



Mentoring Through Perisai Diri Pencak Silat Training to Enhance Self-Confidence and Anti-Bullying Awareness among Elementary School Students at SD Angkasa Pura

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Abstract. (The word length is not more than 250 words) English Language

Background This community service activity aims to increase students' self-confidence and instill anti-bullying attitudes through mentoring and Perisai Diri (Perisai Diri) pencak silat training for elementary school students. Issues identified in the school environment include low self-confidence among students and the potential for peer bullying. Therefore, coaching activities are needed to help students develop courage, discipline, and mutual respect.

Objectives This community service activity was carried out at Angkasa Pura Elementary School from October to November, involving 45 students as participants.

Methods The method of implementing the activity includes socialization regarding the importance of self-confidence and the dangers of bullying, basic training in Perisai Diri pencak silat, and assistance during the training process.

Results The results of the activity showed that students participated enthusiastically and demonstrated increased self-confidence and courage in participating. Furthermore, students gained an understanding of the importance of mutual respect and rejecting bullying in the school environment.

Conclusion Thus, the Perisai Diri pencak silat training mentoring activity can be an effective alternative activity in increasing students' self-confidence and instilling positive character values in the school environment.

Keywords: pencak silat, self-confidence, anti-bullying, elementary school students, community service.

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How to Cite:

INTRODUCTION

Martial arts is one of the world's sports that is unique according to its style and origins, for example, Shorinji Kempo Karate, Judo, Saolin, and silat (Lengo et al., 2023). The pencak silat style of martial arts is a native Indonesian cultural sport, and to this day, this martial art remains one of the most popular martial arts among all levels of Indonesian society and even internationally.

Elementary school is a crucial place in the process of character and personality development in children. During this period, students are at a stage of social and emotional development that requires a positive environmental support. However, in reality, various problems are still found in the school environment, such as low student self-confidence and the emergence of bullying behavior among peers. Bullying can have a negative impact on children's psychological development, such as decreased self-confidence, the emergence of fear, and a reduced comfort in the learning process at school. Therefore, efforts are needed to help students build self-confidence while instilling an attitude of mutual respect and rejection of bullying. One such effort is through martial arts activities, such as pencak silat. Pencak silat not only teaches physical skills but also instills the values of discipline, courage, responsibility, and self-control. One style of pencak silat known for instilling these values is Perisai Diri.

Perisai Diri is a martial art that was initiated by Raden Mas Soebandiman Dirdjoatmojo at the Eka Kalbu silat school in Banyumas and that place was the first in Indonesia on July 2, 1955 to officially establish a legal organization called the Indonesian National Silat Family which is located in the city of Surabaya. In the self-defense martial art, the silat fighters are taught to perform a technique effectively and efficiently by using attack and avoidance methods and then carry out counterattacks effectively and efficiently. (Lengo et al., 2023). Martial arts also provide space for children to grow, for example, producing models of basic kempo martial arts techniques through traditional games for beginner kenshi or elementary school children (Wali & Widiyanto, 2021).

Elementary school (SD) students in Indonesia are generally aged 6-12, undergoing 6 years of formal education to provide a foundation in knowledge and personality. It is recommended that students enter grade 1 at the age of 7 (minimum 6 years), where they wear uniforms, participate in the curriculum, and participate in extracurricular activities. Furthermore, character education for elementary school children plays a crucial role in shaping a child's personality and morals from an early age. Several strategies outlined include the integration of character values into the curriculum (Dwi Saputra & Tunnafia, 2024; Liang et al., 2025) . In addition to classroom learning, elementary school children are encouraged to participate in extracurricular activities such as sports (basketball, swimming), arts (dance, music), scouts, and pencak silat. Extracurricular activities are educational activities outside of formal school hours and the standard curriculum, conducted under the guidance of the school. The goal is to optimally develop students' personalities, talents, interests, and abilities, encompassing social, artistic, sports, and creative aspects, as well as fostering positive character. In the Big Indonesian Dictionary, Extra is an addition outside the official one, while Curricular is related to (Ajami, 2020; Br Perangin-angin et al., 2023) .

