

***ANALYSIS OF AGGRESSIVE ACTIONS IN PENCAK SILAT ATHLETES
JAYAKARTA CHAMPIONSHIP 3***

ARTIKEL ILMIAH

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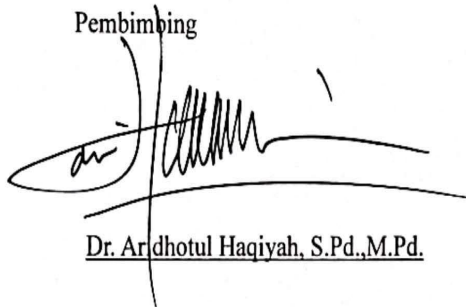
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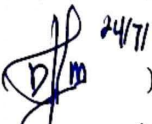

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“ Jangan Pernah Mencela Suatu Persoalan Hidup yang Diujikan oleh Tuhan karena
Sesungguhnya Ujian itu Hasil dari Permintaan Diri Sendiri”

“Tidak Semua Usaha itu Dipermudah, Tapi Semua yang Berusaha Pasti akan Berbuah”

Persembahan:

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<h1>Analysis of Aggressive Actions in Pencak Silat Athletes Jayakarta Championship 3</h1>	
<p>Denada Wulandari Universitas Islam 45 Bekasi Author</p> <p>Aridhotul Haqiyah Universitas Islam 45 Bekasi Author</p> <p>DOI: https://doi.org/10.15294/active.v14i2.28295</p> <p>Keywords: Aggression; Psychology; Pencak Silat Athlete</p> <p>Abstract</p> <p>The objective of this study was to ascertain the extent of aggression exhibited by pencak silat athletes Jayakarta Championship 3 during competitive matches. The instrument utilized in this study was adapted from an aggression questionnaire comprising 40 questions. The results of the validity test indicated that 34 items were deemed to be valid. The data collection process involved a total of 98 athletes. The data analysis was conducted using SPSS Version 25. The findings of this study suggest that 56 athletes (57.1%) demonstrated low levels of aggression on the Physical Hostile Aggression sub-indicator, while 42 athletes (42.9%) were classified as exhibiting high levels. In the Verbal Hostile Aggression sub-indicator, 50 athletes (51%) were classified as having low aggression levels, while 48 athletes (49%) were classified as having high aggression levels. In the Physical Instrumental Aggression sub-indicator, 46 athletes (46.9%) were classified as having low aggression levels, while 52 athletes (53.1%) were classified as having high aggression levels. In the sub-indicator of Verbal Instrumental Aggression,</p>	<div>PDF</div> <div>Article ID 28295</div> <div>Published 2025-06-30</div> <div>Issue Vol. 14 No. 2 (2025)</div> <div>Section Articles</div>

Instrumental Aggression sub-indicator, 46 athletes (46.9%) were classified as having low aggression levels, while 52 athletes (53.1%) were classified as having high aggression levels. In the sub-indicator of Verbal Instrumental Aggression, 45 athletes were classified as low, constituting 45.9% of the sample, while the remaining 53 athletes were classified as high, representing 54.1% of the sample. A significant degree of instrumental aggression was observed among athletes participating in the Jayakarta Championship 3.

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Analysis of Aggressive Actions in Pencak Silat Athletes Jayakarta Championship 3

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Abstract

The objective of this study was to ascertain the extent of aggression exhibited by pencak silat athletes Jayakarta Championship 3 during competitive matches. The instrument utilized in this study was adapted from an aggression questionnaire comprising 40 questions. The results of the validity test indicated that 34 items were deemed to be valid. The data collection process involved a total of 98 athletes. The data analysis was conducted using SPSS Version 25. The findings of this study suggest that 56 athletes (57.1%) demonstrated low levels of aggression on the Physical Hostile Aggression sub-indicator, while 42 athletes (42.9%) were classified as exhibiting high levels. In the Verbal Hostile Aggression sub-indicator, 50 athletes (51%) were classified as having low aggression levels, while 48 athletes (49%) were classified as having high aggression levels. In the Physical Instrumental Aggression sub-indicator, 46 athletes (46.9%) were classified as having low aggression levels, while 52 athletes (53.1%) were classified as having high aggression levels. In the sub-indicator of Verbal Instrumental Aggression, 45 athletes were classified as low, constituting 45.9% of the sample, while the remaining 53 athletes were classified as high, representing 54.1% of the sample. A significant degree of instrumental aggression was observed among athletes participating in the Jayakarta Championship 3.

