

## Original Article Research

## Survey of students' Interest in Martial Arts at Sumber Mulya Elementary School Pelepat Ilir District Bungo Regency

Sugeng Purwanto<sup>1\*</sup>, Dody Tri Iwandana<sup>2</sup>, Baskoro Pandu Aji<sup>3</sup>

<sup>1</sup>*Health and Recreation Physical Education Study Program, Faculty of Sports Science, Yogyakarta State University, Indonesia*

<sup>2</sup>*Sport Science Study Program, Faculty of Teacher Training and Education, Mercuru Buana University Yogyakarta, Indonesia*

<sup>3</sup>*Elementary School 183/II Sumber Mulya, Pelepat Ilir District, Bungo Regency, Indonesia*

\*email corresponding author: sugeng\_purwanto@uny.ac.id.<sup>a\*</sup>,

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### Abstract

This study aims to determine how much students' interest in martial arts is in high school students at 183/II Sumber Mulya Elementary School, Pelepat Ilir District, Bungo Regency. This type of research is included in quantitative descriptive research. The population in this study were students in grades VI, V, and VI at the 183/II Sumber Mulya Elementary School, Pelepat Ilir District, Bungo Regency, with a total of 28 students. The sampling technique used was Total Sampling. The research instrument used a questionnaire. The validity test of the rxy calculation are compared with the r table with a significant level of 5%. If  $r_{xy} > r_{table}$  then the instrument is declared valid. The reliability test showed a score of 0,734 if the alpha value  $> 0.6$  then the instrument was reliable. Data analysis in this study used descriptive statistical analysis with SPSS software version 25. The results showed that the interest of grade VI, V, and VI students at SD 183/II Sumber Mulya, Pelepat Ilir District, Bungo Regency towards martial arts was high with an interest percentage of 71,42% with 20 students. Students who have low interest are 28,58% with 8 students. Based on these data it can be said that students' interest in martial arts is in high school students at 183/II Sumber Mulya Elementary School, Pelepat Ilir District, Bungo including high. It is hoped that this research can be used as an opening to decide which sports will be held as extracurricular activities at the 183/II Sumber Mulya Elementary School, Pelepat Ilir District, Bungo Regency.

**Keywords:** Interests, Sports, Martial Arts

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## 1. INTRODUCTION

Exercise is a way to maintain physical fitness (Nugroho et al., 2021). Both men, women, young and old, who do any sports and anywhere can be the basis for a healthy and happy life. In addition to the above there are also sports that aim to educate or educational sports, recreational sports, namely sports whose goals are recreational, health sports aimed at the healing or rehabilitation process, competitive sports aim to achieve the highest achievement (Tarigan et al., 2021). Achievement sports are sports that foster and develop sports (athletes) in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology. Therefore, the government must be responsible for advancing national sports achievements at a higher level, namely the international level (Allung et al., 2019).

Sport is a human movement activity with certain techniques, its implementation contains elements of play, a sense of pleasure carried out in spare time and a sense of self-satisfaction. Humans are very active creatures. This very high level routine must be supported by a balanced mental and physical condition of the body (Sutopo & Misno, 2021). Human efforts through sports and recreational activities aimed at relieving mental stress can balance physical and psychological conditions. Nowadays, individual health problems are on the rise due to lack of movement or exercise and physical activity, which makes individual body activities important. On the other hand, through sporting events, many people are involved with sports directly or indirectly, either by actively performing or by watching sports. In general, exercise helps individuals maintain their physical and mental health and is a source of pleasure and entertainment. It is from this that by doing physical activity or by exercising we will provide various benefits for our bodies.

