

Strategy to Improve Intelligent Characters and the Fighting Ability for Junior Athletes of Tarung Derajat

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Abstract--- *The main issue of this study is that the learning outcomes are still low, especially in intelligent character and fighting ability mastery. This research aims to determine the intelligent character and fighting ability mastery of Tarung Derajat Junior athletes at the level of Kurata III and IV (age group of 10-12-year-old and 13-14-year-old) that implemented BMB3 learning strategy. This study was an experimental study with one group pretest-posttest design. This study involved 30 athletes of the PLN training unit in Pariaman chosen by stratified-cluster random sampling. The instrument used to collect the data were questionnaires of intelligent character, fighting ability test. The data were analyzed using descriptive statistics for the reveal of training conditions, and then the hypothesis was tested using T-test analysis. This study revealed that there was an improvement of intelligent character mastery and the fighting ability of athletes in Kurata III and IV.*

Keywords--- *BMB3 Learning Strategy, Intelligent Character Mastery, Fighting Ability, Tarung Derajat Athletes.*

I. INTRODUCTION

Tarung Derajat is a martial art that utilizes a combination of Life Motion Power (LMP) which originates from muscles, brain, and conscience realistically and rationally.

There are five elements of Moral Motion Power (MMP) in the process of learning the movements of all or parts of the body, such as strength, speed, accuracy, courage, and tenacity. The five elements of moral power are dynamically and aggressively embedded in a system of resilience or self-defense movement. They are patterned in practical and effective defensive attack techniques, tactics, and strategies for self defense¹.












In improving the ability to fight, it is necessary to practice with strategies to improve performance (physical condition); the better the condition or physical ability of a person, the higher the chance for achievement, and vice versa.

Therefore, fighting ability needs to be trained correctly and with the right strategies/models and methods. The recent training model created by the Tarung Derajat Master is the Sport Derajat model. The Sport Derajat training model has 12 exercises^{2,3,4,5}.

The series of techniques in Tarung Derajat adapt techniques used in various martial arts, including quick punch, inside elbow blow, outside elbow blow, hand-drop, inner circle kick, sidekick, back circle kick, front hook kick, back kick, back hook kick, and leg-drop. For more details of typical Tarung Derajat techniques can be seen in the following pictures:

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<p>Figure 1. Quick Punch</p>	<p>Figure 2. Inside Elbow Blow</p>	<p>Figure 3. Outside Elbow Blow</p>
		
<p>Figure 4. Hand-drop</p>	<p>Figure 5. Inner Circle Kick</p>	<p>Figure 6. Side Kick</p>
		
<p>Figure 7. Back Circle Kick</p>	<p>Figure 8. Front Hook Kick</p>	<p>Figure 9. Back Kick</p>
		
<p>Figure 10. Back Hook Kick</p>	<p>Figure 11. Leg-drop</p>	

According to Harsono, some components of physical conditions that need to be considered to be developed are cardiovascular endurance, strength, flexibility, speed, stamina, agility, and power⁶. Mastery of intelligent characters and fighting abilities requires an active and educative learning strategy. The famous training strategy is a strategy that is character-based or often called strategies of thinking, feeling, behaving, acting, and being responsible (Indonesia: Berpikir, Merasa, Bersikap, Bertindak, Bertanggung Jawab/ BMB3). It is as standards in the training process to improve training dynamics and increase the understanding and mastery of training process^{7,8}. The BMB3 elements are said to be a reflection of the improvement in achievement, as a life of good behavior / full of virtue, namely behaving well towards other parties (God Almighty, human, and the universe) and towards oneself in an educational situation^{9,10}.

Intelligent character development is expected to shape the nation's character, so that athletes are expected to master the ability to fight in the learning or training process by implementing media of training, one of them is a "cun" (chairs adjusted to the age and growth level of athletes). It is also functioned as a "cun" to be the target and benchmark in the series materials of training. It can be seen as follows:



Figure 12: The “cun” in Traung Derajat



Figure 13: Implementation of Sport Derajat Training Model Using the “cun.”

