

STRATEGIES TO IMPROVE INTELLIGENT CHARACTERS AND FIGHTING ABILITY OF SELF-DEFENSE ATHLETES OF TARUNG DERAJAT

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ABSTRACT

Tarung Derajat Martial Arts Sports is one of the sporting achievements that has just held the 2nd Southeast Asian championship in Malaysia and September 2016 XX PON in West Java Championships in Southeast Asia, and the IFTD World Championship. Achievement the degree of West Sumatra athletes who are still low is due to intelligent character-mastery and underachieving fighting abilities, so that athletes cannot qualify in national selection. The low character-savvy mastery and athlete's fighting ability, it is important to consider the Learning Strategy factors related to the training unit in the Pariaman PLN Satlat for Early Childhood Athletes. This study intends to identify improvement in learning outcomes or training for Early Athletes. The methodology consists of applied research with the process used to treat martial arts athletes fighting degrees. The process or steps of research that is implementing a product that already exists can be accounted for. Descriptive and inferential analysis through the T-Dunnett Method (1 direction). The results show that; (1) The condition of Tarung Derajat Martial Arts training at the Pariaman City Satlat PLN can improve intelligent character-mastery and athlete's fighting ability after being given the application of the BMB3 Learning Strategy (Thinking, Feeling, Acting, Acting, and Responsible); (2) There is an increase in intelligent mastery of Tarung Derajat martial arts athletes who are given the application of BMB3 learning strategies; and (3) There is an increase in fighting ability of Tarung Derajat Martial Arts athletes who are given the application of BMB3 learning strategies.

Keywords: BMB3 Learning Strategy, Smart Character, Ability to Fight, Martial Arts Tarung Derajat

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1. INTRODUCTION

Martial Arts Tarung Derajat is a self-defense art sport that utilizes a combination of the power of movement of muscles, brain and conscience in a realistic and rational way, in the learning process and training the movements of all members and organs and other important parts, in order to possess and apply five elements of moral power, among others, namely; strength, speed, accuracy, courage and tenacity. Five elements of moral power are inherently dynamic and aggressive in a system of resistance or self-defence movements, as well as patterned in techniques and tactics and defence strategies that are practical and effective for a defence. (<http://www.tarungderajat-aaboxer.com/filosofi.php>).

Tarung Derajat Martial Arts has basic engineering skills which are very much needed and must be mastered by fighters including kicking, hitting, defending, and attacking. All of these must be trained properly and with the correct method if the achievement is to be achieved (6th Seriding Proceedings, 2013: 2753-2767). All of these factors must be supported by the physical condition of a good athlete. According to Harsono (1988: 100) "Some components of physical conditions that need to be considered to be developed are cardiovascular endurance, strength endurance, muscle strength (flexibility), flexibility (flexibility), speed, stamina, agility (agility), and power".

Intelligent character-mastery and fighting ability require an effective and educative learning strategy. The current popular learning or training strategy is a strategy that is nuanced with intelligent character or often called the Strategy of Thinking, Feeling, Acting, Acting and Responsibly (BMB3) as a standard in the training process to improve training dynamics, improve understanding and mastery of practices in the process practice (Prayitno, 2010: 90). BMB3 elements are said to be a reflection of improvements in achievement that intersect with what was popularized by Thomas Lickona (1992), (2004) as a life of good / benevolent behaviour, namely behaving well towards others (God Almighty, human, and nature universe) and towards oneself in educational situations. Therefore, learning strategies to strengthen the moral-mental improvement of sportsmen (practicing athletes), are considered necessary, are developed and applied by trainers to athletes in the training process which further guarantees the process of improving achievements with intelligent athletes (especially martial arts) Tarung Derajat). The results of the study have proven (Volume 1 No. 01, 2016 articles) intelligent character formation Old Age Athletes Martial Arts Tarung Derajat is very effective through BMB3 learning strategies, so athletes have intelligent or good character.

