

## EVALUATION OF THE PHYSICAL CONDITION OF DOMINANT PENCAK SILAT ATHLETES TAPAK SUCI ACEH TENGGARA IN 2025

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### Abstrak

This study aims to determine the level of physical fitness of pencak silat athletes trained by Tapak Suci Aceh Tenggara. The population in this study consisted of 12 pencak silat athletes trained by Tapak Suci Aceh Tenggara. Given the relatively small population size, the entire population was used as the research sample (total sampling). This study used a descriptive research design. Data collection techniques were conducted through tests: (1) cardiovascular endurance was measured using the Balke 15-minute run test, (2) upper and lower body muscle endurance was measured using pull-up, sit-up, and squat jump tests, (3) agility was measured using a 4x10-meter shuttle run test, (4) speed test measured using a 30-meter run test. The data was processed using statistics in the form of average values and percentages. The average results obtained in the study are as follows: (1) 15-minute Balke running test ( $X=54.77$ ), categorized as moderate, (2) 1-minute pull-up test ( $X=13.6$ ), categorized as good, (3) 1-minute sit-up test ( $X=58.75$ ), categorized as good, (4) squat jump test ( $X=54.5$ ) categorized as good, (5) 30-meter run test ( $X=3.97$ ) categorized as very good, (6) medicine ball push test ( $X=4.94$ ) categorized as good, (7) 4x10-meter shuttle run test ( $X=13.45$ ) categorized as good. From the data analysis, it can be concluded that the dominant physical condition of the pencak silat athletes trained by Tapak Suci Aceh Tenggara in 2025 is in the good category.

Kata kunci: Evaluation, Pencak Silat, Sports, Physical

### INTRODUCTION

In principle, to achieve optimal performance in each sport, it must be based on the principles of sports science. The modern principles of each sport require specificity. There are four types of equipment that a person needs to have in order to achieve optimal performance. These components include: 1) physical equipment, 2) technical development, 3) mental development, 4) champion maturity (Sajoto, 1988:7). Improvements in an individual's physical condition can be observed after participating in training. Training can be done individually or in a coordinated manner, such as the athlete training camp at Tapak Suci in Southeast Aceh. The presence of training is expected to lead to improved performance in line with the objective itself, as training is a systematic process of repeated exercises or work, with the intensity or workload increasing over time. Harsono (1986:27). Fakhur Rizal et al.

### Dominant Physical Condition Components in Pencak Silat

According to the Center for Physical Fitness and Recreation (1997:91), physical condition is the physical state of a person at a certain time to perform a task that is their responsibility. Physical conditioning training is a process in the stage of improving or maintaining physical ability that is carried out with an emphasis on the efficiency of the body's work. As stated by

Nurhasan (1988:231), "In pencak silat, the development or formation of dominant physical components includes: endurance training, strength training, power training (muscle explosive power), speed training, and agility training." Each sport has different dominant physical components. For example, in gymnastics, balance is more important than endurance. Meanwhile, for marathon runners, endurance is more important than agility. From the explanation above, it is clear that the dominant physical condition of pencak silat athletes is important for maintaining or improving their performance.

## **Maintenance and Improvement of Physical Condition**

Maintenance and improvement of physical condition are closely related to exercise programs, because physical condition needs to be maintained as well as possible so that it does not decline. Good maintenance can be achieved through targeted and regular exercise programs. Sukadiyanto (2005:12) states that training programs must be designed based on certain principles. Training principles are guidelines that must be followed, implemented, or avoided to ensure that training objectives are achieved as expected. These principles play a crucial role in the physiological and psychological aspects of athletes. Therefore, coaches need to understand these training principles and apply them effectively in the training process.

## **The History of the Development of Pencak Silat Martial Arts**

Pencak Silat developed in tandem with the history of Indonesian society. The geographical situation and etymology of the Indonesian people throughout the ages shaped the diverse styles of silat, which vary in terms of basic movements and objectives, but all share the same goal of self-defense. Before the Dutch colonial period, pencak silat was practiced to develop high levels of personal self-defense skills. Before the Dutch colonial period, pencak silat was practiced with the aim of developing self-defense skills both in facing life and in defending groups. The development of pencak silat progressed alongside the development of religion, which was integrated with spiritual teachings, resulting in Islamic religious bases being renowned for their advanced self-defense knowledge. During the Dutch colonial period, pencak silat was not permitted because it was considered dangerous to the continuation of colonial rule. The ban was not only on practicing pencak silat but also on forming any kind of association or group, so that Serambi Akademika Journal of Education, Science, and Humanities Vol. 9, No. 8, September 2021 pISSN 2337-8085 eISSN 2657- 0998 1675 the development of Indonesia's once-strong martial arts seemed to lose its footing. However, certain silat groups continued to operate secretly.