Mastery of training material with strategies and training methods in Tarung Derajat will have an impact on the athletes' ability to fight. Also, athletes must have a healthy psychological, the other term of "intelligent character" in competition. Thus, the achievements of athletes will be easily attained.

II. METHODOLOGY

It was an experimental research design. The population and sample of this study were Tarung Derajat junior athletes of the PLN training unit of Pariaman, West Sumatra Province, Indonesia. The samples were 30 athletes selected by Stratified-Cluster Random Sampling divided into groups based on the level of Kurata/belt. Kurata III contained 12 athletes in the age of 10-12-year olds, and Kurata IV contained 18 athletes in the age of 13-14-year old.

Steps in Research

The series of BMB3 Learning Strategy implementation activities are carried out in a classical field, as table 1 follows. Strategies to Improve Intelligent Characters and the Fighting Ability of Self-Defense Athletes of Tarung Derajat.

Data Analysis

Data and information obtained or collected from Pre-Test and Post-Test were processed and analyzed using descriptive and inferential statistics. Hypothesis testing is done by the analysis of the T-Dunnnett Method (1 direction). The reason for using the t-test analysis technique to test hypotheses is that the data is compared with the dependent variable¹¹. The normality and homogeneity of the data were tested first through the Lilliefors test and the Bartlett test¹².

III. RESULTS AND DISCUSSION

Description of Tarung Derajat Training

The instruments used are (1) questionnaires related to research variables on mastery of intelligent character and the ability to fight were given to athletes, (2) interviews were conducted to trainers regarding the training reflections undertaken by athletes, and the difficulties experienced during the research in the implementation of the BMB3 strategy through the series of playing method. The description of the Pre-Test and Post-Test data of each research variable can be explained as follows.

Table 1: The Series of BMB3 Learning Strategy

Pra- impact	Before learning / Tarung Derajat Martial Arts Coach: a. Prepare learning devices such as syllabus, presentation sheet and assessment b. Prepare equipment and map tool settings.
Impact	Preliminary: Opening the training, praying, continued: a. Presentation while generating motivation b. Appreciation (connecting learning material with the athlete's initial knowledge) c. Convey the scope of the material and learning objectives d. Stretching and heating related material Main training: a. Giving assignments (short and clear) b. Monitor and evaluate the athlete's movements and attitude towards intelligent character. c. Provide feedback (the correctness of the motion and its suitability with the training objectives). Closing: a. Reflection on learning experiences or practicing athletes b. General evaluation of athletic learning processes and outcomes (knowledge, attitudes, and skills) c. Appreciation and follow-up (habituation in daily life and subsequent activities).

Table 2: Descriptive Statistics Data of Intelligent Character and Fighting Ability of Junior Athletes of Tarung Derajat in the PLN Training Unit of Pariaman

Measurement	Sample	Intelligent Character			Fighting Ability		
		Mean	Variance	Percentage of Achievement	Mean	Variance	Percentage of Achievement
Pre-Test							
KU-12 K III	12	295.83	295.83	75,85 %	62.09	14.64	62,09%
KU-14 K IV	18	306.28	1231.97	77.46 %	63,90	13.07	63,17%
Post-Test							
KU-12 K III	12	323.33	1231.97	82,90 %	68.33	4.42	68,33%
KU-14 IV	18	334.28	377.48	85.71%	69.46	5.51	69,46%

Based on the description of the data in table 2, pretest data of intelligent character in Kurata III obtained a mean of 295.83, the variance of 295.83, with a percentage of achievements of 75.85%. In Kurata IV, it is obtained a mean of 306.28, the variance of 1231.97, with a percentage of achievements of 77.46%. Post-test data of intelligent character in Kurata III obtained a mean of 323.33, the variance of 1231.97, with a percentage of achievements of 82.90%. In Kurata IV, it is obtained a mean of 334.28, the variance of 377.48 with a percentage of achievements of 85.71%

Furthermore, pretest data on fighting ability on Kurata III obtained a mean of 62.09, the variance of 14.64 with a percentage of achievements of 62.09%. In Kurata IV, it is obtained a mean of 63.90, the variance of 13.07 with a percentage of achievements of 63.17%. Post-test data on fighting ability on Kurata III of obtained a mean of 68.33, the variance of 4.42 with a percentage of achievements of 68.33%, and in Kurata IV obtained a mean of 69.46, the variance of 5.51 with an achievement percentage of 69.46%. For more details, the percentage of achievement data on pretest and posttest of intelligent characters and fighting ability of athletes can be seen in the following figure.

