



## **Analysis of the Physical Condition of Pencak Silat Athletes from KORMI PSN Perisai Putih Jambi City Heading to FORNAS 2025**

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### **ABSTRACT**

The purpose of this study was to determine the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Branch Athletes in Jambi City Towards FORNAS 2025. The type of research in this study is descriptive quantitative with data collection techniques using tests and measurements. The population studied in this study were athletes of the KORMI PSN Perisai Putih Pencak Silat branch of Jambi City, with a total of 6 people including 2 men and 4 women. Total sampling technique. This research was conducted at SMP N 14 Jambi City. Research time was held on February 3-8, 2025. This type of research is descriptive quantitative with data collection techniques using tests and measurements. The physical condition instruments used are: speed (30 meter sprint), flexibility (sit and reach) strength (push up), agility (hexagon obstacle), Power (standing board jump), Endurance (bleep test). Based on data analysis, it is obtained that the physical condition of the speed test for 1 Putra has a category of less, 1 male is categorized as less and 1 person is categorized as less, 3 people are categorized as very less. 1 Putra's flexibility has a category of enough, 1 male is categorized as less and 3 people are categorized as less, 1 person is categorized as very less. Strength 1 Male has a sufficient category, 1 male is categorized as less and 1 person is categorized as sufficient, 2 people are categorized as less, 1 person is categorized as less. agility 1 Male has a less category, 1 male is categorized as less and 2 people are categorized as less, 2 people are categorized as less. Power 1 Male has a category of less, 1 male is categorized as less and 1 person is categorized as good, 2 people are categorized as sufficient, 1 person is categorized as very less. Endurance 1 Putra has a category of less, 1 male is categorized as very less and 4 people are categorized as very less. It can be concluded that the physical condition of Pencak Silat athletes KORMI PSN Perisai Putih Jambi City 2025, has obtained the results of all test items showing that the level of physical condition of male athletes and female athletes is in the 'less' category.

**Keywords: Physical Condition, Pencak Silat, KORMI Jambi City**

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## **INTRODUCTION**

In doing sports activities will get health and fitness. Health plays a very important role in carrying out daily activities for balance in life exercise is a very important physical activity that is owned by almost all branches of sports. In sports are divided into three namely sports creation, sports education, sports achievement. Sports are many branches of achievement sports such as soccer, athletics, chess, swimming, and martial arts. In this day and age, martial arts is not only used for self-defense, but has become a way to maintain health and become an achievement.

According to Herlina and Suherman (2020), sport is defined as an activity or systematic process that aims to improve and increase the physical and spiritual potential of an individual or group of people through games or matches. In Law 11 of 2022 on Sport, sport is defined as a systematic activity that involves mind, body, and soul to encourage, foster, and develop a person's physical, spiritual, social, and cultural abilities.

PSN Perisai Putih was founded by a triumvirate, namely: Raden Ahmad Boesrami Barasubrata, S. Himantoro and Fx. Siswadi. Perisai Putih Martial Arts College was established on January 1, 1967. PSN Perisai Putih in its martial arts teachings has several martial arts elements, including Yiu Yit Su, Silat and Karate (briefly known as “Yuisika”). PSN Perisai Putih has been based in Surabaya since its establishment.

The Indonesian Community Sports Committee (KORMI) is an organization that oversees various recreational sports (Inorga) in Indonesia. Recreational sport is one type of sport that is regulated in Law Number 5 of 2005 concerning the National Sports System. In the Act, the national sports system is divided into educational sports, achievement sports and recreational sports. Recreational sports athletes are often referred to as sports activists.

Every two years, KORMI organizes the National Recreational Sports Festival (FORNAS). The last edition was FORNAS VII West Java in 2023. The FORNAS was attended by more than 25,000 participants from 38 provinces.

The Community Recreational Sports Festival (FORNAS) is a national community festival and promotion event and a form of implementation of the

mandate of article 27 paragraph 6 of Law No.11/2022 on Sports. The organization of a sustainable tiered community sports festival at the regional, national and international levels. According to Menpora Dito, the organization of FORNAS this year combines various elements. This community and recreational sport is also considered contains the spirit of mutual cooperation. Based on data obtained by researchers from the head of INORGA PSN Perisai Putih Jambi City, last year FORNAS 2023 which was held in West Java sent 8 athletes, of which 2 male athletes and 6 female athletes. The results obtained at FORNAS 2023 only brought 2 gold, 3 silver and 1 bronze.

