



ANALYSIS OF IMPLEMENTATION OF EXCELLENCE VALUE IN SOUTH KALIMANTAN MARTIAL ARTS ATHLETES

Herita Warni^{1*}, Ramadhan Arifin², Nurul Huda³, Muhammad Irfansyah⁴

*Corresponding e-mail: hwarni@ulm.ac.id

*Corresponding address: Banjarmasin, Indonesia

¹²³⁴Affiliation (physical Education, faculty of teacher training education, Lambung Mangkurat university

Abstract

The aim of this research is to determine the value of Excellence in South Kalimantan martial arts athletes. The research method used in this research is This research uses a Mixed Methods Procedures approach (Creswell, 2009), with a Sequential Explanatory Strategy model. The population in this study were all South Kalimantan martial arts athletes, while the sample in this study was 150 people. In accordance with the chosen strategy, the research was carried out in two phases. In the first phase, data was obtained through quantitative data in the form of questionnaires, in the second phase, data was obtained through qualitative data in the form of interviews and observations. The results of the research can be concluded that research on the role of Excellence values in South Kalimantan martial arts athletes showed that 66% had superior values and wanted to always win during competitions

Keywords: Excellence, Martial arts athletes

Introduction

At the Olympic Games, there were an average of 46 sports contested, while the ASEAN Games and Sea Games averaged 36 sports. Meanwhile, the sports that are officially contested at PON XXI in accordance with Central KONI Decree Number 120 of 2022 reach 65 sports, with the total number reaching 1033 competition numbers. Sports are divided into 5 categories of sports, namely the measurable sports category, the games sports category, the martial arts sports category, and the accuracy sports category. Each sports category has its own characteristics, and is still divided into non-match numbers. Then in coaching and awards, coaches usually divide athlete status into several categories, including athletes being divided into several levels, such as international elite athlete level, regional elite athlete level, national elite athlete level, and regional level. There are 52 sports that are members of KONI South Kalimantan. In every PON, South Kalimantan Province always participates in various sports, including the martial arts sports category. It is recorded that one of the sports that is never absent from donating medals at the PON party which is held every 4 years is wrestling. Obtained data from KONI documentation for South Kalimantan province, which was collected by researchers since PON XVI in Riau, there are several martial arts sports that have qualified for PON. In every National Sports Week (PON), South Kalimantan Province always



participates in various sports, including the martial arts sports category. It is recorded that one of the sports that is never absent from donating medals at the PON which is held every 4 years is wrestling. Obtained data from KONI documentation for South Kalimantan province, the latest data at PON Papua 2021 there were 2 gold medals for the South Kalimantan contingent from martial arts sports.

Methods

This research uses a Mixed Methods Procedures approach (Creswell, J. W., & Zhang, 2022), with a Sequential Explanatory Strategy model, the research was carried out in two phases. In the first phase, data was obtained through qualitative data in the form of a questionnaire, in the second phase, data was obtained through qualitative data in the form of interviews and observations (Sugiyono, 2015).

Participant

The population in this study were all South Kalimantan martial arts athletes. The sample in the study amounted to 190 people (Tri Irianto dan & Arifin, 2020).

Instrument

The instruments used in this research were questionnaires and interviews. (Warni, 2018)

Procedure

The implementation of this research is by observing martial arts athletes, athletes filling out questionnaires that have been distributed by researchers, interviews with coaches and athletes.

Data Analysis

Data analysis uses percentages by calculating all the data, then the data is processed with $F/N \times 100\%$

Result

Based on the research results that have been processed by researchers, the research results can be seen as follows:

1. Work hard to achieve the best performance Agree dan strongly agree 69%

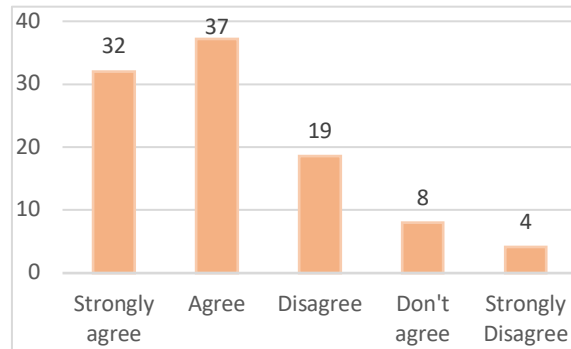


Fig 1. Work hard to achieve the best performance

2. Fight until the end (never give up) Agree dan strongly agree 57%

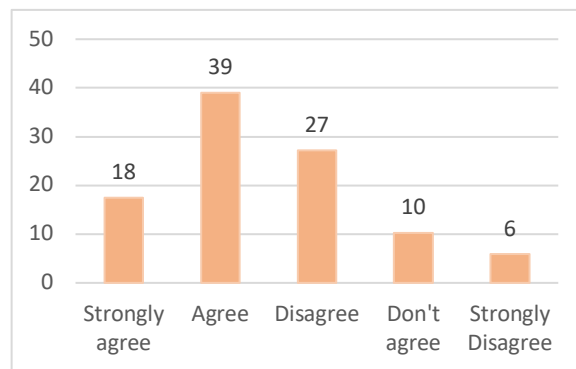


Fig 2. Fight until the end (never give up)