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INTRODUCTION

Pencak silat is a cultural heritage manifesting as martial arts that has endured to the present day. In 2019, the United Nations Educational, Social, and Cultural Organization (UNESCO) included Pencak Silat in its list of intangible cultural heritages, acknowledging its distinctive style and techniques that serve as a reflection of Indonesian culture. Pencak silat is also regarded as a manifestation of noble moral values, encompassing cultural, moral, social, and religious values, which continue to be upheld and acknowledged by society (Haqiyah, 2020). Consequently, pencak silat is regarded as a cultural emblem of the Indonesian populace.

In the contemporary era, pencak silat has emerged as a modern sport, garnering global recognition and acceptance. This sport has gained significant recognition and has been incorporated into prominent international events, such as the Southeast Asian Games and the Asian Games. Consequently, it functions not only as a medium for preserving Indonesian culture but has also achieved international recognition. Furthermore, it has produced numerous accomplished pencak silat athletes who have demonstrated remarkable prowess in various competitions, contributing to the nation's prestige.

The realm of sports is often synonymous with intense competition and the generation of high levels of adrenaline. Athletes demonstrate remarkable commitment within this domain, striving to achieve victory and optimal performance. Pencak silat, a type of martial art, involves direct physical contact and attacks such as blocking, kicking, punching, or striking an opponent, even knocking them down (Verawati & Sari, 2019). In addition to technique and tactics, mental and emotional aspects are crucial in the realm of martial arts, particularly in the context of pencak silat. This phenomenon is particularly evident in competitive environments, where the pursuit of victory is accompanied by a significant degree of rivalry and competition.

The intense physical contact that occurs during competitions has been shown to give rise to emotional and aggressive behaviors. Such emotional responses have the potential to engender tension among athletes during competitive events (Sukadiyanto, 2005). The success of an athlete is determined by a multitude of factors, including physical strength and technical skills, as well as psychological and mental state. This assertion is corroborated by the perspective of Aguss & Fahrizqi (2020), who contend that triumph is not so-

lently attained through the adeptness in techniques, but also through the possession of commendable psychological and personal attributes that facilitate the attainment of championships. The concept of aggressiveness in martial arts does not inherently imply rudeness or violence. As indicated by Kardiyanto (2014) study, the atmosphere during competition can also give rise to aggressiveness. The study found that aggressiveness occurs due to the referee's leadership and dangerous physical contact. These factors can lead athletes to utter rude words and trigger the desire to harm others. Within a positive context, aggressiveness can be defined as a fighting spirit, strong determination, and the courage to take the initiative in a match. However, when not managed effectively, aggressiveness can also manifest in negative and detrimental behaviors, such as unsportsmanlike conduct or rule violations.

Conversely, aggression is defined as behavior that aims to inflict harm, either physically or psychologically, on others in a competitive context (Kardiyanto, 2014). As posited by Supriyanto (2017), aggression can be defined as an attempt to inflict harm, either physically or psychologically, upon others. According to Tangkudung (2018), aggression can be defined as any action, whether physical or verbal, taken by an individual with the intent to harm another person during a competitive setting. This definition encompasses both direct and indirect forms of aggression, including actions that may be detrimental to an opponent's physical or psychological well-being.

Aggressive actions have the potential to inflict harm not only on the physical level but also on the psychological level. Physical attacks to attack, hurt, or injure opponents, and committing violations during a match fall into the category of Hostile Aggression, while actions carried out intentionally to achieve a specific goal and not considered violations fall into the category of Instrumental Aggression (Tangkudung, 2018).