To improve fighting ability, training with synergy strategies is needed to improve performance (physical condition), because the better the condition or physical abilities of a person, the greater the chance for achievement. On the contrary, the lower the level of physical conditions the more difficult it is to display formal techniques for achievement. Therefore, it needs to be well trained and with the correct strategies / models and methods to use. The new fighter training model was created by the Teacher Tarung Derajat in training the skills of combatants namely the Sport Drajat model. The Sport Degrees training model has as many as 12 exercises (the results of the study, Alnedral 2013, 2015, 2016, and Sari, 2014).

From previous research findings, it can be used as a reference material to strengthen the theoretical study revealed in this part of the background. Intelligent character development can be expected to shape the character of the nation, which can be seen in indicators of mastery of athletes' fighting abilities that are expected in the learning or training process by applying

training equipment mediation, such as dambel, body protector, hand pet, and cun " and the growth of athletes) ". The application of training material to the "Degree Sport Training Model" using chair media can be seen in the following Figure 1.



Figure 1. Tarung Derajat training model

Mastery of training material with strategies and good training methods in fighting sports will have an impact on the ability to fight by martial arts athletes fighting degrees, so they appear to compete with peak performance that can achieve victory in a match. Besides that, athletes must also have a strong mental match, another term "intelligent character" in competition, thus the peak achievement to be achieved will be realized. Intelligent character-mastery and athlete's fighting ability by considering BMB3 are important things in order to achieve top achievements in martial arts degrees.

2. MATERIALS AND METHODS

2.1. Research methodology

Based on the problems and objectives of the study, the type of this research is applied product research with experimental methods (Fitriani et al., 2018; Kalalo, 2018; Kore et al., 2018). The product that is applied is the BMB3 learning strategy in martial arts training fighting athletes degrees Early age at the Satlat PLN City of Pariaman, West Sumatra province. The procedure of this study is as follows: After obtaining a permit to conduct the research, then contact all trainers to socialize the process of implementing the BMB3 learning strategy and coaching clinic with the selected athletes by stratified-cluster random sampling of 30 people. After the completion of the coaching clinic material, the initial test was carried out to measure intelligent character-mastery and athlete's fighting ability. Next the trainers provide training material "the method of playing sports degrees" through the BMB3 learning strategy.

2.2. Steps in research

The series of BMB3 Learning Strategy implementation activities is carried out in a classical field as Table 1 follows.

Table 1. The series of BMB3 Learning Strategy

<p>Pra- impact</p>	<p>Before learning / Tarung Derajat Martial Arts Coach:</p> <ul style="list-style-type: none"> a. Prepare learning devices such as syllabus, presentation sheet and assessment b. Prepare equipment and map tool settings.
<p>Impact</p>	<p>Preliminary: Opening the training, praying, continued:</p> <ul style="list-style-type: none"> a. Presentation while generating motivation b. Appreciation (connecting learning material with the athlete's initial knowledge). c. Convey the scope of the material and learning objectives. d. Stretching and heating related material. <p>Main training:</p> <ul style="list-style-type: none"> a. Giving assignments (short and clear) b. Monitor and evaluate the athlete's movements and attitude towards intelligent character. c. Provide feedback (the correctness of the motion and its suitability with the training objectives). <p>Closing:</p> <ul style="list-style-type: none"> a. Reflection on learning experiences or practicing athletes b. General evaluation of athletic learning processes and outcomes (knowledge, attitudes and skills) c. Appreciation and follow-up (habituation in daily life and subsequent activities).

2.3. Data analysis

Data and information obtained or collected from Pre-Test and Post-Test were processed and analyzed using descriptive and inferential statistics. Hypothesis testing is done by analysis of the T-Dunnnett Method (1 direction). The reason for using the t-test analysis technique to test hypotheses is that the data is comparative in form with the dependent variable (Field, 2009:

430). Before the analysis with the t-test, the normality and homogeneity of the data were tested first through the Lilliefors test and the Barlett test (Sujana, 2004).

