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Identifying Strategies to Improve Pencak Silat Achievement : A Qualitative Study

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Abstract

This study aimed to determine the strategy to improve Pencak Silat's achievement. This research used qualitative descriptive research involving four athletes, two coaches, and one administrator of the Indonesian Pencak Silat Association. Data collection techniques included observation, interviews, and documentation. The data validity was verified using data triangulation techniques and analyzed using data reduction, presentation, and conclusion techniques. The study's results revealed that the strategy for fostering Pencak Silat's achievement was through the formulation of a coaching program involving team formation, training programs, and funding arrangements. The achievement coaching system included three stages: massing, breeding, and achievement. Supporting factors for the coaching program included the athlete's good ability and motivation, experienced field coaches, needed facilities and infrastructure, management in carrying out duties, and sufficient funding for coaching activities. The inhibiting factors for coaching included poor scheduling of some athletes and the inability of the coach to control athletes who could not participate in combined training. This study concluded that the strategy of the Pencak Silat team in improving athlete performance was good. Based on the research results, this study suggests that the Indonesian Pencak Silat Association administrators monitor athletes and coaches directly during training. Furthermore, the coaches should monitor each athlete's physical, technical, and tactical development. Thus, athletes could improve discipline in training.

INTRODUCTION

Pencak silat is a martial art inherited from ancestors that has benefits as a means of practicing the moral values of society, defending oneself from enemy attacks, obtaining achievements, and entertainment that needs to be fostered, preserved and developed (Aguss & Fahrizqi, 2020). Pencak silat has developed in achievement sports from the regional to the international level (Munas Ipsi, 2012). It is proven in matches or world championships that Pencak silat participants come from countries on every continent (Assalam et al., 2015). Moreover, the achievement at the Asian Games 2018 championship, the Indonesian contingent won 31 gold medals, and 14 gold medals were contributions from the sport of Pencak silat. In the 2022 Malaysian Pencak Silat World Championship, the Indonesian contingent won 11 gold medals, nine silver medals, and eight bronze medals, making the Indonesian contingent the Grand Champion. Thus, Pencak silat was in the spotlight and had fans from all the general public: children, adolescents, adults, women, and men.

The sport of Pencak silat consists of two competed categories: the competition category and the art category. The art category consists of three categories: singles, doubles, and teams (Ihsan, 2018). The parent organization fully responsible for fostering achievements, collecting, and coordinating all Pencak silat activities is (Indonesian Pencak Silat Association), abbreviated as IPSI. One of them, Pati Regency, has prepared athletes who have been fostered since 2021 to take part in the Provincial Sports Games. Provincial Sports Games is a prestigious provincial championship held every four years to obtain talented athletes who will be prepared for the following prestigious championship, National Sports Games. The results obtained by Pati Regency in the sport of Pencak silat in the Provincial Sports Games in 2013, Pati Regency won two bronze medals. In 2018, Pati Regency won two golds and two silver medals.

The right strategy needs to be prepared in a primary and integrated manner to develop the athlete's potential to achieve optimal performance (Jamalong, 2014). Strategies are formulated and planned before activities to win the competition and get optimal results (Ikbali Barlian, 2013). The development and coaching of sports are used to improve the quality of training to achieve optimal performance (Teodorescu & Urzeala, 2013). Efforts to reach achievement for the following

things that need to be considered: the characteristics of the fostered athletes (talents, interests, genetics, psychology), good organizational management, clear goals coaching, systematic and sustainable training programs, appropriate training materials and methods, trainer abilities, infrastructure or facilities, also the conditions of the coaching environment (Yunida et al., 2017).

The previous study (Teodorescu & Urzeala, 2013) showed the importance of coaching to improve the training process in achieving optimal achievement goals. Furthermore, the research (Petronel & Florentina, 2013) found that it was necessary to plan and support infrastructure, organization, and professional administration that are well structured to prepare athletes for sports competitions. The research (Gabriel & Alina, 2014) showed that the goal is to optimize sports achievements by developing sports organizations with a coaching system. The research (Marcu & Buhai, 2014) showed the need to regulate and develop systems and technical methods to maintain and improve competitiveness in the coaching process. Based on the studies that have been carried out, Pencak silat is a branch of martial arts that has characteristics such as good physical and mental conditions, sportsmanship, and good mastery of technique when playing. In carrying out the process of coaching Pencak silat, athletes must pay attention to several things as follows: the sports coaching process that has been structured and has clear goals, the facilities and infrastructure used by athletes are suitable for use, the skills of the coach in supporting the coaching of athletes to improve optimal athlete performance, and the role of administrators in promoting optimal district performance. So there is a need for identification related to strategies for improving the achievements of the Pati Regency Pencak silat team, carried out by coaches, athletes, and administrators in achieving optimal performance targets.