Sport is an activity that teaches honesty, respecting opponents or friends, accepting defeat gracefully and being fair play (Nugroho et al., 2020). Achievement sports are sports that foster from an early age and are developed in a planned, tiered and sustainable manner (Falaahudin et al., 2021). One of the achievement sports is martial arts (Triprayogo et al., 2020). Martial arts is a sport that combines physical activity with elements of art, self-defense techniques, sports and mental exercise (Prayogo et al., 2021). Martial arts have many benefits, namely to protect themselves from bad people, it is better to have the provision and ability to defend themselves (Falaahudin et al., 2020). Understanding interest is a tendency that lasts long enough for an object or when carrying out activities (actions) based on interest, pleasure that arises from within (Iwandana et al., 2021). Pleasure is an effective interest in a situation or object or activity (Iwandana et al., 2018). Pleasure is not the same according to interest and persistence. The need for interest is a condition that requires satisfaction and this need to generate attention to interest. Motivation is a factor in the organism that evokes, motivation related to interest is one of the psychological factors that become a source of motivation (Ahsan, 2016).

Interest is one of the emotional aspects that plays a major role in a person's life (Shakespeare, 2014). The affective side is an aspect that identifies the feeling dimensions of emotional awareness, disposition, and will that affect a person's thoughts and actions. This affective dimension includes three important things, namely (1) relating to feelings about different objects; (2) these feelings have a direction starting from the neutral point to the opposite side, neither positive nor negative; (3) various feelings that have different intensities, from strong to moderate to weak.

People have different interests in something based on their attention, curiosity, motivation, and needs. Interest means a great excitement or desire for something (Syah, 2010).

Interest serves as a driver of one's desire, a desire amplifier and as a driving force in doing that comes from within a person to do something with the purpose and direction of daily behavior. Several factors that influence interest include motivation and ideals, family, teacher's role, facilities and infrastructure, mass media (Achru, 2019). Interest is the tendency of people to seek or try activities in a particular field. Interest is also defined as a positive attitude towards environmental problems. Also, interests are always recognized and people tend to enjoy activities with pleasure.

The feeling of pleasure or interest in an object or activity is defined as interest. Interest can be formed due to the influence of several indicators, such as motivation and goals, family support, facilities, the role of teachers and the mass media. Students' interest in martial arts can be formed from themselves or from outside themselves because of the encouragement of indicators that influence these interests, such as the aspiration to become a martial arts athlete, family support to become a self-defense athlete, adequate martial arts facilities, the role of a teacher or coach as a sports coach. martial arts, and the role of sports media. Therefore, with this research, it is hoped that an increase in students' interest in martial arts can be obtained. These results will be used as the basis for making martial arts extracurriculars in schools.

## 2. METHOD

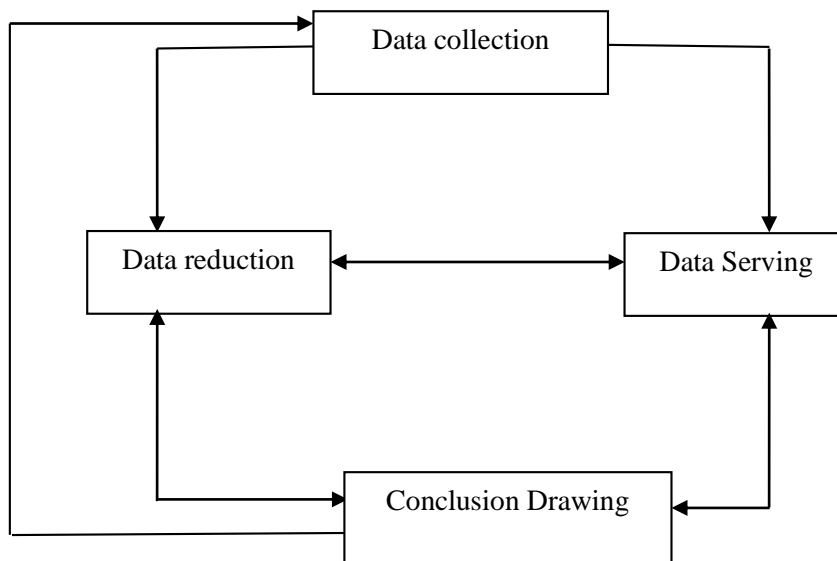
### 2.1 Participants

Class	Male Student	Female student
4	3	8
5	7	3
6	4	3
Total	28	

The population in this study were students in grades VI, V, and VI at SD 183/II Sumber Mulya, Pelepat Ilir District, Bungo Regency, totaling 28 students. Population is a generalization area consisting of subjects or objects that have certain quantities and characteristics. The sampling technique used was Total Sampling. Because to get all opinions about students' interests, the whole sample is taken using a total sampling technique.