A study was conducted in which researchers observed pencak silat matches and documented instances of aggressive behavior. This behavior ranged from instrumental aggression to hostile aggression. The aggressive personality exhibited by martial artists is a fundamental aspect of their training and competitive spirit, which is a characteristic shared by athletes Dongoran (2021). The level of aggression among martial arts athletes during the Papua PON was categorized as moderate, as reported by Dongoran (2021). However, the verbal aggression dimension was found to be notably high. Aulliyya et al. (2024) posited in their study that the vast majority

ty of karate athletes exhibit elevated levels of aggression. A comparative analysis of Muay Thai and Pencak Silat athletes reveals a higher level of aggression among the former (Pradana et al., 2016). The aggressiveness levels exhibited by Pencak Silat athletes from North Sumatra during the IX Regional Sports Week in Bangka Belitung in 2015 were categorized as good (Verawati & Sari, 2019). In combat sports, the use of aggression is a critical component of success, as evidenced by numerous studies (Hasibuan et al., 2015).

In light of the observations and explanations previously outlined, the researcher sought to embark on a research endeavor focusing on athletes partaking in the Jayakarta Championship 3, which is a national pencak silat championship that draws competitors from across Indonesia. The organization of this event constitutes a substantial milestone in this research, as there have been few studies examining psychological aspects, particularly aggression levels, among athletes competing in national tournaments. It is hypothesized that this research will reveal the aggression levels of Jayakarta Championship 3 silat athletes during competition, enabling researchers to obtain accurate data and contribute to the development of sports psychology in Indonesia.

METHODS

The approach undertaken in this study was quantitative, as the research data was collected through a survey and presented in tabular form (Kusumawati, 2015). To obtain the data, the researcher administered a questionnaire containing questions that had to be answered by the athletes. The data analysis was conducted using SPSS version 25. The collection of data was executed during the competition. The population under study comprised pencak silat athletes participating in the competition. The sampling technique employed was purposeful sampling with specific criteria and considerations (Sugiyono, 2016), targeting athletes participating in the pre-teen, teen, and adult/general categories. The study's sample population included a total of 98 athletes.

The measurement of data was conducted using an aggression instrument (Tangkudung, 2018) consisting of 40 questions, followed by consultation with experts regarding the suitability and appropriateness of the

instrument used in this study. The questionnaire contained indicators of hostile aggression, sub-indicators of physical aggression and verbal aggression, and instrumental aggression,

sub-indicators of physical aggression and aggression. Each of these categories contained 10 questions.

Table 1. Question Indicator

Indicator	Sub Indicator	Question Item No.	
		Positive	Negative
Hostile Aggression	Physical	5,8,9,10	1,2,3,4
	Verbal	17,18,19	11,12,13,14,16,20
Instrumental Aggression	Physical	22,23,27	26,28,29,30
	Verbal	35,37,38,40	31,32,33,34,36,39

To calculate the scores, the researchers employed a Likert scale with five answer options consisting of positive and negative questions.

Table 2. Likert scale

Likert scale	Positive point	Negative point
Strongly agree	1	5
Agree	2	4
Undecided	3	3
Disagree	4	2
Strongly Disagree	5	1

The researchers conducted a validity test with 34 valid items, which were considered valid if the calculated r value was $\geq r$ table with a significance level of 5% and a reliability of 0.757 for the instrument to be used. Before the initiation of the data collection process, the researcher obtained explicit consent from the event organizers and the athletes whose data were to be collected. Before the administration of the questionnaire, the athletes were informed of the objectives of the research study and provided with instructions on how to complete the questionnaire. Subsequently, the athletes were instructed to scan a barcode containing a link to the questionnaire.

Following the research objectives, data analysis was conducted by comparing scores according to psychological levels and sub-indicators. However, before this, the researcher determined the criteria, which were calculated using the formula from (Muhamad et al., 2021) as **Table 3**.

