



Mental Survey of Students in Participating in Pencak Silat Extracurricular Activities at Penjuru Angin College, State Senior High School 1 Percut Sei Tuan

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Background	The main focus of this study was to evaluate mental aspects such as motivation, self-confidence, anxiety control, mental preparation, team pressure, and concentration in students facing pencak silat training and competitions. This research was motivated by the importance of mental resilience in sports activities, particularly pencak silat, which demands both physical and psychological readiness simultaneously.
Objectives	This study aims to determine the mental condition of students in participating in the Pencak Silat extracurricular activity of the Penjuru Angin School at State Senior High School 1 Percut Sei Tuan.
Methods	This research uses a quantitative research method with phenomenological descriptive analysis.
Results	The results of the study showed that overall, the students' mental health was in the "good" category, with an average score of 84%. Self-confidence (89.44%), anxiety control (91.52%), mental preparation (90.72%), and team pressure (89.60%) were in the "very good" category. Meanwhile, motivation (78.72%) and concentration (62.08%) were in the "good" category.
Conclusion	These findings indicate that students have a fairly strong psychological foundation in participating in pencak silat activities, although concentration is still an aspect that needs to be improved.

Keywords: Student Mental Condition, Extracurricular, Pencak Silat.

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INTRODUCTION

Sports have a significant impact on building mental resilience. Mental resilience, or mental toughness, is a person's ability to persevere and achieve success despite facing various challenges and pressures. This mental resilience is particularly important in the context of competitive sports, where success often depends on how well athletes can manage stress, pressure, and anxiety in challenging situations. Therefore, in every extracurricular sports activity, the psychological or mental aspects of students must be considered, as they can influence their results and character development. One sport closely associated with Indonesian culture is pencak silat. Pencak silat is known not only as a martial art, but also as a sport that combines physical movements with moral and spiritual values. At SMA Negeri 1 Percut Sei Tuan, pencak silat is a popular extracurricular activity for many students. Penjuru Angin, a leading pencak silat school, has a branch at the school, providing a platform for students to practice and develop their pencak silat skills.

Penjuru Angin School is not only known as a place to develop martial arts skills, but also as an institution that shapes the mentality and character of students who participate in pencak silat training. Pencak silat extracurricular activities at this school are a popular choice for many students, as they not only improve physical fitness but are also believed to foster mental strength and character. The pencak silat extracurricular at SMA Negeri 1 Percut Sei Tuan also actively participates in competitions such as the District Student Sports Week, Perguruan Cup, and others. Every match the students participate in is well-prepared. Students undergo diligent and intense training leading up to the matches. Although sometimes the results don't match their targets, the extracurricular students have also managed to win several matches. The most recent achievement was overall first place at the Perguruan Cup in 2023 and 2024.

As an extracurricular activity, pencak silat at SMA Negeri 1 Percut Sei Tuan aims not only to improve students' physical skills but also to develop their psychological aspects, such as mental resilience, self-confidence, and motivation in training. The regular training and frequent competitions faced by students at this school present unique challenges. Facing various pressures, both in training and during competitions,

students are faced with the need to maintain a strong mentality. In other words, pencak silat not only teaches self-defense skills but also strengthens students' mentality in facing all forms of challenges. Although pencak silat offers many benefits for students, many students face various psychological challenges while participating in this extracurricular activity. Psychological issues such as anxiety, fear, low self-confidence, and an inability to manage stress can hinder students from reaching their full potential in pencak silat. In this regard, a positive mental attitude is a determining factor in whether a student can excel in this activity.

Mental readiness for participating in pencak silat extracurricular activities is crucial because this activity requires not only physical strength but also strong mental resilience. For example, in pencak silat training, students will face various physical and psychological challenges, such as rigorous physical training, competition, and the pressure to achieve maximum results. Therefore, a student with a strong mentality will be better able to endure and thrive through this process. In fact, many students lack confidence and feel stressed when facing pencak silat training or competitions. Anxiety and fear of failure often hinder students from performing at their best. This can be caused by various factors, including a lack of support from family or the surrounding environment, previous negative experiences, or an inability to manage stress and pressure. Various psychological factors such as motivation, anxiety, self-confidence, and mental resilience significantly influence a student's mental readiness to participate in this extracurricular activity.

Anxiety is a common problem faced by students participating in extracurricular sports, including pencak silat. Students often feel anxious before competitions or exams, which can affect their performance. Excessive anxiety can interfere with concentration and the ability to act effectively during training or matches. Furthermore, self-confidence is also a crucial factor influencing student performance. Students who lack confidence in their pencak silat abilities may struggle to develop, both technically and when facing opponents during matches. Conversely, students with high self-confidence tend to be calmer, more courageous, and more effective in dealing with difficult situations.