### 2.2 Research Design

This type of research is included in quantitative descriptive research. This research instrument uses a questionnaire. Questionnaires are one of the characteristics of descriptive research that collects data and writes data obtained from filled out questionnaires (Sugiyono, 2011).

**Figure 1***Research Design*

### 2.3 Instruments

The research instrument using a questionnaire that has been tested for validity and reliability, consists of positive and negative statements. Data collection techniques are carried out by giving a number of questions or written statements to respondents to answer. Questionnaire is a collection of data that is done by giving questions or written statements to respondents to be answered (Ramadhani, 2021).

**Table 1.***Table of Positive Questionnaire Scores*

Question	Score
Strongly Agree	4
Agree	3
Disagree	2
Strongly Disagree	1

**Table 2.***Table of Negative Questionnaire Scores*

<b>Question</b>	<b>Score</b>
Strongly Disagree	1
Disagree	2
Agree	3
Strongly Agree	4

The scoring of the questionnaire uses a Likert scale, which has four or more questions combined with scores that represent individual characteristics (Much et al., 2016). The scores obtained are then converted into scores for each participant with the following formula:

$$P = F/N \times 100\%$$

Information :

*P = Percentage*

*F = Observation frequency*

*N = Number of respondents*

### 2.3.1 Validity

Validity is a measure to show the levels of validity or validity of an instrument. A research instrument can be said to be valid if it can reveal data from the variables studied appropriately to be able to measure what the researcher wants and can reveal the variables studied appropriately meant.

**Table 3.***Results of Interest Instrument Validity Test*

Number	Pearson Correlation  R Hitung	R Table	Significance Value	Information
1	0.505	0,433	0.020	Valid
2	0.552	0,433	0.009	Valid
3	0.587	0,433	0.005	Valid
4	0.484	0,433	0.026	Valid
5	0.644	0,433	0.002	Valid
6	0.584	0,433	0.005	Valid
7	0.743	0,433	0,001	Valid
8	0.502	0,433	0.020	Valid
9	0.580	0,433	0.006	Valid
10	0.630	0,433	0.002	Valid
11	0.490	0,433	0.024	Valid
12	0.456	0,433	0.038	Valid
13	0.434	0,433	0.049	Valid
14	0.652	0,433	0.002	Valid
15	0.463	0,433	0.035	Valid
16	0.509	0,433	0.018	Valid
17	0.522	0,433	0.015	Valid
18	0.591	0,433	0.005	Valid

Based on the results of the calculation of the formula using the SPSS application, all values of  $r$  arithmetic  $>$   $r$  table indicate that all items of interest questionnaire are valid.

### 2.3.2 Reliability

Reliability is the accuracy of the test given to the same examiner. Finding this accuracy is essentially evident from the similarity in the results. Furthermore, the results of 11 were consulted with the table  $r$  value with a significance of 5%. If  $11 >$  then the data is declared reliable. If the result  $11 <$  then the data is declared unreliable. For reliability testing using SPSS 25 software for windows.

**Table 4.***Interest Instrument Reliability Test Results*

Variable	Rxy	Information
Interest	0,734	Reliable

A variable is said to be good if it has a Cronbach's Alpha value  $>$  from 0.6. Based on these calculations, it is found that all research instruments are reliable.

