



## **Self-Awareness Analysis of Archery Accuracy 30 Meter Distance at Muara Bungo Ksatria Archery Club**

**Fara Dila Dwi Aryani<sup>1</sup>, Jhony Hendra<sup>2</sup>, Titis wulandari<sup>3</sup>**

<sup>1,2,3</sup>Pendidikan Jasmani Kesehatan dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan Universitas Muhammadiyah Muara Bungo, Islamic Center Complex, Jl. Rang Kayo Hitam, Cadika, Central Rimbo, Kab. Bungo Jambi, 37211, Indonesia

### **ABSTRACT**

Archery is a sport that uses a bow and arrow to shoot a target. The purpose of this study was to determine the self-awareness of the accuracy of the 30-meter distance of the Ksatria Archery Club. This study uses a descriptive qualitative approach methodology. Descriptive qualitative research is research that needs to be done based on a problem that is studied quantitatively, but the solution has not been revealed. In this study, the researcher used a descriptive quantitative research type. The sampling technique used purposive sampling totaling 10 standard bow athletes with data collection techniques, namely providing questionnaires and interviews. Based on the results of research on self-awareness of 30-meter archery accuracy at the Muara Bungo Archery Knights Club, it shows that the athletes' self-awareness is in the Good category with an average percentage of 84.95%.

**Keywords:** *Self-awareness, Accuracy, Archery*

Correspondence author: Fara Dila Dwi Aryani, Universitas Muhammadiyah Muara Bungo, Jambi, Indonesia.  
Email: faradilaf898@gmail.com



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## **INTRODUCTION**

Archery is a sport that uses a bow and arrows, where the arrows are released towards a target at a predetermined distance. Archery is a type of sport that trains a person's ability to use a bow and this archery sport requires a subtle touch of the soul, patience, tenacity, concentration and mental toughness. Archery is also a branch of sport that requires and accuracy in aiming at the target (Muhammad Ikhsannudin, Joko Sarjono, 2023);(Muslim, 2023).

Accuracy is a person's ability to control voluntary movements for a specific purpose, accuracy is a person's ability to direct a movement to a target according to its purpose(Fierera et al., 2022);(Sudarmono et al., 2017). Self-awareness is a person's ability to understand thoughts, feelings, and self-evaluation consciously so that they can recognize the strengths, weaknesses, impulses, and values that arise in themselves and others. People with good self-awareness are able

to read social situations, understand others, understand other people's expectations of themselves, and are able to think about themselves, observe themselves, and explore experiences, including controlling emotions (Alficandra, M Fransazeli makorohim, 2024);(Rhamadian, 2022). Self-awareness is very important for an athlete to display their skills with full awareness. Athletes must be able to control their muscles, emotions and thoughts that are integrated into their performance. When athletes are aware and focused on the tasks they must do, athletes must have control to overcome various situations (Komarudin, 2017);(Hindiari & Wismanadi, 2022).

Based on the results of observations and initial interviews at the Ksatria Archery Club during practice, it was seen that when shooting at the target board, many athletes were not optimal when holding and pulling the bow. Lack of athlete ability to withstand sweeps or wind. In addition, in archery, athletes are required to have the ability to control concentration well because archery always prioritizes high focus to hit the target, hasty string pulling so that the arrow often loses direction when shot at the target pad. Athletes appear unable to control their emotions while competing, unable to control themselves from the interference of the opponent's voice, the sound of the opponent's bow, and there are still many disturbances from the audience and internal disturbances from the athletes themselves.

## **METHOD**

This study uses a quantitative approach methodology. A quantitative research approach can be interpreted as a research method used to research a particular population or sample, data analysis is quantitative/statistical in nature with the aim of analyzing variables. In this research design, researchers use a descriptive quantitative research type (Sugiyono, 2019);(Chen & Cheng, 2022).

The research was conducted at the Muara Bungo Ksatria Archery Club training ground, namely at the MTQ Baru field. The population in this study were 30 Ksatria Archery Club archery athletes, of which 5 were recurve division athletes, 12 were standard bow division athletes, 7 were barebow division athletes, and 6 were compound division athletes. The sampling technique in this study was purposive sampling(Campbell et al., 2020). The sampling in this study was based on the following criteria: 10 Ksatria Archery Club archery athletes in the standard bow division. The instruments used in this study were questionnaires and interviews. A questionnaire is a series of statements used to capture information in the form of facts or opinions (Sahroni & Hartati, 2016). The technique for filling out the Self-Awareness questionnaire (Likert scale) is as follows:

**Table 1.** Likert Scale

Alternative answers	Positive Answer	Negative Answer
Strongly agree (SS)	4	1
Agree (S)	3	2
Disagree (TS)	2	3
Strongly disagree (STS)	1	4

source of: (Sugiyono, 2019)

## RESULTS AND DISCUSSION

### Result

The results of this study on the analysis of self-awareness of 30-meter archery accuracy at the Muara Bungo Archery Knights Club produced data that will be presented in the form of data obtained by assessing questionnaires and interviews. There are 8 indicators of self-awareness including motivation, emotional, skills, environment, mindset, social relationships, responsibility, and self-monitoring.

