

ABSTRAK

Commented [i-1]: Penulisan abstrak tidak melebihi 300 kata (dari latar belakang sampai simpulan)

Meningkatkan Pola Latihan Teknik Tendangan T Pencak Silat Siswa PSHT Ranting Raihat

Ferdianus Sendro Mau¹, Alventur Baun², Ramona M. Mae, S.Pd., M.Or³
^{1,2,3}Program Studi Pendidikan Jasmani, Kesehatan, dan Rekreasi, Fakultas Keguruan dan Ilmu Pendidikan, Universitas Kristen Artha Wacana, Kupang, Indonesia

Email : Sendromau19@gmail.com

Latarbelakang : Pencak silat merupakan warisan budaya bangsa Indonesia yang memiliki nilai fisik, mental, dan spiritual. Salah satu teknik dasar yang penting dalam pencak silat adalah tendangan T, karena memiliki daya dorong yang kuat dan efektif dalam menjaga jarak dengan lawan. Namun, berdasarkan pengamatan awal pada siswa PSHT Ranting Raihat, masih ditemukan rendahnya penguasaan teknik tendangan T, yang ditandai dengan kesalahan pada sikap awal, pelaksanaan, keseimbangan, dan sikap akhir.

Tujuan penelitian : Adalah untuk meningkatkan keterampilan tendangan T pencak silat siswa PSHT Ranting Raihat melalui penerapan pola latihan tendangan T yang sistematis dan berkelanjutan.

Metode Penelitian : Menggunakan pendekatan kuantitatif dengan jenis Penelitian Tindakan Kepelatihan (PTKep). Subjek penelitian berjumlah 8 siswa PSHT Ranting Raihat. Penelitian dilaksanakan dalam dua siklus, yang masing-masing terdiri atas tahap perencanaan, pelaksanaan tindakan, observasi, dan refleksi. Teknik pengumpulan data dilakukan melalui observasi, tes keterampilan, dan dokumentasi. Instrumen penelitian berupa lembar observasi dan rubrik penilaian teknik tendangan T yang meliputi aspek sikap awal, pelaksanaan, dan sikap akhir.

Hasil penelitian : menunjukkan bahwa pada siklus I rata-rata keterampilan tendangan T siswa mencapai 46,66% dengan kategori belum tuntas. Setelah dilakukan perbaikan pola latihan pada siklus II, rata-rata keterampilan siswa meningkat menjadi 82,67% dengan kategori baik. Peningkatan keterampilan tendangan T dari siklus I ke siklus II sebesar 77,14%. Peningkatan ini terjadi karena penerapan pola latihan yang lebih variatif, bertahap, dan menekankan pada keseimbangan serta ketepatan teknik.

Simpulan : penelitian ini adalah bahwa penerapan pola latihan sirkuit tendangan T secara sistematis dan berkesinambungan terbukti efektif dalam meningkatkan keterampilan tendangan T siswa PSHT Ranting Raihat

Kata kunci: pencak silat, tendangan T, pola latihan, penelitian tindakan kepelatihan, PSHT.

ABSTRACT

Improving the Training Pattern of T-Kick Technique in Pencak Silat for PSHT Raihat Branch Students

Ferdianus Sendro Mau¹, Alventur Baun², Ramona M. Mae, S.Pd., M.Or³

^{1,2,3} Department of Physical Education, Health, and Recreation, Faculty of Teacher Training and Education, Artha Wacana Christian University, Kupang, Indonesia

email: Sendromau19@gmail.com

Background : Pencak silat is a cultural heritage of Indonesia that embodies physical, mental, and spiritual values. One of the essential basic techniques in pencak silat is the T-kick, as it has strong pushing power and is effective for maintaining distance from an opponent. However, based on preliminary observations of students at PSHT Raihat Branch, it was found that the mastery of the T-kick technique was still low. This condition was indicated by errors in the initial stance, execution, balance, and final stance.

Research Objective : This study aimed to improve the T-kick skills of pencak silat students at PSHT Raihat Branch through the implementation of a systematic and continuous T-kick training pattern.

Research Method: This research employed a quantitative approach using Coaching Action Research (CAR). The research subjects consisted of 8 students of PSHT Raihat Branch. The study was conducted in two cycles, each consisting of planning, action implementation, observation, and reflection stages. Data were collected through observation, skill tests, and documentation. The research instruments included observation sheets and a T-kick technique assessment rubric covering the initial stance, execution, and final stance aspects.

Research Results: The results showed that in Cycle I, the average T-kick skill achievement of students was 46.66%, categorized as not yet complete. After improvements in the training pattern were implemented in Cycle II, the average student skill increased to 82.67%, categorized as good. The percentage improvement in T-kick skills from Cycle I to Cycle II was 77.14%. This improvement occurred due to the application of more varied, progressive training patterns that emphasized balance and technical accuracy.

Conclusion: It can be concluded that the systematic and continuous implementation of a T-kick circuit training pattern is effective in improving the T-kick skills of students at PSHT Raihat Branch.

Keywords: pencak silat, T-kick, training pattern, coaching action research, PSHT.