

THE EFFECT OF HEAVY BAG THRUST TRAINING ON THE RESULTS OF PENCAK SILAT FOREHANDS IN TAPAK SUCI ATHLETES

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ABSTRACT

This study aims to determine the effect of heavy bag thrust training on the results of forehand strokes in Banyuasin black rhinoceros martial arts athletes. This study used a sample of 30 students, collecting data using the forward punch test on pecing with a stopwatch measuring instrument. The method used is a quasy experiment with a pretest-posttest one group design. The results of the forehand pretest obtained the highest score of 22 and the lowest score of 12, while the results of the forehand posttest obtained the highest score of 23 and the lowest score of 12. The treatment in this study was pushing exercises using a heavy bag thrust given for 6 weeks with a frequency of 3 times a week. Test the effectiveness using the quasy experimental method with the results of a significant "t test" $\alpha = 0.05$ obtained $t_{count} = (6.6)$ while $t_{table} = (1.70)$, then $t_{count} > t_{table}$ so that H_a can be accepted while H_o is rejected. The implication of this research is that coaches can use the heavy bag thrust training method as one of the training programs to improve the results of the forehand stroke.

Keywords: Exercise; Heavy Bag Thrust; Front Punch; Pencak Silat

Introduction

Sport is a reflection of the life of a nation's people (Natal, 2020). In sports, the aspirations and noble values of a society are reflected, which are reflected through the desire to realize oneself through sports achievements in Indonesia as a means of driving social movements for the birth of superior human beings, both physically, mentally, intellectually, socially, and being able to form human beings. completely (Fenanlampir & Mutohir, 2021).

Basically sport is about participation. Sport brings individuals and communities together, highlights commonalities and bridges cultural or ethnic differences. Sport provides a forum for learning skills such as discipline, self-confidence and leadership and teaches core principles such as tolerance, cooperation and respect. Sport teaches the value of effort and how to manage wins as well as loses (Weinberg & Gould, 2019). When the positive aspects of sport are emphasized, sport becomes a powerful vehicle through which it is carried (Kwauk, 2014:285)

To achieve sports performance in sports, training is needed that pays attention to principles (Aryanti et al., 2018). Training is a conscious effort that is carried out in a sustainable and systematic manner to improve the functional abilities of the body in accordance with the demands of the task/appearance of the sport in question, in order to be able to display the high quality of the sport both in terms of basic abilities (physical abilities) and skills (technical ability) (Fenanlampir, 2020). According to Ruskin & Liputo (2021) states that training is a systematic sporting activity over a long period of time which is increased

progressively and individually aimed at forming human physiological and psychological functions to meet task demands.

According to Kodafi Putra (2021:57) Forehands are very important in martial arts, especially in pencak silat because the Heavy Bag Thrust practice can improve the results of the forehand itself. Moreover, it is done with strong, precise and straight movements according to a predetermined time and can be done at different times in different directions, where the results of these punches are obtained during training. So that with practice will have a positive effect on the results of the forehand stroke. The better the training given, the better the strokes owned by fighters (Bintang, 2021).

Based on the descriptions that have been collected previously, in this chapter an analysis of the discussions obtained in this study will be carried out. The research results will be described in accordance with the objectives and hypotheses previously proposed. In this study statistical analysis was used on the grounds that the data obtained in this study were the value of a test from the experimental group data using the pre-test and post-test one group design, based on data analysis and hypothesis testing using the t-test formula in this study, it can be concluded that training uses the Heavy Bag Thrust training method and can affect straight punch results with properly programmed exercises increasing the most results, especially in straight punches owned by fighters (DeMarco, 2016).

Method

The research used in this research is a quasy experiment, using the "pretest and posttest one group" research design (Suhadak, 2014). This design uses a pretest before being given treatment, thus the results of the treatment can be known more accurately, because it compares with the conditions before being given treatment (Rahmayani et al., 2019). This study aims to determine whether there is influence between the independent variables on the dependent variable (independent variables and dependent variables) (Sugiyono, 2018).

