



Determination of Emotional Quotient (EQ) in Pencak Silat Athletes

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Abstract

This research aims to analyze the level of Emotional Quotient (EQ) of pencak silat athletes in Center for Education and Student Sports Training (PPLP) Central Java. Emotional quotient (EQ) is an important psychological factor that influences athletes' performance in facing competitive pressure. The EQ components measured include emotional stability, emotional strength, and emotional satisfaction. This research used a quantitative approach with a survey method, involving 14 athletes in the competition category. Data collection was carried out through the EQ test which consisted of 75 questions. The test results showed that in the EQ stability component, 42.9% of athletes were classified as very established, 50% were established, and 7.1% were less established. For EQ strength, 92.9% of athletes were in the balanced category and 7.1% were in the weak category. In the EQ satisfaction component, 42.9% of athletes felt very satisfied, 50% were satisfied, and 7.1% were disappointed. These results show that the majority of athletes have quite good emotional stability, but some still need improvement, especially in emotional satisfaction. Coaches are advised to pay more attention to developing the emotional aspects of athletes to support optimal performance in competition.



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INTRODUCTION

Indonesia is a country rich in cultural diversity, and one of the well-known cultural heritages is the martial art of pencak silat. The existence of pencak silat is proof of the richness of Indonesian culture, where this martial art is a legacy from ancestors that has received official recognition (Lubis & Werdayo, 2016). On December 12 2019, Pencak Silat was officially recognized by UNESCO as an Intangible Cultural World Heritage (Ediyono et al., 2022). In its recognition, UNESCO also stated that pencak silat has the ability to unite the nation because of the values of friendship and mutual respect contained in it.

Pencak silat is a form of self-defense that requires concentration and harmony between the mind, body and soul of the practitioner to produce the highest possible self-awareness in order to control oneself and apply it in a series of movements (Latifah & Jariono, 2021). Pencak silat in Indonesia has become part of "way of life" for its practitioners in everyday life (Khairunnisa, 2024). Indonesian pencak silat is unique compared to pencak silat from other countries, because apart from functioning as a martial art, it also contains spiritual values that teach closeness to God (Narulita et al., 2019).

As a traditional sport, pencak silat not only maintains its cultural roots, but has also developed into a competitive form of martial art, as seen in the many competitions at regional, national and international levels. This competition is a

benchmark for athletes' achievements, which is also a gateway to the development of professional athletes. Sports achievements reflect an athlete's ability to achieve the best results in competitions, both individually and as a team (Aghna Nugraha et al., 2021)

Sports achievement is the peak performance of a sportsman or athlete achieved in a competition, after going through various kinds of training and trials. High achievements that can be achieved in competitions are every athlete's dream. Sports performance reflects an athlete's ability to achieve the best results, both in teams and individually, in competitive competitions (Aghna Nugraha et al., 2021).

The pencak silat sport was developed into a competitive sport that requires several aspects, one of which is managing the athlete's emotional stability. Pressure in a competition plays a role in an athlete's performance, for example pressure from a coach who gives an athlete a championship target, this is a pressure in itself for the athlete's mentality, and it is necessary to control emotions in order to minimize the pressure so that it does not affect the athlete's performance.

According to (Liew et al., 2019) Athlete success or failure is multifactorial. It depends on the combination of many factors including physical, tactical, technical and psychological factors. Apart from physical, technical, tactical and psychological aspects also contribute to

improving athlete performance or achieving maximum performance in sports, including pencak silat. The term "champion mentality," which is associated with the psychological psychology that a champion must have in order to become a champion. A champion's mentality is someone who has skills that are not acquired or given to them from birth, but rather are developed as a result of the athlete's own motivation and the environment around him (Maksum, 2022). Psychological skills or also called mental skills are systematic strategies and methods that are deliberately designed to improve athlete performance by improving their mental or psychological skills (Dongoran et al., 2019). Athletes are the main actors who make their own efforts in facing pressure such as pressure from opponents or spectators, the possibility of failure, to achieve success (Assegaf & Akhiruyanto, 2021). In psychology, you can learn about athletes' mentality in managing their emotional abilities.