METHODS

Subject

The sample or research subject, part of the total population, is taken using purposive sampling. Purposive sampling is a technique with specific considerations (Sugiyono, 2011). The characteristics of the sample in this study were based on age, gender, and length of exercise time.

Table 1. The characteristics of the sample

Items	Athletes	Coach	Management
Age	17-35 Years	20-40 Years	25-40 Years
Gender	Male/ Female	Male	Male
Experience	District Champion	Brings winning athletes to Pro- vincial Cham- pionships	Minimum 5 years
Training Age	>5 Years	>5 Years	>5 Years

The sampling method for this research was based on specific considerations, including individuals who had been on the Provincial Sports Games team before and individuals who had just become the current Provincial Sports Games team.

The subjects in this study were four athletes, two coaches, and one administrator of the Pati Regency Pencak silat team who could provide information about the existing problems. The research location was at the joint training ground of the Pati Regency, Central Java Pencak silat team, by visiting directly to obtain research data.

Instrument

The instrument is used to collect and compare data found in the field through observation and interviews (Sugiyono, 2011). In qualitative research, the data collection tool or instrument is the researcher himself, so the researcher must go into the field himself to obtain data (Sugiyono, 2011). Researchers collecting research data use tools like notes (checklists), bringing electronic devices such as tape recorders and cameras (Ahyar, 2020).

Data Validity

Data validity is checking research data to find out whether the data obtained is valid or not (Octaviani & Sutriani, 2019). The validity of the data in this study used data triangulation. Data triangulation is a technique to recheck the degree of confidence of the data obtained. Data triangulation is done by checking the truth of data or information obtained from informants using different data collection techniques and sources (Sirajuddin, 2016).

Data Analysis

Data analysis is a process of systematically com-

piling data from interviews, field notes, and documentation into specific categories ending with conclusions so that they are easy for readers to understand (Sirajuddin, 2016). The data analysis of this research uses data analysis in the field of the Miles, and Huberman Model, which is carried out continuously so that the research data is saturated. Data analysis techniques include data reduction, presentation, and conclusion (Sugiyono, 2011).

RESULT

Strategy for Coaching the Achievement of Pencak Silat in Pati Regency

Strategies to improve achievement have been carried out in a structured manner through the formulation of coaching programs ranging from training programs to team formation and preparation of funding in coaching activities. The coaching of Pencak silat athletes in Pati Regency was carried out from an early age through the selection of talent identification and talent scouting at their respective universities, as well as observing athletes playing in regional championships. The degradation of the Pencak silat athletes in Pati Regency was carried out if the athlete's performance decreased and they were not disciplined in training. On the other hand, athletes who experienced an increase in achievement would receive prizes from the administrators and coaches to increase the spirit of training.

The recruitment of Pencak silat coaches in Pati Regency was observed from the experience or track record in carrying outstanding athletes at the regional, provincial, and national levels, coach licenses, and coach commitments. The Pencak silat coach was degraded if the coach was not committed, disciplined in training, and could not improve the athlete's performance within a particular time. The board of Pencak silat in Pati Regency had a work program that has been implemented well. The facilities and infrastructure of the Pati Regency Pencak silat team were updated every year, such as tools in training, including body protectors, punch boxes, and others, as well as maintenance of facilities and infrastructure to prevent damage through a picket schedule with the task of tidying up and cleaning tools practice. The management of the coaching funding for the Pati Regency Pencak silat team came from Indonesian National Sports Committee to support

coaching activities. The funds were used for match test activities outside the region and allowance for athletes and coaches.

