

BODY PARTS INJURED IN PENCAK SILAT

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Abstract : This research aims to determine the various types of injuries in pencak silat athletes in special sports classes. This research uses quantitative descriptive methods with survey techniques, using questionnaires and interviews as instruments. The subjects in this research were 30 students who took special classes in pencak silat sports at 3 high schools. Data analysis in this study used qualitative analysis in the form of frequencies and percentages which was carried out using Micosroft Excel software. The research results showed that head injuries were 9.26%, body injuries were 4.63%, hand injuries were 46.30%, foot injuries were 39.81%. Based on this data, it appears that hand injuries are greater, followed by foot injuries, head injuries and body injuries.

Keywords : Pencak Silat, Injury, Competitive Category

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INTRODUCTIONS

Pencak Silat is a martial art that has deep historical roots in Indonesia. Gending & Nugraheni (2018: 97) pencak silat is a martial arts science originating from Indonesia. The origins of pencak silat cannot be separated from the social and cultural context of Indonesian society. This martial art is believed to have developed since the 7th century, although written records specific to pencak silat began to appear much later. In its early development, pencak silat was not only a tool for self-defense but also an important element in social customs and rites. This martial art grew and developed together with society, reflecting the values, beliefs and philosophies that existed at that time.

In Indonesia, pencak silat has experienced significant evolution over the centuries, influenced by various factors including the interaction of culture, politics and religion. During the archipelago kingdoms, pencak silat was often used by royal warriors in battle and defense against invaders. Novian (2022: 3) During the Dutch colonial period, pencak silat could only be taught to certain groups (the

upper classes). This policy was implemented because if pencak silat was taught to all natives, it was feared that it could threaten the existence of the Dutch colonialists. In the modern era, pencak silat has undergone a transformation into a competitive sport and remains an important part of cultural heritage. In the process of its development, in Indonesia in particular, pencak silat is not only seen as a sport or martial art, but also as a means of preserving culture and increasing physical and mental fitness.

In preparation for competition, pencak silat athletes undergo intensive and structured training that not only focuses on developing technical skills but also improving physical, mental and tactical conditioning. This training often includes strength training, endurance, flexibility, as well as specific pencak silat techniques such as punches, kicks, catches, and locks. This is in line with what was conveyed by Iswana & Siswantoyo (2013: 34) who stated that all pencak silat sports involve large muscle activity, and have similarities in the biomotor components described above such as speed, agility, coordination and strength. Apart from that, match strategy is a crucial aspect in an athlete's preparation, where the athlete must learn to read the opponent's movements, anticipate attacks, and adapt the athlete's fighting style according to the match situation. Coaches and athletes work closely together to develop effective match plans, which not only focus on the opponent's strengths and weaknesses but also optimize the athlete's own strengths and fighting style. Through this comprehensive training process, Pencak Silat athletes are prepared not only to demonstrate their skills in competition, but also to bring dignity and honor to this martial art on the international stage.

The increasing level of competition has brought consequences in the form of a higher risk of injury to pencak silat athletes. Prakoso & Rochmania (2018: 1) this risk of injury can occur in pencak silat athletes in the competition category in a match. Along with the recognition of pencak silat as a sport at international events such as the SEA Games and Asian Games, the pressure to excel pushes athletes to exceed the limits of their physical and mental abilities. This often leads to situations where athletes may perform movements with extreme speed and force, increasing the chance of injuries such as sprains, muscle strains, and bone fractures. This risk is exacerbated by the high frequency of training and intense competition, where athletes often have to compete with little time for recovery. Therefore, it is important for coaches and athletes to implement a balanced training strategy, which includes aspects of injury prevention, strength and flexibility training, and adequate recovery, to ensure that athletes can compete safely without compromising the athlete's health and well-being.

The source of injury in pencak silat can come from various factors, one of which is incorrect technical movements. Saragiotto (2014: 137) the main factors attributed as responsible for injury were over-training and incorrect sports techniques. Athletes who do not practice technique correctly risk injury, especially

when athletes use excessive force or unstable body positions. Apart from that, physical contact between athletes during a match can also be a source of injury. Body contact or hard impacts during a duel can cause injuries to certain parts such as the head, chest or extremities. Physical and mental fatigue can also contribute to injury risk. When athletes are physically and mentally fatigued, they may lose the focus and control necessary to maintain proper movement and technique, increasing the risk of serious injury. It is therefore important for pencak silat athletes to understand the types of injuries that may occur and take appropriate preventive measures in training and competition.

