



## SMA Muhammadiyah 2 Yogyakarta Students Have Sufficient Motivation towards Extracurricular Activities Pencak Silat

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### **Abstract**

This study aims to determine the SMA Muhammadiyah 2 Yogyakarta students' motivation towards extracurricular activities of pencak silat. The method used in this research is a survey method. This study subjects were all students of SMA Muhammadiyah 2 Yogyakarta who took part in the extracurricular activities of pencak silat totaling 38 students. The data collection technique used a questionnaire in the form of written questions given to respondents filled according to the circumstances experienced. The data obtained were analyzed using quantitative descriptive statistics with percentages. Based on data from a combination of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rules indicators, and environmental indicators, the mean value is 129.74 and a standard deviation of 14.72. This study concludes based on extrinsic and intrinsic factors that consist of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rules indicators, and environmental indicators that state that SMA Muhammadiyah 2 Yogyakarta students have sufficient motivation towards extracurricular activities, pencak silat.

**Keywords:** *Motivation; Sport; Pencak Silat*

### **Introduction**

*Pencak silat* is the culture of the Indonesian people as a martial art from the Malay family. The historical fact of the emergence of *pencak silat* since ancient human life has not influenced other nations, namely that *pencak silat* is used as a weapon for self-defence. According to Agung (2000) *pencak silat* is a branch of martial arts developed in various schools from elementary to tertiary level and has even entered into institutions. *Pencak silat* techniques consist of: (1) punches, (2) kicks, and (3) falls that require high coordination.

In line with the development of science and technology, so that *pencak silat* does not disappear from the culture of the Indonesian nation, it is necessary to instill and teach Indonesian society to preserve the nation's culture. The preservation of *pencak silat*, which is the legacy of the Indonesian nation's ancestors, can be done through *pencak silat* schools, government and private institutions, and the most potential is through schools. Through schools, *Pencak silat* guidance has a huge potential because *pencak*

*silat* guidance through schools can be carried out through several types, including basic lessons, elective courses, and extracurricular activities.

Besides being able to deepen and broaden students' knowledge related to subjects, the role of extracurricular activities can also help efforts to foster, consolidate, and form student personality values foster and increase talents, motivation, and skills. Through coaching through this school, apart from introducing and instilling a sense of belonging to a culture, it can also produce high-achieving athletes. Because achievements are not created or made quickly, students should be trained professionally as a source of potential athletes. The extracurricular activities of *pencak silat* at SMA Muhammadiyah 2 Yogyakarta were attended by grade X and XI students. In contrast, grade XII students did not participate due to their focus on facing the National Examination.

The motivation of the *pencak silat* extracurricular activities carried out at SMA Muhammadiyah 2 Yogyakarta is not known for its motivation because so far there has never been any research on the motivation of students of SMA Muhammadiyah 2 Yogyakarta towards extracurricular *pencak silat* activities. The parents of students' guardians still think that *pencak silat* is an ancient, dangerous sport, and consider *pencak silat* to be a sport that teaches students to fight. Thus, the parents do not support their children to take part in extracurricular activities of *pencak silat*. SMA Muhammadiyah 2 Yogyakarta students' presence in participating in extracurricular *pencak silat* activities is uncertain from the number registered and the expected number. Students who attend *pencak silat* extracurricular activities always keep changing, due to several factors, including learning factors and economic factors, because during extracurricular activities students also take lessons and some students who help their parents. Students are sometimes more interested in participating in other sports such as soccer, futsal, volleyball, and others.

To hold *pencak silat* extracurricular activities requires regular coaching, however at SMA Muhammadiyah 2 Yogyakarta the coaches have not been maximal in handling and mastering *pencak silat* extracurricular activities, which is expected with a positive approach to students who take part in *pencak silat* extracurricular activities can motivate so that students are more actively participate in extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta.

In addition, the school paid less attention to these activities. This can be seen in the extracurricular activities of *pencak silat* that have not been given attention because there are no school representatives that monitor the extracurricular activities of the *pencak silat* SMA Muhammadiyah 2 Yogyakarta. To support *pencak silat* extracurricular activities, adequate equipment is needed so that students' development in following the *pencak silat* extracurricular activities is more developed and can be more accomplished. Meanwhile, the equipment available at SMA Muhammadiyah 2 Yogyakarta for extracurricular *pencak silat* activities is still lacking due to much equipment that is not suitable for use in extracurricular *pencak silat* activities.