Table 3. Score Categories.

Low	$X < M$
High	$X \geq M$

RESULTS AND DISCUSSION

The data collection process was executed within a single day, concurrently with the athletes' competitive events. The initial data collection yielded a total of 98 athletes. The 98 athletes were divided into three categories: pre-teen, teen, and adult. They had experience at the local, provincial, national, and international levels. The following **Figure 1**, **Figure 2** data have been obtained.

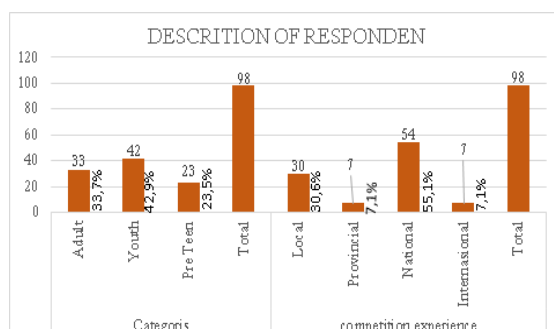


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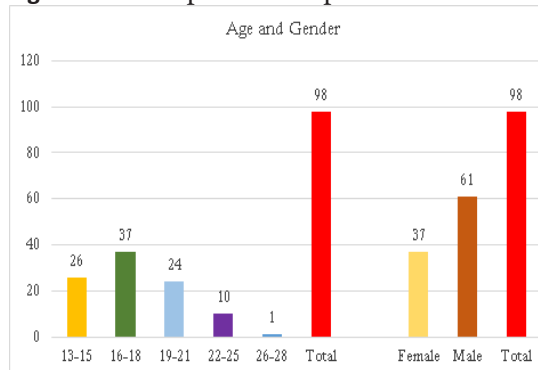


Figure 2. Age and Gender Athlete

The results of the data analysis in Figure 1 and the preceding text demonstrate that there are 33 adult athletes, constituting 33.7% of the sample; 42 junior athletes, constituting 42.9%; and 23 pre-junior athletes, constituting 23.5%. These results indicate that there are more junior athletes. According to the findings of the analysis of competition experience, the number of athletes at the local level is 30 (30.6%), while the number of athletes at the provincial level is 7 (7.1%). Furthermore, the number of athletes at the national level is 54 (55.1%), and the number of athletes at the international level is 7 (7.1%). Consequently, the data suggests a preponderance of athletes at the national level. A closer examination of the age categories depicted in Figure 2 reveals that the teenage age group (16–18 years) exhibits a higher proportion. Furthermore, the male population exhibits a higher proportion of athletes than the

female population.

The results of the questionnaire, which consisted of 34 questions completed by 98 respondents, were calculated using Excel. The mean score. The following data were collected to ascertain the level of aggression exhibited by the athletes in question.

Table 4. Average Score

Statistics Total Score		
N	Valid	98
	Missing	0
	Mean	78.82

As demonstrated in **Table 4**, the mean score was 78.82, indicating that the researcher employed a two-category classification system, categorizing scores as either low or high. Consequently, athletes were designated as low-aggressiveness if their mean score was less than 78.82, and as high-aggressiveness if it was greater than 78.82. The objective of this study was to determine the level of athletes' aggressiveness based on gender and sub-indicators. The sub-indicators used in this study were hostile aggression, physical and verbal hostile aggression, as well as instrumental aggression, physical and verbal instrumental aggression. To determine the level of aggressiveness, the data was calculated using SPSS Version 25. The results of this study are as follows.