The Dutch government only allowed activities that focused on the development of the art form itself, leading to performances or ceremonies. As a result, pencak silat in our country at that time could not fully develop. During the Japanese occupation, pencak silat as a national martial art was revived and developed for Japan's interests, fueling the spirit of defense against the Allies. On SHIMITSU's recommendation, pencak silat was developed, and in Jakarta it was even proposed that pencak silat be used as a sport in schools. The proposal was ultimately rejected by SHIMITSU due to concerns that it would undermine TAYSHO Japan, which had already been developed in schools. Pencak silat could be utilized for Japan's interests and was also expected to revive the spirit of the nation and serve our national interests. After the end of Japanese occupation, patriotism and nationalism flourished with the encouragement of national spirit. Thus, the Pencak Silat Association was formed on May 18, 1948, in Surakarta, with the acronym Ikatan Pencak Silat Seluruh Indonesia (IPSI), known by Mr. Wongsonegoro. Its

primary objective is to unify the various styles within Indonesian Pencak Silat, incorporating elements of sports, art, self-defense, and spirituality. As a result, its development has been rapid, reaching even the most remote areas.

## RESEARCH METHODOLOGY

Type of Research Based on the problems described above, this type of research can be classified as descriptive research in accordance with Arikunto (1991:63), who states that: “Descriptive research studies issues in society and the norms that apply in society, as well as specific situations, including activities, attitudes, views, ongoing processes, and the influences of phenomena.” This research aims to identify cause-and-effect relationships through data collection and data processing based on the results of tests conducted. Population and Sample A sample is a part of the population or a representative of the population. The sample in this study consists of all Tapak Suci pencak silat athletes in Southeast Aceh in 2025 who have been selected and designated as athletes. The population consists of only 12 people. Considering that the population is less than 100, the entire population is used as the sample (total sampling).

### Data Collection Techniques

To obtain data for this study, the following measurement tests and physical condition assessments were used: 1. 30-Meter Sprint Speed Test, 2. Endurance Test, 3. Pull-Up Test (body weight lift), 4. Sit-Up Test (lying down to sitting), 5. Squat Jump Test (squatting and jumping), 6. Agility Test (4 x 10-meter shuttle run).

### Data Analysis Techniques

After all data was collected through physical condition tests, the next step was data processing. The data processing technique used was to categorize the collected results according to norms, as shown in the table. Following that, the average and percentage were calculated for each physical component. Fakhur Rizal, et al.

## RESULTS AND DISCUSSION

Research Results The research data obtained from the tests conducted on pencak silat athletes in Tapak Suci, Southeast Aceh, in 2025 were quantitative or numerical data. This data was obtained directly from tests of dominant physical abilities, including endurance, strength, power, speed, and agility, which were conducted using pull-up, sit-ups, squat jumps, 30-meter runs, 15-minute runs, and 4x10-meter shuttle runs. Discussion Based on the results of research and data analysis of the dominant physical condition tests on Tapak Suci Aceh Tenggara Pencak Silat athletes in 2025, consisting of 10 test items, the following results were obtained: 1. Cardiorespiratory endurance, which is developed through efforts to enhance and cultivate performance in the Pencak Silat sport, falls into the moderate category (33.33%), with 3 individuals scoring “very good,” 3 scoring “good,” 4 scoring “moderate,” 1 scoring “poor,” and 1 scoring “very poor.” 2. The arm muscle endurance (pull-ups) of male athletes, as part of efforts to enhance and develop performance in the pencak silat sport, is categorized as good (60%), with 6 individuals scoring excellent, 4 scoring good, and 4 scoring moderate. Meanwhile, the pull-ups for female athletes are both categorized as moderate (100%). 3. Abdominal muscle endurance with sit-ups caused by efforts to improve and develop performance in the sport of pencak silat is in the good category (66.6%), with 1 person in the

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very good category, 8 people in the good category, and 3 people in the moderate category. 4. Lower body muscle endurance measured through squat jumps in the context of improving and developing performance in the sport of pencak silat is categorized as good (66.6%), with 2 individuals rated as very good, 8 as good, 1 as moderate, and 1 as poor. 5. Speed with a 30-meter run, which is used in efforts to improve and develop performance in the pencak silat sport, is in the very good category (58.3%), with 7 people classified as very good, 4 people as good, and 1 person as average. 6. Agility, as measured by a 4x10-meter shuttle run, in the effort to improve and develop performance in the pencak silat sport category is in the good category (58.3%), with 7 individuals classified as good and 5 as average.

## CONCLUSION

From the results of the research and data processing obtained, it can be concluded that the dominant physical condition of Tapak Suci Southeast Aceh Pencak Silat athletes in 2025 can be categorized as Good.

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