Pencak Silat martial arts is a sport that often gets gold medals at the National Recreation Sports Festival (FORNAS) VII event in West Java in 2023. In 2025, the National Recreation Sports Festival (FORNAS) will be held in NTB. Therefore, Jambi City KORMI Pencak Silat athletes need to prepare themselves to face the competition.

Athletes who win gold medals at the 2024 Provincial Sports Festival (FORPROV) will get the opportunity to continue their struggle to the national level through the 2025 National Sports Festival (FORNAS). This success is not only a personal achievement, but also an opportunity to make the region proud in the national sports arena. The journey to Fornas 2025 is a big step for athletes who want to test their skills further and compete with athletes from all over Indonesia. The rigorous selection process and increasingly fierce competition at FORNAS 2025 is expected to be a proving ground for FORPROV 2024 champions, and open up opportunities for them to perform more brilliantly at the national level.

The observations made can include various physical and technical aspects that are important for the success of athletes in the event. First, the athletes' physical fitness condition is unknown, which can be done through tests such as short-distance running to measure speed, muscle strength tests, and cardiovascular endurance tests to assess heart and lung capabilities. In addition, aspects of body composition such as measuring muscle mass and body fat percentage also need to be considered to ensure athletes have an optimal body for competition. Flexibility and agility are also a major focus, given that pencak silat requires flexibility and

the ability to change direction quickly. Equally important is the mental readiness of athletes which can be observed through interviews or observations of their demeanor during training, given that this martial sport requires a high degree of mental toughness. Furthermore, observation of technical skills such as punches, kicks, and tactics applied in match simulation training will provide an overview of the athlete's technical ability. To support optimal physical readiness. Through these comprehensive observations, the research can provide appropriate recommendations for the athlete's physical readiness. improve the physical and technical quality of Pencak Silat athletes KORMI PSN Perisai Putih Jambi City towards FORNAS 2025.

Based on the explanation above, the researcher wants to analyze how the level of physical condition of KORMI PSN Perisai Putih pencak silat athletes in Jambi city towards FORNAS 2025.

## **METHOD**

The type of research in this study is descriptive quantitative. Descriptive research with a quantitative approach, according to Sugiyono (2010), is research conducted to determine the values of independent variables, whether one variable or more (independent), without making comparisons or linking one variable to another. Based on the above explanation, it can be stated that the type of research is descriptive with a quantitative approach, aimed at providing a systematic description of the physical condition of the Pencak Silat athletes from KORMI PSN Perisai Putih Jambi City.

According to Sugiyono (2018:81), a sample is a part of the population and its characteristics. The sample chosen from the population must truly represent the population being studied or its characteristics. This study uses Total Sampling, consisting of 6 individuals, including 2 male and 4 female athletes.

In this study, the total sampling technique is used. The sample being studied is the entirety of the population, according to Arikunto (2010:174).

## RESULTS AND DISCUSSION

### Result

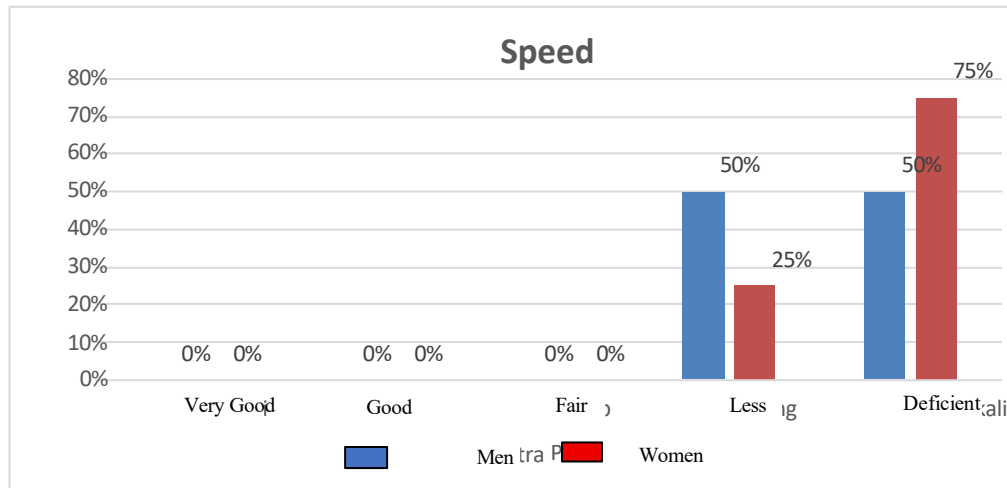
Participants in this study consisted of 6 Pencak Silat athletes who will compete in the 2025 National Recreational Sports Festival which will be held in NTB, consisting of 2 male athletes and 4 female athletes. This study aims to understand the description of the physical condition of Pencak Silat athletes KORMI PSN Perisai Putih Jambi City. The physical condition test involves 30 Meter Sprint, Sit and Reach, Push Up, Hexagon obstacle, Standing board jump, Bleep test. The results of the physical condition data of Pencak Silat KORMI PSN Perisai Putih Jambi City athletes are fully explained as follows:

#### 1. 30 Meter Sprint Test

Based on the speed test, the results of the 30 Meter Sprint research were obtained as many as 6 people with the following frequency distribution:

**Table 1.** Frequency Distribution of Speed of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City.

No	Interval		Category	Men		Weight	Women		Weight
	Men	Women		F	%		F	%	
1	3.58 – 3.91	4.06 – 4.50	Very Good	0	0%	5	0	0%	5
2	3.92 – 4.34	4.51 – 4.96	Good	0	0%	4	0	0%	4
3	4.35 – 4.72	4.97 – 5.40	Fair	0	0%	3	0	0%	3
4	4.73 – 5.11	5.41 – 5.86	Less	1	50%	2	1	25%	2
5	5.12 – 5.50	5.86 – 6.30	Deficient	1	50%	1	3	75%	1
Total				2	100%		4	100%	



**Figure 1.** Bar diagram of the speed of KORMI PSN Perisai Putih Pencak Silat athletes in Jambi City

If displayed in graphical form, the speed data of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City appears in the following figure:

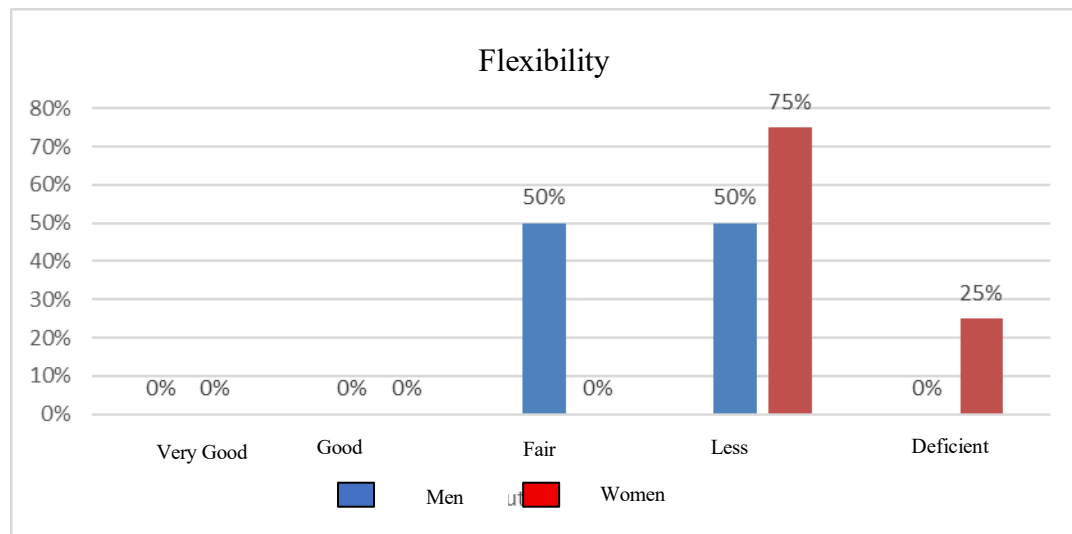
## 2. Sit and Reach Test

Based on the Determination test, the results of the Sit and Reach research were obtained as many as 6 people with the following frequency distribution:

**Table 2.** Frequency Distribution of Flexibility of Pencak Silat Athletes KORMI PSN Perisai Putih Jambi City

No	Interval		Category	Men		Weight	Women		Weight
	Men	Women		F	%		F	%	
1	41> cm	46>	Very Good	0	0%	5	0	0%	5
2	31.0 - 45.0	35.0 - 45.0	Good	0	0%	4	0	0%	4
3	21.0 - 30.0	26.0 - 34.0	Fair	1	50%	3	0	0%	3
4	11.0 - 20.0	16.0 - 25.0	Less	1	50%	2	3	75%	2
5	<10.0	<15.0	Deficient	0	0%	1	1	25%	1
Total				2	100%	4	100%		

If displayed in the form of a graph, the data on the Flexibility of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City appears in the following figure:



**Figur 2.** Bar diagram of Determination of KORMI PSN Perisai Putih Silat Athletes in Jambi City

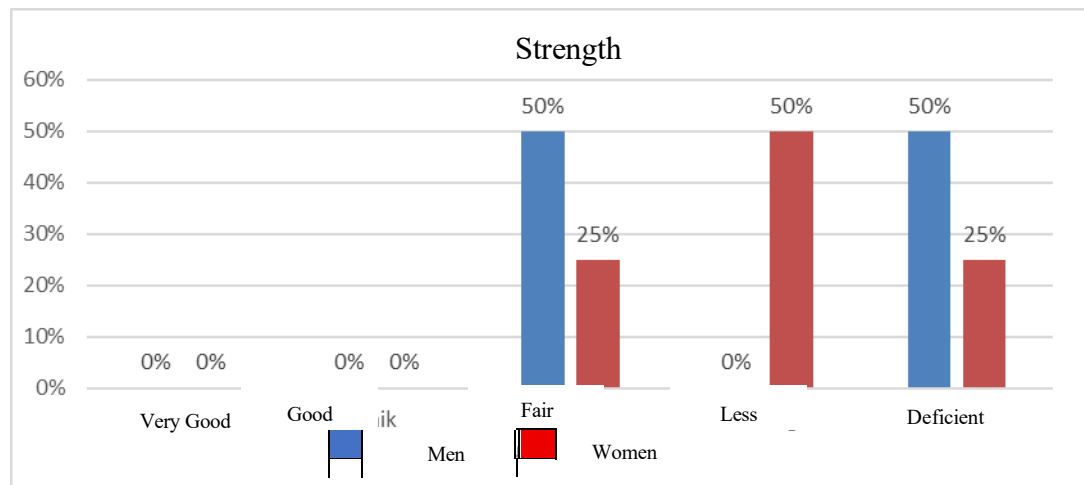
Based on the tables and graphs presented, data regarding the flexibility of KORMI PSN Perisai Putih Silat Athletes in Jambi City shows that for male athletes, the distribution of flexibility categories is as follows: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 50% (1 athlete), ‘Less’ by 50% (1 athlete), and ‘Very Poor’ by 0%.(0 athletes). While for female athletes, the distribution of flexibility categories are: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), ‘Less’ by 75% (3 athletes), and ‘Very Poor’ by 25% (1 athlete).

### 3. Push Up Test

**Table 3.** Frequency Distribution of Strength of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City

No	Interval		Category	Men		Weight	Women		Weight
	Man	Women		F	%		F	%	
1	70 – Up	70 – Up	Very Good	0	0%	5	0	0%	5
2	54 – 69	54 – 69	Good	0	0%	4	0	0%	4
3	38 – 53	35 – 53	Fair	1	50%	3	1	25%	3
4	22 – 37	22 – 34	Less	0	0%	2	2	50%	2
5	Down – 21	Down – 7	Deficient	1	50%	1	1	25%	1
Total				2	100%		4	100%	

If displayed in the form of a graph, the data on the Strength of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City appears in the following figure:



**Figure 3.** Bar Diagram of Strength of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City.

Based on the table and graph presented, the data regarding the strength of KORMI Pencak Silat Athletes in Jambi City shows that for male athletes, the distribution of strength categories is as follows: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 50% (1 athlete), ‘Less’ by 0% (0 athletes), and ‘Very Poor’ by 50% (1 athlete). While for female athletes, the distribution of strength categories are: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 25% (1 athlete), ‘Deficient’ by 50% (2 athletes), and ‘Very Deficient’ by 25% (1 athlete).

