EMOTIONAL INTELLIGENCE LEVEL OF PENCAK SILAT JUNIOR HIGH SCHOOL STUDENTS: ANALYSIS AND IMPLICATIONS Games

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Abstract: This study aims to determine the level of emotional intelligence of pencak silat athletes at MTs 3 Masaran and analyze its implications for the development of young athletes. Emotional intelligence is an important aspect in the world of sports, especially pencak silat, because it can affect athletes' performance, mental endurance, and social skills during training and matches. The research method used is descriptive quantitative with a survey approach. The sample consisted of 17 pencak silat athletes aged 12-15 years. The instrument used is an emotional intelligence questionnaire which includes five main factors: self-awareness, emotion management, motivation, empathy, and social skills. The results showed that the majority of athletes were in the "sufficient" emotional intelligence category (70.59%), followed by 'good' (23.53%), and "less" (5.88%). Motivational factors and social skills are two areas that need attention for further improvement. These results indicate the need for more intensive psychological coaching strategies to support athletes' overall emotional development. This study contributes to the development of psychological-based training programs at the school level.

Keyword : *emotional intelligence, pencak silat, analysis*

Introduction

Pencak Silat is a traditional martial art originating from Indonesia. Apart from Indonesia, this martial art is widely known in Asian countries such as Malaysia, Brunei, Singapore, the Philippines, and Thailand. In Indonesia itself, there is a parent organization for Pencak Silat which is better known as the Indonesian Pencak Silat Association or IPSI. (Irawan, 2021). According to Remon (2022) Pencak Silat is a traditional Indonesian martial art that has been passed down from generation to generation. Pencak Silat movements involve the entire body if done correctly and deliberately.

In terms of sports, Pencak Silat is a martial art that includes various elements, both physical, technical, tactical, and spiritual. Physical refers to everything related to the body. Techniques are the movements used in the sport of Pencak Silat. Tactics are the strategies used to achieve competitive victory in sports.(Irawan, 2021). According to Kastrena, Rahmawati, & Afriyuandi (2023) "To improve the quality of performance in pencak silat, you must first master the basic techniques of pencak silat." Pencak Silat. Master Silat and learn advanced techniques used in Pencak Silat

competitions. In learning, there are several factors that can influence the learning of pencak silat techniques. These factors include not only physical skills, but also cognitive factors (IQ, technical ability) and physical factors (physical strength, physical fitness). posture, flexibility, strength), psychological factors (motivation, self-confidence, emotions), and social factors (support from coaches, friends, etc.).

From the background, there is an identification of problems that can be taken as the focus of the research, namely: (1) The level of emotional intelligence of MTS 3 Masaran pencak silat athletes is not yet known. (2) MTS 3 Masaran pencak silat athletes who have a tendency to commit violations that can harm themselves, can increase stress in matches and affect the athlete's performance when competing.

Initial observations showed that several MTs 3 Masaran pencak silat athletes had difficulty controlling their emotions when faced with the pressure of training and competition. Among them were the inability to control anger, high anxiety during and before competing, and lack of self-motivation ability. This shows the importance of an in-depth analysis of the level of emotional intelligence of pencak silat players at MTS 3 Masaran. The purpose of this study was to measure the level of emotional intelligence of Pencak Silat athletes at MTS 3 Masaran and provide an overview of aspects that need to be improved. The results of this study are expected to be a basis for coaches and schools to develop coaching programs that support the development of athletes' overall emotional intelligence.

In Indonesia there are many silat streams and there are annual events ranging from village level to international level, training to achieve achievements must be done as early as possible. Like other martial arts, pencak silat is also determined by strength, speed, agility, endurance and balance. So, from the several factors above that affect the skill in kicking, therefore in Pencak Silat sports must have strong and fast kicks. For a silat athlete, lack of speed and power of kicking power is an obstacle that often occurs in Pencak Silat sports. (Lungit Wicaksono, Totok Sardianto, & Dimas Duta Putra Utama, 2020).