After the data is obtained, the next step is to enter data according to the category, namely as follows according to (Lubis & Wardoyo, 2014)

Table 1. Rating Category

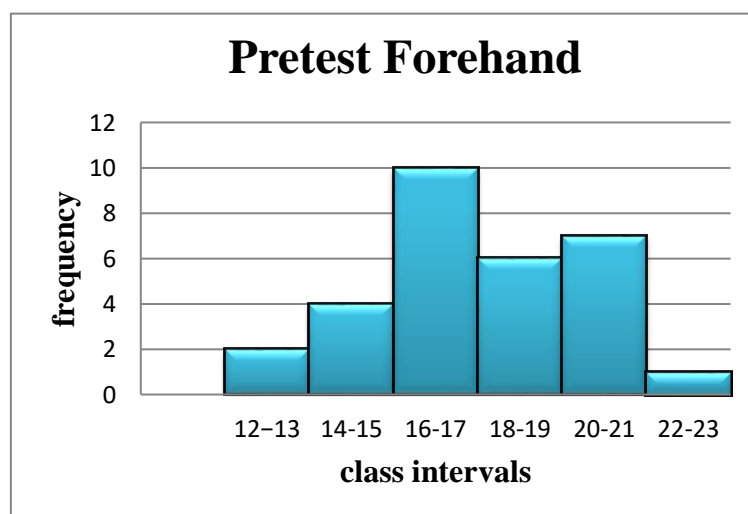
Category	Male
Very good	>24
Good	19-23
Enough	16-18
Pretty good	13-15
Very less	<12

Table 2 Description of Forward Punch Pretest and Posttest Results

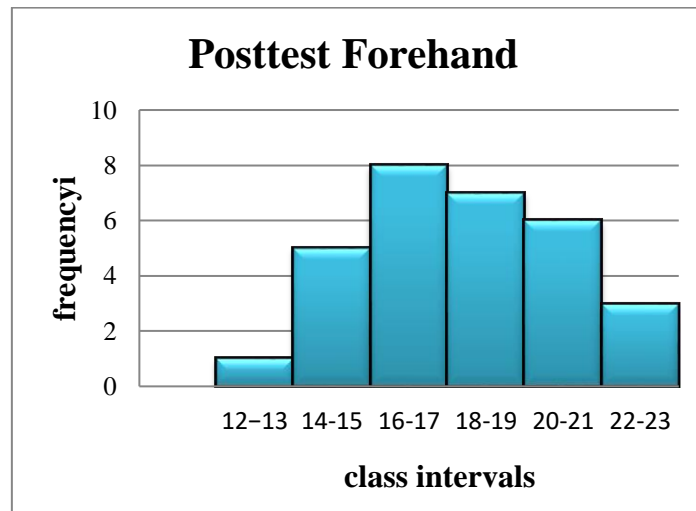
		Statistic	Std. Error
PRETEST	Mean	17.5000	0.46916
	95% Confidence Interval for		
	Lower Bound	16.5405	
	Upper Bound	18.4595	
	5% Trimmed Mean	17.5556	
Median		17.0000	

	Variance		6.603	
	Std. Deviation		2.56972	
	Minimum		12.00	
	Maximum		22.00	
	Range		10.00	
	Interquartile Range		4.00	
	Skewness		-0.157	0.427
	Kurtosis		-0.553	0.833
POSTEST	Mean		18.1667	0.47726
	95% Confidence Interval for	Lower Bound	17.1906	
	Mean	Upper Bound	19.1428	
	5% Trimmed Mean		18.1852	
	Median		19.0000	
	Variance		6.833	
	Std. Deviation		2.61406	
	Minimum		13.00	
	Maximum		23.00	
	Range		10.00	
	Interquartile Range		4.25	
	Skewness		-0.071	0.427
	Kurtosis		-0.855	0.833

Based on table 2, it can be seen that the highest number of pretest scores is 22, the lowest number is 12, the range is 10, the average (mean) obtained is 17.5 and the standard deviation obtained from the pretest results is 2.56. In the posttest, the highest score was 23, the lowest score was 13, the range was 10, the average obtained from the posttest was 18.1 and the standard deviation obtained from the posttest was 2.61.



Picture 1. Pretest Forehand histogram



Picture 2. Posttest forehand histogram

It can be seen that the highest number of pretest scores is 22, the lowest number is 12, the range is 10, the average (mean) obtained is 17.5 and the standard deviation obtained from the pretest results is 2.56. In the posttest, the highest score is 23, the lowest score is 13, the range is 10, the average obtained from the posttest is 18.1 and the standard deviation obtained from the posttest is 2.61.

Table 3. Distribution of forehand instrument data (*Pretest*) dan (*posttest*)

Result	N	The highest score	Lowest value	Mean	Mean difference <i>Pretest</i> and <i>Posttest</i>
Pretest	30	22	12	17,5	0,6
Posttest	30	23	13	18,1	

Based on the comparison of the results of the pretest and posttest above, it can be seen that the results of the comparison from the pretest with the highest number of front strokes, namely 22 and the lowest number of strokes, are 12. 17.5 and the posttest was 18.1 so that the difference in the mean pretest and posttest was 0.6.