The coach said, "there is the formulation of a coaching program which includes the formation of the Pati Regency Pencak silat team (calling athletes and physical and technical tests). Coaching activities included training schedules, try-ins, tryouts, and refreshing. Coaching of athletes was carried out from an early age in their respective colleges, and degradation occurred when athletes were undisciplined in training. Trainers were recruited through flight hours, licenses, and skills trainers. Trainer degradation was carried out if they cannot achieve maximum performance within a certain period and even experience a decrease in performance and are not disciplined in the training program. Special prizes are given to outstanding athletes to motivate athletes to continue to develop. The facilities and infrastructure for Pencak silat in Pati Regency are procured every year such as tools used in training such as body protectors, punch boxes, and others".

Pati Regency Pencak Silat Achievement Development System

The results of the data analysis are that the Pati Regency Pencak silat achievement coaching system was well and running effectively. The procedure for fostering the achievement of the Pati Regency Pencak silat team through the mass, nursery, and achievement stages. At the problem-solving stage, it was carried out through an appeal made by the Pencak silat administrator of Pati Regency to all trainers in Pati Regency. The strategy for mass activities was through extracurricular activities, special sports classes, and monitoring of athlete body posture and potential during the regional championships conducted by Indonesian Pencak Silat Association Pati Regency, including the Regent Cup, Pati Open, and Regional Sports Games. The nursery stage was calling the first place athletes in regional, provincial, and national championships, which will be given tests to see the athletes' enthusiasm. Finally, in the achievement stage, the selected athletes would be fostered with an incentive and continuous training program to be prepared for the next championship.

The training program used by the Pati Regency Pencak silat team used the preparation, competition, and transition stages which contain four aspects of exercise, namely physical, technical, tactical, and mental, by

paying attention to the volume and intensity of training to maximize the athlete's ability. Some tests were carried out periodically, including anthropometric tests, blood pressure, fat levels, push-ups for 1 minute, sit-ups for 1 minute, backups for 1 minute, shuttle run, triple jumping hops, standing board jumps, multistage fitness test, and mental tests including fighting power, motivation, athlete discipline, and self-confidence through questionnaires (collaboration with psychologists to observe the athlete's development). Pencak silat trainers in Pati Regency attended training seminars to update knowledge about Pencak silat techniques and tactics at the provincial and national levels. They could provide variations in training so that athletes do not get bored.

The management has said, "the coaching system was carried out through the stages of massing, breeding, and achievement. The mass stage was carried out by holding regional competitions such as the Regent Cup, Pati Open, and Provincial Student Sport Games, which would be monitored by administrators and coaches, considering the athlete's posture and technique. At the nursery stage, the best athletes in each class, including champions 1, 2, and 3, would be given a series of physical tests to know the athlete's performance. At the achievement stage, athletes would be fostered intensively with training programs that would be prepared them for future competitions and achieve optimal performance. The training program used the stages of preparation, competition, and transition, which contain four aspects, namely physical, technical, tactical, and mental exercises, by paying attention to the volume and intensity of the exercise. The Pencak silat trainer in Pati Regency attended training seminars to broaden knowledge and can perform variations of exercises so that athletes did not experience boredom during training such as technical variations in the form of games".

Supporting Factors for the Development of Pencak Silat Achievements in Pati Regency

The results showed the supporting factors for developing Pencak silat achievements in Pati Regency include Pencak silat athletes in the competition and arts category had strong enthusiasm and motivation when practicing and competing because coaching athletes in Pati Regency has been carried out since 2021. The coach of the Pencak silat team in Pati Regency had a certificate of achievement, a coach's license, and was an outstanding athlete, so the coach had experience when

competing or in the field. The facilities and infrastructure of the Pati Regency Pencak silat team are adequate, including body protectors, mattresses, punch boxes, agility ladders, counts, and others. The required amount was appropriate and suitable for use.

The board of the Pati Regency Pencak silat team had an essential role in coaching. If there were problems and the management's duties were not carried out, the achievement development could not run smoothly. The board of the Pati Regency Pencak silat team cooperated with other supporting parties such as Indonesian National Sports Committee, Council Members, and other regencies. The funding for the Pati Regency Pencak silat team was sufficient for athlete coaching activities. The grant was obtained through Indonesian National Sports Committee and independent (profits from regional open championships organized by IPSI Pati Regency).