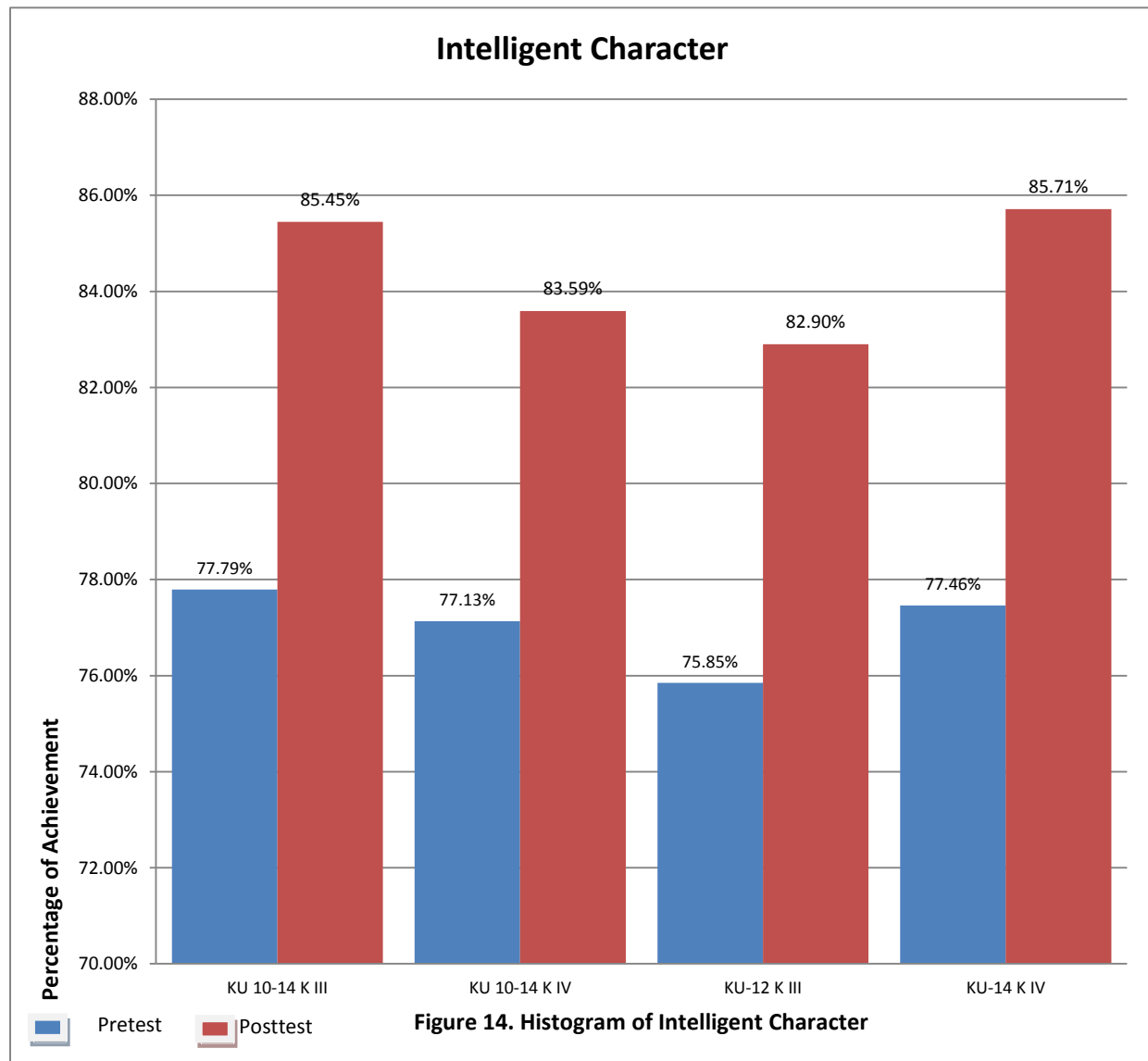


Figure 14: Histogram of Intelligent Character

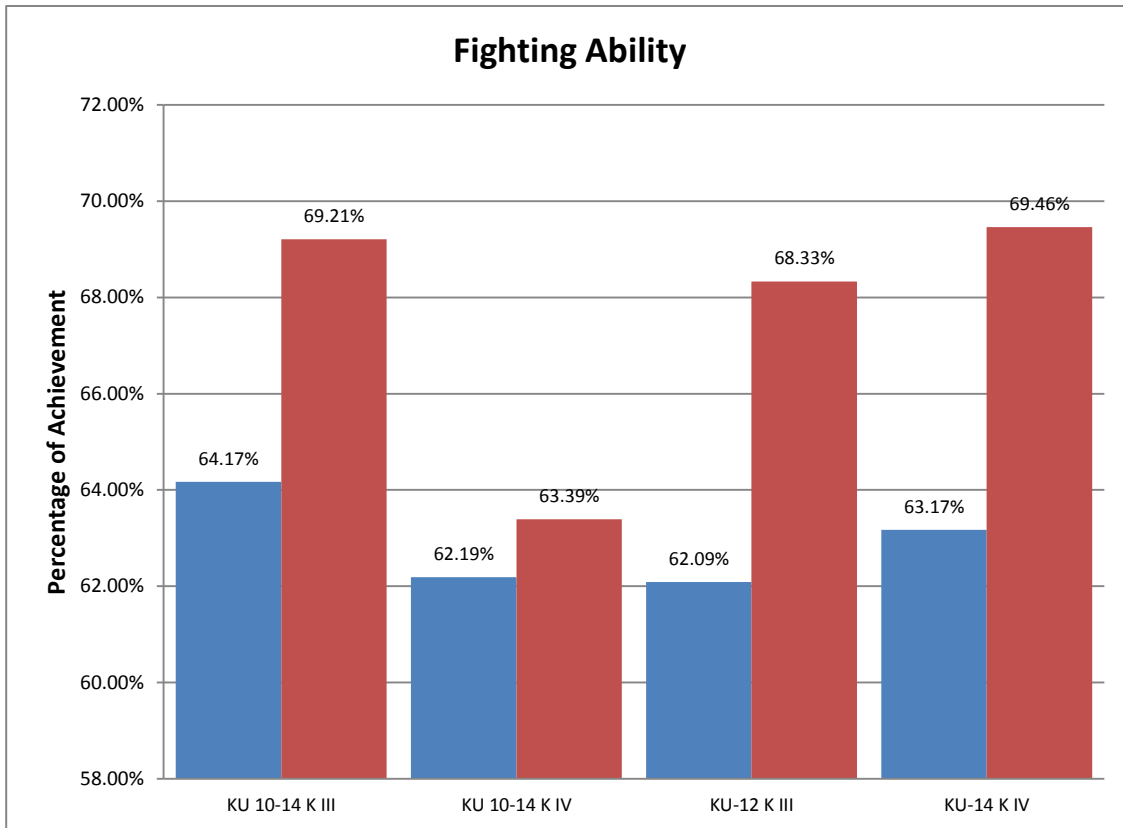


Figure 15: Histogram of Fighting Ability

It can be said, the more often BMB3 learning strategies used, the higher the intelligent character develops. The higher the intelligent character, the higher the level of skills has acquired³. Based on the score, it is known that the trainer can implement BMB3 strategies in Tarung Derajat. The quality of leadership and authority might cause it in training. According to Burton in Lufri, learning outcomes are patterns of actions, values, understandings, attitudes of appreciation, abilities, and skills¹³. This fact shows that learning outcomes are an indicator of the success of a student/athlete in participating in learning/training activities.