Mental resilience, or mental toughness, is also essential in pencak silat. During training and competitions, students face challenging physical challenges, such as fatigue, injury, or defeat. Students with strong mental resilience are able to bounce back after failure or adversity and remain focused on their goals. Research into the mental aspects of participating in the pencak silat extracurricular activity at SMA Negeri 1 Percut Sei Tuan is crucial. By conducting a mental survey of students participating in the Penjuru Angin Pencak Silat extracurricular activity, we can gain a clearer picture of the mental state of students practicing pencak silat. This research will provide useful information on how students manage their anxiety, stress, motivation, and self-confidence during training and competitions. This information is invaluable for coaches and managers of pencak silat extracurricular activities in designing more effective training programs that support students' overall mental development.

In addition, the results of this study can also provide insight for schools regarding the importance of paying attention to the mental aspects of students in every extracurricular activity. With a better understanding of students' mental conditions, schools can be better at providing the necessary psychological support, as well as creating a conducive environment for students to develop both physically and mentally.

METHOD

Research Design

The research method used in this study is quantitative with a descriptive research design using a percentage analysis approach. Quantitative research is defined as a systematic investigation of phenomena by collecting measurable data using statistical, mathematical, or computational techniques. Descriptive is a method for examining the status of a group of people, an object, a set of conditions, a system of thought, or a class of events in the present. The purpose of descriptive research is to create a systematic, factual, and accurate description, picture, or painting of the facts, characteristics, and relationships between the phenomena being investigated.

Participant

The research subjects were 25 students actively participating in the pencak silat extracurricular activity, selected through total sampling. Data collection techniques included questionnaires, interviews, observations, and documentation studies.

Data Analysis

The data analysis in this study used the Miles and Huberman model analysis. According to Abdussamad (2021), the Miles and Huberman model analysis has 3 stages, namely: 1) Data Reduction Stage: Reducing data means summarizing, selecting the main points, focusing on important things, looking for

themes and patterns. Thus, the reduced data will provide a clearer picture, and make it easier for researchers to collect further data and search for it if needed. 2) Data Presentation Stage: At this stage, researchers are heavily involved in the presentation or display of the data collected and analyzed previously, considering that qualitative researchers often compile narrative texts. Display is a format that presents information thematically to readers. 3) Conclusion Drawing and Verification Stage: If the conclusions put forward in the initial stage are supported by strong evidence in the sense that they are consistent with the conditions found when the researcher returns to the field, the conclusions obtained are credible conclusions.

RESULTS AND DISCUSSION

Results

The results show that the total average mental assessment of students who participated in the Pencak Silat extracurricular activity of the Penjuru Angin College of SMAN 1 Percut Sei Tuan was 84%, which means that the students of the Pencak Silat extracurricular activity of the Penjuru Angin College of SMAN 1 Percut Sei Tuan had a good mental condition. Each aspect of the students' mental assessment was also in the good and very good categories. Students' motivation and concentration were in the good category. Meanwhile, self-confidence, anxiety control, mental preparation, and team pressure were in the very good category. The details of the scores for each question are as follows:

- 1) A score of 98% means students enjoy participating in extracurricular activities.
- 2) A score of 98% means students are interested in participating in extracurricular activities because of their hobby and interest in martial arts.
- 3) A score of 94% means students are more motivated when they see their friends actively participating in pencak silat training.
- 4) A score of 48% means students rarely feel bored or unmotivated during training.
- 5) A score of 55% means students rarely feel unmotivated to participate in pencak silat training due to lack of visible results.
- 6) A score of 90% means students feel more confident after participating in pencak silat training.
- 7) A score of 90% means students are confident in mastering difficult pencak silat movements.
- 8) A score of 89% means students are confident in representing their school in school events or competitions.
- 9) A score of 88% indicates that students do not feel inferior when practicing with more skilled students.
- 10) A score of 90% indicates that successfully mastering a new technique increases their self-confidence.
- 11) A score of 91% means that during a match, students can control their anxiety and stay focused on the techniques being taught.
- 12) A score of 93% means that pencak silat training helps students become more patient and calm when facing challenges.
- 13) A score of 94% means that students feel that this extracurricular activity makes it easier for them to control their emotions.
- 14) A score of 90% means that students remain calm even during stressful training situations.
- 15) A score of 89% means that students can overcome nervousness before performing in public.
- 16) A score of 92% means that students feel more motivated to train after a match, even if the results are unsatisfactory.
- 17) A score of 90% means that losing a match does not affect students' motivation to continue training and participating in pencak silat extracurricular activities.
- 18) A score of 86% means that students feel disappointed when they lose a match, but they strive to learn from their mistakes and improve their skills.
- 19) A score of 90% indicates that the student regularly meditates to improve focus before practice.
- 20) A score of 95% indicates that the coach's motivation helps the student prepare for challenges.
- 21) A score of 94% means that when a student loses a match, they feel the support of their teammates and coaches helps them bounce back.
- 22) A score of 91% means that the student doesn't feel burdened when the team expects them to win.
- 23) A score of 91% means that the student can work well together despite conflict within the team.
- 24) A score of 90% means that the student is motivated by the success of teammates.
- 25) A score of 82% means that pressure from seniors doesn't make the student uncomfortable during practice.
- 26) A score of 91% means that the student consistently focuses on the movements taught by the coach.
- 27) A score of 42% means that the student has no difficulty concentrating even when physically tired.

