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## The Influence of Motorcycle Educability on the Ability of Basic Sickle Kick Techniques in Pencak Silat Extracurricular Students at SMPN 1 Majalaya

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### ABSTRACT

Extracurricular activities are educational activities outside of school subjects to help develop students according to their needs, potential, talents and interests through activities specifically organized by educators and authorized teaching staff at school. The aim of this research was to find out the influence of motorbike educability on the ability of basic crescent kick techniques in pencak silat extracurricular students at SMPN 1 Majalaya. The method used in this writing is an experiment with a One-Group Pretest-Posttest design. The data analysis technique uses tests. The prerequisites for analysis are the normality test using the Shapiro-Wilk test, simple linear regression test and t test. The sample in this study was 20 students of SMPN 1 Majalaya who were taken using total sampling technique. Based on the research results, it can be concluded that there is a comparison between t count and t table of t count 6.537 > t table 1.729, meaning that Ho is rejected and Ha is accepted or it can be said that motor educability (X) really has a significant influence on basic technical abilities crescent kicks for pencak silat extracurricular students at SMPN 1 Majalaya.

## 1. Introduction

Education is a conscious and planned process of educating students in order to build character and create dignified human beings. Education is a need for every human being, since they were born into the world they have received education, whether from family or environment. Education is a learning experience that lasts throughout life in an environment and situation that has a positive influence on the growth of each individual, that education lasts throughout life (Desi, 2022). Education has a very determining role in the development and self-realization of individuals, especially for the development of the nation and state. In the current

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era, education is very important for the progress of a country, especially in Indonesia.

Physical education is an important component in overall education. Physical education is currently starting to innovate to make education superior and of better quality with existing updates to adapt students to be more active. Physical education is one of the subjects in education. Physical education is part of education in schools from elementary to tertiary education levels (Nugraha, 2015). In physical education learning is essentially a learning process that is closely related to physical activities such as sports, because in physical education students are guided to participate in every movement activity in the learning plan.

Extracurricular activities are activities carried out by school and college students outside of standard curriculum study hours. This activity exists at every level of education from elementary school to college. (Dewi et al., 2021) Extracurricular activities are related to the characteristics of the Merdeka Curriculum which supports learning recovery with project-based learning for the development of soft skills and character according to the Pancasila student profile and focuses on essential material so that there is sufficient time for in-depth learning for basic competencies such as literacy and numeracy. (Barlian, 2022) Extracurricular activities are educational activities outside of school subjects to help develop students according to their needs, potential, talents and interests through activities organized specifically by educators and teaching staff who are authorized in school. In line with Minister of Education and Culture Regulation no. 26 of 2014 article 2 which regulates extracurricular activities, namely "extracurricular activities are organized with the aim of optimally developing potential, talents, interests and abilities, cooperative personalities and independence of students in order to support national education" (Riani & Purwanto, 2018).

According to (Supiana, 2019) Extracurricular activities aim to highlight various potentials that are not yet visible in students outside of teaching and learning activities and strengthen potential that is already visible to be even better. Extracurricular sports is a form of development at school which aims to develop students' interests and talents, one of which is in the field of sports. One of the martial arts extracurriculars at school is pencak silat. In line with the opinion of (Lestari & Sukanti, 2016) extracurricular activities are aimed at developing students' personalities, talents and abilities in various fields outside of academic fields Extracurricular activities aim to enable students to deepen and expand their knowledge, recognize the relationships between various subjects, channel their talents and interests, and complete efforts to develop the whole person. (Nurul, 2020)

In extracurricular activities, students will be trained to be responsible, achieve to improve their personal and school achievements, be independent and work well with many people. These things will certainly help shape students' character into good individuals (Eca Gesang Mentari in Shilviana 2020). The functions of extracurricular activities according to the study (Anifal Hendri in Muin, 2019) are as follows:

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- a. Development, namely the function of extracurricular activities to develop students' abilities and creativity according to their potential, talents and interests,
- b. Social, namely the function of extracurricular activities to develop students' abilities and sense of social responsibility.
- c. Recreational, namely the function of extracurricular activities to develop a relaxed, exciting and fun atmosphere for students which supports the development process.
- d. Career preparation, namely the function of extracurricular activities to develop students' career readiness.

