

ASEAN SPORT UNIVERSITY
INTERNATIONAL CONFERENCE

PROCEEDING



NATION CHARACTER
BULDING THROUGH SPORT

PALEMBANG
2014

NATION CHARACTER BUILDING THROUGH SPORT



ASEAN SPORT UNIVERSITY INTERNATIONAL CONFERENCE 2014

PALEMBANG
DECEMBER 11-12, 2014



EDITORIAL BOARD

EDITOR

Prof. Dr. Anuar bin Hasan (AUSC)

ASSOCIATE EDITORS

Prof. Dr. Mulyana (UNJ/IUSC/BAPOMI)

Prof. Dato' Dr. Abdullah Moh. Said (UITM/MASUM)

Prof. Dr. dr. Hj. Fauziah Nuraini Kurdi, SpKFR, MPH. (UNSRI)

ADVISORY BOARD

Dr. Mahenderan Appukutty (Malaysia)

Prof. Dr. Moch. Asmawi, M.Pd. (Indonesia)

Dr. Alongkone (Laos)

Preecha Prayoonpat (Thailand)

SECRETARIAT

Eva Julianti, SE, M.Sc. (Indonesia)

Farahiza Razali

PARALEL SESSION

Dr. Meirizal, M. Kes

Dr. Iyakrus, M.Kes

PROCEEDING

Heni Widyaningsih, SE, M.SE.

Ayu Ratna Wulandari, S.Pd.

Susilo Nugroho, S.Pd.

Rasyono, S. Pd., M. Pd.

CONTENT

	Page
Aan Wasan Sport And Politics: Power Of Political Party In The Indonesian Football Association (PSSI)	1-7
Abdul Halim The Effect Of Achievement Motivation On The Physical Fitness Student Grade V At SDN 30 The Sinjai District	8-15
Anton Komaini Study On Students Gross Motor Skills Kindergarten District Sijunjung West Sumatera	16-22
Ari Subarkah Student Interest Of Badminton Club FIK UNJ Toward Refereeing In Badminton Sports	23-28
Asep Sujana Wayuri The Contribution Of Exercising Motivation And Physical Activities Of Students Physical Fitness At Junior High School Of Sungai Penuh Subdistrict, Sungai Penuh City.	29-34
Atri Widowati Factors Supporting Performance Branch Rowing In Jambi	35-44
Bafirman Barin Sports Aerobic Exercise Programme For Patients Diabetes Mellitus	45-51
Budiman Agung P. Survey Implementation Evaluation Of Physical Education	52-59
Clartje Silvia E. Awulle, Faridah Manik Enhancement And Equitable Education Accessibility	60-71
Damrah Evaluation Program Guidance On Tennis Center In West Sumatera And Riau	72-81
Del Asri Scoring Methods Of The Skills Test To Selection New Students On Sport Sciences Faculty State University Of Jakarta	82-93
Dian Pujianto Physical Activity And Blood Pressure	94-97
Eka Fitri Novitasari, Gumilar Mulya Analysis Of Basic Movement Skills Of Grade Ii Elementary School Students	98-106
Hendra Mashuri, Fadilah Umar The Influence Of Menstruation For The Achievement Of Sprint 100 Meters In The Study Of Physical Education	107-111
Fauziah Nuraini Kurdi Low-Level Laser Therapy for Sports Injuries	112-117

Fitri Lestari Issom Characteristics Of Physical Education Teachers Who Can Develop Empathy Children	118-123
Noridah Abu Bakar Factors Contribute To Obesity Among Primary School Children	124-130
Eva Yulianti Management Of Physical Education To Enhance Kinesthetic Intelligence (Kinesthetic Intelligence Sport Scale-Kiss)	131-138
Hary Muhardi Syaflin <i>Improving Learning through Engineering Services Sepak Takraw Game Target, In Class V SD State 7 Lubukkeliat Kab. Ogan Ilir</i>	139-144
Ika Novitaria Petanque's Equipment As One Of Business Opportunities In The Sports Industry In Indonesia	145-152
Iyakrus Physical Exercise Model For Tekong Athlete Sepaktakraw Sriwijaya University	153-163
Juriana, Kurnia Tahki The Role Of Airsoftgun Game In Building The Values Of Leadership	164-169
Johansyah Lubis Development 'Jurus Tunggal' Of Pencak Silat For Ages 10-12 Years	170-181
Kusmajid Abdullah, Mimin Ninawati The Effectiveness Of Multimedia Class In Learning At Cipete Utara 16 Pagi Elementary School	182-191
Lim Khong Chiu Examining Sport And Physical Activity Participation Motivations And Barriers Among Young Malaysians	192-209
Meirizal Usra Positive Thinking To Improve Performance Achievement Athlete	210-215
Mohamad Syarif Sumantri Fundamental Movement Learning Method In Class Early Elementary School	216-226
Nofi Marlina Siregar The Implementation Of Linguistic Gymnastic To Increase Locomotoric Movement In Pre School Children In Mentari Kindergarten Bogor District	227-232
Nurul Ihsan Pencak Silat (Indonesian Martial Art) Athlete Achievement Creating Seen From Dominant Character	233-238