Psychology can be defined as a science that studies and examines human behavior in relation to the environment (Kurniawan et al., 2021). The process of athlete growth and development does not always go as expected because there are various influencing factors where each athlete has a different environmental cycle from one to another (Ajhuri, 2019). Studying growth and development is a "guideline" for assessing the average physical, intellectual, social and emotional changes (Suryana et al., 2022).

Sports psychology is one of seven theoretical fields which constitute the "body of knowledge" of sports science (Farda Kurniawan et al., 2020). It can be interpreted that athletes' psychological skills are important and must be possessed and learned by combat sports athletes none other than the sport of pencak silat.

Psychological skills that influence an athlete's success or performance include motivation, self-confidence, anxiety control, mental preparation, team pressure, and concentration (Nopiyanto et al., 2021). This influence can be measured through Emotional Quotient (EQ) (Mamangkey et al., 2018).

In psychology, Emotional Quotient (EQ) is an important aspect that influences how individuals interact with their own emotions and those of others (Goleman, 2024). Emotional Quotient (EQ) involves managing emotions in the form of self-awareness, self-regulation, motivation, empathy, and social skills. At its highest, Intelligence Quotient (IQ) contributes approximately 20% of the factors that determine success in life, 80% is filled by strength or other factors and a person's motivation plays a very important role, this can be seen from the ability of Emotional Quotient (EQ) (Goleman, 2024). It can be interpreted that the determinant of a person's success is not only intelligence ability alone, but there are other factors in which a person's desire to develop can open up opportunities for success.

Success in achieving a high score on an Intelligence Quotient (IQ) test may only be an indication of potential for success in academics or in a career as a professor, but this view becomes less and less relevant as life goes on. Psychologists such as Sternberg and Salovey have expanded the concept of intelligence, seeking to understand what humans need to achieve success in life. Their research again emphasizes the importance of "personal" intelligence or Emotional Quotient (EQ) (Goleman, 2024).

An individual's emotional level can inhibit or increase the ability to think in planning things needed to achieve long-term goals, solving problems. Emotions determine the limits of our ability to use our mental potential, which influences success in life. Enthusiasm and satisfaction from what we do, as well as optimal levels of anxiety, can encourage the performance of pencak silat athletes. Emphasizes that although Intelligence Quotient (IQ) can predict success, Emotional Quotient (EQ) is an important determining factor, especially if intellectual abilities are in the same range. Everyone can achieve success, including pencak silat athletes, in achieving their achievements (Goleman, 2024).

In this study, psychological skills will be analyzed to determine the emotional quotient abilities possessed by pencak silat athletes at the Student Sports Education and Training Center (PPLP) which are very necessary to face various pressures, both pressure during training and during matches..

METHODS

In this research, researchers used descriptive research methods through a quantitative approach. According to (Sugiyono, 2019) the quantitative descriptive research method aims to describe a phenomenon, event, symptom and event that occurs factually, systematically and accurately. Phenomena can take the form of forms, activities, relationships, characteristics as well as similarities and differences between phenomena.

Participants

Population is all elements that are used as an area of generalization, population elements are all subjects that can be measured for research (Sugiyono, 2019). The population in this study were Pencak Silat athletes from the Central Java Student Sports Education and Training Center (PPLP) in the competing category totaling 14 athletes.

Sampling Procedures

This research was conducted at the Central Java Pencak Silat PPLP, with samples selected based on a census/total sampling, the sample in this study was all Pencak Silat athletes in the Central Java Student Sports Education and Training Center (PPLP) in the competition category totaling 14 athletes.