Referring to the description above, it is necessary to foster student achievement in the sport of *pencak silat*. Then, in order for the development of *pencak silat* sports achievement appropriately planned, it is necessary to know in advance the motivation of SMA Muhammadiyah 2 Yogyakarta students towards extracurricular activities of *pencak silat*. Based on the above problem, the writer intends to examine "the Motivation of Muhammadiyah 2 Yogyakarta High School Students Against the Extracurricular Activities of *Pencak Silat*".

## **Method**

This research is descriptive research, which is intended to collect information about the status of an existing symptom according to Arikunto quoted by Safari (2010). The method used in this research is a

survey method. The collecting data using a questionnaire, in the form of written questions given to respondents to be filled in according to the circumstances experienced.

Sugiyono (2009) explains that the research population is a generalization area consisting of objects / subjects with specific qualities and characteristics determined by the researcher to be studied and then draw conclusions. The study subjects were all SMA Muhammadiyah 2 Yogyakarta students who took part in the extracurricular *pencak silat* activities, totaling 38 students.

The instrument used in this study was a questionnaire to obtain information from respondents in the sense of reports about their personalities or things they know (Arikunto, 2006). The questionnaire in this study includes intrinsic factors and extrinsic factors that are useful to determine how much motivation of SMA Muhammadiyah 2 Yogyakarta students towards *pencak silat* extracurricular activities.

In this study, data collection was carried out using a questionnaire. The questionnaire used is a closed questionnaire using direct answers. One of the questionnaire method's weakness is that it is challenging to return, while the advantage of a questionnaire is that it can be given simultaneously to many respondents.

From the results of the data that has been obtained, then the data is analyzed to draw conclusions from the research that has been done. Quantitative descriptive statistical analysis techniques with a percentage were used to analyze the data. Quantitative descriptive statistics are part of statistics that functions to collect data, test data, determine statistical values and determine graphical diagrams of things so that they are easy to read and easy to obtain are added, and the results are divided by the expected number of scores multiplied by 100% to obtain a percentage.

## **Results**

The research data on students' motivation of SMA Muhammadiyah 2 Yogyakarta towards the extracurricular activities of *pencak silat* were obtained by distributing questionnaires which were then filled in by students of SMA Muhammadiyah 2 Yogyakarta who participated in *pencak silat* extracurricular activities. The data obtained from this research questionnaire is in the form of scores that are categorized based on two factors, namely intrinsic factors consisting of attention indicators, interest indicators, activity indicators and extrinsic factors consisting of trainer indicators, facilities indicators, school rules indicators, and environmental indicators.

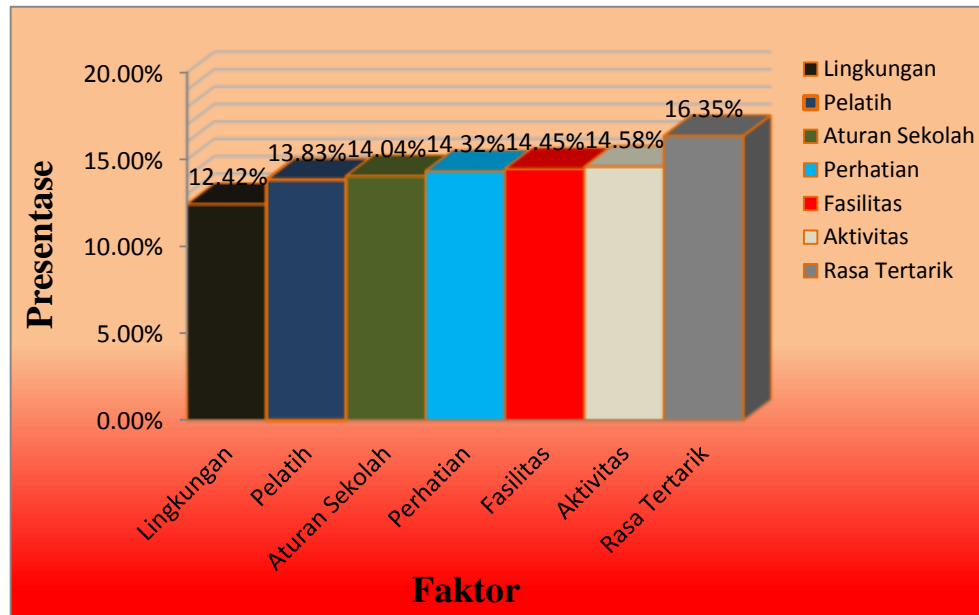
In a questionnaire about SMA Muhammadiyah 2 Yogyakarta students' motivation towards the extracurricular activities of *pencak silat*, it contains 42 questions with 4 alternative answers. After all the questionnaires are filled, the score calculation is carried out from each questionnaire. The score results are then presented in the form of a category table to make it easier to read and understand this study's data. Before conducting a discussion of each indicator of the motivation of SMA Muhammadiyah 2 Yogyakarta students' motivation towards extracurricular activities of *pencak silat*, the data obtained is displayed in a combined form first. The following is an explanation of the combined data of intrinsic factors with extrinsic factors consisting of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rules indicators, and environmental indicators in the motivation variables of Muhammadiyah 2 Yogyakarta high school students towards extracurricular *pencak silat* activities.