#### 4. Hexagon obstacle test

Based on the Agility test, the results of the Hexagon obstacle research were obtained as many as 6 people with the following frequency distribution:

**Table 4.** Frequency Distribution of Agility

No	Interval		Category	Men		Women		Weight	
	Men	Women		F	%	F	%	F	%
1	<11.2	<12.2	Very Good	0	0%	5	0	0%	5
2	11.2 - 13.3	12.2 - 15.3	Good	0	0%	4	0	0%	4
3	13.4 - 15.5	15.5 - 18.5	Fair	0	0%	3	0	0%	3
4	15.5 - 17.8	18.6 - 21.8	Less	1	50%	2	2	50%	2
5	>17.9	>21.8	Deficient	1	50%	1	2	50%	1
Total				2	100%		4	100%	

If displayed in the form of a graph, the Agility data of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City appears in the following figure:

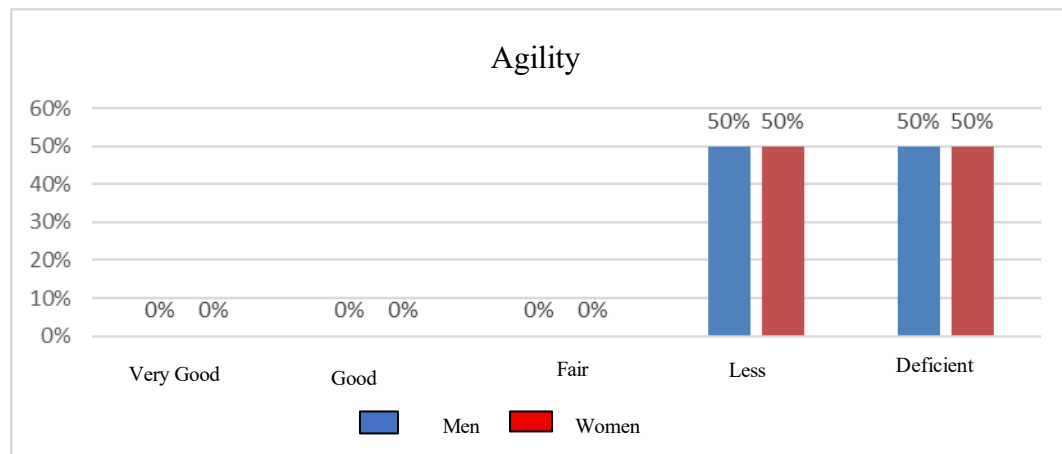


Figure 4. Bar diagram of Agility of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City

Based on the tables and graphs presented, the data regarding the agility of KORMI PSN Perisai Putih Silat Athletes in Jambi City shows that for male athletes, the distribution of agility categories is as follows: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), ‘Less’ by 50% (1 athlete), and ‘Very Poor’ by 50% (1 athlete). While for female athletes, the distribution of agility categories are: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), ‘Less’ by 50% (2 athletes), and ‘Very Poor’ by 50% (2 athletes).

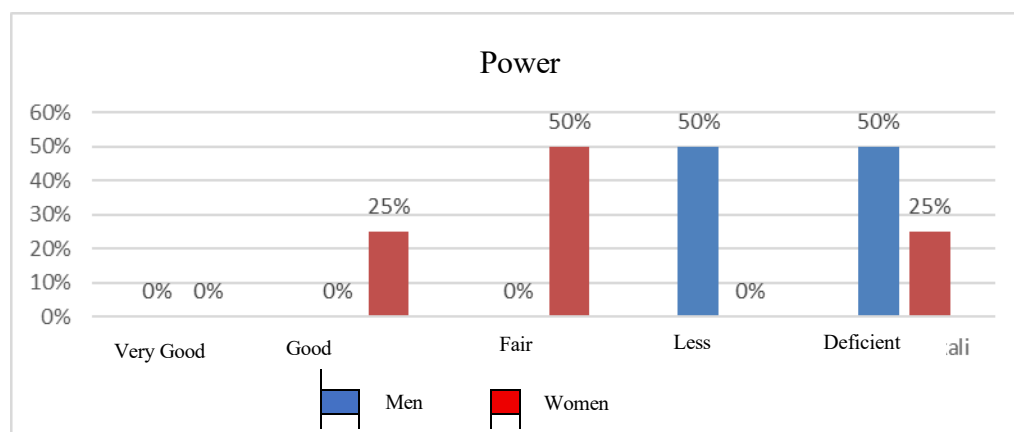
### 5. Standing Broad Jump Test

Based on the Power test, the results of Standing Broad Jump research were obtained as many as 6 people with the following frequency distribution:

**Table 5** Frequency Distribution of Power of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City

No	Interval		Category	Men		Women			
	Men	Women		F	%	Weight	F	%	Weight
1	>2.01	>1.66	Very Good	0	0%	5	0	0%	5
2	2.00 – 1.86	1.65 – 1.56	Good	0	0%	4	1	25%	4
3	1.85 – 1.76	1.55 – 1.46	Fair	0	0%	3	2	50%	3
4	1.75 – 1.65	1.45 – 1.35	Less	1	50%	2	0	0%	2
5	<1,65	<1.35	Deficient	1	50%	1	1	25%	1
Total				2	100%	4	4	100%	

If displayed in the form of a graph, the data of Power Pencak Silat Athletes KORMI PSN Perisai Putih Jambi City appears in the following figure:



**Figure 5.** Bar diagram of Power Pencak Silat Athletes KORMI PSN Perisai Putih Jambi City

Based on the tables and graphs presented, data on the power of KORMI PSN Perisai Putih Silat Athletes in Jambi City shows that for male athletes, the distribution of power categories is as follows: “Excellent” by 60% (3 athletes), ‘Good’ by 20% (1 athlete), ‘Fair’ by 0% (0 athletes), ‘Less’ by 0% (0 athletes), and ‘Very Poor’ by 20% (1 athlete). While for female athletes, the distribution of power categories are: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), “Less” was 0% (0 athletes), and ‘Very Less’ was 100% (2 athletes).

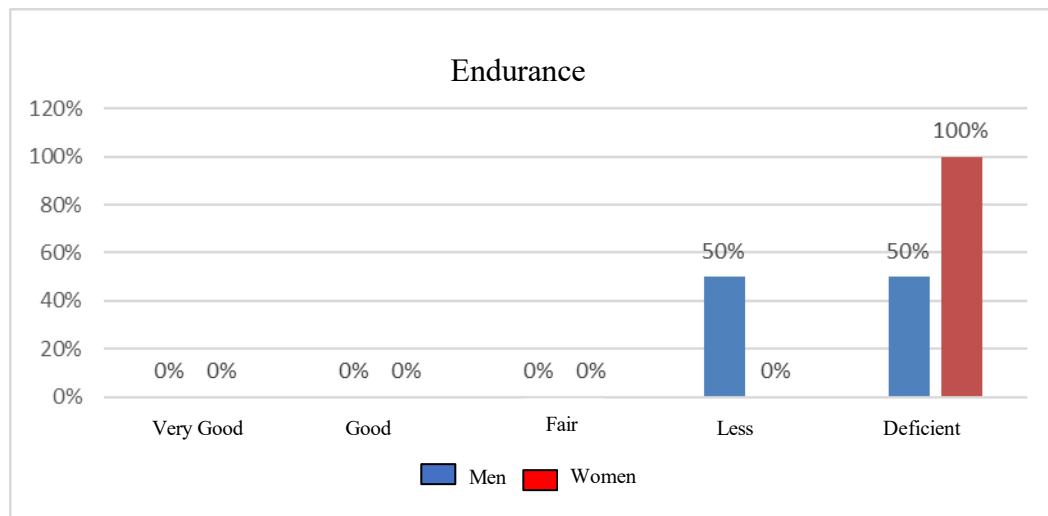
#### 6. Bleep Test

Based on the Endurance test, the results of the Bleep test were obtained as many as 6 people with the following frequency distribution:

**Table 6** Frequency Distribution of Endurance of KORMI PSN Pencak Silat Athletes Perisai Putih Jambi City

No	Interval		Category	Men			Women		
	Men	Women		F	%	Weight	F	%	Weight
1	>65.9	>56.9	Very Good	0	0%	5	0	0%	5
2	55.6 – 65.8	49.4 – 56.8	Good	0	0%	4	0	0%	4
3	50.4 – 55.5	41.8 – 49.3	Fair	0	0%	3	0	0%	3
4	40 – 50.3	31 – 41.7	Less	1	50%	2	0	0%	2
5	<39.9	<30.9	Deficient	1	50%	1	4	100%	1
Total				5	100%		4	100%	

If displayed in the form of a graph, the data on the Endurance of KORMI PSN Perisai Putih Silat Athletes in Jambi City appears in the following figure:



**Figure 6.** Bar diagram of Endurance of KORMI PSN Perisai Putih Silat Athletes in Jambi City

From the tabular data and graphs presented, it can be concluded that the results of the Endurance of KORMI PSN Perisai Putih Silat Athletes in Jambi City show that for male athletes, the distribution of endurance categories is as follows: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), ‘Less’ by 50% (1 athlete), and ‘Very Poor’ by 50% (1 athlete). While for female athletes, the distribution of endurance categories are: “Excellent” by 0% (0 athletes), ‘Good’ by 0% (0 athletes), ‘Fair’ by 0% (0 athletes), ‘Less’ by 0% (0 athletes), and ‘Very Poor’ by 100% (4 athletes).

Individual and Overall Results of Athletes of Pencak Silat Branch KORMI PSN Perisai Putih Jambi City Based on the Physical Condition Test in the category (Speed, Strength, Agility, Power, Endurance Data) obtained research results as many as 6 people, are as follows:

**Table 7** Physical Condition Test Results of Individual KORMI PSN Perisai Putih Pencak Silat Athletes

AN			
No	Item	Category	Weight
1	Tes Sprint 30 M	Deficient	1
2	Sit And Reach	Less	2
3	Push Up 1 Menit	Less	2
4	Hexagonal Oabstacle Test	Less	2
5	Standing Broad Jump	Fair	3
6	Bleep Test	Deficient	1
Total			11

Based on the table presented, the data regarding the Physical Condition of KORMI PSN Perisai Putih Silat Athletes in Jambi City shows that for these athletes the category “Less”.

**Table 8** Test Results of Physical Condition of Individual KORMI PSN Perisai Putih Pencak Silat Athletes

KYL			
No	Item	Category	Weight
1	Tes Sprint 30 M	Deficient	1
2	Sit And Reach	Deficient	1
3	Push Up 1 Menit	Less	2
4	Hexagonal Oabstacle Test	Deficient	1
5	Standing Broad Jump	Deficient	1
6	Bleep Test	Deficient	1
Total			7

Based on the table presented, data on the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City shows that for these athletes the category is “less”

**Table 9** Physical Condition Test Results of KORMI PSN Perisai Putih Individual Pencak Silat Athletes

CN			
No	Item	Category	Weight
1	Tes Sprint 30 M	Less	2
2	Sit And Reach	Less	2
3	Push Up 1 Menit	Fair	3
4	Hexagonal Oabstacle Test	Less	2
5	Standing Broad Jump	Good	4
6	Bleep Test	Deficient	1
Total			14

Based on the table presented, data on the Physical Condition of KORMI PSN Perisai Putih Silat Athletes in Jambi City shows that for these athletes it falls into the “Enough” category.

**Table 10** Test Results of Physical Condition of Individual KORMI PSN Perisai Putih Pencak Silat Athletes

FRHY			
No	Item	Category	Weight
1	Tes Sprint 30 M	Deficient	1
2	Sit And Reach	Less	2
3	Push Up 1 Menit	Deficient	1
4	Hexagonal Oabstacle Test	Deficient	1
5	Standing Broad Jump	Fair	3
6	Bleep Test	Deficient	1
Total			9

Based on the table presented, data on the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City shows that for these athletes it falls into the “less” category.

**Table 11** Physical Condition Test Results of KORMI PSN Pencak Silat Athletes Individual White Shields

RF			
No	Item	Category	Weight
1	Tes Sprint 30 M	Deficient	1
2	Sit And Reach	Less	2
3	Push Up 1 Menit	Deficient	1
4	Hexagonal Oabstacle Test	Deficient	1
5	Standing Broad Jump	Deficient	1
6	Bleep Test	Deficient	1
Total			7

Based on the table presented, data regarding the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City shows that for these athletes it falls into the “Less” category.