Creating Successful Pencak Silat Athletes Based On Dominant Character Consideration

Nurul Ihsan

Faculty of Sport of Padang State University

Email: nurul_ikhsan@ymail.com

Abstract

Every human being is born with mental powers of capital that reflects a person's overall personality and serve as guidelines for the future. Mental strength that makes one different from the others. Mental qualities in question here is a character. Custom made repeatedly ultimately shape the character of the individual that is characteristic of his personality. The characters have a relationship with sports performance. It is clear that the ability of sporting achievement illustrates a mastery level of sports performance and is determined by the structure of a complex condition. By having four component (physical, technical, tactical and mental) of an athlete will achieve optimum achievement in the sport. Grouping known personality or character / characters that were first established by Hippocrates, human divide by four basic character types, namely choleric, melancholic, sanguine and phlegmatic. Based on the nature and characteristics of each character, then the characteristics of the martial arts sport kecabangan needed more directed at choleric character. Where this character reflect optimistic attitude, alert, strong-willed, unyielding, and so forth. Thus, it can be said that in order to get closer to the achievement of optimal athlete athletes should choleric manifold character.

Keywords: *Sports Performance, Pencak Silat and Character*

Introduction

Pencak Silat is one of Indonesian martial arts which have been competed in either national or international events. Similar to other sport affiliations, there are four considerations and preparation in *pencak silat* in order to achieve success; they are physical condition, technique, tactic, and mental condition. These four considerations are related each other and cannot be treated separately during the training. Especially for mental condition, some experts agreed that mental condition is the athlete readiness before and during the competition. In this case, a trainer should accommodate the athlete's wish and desire very well in order to motivate him/her to follow the training and to learn the materials taught. Having high motivation will help the athlete to understand and learn the materials easily. It is supported by Walgito (2003:19) who stresses that human behavior is influenced by certain motives which push them to behave. In psychology point of view, motivation plays important role to decide the individual to act as well as in training process. There are some factors which influence the athlete motivation during the training; one of them is the trainer's understanding of his/her athlete's personality.

One of the components of personality is character. Talking about personality, everybody is born with mental quality or moral which reflects someone's personality as a whole and can be used as the guidance for future. The mental quality differentiates one person to others. The mental quality means here is the character. Self-character is a part of personality. The character building in someone self is started from thought (how to think) since thought influence and decides what to say, behavior, how to respond and how to evaluate something,

then it becomes habit. The recur habits is then built someone self-character which shows the specific personality. It is supported by Soedarsono (2009:1) who says that “character is the collection of values as the basic system to decide behavior which is performed strongly”. The collection of values in someone self is achieved from education, experience, trial and error, and environment. These values are then assumed as the intrinsic values which shape behavior. In other words, character cannot be built apart; it should be shaped, grown and built.

Trully, training or exercising is an effort which is done systematically and consciously to achieve certain goals. The object of training is athlete and athlete is human which has different characteristic one to another. Thus, during the training, a trainer cannot do the same treatment to all athletes. In this case, individual principle should be taken as considerations. A trainer should be able to teach the materials by considering the different characters of each athlete, whether the strategies, method or approach to be used.

There are at least four human characters: choleric, melancholic, phlegmatic, and sanguine. Each of the characters has its own strengths and weaknesses as well as during the training. Every character has its characteristics during the training, ideal situation in practice and so on. Thus, it is a must for a trainer to know his/her athletes’ psychological characters.

The next questions are: can the different characters with specific strengths and weaknesses be trained efficiently; can they be trained together at the same time and how to train them? In this paper, the writer would like to analyze about the strength and weaknesses of each characters, then, the writer would like to suggest which one of the character is more proficient to be trained as athlete as the guidance and consideration for the trainers before and during the training.