Angkasa Pura Elementary School plays a vital role in providing basic education to children in its community. The school has a large student population with diverse backgrounds. In their daily learning, students require not only academic instruction but also character development and social skills. Initial observations revealed that some students still exhibit low self-confidence, such as a lack of confidence in speaking in front of the class, hesitation in expressing opinions, and susceptibility to peer pressure.

Bullying is an aggressive act carried out intentionally and repeatedly by one person or group who feels stronger to hurt, demean, or oppress another individual. This act is intended to harm physically, verbally, or socially, causing serious mental and physical impacts on the victim, and can even lead to trauma, depression, and even suicide attempts. Bullying is an intentional act to harm another person physically, verbally, or emotionally. Bullying can occur anywhere, including in schools, workplaces, and online environments. Many cases of bullying occur in Indonesia, involving school students. This hinders the learning process of school students (Duwita Ela Pradana, 2024; Fatimah, 2023) .

Furthermore, there is the potential for bullying behavior such as teasing or unpleasant treatment between students. This situation indicates the need for character building activities that can increase self-confidence while instilling mutual respect among students. Through the Perisai Diri pencak silat training mentoring activity, it is hoped that students can gain positive learning experiences and develop self-confidence, discipline, and respect for others. Based on this condition, a community service activity was carried out with the title "Pencak Silat Perisai Diri Training Mentoring to Increase Self-Confidence and Anti-Bullying in Angkasa Pura Elementary School Students." This activity is expected to help students increase self-confidence and develop an anti-bullying attitude in the school environment.

METHOD

This community service activity is carried out in several forms of activities, namely:

1. Socialization

Socialization is carried out to provide students with an understanding of the importance of self-confidence and the dangers of bullying in the school environment.

2. Self-Defense Pencak Silat Training

The training was conducted by introducing the basic movements of Perisai Diri pencak silat which emphasizes discipline, self-control, and courage.

3. Student Mentoring

Mentoring was provided throughout the training to ensure students could effectively participate in the activities and understand the positive values taught in pencak silat. This community service activity was held at Angkasa Pura Elementary School from October to November 2025, involving students as participants. The target group was 45 Angkasa Pura Elementary School students who participated in the pencak silat training and mentoring.

RESULTS AND DISCUSSION

The Perisai Diri pencak silat training program at Angkasa Pura Elementary School was attended by 45 students who demonstrated high enthusiasm throughout the program. This program was implemented through socialization, training, and mentoring stages. During the socialization stage, students were given an understanding of the importance of self-confidence and the negative impacts of bullying behavior. Students were encouraged to understand that every individual has strengths and weaknesses and must respect one

another. During the training stage, students were introduced to various basic Perisai Diri pencak silat movements. Through regular practice, students began to show improvements in courage, discipline, and self-confidence. Some students who had previously appeared passive began to dare to participate in the movements more actively and confidently. The mentoring provided during the activity also helped students understand that pencak silat is not only about fighting skills, but also about self-control and respect for others. These values are important in building an anti-bullying attitude in the school environment.

In general, this activity has a positive impact on students, including:

1. Increased student confidence in participating in activities with their friends.
2. Increased students' courage to appear and participate in activities.
3. Students' understanding of the importance of respecting friends and rejecting bullying emerges.

CONCLUSION

Based on the implementation of community service activities at Angkasa Pura Elementary School, it can be concluded that the Perisai Diri pencak silat training mentoring activity can have a positive impact on students. This activity is able to increase students' self-confidence and instill the values of discipline, courage, and mutual respect. In addition, socialization and mentoring activities also help students understand the importance of being anti-bullying so that it can create a safer and more comfortable school environment for all students. The suggestions in this activity are: 1. Pencak silat training activities can be carried out continuously as one of the extracurricular activities at school. 2. The school is expected to continue to provide character development to students to prevent bullying behavior. 3. Similar activities can be developed in other schools as an effort to increase self-confidence and character development of students.

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