Materials and Apparatus

The research instrument used in this research was the Emotional Quotient (EQ) ability test. The emotion recognition

test consists of 3 components, namely the emotional stability test, emotional strength test, and emotional satisfaction test, each component consists of 25 questions with a total of 75 questions that can be done in 45 minutes (Fauji, 2020). To determine the validity and reliability of the Emotional Quotient (EQ) test instrument, researchers conducted a trial of the instrument consisting of a test of Emotional Quotient (EQ) stability with 25 questions, strength of Emotional Quotient (EQ) with 25 questions, and satisfaction Emotional Quotient (EQ) with 25 questions. question.

Table 1. Validity of EQ Ability

Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted	N of Items
.442	.871	25
.622	.935	25
.449	.875	25

Table 2. Reliability of EQ Ability

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.876	.881	25
.938	.946	25
.879	.883	25

Procedures

The first stage carried out by researchers was to make observations to see conditions in the field, and coordinate with the trainer. Then the researcher asked permission from BPLOP Central Java as the person responsible for PPLP

Central Java athletes for research. After obtaining permission to conduct research, the researcher tested the validity of the questionnaire first and found that the questionnaire was suitable for use as a research instrument.

Implementation stage, at this stage the researcher distributed questionnaires to respondents directly by visiting the training ground located at Jatidiri GOR using a test sheet.

Data analysis stage, at this stage is carried out after all questionnaires have been filled in by respondents and the data will be processed and analyzed using percentage descriptive techniques.

Design or Data Analysis

This research uses a trial instrument, with one shot or only one measurement. Researchers distribute questionnaires or questionnaires for the first time, the results of one distribution of the questionnaire will be used on actual research subjects. Giving questionnaires or questionnaires to respondents face to face using the emotional quotient (EQ) test sheet. Then the data will be processed by researchers using descriptive percentage techniques.

Table 3. Percentage of EQ Establishment Value

Percentage %	Category
80-100	Very Established
48-79	Established
0-47	Not enough

Table 4. Percentage of EQ Strength Values

Percentage %	Category
80-100	Strong
48-79	Balanced
0-47	Weak

Table 5. Percentage of EQ Establishment Values

Percentage %	Category
80-100	Very satisfied
48-79	Satisfied
0-47	Disappointed

RESULT

This research aims to determine Emotional Quotient (EQ) abilities where Emotional Quotient (EQ) is part of psychology. Psychology itself is related to sports, especially in the sport of pencak silat. This research used data collection by carrying out Emotional Quotient (EQ) ability tests on 14 Central Java PPLP athletes in the fighting category of pencak silat sports directly at the Jatidiri GOR training location.

Table 6. Descriptive EQ Capabilities

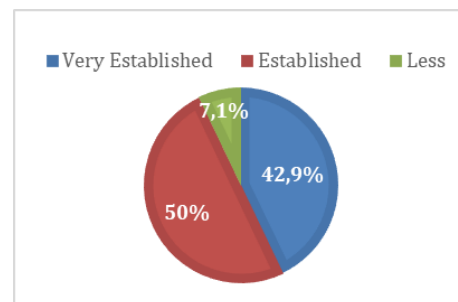
	N	Min	Max	Mean	Std. Deviation
Kemampuan	14	22	38	30.14	4.258
Kekuatan	14	22	48	36.86	5.829
Kepuasan	14	10	44	35.86	9.164
Valid N (listwise)	14				

Based on the results of data analysis, 14 samples were analyzed for three main variables, namely stability of Emotional Quotient (EQ), strength of Emotional Quotient (EQ), and satisfaction of Emotional Quotient (EQ).

For the Emotional Quotient (EQ) stability variable, the minimum value obtained is 22, the maximum value is 38, with an average (mean) value of 30.14 and a standard deviation of 4.258. For the Emotional Quotient (EQ) strength variable, the minimum value is 22 and the maximum is 48, with an average value of 36.86 and a standard deviation of 5.829. Meanwhile, for the Emotional Quotient (EQ) satisfaction variable, the minimum value is 10 and the maximum is 44, with an average of 35.86 and a standard deviation of 9.164.