There are several factors that can increase the risk of injury in pencak silat, one of which is high training intensity. Bahrudin (2013: 9) states that the high level of injuries experienced by athletes is also due to the high intensity of their training. When athletes undergo very intense and frequent training, the athlete's body can experience excessive fatigue, increasing the chance of injury. The conditions of the training environment also play an important role. An unsafe or unprotected environment can be a risk factor, especially if there are physical hazards such as slippery surfaces or cramped exercise spaces. Inadequate equipment can also increase the risk of injury. Athletes who do not use appropriate protective equipment, such as head protection or hand protection, may be more susceptible to injury during competition or practice.

Treating injuries in pencak silat is very important to ensure a quick and proper recovery. First aid is a crucial first step. This is in accordance with what Rachmawati (2021: 143) said: First aid is a crucial thing that must be done to prevent fatal injuries. When an injury occurs, athletes and coaches must immediately provide appropriate first aid. This may involve measures such as applying ice packs to reduce swelling, resting the injured area, and elevating the injured body part if necessary. Additionally, it is important to assess the extent of the injury and when to seek further medical assistance. More serious injuries, such as broken bones or severe ligament injuries, require immediate professional medical attention. Delaying seeking medical attention in cases of serious injury can worsen the condition and slow down the recovery process.

METHOD

This research is included in qualitative descriptive research in the form of a survey, aimed at describing phenomena by collecting and analyzing qualitative data. In accordance with the view of Kim et al., (2017) that qualitative descriptive research describes the characteristics or circumstances of a phenomenon without measurement or statistical analysis. In pencak silat, this research can provide an understanding of injuries that occur in pencak silat matches in the sparring category. Through a qualitative approach, this research can obtain data that is

collected systematically and analyzed statistically to group the types of injuries experienced by adolescent pencak silat athletes.

The subjects of this research were teenage pencak silat athletes who joined high school sports classes in 3 schools, totaling 30 people. The age of pencak silat athletes in sports classes is 14-17 years. Pencak silat athletes who have participated in regional, national and international championships. Research subjects have specific criteria for describing accurate variables (Cypress, 2017).

RESULTS

This research provides a clear picture regarding injuries that occur in adolescent pencak silat athletes in special sports classes. The sparring category of pencak silat is very vulnerable to injury, the effects of physical contact between attack and defense. This is supported by the high intensity of matches according to the regulations applicable in pencak silat. Movement of hand and foot attacks on targets on the body with the prohibition against carrying out hand and genital attacks. An attack is considered incoming if it is unimpeded or blocked by the opponent. Silat fighters often experience imperfect movements or techniques which can cause injuries to the hands, feet, head and body. Injuries can occur during training or actual matches. The results of research on youth pencak silat athletes in special sports classes can be shown in the following table:

Table 1. Injury Data for Pencak Silat Athletes in the Youth Competitive Category, Special Sports Class

No	Jenis Cidera	Frekuensi	Presentase
1	Kepala	10	9,26
2	Badan	5	4,63
3	Tangan	50	46,30
4	Kaki	43	39,81
Total			

The research results showed that head injuries were 9.26%, body injuries were 4.63%, hand injuries were 46.30%, foot injuries were 39.81%. Based on this data, it appears that hand injuries are greater, followed by foot injuries, head injuries and body injuries.

DISCUSSION

Injuries among youth pencak silat athletes in the special sport category of fighting are more often hand, foot, head and body injuries. Head injuries often occur due to collisions or attacks from out-of-control hands or feet or impacts from

parrying which result in a trajectory that leads to the head, so head protection is needed so that safety and head injuries can be overcome according to the findings of Hammami et.al., (2018). Which highlights that inadequate head protection at high intensity physical contact contributes to head injury. Injuries to the legs usually occur due to the impact of hard objects on the opponent's body parts during attacks and defenses, and can also occur due to an unprepared stance when taking a kick towards the opponent. Slippery or uneven field conditions cause fighters to fall and be hit by the opponent's body, resulting in injuries to the appropriate limbs (Behar et al., 2019). Hand injuries are often caused when pencak silat athletes carry out punches, parry opponents and grip when performing slamming techniques. Hand position and strength endurance greatly determine hand attack techniques.

CONCLUSION

The research results showed that head injuries were 9.26%, body injuries were 4.63%, hand injuries were 46.30%, foot injuries were 39.81%. Based on this data, it appears that hand injuries are greater, followed by foot injuries, head injuries and body injuries.

Conflict Of Interest

This research is preliminary research to determine the injuries experienced by pencak silat athletes in the competition category in special sports classes. By knowing the injuries experienced, you can minimize injuries to special sport class pencak silat athletes who are young and have a higher career stage. Research will continue with the psychological impact when an injury occurs. The psychological impact of injury is important for teenage pencak silat athletes when deciding to stop or continue their career as a pencak silat athlete in the competition category.

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