Table 5. Level of Aggressiveness by Gender and Sub. Indicators

Gender	Sub. indicator			
	Physical Hostile Aggression	Verbal Hostile Aggression	Physical Instrumental Aggression	Verbal Instrumental Aggression
Low	Female	17	17	19
	Male	39	33	27
High	Female	20	20	18
	Male	22	28	34
Total	98	98	98	98

As indicated in **Table 5**, within the sub-indicator of physical hostile aggression, 17 female athletes were classified as exhibiting low aggression, while 20 athletes were classified as exhibiting high aggression. Among the male athletes, 39 were classified as having low aggression, while 22 were classified as having high aggression. In the Verbal Hostile Aggression sub-indicator, 17 female athletes were classified as low and 20 female athletes were classified as high, while 33 male athletes were classified as low and 28 male athletes were classified as high.

In the Physical Instrumental Aggression sub-indicator, 19 female athletes exhibited high aggression, while the remaining 18 female athletes demonstrated high aggression. Conversely, 27 male athletes were classified in the low category, and 34 athletes were designated as exhibiting high aggression. In the sub-indicator of Verbal Instrumental Aggression, 15 female athletes were in the low aggression category and 22 female athletes were in the high aggression category, while 30 male athletes were in the low aggression category and 31 male athletes were in the high aggression category. Consequently, the aggregate outcomes about the aggression level. The following sub-indicators are associated with the aggression level **Table 6**.

Table 6. Level of Aggressiveness by Sub. Indicators

Variabel		Sub. indicator			
		Physical Hostile Aggression	Verbal Hostile Aggression	Physical Instrumental Aggression	Verbal Instrumental Aggression
Aggressiveness	Low	56	50	46	45
		57,1%	51%	46,9%	45,9%
	Hight	42	48	52	53
		42,9%	49%	53,1%	54,1%
	Total	98	98	98	98
		100%	100%	100%	100%

As illustrated by the data presented in Table 6, there is a discernible increase in the prevalence of aggressive behaviors among athletes in the domains of physical and verbal instrumental aggression. This observation indicates that a significant proportion of athletes engage in deliberate aggressive actions, also referred to as strategies, during competitive events. These actions involve intense confrontations, yet they are executed in a manner that adheres to the established rules, with the primary objective being to accumulate points to gain a competitive advantage. The data on physical and verbal hostile aggression is low, indicating that athletes are adept at regulating their emotions, whether physical or verbal. Hostile aggression is defined as a form of aggression characterized by a negative emotional drive and a desire for revenge, devoid of a strategic element. This dynamic can result in the pursuit of long-term objectives, including the infliction of harm upon opponents. Research indicates that female athletes exhibit a higher tendency to engage in both physical and verbal forms of hostile aggression compared to their male counterparts. This phenomenon can arise when athletes are confronted with high levels of pressure and demonstrate an inability to effectively regulate their emotions, resulting in direct emotional responses

manifesting through physical or verbal contact. This dynamic has been observed to motivate athletes to engage in physical aggression towards opponents with greater frequency, as opposed to resorting to psychological tactics. Consequently, athletes are driven to make deliberate choices aimed at achieving specific objectives or securing victory in competitive settings. Specific objectives or securing victory in competitive settings. As indicated by Maxwell (2007), during competitive events, athletes have been observed to engage in physical or verbal attacks. Aggressive behavior in sports is acceptable as long as it does not harm opponents or oneself and does not violate established rules (Verawati & Sari, 2019).

It has been observed that martial arts competitions, particularly in pencak silat, exhibit elevated aggression levels. This phenomenon can be attributed, at least in part, to the emotional pressure experienced by athletes during competitive events. In Radea (2015) study, the level of aggression observed in the combat category of pencak silat was found to exceed that seen in the artistic category (individual, pair, and team). The study also indicated that martial arts can influence the emergence of aggression if not properly directed (Sandhy Atma Putra et al., 2023). The manifestation of elevated aggression levels in athletes can be attributed to various external factors, including the circumstances prevalent during competitive events and instances of profound physical contact. However, this phenomenon can also stem from internal factors, such as an athlete's strong desire to prevail, their emotional disposition, and their fervent motivation to achieve victory, even if such endeavors necessitate the use of unsportsmanlike tactics.

