

Aggressive Audience Against Competitive Anxiety in Pencak Silat Athletes

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Abstract—Anxiety when facing matches is a problem of emotional turmoil that is often faced by athletes, especially in individual sports that use physical contact such as pencak silat. One of the factors that can influence the level of competing anxiety is the proximity of the audience from the arena. Intimacy provides self-disclosure regarding anxiety and fear in the face of competition. The purpose of this study is to determine the anxiety faced by pencak silat athletes due to the influence of the close distance of the audience from the arena. The research method used is a qualitative research method, through direct observation to the field on November 20, 2018 in the Pelayaran Negeri Public School Building, Padang Pariaman in the PORPROV XV 2018 event. The results of the study showed that the act of aggressiveness from the audience had a negative impact on the anxiety of the pencak silat athlete when conducting matches, this was coupled with a lack of knowledge or not given the approach in sports psychology.

Keywords—Aggressiveness, Compete Anxiety, Pencak Silat

I. INTRODUCTION

Sport is an activity or activity that is already familiar to the community, and is deemed necessary as forming the character and personality of each individual, and empowering the community to be more efficient in forming a sportsmanship mentality. With sports can make people become healthy and strong, both physically and spiritually. Every competitive sport, of course, hopes to achieve a top achievement, one of which is through the sport of Pencak Silat [13].

Pencak silat is one of the sports that has become an indigenous culture of Indonesia. Pencak silat is a work of the nation's children rooted in national culture [2]. Pencak means the basic movements of pencak silat that are bound to rules and silat means perfect pencak silat movements that are spiritually based. Notosoejitno (2001), stated that there were three views of the figure, profile or appearance of pencak silat in Indonesia, namely:

1. Pencak silat is original (original), which is pencak silat originating from local and ethnic communities in Indonesia.
2. Pencak silat is not original, mostly from Kung Fu, Karate and Jujitsu.
3. Mixed pencak silat, is a mixture of genuine and not genuine pencak silat (foreign pencak silat who want to join the

name of pencak silat according to the rules of the AD and ART IPSI).

When viewed from its identity and rules, pencak silat is the substance and means of mental spiritual education and physical education to form human beings who are able to live and practice the philosophy of noble mind and character [10]. The noble character itself is an aspect that addresses values, attitudes, positive behaviors such as honesty, trustworthiness, optimism, etc., and negative behaviors of lying, envy, etc [16].

The Inter-Agency UN Task Force on Sport for Development and Peace, defines sport as "all forms of physical activity that contribute to physical fitness, mental health and social interaction, such as play, recreation, organized competitive sports, traditional sports and games". Thus, there is a relationship between aggressiveness and social phenomena, the audience, and its relation to the appearance of the players or athletes in every sporting event. An athlete and a team not only face opponents while competing but also face the audience, both those who support and those who do not provide support. Aggressive actions that lead to aggressiveness are not impossible due to the influence of the audience [14]. Aggressive behavior in all forms of behavior intended to hurt or injure other living beings is motivated to avoid such behavior [9]. Under these conditions, often the aggressive nature of an athlete or team and also the supporters change totally to aggressiveness so that the quality and quality of the match is lost and the game is no longer fair play but becomes something chaotic and anarchic. The understanding of supporters in KBBI is people who provide support, support, etc [8].

In sports, especially pencak silat, physical factors are not the only factors that affect athletes' physical functions, but psychic factors also affect athletes. This proves the existence of psychological-physical reciprocity. If the psychological aspect is disturbed, physical function is also disturbed, which then interferes with motor skills [17]. Athlete's anxiety when competing is one of the factors in the athlete's psychology. The definition of anxiety is an unclear and diffuse concern, related to feelings of uncertainty and helplessness. This emotional state does not have a clear object, is experienced subjectively and communicated interpersonally [15]. Anxiety disorders are a group of conditions that give an important picture of excessive anxiety, accompanied by behavioral, emotional, and physiological responses [6].

In addition, the results of the analysis carried out by Hidayat Yusuf, stated that there was a positive relationship between mental or psychological imagery on increasing athletic abilities of athletes [7]. Pencak Silat athletes have a higher emotional reaction in competition. This expectation will be achieved if the athlete can implement adequate physical training, both in terms of quantity and quality. Emotional reaction is the occurrence of changes in the level of excitement that can facilitate or even hinder a person's desire to behave or act [17].

