     | 144    | E     |
| 6   | 38     | 36     | 35     | 50     | 159    | E     |
| 7   | 37     | 37     | 54     | 50     | 178    | E     |
| 8   | 34     | 32     | 29     | 49     | 144    | E     |
| 9   | 38     | 37     | 35     | 49     | 159    | E     |
| 10  | 37     | 49     | 35     | 39     | 160    | E     |
| 11  | 37     | 37     | 54     | 49     | 177    | E     |
| 12  | 33     | 32     | 35     | 49     | 149    | E     |
| 13  | 37     | 37     | 35     | 34     | 143    | E     |
| 14  | 33     | 36     | 35     | 50     | 154    | E     |
| 15  | 38     | 37     | 54     | 64     | 193    | D     |
| 16  | 37     | 36     | 35     | 65     | 173    | E     |

The results of the study as presented in the table show that the level of basic pencak silat skills of athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school is 0 athletes (0%) in the very good category, 0 athletes (0%) in the good category, 0 athletes (0%) in the moderate category, 1 athlete (6.25%) in the less category, and 15 athletes (93.75%) in the very less category. So that overall the level of basic pencak silat skills of athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school is included in the very less category with the highest frequency of 15 athletes (93.75%).

**Discussion**

The results of the study as described above show that overall the basic skill level of pencak silat athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school is 0 athletes (0%) in the very good category, 0 athletes (0%) in the good category, 0 athletes (0%) in the moderate category, 1 athlete (6.25%) in the poor category, and 15 athletes (93.75%) in the very poor category. The results obtained can be caused by several factors, including showing that the basic skill level of pencak silat athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school is very poor. This is indicated by the condition of the athletes on the field. In general, athletes are still not fast enough in making movements and are often not on target. The lack of achievements proves that the basic skill level of pencak silat will affect the match. If athletes have good skills, it will be easy for them to perform pencak silat techniques. Skills are the ability to operate work more easily and precisely. Factors that affect the basic skill level of athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school include the following; The coach's job is to deliver training materials according to the athlete's

abilities and to be responsible for the entire training process. The coach must know the principles and factors of training, especially pencak silat. Several factors that affect success in coaching pencak silat so that it can achieve maximum performance are: 1) physical development factors, 2) technical development factors, 3) tactical development factors, and 4) mental development factors. The coach, both in compiling training programs and in delivering them, can influence the motivation of his athletes. So the coach should try to keep his athletes motivated to train. Environmental conditions can affect the motivation of athletes in participating in training. An uncondusive environment can also affect the concentration of athletes.

So the results of training can also be influenced by the environment. So the environment should be made fun because one of the principles of school activities is fun, that there are 6 principles of school activities, one of which is fun. A good training process should be adjusted to the purpose of the training. By understanding the purpose of the training, the training should be well programmed and structured. This will have an impact on the continuous training process. One of the principles of school activities is continuity. Unlike what was found in the Satria Asy-Syuhada Deli Serdang pencak silat school, where the training material was delivered spontaneously, which would affect the continuity between training sessions. This research has been carried out as much as possible, but it cannot be separated from the limitations of the researcher, namely; Limitations in the implementation of research in terms of cost, energy, and time available. Researchers cannot control the condition of all objects when conducting tests, especially on physical conditions.

Based on the results of the research that has been carried out, the researcher hopes and provides the following suggestions; For athletes, it is hoped that they will be more active and serious in participating in training to further improve the basic skills they have. For coaches, it is hoped that they will compile a training program according to the basic skill level of participating athletes and increase the frequency of training to get maximum results. For schools, it is hoped that they will pay more attention to the athlete training process, one of which is by paying attention to the activities/forms of evaluation of the pencak silat school. So that the results of athlete training are truly objective and authentic.

## **CONCLUSION**

Based on the results of the research and discussion, 1 athlete was in the less category (6.25%) and 15 athletes were in the very less category (93.75%), so it can be concluded that the level of basic pencak silat skills of athletes participating in the Satria Asy-Syuhada Deli Serdang pencak silat school is in the very less category.

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## **CONFLICT OF INTEREST**

Clearly explain whether there are any conflicts of interest related to the reported research.

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