

Effect Of The Peer Teaching Learning Model On Sickle Kick and Pencak Silat T Kick

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Abstract The purpose of this study was to determine the extent of the impact of peer teaching learning methods on the ability of the sickle kick and the T-kick of pencak silat. The population in this study was the Pencak Silat Athletes of the Indonesian Satria Muda College of Cirebon City with total sampling technique with a total of 25 people. The instrument in this study is the Peer Teaching Learning Model, measuring kick skills to measure the ability of the sickle kick and T kick skills before and after being given treatment, namely the peer teaching learning model. The results showed that there was a significant increase in the ability of the sickle kick and T kick skills in athletes after being given treatment.

Keywords: *Peer Teaching; Pencak Silat; Sickle Kicks; T Kick*

INTRODUCTION

Pencak silat is part of the physical education curriculum and sports that are taught from basic education to higher education although it is not optimal due to various problems. The material for learning pencak silat is conveyed in relation to the formation of students' moral values, namely the deepening of the values contained in the philosophy of pencak silat.

Pencak silat learning from a sparring point of view must have harmony and balance between technique, firmness, speed to virtuousness. The competition category for high school level, in pencak silat is adjusted to the type of body weight of students aged 10-11 and 12. Currently, the learning of pencak silat fighting art has been carried out by the curriculum at O2SN, POPWIL, POPDA and POPNAS, and support from organizer of the city to provincial KONI sports championships. There are so many benefits that can be taken from learning the art of pencak silat at a pencak silat institution. Athletes directly learn to be brave to face themselves, dare to face opponents, prepare a strong body, train mentally and so on.

PB IPSI and BAKIN According to (Yudho et al., 2020) stated that "Pencak silat is the result of Indonesian human culture to defend, maintain existence (independence), and integrity (manunggal) towards the environment/natural surroundings in order to achieve harmony of life in order to increase faith. and fear God Almighty." (Yudho et al., 2020) stated that:

The material for learning pencak silat is intended to provide students with an understanding of the essence of learning pencak silat. If students misunderstand the perception that pencak silat prepares them to become a "champion". This is the basis for consideration of physical education teachers conveying material on the philosophy of pencak silat, especially those relating to moral messages contained in learning pencak silat.

Students are a group of young people who can be predicted to become prospective players in the form of talented new students who need to be educated with sports activities, so that they can be healthy and can achieve encouraging achievements. Therefore, the development of sports achievements needs to be paid attention to by the coaches from each college club, both at the level of education starting from Elementary School, Junior High School , High School .

Physical education is a physical activity carried out by students at school. With physical education students are required to move. Physical education is an important part of the educational process. "Physical education is an educational process about and through selected physical activities, games and sports to achieve educational goals".(Mahendra, 2015)

The selection of the right teaching method will create a pleasant learning situation and support the smooth teaching and learning process so that students will be more motivated to learn. The selection of the method needs to pay attention to several things such as the material presented, the purpose, the time available, and the number of students as well as matters relating to the teaching and learning process.

If several goals are to be obtained, then the teacher is required to have the ability to use various methods or combine several relevant methods (Supriyanto et al., 2019).

According to Marten in (Yudho et al., 2020) suggests that: "responsibility is the ability to respond, respond, or react proficiently". According to Silberman (2001, p. 74) in (Ningrum Pusporini Anggorowati,

2011) teaching peers provides opportunities for students to learn something well at the same time, he becomes a resource for others. This strategy is a practical way to teach peers in the classroom, and it also provides additions to the teacher when teaching is done by students.

According to (Tite Juliantine, Toto Subroto, 2013) "Peer Teaching is a learning model using an approach where children explain a material to other friends who are the average age of their peers, where children explain this has more knowledge than other friends".

From the description above, the authors are interested in conducting research on, "The Influence of Peer Teaching Learning Models on Sickle Kicks and T Kicks Pencak Silat (Experimental Research on Peer Teaching Learning Models Against Sickle Kicks and T Kicks Satria Muda Indonesia Cirebon Pencak Silat Athletes)".

METHODS

The research methodology used in this study is experimental, Fraenkel & Wallen (2012) explain that experimental research is the only research that directly gives treatment to the variables studied. one group pretest posttest design, namely

in this method there is one group that will get two measurements, namely pretest (before treatment) and post test (after treatment).

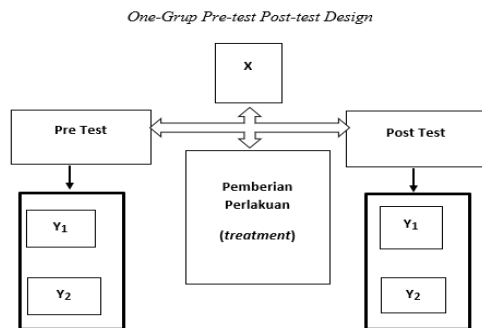


Figure 1. Desain Penelitian

The participants in this study were Pencak Silat athletes from the Satria Muda Indonesia College of Cirebon, totaling 25 people. The sampling technique in this study uses the total sampling technique.