Table 7. Distribution of EQ Establishment

	Frequency	Percent (%)
Very Established	6	42.9
Established	7	50
Less	1	7.1
Total	14	100.0

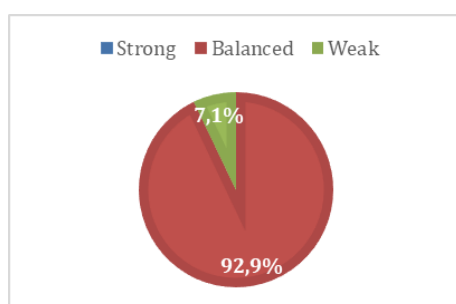


Frequency analysis of Emotional Quotient (EQ) establishment from a total of 14 athletes, it was found that the majority were at a high level of Emotional Quotient (EQ) stability, namely in the “Established” and “Very Established” categories. A total of 50% of respondents or 7 individuals belonged to the “Established” category, while 42.9% or 6 individuals belonged to the “Very

Established” category. Only one individual, or 7.1% of the sample, was in the category of “Less”.

Table 8. Distribution of EQ Strength

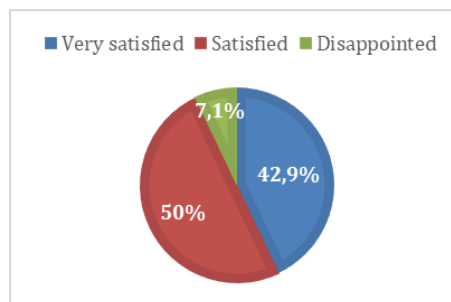
	Frequency	Percent (%)
Strong	0	0.0
Balanced	13	92.9
Weak	1	7.1
Total	14	100.0



In the Emotional Quotient (EQ) ability distribution table, there are grouping categories based on the strength of the individual's Emotional Quotient (EQ). The results show that out of a total of 14 athletes, 92.9% or 13 athletes have a “Balanced” level of Emotional Quotient (EQ), while only 7.1% or 1 athlete is at the “Weak” level of Emotional Quotient (EQ). None of the respondents fell into the strong Emotional Quotient (EQ) category, indicating a predominance of Emotional Quotient (EQ) at a balanced level among the athletes.

Table 9. Distribution of EQ Satisfaction

	Frequency	Percent (%)
Very satisfied	6	42.9
Satisfied	7	50
Disappointed	1	7.1
Total	14	100.0



Frequency analysis of Emotional Quotient (EQ) satisfaction from a total of 14 athletes, it was found that the majority were at a high level of Emotional Quotient (EQ) stability, namely in the “Satisfied” and “Very satisfied” categories. A total of 50% of respondents or 7 individuals belonged to the “Established” category, while 42.9% or 6 individuals belonged to the “Very Established” category. Only one individual, or 7.1% of the sample, was in the category of “Disappointed”.

DISCUSSION

Psychological aspects are an important part of the athlete's training process. Emotional Quotient (EQ) is a mental aspect that greatly influences athletes' achievements. So athletes are expected to have the ability to overcome all mental problems quickly so that problems that arise do not interfere with the quality of the athlete's performance.

The achievement process is carried out with programmed, structured and systematically planned training preparation in order to achieve optimal achievement targets for athletes. To achieve optimal achievement is supported by emotional intelligence factors (Fitria et al., 2023).

The emotional quotient aspect itself consists of self-awareness, self-regulation, motivation, empathy and social skills (Daniel Goeleman, 2024). In this research, the five aspects are packaged in 3 Emotional Quotient (EQ) tests consisting of sustainability, strength, and Emotional Quotient (EQ) satisfaction, which in each aspect of the question is categorized into 3 levels.

