



## **The Physical Fitness Level of Participants in The Pencak Silat Extracurricular Activity at SMA Negeri 2 Ponorogo Post the Covid-19 Pandemic**

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### **ABSTRACT**

Pencak silat is one of the most popular extracurricular activities at SMA Negeri 2 Ponorogo. Pencak silat is also a sport that is quite popular among the people in the Ponorogo Regency itself. Therefore, students at SMA Negeri 2 Ponorogo take advantage of the pencak silat extracurricular which is also superior in achievement at the school. But after the worldwide disaster due to the impact of the corona virus, extracurricular activities were also hampered due to a long pandemic. Previously, extracurricular participants had superior achievements due to routine training activities, so they experienced a decline in achievement due to the covid-19 pandemic. If achievements can excel, surely every extracurricular participant before the pandemic must have good physical condition. But a test has never been carried out to find out whether the students' physical condition is good or not. Therefore, after this pandemic, researchers want to conduct a physical test survey through MFT which aims to determine the level of physical condition of extracurricular participants. The test can also be used as a tool to find out why the achievements of extracurricular participants have decreased after the co-19 pandemic.

**Keywords:** *Pencak Silat, MFT, Extracurricular*

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### **INTRODUCTION**

Sports activities in the last two years have not been able to be conducted normally due to the Covid-19 pandemic. The government's prohibition of outdoor activities has prevented outdoor sports activities from taking place as before. This, coupled with the strict implementation of health protocols such as maintaining distance and large-scale social restrictions, has also had an impact on educational activities in Indonesia from elementary school to university levels (Kardiyanto, 2020). One of these impacts is the implementation of Community Activity Empowerment (PPKM). The implementation of PPKM has had a positive impact on the community, indirectly leading to a decrease in Covid-19 cases in Indonesia. As a result, the government has introduced new policies related to offline activities, including the resumption of educational activities such as physical education and sports (Syofian and Gazali, 2021).

Physical Education, Sports, and Health (PESH)\*\* is one of the subjects taught to students

in schools (Iswanto, 2017). It encompasses various sports activities such as volleyball, basketball, soccer, martial arts (pencak silat), and others. These topics are also included in extracurricular activities at school. Extracurricular activities, in general, are a series of activities that utilize free time with the aim of providing positive values to students, developing talents, potential abilities, independence, and supporting the achievement of educational goals. Therefore, extracurricular activities are crucial for all students in schools. In SMA Negeri 2 Ponorogo, there is a platform for students to develop their potential through extracurricular activities, especially in sports such as volleyball, basketball, futsal, rock climbing, and pencak silat. These extracurricular activities have achieved numerous accolades, ranging from district to national levels, prior to the Covid-19 pandemic. However, after the pandemic, extracurricular activities, particularly in sports, started becoming active again, with pencak silat being one of the extracurricular activities that hasn't shown improvement in performance compared to others. While other extracurricular activities have resumed participating in championships at the provincial and even national levels, pencak silat has not demonstrated a similar increase in achievements. This suggests a decline in the performance of pencak silat extracurricular activities compared to the pre-pandemic period.

The Pencak Silat extracurricular at SMA Negeri 2 Ponorogo was established in early 2018, initiated by the school principal's proposal in coordination with several pencak silat coaches in the Ponorogo district. Initially, the extracurricular consisted of a single organization, the Indonesian Pencak Silat Association (IPSI), namely the Pencak Silat Brotherhood of Setia Hati Terate (PSHT), and was named the Garuda Pencak Silat Club Smada. A few months later, based on suggestions from several coaches, a new concept for the pencak silat extracurricular was formed, incorporating all organizations within pencak silat, especially IPSI, such as PSHT, Tapak Suci, Pagar Nusa, Setia Hati Winongo (PSHW), Ikatan Keluarga Silat Putra Indonesia (IKSPI), and other pencak silat organizations. The goal was to expand opportunities and accommodate students' interests in participating in these activities. Thus, a new club was formed, named the Achievement Pencak Silat Extracurricular Club. This decision was supported by Bima Arya Pebrianta, the coach of the Pencak Silat Extracurricular at SMA Negeri 2 Ponorogo, as confirmed in an interview on February 27, 2023, at 1:00 PM WIB in SMA Negeri 2 Ponorogo. Since the implementation of this new concept, the extracurricular has progressed well, with activities such as training sessions and competitions. The school also supports high-achieving students by allocating funds to the pencak silat extracurricular coach, benefiting all participating students. These extracurricular activities take place outside of regular class hours every Saturday on the school grounds and have developed quite successfully. Some of the competitions attended by students during the existence of this extracurricular include Kapolres Cup V in 2018 in Ponorogo Regency, the 6th District Sports Week (Porkab) in 2018 in Ponorogo Regency, Menpora Cup Championship in 2018 in East

