

## Character Values in Pencak Silat Sports in the Context of Positive Youth Development

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### ABSTRACT

Current education has not yet fully succeeded in achieving its maximum goals, especially in the aspect of noble morals and character. As a form of sport, Pencak Silat is believed to have several virtues that can change a student's character to be more positive. This research explores the character values contained in the sport of Pencak Silat. Data collection methods and research instruments involve observation sheets and unstructured interviews. The research population included all pencak silat student-athletes at SMAN 1 Cibatu Purwakarta. The sampling technique uses a quota sampling technique. Data analysis techniques include data reduction, data presentation, and conclusion. The results of the research show that the character values that exist in pencak silat sports include religion, honesty, tolerance, discipline, hard work, creativity, independence, democratic, curiosity, national spirit, love of the country, respect for achievement, friendly/communicative, loves peace, likes reading, cares about the environment, social care and responsibility.

**Keywords:** Character Values; Sports; Pencak Silat

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## INTRODUCTION

Education transforms the attitudes and behavior of individuals and groups in society to direct humans toward maturity through teaching and training. This transformation can be carried out through three channels: formal, non-formal, and informal. Even though it is essential, current education has still not achieved its targets, especially in overcoming the problems of students' noble character and morals. It is proven that currently, students tend to be involved in promiscuous sexual behavior, use of illegal drugs, abortion practices, brawls between students, gambling, alcohol consumption, and, no less significant, the problem of bullying (Yulianto et al., 2023).

Darmayanti et al. (2019) found that in 2016, KPAI found that bullying cases in the school environment had increased to 93 people. Apart from that, according to (Garizing, 2017), in one of the schools located in West Java province, it appears that



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in this school, from year to year, students are often involved in various violations that can damage their morals or character, showing a decline compared to previous years. This can be seen from the high number of students who often come to school late, are late for ceremonies, or are late to class even though the teaching teacher is already present, as well as cases of student disobedience towards teachers and the behavior of bringing cigarettes to school. To overcome this problem, a solution is needed that involves using media that can naturally improve the quality of students' character (Risyanto, 2019).

One of the facilities in question is sports activities. Sport can be considered a small representation of everyday life (Suherman et al., 2018). This means that the basic principles found in everyday life can also be found in the context of sporting activities in general. Sports activities can teach values such as discipline, Fair Play, resilience, competitive spirit, cooperation, understanding of rules, decision-making courage, etc. (Najib & Fata, 2020). Muhammad Najib also stated that religious values, discipline, independence, hard work, honesty, appreciation for achievement, and responsibility are the central values in character formation through education (2017). In addition, research discussing traditional sports, such as kadende sorong, shows character values such as discipline, agility, health, cooperation, harmony, creativity, social values, and strategic organization (Yulianto et al., 2021).

Issues regarding character have high significance in this country, as indicated by government regulations, such as National Education by Article 3 of the Indonesian Ministry of Law and Human Rights, 2005. This article states that national education aims to develop the physical, spiritual, social, and form a dignified and personable national character to make the nation's life more intelligent. This aims to ensure that students can become individuals who believe, are devoted to God Almighty, have noble character, are knowledgeable, responsible, and love their homeland. (Wijaya et al., 2023).

The word "character" comes from Latin, namely character, harassing, and thorax, which later became "character" in English and "character" in Indonesian. In this context, character refers to a person's character, morals, or mental qualities in interactions with others (Rasyono, 2018). According to Zuchdi (2011), the character is a trait structured to guide individuals in proper, sound, or not actions. Human behavior is reflected through thoughts, feelings, words, and actions based on religious norms, laws, etiquette, culture, and customs based on faith in God Almighty (Sudirman et al., 1992). The moral aspect becomes a guide to life, enabling individuals to live based on values, considerations, and intuition (Darmayanti et al., 2019).

Yulianto and Hendrayana (2022) state that education with religious values, education with cultural values, environment-based education, and environment-based education are types of character education (National, 2010). The noble values of every ethnic group in Indonesia that are the foundation of a nation are religion, tolerance, honesty, hard work, discipline, creativity, independence, democracy, curiosity, national spirit, and love of the homeland. Loves peace, appreciates achievements, is friendly/communicative, likes reading, cares about social issues and the environment, and is responsible. Instruments for forming national values and character can be obtained through sports (Mutohir, 2004).