DISCUSSION

Allport and Suryabrata (2003:4) say that “*Character is personality evaluated, and personality is character devaluated*”. Allport argues that character and personality is the same, but they will be different when they are observed in different side. If someone wants to evaluate someone else norm, the character will be more suitable term to use. However, if there is no evaluation or judgment of norm, it will be suitable to use personality term. Clearly, character is an apart of personality. Allport views that “personality is formed through characters, behavior or thought (Sobur, 2003:307). It is a common to see that people get confuse to differentiate between character and personality. Based on Allport’s statement above, it can be known that there is a correlation between character and personality that character describes someone personality, as the actualization of personality. That is why it can be found that some experts combine these two terms (personality character). Soedarsono (2009:1) states that character is habit or custom. This is supported by psychology expert that character is a faith and habit system which lead an individual to act. It is in line with Freud (Soedarsono, 2009:1) that “*Character is a striving system which underly behaviour*” which means the collection of values as a motive to struggle and as the basic of thought which is acted confidently. Suryabrata explains that character is the totality of emotional volitional reaction which is shaped by endogen and exogenous factors (2003:21). Thus, character is

the potential actualization from individuals and internalization of morals as the part of personality.

Character explains that human is unique and has certain characteristic to act in everyday's life. In other words, character is the personality expression. Hippocrates argues that "every person has 4 liquid which influence his/her character, they are: choleric, melancholic, phlegma, and sanguis. The liquid theoretically spreads over the body in certain proportion" (Suryabrata, 2003:11). In 20th century, Florence Littauer used the theory and published it in his book *Personality Plus*. He explains that the classification of character is sanguine, melancholic, choleric, and phlegmatic. To know the basic character of human, it is a must to understand the classification of personality or character divided by Hippocrates, they are choleric, melancholic, sanguine and phlegmatic.

- **Choleric**

The type of strong choleric is a person who has strong willing, visionaries, and leader. The main character of this type is extrovert, doer and pessimistic (Littauer: 1996: 26). The strength of this type according to Littauer (1996), Suryabrata (2003) and Gunawan (2004) is leader, optimists, tough, distinctive, and demanded, optimist, and challenging, good thinker, decisive, active and demanded for changing. Besides, person with choleric is willing to repair their mistakes. If choleric person sees something wrong, he/she will repair or change it without being asked. Preparation is everything for this kind of person. The basic principle of choleric person is challenge, choice and control.

Beside having strength, choleric person also possess weaknesses as well. The weaknesses of this sort of character is the over use or excessive strength used by them (Gunawan, 2004: 48). The weaknesses are the proud to be the superiority, unwise, coldhearted, temperament, anger but forgetting someone mistake easily.

- **Melancholic**

The perfect melancholic based on Gunawan (2004:57) is a type of person who is almost perfect, serious, trying to be perfect. The main characteristic of this type is introvert, thinker and pessimists (Littauer, 1996:24). This character also has strength and weaknesses. Littauer (1996), Suryabrata (2003), Gunawan (2004) and Sadewo (2009) state that the strength of melancholic is smart, critical thinker, analytic, idealis, principle, has a good willing to produce something perfect and maximal, although it would be so hard and time consuming. Besides, melancholic person prefer to schedule everything and being consistent to what he/she had scheduled. They like to be right, obedience, and consistent. Nevertheless, this type has a weakness complex such as too serious, close minded, self-centre, moody, sensitive, rigid, self-protection, avoiding risk to avoid failure, does like something challenging and resentful.

- **Phlegmatic**

Peaceful phlegmatic is a person who likes to live in peace, relax, and enjoy the life happily (Littauer, 1996:127). Then, Gunawan (2004:52-55) states that

the main characteristic of this type is patient, not bossy, reliable, diplomatic, tidy, practice, conservative that is principally stick into something which is believe to be success, introvert, secret keeper, like to be in a crowd and social, does not like conflict or quarrel/ beside, it also has weaknesses based on Littauer (1996) and Sadewo (2009) they are indistinctive, fainthearted, hard to adapt to new situation, passive, less of initiative, powerless, less motivation since they tend to wait for an order.

- **Sanguine**

Popular sanguine is a personality type which describes someone who is popular, time waster, and high enthusiasm. It supported by Littauer (1996: 22) that sanguine is extrovert, talk active and optimists. The following are the strengths of the sanguine such as kind, talker, smart, enthusiastic, creative and innovative, and care. Besides, sanguine process weaknesses (Gunawan, 2004:52) such as unstable, indiscipline, indecisive, impatient, careless and indistinctive.