**2.4 Procedures**

The steps for collecting data in this study are: the first to prepare a research instrument in the form of a questionnaire, then make a visit to the school to be studied to collect data, students or respondents to be studied are collected in one room, then each student is given a questionnaire to fill in biodata. Then the questionnaire was answered according to the respondent's answers, the time for filling out the questionnaire was 45 minutes, the answers were collected immediately after filling out the questionnaire.

**2.5 Data Analysis**

The data analysis method in this study used descriptive data analysis methods. Calculations in the questionnaire or questionnaire were carried out using descriptive percentage analysis using SPSS software for windows version 25.

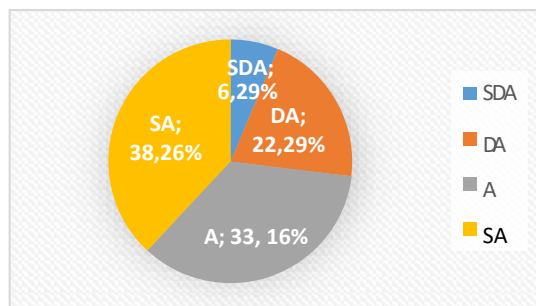
**3. RESULTS****3.1 Percentage Result****Table 5.***Student Interest Answer Result Percentage*

Descriptive Staistics	Student Interest
N (total sample)	28
Answer Strongly Agree	38, 26 %
Answer Agree	33, 16 %
Answer Disagree	22, 29 %
Answer Strongly Dosagree	6, 29 %

Based on the description of table 1 above, it can be illustrated that the symbol N shows a number of samples, namely 28 students, the details of the percentage of answers strongly agreeing are 38, 26%, the percentage of answers agreeing is 33, 16%, the percentage of answers disagreeing is 22, 29%, and percentage answers strongly disagree as much as 6, 29%.

**Figure 2**

*Percentage Diagram of Student Interest Answer Results*



**3.2 Interest Classification**

Classification of student interest in Martial Arts in grades VI, V, and VI at Sumber Mulya Elementary School 183/II, Pelepat Ilir District, Bungo Regency can be seen as follows:

**Table 6.**

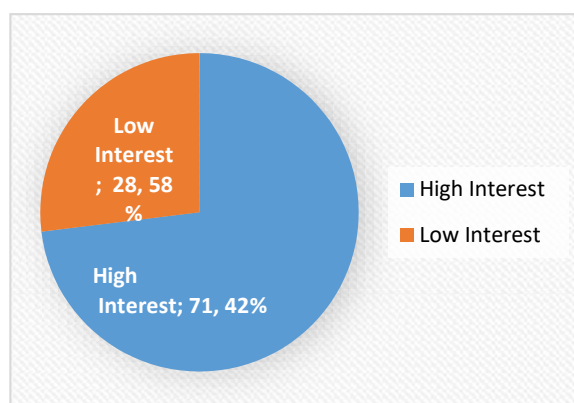
*Classification of Student Interest Questionnaire for Martial Sports*

Classification	Frequency	F (%)
High Interest	20	71,42%
Low Interest	8	28,58%
Total	28	100%

Based on table 3 above, it shows that the category of high interest percentage is 71,42% consisting of 20 students and low interest percentage is 28.58% consisting of 8 students.

**Figure 3**

*Classification Diagram of Student Interest Questionnaire*



From the diagram above, it can be explained that the interest of grade VI, V, and VI students in 183/II Sumber Mulya Elementary School, Pelepat Ilir District, Bungo Regency is classified as high with an interest percentage of 71.42% with a total of 20 students. Students who have low interest are 28,58% with 8 students.



#### 4. DISCUSSIONS

Achievement sports are sports that foster and develop sports in a planned, tiered and sustainable manner through competence to achieve achievements with the support of sports science and technology (Pamungkas, 2021). Achievement sports are really needed by the nation itself because achievement sports are able to uphold the dignity of the nation. One of the sport achievements is self-defense, there are many native martial arts from Indonesia, one of which is fighting martial arts, this sport is very much enjoyed by young people.

