

Validity and Reliability of Pencak Silat Straight Kick Test Instrument (ANQO Test)

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ABSTRACT

This study aims to determine the validity and reliability of the straight kick test instrument against martial arts athletes named ANQO Test. the method used is descriptive method. The population in this study were Pencak Silat athletes, Faculty of Sport Science, Padang State University campus. there are 10 people for small trials and 30 for field trials or medium scale trials. This research was conducted in 2 meetings, the first test and the second test (retest test). This research was conducted at the Labor Faculty of Sports Science, Padang State University campus, located on Dr. Hamka Air Tawar, west of Padang Utara sub-district, Padang City. Research time May 21 - June 21, 2019. The results showed that the validity level was 92.85%, including the Eligible category. The reliability level of r0.82 is included in the high correlation category.

Keywords: ANQO test, validity, reliability

1. INTRODUCTION

Pencak Silat is the result of Indonesian human culture to defend, maintain, existence (independence) and integrity (unity) towards the environment / nature around it to achieve harmony in life in order to increase faith and piety (Anting, 2012). Ardian (2014) further explained that Pencak Silat is a genuine Indonesian martial art. Pencak Silat is one of the cultural arts inherited from the ancestors of the Indonesian people. Pencak Silat has existed since our ancestors were still living primitively. From the way of fighting by imitating the movements of various types of animals, the creation of the Pencak Silat martial arts movements.

The achievement of a martial arts athlete is not solely determined by the proficiency in mastering the technique alone, but is also determined by the readiness that meets the maximum of other supporting factors, including sports technology factors. Likewise, in the Pencak Silat sport, to excel is very complex elements that must be possessed by an athlete, including the application of sports technology, health nutrition, physical conditions, technical, mental and strategy as well as the ability to adapt to environmental conditions.

Egih, et al (2017) explain that technological progress is something that cannot be avoided. Every innovation is created to provide positive benefits for human life, including: providing a lot of convenience, as well as a new way of doing human activities, and including in the field of sports. One of the achievements in sports can be improved through technology (Wiaro,

2015). One proof of the application of sports technology is a study conducted by Egi 2015, concerning the development of a Geographical Information System Prototype for Mobile Based Sports Facilities.

The technology that has been applied in pencak silat is the Application of Learning Technology in Overcoming Problems in Pencak Sila Subjects (Nur rohmah, 2008). And the making of a Pencak Silat Speed Instrument based on Technology (Nurul, 2018). Next, Harry (2019) produced technology to monitor Tuo Minangkabau Silat Digital Motion Through the Utilization of Motion Capture Technology.

One important element in Pencak Silat is the speed and strength of the kick. the speed and power of the kick is very necessary and can affect one's appearance both when attacking and in defense. The ability to kick becomes very important in battle because the kick is an effective attack for when the position is far from the opponent. Although kick techniques are generally more difficult than punches. Based on this, it is important for coaches to have data on the speed and strength of an athlete's straight or front kick. This research has produced a speed test and the strength of the Straight kick in pencak Silat which is named ANQO test. ANQO Test Instrument is a set of tools consisting of a footbed, a handheld sensor and a data display that can calculate the speed and strength of a straight kick in pencak Silat. The name ANQO comes from the two creators of this tool, Anton and Qodafi, abbreviated

ANQO. The following will explain the validity and reliability of the test.

2. RESEARCH METHODS

To produce certain products needs analysis is needed and to test the effectiveness of these products. In the field of education, the method used is descriptive method. The population in this study were Pencak Silat athletes, FIK UNP. there are 10 people for small trials and 30 for field trials or medium scale trials. This research was conducted in 2 meetings, the first test and the second test (retest test). Research time May 21 - June 21, 2019.

3. RESEARCH RESULTS AND DISCUSSION.

A. Results

3.1 Expert Validation

The experts used in validity testing consist of media experts, test and measurement experts, and silat material experts. This functional test examines the suitability and suitability of the program to measure the speed and strength of the straight kick of a martial arts athlete.

a) Media Expert Validation

The validation process by media experts is by directly practicing the tools that have been made and then giving questionnaires containing questions about the appropriateness of these tools from the media side. The average yield of validation carried out was 94.44%.

b) Validation of Test and Measurement Experts

The validation process by test and measurement experts is by directly practicing the tools that have been made and then giving questionnaires containing questions about the appropriateness of these tools in terms of tests and measurements. The average yield of validation done was 95.31%.

c) Validation of Pencak Silat Material Expert

The validation process by Pencak Silat experts is by directly practicing the tools that have been made and then giving questionnaires containing questions about the appropriateness of these tools in terms of pencak silat sports. The average yield of validation carried out was 93.05%.

3.2 Small-scale Trials

A small-scale trial was conducted by 10 respondents from martial arts athletes FIK UNP. The trial was conducted in 2 meetings and at the same time. From the results of $r = 0.98$, it can be said that the data can be correlated very high and significant. From the

results of $r = 0.9330$, it can be said that the data can be correlated very high and significant.

3.3 Medium Scale Trials

A mid-scale trial was carried out by 30 respondents from the martial arts athlete of FIK UNP who were a martial arts athlete at the Faculty of Sports at the Padang State University campus using a straight kick technique of 1 kick. The trial was conducted in two meetings and at the same time. From the results of $r = 0.82$, it can be said that the data can be highly correlated and significant.

B. Discussions

ANQO Test is a test tool made to measure the speed and strength of a straight kick in Pencak Silat. This instrument has gone through the stages required in making an instrument that is, expert validation testing and product trials. From the results of research conducted ANQO tests have high validity and relativity and are declared eligible for an instrument. The Unti ANQo test can be used by pencak silat coaches and athletes in improving the performance of pencak silat by continuously evaluating the straight kick skills in pencak silat.

4. CONCLUSIONS

ANQO Test is categorized as suitable to be used as a straight kick test instrument that can measure the speed and strength of FIK UNP martial arts athletes.

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