**Table 1. Data of Research Results on Motivation of Muhammadiyah 2 Yogyakarta High School Students to Extracurricular Activities of *Pencak Silat***

Factors	Indicator	Number of Questions	Total Score	Average Score / Question	Percentage
Intrinsic	Attention	6	700	116.67	14.32%
	Interest	7	933	133.29	16.35%
	Activity	6	713	118.83	14.58%
Extrinsic	Coach	7	789	112.71	13.83%
	Facilities	5	589	117.80	14.45%
	School Rules	7	801	114.43	14.04%
	Environment	4	405	101.25	12.42%
Total		42	4930	814.98	100%

Based on Table 1, it can be explained that the motivation factors of Muhammadiyah 2 Yogyakarta Senior High School students towards *pencak silat* extracurricular activities consist of intrinsic factors and extrinsic factors with seven indicators, namely attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, rule indicators school, and environmental indicators which have a total of 42 questions. Of the seven indicators, the indicators of interest have the highest contribution to the SMA Muhammadiyah 2 Yogyakarta students' motivation towards extracurricular activities of *pencak silat*, with an average score of 133.29 which has a percentage of 16.35% of the seven indicators. The second place is the activity indicator with an average score of 118.83 and has a percentage of 14.58% of the seven indicators. The third place is an indicator of attention with an average score of 117.80 and has a percentage of 14.45% of the seven indicators. The fourth place is an indicator of attention with an average score of 116.67 and has a percentage of 14.42% of the seven indicators. The fifth place is an indicator of school rules, with an average score of 114.04 and has a percentage of 14.04% of the seven indicators. The sixth order is the trainer indicator with an average score of 112.71 and has a percentage of 13.83% of the seven indicators, and the last order is the environmental indicator with an average score of 101.25 and has a percentage of 12.42% of the seven indicators.

To clarify the research data about the motivation of SMA Muhammadiyah 2 Yogyakarta students towards the extracurricular activities of the *pencak silat* above, it is formed into a histogram as follows:



Gambar. Data Hasil Penelitian Tentang Motivasi Siswa SMA 2 Muhammadiyah Yogyakarta Terhadap Kegiatan Ekstrakurikuler Pencak Silat

### Motivation of Muhammadiyah 2 Yogyakarta High School Students towards Extracurricular Activities of *Pencak Silat* (Overall Data)

Furthermore, the combined data of intrinsic and extrinsic factors consist of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rule indicators, and environmental indicators from The motivation variable of SMA Muhammadiyah 2 Yogyakarta students towards extracurricular *pencak silat* activities is converted into five categories which originate from Slameto (2001: 186) with the criteria  $M + 1.5 SD < X$  (Very High),  $M + 0.5 SD < X \leq M + 1.5 SD$  (High),  $M - 0.5 SD < X \leq M + 0.5 SD$  (Enough),  $M - 1.5 SD < X \leq M - 0.5 SD$  (Less), and  $X \leq M - 1.5 SD$  (Very Less). Based on data from a combination of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rules indicators, and environmental indicators on motivation instruments of Muhammadiyah 2 Yogyakarta high school students towards extracurricular *pencak silat* activities, an average score (obtained *mean*) is 129.74 and a standard deviation of 14.72 so that if the data is presented in the form of a conversion of five categories, it will appear in Table 2.

**Table 2. Categories of Research Results Data on Motivation of Muhammadiyah 2 Yogyakarta High School Students Against *Pencak Silat* Extracurricular Activities**

No	Interval Score	Category	Total	Percentage
1	$151 < X$	Very high	1	2.63%
2	$136 < X \leq 151$	High	5	13.16%
3	$121 < X \leq 136$	Moderate	26	68.42%
4	$107 < X \leq 121$	Less	5	13.16%
5	$X \leq 107$	Very less	1	2.63%
Total			38	100%

Based on the data presentation above, it can be explained that the motivation of SMA Muhammadiyah 2 Yogyakarta students towards extracurricular activities of *pencak silat*, the data consists

of a combination of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rule indicators, and environmental indicators. There is one student or 2.63% who have very high motivation towards extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta, there are 5 students or 13.16% who have high motivation towards extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta. There are 26 students or 68.42% who are quite motivated towards extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta, there are 5 students or 13.16% who are less motivated towards extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta, and there is 1 student or 2.63% who is very less motivated towards extracurricular *pencak silat* activities at SMA Muhammadiyah 2 Yogyakarta.