Pencak silat is a martial art native to the Republic of Indonesia. If you look closely, it is clear that there are deep religious values in the practice of Pencak silat. This is manifested when pencak silat athletes pray to God Almighty before starting a match

or training session, in situations after the match, and at the beginning of movements in the arts category, which begins with a respectful attitude that reflects prayer movements.

When athletes achieve victory in a competition involving many participants, they express their gratitude by prostrating themselves to God Almighty. Apart from that, in every match and practice, there are values of respect and obedience to elders in the pencak silat community. Pencak silat comes from the word "pencak," which in Shantung Chinese is called "pung-cha." The term pung-cha consists of two words: "pung" means blocking and blocking an opponent's attack, while "cha" means finishing by attacking or interrupting the opponent's actions. According to (Purbojati, 2014), the first ideogram implies strength, while the second reflects the meaning of suppressing or resisting.

## METHOD

The research method used in this study is qualitative descriptive research, which focuses on descriptive data analysis. This research is located at the pencak silat retreat of SMAN 1 Cibatu Purwakarta, with a population of all student-athletes at SMAN 1 Cibatu Purwakarta. The research sample consisted of 30 pencak silat athletes who were representatives of the population, and sample selection used a purposive sampling technique (Arikunto, 2010).

Research instruments include observation sheets, cameras for recording videos of training activities and matches, as well as taking photo documentation. Data collection techniques include observation to directly observe the activities of pencak silat student-athletes at SMAN 1 Cibatu Purwakarta during training and competitions. Interviews are also used to obtain direct information from sources that provide information related to the research object using unstructured interviews. After all the data has been collected, the next step is to analyze the data by carrying out systematic data reduction, presenting the data, and drawing conclusions or verification. Data analysis is done by looking for meaning, noting patterns, regularities, explanations, possible configurations, causal paths, and propositions.

## RESULTS

Disclosure of research findings collected in the field, based on information obtained through interviews and observations by observers, relating to the data required by the researcher. The data collected relates to character values that can be identified in the context of pencak silat sports. To make it easier for various parties to understand the results of this data, especially regarding learning the character values contained in the sport of pencak silat, the results will be presented in the table below. The following is the explanation;

Table 1. Description of research results. Character values contained in pencak silat sports

NO	Mark	Description of Value Existence	Data source
1	Religious	Religious values are reflected when: 1. Pencak silat athletes pray before competing. 2. Pencak silat athletes give thanks (prostrate themselves to God) after competing and	team observations, interviews with coaches and athletes

		winning a match. 3. Pencak silat athletes always worship (pray) so that all their affairs run smoothly and competition can be facilitated	
2	Honest	Honest values This can be seen when pencak silat athletes are always honest about their condition with their coaches.	Interviews with coaches and athletes.
3	Tolerance	Tolerance values can be seen when: 1. Senior pencak silat athletes appreciate the low abilities of novice athletes. 2. Pencak silat athletes embrace their opponents after a match. 3. A pencak silat trainer who always provides motivation to his athletes even though they make mistakes during training and competition. 4. Athletes respect each other when training coincides with another religious day of worship because athletes are pencak silat SMAN 1 Cibatu Purwakarta not only Muslims but from several religions including Christianity and Hinduism	Interviews with coaches and athletes.
4	Discipline	The value of discipline is illustrated when: 1. Pencak silat athletes arrive on time for practice. 2. Pencak silat athletes compete in accordance with applicable regulations.	Team observations, interviews with coaches and athletes
5	Hard work	The value of hard work is reflected when: 1. Pencak silat athletes spend hours practicing every day. 2. Pencak silat athletes start training from a young age.	Team observations, interviews with coaches and athletes
6	Creative	Creative value is seen when athletes and pencak silat coaches think together to find new forms of training that can improve abilities and performance supporting skills.	Interview with coach
7	Independent	The value of independence is reflected when pencak silat athletes train alone when there is no coach.	Direct observation team
8	Curiosity	The value of curiosity is found when: 1. Pencak silat athletes learn new techniques that their coaches have not taught them. 2. Pencak silat athlete who always digs up information about the opponents he will face.	Interview with athlete
9	Democratic	Democratic values are visible when: 1. Pencak silat athletes respect their opponents. 2. Pencak silat athletes respect coaches.	Interviews with coaches and athletes
10	Spirit of nationality	The value of national spirit can be seen from the motivation of pencak silat athletes to represent Indonesia at the international level.	Interview with athlete
11	Love the country	The value of love for one's country can be seen from the motivation of pencak silat athletes representing Indonesia at the international level.	Interview with athlete
12	Appreciate achievements	The useful value of achievements is seen when:	Interview with athlete