Not only emphasizing the physical fighting aspect, pencak silat also includes four main aspects, namely the self-defense aspect, the sports aspect, the arts and culture aspect, and the mental spiritual aspect. These four aspects make pencak silat not only a physical activity, but also a means of character and identity formation. Noble values such as piety to God, respect for others, deliberation, and devotion to the community are an integral part of the pencak silat training process. In addition to being a means of self-defense, pencak silat also presents the beauty of structured movements in the form of art, as well as strengthening the physical and spiritual through physical and spiritual activities.

In the context of the competition, pencak silat has a complex system and rules, both from the classification of participants based on age and weight, as well as the technical aspects of the match such

as the duration of the round, types of attacks, to the limitations that must be adhered to by athletes. The psychological aspect plays a very important role in achieving optimal athlete performance during the match. One of the psychological factors that plays an important role in pencak silat is emotional intelligence. Emotional intelligence is a person's ability to recognize, understand, and manage their own emotions and those of others in various situations, including when facing pressure in the match arena. Athletes with high emotional intelligence tend to be able to control negative emotions, stay focused, and perform with stable performance.

Emotional intelligence in sports, including pencak silat, is one of the important indicators in supporting the success of athlete achievements. When a silat athlete is able to maintain emotional stability amidst the pressure of competition, then he has a greater chance of mastering techniques and strategies to compete effectively. Factors such as social support from coaches, teammates, and family environment also greatly influence the development of an athlete's emotional intelligence. Thus, strengthening the emotional intelligence aspect in the training and practice of pencak silat athletes needs to receive balanced attention with physical and technical training in order to achieve optimal achievements.

An athlete's ability to perform is influenced by various factors including physical, technical, tactical, and mental. Weak mental components have a significant influence on the maturity achieved by the other three components. In sports, athletes make contact with their opponents so that physical contact occurs which tends to cause emotional feelings. New emotional anxiety such as joy, anger, and sadness can affect physical conditions and psychophysiological balance, and in a certain range can cause changes such as heart palpitations, lacrimation, and muscle spasms. The emergence of an athlete's emotions during a match can affect the psychological aspects of the athlete. Athletes may become anxious, their emotions fluctuate, and hesitate in making decisions.

This can result in a decrease in his performance as an athlete. An athlete can optimize his performance during a match by controlling his mood so that anxiety and stress do not interfere with his thinking. To be better at managing his feelings compared to his competitors, athletes must have emotional intelligence. Because if athletes do not master the feeling aspect, they will also not be able to use the emotional intelligence (IQ) aspect well.

Method

This research is a quantitative research with a descriptive approach. Quantitative methods are used to study a particular population or sample with data collection through instruments and statistical data analysis. (Handayani, 2020). The descriptive approach is used to describe the behavior of the population being studied through one variable. The data collection technique uses a questionnaire with closed questions that refer to the theory.

Goleman (1995) as well as Mayer & Salovey (1997), distributed to respondents during training or competition. This study was conducted on Wednesday, February 19, 2015 in the yard of MTS 3 Masaran, Masaran District, Sragen Regency, Central Java Province. The population of this study was all MTS 3 Masaran pencak silat athletes totaling 17 people, with a total sampling approach. The variable studied was emotional intelligence, namely the ability to control one's own feelings and emotions and those of others, which was measured using a questionnaire. Validity testing was conducted using the IBM SPSS Statistics 30.0 application with a significance level of 0.05 and an rtable value of 0.433. The instrument is said to be valid if r count > r table. Reliability testing was conducted to determine the consistency of the questionnaire, and the results showed a reliability coefficient of 0.887 which indicated the instrument's reliability (Rosita et al., 2021; Janna & Herianto, 2021). The data analysis technique used descriptive analysis with percentage calculations (P = F/N × 100%) and grouping the results into five categories, namely very good, good, sufficient, bad, and very bad based on the mean and standard deviation according to the Norm Reference Assessment. (Slameto, 2003).

Results And Discussion

The results of this study are described as follows, 15 statements show the level of emotional intelligence of pencak silat athletes at MTs 3 Masaran, which consists of five factors including self-awareness, emotional management, motivation, empathy, and social skills.