The word pencak silat has the same meaning and is part of Indonesian culture. (Sintia, 2018:28) said that Pencak Silat is a traditional sport that is seen in martial arts in Indonesia and is an object of advancing Indonesian culture. Pencak silat is an original Indonesian martial art that must be developed and preserved, where currently many martial arts have been developed in Indonesia and have begun to be included in extracurricular activities in schools. The definition of pencak silat according to (Kholil, 2019) is that it is a self-defense method created to defend oneself from dangers that can threaten safety and pencak silat as the performance of self-defense skills that employ the ability to defend oneself, repel attacks and ultimately attack the enemy, with weapons. or without weapons.

Pencak silat according to Notosoejitno (in Darminto, 2018) says that pencak silat is categorized into several types, namely:

- a. Pencak Silat Art is a technique and its moves are modifications of martial arts pencak silat techniques and moves in accordance with aesthetic rules and its use aims to display the beauty of pencak silat.
- b. Mental Spiritual Pencak Silat is a technique and its moves are a modification of the technique and its use aims to illustrate and at the same time also instill the teachings of the philosophy of pencak silat.
- c. Pencak Silat Sports are techniques and moves which are modifications of martial arts Pencak Silat techniques and moves and their use aims to create and maintain physical fitness and dexterity as well as sporting achievements.
- d. Pencak Silat Martial Arts is the aim of using all the techniques and moves to defend or defend oneself.

According to (Ihsan & Suwirman, 2018: Hanum et al., 2023) in pencak silat there are several basic techniques including: punching, stance, kicking techniques, as well as welcoming, cutting or falling techniques accompanied by catches. Kicks in pencak silat are techniques or attacks to get points in a match. There are 4 types of kick techniques, namely: front kick, crescent kick, T kick, and back kick.

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Stages in performing a sickle kick, according to (Herdiman, 2022). The stages of performing the basic pencak silat sickle kick movements include: The position of the crescent kick, followed by raising the leg with a rotation of the hips with one supporting leg, then the position of releasing the crescent kick and finally returning to the stance . The principle of kicks in pencak silat is seen from the performance of the kick technique from the initial stance to the final stance, showing that each stage of movement is influenced by internal and external forces acting on the martial artist's body. Judging from the performance of the kick technique from the initial stance to the final stance, it shows that each stage of the movement is influenced by internal and external forces acting on the fighter's body. According to (Marhaento, 2015) the principles of mechanics that can influence the performance of kicking techniques in pencak silat include: acceleration, balance, leverage, force and momentum.

To support basic pencak silat skills, athletes need a good warm-up and exercise to reduce the risk of excessive injury. Pencak silat athletes need to stretch and warm up. According to Sukadiyanto (in Nasrullah, 2018) said that training is a process of perfecting sports skills that contains theoretical and practical material, using methods and implementation rules with a scientific approach, using planned and organized educational principles, so that training goals can be achieved on time. When carrying out training, both athletes and coaches must pay attention to training principles. According to Sukadiyanto in his book (Sriwahyuniati, 2017; Afinda et al., 2023) states that training principles include: readiness principle, individual principle, adaptation principle, overload principle, progressive principle, specification principle, variation principle, warm up and cool-down principle, long term training principle , reversibility, and systematic principles.

Not everyone can master newly learned movements, because new movements will be easily dominated if someone learns to have good basic capacity. This agrees with what Wahjoedi said (in Ridlo, 2016) that a person's ability when learning new movements (skills) new motor skills) the potential level will be high, which means the level of dominance of new movements will be higher. The higher the potential level of educability, the easier the degree of mastery of new movements will be. In agreement with (Sumantri & Nasuka, 2016) someone who has high motor educability is characterized by their ability to follow and absorb the training process quickly.

Motor skills consist of gross motor skills and fine motor skills. In line with the opinion of Magill Richard A (in Riza & Swaliana, 2018) based on accuracy in carrying out movements, children's motor skills can generally be divided into two, namely gross motor skills and fine motor skills. Motor educability is a person's ability to be able to learn new things, the level of motor educability that a person has will influence learning or performing new movements (widiastuti in Haqiyah, 2018) Motor educability which is usually done in training and competitions is movement which uses the dominant muscles in pencak silat athletes such as balance, an example of the movement carried out is when the athlete kicks a sickle kick. According to Didin Rahmat in Gultom, 2021) the higher the level of motorbike education, the easier it will be to master new movements. In line with

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the opinion of (Mahardika, 2016: 237) that motor educability is a potential motor ability that shows the capacity of a person who is able to learn new movements in a short time with good quality. The potential quality of motorbike educability will provide an overview of a person's ability to learn new movements easily.

