



## **T-Kick Training Model for Pencak Silat Athletes in Age Group of 6-12 Years Old in Banyuasin III**

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### **Article Info**

Article History :

Received :

Revised :

Accepted :

### **Keywords:**

T-Kick, Pecak Silat, Age Group of 6-12 Years Old

### **Abstract**

The aim of this research is to determine the use of the T kick model at ages 6-12 years in Banyasin III. This research is a one group pretest-posttest design experimental research, namely an experiment carried out on only one group without a comparison group with data collection techniques using tests. The subjects in this research were 20 athletes. The data analysis technique uses the t-test through the prerequisite tests of normality test and homogeneity test. The results of the research obtained that the calculated t value > t table ( $2.946 > 1.73$ ), it can be concluded that there is a significant difference in the ability to perform T kicks during the pretest and posttest. The research subjects experienced an increase in average ability with a percentage increase of 50.25%. This means that after being given the T kick training model at the age of 6-12 years there was an increase in ability in the T kick. Thus, it can be concluded that there was an influence of the T kick training model at the age of 6-12 years at Banyasin III.



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ISSN 2685-6514 (Online)

ISSN 2477-331X (Print)

## **INTRODUCTION**

Sport is an important activity to train a person's body physically and spiritually and is useful for increasing the body's immunity to maintain health. Sports are used as a means of improving health and physical fitness, as a means of recreation and as a place to make achievements.

With good sporting achievements, a nation's self-esteem will be better in the eyes of other nations or countries. Mila (2021):9. To achieve this, of course it is not easy to achieve. It must be done with hard work and get support from all parties involved in it, both players, coaches and other supporting factors.

Physical activity is basically a need for every human being to maintain good health. Gladi (2012): 78 Therefore, humans want to try to maintain their health and one way to maintain good health is through physical activity and physical fitness as a concept that has a fairly broad scope, one of which is the body's ability to adapt to loads. physical exertion given to the body when doing excessive activity without feeling tired.

Toni Yudha Pratama (2017): 52. In his journal he also explains that Pencak Silat as a sport can help improve physical fitness. Based on the experts above, it can be concluded that pencak silat is a martial art that can help improve physical fitness. Pencak silat began to develop in Indonesia since the founding of the All Indonesian Pencak Silat Association (IPSI) on May 18 1948, under the leadership of Mr. Wongsonegoro.

National Sports System Law Number 3 of 2005 states that, "sport is any systematic activity to encourage, foster and develop physical, spiritual and social potential". In simple terms, sports can be done by anyone, anytime, anywhere, regardless of gender, ethnicity, race, and so on. According to Giriwijoyo (2015), sport is a series of regular and planned physical movements that people do consciously to improve their functional abilities. Kusmaedi (2022): 18. States that the word sport comes from: 1. Sport, namely moving from one place to another. 2. Field Sport, activities carried out by nobles consisting of shooting and hunting. 3. Desporter, throw away tiredness. 4. Sport, satisfaction or hobby. 5. Sports, physical exercise to strengthen the body, such as swimming, playing ball, so that the body becomes healthy.

Pencak silat is a martial sport that is officially competed every year in various tournaments at both national and Asian levels (Sea Games). Pencak silat tournaments are held in four categories,

namely sparring, singles, doubles and team classes. Based on age and gender, all categories in pencak silat competitions can be divided into 5 groups in pesilat (2012), namely: Early age group competitions or children in the male and female categories (aged 10 years to 12 years), pre-teen group competitions men's and women's categories (aged over 12 years to 14 years), Youth group matches in the men's and women's categories (aged over 14 years to 17 years), Adult group matches in the men's and women's categories (over 17 years old /d 35 years), Master/warrior group competition for men and women (over 35 years old).

Sport is a competitive physical activity. One of the competitive sports is pencak silat. Pencak silat is a body contact sport that requires good bio-motor skills. Becoming a pencak silat athlete with excellent biomobility is very easy to carry out movements efficiently and effectively.