Emotional Quotient (EQ) stability is divided into very stable, stable and less. Athletes who have very strong emotional stability tend to have emotional stability, self-confidence, are careful and strong. Athletes have confidence and self-confidence that is maintained even in critical situations or under pressure. Athletes are not stressed by feelings of anxiety that dissolve so that it affects aspects of their health. Athletes have empathy and sympathy for the environment, and can be role models in their environment. Emotional Quotient (EQ) stability is divided into very stable, stable and less. Athletes who have established emotional stability tend to have sufficient emotional balance, even though sometimes athletes feel under pressure, they can deal with it well, be patient, and remain cool-headed in dealing with emotional pressure. Athletes occasionally feel confused worries in their emotional stress, and occasionally feel shaky about the decisions they make. Athletes are able to maintain relationships with their environment quite well, have a good sense of empathy and a social spirit towards their environment. Athletes who have unstable emotional

stability tend to be very emotional or unstable and tend to be temperamental, easily angry, hasty, passionate, sentimental, easily moved, worried and indecisive. Athletes are easily stressed by the circumstances they face so they are easily swayed, apart from that, athletes also tend to often have problems with their environment because they cannot control their emotions in communicating.

Emotional strength is categorized into 3, namely strong, balanced and weak. The strong category of athletes is described as tending to have very strong emotions, high optimism and determination. Athletes know the exact decisions they have to make without feeling discouraged. Emotionally, he is far from frustrated and always has alternatives in solving the problems he faces. Athletes with balanced emotional strength are described as tending to be stable, but in certain situations they feel indecisive, doubtful, tentative, and indecisive.

Emotional satisfaction is classified into 3 categories, namely very satisfied, satisfied and disappointed. Athletes who have very satisfying emotions tend to feel satisfied and enjoy enjoying their lives from everything they have experienced. Almost never do things against the desires of the heart, feel peaceful, happy. The happiness you feel has an impact on your surroundings. Athletes who have a satisfied satisfaction category tend to be quite satisfied in their lives. Athletes tend to feel complacent, but it is unthinkable that this tendency can hinder self-development. Athletes

suppress the ambitions they have, without realizing that the ambitions they have are potential, and at some point will feel frustrated by the decisions they have taken. Athletes who have emotional satisfaction in the disappointed category tend to feel that the world is unfair to them, so that athletes never feel satisfied with everything that happens to them, often rebel because of the existing pressure, in this situation it has the potential to create feelings of frustration, stress thinking that life is too short and there is not enough time to develop.

One of the factors that greatly influences victory in sports matches is intelligence (Fazari et al., 2017). The intelligence possessed by athletes is Intelligence Quotient (IQ) and Emotional Quotient (EQ) (Minarni et al., 2019). Emotional Quotient (EQ) is an important factor for an athlete in mastering emotions. The emergence of emotional feelings in individuals when competing can result in anxiety, emotional ups and downs, and doubts in making decisions. This can affect the athlete's performance (Swidinata et al., 2023).

Psychological aspects are an important part of the athlete's training process. Emotional Quotient (EQ) and achievement motivation are mental aspects that greatly influence athletes' achievements (Ilmawati et al., 2018). Mental planning in martial arts is an integral part of match preparation, starting and maintaining optimal performance during the match, even after the match (Dongoran et al., 2019). Therefore, a strategy is needed in the

form of mental training in managing athlete emotions. By doing mental training, athletes will be able to manage their own psychological conditions, both reducing the level of "negative" aspects, such as stress or anxiety, and increasing "positive" aspects such as self-confidence (Irwanto & Romas, 2019).

CONCLUSION

Based on tests *emotional quotient* (EQ) obtained varying results, in the EQ stability of Central Java PPLP pencak silat athletes, the lowest value was 22, in this case it can be presented that there are athletes who have unstable emotional stability, this requires action in the athlete's psychological aspect, at least the athlete has Emotional stability is in the established category. The strength test shows that the results have the lowest value which needs improvement and in the emotional satisfaction test there is a lowest value of 10 which really needs improvement. PPLP trainers, especially in the pencak silat sport category, need to carry out evaluations in mental training, so that athletes have psychological stability which can provide athletes with more opportunities to become professional athletes in the future.

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