

Survey of The Physical Condition of Extracurricular Pencak Silat Students at Shofa Marwa Vocational School, Grobogan Regency

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ABSTRACT

The purpose of this research is to determine the level of extracurricular physical condition of pencak silat at SMK Shofa Marwa, Grobogan Regency, this research method is a quantitative descriptive research used to analyze data by describing or describing data. The results of the research and discussion data can be concluded that the level of physical condition of pencak silat extracurricular athletes at SMK Shofa Marwa, Grobogan Regency in 2025 is classified as a medium category, the physical speed aspect is classified as a low category and the physical agility aspect of pencak silat extracurricular athletes at SMK Shofa Marwa, Grobogan Regency in 2025 is classified as very good.

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A. Conception and design of the study;
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INTRODUCTION

Law of the Republic of Indonesia No. 3 of 2005 concerning the National Sports System states, "National sports aim to maintain and improve health and fitness, achievement, and human quality, instill moral values and noble character, sportsmanship, discipline, and strengthen and foster national unity, strengthen national resilience, and elevate the nation's dignity and honor." High-performance sports are sports that foster and develop athletes in a planned, hierarchical, and sustainable manner through competitions to achieve success, supported by sports science and technology. Sport is a necessity or endeavor undertaken by every human being in life, aimed at developing individuals who are physically and mentally healthy, accompanied by a disciplined and sportsmanlike personality to develop quality individuals (Khafid Maulana, I Setiawan, 2020: 390).

Sport is a structured and planned activity aimed at improving physical performance (I Nengah Sandi, 2019: 64). "The growth and development of sport nowadays show many dimensions and may play important roles in the intellectualization of the nation, character building, moral education, and balancing physical, spiritual, and social needs" (Hanani, 2017). Sports are divided into several types: educational sports, recreational sports, and sports for achievement. Competitive sports are carried out by anyone who has talent or ability in a particular sport. The goal is to improve their abilities in the sport they are involved in. Educational sports are sports that are part of an educational process guided by teachers or sports personnel. Recreational sports are sports done solely for health, fitness, and enjoyment. Meanwhile, competitive sports are sports done to improve abilities and have the goal of achieving achievement (I Nengah Sandi, 2019: 64-65).

Pencak silat competitions consist of four categories: Sparring, Singles, Doubles, and Teams (Ulfah & Walton, 2019). In the sparring category, athletes face each other using defensive and offensive techniques, which of course adhere to the rules of the IPSI National Conference and adhere to established prohibitions. Pencak silat continues to develop, including recreational, competitive, and health-related categories. (Nurhidayah & Graha, 2019). Pencak silat has become a frequently discussed sport in recent years after the Indonesian pencak silat team won 14 gold medals at the 2018 Asian Games.

For a silat athlete, physical condition is crucial for achieving success. Physical condition is a unified whole comprising several interrelated and inseparable components. Physical condition is an essential prerequisite for improving an athlete's performance and can even be defined as a basic necessity that cannot be postponed. These physical condition components include agility, coordination, balance, flexibility, strength, speed, muscular explosive power, flexibility, and reaction (Indrayana & Yuliawan, 2019:41). Meanwhile, according to Pujiyanto (in Supriyoko & Mahardika, 2018), physical condition is a prerequisite for an athlete to optimally improve and develop their sporting performance. Therefore, physical condition must be improved and developed according to the needs of each sport.

In Indonesia, the parent organization of pencak silat is IPSI, which stands for Ikatan Pencak Silat Indonesia. Similar to other sports that have several numbers in them, pencak silat also has several categories: the tanding category, the single arts category, the double arts category performed by two athletes, and the team arts category performed by three athletes. In the tanding category, physical condition is very influential, especially the speed when carrying out attacks, this is because physical condition is a foundation and weapon for athletes during the match. Kick speed is one of the techniques performed with the legs to carry out 7 attacks continuously in the fastest time (Ulfah & Walton, 2019: 83). Pencak silat competitions consist of four categories: Tanding, Singles, Doubles, and Teams (Ulfah & Walton, 2019). In the sparring category, athletes face each other using elements of defense and attack techniques that certainly use the rules of the IPSI National Conference and comply with the established prohibitions. Pencak silat continues to develop so that it consists of pencak silat for recreation, for achievement, and for health." (Nurhidayah & Graha, 2019).