Based on this fact that the level of achievement increase in the fighting ability of athletes can be maximized by paying attention to various things in training and playing in sports. Things to consider in playing activities are as follows: (a) extra energy; (b) enough time to play; (c) playing instruments; (d) space to play; (e) knowledge of how to play; and (f) playmates¹⁴.

The existence of the level of achievement results through the implementation of the BMB3 learning strategy will have an impact on the mastery of intelligent characters and fighting spirit. It means that the application of the BMB3 learning strategy is suitable for Tarung Derajat in increasing the mastery of intelligent characters and fighting abilities of athletes.

The Improvement of Intelligent Character Mastery for Tarung Derajat Junior Athletes after Applying BMB3 Learning Strategy

The hypothesis in this study was an increase in the mastery of the character-intelligent athletes who were given the application of the BMB3 learning strategy. Increased mastery of the athlete's intelligent character can be proven by the results of calculations on aspects of the pretest and posttest assessment.

Implementation of BMB3 learning strategies will be able to involve athletes directly with several introductions to the environment. During the learning process, BMB3 will invite athletes to be more active, innovative, creative, effective, and enchanting. Also, there will be a process of thinking, feeling, behaving, acting, and taking responsibility concerning the learning material that is the content of all learning activities, during the learning process. Intelligent character values are integrated into Tarung Derajat lessons combined with moral-mental values realistically and rationally in mastering and applying 5 (five) moral motives, namely strength, speed, accuracy, courage, and tenacity¹⁵. It is in line with Lutan that the process of socialization means the transfer of cultural values from the older generation to the younger generation¹⁶.

To develop a character education grand design (intelligent-character) according to Prayitno and Khaidir must be following article 1 paragraph 1 of Law No. 20/2003 on the National Education System of Indonesia, that the meaning and learning material in the category of six focussing fostering strengthen students' ownership of (1) religious-spiritual strength, (2) ability to self-control, (3) personality stability, (4) increased intelligence, (5) moral glory, and (6) skill dexterity⁷. Moreover, the presence of BMB3 learning strategies is to dynamize learning material to encourage thought and work sense, work initiative, and be able to behave, act, and take responsibly (BMB3)^{7,8}.

Following the theoretical study and discussion of the results of the study, that the application of BMB3 learning strategies can be believed to be able to combine all the essential elements of education, training materials, learning media, evaluation, and training results. To that end, the application of Traung Derajat training can take advantage of the improvement in the results of training to improve the mastery of the intelligent character of martial arts athletes and sports in general. Thus, it can be concluded that "the implementation of the BMB3 learning strategy is more effective in improving the mastery results of the intelligent character of Tarung Derajat athletes.

The Improvement of Fighting Ability for Tarung Derajat Junior Athletes after Applying BMB3 Learning Strategy

This study found that there was an increase in the ability of athletes to fight. As in table 3.2, this third hypothesis can be proven because the results of the Pretest and Posttest of the two groups show that the average value of the athlete is reasonably believed to be the difference so that the null hypothesis can be rejected.

Based on this fact, that the level of achievement of an athlete's fighting ability can be maximized by paying attention to various things in practicing and playing looking for points in a simulated sports competition. Thus, it can be said that the fighting ability of Traung Derajat athletes is already classified as professional athletes. The Tarung Deradajat Guru called it "jadikanlah dirimu oleh diri sendiri" or also called an athlete had had a level of 'independent self'¹⁵.

Based on the discussion above, it can be concluded that the application of the BMB3 learning strategy can be believed to significantly improve the athletes' fighting ability in practicing Tarung Derajat, perhaps supporting and inhibiting factors are less accommodated in the process. For that reason, the trainer, as the holder of the process control, should pay attention to various supporting factors and obstacles in implementing the use of BMB3 learning strategies so that there is an increased ability. Thus, it can be believed that "the BMB3 learning strategy is more effective in improving the results of the fighting abilities of the Tarung Derajat athletes.

IV. CONCLUSION

The study concludes that there is an increase in mastery of intelligent character and the fighting ability of Tarung Derajat athletes in Kurata III and IV.

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