The coach has said, "Pati Regency Pencak silat athletes had good skills and motivation when practicing and competing. As many as 45% were student-athletes playing in the Provincial Sports Games competition in 2023. Pati Regency Pencak silat coaches had achievement certificates and had been athletes, so the coach had the experience when competing or on the field. The facilities and infrastructure used by the Pati Regency Pencak silat team were adequate such as body protectors, mattresses, punch boxes, and others, with the appropriate amount needed and suitable for use. The board of Pencak silat in Pati Regency had a significant role in coaching. Suppose the management had problems that coaching could not run smoothly. In that case, the management had an organizational structure, carried out its duties well, and cooperated with other supporting parties such as National Sports Committee, council members, and other regencies. The funding obtained was sufficient for coaching activities from National Sports Committee and self-funding (profits from open events held)".

Factors Inhibiting the Development of Pencak Silat Achievement in Pati Regency

The results obtained that the inhibiting factors for the development of Pencak silat achievement in Pati Regency were on setting the schedule for some athletes during training because most of them were already working, studying outside the region, and collided schedule with athlete activities. Thus, the coach could

not directly control the athlete who could not attend joint training. The Pencak silat trainer in Pati Regency experienced obstacles in providing material because constrained by 1-2 athletes who could not participate on time, so the material was left behind, and the training material needed to be repeated.

The management has said, "the inhibiting factor for coaching in attaining the achievement was that district Pencak silat athletes could not carry out joint training because they were already working and studying outside the area. Thus, the coaches could not directly control the athlete's development for now".

DISCUSSION

The Sports coaching aims to obtain talented athletes with superior potential developed according to their sport (Saputri, 2013). Sports coaching was an effort carried out in an empowered manner to improve and obtain better performance results. Athletes could achieve achievement if they carried out training intensively and with quality (Wandi et al., 2013). Sports development starts with scouting and coaching athletes from an early age during a training period of approximately 8 to 10 years in a structured, gradual, and sustainable manner to achieve optimal performance (Nugraha & Pratama, 2019). Sports achievement coaching requires cooperation from all supporting parties to improve sports development. Weak sports achievement coaching affected the results, so to achieve maximum performance had to pay attention to supporting factors in sports achievement development, such as the principle of sports achievement coaching carried out within a consistent, continuous, and sustainable long-term period (Habibie, 2016).

Achievement Development Strategy

The coaching strategy was essential in the coaching process to achieve optimal athlete achievement through sports development. It was carried out systematically, sustainably, and in stages, starting from introducing sports in early childhood, making sports a lifestyle, exploring children's talents, and improving their achievements with sports coaching (Turang et al., 2021). The achievement coaching strategy will direct what, who is responsible, why, and how much it costs to predict, prepare and evaluate sports coaching activities to achieve better performance (Yusuf, 2013).

According to David (2006: 7), the process of strategy stages includes strategy formulation activities, strategy implementation, and strategy evaluation. (Yusuf, 2013). Strategy formulation aims to: develop a vision and mission according to the objectives to be achieved, identify external opportunities and threats that will occur and determine the organization's internal strengths and weaknesses, set goals to be implemented for the long term, formulate strategies, and choose methods to be implemented. Strategy implementation involves actions taken to achieve the goals set in the planning. Strategy implementation in achieving success depends on the leader's ability to motivate members because interpersonal skills become essential for the success of strategy implementation. Strategy Evaluation is an assessment of the performance achievement that would be carried out to ensure the achievement of the goals/goals to be addressed. Strategies applied in the process of fostering achievement through talent scouting and nurturing athletes from an early age through school extracurriculars and sports clubs that were carried out in an integrated and sustainable manner, increasing sports personnel through intensive and periodic sports training, improving sports facilities and infrastructure (Zuhriyah et al., 2019)..

Achievement Coaching System

The coaching system was essential in achieving peak performance to improve the playing skills of athletes who would be prepared for sports championships to earn the desired achievements (Abdelrazeq, 2015). Sports development was carried out through the stages of massing, breeding, and increasing achievement to the peak of achievement (Sudarmono et al., 2018). Sport massing was a fundamental stage of sports coaching, seeding, and talent scouting (Komarudin, 2015). Massing sports to attract athletes' interest was through direct and indirect interaction (through social media) (Jihad & Annas, 2021). Then through direct monitoring of athletes playing in sports competitions to obtain athletes who have the potential to achieve achievements (Ardan & Supriyono, 2021).