**Table 12** Test Results of Physical Condition of Individual KORMI PSN Perisai Putih Pencak Silat Athletes

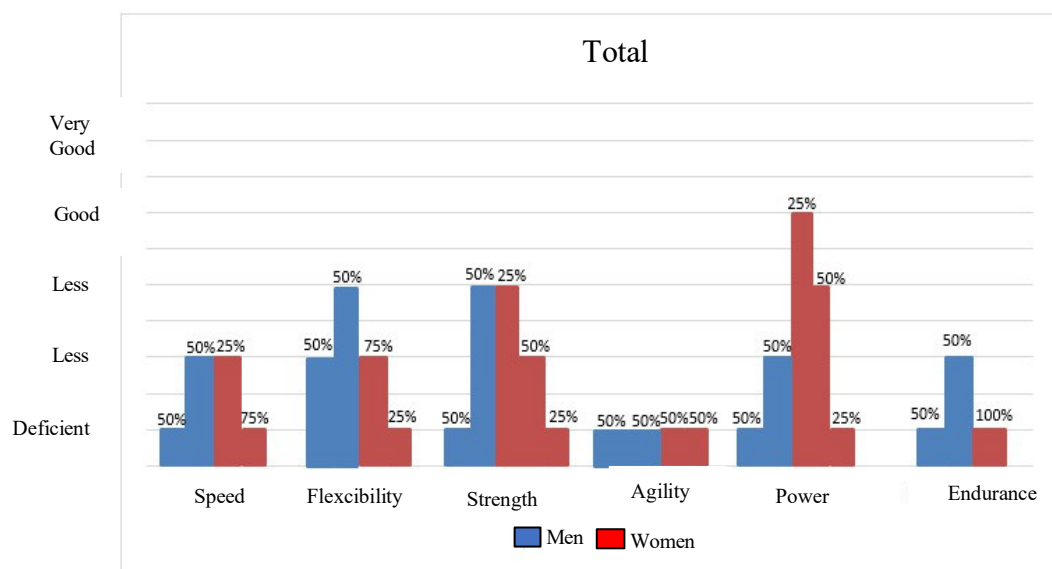
RR			
No	Item	Category	Weight
1	Tes Sprint 30 M	Less	2
2	Sit And Reach	Fair	3
3	Push Up 1 Menit	Fair	3
4	Hexagonal Oabstacle Test	Less	2
5	Standing Broad Jump	Less	2
6	Bleep Test	Less	2
Total			14

Based on the table presented, data regarding the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City shows that for these athletes it falls into the “Enough” category.

**Table 13** Overall Results of Physical Condition Tests of KORMI PSN Perisai Putih Pencak Silat Athletes

No	Name	Weight	Weight	Weight	Weight	Weight	Weight	Total
1	AN	1	2	2	2	3	1	11
2	KYL	1	1	2	1	1	1	7
3	CN	2	2	3	2	4	1	14
4	FRHY	1	2	1	1	3	1	9
5	RF	1	2	1	1	1	1	7
6	RR	2	3	3	2	2	2	14
Total								62
Overall Average								10

Based on the table presented, the data regarding the Physical Condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City shows that for all male and female athletes it is in the “Lack” category as per table 3.9.



**Figure 7.** Total Bar Diagram of KORMI PSN Perisai Putih Silat Athletes in Jambi City

## **Discussion**

This study aims to determine the level of physical condition of KORMI PSN Perisai Putih Pencak Silat Athletes in Jambi City. Based on the results of research using tests and measurements, the overall test results show that the level of physical condition of male athletes and female athletes is in the deficient category. Suggestions for coaches need to adjust the training program so that each athlete can improve their weaknesses and maintain existing advantages. And female athletes need to focus more on endurance, speed, and strength, while male athletes need to increase power and speed. So that it can change the physical condition of pencak silat athletes.

As a martial art sport, Pencak Silat is very popular among teenagers and children. Pencak Silat nowadays often has an entertainment element. As one of the official Olympic events, Pencak Silat is growing rapidly in Indonesia. There are so many enthusiasts who pursue this martial arts sport, of course, there are many championship events as a place to release outstanding athletes.

After the explanation above, the purpose of this study is to obtain information, especially the level of physical condition of Pencak Silat athletes KORMI PSN Perisai Putih Jambi City 2025. The results of the research conducted by this researcher state that the physical condition of male athletes and female athletes is classified as a less category, so this will certainly affect the athlete's ability when competing such as easy fatigue, unbalanced, making movements that are fast and broad.

## **CONCLUSION**

Based on the results of data analysis and discussion, it can be concluded that the physical condition of the Pencak Silat athletes from KORMI PSN Perisai Putih Jambi City in 2025 shows that the overall results of the test items indicate that the physical condition level of both male and female athletes falls into the 'poor' category.

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