Table 4. Normality test

	Kolmogorov-Smirnov ^a		
	Statistic	df	Sig.
PRETEST	0.110	30	0.200*
POSTEST	0.158	30	0.053

The normality test uses the SPSS 27 application with the Kolmogorov-Smirnov test. Based on table 4.6, the pretest and posttest data are normally distributed because the value of $sig > \alpha$ is 0.200 for the pretest and 0.053 for the posttest with $\alpha = 0.05$. Because it fulfills the assumption of normality, the hypothesis test in this study will use a paired sample t-test.

Table 5. Homogeneity test

Test of Homogeneity of Variances			
Front Punch Result			
Levene Statistic	df1	df2	Sig.
0.186	1	58	0.668

Homogeneity test is a test conducted to find out that two or more sample data groups come from populations that have the same (homogeneous) variance (Qurnia Sari et al., 2017). If the Sig value > 0.05 then the data distribution is homogeneous and if the Sig value < 0.05 then the data distribution is not homogeneous. So the results of the homogeneity test of this study can be seen in the following table:

Table 6. Hypothesis test

		Paired Samples Test					t	df	Sig. (2-tailed)
		Paired Differences							
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRETEST - POSTTEST	-0.66667	0.60648	0.11073	-0.89313	-0.44020	-6.021	29	0.000

The result of the t-test. From these results, it shows a significance value of 0.000 which can be interpreted that there is an effect of a treatment on the results of the pretest and posttest because the significance value is < 0.05 .

Based on the table above, it can be seen that the significant value of the pretest and posttest results is lower than the α value. So the decision of the hypothesis is to reject H_0 and accept H_a , which means that there is an effect of pushing training using "sansack" on the results of forehand strokes in the activities of the Banyuasin black rhinoceros martial arts athlete.

Discussion

The results of the research conducted at the Black Badak Padepokan Banyuasin consisted of 30 athletes participating in pencak silat training. From the pretest data, the highest data obtained is 22, the lowest data is 12, the mean is 17.5, the standard deviation is 2.56. Then from the posttest data obtained the highest data is 23, the lowest data is 13, the mean is 18.1, the standard deviation is 2.61

Based on the comparison of the results of the pretest and posttest above, it can be seen that the results of the comparison from the pretest with the highest number of front strokes, namely 22 and the lowest number of strokes, are 12. 17.5 and the posttest was 18.1 so that the difference in the mean pretest and posttest was 0.6.

Based on the exercise used to improve the results of the forehand in the sport of pencak silat, namely using the "heavy bag thrust" exercise, this study was conducted on 30 pencak silat athletes at the Tapak Suci banyuasin black rhino hermitage his research is a population research, where the research population is 30 students, so the research sample is the researcher takes the entire population as a sample.

Based on the results of statistical calculations "t test" results obtained a significance value of 0.000, so there is a significant difference between the post-test and pre-test, thus the hypothesis H₀ is rejected and the hypothesis H_a is accepted. H_a's statement was "There is an effect of heavy bag thrust training" on the results of the pencak silat forehand stroke in the Banyuasin black rhino hermitage athlete".

According to Lubis & Wardoyo (2014) studying the basic techniques of pencak silat needs to pay close attention to the technical process, as well as in the process of practicing pencak silat it is necessary to develop a kind of curriculum or sequence of teaching techniques starting from the easiest technique. The basic techniques of pencak silat are : Stance, Posture (open position and closed position), Pattern of steps, Defense, Punches, kicks and catches. However, some of the basic techniques that are often used are punches and kicks which are very dominant used for attacks on opponents For this reason, varied and repeated training is needed to improve the quality of strokes and other techniques that must be owned by an athlete (Opernando, 2022)..

Conclusion

Based on the results of the research and based on the results of the presentation of the data described previously and the normality test and hypothesis testing with statistical t test data, obtained t_{count} of (6.6) and t_{table} of (1.70), then there is a significant difference between the pretest and posttest. Thus H_a is accepted, it can be concluded that there is an effect of pushing training using "sansack" on the results of forehand strokes in the activities of the Banyuasin black rhinoceros martial arts athlete. The implication of the research is that the pushing exercise using the "sansack" can be used as a training tool to improve the results of forehand.

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