The nursery was the next stage after the sport massing to obtain talented athlete seeds that will be researched in a directed and continuous manner by coaches in a sport (Jihad & Annas, 2021). In identifying and scouting talent, two approaches were used to obtain athletes in natural and scientific selection. Natural se-

lection was an approach carried out traditionally because of school traditions, the wishes of parents, friends, and the environment. The scientific selection was a scientific approach using science and analysis of related factors (Pambudi & Hariandi, 2018). Several things need to be considered in searching for superior athletes, including talent and potential from birth, with a more dominant ability than in the coaching process, and the need to search for athlete seeds from an early age (Jamalong, 2014).

At the achievement stage, selected athletes would be fostered through a training program provided by the coach to be prepared for the next championship. Coaching was carried out appropriately by coaches with experience in sports, clear goals training programs, adequate funding for coaching activities, and organizational efforts to achieve coaching (Idris, 2016). Multilateral development and proper specialization between athletes and coaches would accomplish the goal of coaching (Jihad & Annas, 2021). Multilateral development was more focused on a physical product that was carried out as a whole by mastering a sport. The specialization development focused on the material, technical, and tactical fostered athletes by increasing the volume and intensity of training.

The training program becomes a guide or guideline to achieve training goals effectively and efficiently so that achievement will be achieved optimally (Apriyanti & Wahyudi, 2021). The coach prepared the training program objectively by combining experience, sports science and technology, and sports coaching science in the annual training program. In most sports, it is divided into three stages: preparation periodization, competition periodization, and transition periodization (Saputri, 2013).

Supporting Factors of Achievement Development

Supporting factors in fostering achievement consist of two factors, namely internal factors and external factors. Internal factors within the athlete included physical health, athlete's mentality, body shape and body proportions in line with the sport being followed, mastery of technique and tactics, pleasing personality, and a winning spirit. External factors within the athlete included coaches, training programs, facilities and infrastructure, environment, organizational management, and coaching funding (Aguss & Fahrizqi, 2020). Through the coach's athlete experience and knowledge

of coaching, the coach could provide training programs according to body functions, the nutrients consumed by the athlete, understand the mental condition of the athlete, supply injury management to the athlete, justify technical errors in the athlete's movement (Rubiana et al., 2017).

Facilities and infrastructure were supporting resources consisting of types of equipment, buildings, or buildings that were used to carry out sports activities in increasing community growth in improving the quality of human resources in the world of sports. Good quality facilities and infrastructure play an essential role in the safety of its users to reduce the injury factor in using these facilities and infrastructure (Irawan, 2017). Management with a systematic and directed structure carried out by the organization to achieve maximum performance became essential in a sport because if the administration ran well, it would reach the desired success (Ulfian & Damrah, 2019).

In achieving the success of sports coaching, adequate funds were needed. Sports coaching could not run as expected if the funds required were insufficient for the coaching process activities. Therefore, sports coaching funding sources need to be explored to sufficient the development activities of a sports branch (Ulfian & Damrah, 2019).

Factors Inhibiting Achievement Development

Athletes' habits of consuming unhealthy food could interfere with the sports coaching process, so athlete performance decreases. Therefore, coaches must monitor the unhealthy eating habits of athletes because good nutrition affects athlete performance (Cherian et al., 2020). Athletes' daily life needs to be considered, such as lifestyle including adequate and regular sleep, avoiding cigarettes, alcohol, and drugs, and eating nutritious and regularly because it could impact athlete performance (Budiwanto, 2012).

CONCLUSION

Based on the study results, it can be concluded that the strategy in improving the achievement of Pencak silat in Pati Regency was good through the formulation of a coaching program that included a coaching system, training program, team formation, and the preparation of funding in coaching activities. Athletes had good

skills and motivation, coaches had experience in the field, the facilities and updated and appropriate the number infrastructure suitable for use, the Pencak silat administrators carried out their duties well, and the funding was sufficient for coaching activities. The inhibiting factor for the development of Pencak silat achievement in Pati Regency is the scheduling of some athletes who are not good, and the coach cannot directly participate in the current combined training.

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CONFLICT OF INTEREST

The authors declared no conflict of interest.

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