3. RESULTS AND DISCUSSION

3.1. Training conditions of Tarung Derajat

Based on in-depth discussions with several academic experts and martial arts trainers at the Pariaman City Satlat PLN, there were several main ideas about the conditions of the training that were carried out: The athletes were measured by questionnaires related to intelligent character-mastery research variables and athletes fighting ability tests fighting degrees. Interviews were also conducted to the trainers regarding the reflection of the training undertaken by the athletes, and the difficulties experienced during the research took place in the application of the BMB3 strategy through the play series method. Descriptions of Pre-Test and Post-Test data from each research variable can be explained as Table 2 follows.

Table 2. Descriptive Statistics of Intelligent Character Data and the Ability to Fight Martial Arts Athletes for Pre-Test Degrees and Satlat PLN Post-Test in Kota Pariaman

Statistics value	Sample	Intelligent characters	Percentage achievement	Fighting ability	Percentage achievement
Pre-Test					
Mean	30	302.10	77.46 %	63.18	63.17 %
Variance	30	733.27	-	14.03	-
Post-Test					
Mean	30	329.87	84.58 %	69.01	69.01 %
Variance	30	597.76	-	5.22	-

Based on the description of the data in Table 2, there is an illustration of intelligent character mastery and the ability to fight athletes with the following description; Intelligent

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character data from 30 athletes on the distribution obtained an average score of 302.10, achievement percentage of 77.46%, and variance of 733.27, while the data on athletic fighting ability obtained an average score of 63.18, achievement percentage of 63.17%, and variance 14.03. Intelligent post-test character data from 30 athletes obtained an average score of 329.87, achievement percentage of 84.58%, and variance 597.76, while data on athletic fighting ability obtained an average score of 69.01, achievement percentage of 69.01%, and variance 5.22.

This study only carried out 16 treatments including tests and coaching clinics which were able to show achievement figures of 77.46% for intelligent character-mastery aspects, while the fighting abilities of athletes with achievements were 63.17%. This fact is made possible by the application of BMB3 learning strategies more reliably in the process of shaping the intelligent character of athletes along with increasing athletes' fighting abilities. It can be said, the more dynamic the BMB3 learning strategy is used, the smarter character will develop. The higher the intelligent character, the higher the level of skill acquired (Alnedral, 2012).

Based on the increase in the average achievement score, it is categorized that the trainer is able to apply the BMB3 strategy in a good level martial arts training. This is mainly due to the quality of leadership and authority in training is quite good. However, it should be noted by the trainers the substance of the supporting components of each dimension of BMB3, namely thinking, feeling, behaving, acting and being responsible. All of these dimensions are the result of learning. According to Burton in Lufri (2007: 10) learning outcomes are patterns of actions, values, understandings, attitudes of appreciation, abilities, and skills. This fact shows that learning outcomes are an indicator of the success of a student / athlete in participating in learning / practicing activities. Learning outcomes are changes that are obtained after conducting learning activities. These changes in the form of changes in knowledge, understanding, skills and attitudinal values in the sense include mastery of the cognitive, affective and psychomotor domains (Nana, 2002: 22).

The mastery dimension of the ability to fight in the application of learning strategies, namely thinking more pressing on the cognitive domain, feeling, being stressed to the affective domain, while acting and responsible emphasizing the psychomotor domain (skills). In accordance with the sports branch that developed the learning outcomes, namely martial arts sports degree which conveys the principles of learning which as the pillar are five elements of moral motion, namely strength, speed, accuracy, courage, and tenacity. If the dimensions of mastery of motion really proceed with the pillars of martial arts learning to a maximum degree, then intelligent character mastery and athlete's fighting ability will certainly be able to increase the average score of achievement in the category of Very Good.

From the results obtained, that there are differences in the results of the pre-test and post-test between the application of learning strategies and intelligent character to the learning outcomes / training can be ascertained that the variable increase in fighting ability occurs a process of shifting values. Where intelligent character value increases on one side and is accompanied by an increase in the value of basic technical skills fighting on the other hand also increases. Thus the training conditions that occur have really proceeded according to the transformation of values where the intelligent character-mastering variable and fighting ability have increased, namely 7.12% and 5.02%.