Martial arts is a sport that combines physical activity with elements of art, self-defense techniques, sports and mental exercise, martial arts has many benefits such as defending oneself from bad people in this world to find a sense of security is very difficult especially in modern times like today every day we always hear that various crimes are always happening around us. It would be nice if we have the provision and ability to defend ourselves to be aware of the various crimes that occur around us (Adyanto et al., 2018).

Nowadays, humans cannot be separated from sports activities, both to increase achievement and the need to maintain body condition to stay healthy. One of the places where people can do sports activities is at school, many activities at school are carried out inside or outside class hours, sports activities outside of class hours are usually programmed, namely in extracurricular activities.

As research conducted by (Azizah & Sudarto, 2021) the purpose of this study was to determine how many factors could influence students' interest in participating in volleyball extracurricular activities at SMP N 3 Satu Atap Karangsembung. The results showed that students' interest in participating in extracurricular volleyball at SMP N 3 Satu Atap Karangsembung was mostly in the high category of 57.80%, followed by the low category of 21.2%, then the very high category of 10.5%, and very low category of 10.5%.

In the learning process, it is often seen that the extracurricular supervising teacher in providing learning is only a formality to fulfill the time allocation and extracurricular subject matter specified in the curriculum. This should not happen so that the rules and values of these activities can be achieved properly and correctly, so extracurricular supervisors who have good interests and behavior are needed to provide examples and positive encouragement for students. In addition, environmental conditions and the state of the tools and facilities supporting extracurricular activities are inadequate so that the learning process has not been achieved properly.

Interest in sports can build motivation to always be active in activities, for example, if someone has a high interest in martial arts, then that person will try to be the best in the sport and try to master martial movements (Samsul, 2022). Motivation is a form of effort made in order to achieve something desired (Sin, 2017). Motivation can be said to be an encouragement to interest (Sardiman A, 2012). Motivation itself functions as a stimulus from outside a person's personality (Syah, 2010). There are several factors that influence a person's interest, namely family, facilities, teacher's role, public media.

Families also play an important role in growing interest in this case regarding children, if the family is supportive, usually children will be more motivated (Rambe, 2019). Sports activities will be good if they are supported by good sports facilities, especially if the sport leads to achievement (Purnama, 2017). With good facilities foster interest in joining it (Regina, 2010). A

teacher must be able to condition children and can stimulate children's interest in doing something through learning and delivery in the teaching and learning process (Riyoko Endy, Ghani al, 2021). Today's mass media is easily accessible for children, there are many spectacles in the media that are often imitated and even become trending topics so that it raises children's interest in participating in these activities.

Relevant research	Equality	Update
Research conducted by (Rekadaya, 2017) with the aim of knowing how much interest the PJKR study program students are interested in the chosen sports subject of judo	Using the same method, namely quantitative descriptive	Population and sample of elementary school students
	Aims to measure interest in martial arts	For mapping the interests of martial arts extracurricular makers

The conclusion of the update in this study is that this research was carried out in 2022 with post-pandemic conditions. Then the population and the sample used are elementary school-aged children where that age is the age in determining a hobby or interest. It is hoped that through this interest in martial arts, children can protect themselves from the threat of crime that is rife and can be a provision for achievement in developing themselves into martial arts athletes.

## 5. CONCLUSIONS

From the results of the study, it can be concluded that the interest of grade VI, V, and VI students of SDN 183/II Sumber Mulya, Pelepat Ilir District, Bungo Regency towards pencak silat is relatively high with an interest percentage of 71.42% with a total of 20 students. Students who have low interest are 28.58% with 8 students. The limitation of this research is only about students' interest in martial arts. It is hoped that the results of this study can be used to determine the appropriate martial arts sport for school extracurriculars. Thanks are conveyed to the state university of Yogyakarta and the principal of SDN 183/II Sumber Mulya who have been willing to collaborate so that this research can be carried out.

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