CONCLUSION

A significant degree of instrumental aggression was observed among athletes participating in the Jayakarta Championship 3. The presence of competition in this tournament has been identified as a potential catalyst for aggressive behavior, as it can exert psychological pressure on athletes. It is imperative to recognize that elevated levels of aggression cannot be regarded as a condition that emerges independently; rather, it is a consequence of the interplay among internal and external factors. For instance, the pressure exerted by supporters can influence the aggression exhibited by athletes, thereby creating elevated expectations for their success in competitions. Additionally, the coaching styles employed by sports coaches can also influence athletes to engage in aggressive behaviors.

Athletes exhibiting low levels of aggression have been shown to possess effective emotional management skills, prioritize technique, strategy, and performance, and demonstrate the capacity to regulate their conduct to avoid provocation during competition. Consequently, athletes exhibiting low aggression cannot be considered poor performers. They may demonstrate a higher level of maturity in competitive settings. Given the nature of pencak silat as a sport involving intense physical contact, the emergence of emotional and instrumental aggression is frequently observed.

This finding provides an opportunity to promote a more balanced approach to coaching that addresses both the physical and emotional aspects of athletes, particularly in managing aggression as part of competition readiness. It is hypothesized that the results of this study will equip coaches with the knowledge necessary to assist athletes with low aggression levels in cultivating a more aggressive mindset while maintaining sportsmanship. For athletes who exhibit high levels of aggression, there exists a range of strategies that may be employed to assist in the management and regulation of such behaviors. These strategies may include techniques aimed at emotional regulation or meditation, which are effective in some cases. In addition, coaches must set an example for athletes by demonstrating qualities such as composure, sportsmanship, and professionalism.

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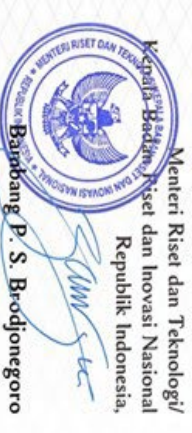
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Judul Penelitian Skripsi : *Analysis of Aggressive Actions in Pencak Silat Athletes Jayakarta Championship 3*

Kedua : Surat Keputusan ini berlaku sejak ditetapkan mulai dari semester Genap T.A 2024/2025 sampai dengan semester Ganjil T.A 2025/2026

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Assalamu'alaikum Wr. Wb.

Teriring salam dan doa semoga Bapak/Ibu beserta staf karyawan mendapat lindungan Allah SWT dalam melaksanakan aktifitas sehari-hari. Amin

Dalam rangka melaksanakan Penelitian dalam Skripsi Program Studi Pendidikan, Jasmani, Kesehatan dan Rekreasi (PJKR) S1 Universitas Islam "45" (UNISMA) Bekasi, maka sehubungan dengan hal tersebut, mohon perkenan Bapak/Ibu dapat mengijinkan mahasiswa/i kami yang tersebut dibawah ini

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Wassalamu'alaikum Wr. Wb.
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Dr. Aridhotul Haqiyah, M. Pd



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Instansi : Universitas Islam 45 Bekasi

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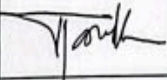
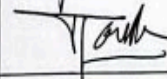
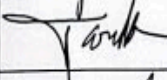
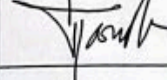
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NO	Tanggal Bimbingan	Uraian Kegiatan	Paraf Pembimbing
	20/3/25	Review Judul	
	21/3/25	Pendahuluan	
	8/4/25	Perbaiki gap penelitian	
	8/4/25	Metode	
	10/4/25	Perbaiki Instrumen	
	20/4/25	Pelaksanaan Penelitian	
	22/4/25	Olah data Penelitian	
	8/5/25	Hasil dan Pembahasan	

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NO	Tanggal Bimbingan	Uraian Kegiatan	Paraf Pembimbing
	16/5/25	Review Artikel	
	20/6/25	Submission Artikel	
	28/6/25	Putri hari Review	
	30/6/25	Ace sidang	

Bekasi, 30 Juni 2025.....

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