The instrument is in the form of a test sheet to observe the implementation of the demonstration method carried out by the researcher. According to Johansyah Lubis, the grid of the test sheet is based on the instrument grid for measuring the performance of pencak silat skills. The lattices for measuring the performance of pencak silat skills are as follows:

Table 1.

Kisi Kisi Instrumen Tendangan (indonesian language)

No	Aspek Pengujian Indikator Tendangan Lurus/Samping/Sabit	Kualitas Gerak				
		6	7	8	9	10
1.	Posisi sikap pasang (awal)					
2.	Lutut diangkat terlebih dahulu (\pm 100 derajat)					
3.	Posisi badan saat angkatan kaki dalam keadaan seimbang					
4.	Melepaskan kaki dengan keadaan Lurus					
5.	Posisi badan saat lepasan kaki dalam keadaan seimbang					
6.	Posisi kedua tangan merapat dengan Badan					
7.	Menarik kaki dengan lutut merapat (\pm 100 derajat)					
8.	Posisi badan saat lutut merapat Seimbang					
9.	Posisi kedua tangan di depan dada					
10.	Kembali ke sikap pasang dalam keadaan seimbang					

In the first stage, it begins with conducting a pre-test on the research subject. In the next stage, learning about the material that will be given for 16 meetings or treatment related to research is carried out, the final activity is a post test. All of these activities were carried out in order to obtain qualitative data and quantitative data.

The data analysis technique in this study is descriptive analysis of normality and homogeneity test data, then using the Paired Sample T Test.

RESULTS AND DISCUSSION

Table 2.

Descriptive Statistics of Sickle Kick

	N	Min	Max	Mean	St.Dev
Pre test	25	77	87	81.80	2.582
Post test	25	80	90	82.64	2.018

Table 2 shows the statistical

descriptive value where the athlete's sabit kick value in the pre test has a minimum value of 77, a maximum of 87 and an average of 81.80 with a standard deviation of 2.582. While the post test variable has a minimum value of 80, a maximum value of 90 and an average of 82.64 with a standard deviation of 2.018 this value indicates that there is a significant change between the pre test and post test.

Table 3.

Statistic Descriptif T Kicks

	N	Min	Max	Mean	St.Dev
Pre test	25	70	85	78.64	3.134
Post test	25	75	87	78.96	3.623

Table 3 shows the statistical descriptive value where the athlete's T kick value in the pre test has a minimum value of 70, a maximum of 85 and an average of 78.64 with a standard deviation of 3.134. While the post test variable has a minimum value of 75, a maximum value of 87 and an average of 78.96 with a standard deviation of 3.623 this value indicates that there is a significant change between the pre-test and post-test.

Tabel 4.

Paired Sample T Test

		Mean	N	Std. Dev	Sig 2-tailed
Tendangan Sabit	Pre test	81.80	25	2.582	0.208
	Post test	82.64	25	2.018	
Tendangan T	Pre test	78.64	25	3.134	0.763
	Post test	78.96	25	3.623	

The results of the analysis in table 4 show that the difference in the average pre-test and post-test scores for the sickle kick is Sig (2-tailed) = 0.208, while the difference in the average pre-test and post-test scores for the T kick is Sig (2-tailed) = 0.763. it can be concluded that the peer teaching learning model can improve the motion skills of the sickle kick and T kick in pencak silat athletes.

There is a change or increase in the motion of the sickle kick and T kick based on the exercises that have been carried out as many as 16 treatments according to the theory put forward by (Tite Juliantine, Toto Subroto, 2013) where "to get good results in carrying out the exercise frequency of 3 days / weeks, while the length of training is 4-6 weeks. This exercise is carried out by focusing on the pair's stance and kick accuracy during practice using a peer teaching learning model then combined directly

with the sickle kick technique and the T kick using a target.

As stated in (Wahid et al., 2016) the use of this peer teaching learning model must have something called an impact, be it positive or negative so that from that impact it can be seen what benefits will be obtained. The positive impacts (advantages) on the use of peer teaching learning models include increasing students' self-confidence and can also improve learning, especially in the cognitive and psychomotor domains. As for the negative impact (disadvantage) itself is that different learning styles are not compatible and the time is less individual.

CONCLUSION

The conclusion in this study is that the peer teaching learning model has an effect on increasing the ability of the sickle kick and T kick skills in pencak silat athletes. It can be concluded that the peer teaching learning model in an effort to improve the technical ability of athletes can be used or applied to the learning process of pencak silat.

It is hoped that the next research can try other learning models to improve the technical skills of pencak silat athletes.

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