Motor educability is a term that shows a person's capacity skills in learning new movements quickly. This is reinforced by Clarke's opinion (in Fajriyanto, 2018) regarding motorbike educability, namely. "The ease with which an individual learns new skills". The purpose of this explanation is that the ease with which someone can learn new skills is called motor educability. Motor educability usually aims to predict learning potential in a person's learning ability to develop various optimal motor skills efficiently and effectively. According to (Mustafa & Sugiharto, 2020) Learning motor skills both theoretically and practically is an important part of the education and learning process that needs to be explored and mastered. Because motor ability is directly related to a person's mastery of speed in carefully mastering new skills, Motor Educability is used to assess the components needed for future success. And it can be interpreted that the educability motor is used to assess the components needed for future success. In this case, according to Krikendall (in Pane & Saragih, 2016) the motor educability test is intended to predict a child's ability to learn new motor skills.

Based on the results of short interviews with extracurricular supervisors and trainers conducted by researchers at SMPN 1 Majalaya school regarding extracurricular pencak silat, there were several students who still experienced difficulties with the basic movements of pencak silat. Previous research conducted by (Gultom, 2021) with the title development of a warm-up model based on educability motorbikes is related to the problem that has been revealed, namely from the results of his research the educability motorbike-based warm-up model is effective and efficient in improving futsal play. This is different from the research that the author examined. In this study, using motor educability training, this training model is assumed to be able to help students improve their mastery of effective basic movements in pencak silat extracurriculars. So, by using educability motorbike training, the main focus is to increase the basic movement skills of crescent kick students in extracurricular pencak silat.

## **2. Methodology**

This research is experimental research. This research was conducted using a design in the form of a one group pretest posttest design. In this design, a pretest is carried out to determine the initial condition of the subject before being treated (treatment) so that researchers can find out more accurately, because they compare the condition before and after, after being given treatment (Sugiono in Heriyanti & Gumay, 2018). Treatment using the motorbike educability training model was carried out on extracurricular students at SMPN 1 Majalaya with a sample population of 20 students taken using a total sampling technique with a sampling technique of all students who took part in the pencak silat

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extracurricular at SMPN 1 Majalaya. The research instrument uses the basic movements of the pencak silat sickle kick (Table 1).

Tabel 1. Research Instrument Sickle Kick

| Indicator        | Motion Description   | Value |   |   |   |
|------------------|--|-------|---|---|---|
| Initial Attitude | • Look straight ahead  | 1     | 2 | 3 | 4 |
|                  | • The left hand is far in front of the body while bent at the elbow, the right hand is close to the body                               |       |   |   |   |
|                  | • Left leg is in front while bending the knee  |       |   |   |   |
|                  | • The right foot is behind as a support for balance  |       |   |   |   |
| Implementation   | • Body position is turned to the left, right leg is lifted forward at around 90o by bending the knee                                   |       |   |   |   |
|                  | • The left hand is drawn crosswise close to the body with an open fist, the right hand is drawn crosswise down to protect the genitals |       |   |   |   |
|                  | • The right leg is whipped forward with the impact being the instep of the kick target towards the opponent's chest                    |       |   |   |   |
|                  | • Look straight ahead  |       |   |   |   |
| Final Stance     | • Look straight ahead  |       |   |   |   |
|                  | • The left hand is far in front of the body while bent at the elbow, the right hand is close to the body                               |       |   |   |   |
|                  | • Left leg is in front while bending the knee  |       |   |   |   |
|                  | • The right foot is behind as a support for balance  |       |   |   |   |

Data analysis was carried out to determine the results of the research that had been carried out in the form of using educational motorbikes as a treatment to be able to determine the influence and improvement through treatment using the basic pencak silat techniques provided. Systematic data analysis includes:

1) Test data normality using the Shapiro-Wilk test

The normality test is intended to test whether the data obtained is normally distributed or not. In the normality test there are two test methods, namely the Kolmogorov-Smirnov test and the Shapiro Wilk test. This research uses the Shapiro-Wilk test with the help of the SPSS 25 program.

The normality output explains the results of the analysis that the data will be normally distributed or not with a significance level of 5% through determining the following hypothesis:

- a. If the p value is  $> 0.05$ , then  $H_0$  is accepted and  $H_a$  is rejected, which means the population is normally distributed
- b. If the p value  $< 0.05$ , then  $H_0$  is rejected and  $H_a$  is accepted, which means the population is not normally distributed.