Pencak silat has become a frequently discussed sport in recent years after the Indonesian pencak silat team won 14 gold medals at the 2018 Asian Games. For a silat athlete, physical condition is crucial for achieving success. Physical condition is a unified whole comprising several interrelated and inseparable components. Physical condition is an essential prerequisite for improving an athlete's performance and can even be defined as a basic necessity that cannot be postponed. These components of physical condition include agility, coordination, balance, flexibility, strength, speed, muscular explosive power, flexibility, and reaction (Indrayana & Yuliawan, 2019:41). Meanwhile, according to Pujianto (in Supriyoko & Mahardika, 2018), physical condition is a prerequisite for an athlete to optimally improve and develop their sporting performance. Therefore, physical condition must be improved and developed according to the needs of each sport.

The results of a survey conducted by researchers to extracurricular coaches at SMK Shofa Marwa students on Thursday, February 20, 2025, showed that 12 students participated in extracurricular activities and training activities were carried out 3 times a week, namely on Tuesday, Thursday, and Saturday. When conducting an interview, the coach said that many students who participated in pencak silat extracurricular activities had unstable physical conditions due to a lack of focus on physical training, especially focusing on strength and endurance training. In the survey conducted by researchers, there had never been a physical condition test on extracurricular students at SMK Shofa Marwa using an instrument that could be accounted for, and the coach did not yet know how good the physical condition of pencak silat students at SMK Shofa Marwa was. Based on the above problems, researchers were interested in conducting a study entitled "Survey of the Physical Condition of Pencak Silat Extracurricular Activities at SMK Shofa Marwa, Grobogan Regency".

METHODS

Suharsimi Arikunto (2006: 312). While this type of research is descriptive, namely as a problem-solving procedure that is investigated by describing the current state of the subject and object of research (a person, institution, society and others) based on the facts that appear, or as they are (Nawawi, 2013: 67). This research is descriptive in order to describe the condition of the level of physical condition of extracurricular pencak silat athletes at SMK Shofa Marwa Grobogan Regency in 2025. The variable used is a single variable, namely the Level of Physical Condition of Extracurricular Pencak Silat Students at SMK Shofa Marwa Grobogan Regency, the population in this study is all extracurricular pencak silat students at SMK Shofa Marwa Grobogan Regency as many as 12 students. Strength Test Instruments, Speed Test, and Agility Test. Data collection techniques Triangulation Source, Triangulation technique and Triangulation time. And the data analysis technique is Calculating the average value and Calculating the Frequency Distribution. Suharsimi Arikunto (2006: 312). While this type of research is descriptive, namely as a problem-solving procedure that is investigated by describing the current state of the subject and object of research (a person, institution, society and others) based on the facts that appear, or as they are (Nawawi, 2013: 67). This research is descriptive in order to describe the condition of the level of physical condition of

extracurricular pencak silat athletes at SMK Shofa Marwa Grobogan Regency in 2025. The variable used is a single variable, namely the Level of Physical Condition of Extracurricular Pencak Silat Students at SMK Shofa Marwa Grobogan Regency, the population in this study were all extracurricular pencak silat students at SMK Shofa Marwa Grobogan Regency as many as 12 students. Strength Test Instruments, Speed Tests, and Agility Tests. Data collection techniques Triangulation Source, Triangulation technique and Triangulation time. And the data analysis techniques are calculating the average value and calculating the frequency distribution.

RESULTS AND DISCUSSION

Result

The results of the calculation of the physical strength test components for the extracurricular pencak silat at Shofa Marwa Vocational School, Grobogan Regency in 2025 can be seen in the value tabulation table below.

Table 1.
Strength Test Values

No.	Nama	Skor	Kategori
1	Rafa	49	Sedang
2	Ramzi	43	Sedang
3	Cakra	24	Kurang
4	Alfian	37	Kurang
5	Fahri	35	Kurang
6	Ahmad	32	Kurang
7	Khoirul	34	Kurang
8	Husain	30	Kurang
9	Adrian	37	Kurang
10	Zaenal	45	Sedang
11	Riki	39	Sedang
12	Rangga	53	Sedang
Total		458	

The results of the calculation of the physical agility test components for the extracurricular pencak silat program at Shofa Marwa Vocational School, Grobogan Regency, in 2025 can be seen in Table 2.

Table 2.
Agility Test Scores

No.	Nama	Skor	Kategori
1	Rafa	12,93	Very Good
2	Ramzi	14,39	Very Good
3	Cakra	13,79	Very Good
4	Alfian	13,52	Very Good
5	Fahri	15,19	Di atas Average
6	Ahmad	13,71	Very Good
7	Khoirul	15,54	Di atas Average
8	Husain	15,70	Di atas Average
9	Adrian	17,23	Average
10	Zaenal	14,71	Very Good
11	Riki	15,2	Very Good
12	Rangga	13,49	Very Good
Total		175,4	

The results of the 2025 physical speed test component calculation for the pencak silat extracurricular activity at Shofa Marwa Vocational School, Grobogan Regency, can be seen in Table 3.