Jakarta, Regional Student Sports Week (POPWIL) in 2018 in West Nusa Tenggara, and the National Student Sports Olympiad (O2SN) in 2019. Pencak silat itself achieved significant success before the Covid-19 pandemic. However, after the pandemic, the extracurricular activity was limited to participating in a few local competitions, such as Kapolres Cup VI in 2022 and Ganesha Cup 2022. This information indicates a decline in the achievements of the pencak silat extracurricular at SMA Negeri 2 Ponorogo due to the Covid-19 pandemic.

During the establishment of the pencak silat extracurricular at SMA Negeri 2 Ponorogo in 2018, it was initiated by the school principal and coordinated with pencak silat coaches in the Ponorogo district. Initially, the extracurricular comprised only one organization under IPSI, namely the PSHT, and was named the Garuda Pencak Silat Club Smada. Later, based on proposals from coaches, a new concept for the extracurricular was formed, incorporating all organizations within pencak silat, especially IPSI, such as PSHT, Tapak Suci, Pagar Nusa, PSHW, IKSPI, and other pencak silat organizations. The goal was to expand opportunities and accommodate students' interests in participating in these activities. Thus, a new club was formed, named the Achievement Pencak Silat Extracurricular Club. This decision was supported by Bima Arya Pebrianta, the coach of the Pencak Silat Extracurricular at SMA Negeri 2 Ponorogo, as confirmed in an interview on February 27, 2023, at 1:00 PM WIB in SMA Negeri 2 Ponorogo. Since the implementation of this new concept, the extracurricular has progressed well, with activities such as training sessions and competitions.

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According to Anang Sayekti, the coach and deputy principal, during an observation on June 5, 2023, at 10:00 AM WIB in SMA Negeri 2 Ponorogo, the activities of the pencak silat extracurricular were conducted online during the Covid-19 pandemic. Students were instructed to create training videos at their homes, focusing on muscle stretching and basic techniques such as

falls and throws. The aim was to maintain their physical fitness during the pandemic. Various challenges were faced by the school and pencak silat coaches during the implementation of online extracurricular activities, including signal issues, limitations in directly observing and controlling students' abilities during independent training. After the Covid-19 pandemic began to subside, extracurricular activities resumed normalcy with some adjustments, such as providing light training to students. However, it was observed that the physical fitness of students was not as it was before the pandemic. This could be attributed to the reduced normal training regimen and the lack of direct monitoring and evaluation during online training, leading to haphazard movements and complaints of fatigue among students. This highlights the need for a physical fitness evaluation of pencak silat extracurricular participants in SMA Negeri 2 Ponorogo through the establishment and reprogramming of training, taking into account the physical fitness aspects of students.

Based on observations, it was also found that no physical fitness tests had been conducted for pencak silat extracurricular participants at SMA Negeri 2 Ponorogo since its establishment. This was due to several challenges faced by the pencak silat coaches. Firstly, many students did not fully understand the basics of pencak silat, requiring the coaches to start from scratch and consume considerable time in teaching basic movements. Secondly, time constraints and differences in class levels affected the training schedule, especially for 12th-grade students who reduced their participation due to the focus on school exams. This resulted in a lack of time to conduct physical fitness tests. However, physical fitness tests play a crucial role in evaluating an individual's physical condition and health. They help improve the cardiovascular system, strengthen stamina, and enhance speed, all of which are valuable for participants in extracurricular activities or competitions. Considering these factors, the researcher chose the title "The Level of Physical Fitness of Pencak Silat Extracurricular Participants at SMA Negeri 2 Ponorogo Post-Covid-19 Pandemic" with the aim of measuring the level of physical fitness of students post-pandemic, particularly related to their VO<sub>2</sub>max, in the hope of providing additional information for coaches and participants regarding the evaluation of students' training regimens.

The research focuses on the level of physical fitness of pencak silat extracurricular participants post-Covid-19 pandemic at SMA Negeri 2 Ponorogo. The goal is to determine the extent of participants' physical fitness and provide information for coaches and students. The benefits of the research include an improved understanding of physical fitness, input for training programs, and a benchmark for future research.