Therefore, the accuracy of basic technical movements such as kicks, punches and throws is a determining factor in the success of pencak silat athletes in every competition they undertake. According to Sukadiyanto (2012): 11 using the right technique from the start will help save energy so that athletes will not quickly feel tired when moving so they can compete longer, and good technique is also the basis for better success. Therefore, when studying techniques, especially kicking techniques, it is necessary to emphasize correct technical movements, leading to mastery of the correct basic technical movements.

Ihsan (2015): 15 In this case, one of the tactics often used in pencak silat is the buying and selling tactic. Where when the opponent makes an attack, the fighter tries to dodge to the left or right or retreats as quickly as possible. This is followed by a counter attack using either a punch or a kick. And therefore, speed needs to be increased in the process of pencak silat

training. Speed can be increased with plyometrics exercises. One type of plyometrics training, namely lateral hop, hop, and hold opposite leg with barriers, is a type of training method that develops. Speed and muscle strength are important components in performing a side kick. In principle, this exercise is carried out with high intensity and fast movements. The muscles that are trained are mainly the leg muscles. Utilizing the ability of the muscles being trained and the fast execution of their movements, and by providing the right treatment through a training program that has been prepared and planned, it is hoped that lateral hop, hop, and hold opposite leg with barriers training can increase the speed of the athlete's side kick.

Next, efforts to achieve achievements will actually be optimal if there are several factors for achieving sports achievements that are trained, such as; physical abilities, techniques, tactical aspects and mental aspects. Physical factors namely; related to structure, posture and motor skills which are determined genetically, which is one of the factors supporting achievement. The basic components that support athletes are; strength, speed, flexibility, agility, endurance, power, balance, coordination. Widiastuti (2015) Motor ability is a person's performance capacity in carrying out various motor tasks or motor skills in performing a kick, so motor ability is an indicator of physical fitness.

The process of learning kicking techniques needs to be carefully considered in its implementation. Coaches have an important role in providing correct technical movements to athletes. In order to get effective and efficient learning results, it needs to be accompanied by guidance and evaluation of mistakes made as well as being told how to make the correct movements. In this way, the child is always in a

controlled state, so that the training child has an idea of the kick technique that will be performed. In fact, it is rare for a trainer to justify basic techniques during the training process. Coaches only provide material through demonstrations or by giving examples, so many athletes do not master these basic techniques.

Based on the results of observations, Bayasin III pencak silat athletes aged 6-12 years have poor basic technical movements. When performing the T kick movement, the pencak silat T kick training model is still monotonous and has not been developed. These problems are caused by the lack of variety in the pencak silat T kick training model.

Herman (2010): 18 model "training or training the physical condition of pencak silat athletes is a systematic effort and is shown to increase the athlete's functional abilities in accordance with the guidelines of the sport being pursued so that they can reach predetermined standards". Pallavi P. Kulkarni (2013): 20 explains that "Training is systematic development of the knowledge, skills and attitudes required by an individual to perform thoroughly a given task or job". Lozovina (2011): 9 states that training must have a clear plan so that the training objectives can be achieved as desired. According to Bompa (2019): 23, training is "the process by which an athlete is prepared for high performance". Then Lumintuarso (2013): 5 said that "training is basically an educational process which aims to help individuals improve their cognitive, affective and psychomotor abilities". Exercise is a systematic sequence of structured and planned exercises that are repeated and the amount of exercise increases from day to day.

Systematic training is carried out regularly, planned, according to a schedule, according to a certain system pattern. Continuous training method from easy to more difficult levels. Repetitive

means that good movements cannot be done directly but through a process of continuous repetition until good movements occur. Likewise, movement coordination improves so that movements become efficient and effective. Based on the problems that occurred above, the researcher was interested in taking the title T Kick Training Model for Pencak Silat Athletes Ages 6-12 in Banyuasin III

## METHODS

This research is classified as development research which uses the

method (research & development). Research and development methods (research & development) are methods used to produce a particular product and test the effectiveness of the product. In implementing Research and Development, several methods are used, namely descriptive, evaluative and experimental methods. The research method used to produce the product, as well as testing the effectiveness of this product, was carried out to produce a model for practicing pencak silat movement skills for children aged 7-12 years, equivalent to elementary school students.