Table 3.
Speed Test Scores

No.	Name	Score	Category
1	Rafa	4,23	Baik
2	Ramzi	4,74	Kurang
3	Cakra	5,39	Kurang Sekali
4	Alfian	4,19	Baik
5	Fahri	5,35	Kurang sekali
6	Ahmad	4,23	Baik
7	Khoirul	4,59	Sedang
8	Husain	4,24	Baik
9	Adrian	3,78	Baik Sekali
10	Zaenal	4,58	Sedang
11	Riki	4,39	Sedang
12	Rangga	4,09	Baik
Total		53,8	

Table 4.
Percentage of Strength

No	Category	Frequency	Percentage
1	Very well	0	0%
2	Good	0	0%
3	Currently	5	41%
4	Less	7	59%
5	Very Less	0	0%
Total		12	100%

Based on the calculation of the percentage level of strength of extracurricular pencak silat athletes at Shofa Marwa Vocational School, Grobogan Regency in 2025, it can be illustrated in the diagram below:

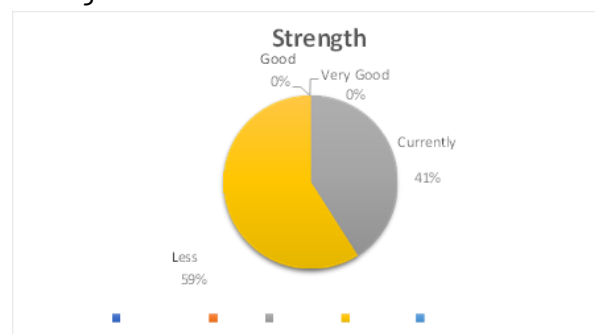


Figure 1.
Strength Percentage

The diagram above shows that the average level of extracurricular pencak silat athletes at Shofa Marwa Vocational School in 2025 was classified as moderate. Of the 100% of athletes, 59% were classified as poor, and 41% were classified as moderate.

Table 5.
 Agility Percentage

No	Category	Frequency	Percentage
1	Very Good	8	66%
2	Above Average	3	25%
3	Average	1	9%
4	Below Average	0	0%
5	Bad	0	0%
Total		12	100%

Based on the calculation of the percentage level of agility of extracurricular pencak silat athletes at Shofa Marwa Vocational School, Grobogan Regency in 2025, it can be illustrated in the diagram below:

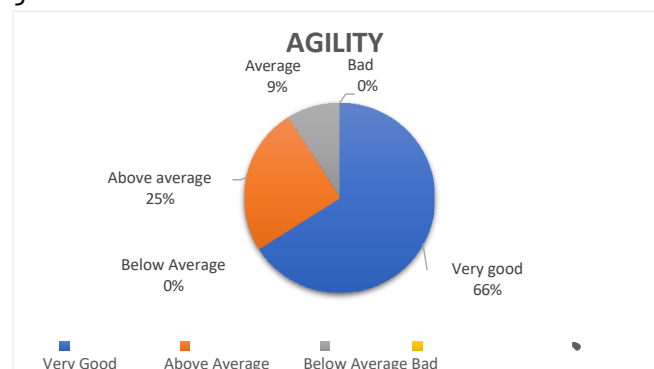


Figure 2.
 Agility Percentage

The diagram above shows that the average performance of extracurricular pencak silat athletes at Shofa Marwa Vocational School, Grobogan Regency, in 2025 was considered very good. Of the 100% of athletes, 66% were classified as very good, 25% were above average, and 9% were average.

Discussion

Physical condition is a complete unity of components that cannot be separated, either in terms of improvement or maintenance. This means that in efforts to improve physical condition, all of these components must be developed. According to Sajoto (2014: 10), in the Ministry of National Education (2012: 8-10), the components of physical condition are a complete unity of the components of physical fitness. Therefore, the factors that influence physical fitness also affect a person's physical condition. It can be concluded that factors that influence physical condition include: food and nutrition, sleep and rest factors, healthy lifestyle factors, environmental factors, training and exercise factors, and others. Therefore, in order to have good physical condition, a person must pay attention to several of these factors.

Pencak silat has been recognized as a traditional sport, a noble cultural heritage of the Indonesian nation. It is our obligation to preserve and develop it. This preservation and development process is carried out through educational efforts. According to Maryono (2016: 4), pencak silat is a martial art that emphasizes physical and mental

aspects, while also teaching moral and ethical values. In practice, pencak silat focuses not only on fighting techniques but also on character development and self-discipline.

