

State University of Medan Student's Perception on Tarung Derajat Martial Arts in Unimed Rehearsal Unit

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Abstract: *This research has a purpose to find out Medan State University student's perception on Tarung Derajat Martial Arts in UNIMED training unit. The method of this research is the descriptive method. From the data processing outcomes and the discussion of the research outcomes about the perception of the Medan State University students on tarung Derajat the researcher obtained 72,85% which is in good category.*

Keywords: State University of Medan, Perception, Tarung Derajat

1. Background of Study

Sport is an activity that you do to strengthen your body and make it healthy. In Indonesian literal translation, sport consist of two words, Olah and Raga. Olah means a way (do something), mind (power), while Raga means body and soul. So we can say that sport is a way or an effort of somebody in forming his/her body and soul. To be able to give a birth a good athlete, we should not only depend on the technical aspect but we should consider a non technical aspect that has a great role to influence the athlete's success. It consist of mentality side, for example motivaton, self confidence, emotion and personality. A personality of the athlete can be seen from is/her attitude, curiosity, spirit, emotional balance and sportsmanship. Tarung derajat martial art is a branch of sport. It can be shown from the activity and the productivity of a sport doer that has technical and non technical aspect. The technical aspect is inclined to body activity, that is movement in martial arts. A member of Tarung Derajat usually faces technique, part of exercise and equipment. It is done to enrich the sport organization achievement. On the other hands, the non technical aspect that consist of mentality or soul, for example motivaton, self confidence, emotion and the personality of the athlete also influence fully the achievement. Two aspects give a great influence to get a success in sport world. In the developmental of process, tarung Derajat made some clubs in Indonesia, included Medan, where one of the location is in State University of Medan (UNIMED) that is called UNIMED club. In the first year, Tarung Derajat had proved itself as a martial art sport which has a basic principle that relates to a good behavior of university students. It could be proved from the members of this club that the do not only fight but also inspire the motto of Tarung Derajat. The trainer as a teacher has a great responsibility to teach the students especially in Tarung Derajat. The trainer has to be able to respond the perception of the University student's of which sport that they will choose, in this case is Tarung Derajat sport. Tarung Derajat shows its advance in State University of Medan club. It is a place that forms the members to be a strong man in this sport. The sport grows rapidly. It can be seen from the achievements that the members get unfortunately, only a few of members that take part in

competition. It happens because only some of them that have a great interest to practice Tarung Derajat and the other factors. While some members that take part in practice. They complain of the monotonous system, not in order schedule, limited equipments, all these factors make the process of practice in State University of Medan impeded. Based on the reasons above, the writer interested to observe the case with title "State University of Medan Student's Perception on Tarung Derajat Martial Art Sport In The State University of Medan Rehearsak Unit"

Formulation of Problem

Based the analysis, the writer can tell the problem formulation is "State University of Medan Student's Perception on Tarung Derajat Martial Art Sport In The State University of Medan Rehearsal Unit"

2. Review of Literature

a. A Short History of Tarung Derajat Martial Art

Tarung Derajat martial art was declared in Bandung, Indonesia on July 8th 1972 by its inventor G.H Achmad Drajat whos is more familiar with a nickname AA Boxer. The nickname was attached to Achmad Drajat himself after he was avle to use and apply his own made martial arts in the real fight. Fighting is needed to survive, to uphold the honor and defense humanity in the daily life in accordance with the life's nature. So, actually the existence of Tarung Derajat martial arts it self is identical with G.H Achmad Drajat's struggles to survive, who is well known by his nickname AA Boxer and now he is also called Master of Tarung Derajat.

b. Basic Principles of Tarung Derajat Martial Art

Tarung Derajat martial art is one of the forms of the quick response self power that learns and trains techniques, strategies of legs, hands, head's motion, and the other parts of body practically and effectively in the patterns and forms of defense and attack training, with the ability of muscle and soul to master a self defense martial arts that contains five special body motion elements, that is "Strength, Speed, Precision, Courage and toughness", Tarung Derajat principle

is “ Attack to Win”, and also the symbol is “ Pribadi Mandiri”.

Tarrung Derajat appears from its origin, story and its own source, that is taken from nature with all its life aspects, which is then risen to the surface of life, as the result of experience, a life time meditation and also as a very long struggle of G.H Achmad drajat amid the hard of life he lives, he who has surrendered to the Almighty God, as the only main substance in forming humans true selves and the other things in accordance with His will.

c. The Essence of Perception

Etymological the word “perception” means idea, or the ability to understand something, and Indonesian General Dictionary (1996:1048) describes perception as “tanggap atau sesuatu” or in English “ Response or Something”, which means a reaction that happens because there is an object we want to know its existence. And the tool we use to obtain that information is the sensory organ (eyesight, hearing, touch, etc). Individual in its relation with the other always does observation to be able to mean excitement he received and sense used as the connector between him and the other. So the process happens, is needed by good sense and attention is the first step to prepare observation. From the definitions above, we can conclude that perception is a process to give response or an idea that appears because of stimulation of an object directly or indirectly accepted by the whole sensory organs.

3. Methodology of Research

A. Location

This research will take place in the State University of Medan (UNIMED) Rehearsal Unit.

B. Populations And Samples

The population of this research is all the student of UNIMED who take part in the training of Tarung Derajat martial art in the rehearsal unit of UNIMED with total number of 25 students.