Based on this fact that the level of achievement of increasing athlete's fighting ability can actually be maximized by paying attention to various things in practicing and playing in sports, according to the opinion of Mutohir and Gusril (2004: 68), that the things that need to be considered in play activities are: (a) extra energy; (b) enough time to play; (c) game equipment; (d) space to play; (e) knowledge of how to play; and (f) playmates.

The approach to learning strategies through play models contains philosophical values in each of their movements: (a) Play activities are a reflection of community culture that is

actualized with sports training activities. With play activities can influence the health of athletes in a long period of time, (b) Playing is an important thing in the phase of human growth, especially physical growth and motoric development, because with playing activities students / athletes have a lot of experience in learning so that later will make it easier for students to understand effective and efficient motor skills, (c) Trust that by playing, athletes will learn and practice to make, obey and implement rules, (d) Learning must be filled with programs that are liked by athletes and offer a lot the choice for athletes to move in accordance with what they want, with playing activities all students with levels of motor skills will be able to participate in sports learning, and (e) Appreciating playmates is one of the goals considered in play activities, that the social values of athletes can be developed through play activities, but these goals cannot be obtained automatically but depend on the trainer to plan and teach playing activities to athletes correctly.

The level of achievement results through the application of the BMB3 learning strategy through the sport play series model will have an impact on intelligent character-mastery and is ensured that the fighting ability enhancement variables have been previously predicted based on the study of theory. This means that "the application of BMB3 learning strategies is very suitable for Tarung Derajat martial arts athletes in improving intelligent character-mastery and athlete's fighting ability at an early age at Pariaman City Satlat PLN".

3.2. Increased Mastery of Athletes' Smart Character Given the Application of BMB3 Learning Strategies

The intelligent mastery of athletes in this study was measured based on five dimensions of variables, namely (1) Faith and Faith, (2) Intelligence, (3) Honesty, (4) Strong, and (5) Care. This dimension is further translated into 45 indicator variables with 78 statements in the disclosure of intelligent mastery of athletes. The results showed that the hypothesis in this study was that there was an increase in the intelligent mastery of athletes who were given the BMB3 learning strategy on the Pariaman PLN Satlat. Improved intelligent character mastery of athletes can be proven by the results of calculations on aspects of the initial test assessment with the final test. The following is a summary of the analysis of hypothesis testing in Table 3.

Table3. Summary of Hypothesis Test Results through the T-Test

No	Variables measured	T-count	T-Tabel	Degree
1	Intelligent character mastery	12.49	1.69	Significant
2	Fighting ability	9.64	1.69	Significant

The test results show meaning, that there are significant differences. These results can be believed, where the more developed BMB3 learning strategies in the exercise, the higher the level of learning achievement towards intelligent character mastery will increase the number of moral values of the intelligent character. Thus the moral values in martial arts teaching degrees will increasingly foster identity for a fighter who is dubbed as "warrior warrior and warrior warrior" (The Teacher Achmad Dradjat, 2003). This finding means that the BMB3 learning strategy implemented at Pariaman City Satlat PLN is more effective in increasing the intelligent character value of athletes.

The implementation of BMB3 Learning Strategies carried out on Satlat will be better able to directly involve athletes with various introductions to the environment. During the learning process will invite athletes to be more active, innovative, creative, effective, and fun. In addition, it will also be implemented how the process occurs (thinking, feeling, behaving, acting and being responsible) in relation to the learning material that is the content of all

learning activities, as long as learning takes place. Smart-character values are integrated into martial arts degrees which are combined with mental-moral values realistically and rationally in the effort to master and apply 5 (five) moral motives, namely strength, speed, accuracy, courage and Tenacity (The Tarung Teacher Derajat, 2011). This is according to what Lutan (2001) stated that the concept of physical education and sports is focused on the process of socialization or civilization via physical activities, games, and / or sports. The process of socialization means transferring cultural values from the older generation to the younger generation.