## **METHOD**

The researcher utilizes a quantitative descriptive research design in this study because the data obtained are numerical and intended to explain or demonstrate the current conditions. In

addition, the study articulates that systematic, accurate, and factual problem-solving based on specific data and components studied is crucial (Maksum, 2018). Understanding the characteristics of the population systematically and factually is the aim of descriptive research. Therefore, the objective of this study is to determine the level of physical fitness among students of SMA Negeri 2 Ponorogo who participate in the pencak silat extracurricular activity.

The location used in this research is the sports field and it was conducted on July 15, 2023, at SMA Negeri 2 Ponorogo. Population is a predetermined set of objects that will be used as research subjects (Maksum, 2018). The population in this study consists of all students of SMA Negeri 2 Ponorogo who participate in the pencak silat extracurricular, totaling 15 students, comprising 9 males and 6 females. The data analysis technique used in this study is quantitative descriptive analysis, aiming to depict the VO<sub>2</sub>max level of students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo.

## **RESULTS AND DISCUSSION**

### **Results**

Based on the research results, it can be determined that students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo took the VO<sub>2</sub>Max test seriously or met the training intensity, as evidenced by the training zone test results. It is considered to meet the training intensity when the minimum heart rate is 133 and the maximum is 204 at the age of 16, while at the age of 17, the minimum heart rate is 132 and the maximum is 203. This means that students in the pencak silat extracurricular at SMA Negeri 2 Ponorogo are considered to meet the training intensity because the heart rate after the test does not exceed 204 for the age of 16 and does not exceed 203 for the age of 17 (Kristiyandaru et al., 2020). The following are the results of the heart rate in students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo:

Table 1. Heart rate results

<b>No</b>	<b>Name</b>	<b>L/P</b>	<b>Age</b>	<b>Pulse Rate Before The Tes</b>	<b>Pulse Rate After The Tes</b>
1	RNR	L	16	92	165
2	AR	L	17	92	192
3	JRP	L	17	84	179
4	AAP	P	16	80	192
5	ENAP	P	17	100	143
6	ARP	L	17	96	172
7	AA	L	17	100	188
8	MDR	L	17	88	188
9	AG	P	17	92	160

10	DM	P	17	84	180
11	APAF	L	16	96	136
12	PM	P	16	92	156
13	BP	L	17	80	156
14	BS	L	17	96	165
15	SFV	P	17	88	168

Based on the research results obtained using the Multifitness Test (MFT)/Bleep Test instrument administered to all students participating in the pencak silat extracurricular activity at the sports field of SMA Negeri 2 Ponorogo on July 15, 2023, the following are the findings:

**Table 1.** The results of the Multistage Fitness Test (MFT) for students participating in the Pencak Silat extracurricular activity, according to gender and category, are as follows for females.

NAME	AGE	FEMALE	MFT RESULT	CATEGORY
AA	16	P	29.8	Poor
ENAP	17	P	27.0	Poor
AG	17	P	26.0	Poor
DM	17	P	24.9	Very Poor
PM	16	P	26.7	Poor
SFV	17	P	27.4	Poor
<b>Mean</b>			<b>26,967</b>	

Male

NAME	AGE	GENDER	MFT RESULT	CATEGORY
RNR	16	L	36.0	Poor
AR	17	L	32.6	Very Poor
JRP	17	L	37.9	Poor
ARP	17	L	41.2	Good
AA	17	L	36.6	Poor
MDR	17	L	37.3	Poor
APAF	16	L	34.3	Very Poor
BP	17	L	34.6	Very Poor
BSP	17	L	31.2	Very Poor
<b>Mean</b>			<b>35,744</b>	

Percentage Results

The results of the SPSS 26 calculation indicate that the level of physical fitness among male and female participants in the pencak silat extracurricular activity is almost similar. The findings show results that are not particularly favorable. Among the female participants, 5 students fall below the average, and 1 student is in the low category. For male students, only 1 student has a normal result, while 4 students have Vo2max results below average, and 4 students are in the

low category. The following are the results calculated using SPSS 26:

Table 2. Vo2max Percentage Results

Gender	Category	Frequence	%	Total %
Female	Poor	5	83,3%	100%
	Very poor	1	16,7%	
Male	Good	1	11,1%	100%
	Poor	4	44,4%	
	Very Poor	4	44,4%	
Total Frekuensi			15	