Based on the data above, it is also known that data from a combination of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rule indicators, and environmental indicators on the motivation of students of SMA Muhammadiyah 2 Yogyakarta towards extracurricular *pencak silat* activities have a score of *mean* 129.74 which is between  $121 < X \leq 136$  and falls into the moderately motivated category, so it can be concluded that Muhammadiyah 2 Yogyakarta Senior High School students have sufficient motivation to extracurricular *pencak silat* activities.

## Discussion

There are various reasons why someone decides to join, study, and pursue the sport of *pencak silat*, one of which is the emergence of a person's motivation for the sport of *pencak silat*. Motivation of a person arises because it is based on various factors, including intrinsic factors which can be divided into several indicators, including: attention indicators, interest indicators, activity indicators, and extrinsic factors which can be divided into several indicators, including: trainer indicators, facility indicators, school rule indicators, environmental indicators, and so on. In this study only the two factors and the seven motivation indicators mentioned above will be discussed.

According to Winkel (1983), motivation is a tendency that remains on the subject to feel attracted to the field or full of desire and that depends on talent and the environment. According to the opinion above, a sign of someone who has a motivation for something that was born or appeared accidentally accompanied by a particular activity.

In this study, the motivation that occurs is divided into two influencing factors, namely the desire factor from within the individual or intrinsic factors and the indicator of desire from outside the individual or extrinsic factors. Motivation from within the individual consists of indicators of attention, indicators of pleasure or interest, and activity indicators. Meanwhile, external desires consist of trainer indicators, facilities indicators, school rules indicators, and environmental indicators. Based on data from a combination of attention indicators, interest indicators, activity indicators, coach indicators, facilities indicators, school rules indicators, and environmental indicators, an average score (*mean*) of 129.74 and a standard deviation of 14.72 was obtained.

Based on the research results on SMA Muhammadiyah 2 Yogyakarta students' motivation towards extracurricular activities of *pencak silat*, which consists of two factors, namely intrinsic and extrinsic factors with seven indicators and 42 items of questions. It is known that the indicator of interest has the highest contribution to the motivation of SMA Muhammadiyah 2 Yogyakarta students towards extracurricular activities of *pencak silat*.

Based on the combined data of extrinsic factors with intrinsic factors consisting of attention indicators, interest indicators, activity indicators, trainer indicators, facilities indicators, school rule indicators, and environmental indicators converted into a table of five categories sourced from Slameto



(2001:186), that the motivation of the students of SMA Muhammadiyah 2 Yogyakarta towards extracurricular activities of *pencak silat* is quite motivated.

In this study each factor has a final conclusion that says that SMA Muhammadiyah 2 Yogyakarta students have sufficient motivation for extracurricular activities of *pencak silat*. From these results, it can be seen that students who take *pencak silat* extracurricular activities at SMA Muhammadiyah 2 Yogyakarta have a high motivation to take *pencak silat* extracurricular activities, because in doing extracurricular *pencak silat* exercises the students are very enthusiastic because the trainer has creativity in making students more enthusiastic about practising. In addition, in terms of facilities, the school provides the maximum and the school supports the extracurricular activities of *pencak silat* by always sending student representatives to participate in every event around DIY and for students who have achieved the highest achievement, the school always gives awards, achievements. by SMA Muhammadiyah 2 Yogyakarta which has been proud of getting the first overall winner at the Regional High School / Vocational High School Level Championship in Yogyakarta-Central Java which was held by the UNY *Pencak Silat* Student Activity Unit at the Indoor Tennis Hall, UNY the *pencak silat* extracurricular at SMA Muhammadiyah 2 Yogyakarta has a close brotherly relationship that can make every student feel comfortable following the *pencak silat* extracurricular activity at SMA Muhammadiyah 2 Yogyakarta.

### **Conclusion**

Based on the results of the analysis and discussion, it can be concluded that from extrinsic factors and intrinsic factors which consist of attention indicators, interest indicators, activity indicators, coach indicators, facilities indicators, school rule indicators, and environmental indicators, students of SMA Muhammadiyah 2 Yogyakarta have motivation sufficient for the extracurricular activities of *pencak silat*.

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