In fact, pencak silat not only affects physical abilities, but psychic influences also play a role in the competition. Emotional arrangements are often unstable, making some athletes have low self-regulation [17]. As for the forms of emotion that arises in a pencak silat athlete who participates in the competition, among others, emotions that arise before entering the arena of competition, up to emotions when facing opponents [3]. If the athlete can recognize the emotions of his opponent when competing, then the athlete will easily defeat him. An athlete who cannot control his emotions, then all efforts in the battle arena or competition will be easy to read by the opponent [1]. emotional stability is the ability to deal with the pressures of life both light and heavy and in a good emotional state [11]. Emotional stability is what determines the success or failure of someone to master the balance.

The role of parents, coaches, friends and senior athletes is a number of important factors that can increase athletes' confidence due to anxiety they face when in a match. With the support of parents, coaches, friends and senior athletes can ease the burden on athletes when in a match to compete. Positive support from the closest people will have a positive impact on athletes. Athletes will make every effort to give their best performance when competing and do not want to disappoint those who always support it. Thus, the aggressiveness that is negative for athletes is not something that is a burden for athletes.

Based on observations made at the Pencak Silat PORPROV XV event, researchers obtained negative findings regarding the actions of the audience (especially the audience from the host team) on the continuity of the pencak silat match held in Padang Pariaman district. The negative action was shouts with impolite sentences, as well as the action of the spectators who gave close support to the match area. This is considered to be quite disturbing especially for athletes who are dealing with host athletes who are the opponents to compete.

These negative actions have an impact on the athlete's anxiety when competing. The athlete's mentality becomes down when watching too close and makes harsh words that make the athlete not confident. The mental state or psychology of an athlete is included in the determinant component of achieving an achievement [5]. Therefore, the aggressiveness of the audience greatly influences the level of anxiety of an athlete in achieving achievements in pencak silat competitions.

Purpose of research

1. To find out how the audience's aggressiveness towards the anxiety of pencak silat athletes.

2. To find out how to worry about pencak silat athletes when dealing with an aggressive audience.

II. METHODOLOGY

The type of research used in this study is qualitative research, with methods of collecting data using direct observation and documentation. This research was conducted on November 18-26 2018 at the PORPROV XV Championship in Padang Pariaman, West Sumatra. In addition, the process of observation and documentation is also carried out when collecting data. Informants for this study were chosen for several reasons. *In order to gather information that creates a greater understanding of how student experience having a sport psychology consultant, data was collected from individuals who directly experienced the phenomena of interest* [12]. The informants used were taken as needed by pencak silat athletes in the PORPROV XV Padang Pariaman 2018 championship. The techniques and tools for collecting data use the method of observation and documentation. The data analysis technique in this study is more of a description of the results of observation and documentation. The data that has been obtained will be analyzed qualitatively and described in descriptive form [12]. Data analysis is "the process of arranging data sequences, organizing them into a pattern, category and basic description". The data analysis technique used in this study is to use steps as proposed by Bungin Burhan [4], namely as follows:

1. Data collection
2. Data reduction
3. Display data
4. Conclusion drawing and verification).

III. RESULT

A. Result

The pencak silat branch became a sport that was very popular with audiences because pencak silat was a typical Indonesian martial art that had meaningful and realistic movements. Smooth but hard movements create their own characteristics in the sport. In PORPROV XV Padang Pariaman, the Pencak Silat sport consists of 6 categories. On Tuesday (11/20) pencak silat started the first match in the men's and women's singles category. In this round the researchers found the findings in the form of the distance of the audience with the competition arena which was very close. The audience's negative attitude in the form of harsh words creates anxiety for the athlete.

The audience from the host most dominated the aggressiveness in the pencak silat match. This makes the athlete feel anxious that will have an impact on the mental competing athletes. Athletes get distracted because cheers and songs that break the concentration and at the same time make the athlete more anxious to face the match, due to the enormous pressure from the audience, especially for athletes who are not from the host.