		<ol style="list-style-type: none"> <li>1. Pencak silat athletes admit defeat and respect their opponents.</li> <li>2. Pencak silat athletes train hard every day in a disciplined manner to achieve achievements.</li> </ol>	
13	Friendly / Communicative	<p>Friendly/communicative values appear when:</p> <ol style="list-style-type: none"> <li>1. Pencak silat athletes have fun practicing together.</li> <li>2. Pencak silat athletes work together to practice the art form in pairs and teams.</li> </ol>	Observations on the team
14	Love peace	The value of peace can be seen when pencak silat athletes calm their colleagues when they are emotional during a match.	Observations on the team
15	Likes reading	<p>The value of a love of reading is reflected when:</p> <ol style="list-style-type: none"> <li>1. Pencak silat athletes often see basic pencak silat techniques in books.</li> <li>2. Trainers always read scientific journals about the development of pencak silat.</li> </ol>	Interviews with coaches and athletes
16	Environmental care	The value of caring for the environment can be seen when pencak silat athletes clean the training area before and after practice.	Direct team observation
17	Social concern	<p>The value of social care is visible when:</p> <ol style="list-style-type: none"> <li>1. Pencak silat athletes provide encouragement to fellow teachers who compete.</li> <li>2. Pencak silat athletes encourage fellow teachers who lose after competing.</li> </ol>	Direct team observation
18	Responsible	The value of responsibility can be illustrated when pencak silat athletes with full discipline and enthusiasm carry out the training program given by the coach.	Direct team observation

## DISCUSSION

The research results show that in pencak silat sports, especially in pencak silat athletes at SMAN 1 Cibatu Purwakarta, there are various character values, including but not limited to religious values, honesty, tolerance, discipline, hard work, creativity, independence, democracy, desire. Know, have a national spirit, love for the country, respect for achievements, be friendly/communicative, and love peace. Like to read, care for the environment, and take social care and responsibility. In other words, the sport of pencak silat includes all character values. These findings are supported by various descriptions of values revealed through direct team observations, interviews with coaches, and interviews with athletes. When connected with existing theories, the results of this research are based on the concept that sports play an essential role in forming national values and character (Mutohir, 2004). Sports, in essence, are considered a small representation of people's daily lives. This means that the basic principles of everyday life can be found in the practice of sports. Sports teach values such as discipline, sportsmanship, resilience, competitive spirit, cooperation, understanding of the rules, and courage to make decisions (Sitepu, 2017).

According to (Sitepu, 2017), character values that can be learned through sports activities involve aspects of cooperation, communication, respect for rules, problem-

solving, understanding, building relationships with other people, leadership, respect for others, hard work, winning strategies, strategies for dealing with defeat, how to managing matches, honesty, sharing, self-esteem, trust, happiness and perseverance, teamwork, discipline, and self-confidence. Meanwhile, Ardiansyah (2018) stated that positive values such as discipline, agility, social, health, cooperation, harmony, creativity, and strategy-setting values can be found in everyday life through traditional sports.

## **CONCLUSION**

From the research findings that have been revealed, it can be concluded that the sport of pencak silat contains various character values, such as religion, honesty, tolerance, discipline, hard work, creativity, independence, democracy, curiosity, national spirit, love of the country, respect for achievement, friendly/communicative attitude, love of peace, love of reading, concern for the environment, social concern, and responsibility.

In this context, suggestions that can be proposed based on the research results are as follows: For parties involved in the world of education, these findings can be used as valuable input to support the development and implementation of character education. Meanwhile, for students and parents, the results of this research can be used as a guide in choosing media that is able to bring positive changes to character towards a better direction.

## **CONFLICT OF INTEREST**

The authors have no conflicts of interest associated with the material presented in this paper.

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