## 2) Perform a simple linear regression test

A simple linear regression test was carried out to determine the linear relationship between the independent variable (X) and the dependent variable (Y). Simple linear regression testing was carried out with the help of the SPSS 25 computer program. By using the following decision making criteria:

- a. If  $p \text{ sign} < 0.05$ , then variable X has an effect on variable Y
- b. If  $p \text{ sign} > 0.05$ , then variable X has no effect on variable Y

## 3) Perform the T Test

Hypothesis testing is carried out to determine whether each independent variable on the dependent variable has a significant influence. Simple linear regression testing was carried out with the help of the SPSS 25 computer program. By using the following decision making criteria:

- a. If the significance value  $< 0.05$ , then the hypothesis is accepted
- b. If the significance value is  $> 0.05$ , then the hypothesis is rejected

### **3. Results and Discussion**

This research data was collected using a pencak silat sickle kick test instrument based on the results of the pretest and posttest to determine the influence of motorcycle educability on the treatment carried out. The results of descriptive statistical calculation data analysis were obtained as follows :

#### ***Normalitas Test***

Based on the data results obtained from the Shapiro-Wilk normality test calculations in the following table 2, it can be seen that the significant value in the pretest is 0.052 and the posttest is 0.581. The significance value of all the data in the table is greater than 0.05 (significant  $> 0.05$ ), meaning that the entire data is normally distributed. The pretest scores were obtained because there was no treatment so many students still failed in the two trial opportunities given, while the posttest scores were obtained after students were given treatment by carrying out the training principles carried out by the students, namely practice and exercise so that there was an increase (Table 2).

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Tabel 2. Normality Test Results

|          | Tests of Normality              |    |       |              |    |      |
|----------|---------------------------------|----|-------|--------------|----|------|
|          | Kolmogorov-Smirnov <sup>a</sup> |    |       | Shapiro-Wilk |    |      |
|          | Statistic                       | df | Sig.  | Statistic    | df | Sig. |
| pretest  | .200                            | 20 | .035  | .905         | 20 | .052 |
| posttest | .137                            | 20 | .200* | .962         | 20 | .581 |

### Simple Linear Regression Test

Table 3 shows that the correlation/relationship value (R) is 0.839, this value can explain that the relationship between the two research variables is in the high category. So, it can be explained that the independent variable dependent variable. The KD value obtained was 0.704, while the independent variable and dependent variable were (70.4%) while the remainder (29.6%) was explained by other variables that were not included in this model (not researched) (Table 3).

Tabel 3. Simple Linear Regression Result

| Model | Model Summary     |          |                   |                            |
|-------|-------------------|----------|-------------------|----------------------------|
|       | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1     | .839 <sup>a</sup> | .704     | .687              | .918                       |

It can be seen that the R (correlation) value is 83%. This result shows that the goal in sickle kick training can be achieved to help an athlete or a sports team improve their skills or performance as much as possible by considering various aspects of training that must be considered, including physical training, techniques, tactics, and mental training.

### T Test

Table 4 shows the comparison of t count and t table, it is known that t count is 6.537 while t table has a significance level of 5% and  $df = N - 1$ ;  $20 - 1 = 19$ , the number obtained is 1.729. The comparison between t count and t table can be explained that t count is  $6.537 > t$  table 1.729. This means that  $H_0$  is rejected and  $H_a$  is accepted or it can be said that motor educability (X) really has a significant contribution to the ability of the basic sickle kick technique (Y) (Table 4).

Tabel 4. T test Result

| Coefficients <sup>a</sup> |            |                             |            |                           |       |      |
|---------------------------|------------|-----------------------------|------------|---------------------------|-------|------|
| Model                     |            | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig. |
|                           |            | B                           | Std. Error | Beta                      |       |      |
| 1                         | (Constant) | 3.932                       | .772       |                           | 5.089 | .000 |
|                           | pretest    | .974                        | .149       | .839                      | 6.537 | .000 |

This happened because during the pretest students had not received treatment on the basic pencak silat sickle kick technique so students took the test with limited



student knowledge and skills. And in the posttest, students were given treatment using educability motor movements on the basic sickle kick technique so that the resulting movements were better, such as the sickle kicks carried out by students which were initially unbalanced became balanced and where initially there was no strength there became strength.

#### 4. Conclusion

The results of research data analysis and hypothesis testing in the pretest and posttest show a significant increase in scores and it can be concluded that based on the statistical results of the linear regression test calculated from the results of the pretest and posttest, a significance value results has been obtained, where from these results there is an influence between motorbike educability on Basic technique abilities of crescent kicks among pencak silat extracurricular students at SMPN 1 Majalaya. This result occurs because we have taken steps in using the motor educability model for the basic sickle kick technique in students, and the pretest and posttest improvements have shown that the aim of using the motor educability model is so that students are actively involved and there are changes in their movement abilities that are more better than before.

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