Hasil Interviews conducted to pencak silat athletes at the PORPROV XV event in Padang Pariaman, the pressure or pressure that the audience gave in the form of singing, cheering, yells from each team could reduce the concentration and fighting spirit of the athlete. Athletes feel insecure and lack focus on hearing the instructions conveyed by their team official. As a result of the pressure from the audience, the athlete's concentration became divided, so the main goal of the match was ignored because of anxiety that had an impact on the mentality of athletes who were not ready to face the match. Interview results include:

“I am very insecure, the audience really ruined the concept of the competition that I made, the practice after training that I built so far seemed futile, when I was in the arena of competition, my concentration to compete became lost as I did not know what I wanted to do. Viewers who are too close to the competition arena often put out dirty words that make me mentally decline”.

The disturbance felt by athletes due to the supporting songs of each team, yells and cheers caused by the audience disturbed the concentration of the athlete in the competition because the distance of the arena was too close. As a result, the athlete's focus diminishes, the level of confidence decreases the athlete hears less about input or orders from the coach (official), as a result of it all often the athlete will make mistakes after mistakes that make points decrease. At the findings of this finding, the researchers found that the low value of sportsmanship that was upheld in a sports match.

The distance of the audience with the match arena is so close that an athlete's confidence is reduced or not optimal. Athletes who compete look anxious and have an effect on the wrong motions of pencak silat during matches and athletes easily get violations because of the opponents they face. At the time of observation, the researchers found that when athletes were depressed some things that happened to athletes included:

1. Confidence decreases
2. Increased anxiety so that the concentration decreases
3. Lost athlete's confidence in ability
4. The emergence of mistakes after mistakes in the pencak silat match due to pressure from the audience

B. Discussion

In the discussion section the researcher will discuss or review the results of the qualitative descriptive findings. The researcher found that the aggressiveness of the audience was an action that would harm the mental competing athletes. This is due to the athlete's anxiety level which affects the mental competing athletes. External factors when athletes compete are an obstacle to the athlete's success in achieving achievements.

Positive thinking is an important factor for athletes when competed. The things that need to be done so that the mind is always positive in the face of the aggressiveness of the audience, among others, do not ever doubt your own abilities, always ignore negative thoughts. When the athlete is too worried about the outcome of the match, it is

precisely what will make the athlete's focus and performance during the game arena low. Athletes who have good mentality always think positively. The coach is a person who will inspire an athlete to never give up.

Personal preparation of athletes in competition is something that needs to be done when going to compete, because the negative situation from external factors in the form of audience aggressiveness occurs unexpectedly. It is very important for a pencak silat athlete to prepare themselves in a match. Pencak Silat matches apply a very competitive knockout system which means that once a fighter loses, he will lose the opportunity to advance to the next round. This means that athletes who are declared winners in the Pencak Silat match are athletes who have never lost and always won points from the beginning to the end of the match. To achieve this achievement, careful preparation is needed from both physical and psychological athletes.

The need to give viewers a distance from the pencak silat competition arena. By giving the audience a distance with the pencak silat competition arena, it will have a positive impact in the form of terikan, which results in the audience from each team decreasing the intensity of the sound. Thus, the athlete's anxiety will decrease so that the athlete feels more focused on the match.

The support of parents, coaches, senior athletes and also fellow teammates is something that will help athletes to increase their confidence when competing. Athletes will feel more relaxed because the burden felt when in the game due to the aggressiveness of the audience will decrease. Athletes who experience anxiety disorders can show unusual behavior such as panic for no reason, unreasonable fear of the object they are facing. Do not mix complete spellings and abbreviations of units: “Wb/m²” or “webers per square meter”, not “webers/m²”. Spell out units when they appear in text: “. . . a few henries”, not “. . . a few H”.

IV. CONCLUSION

Based on the results of the study the researchers concluded that the audience's aggressiveness had a negative impact on athletes, especially pencak silat athletes. The need for evaluations from the organizers of the XV PORPROV is primarily a matter of the distance of spectators and the arena of competition. The Padang Pariaman PORPROV XV committee needs to provide sanctions to supporters who are detrimental to the opposing team. In addition, to increase athletes' self-confidence, there needs to be psychological support parties such as parents, coaches and friends. As a mental evaluation competing athletes, especially regarding anxiety in the face of the aggressiveness of the audience..

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