28) A score of 46% means that the student isn't easily distracted by crowd noise during practice.

29) A score of 42% means that small mistakes rarely disrupt the student's concentration.

Has a score of 90%, which means that students can remain focused while competing even though the surrounding situation is not supportive.

Discussion

Mental health is a crucial foundation for individual well-being, defined as the harmony between various mental functions such as thoughts, feelings, attitudes, perspectives, and beliefs. This state enables individuals to face the challenges of daily life, experience happiness, and function optimally and productively. In sports, a strong mental state is not merely a complement, but a crucial fundamental factor. An athlete's performance, both during training and competition, is significantly influenced by their mental qualities, as much as by their mastered physical skills. Conversely, poor mental health can have significant negative impacts, causing suffering, a reduced quality of life, and in extreme cases, even death.

The results of this thesis research, which showed that 84% of Pencak Silat extracurricular students were in good mental health, are a strong positive indication of the effectiveness of the extracurricular program at SMA Negeri 1 Percut Sei Tuan. This high percentage indicates that the majority of students have a healthy and adaptive mental foundation to face the demands of sports activities.

The finding that 84% of students participating in extracurricular Pencak Silat programs report a "good" mental state is consistent with other research that observed that psychological factors in extracurricular sports activities in high schools are generally in good condition or without problems (Indrianjani & Pramono, 2023). This alignment indicates that active participation in structured activities such as Pencak Silat significantly contributes to the mental well-being and psychological development of adolescents. Such extracurricular programs serve as a supportive environment for healthy mental development among high school students, going beyond mere physical activity.

Good mental health is crucial for optimal individual performance and productivity, and sports psychology links participation in sports to improved well-being and positive personality development. Therefore, these very positive results confirm that the Pencak Silat extracurricular activity not only provides physical training but also effectively fosters a positive mental state, which is crucial for students' holistic development. While the overall results indicate a generally good mental state, the percentage breakdown for each of the six mental aspects (motivation, self-confidence, anxiety control, mental preparation, team pressure, and concentration) also falls within the "good" and "very good" categories, further strengthening the positive picture of the mental state of students participating in the Pencak Silat extracurricular activity at SMAN 1 Percut Sei Tuan.

The analysis of the results shows that students participating in the Pencak Silat extracurricular program, Perguruan Penjuru Angin, at SMA Negeri 1 Percut Sei Tuan, have a high level of mental health. The results indicate a strong mental health, characterized by strong motivation and concentration, as well as excellent self-confidence, anxiety control, mental preparation, and teamwork. Harmonizing all aspects is crucial to maintaining a healthy mental health. Coordination and cooperation between teams and with coaches also play a crucial role in achieving victory in every match.

The results of student interviews also showed positive results, consistent with the answers provided in the questionnaire used as a research instrument. This certainly demonstrates the consistency of responses across the sample, despite the use of different methods. The successful assessments based on these methods demonstrate that all aspects and individuals involved in the Penjuru Angin Pencak Silat extracurricular activity at SMAN 1 Percut Sei Tuan are interconnected, contributing to the development of positive student mental health.

CONCLUSION

Based on a comprehensive analysis of the results of a survey of the mental health of students in the Pencak Silat extracurricular activity at Penjuru Angin High School 1 Percut Sei Tuan, it can be concluded that the overall mental health of students is in the very positive category, with 84% of students showing good mental health. This result is consistent with the finding that six key mental aspects, namely motivation, self-confidence, anxiety control, mental preparation, team pressure, and concentration, are also in the good and very good categories. This level of positive mental health confirms the vital role of the Pencak Silat extracurricular activity as an effective means for adolescent psychological development. Participation in this martial art not only hones physical abilities, but also significantly fosters mental toughness, discipline, self-awareness, and the ability to manage emotions under pressure.

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AUTHOR CONTRIBUTION STATEMENT

This study was conceptualized and designed by Sela Al Aini, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at Perguruan Penjuru Angin in SMA Negeri 1 Percut Sei Tuan. Muhammad Isnandar performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in the revision of the manuscript, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

CONFLICT OF INTEREST AND FUNDING

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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