The results of data analysis on the level of emotional intelligence of pencak silat athletes at MTs 3 Masaran show that the lowest score (minimum) is 40, the highest score (maximum) is 75, the average (mean) is 61.47, and the standard deviation (SD) is 10.983. The following table shows the complete results as follows:

Table .1 Statistical Description of the Emotional Intelligence Level of MTs 3 Masaran Pencak Silat Athletes		
		Kecerdasan Emosional
N	Valid	17
	Missing	0
Mean		61,47
Median		63,00
Mode		65
Std. Deviation		10,983
Minimum		40
Maximum		75

Sum	1045

To find out the general picture or level of emotional intelligence of pencak silat athletes at MTs 3 Masaran, a descriptive analysis was conducted on the data obtained from the results of the research questionnaire. This analysis includes the minimum, maximum, mean, median, mode, and standard deviation values of the emotional intelligence scores. These values aim to provide an initial understanding of the distribution of data and the general tendency of the emotional intelligence of athletes. The following is a table and graph of the results of the analysis of the emotional intelligence of pencak silat athletes at MTs 3 Masaran.

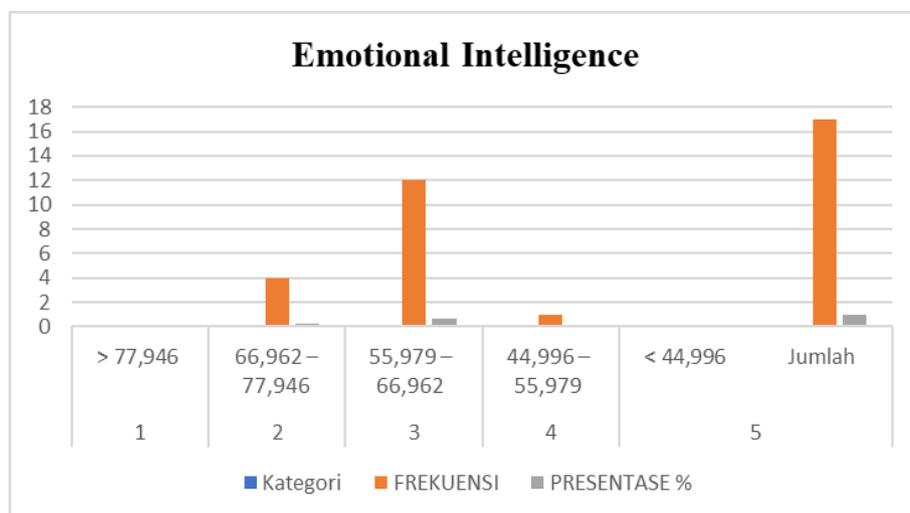| No	Interval	Category	F	%
Table 2 Distribusi Frekuensi Tingkat Kecerdasan Emosional Atlet Pencak Silat MTs 3 Masaran				
1	> 77,946	Very Good	0	0%
2	66,962 – 77,946	Good	4	23,53%
3	55,979 – 66,962	fair	12	70,59%
4	44,996 – 55,979	Poor	1	5,88%
5	< 44,996	Very Poor	0	0%
	total		17	100%

Figure 3 Bar Chart of Emotional Intelligence Level of MTs 3 Masaran Pencak Silat Athletes

According to the table and graph above, the level of emotional intelligence of pencak silat athletes at MTs 3 Masaran is in the category of "good" at 23.53% (4 athletes), "sufficient" at 70.59% (12 athletes), and "less" at 5.88% (0 athletes). Specifically, the level of emotional intelligence of pencak silat athletes at MTs 3 Masaran is in the category of "sufficient", with an average value of 61.47.

Conclusions

This section involves the summary of findings without adding any new information from what has been stated in the previous sections. However, it should not be a word for word repetition of what has been discussed in the analysis and discussion section.

Deduction or conclusion is made from the previous description with the addition of argumentative personal opinion. It should also include the limitations of the research in terms of the process, the theory used, methods applied, or generalization of results which will serve as a foundation for further research. This section is also used to provide illustration or recommendation for further research on the subject which serves as a response to the observed limitation. Moreover, the implications of the research must also be included.

Acknowledgment

Author Contribution

Conceptualization : Nur Subekti; methodology: Bintang Wahyu Setyo Aji Sidiq; investigation : Muhad Fatoni; writing–original draft preparation: Eko Sudarmanto.

Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

Data Availibility

The datasets generated and/or analyzed during the current study are available from the corresponding author upon reasonable request.

Funding

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