#### Mean Age Classification Results

Based on the table 4.2 above, related to the data description, it is shown that the female sample at the age of 16 with a sample size of 2 has an average value of 28.250, with a minimum of 26.7 and a maximum of 29.8. For female samples at the age of 17 with a sample size of 4, the average value is 26.325, with a minimum of 24.9 and a maximum of 27.4. In the male sample at the age of 16 with a sample size of 2, the average value is 35.150, with a minimum of 34.3 and a maximum of 36.0. For male samples at the age of 17 with a sample size of 7, the average value is 35.967, with a minimum of 31.2 and a maximum of 41.2. For all female students with a total of 6, the average value is 26.967, with a minimum of 24.9 and a maximum of 29.8. Meanwhile, for all male students, where the total number of males is 9, the average value is 35.744, with a minimum of 31.2 and a maximum of 41.2.

Table 4. Mean Data Results of Students Based on Age and Gender Classification

NO	SAMPLE	N	MIN	MAX	MEAN
1	AGE 16 FEMALE	2	26,7	29,8	28,250
2	AGE 17 FEMALE	4	24,9	27,4	26,325
3	AGE 16 MALE	2	34,3	36,0	35,150
4	AGE 17 MALE	7	31,2	41,2	35,914
5	ALL FEMALE	6	24,9	29,8	26,967
6	ALL MALE	9	31,2	41,2	35,744

#### Discussion

This research aims to determine the level of physical fitness among students participating in the pencak silat extracurricular activity at SMA Negeri 2 Ponorogo post the COVID-19 pandemic. The study involves the entire population of students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo, totaling 15 students, with 9 male and 6 female participants. The data collection instrument used in this research is the Multistage Fitness Test (MFT) to measure maximum heart and lung function using VO2max, which serves as an indicator of the level of physical fitness. The analysis technique employed in this research is quantitative

descriptive to determine the VO<sub>2</sub>max levels among students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo.

Based on the research conducted on July 15, 2023, at the sports field of SMA Negeri 2 Ponorogo, the results indicate that the overall physical fitness level of female students falls into two categories: low and very low. The low category has a percentage of 55.6, with a frequency of 5 out of 6 samples, while the very low category has a percentage of 11.1, with a frequency of 1 out of 6 samples. On the other hand, the overall results of male students who underwent the VO<sub>2</sub>max test fall into three categories: good, low, and very low. The good category has a percentage of 11.1, with a frequency of 1 out of 9 samples, while the low category has a percentage of 44.4, with a frequency of 4 out of 9 samples, and the very low category has a percentage of 44.4, with a frequency of 4 out of 9 samples. The data samples are categorized based on age and gender. For female students aged 16, the frequency is 2, with an average value of 28.250, categorized as "Poor" Female students aged 17 have a frequency of 4, with an average value of 26.325, also categorized as "Poor" For male students aged 16, the frequency is 2, with an average value of 35.150, categorized as "Poor" Male students aged 17 have a frequency of 7, with an average value of 35.914, also categorized as "Poor".

Based on the presented research results, it can be concluded that the physical fitness of male and female students participating in the pencak silat extracurricular at SMA Negeri 2 Ponorogo is categorized as low. This aligns with the interview conducted with the pencak silat extracurricular coach, Bima Arya Pebrianta, on February 27, 2023, at 13:00 WIB, stating that the physical fitness level of students is low due to the lack of individual training at home during the COVID-19 pandemic. The students were not consistent in participating in extracurricular activities during the training sessions, resulting in very poor physical fitness among students participating in the pencak silat extracurricular (Abidin, Abdul Gani, and Rahayu Purnamaningsih, 2021). Pencak silat, being a demanding sport with intense movements, requires good physical fitness to support the students' body performance and minimize the risk of injuries during training and competitions (Alfarisi, Karhiwikarta, and Hermawan, 2013).

## **CONCLUSION**

Based on the research results regarding the physical fitness level of pencak silat extracurricular participants at SMA Negeri 2 Ponorogo post the Covid-19 pandemic, the researcher provides several suggestions. First, to the teachers and coaches of the pencak silat extracurricular at SMA Negeri 2 Ponorogo, it is hoped that the results of this research will serve as information or reference regarding the current condition of students participating in the pencak silat extracurricular. Second, for the students, it is expected to serve as information or reference regarding the current condition of the physical fitness level of pencak silat extracurricular at SMA

Negeri 2 Ponorogo. Finally, for future researchers, it is hoped that they can use the results of this research as a basis to develop further research on the level of physical fitness with a better approach.

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