**Table 2.** frequency table

Indicator	Persentase
Motivasi	94,50%
Emosional	80,33%
Ketrampilan	81,25%
Lingkungan	80%
Pola Pikir	90,50%
Hubungan Sosial	78,33%
Tanggung Jawab	85,63%
Pemantaun diri	86,50%
<b>Average</b>	<b>84,95%</b>

Based on the results of the analysis of the 30-meter archery accuracy data of the Ksatria Archery Club, Bungo Regency, from 8 indicators, it is known that most athletes have a level of self-awareness, indicating that the athletes' self-awareness is in the Very Good category with an average percentage of 84.95%. It can be seen from the table above that the motivation indicator has a percentage value of 94.50%, the emotional indicator with a percentage value of 80.33%, the skill indicator with a percentage value of 81.25%, the environmental indicator with a percentage value of 80%, the mindset indicator with a percentage value of 90.50%, the social relationship indicator with a percentage value of 78.33%, the responsibility indicator with a percentage value of 85.63%, the self-monitoring indicator with a percentage value of 86.50%. Based on the results

of interviews with 10 respondents, it can be concluded that there are 1 or 2 athletes who are still lacking in self-awareness. It can be seen in the diagram below:



**Figure 1.** Diagram Self Awarnes

## Discussion

Self-awareness or self-awareness is no less important in its function that must be possessed by an athlete, because to achieve achievements in a sport, many psychological factors influence it, these psychological factors can be direct and indirect (Effendi, 2016). Based on the results of the analysis of data on the motivation indicator for 30-meter archery accuracy at the Ksatria Archery Club, Bungo Regency, it is known that most athletes have motivation during archery accuracy with a percentage (94.50%) which is in the very good category. From the results of interviews with respondents, it can be concluded that the self-monitoring of the Ksatria Archery archery athletes is quite good because evaluation after competing or training is very much needed by athletes because from the evaluation, athletes know where their mistakes are so that the arrows shot out of the target bearing. emotional indicator data for 30-meter archery accuracy at the Ksatria Archery Club, Bungo Regency, it is known that most athletes have emotions during archery accuracy with a percentage (80.83%) which is in the Very good category. From the results of interviews with respondents on the Emotional indicator, it can be concluded that Ksatria Archery archery athletes are not very good at controlling their emotions because some athletes cannot control their emotions when they get low scores during the competition.

Based on the results of the data analysis of the 30-meter distance archery accuracy skill indicator of the Ksatria Archery Club, Bungo Regency, it is known that most athletes have skills when it comes to archery accuracy with a percentage (81.25%) which is in the very good category. From the results of interviews with respondents on the skill indicator, it can be concluded that the Ksatria Archery archery athletes in the skill level, the more diligent they are in practicing, the better the level of shooting accuracy of the athletes. Data on the environmental indicator for the 30-meter distance archery accuracy of the Ksatria Archery Club, Bungo Regency, it is known that most athletes have an environment when it comes to archery accuracy with a percentage (80%) which is in the very good category. From the results of interviews with respondents on the environment indicator, it can be concluded that the Ksatria Archery archery athletes can quickly adapt to the environment during matches or training for athletes, the environment does not influence their performance to decline, but there are 1 or 2 athletes who feel that the environment has an effect on their performance to decline.

Based on the results of the data analysis of the mindset indicator for 30-meter archery accuracy at the Ksatria Archery Club in Bungo Regency, it is known that most athletes have a mindset when shooting accuracy with a percentage (90.50%) which is in the Very Good category. From the results of interviews with respondents on the Mindset indicator, it can be concluded that the Ksatria Archery archery athletes have a fairly good mindset because there are several athletes who still cannot fix the mistakes they made during matches or training. Data on the social relationship indicator for 30-meter archery accuracy at the Ksatria Archery Club in Bungo Regency, it is known that most athletes have social relationships when shooting accuracy with a percentage (78.33%) which is in the Good category. From the results of interviews with respondents on the Social Relationship indicator, it can be concluded that the Ksatria Archery archery athletes have fairly close social relationships because from discussing with each other they gain new knowledge and experience from other colleagues.

Based on the results of the data analysis of the 30-meter archery accuracy responsibility indicator of the Ksatria Archery Club, Bungo Regency, it is known that most athletes have responsibility when it comes to archery accuracy with a percentage (85.63%) which is in the good category. From the results of interviews with respondents, it can be concluded that the Ksatria Archery archery athletes are quite responsible for the training schedule, although there are some who rarely practice because there are activities from school or others that clash with the training

schedule set by the coach. Data on self-monitoring indicators in the 30-meter archery accuracy of the Ksatria Archery Club, Bungo Regency, it is known that most athletes have self-monitoring when it comes to archery accuracy with a percentage (86.50%) which is in the Very Good category. From the results of interviews with respondents, it can be concluded that the self-monitoring of the Ksatria Archery archery athletes is quite good because evaluation after competing or training is very necessary for athletes because from the evaluation, athletes know where their mistakes are so that the arrows that are shot come out of the target pad.

Based on the results of data analysis on self-awareness of 30-meter archery accuracy at the Muara Bungo Ksatria Archery Club, it shows that the athletes' self-awareness is in the Good category with an average percentage of 74.68%. This is proven according to the results of the calculations carried out on the attachment page, from the 8 indicators, namely motivation, emotional, skills, environment, mindset, social relationships, responsibility, and self-monitoring. Motivation can come from within the individual (intrinsic motivation) or from external factors (McNaughton & Fu, 2023).

## **CONCLUSION**

Based on the results of the analysis of self-awareness data on the accuracy of archery at a distance of 30 meters, the Ksatria Archery Muara Bungo Club showed that the self-awareness of the athletes was in the Very Good category with an average percentage of 84.95%. It can be concluded that from the 8 indicators, only 2 indicators were categorized as Very Good with a value range of 94.50% and 90.50%, namely the motivation and mindset indicators, while the other 6 indicators were categorized as Good. Based on the results of interviews with 10 respondents, it can be concluded that there are several athletes who are still lacking in their self-awareness.

## **ACKNOWLEDGMENT**

I would like to thank the coach of the Ksatria Archery Muara Bungo club who gave permission to conduct this research, and I would like to thank the athletes in the standard bow division who have helped me and played a big role in this activity, so that this research can be carried out well.

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