3. Focus on achieving achievements is agree dan strongly agree 77%

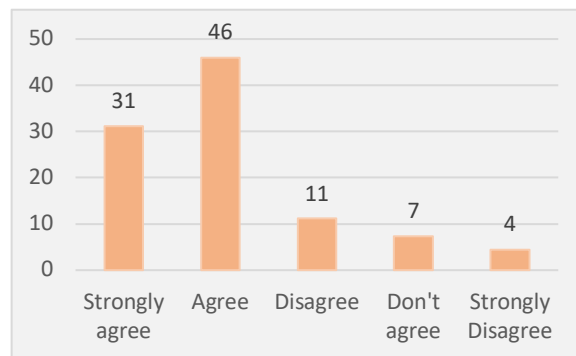


Fig 3. Focus on achieving achievements

4. Continue learning to get the right process to achieve the best performance is agree dan strongly agree 66%

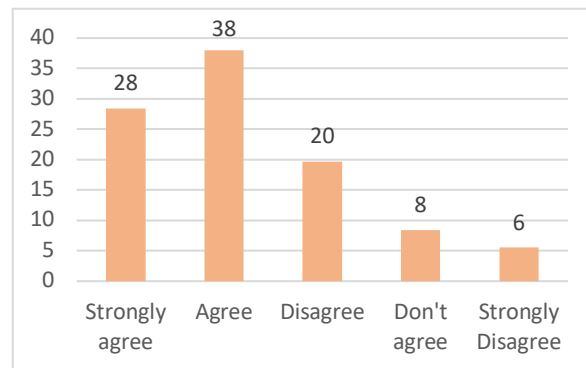


Fig 4. Continue learning to get the right process to achieve the best performance

5. Maintain a balance between physical fitness, motivation/desire and mental strength is agree dan strongly agree 61%

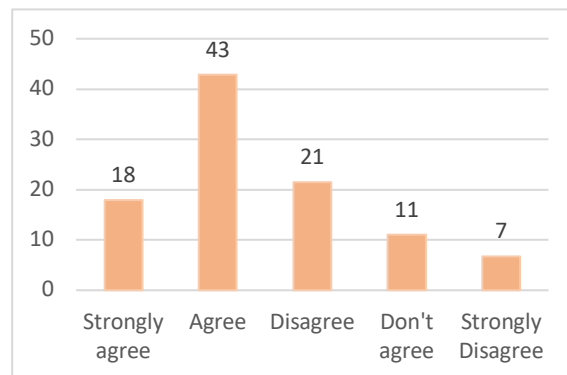


Fig 5. Maintain a balance between physical fitness, motivation/desire and mental strength



Discussion

The overall results of this research were that agree and strongly agree received the highest scores, namely 20% and 46%. This shows that the desire to become a champion as a South Kalimantan martial arts athlete is very high. Some athletes must have the desire to win or have a good mentality to play. The desire to win must be supported by a good mentality (Junjie Li, 2023; Mallett, C. J., & Coulter, 2012; Demas, 2021) and thorough preparation when carrying out a match, (Ohuruogu, B., Jonathan, U. I., & Ikechukwu, 2016; Mujika, 2017; Germanov, G. N., Shalaginov, V. D., Korolkov, A. N., Sabirova, I. A., & Grigoryeva, 2020). Preparing athletes to be mature for competitions needs to be done as early as possible, through procedures and mental training processes that are systematic and take quite a long time. The aim of training is achievement. To be able to achieve maximum performance requires physical, technical, tactical and mental abilities (Budianto & Jannah, 2020). These four elements are a unity that cannot be separated. Sometimes athletes already have good physical condition, technique and tactics, but when competing, their mental condition declines. Seeing this phenomenon, it is important to apply mental training when facing matches. Mental training has an important role for athletes, which is useful for preparing strong mental readiness, especially when facing competitions. Mental training is training that involves all psychological aspects in dealing with various kinds of pressure during a match. There are three mental training techniques that need special attention according to practical needs in coaching athletes for competitions, namely concentration, relaxation and "imagery" (SIRAKOV, I., & BELOMAZHEVA-DIMITROVA, 2018). So proper mental training is very necessary to improve good mental quality for athletes. It is hoped that by providing this mental training athletes can achieve the best performance.

Conclusion

South Kalimantan martial arts athletes have a high attitude of wanting to win, in the athlete's desire to win, namely 1) Work hard to achieve the best performance 2) Fight until the end (never give up) 3) Focus on achieving achievements 4) Continue learning to get the right process for achieving the best achievements 5) Maintain a balance between physical fitness, motivation/desire and mental strength

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