The ones that will be the samples of this research are the students of the students of the State University of Medan who take part in the training of Tarung Derajat martial art with the total number of 25 students. They consist of KURATA I,II,III,IV and V.

C. Method of Research

The method, the research is going to use in this research, is descriptive Method using spreading questionnaire technique.

D. Research Instruments

To collect data related with the State University of Medan student’s perception about Tarung Derajat material art, the researcher will utilize questionnaire with the model of likert’s scale. Likert’s scale developed based on the theoretical study, and it has four answer alternative, such as: A = very high (4) ; B = high (3) ; C = less high (2) ; D = not high (1).

E. Research Instrument Test

After finishing arranging questionnaires, the next step is doing research instrument test. Research instrument test is acted to all questionnaires that will be spread out in order to obtain a valid and reliable data collector tool. In this research, questionnaire test will be brought about through a validity and reliability test.

F. Technique of Data Analysis

The researcher will use the percentage formula to analyze data. The formula used is shown below.

$$P = F/N \times 100\%$$

Explanation :

P = Percentage of the Obtained Items

F = Answer Frequency

N = Total of Answer Frequency

The following criteria are used in the classification:

- | | | |
|----|------------|---------------|
| a. | 80% - 100% | = Very Good |
| b. | 60% - 79% | = Good |
| c. | 30% - 59% | = Good Enough |
| d. | 10% - 29% | = Enough |
| e. | <10% | = Not Enough |

4. Conclusion

A. Description of Research Data

From the research, the writer obtains raw data which then the writer processes to become actual data, in which the obtained data were put into a distribution list in the form of table. The writer will explain the answers of the respondents to the research questionnaire.

- 1) Indicator of Tarung derajat introduction, the respondents who answer option A = 37 obtain score 148, option B = 43 obtain score 129, option C = 26 obtain score 52, and option D = 19 obtain score 19. Total of raw data is 348 which should be 500.
- 2) Indicator of Tarung Derajat training activities, the respondents who answer option A = 57 obtain score 228, option B = 86 obtain score 258, option C = 53 obtain score 106, and option D = 29 obtain score 29. Total of raw data is 621 which should be 900.
- 3) Indicator of Tarung Derajat training athletes’ development, the respondents who answer option A = 15 obtain score 60, option B = 31 obtain score 93, option C = 29 obtain score 58, and option D = 0 obtain score 0. Total of raw data is 221 which should be 300.
- 4) Indicator of Tarung Derajat training facilities, the respondents who answer option A = 58 obtain score 232, option B = 63 obtain score 189, option C = 3 obtain score 6, and option D = 29 obtain score 29. Total of raw data is 427 which should be 496.
- 5) Indicator of Tarung Derajat training activities, the respondents who answer option A = 11 obtain score 44, option B = 35 obtain score 105, option C = 28 obtain score 56, and option D = 29 obtain score 29. Total of raw data is 205 which should be 296.

B. Results of Research

From the 25 questions and 5 indicators the researcher finds data analysis result that percentages Medan State University students' perception of Tarung Derajat martial arts a whole percentage of 72,85% which means Medan State University students' perception of Tarung Derajat martial arts is in a good category.

C. Discussion of The Research Results

Based on the data result about Medan State University Students' perception of Tarung Derajat arts which were taken from 5 indicators just like in the questionnaires, the writer is able to elaborate the result as follows:

1. Tarung Derajat introduction (69,6%), is in a good category. It shows us that Tarung Derajat in Medan State University is well accepted by its students as one of the favorite martial arts sport.
2. Training activities of Tarung Derajat (69%), is in a good category. The training activities held, directs the students to the process of self-physical and mental construction to be noble that can be accepted by the students of Medan State University
3. Development of Tarung Derajat's athletes (70,35%), is in a good category. It can be proved by the existence of Tarung Derajat's athletes that mostly come from Medan State University
4. Facilities of Tarung Derajat (86,08%), is in good category. The facility of training unit of Tarung Derajat in Medan State University is sufficient enough to support its students in the rehearsal.
5. The development of Tarung Derajat in UNIMED rehearsal unit (69,25%), is in good category. Tarung Derajat UNIMED rehearsal units have coaches who are ready to give some useful inputs to the development of UNIMED Tarung Derajat rehearsal units that is acceptable by the students of Medan State University.

From the five indicators, we can take a conclusion that the indicator of facility and infrastructure is highly supportive to the students of UNIMED in doing scheduled training program. The more complete equipment the higher spirit the students have to train harder. The complete facility and infrastructure is very influential for the students to train Tarung Derajat in UNIMED rehearsal unit. Without any facility and infrastructure the training activity will be lessened, the consequences is the introduction of Tarung Derajat will be lessened too, the monotonous training activity, a not programmed athletes development and UNIMED rehearsal unit becomes undeveloped properly.

Every student of UNIMED who trains Tarung Derajat has the rights to utilize facility and infrastructure available such as handbox, gum shield, head protector, body protector, mattress and other stuffs that they all are supportive in the training. In the training to develop Tarung Derajat's athletes, facility and infrastructure is needed. When an athlete is training Tarung Derajat, then he will utilize all facility and infrastructure, without a complete facility and infrastructure, the training program will not go properly.

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