## RESULT

Data analysis was carried out using a t-test on each data, both pretest and posttest data. The results of the analysis are said to be significant if the t count is  $>$  from the t table with  $db=(n-1)$  and/or the significance value is less than 0.05 at a significance level  $> = 0.05$ .

To find out the T Kick Training Model for Pencak Silat Athletes Aged 6-12 in Banyuasin III, it was tested by looking for differences in horizontal passing ability before and after being given training using small sided games. The t-test results are shown in the following table:

**Tabel 1. T-tes Result Summary**

	Average	t calculate	Db	t table	Sig	Note
Pretest	4	2,946	19	1,73	0	Significant
Posttest	8,2					

Data processing result of 2023

The results of the t-test obtained a calculated t value of 2.946 and a t table value of 1.73, a sig value of 0.000. It turns out that the calculated t value obtained is greater than the t table and the sig value is less than 0.05. Because the calculated t value  $>$  t table (2.946  $>$  1.74) and the sig value (0.00  $<$  0.05), it can be concluded that there is a difference in horizontal passing accuracy during the pretest and posttest. Thus, it can be concluded that there is an influence of learning the T Kick Training Model on Pencak Silat Athletes Ages 6-12 in Banyuasin III.

Based on the table above, it can be seen that the average pretest score before being treated with the T Kick Training Model learning method for Pencak Silat Athletes aged 6-12 is 4.00, while the average score after being treated with the T Kick Training Model method. Pencak Silat for Athletes Ages 6-12 is 8.20. These results indicate that the T Kick Training Model for Pencak Silat Athletes Ages 6-12 has a significant effect. The

magnitude of the influence of the T Kick Training Model on Pencak Silat Athletes Ages 6-12 is as follows:

**Tabel 2. Percentage Increase After Training of Pencak Silat Athletes**

Group	Mean	Mean deferen	Percentage Increase
Pretest	4,00	2,60	50,25%
Posttest	8,2		

Data processing result of 2023

Based on the table above, the average difference between the pretest and posttest is 2.60. From the average difference, it can be seen that the percentage increase is 50.25%. This means that the results of the T Kick Training Model for Pencak Silat Athletes Ages 6-12 have an influence of 50.25%.

### Data Normality Test

The data normality test carried out is the Kolmogorov-Sminarnov test using SPSS. The following is a table of data normality test results:

Table 4. Normality Test Based on Preetest and Posttest Data

	<i>Pretest</i>	<i>Posttest</i>
N	44	44
Normal Parameters <sup>a,b</sup>	Mean	12.89
	Std. Deviation	1.401
Most Extreme Differences	Absolute	.191
	Positive	.191
	Negative	-.150
Kolmogorov-Smirnov Z	1.267	1.138
Asymp. Sig. (2-tailed)	.081	.150

Based on the table above, the value of the kolmogorof-smirnov test results for the value of data before training with physical fitness exercises (SKJ) 2022 students is 1.267 with a probability (0.081) > 0.05, which means that the data is normally distributed. Meanwhile, after training with physical fitness exercises (SKJ) 2022 students obtained a value of 1.138 with a probability (0.150) > 0.05, which means that the data is also normally distributed. Based on this analysis, it shows that the four data are normally distributed, so parametric statistics can be used for further hypothesis testing.

### CONCLUSION

Based on the research results obtained by data analysis and hypothesis testing, the following conclusions can be drawn: There is a significant influence of the T Kick Training Model on Pencak Silat Athletes Ages 6-12 in Banyuasin III. Able

to provide an increase of 50.25%. So from these results it can be seen that the T Kick Training Model for Pencak Silat Athletes Aged 6-12 in Banyuasin III has a significant influence on the improvement of athletes aged 6-12 years.

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