In line with efforts to improve the suitability and quality of intelligent character education, the Ministry of National Education (2011) developed the grand design of character education for each pathway, level, and type of education unit. Character configurations in the context of the totality of psychological and socio-cultural processes are grouped in: Spiritual and emotional development, intellectual development, Sports and Kinesthetic (Physical and kinetic development), and Taste and Spirit (Affective and Creativity development). The development and implementation of character education needs to be done by referring to the grand design.

Developing the grand design of character education (smart-character) according to (Prayitno and Khaidir, 2011: 66) must be in accordance with article 1 paragraph 1 of Law No. 20/2003 on the National Education System, that the meaning and learning material in the six focus categories are fostering ownership students to: (1) religious spiritual strength, (2) ability to control themselves, (3) personality stability, (4) increase intelligence, (5) moral glory, and (6) skill dexterity. Furthermore (Prayitno, 2011) explains the presence of BMB3 learning strategies is to dynamize learning material to encourage thinking and work on the feeling, initiative and work, and be able to act and act responsibly (BMB3).

According to the theoretical study and discussion of the results of the study, the application of the BMB3 learning strategy in martial arts training can be believed to be able to meditate on all the basic elements of education, training material, learning media, and evaluation and training results. For this reason, the application of degree fighting martial arts training can take advantage of the increase in the results of the most recent training to improve the mastery of intelligent character of martial arts athletes in general degrees and sports. Thus it can be concluded that "the application of the BMB3 learning strategy is more effective in increasing the results of the intelligent mastery of Tarung Derajat martial arts athletes in Pariaman PLN Satlat".

3.3. Improvement of Athletes' Fighting Abilities Given the Implementation of BMB3 Learning Strategies on Pariaman PLN Satlat

The degree of an athlete is measured based on ten indicators in six types of skills, namely three kinds of hitting skills and three kinds of kicking skills. The accumulation of the average hit and kick skills assessed by judgment is what is referred to as the athlete's ability to fight. The research findings are that there is an increase in the results of athletes' abilities. The data used as sample objects in the application of the BMB3 learning strategy between the initial test and the final test. As in Table 3.2, this third hypothesis can be proven because the results of the initial and final tests of the two groups show that the average value of the athlete is sufficiently believed to be the difference, so that null hypothesis can be rejected.

Based on this fact that the level of achievement of increasing athletes' fighting abilities can actually be maximized by paying attention to various things in practice and playing in search of points in the simulation of sports competitions. However, as it is known that the presence of satlat-satlat in West Sumatra is not free from moral and mental formation to get reliable athletes to compete at the District and City level, especially at the Provincial Sports Week event (PORPROV). Furthermore, the next level will be continued at the National Championship event

(National Championship) and may be able to represent Indonesian athletes at the Sea-Games championship internationally. Thus it can be said that martial arts athletes fighting degrees have been classified as professional athletes. If it is associated with the theory of fulfilling Maslow's theory, then by positioning as a professional athlete, the athlete should be in the fifth level of need, namely the need to actualize themselves, which in Maslow's theory of needs is at the highest hierarchy. The Teacher Tarung Dradjat calls with 'make yourself by yourself' or also called an athlete has a level of 'personal independence'. It could be that athletes who are grouped on low needs are presented material with the method of playing Sport degrees by using BMB3 learning strategies very quickly fulfilled the movement needs they want.

From the discussion above it can be concluded that the application of BMB3 learning strategies can be believed to be a difference to improve the fighting ability of athletes in practicing martial arts in a significant degree, perhaps supporting factors and constraints are less accommodated in the process. For this reason, trainers as process control holders should pay attention to various supporting factors and the Obstacles to the Implementation of the BMB3 Learning Strategy. so that there is an increase in ability. Thus it can be believed that "the BMB3 learning strategy is more effective in increasing the results of fighting abilities of Tarung martial arts athletes at the Pariaman PLN Satlat".

4. CONCLUSION

Key factors as well as developing and sustained stimulator factors regarding the process of forming intelligent character and increasing the ability of athletes to achieve Golden age at Pariman PLN Satlat consist of skills transfer, BMB3 transformation, many potential athletes who are fostered, roles administrators, parental roles, media training and application of learning technology / training.

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