- **Characteristics of Pencak Silat Sport Affiliation Competition**

Pencak Silat is a martial art which is competed. The basic principle of *pencak silat* competition is gaining points as much as possible by striking the allowed are and defending in order to avoid the strike for the competitor. *Pencak silat* is a full body contact sport. It means that there should be physical contact to gain a point. The competition is held within two minutes with high intention. Thus, an athlete should have good physical condition, technique, tactics and mental. Besides, an athlete should be aggressive, brave, thoughtful, optimists, and strong willing.

- **Required Characters in Pencak Silat**

In relation with the four characters mentioned before, it is assumed that the most suitable character needed in *pencak silat* is choleric. It is because the characters of choleric are in line with the characters required in *pencak silat* such as optimist, active, willing to be better, strong willing. It means that a character needed in *pencak silat* is the character that support this martial art; that is choleric. In this case, there was a research that studied PPLP Sumatera Barat athletes in 2010. It concluded that the better dominant character which was required in a *pencak silat* athlete was choleric (Desi Selvia: 2010; 54). It revealed that a person did not only possess one dominant character, but at least two characters. The two characters are called the strength and the weaknesses. One of the two characters is called dominant character. To know someone characters, there is an instrument created by Florence Littaueur namely personality plus test. The test consists of 40 items, 20 items to know the strength and 20 items to know the weakness. It means that a person/athlete has two different characters, but it is possible to have the same character which shapes his/her strength and weaknesses (Desi Selvia, 2010: 72).

Based on this research, it can be concluded that the most suitable characteristic needed in *pencak silat* is choleric. It is because this character is in line with what is required in *pencak silat*. Nevertheless, it does not mean that other characters are not suitable with *pencak silat* characteristic. It only needs to be considered to

choose the better character before the training. The purpose is to help the trainer to teach the materials. It is needed to be known that the character is not permanent; it can be changed over the time. Character is basically habitual actions that shape certain character. For instance, if a person follow military camp, he will have a character of choleric such as strong willing, challenging, etc. however, when he gets along with the society, the character of choleric may be changed, such as humor, flexible etc. it means that, a trainer can shape the athlete characters as he wishes. If he wants his athlete to be brave, he should be brave, confident, highly motivated etc. it is the implementation of sincerity. Without any sincere feeling, an athlete cannot perform optimally. A strong willing without any effort is also useless. Thus, it is a need that an athlete should have high motivation, wants to be critiqued, and wants to be better. And it is assumed that choleric character reflects this requirement at all.

CONCLUSION

Every individual has his/her own characteristic. Character is habitual action which shapes the character of the individual. There are at least four characters; choleric, melancholic, phlegmatic and sanguine. Every character has its own strength and weaknesses. Especially for choleric, the lost control is the strength and the weaknesses of this character. It means that if a person with choleric character can control him/herself, choleric has no weaknesses left at all. The characteristic of Pencak silat is aggressive, brave, hard, optimist, etc. based on the research done, the characteristic of pencak silat is in line with the choleric characteristic. It means that it will be better to train pencak silat athlete who has choleric character. Nevertheless, every character has a chance to be treated as well as choleric. It is because the character can be changed over the time and character is a habit which is done on and on. For instance, come earlier in every training, discipline with time schedule, etc are habits that can shape someone character

Suggestion

Here, the writer would like to suggest some ideas related to the discussion above:

1. A trainer should know the character of the athlete
2. During the training, a trainer should instruct the athlete in accordance with the character of the athlete, such as touching, command or sign.
3. A trainer should know the characteristic of each athlete's character.

REFERENCES

- Desi, Selvia. 2010. *Karakter Atlet Pencak Silat PPLP Sumbar*. Skripsi. Tidak Diterbitkan. Padang. FIK UNP
- Gunawan, Adi. 2004. *Born To Be A Genius*. Jakarta. Gramedia Pustaka Utama
- Littauer, Florence. 1996. *Personality Plus*. Alih bahasa oleh Anton Adiwiyoto. Jakarta. Binarupa Aksara
- Sadewo, Ayu A. 2009. *Mudahnya mendidik anak: beda karakter dan bakat, beda perlakuan*. Jakarta. Penebar Plus
- Sobur, 2003. *Psikologi Umum Dalam Lintas Sejarah*. Bandung. Pustaka Setia

- Soedarsono. 2009. [www.koleksi](http://www.koleksi.skripsi.com) skripsi.com. Teori Pembentukan Karakter.
Diakses 16 November 2009
- Suryabarata. 2003. Psikologi Pendidikan. Jakarta. Raja Grifindo Perkasa.
- Walgito, Bimo. 2003. Psikologi Sosial Suatu Pengantar. Yogyakarta. Andi