The philosophy of pencak silat teaches that this sport is not only about physical strength, but also about self-control, respect, and cooperation. Practitioners are taught to respect opponents and avoid conflict, making pencak silat a tool for building good character. With a deep understanding of pencak silat, it is hoped that athletes can develop balanced physical and mental abilities and contribute positively to society.

Extracurricular activities are activities students undertake outside of class to develop specific potential, interests, and talents (Minister of Education and Culture Regulation No. 62 of 2024). Extracurricular activities refer to activities under the auspices of the school that support students' talents and interests. Extracurricular activities are designed to improve the quality of education at school, strengthening competency assignments and enhancing students' learning experiences through activities outside of class hours. The existence of extracurricular activities for character education can address the problem of declining national morale (Dahliana, 2017).

The vision of extracurricular activities in a school is to optimally develop potential talents and interests, as well as foster independence and enjoyment in students that benefit themselves, their families, and the community. Furthermore, the mission of developing extracurricular activities extends beyond providing a range of activities for students to choose from.

Dwi Gansar Santi W. (2012: 72) states that providing opportunities to learn movement through adequate physical skills to maintain and develop the condition of oneself and one's environment is crucial. According to Asmani (2011: 62), there are numerous positive benefits to be gained from extracurricular activities. Participants can utilize them to fulfill and develop their potential, which may not be available during regular academic learning at school.

Pencak silat has deep historical roots in Indonesia, with various schools and styles developing in various regions. Each region has its own characteristics and philosophy that reflect local culture. Over time, pencak silat has been recognized internationally and become part of the world's cultural heritage.

Extracurricular activities are also a suitable option for educators in efforts to limit ineffective time that students often have to prevent them from falling into things like juvenile delinquency, which has become increasingly prevalent recently. Satori and Komariyah (2010: 43) state that extracurricular sports activities, in particular, often have a positive impression on both students and parents. Extracurricular activities.

Sports allow students to gain survival skills and achievements that will help boost their potential for a brighter future. For example, if a student wins a prestigious championship in a sport, they will certainly be able to obtain a higher level of education through available merit scholarships, and it's even possible to secure a good job in the future.

Data on the physical condition of Pencak Silat extracurricular athletes at Shofa Marwa Vocational School, Grobogan Regency, in 2025 was obtained through tests

consisting of strength, speed, and agility. The results of these tests can be seen in the table below.

Based on the results of the research data analysis related to the physical condition of Pencak Silat extracurricular athletes at Shofa Marwa Vocational School, Grobogan Regency, in 2025, the average physical strength aspect was 38.16, classified as moderate, the physical speed aspect was 4.48, classified as moderate, and the physical agility aspect of Pencak Silat extracurricular athletes at Shofa Marwa Vocational School, Grobogan Regency, in 2025 was 14.61, classified as very good.

Meanwhile, if seen based on the classification of the percentage of the strength level of extracurricular pencak silat athletes at SMK Shofa Marwa, Grobogan Regency in 2025, it is classified as moderate, consisting of 59% in the less category and 41% in the moderate category. The athlete's speed level is classified as good, consisting of 41% in the good category, 25% in the moderate category, 16% in the very less category, and 11% in the very less category. Meanwhile, the agility level of extracurricular pencak silat athletes at SMK Shofa Marwa, Grobogan Regency in 2025 is classified as very good, consisting of 66% in the very good category, 25% in the above average category, and only 9% in the average category.

CONCLUSION

Based on the results of research data and discussion, it can be concluded that the level of physical condition of extracurricular pencak silat athletes at SMK Shofa Marwa, Grobogan Regency in 2025, seen from the aspect of physical strength, is classified as moderate, the aspect of physical speed is in the poor category and the aspect of physical agility of extracurricular pencak silat athletes at SMK Shofa Marwa, Grobogan Regency in 2025 is classified as very good.

ACKNOWLEDGMENT

To achieve the results of this study, the researchers propose the following recommendations:

1. Athletes should continue to improve their physical condition, particularly in terms of strength and speed. Maintaining their already good physical agility is crucial.
2. The pencak silat extracurricular coaches at Shofa Marwa Vocational School should continue to improve their athletes' physical training so they are always ready for competition.
3. The extracurricular administrators at Shofa Marwa Vocational School should continue to provide full support to the athletes, both morally and materially, so that they can bring honor to Shofa Marwa Vocational School.

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