

MORE THAN JUST A COACH: A CASE STUDY OF THE COACH'S ROLE AS A PROVIDER OF SOCIAL SUPPORT FOR PENCAK SILAT ATHLETES

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Abstract

This study aims to examine the role of the coach as a social support provider who is closest to athlete and influential in providing both technical direction and moral guidance to the athletes he trains. The social support provided by the coach can have a positive impact on athletes both when competing and in everyday life. The method used in this research is qualitative with a case study approach, involving three pencak silat coaches as resource persons with semi-structured interviews. The results showed that pencak silat coaches have an important role in shaping the character of the athletes they train, both before and during competition. The social support provided by the coach is not only limited to technical material. However, character and moral development is very important to be applied as a fighter who is not only skilled in martial arts but also has good ethics in his daily life both in the family environment or the surrounding community. In addition, it can also improve the competing performance of pencak silat athletes to have mental toughness, self-confidence and optimism when competing in championships.

Keywords: coach, pencak silat, social support, athletes

Introduction

Sport is a type of activity that is more likely to involve physical members in the field of sports, but psychological conditions also provide a positive stimulus to improve the quality of health and keep the body fitter (Ramadhan & Bulqini, 2018). In the world of sports there are different types of sports and different levels of play and competition. One of them, is the sport of pencak silat which contains art and fitness when competing (Lubis et al., 2022). In contrast, athletes from other team sports such as golf, basketball and tennis have experienced a decline in recent years (Brymer et al., 2020).

Indonesia is not only famous for its natural resources, but has a variety of traditions in each region. Like pencak silat, which is a tradition that has been passed down from generation to generation and was included in UNESCO as an intangible cultural heritage in the world in 2019. The pencak silat organization was first established in Surakarta in 1948 and was only officially recognized in 2019. In 1950 in the city of Yogyakarta, which is known today as the Indonesian Pencak Silat Association (Pratama, 2018). In pencak silat matches there are two categories that are competed, namely art and sparring. In the Monday category athletes only display movements and there are tools such as golo, toya, trident and can display with bare hands. Whereas in the sparring category athletes will face opponents and compete with each other in strength or technicalities such as punches, kicks, scissors and stabs in order to get points from

opponents (Lubis et al., 2022). These are body protectors, gentle cups (for men) and other equipment (Tangkudung et al., 2020).

The beginning of martial arts appeared actually since there were humans living for the first time as a form of self-defense, because this martial arts exists as a form of protection against yourself if you get threats from the surrounding environment such as from threats from other humans or wild animals. Warfare also occurs from ancient times to the present. Martial arts itself is an attempt to protect oneself or others from dangerous threats (Milford, 2021). Usually this sport is carried out by pitting two people to fight until someone becomes the winner. The results showed that providing social support to martial arts athletes can reduce competitive anxiety when competing and can reduce the level of anxiety, fear of losing in competition, lack of confidence which can later encourage martial arts athletes to be able to perform their best performance when competing (Kasyfillah & Utami, 2023).

Athletes who get social support are very influential to be more motivated to compete, so they can show their best performance during the match. As shown in the 2018 Bukittinggi city pencak silat PORPROV match that athletes experience anxiety when competing, which disrupts their performance when competing, the coach has an important role to help his athletes when competing. Of the 15 athletes deployed, only 3 won bronze medals. This is due to the lack of support from the coach and the local government, who evident when the coach was not present at the match (Andi & Aulia, 2019).

At the National Student Sports Week (POMNAS) one of the athletes named Desyla won a gold medal, this is the support provided by a coach who communicates to his parents that his child has a talent in pencak silat. From this incident, the coach began to educate him from grade 3 SD until now he is still practicing and participating in championships, as well as support from his parents who always support him when competing (detik.com, 2023). Coaches have an important role in pencak silat athletes such as in Ciamis, the Deputy Regent provides a level of coaching standardization. This is one of the steps to improve the quality of pencak silat athletes, because efforts to improve the quality of coaches are made to produce athletes who are able to compete in the national and international arena (portal.ciamis.go.id, 2024).

From interviews conducted with the pencak silat coach of the Pagar Nusa perguruan at PAC Kesamben Jombang, it shows that the coach has an important role in his athletes, the coach not only teaches techniques but as a mentor and motivator for his athletes. Because it has a big impact on the psychological and mental development of athletes. Therefore, being a coach is a heavy responsibility where we also have to educate their manners well in their social and family environment. As the saying goes it is better to be stupid but have manners, than smart but have no manners. It is also emphasized to athletes to remain humble and not arrogant.

According to Rumahpasal et al (2020) explained in their research that one of the external factors in the form of social support has an important role in increasing achievement motivation in athletes. Social support is a form of encouragement received by individuals from people closest to them such as parents, friends and close people such as their athlete coaches who care about other individuals (Zimet et al., 1988).

In social support, there are several forms of social support provided to other individuals such as in the form of emotional, material, motivational, and emotional support (Terok & Huwae, 2022). The aspects of social support are support from family, friends and the closest people such as coaches of martial arts athletes. The first aspect is the social support that individuals get from the family environment. The second aspect, social support obtained by individuals from peers can be from school friends and

teammates. The third aspect, social support obtained from the closest person who has a close relationship means that it can be from the coach.

An athlete mostly spends time at home with parents other than at the training ground or playing field. Therefore, individuals who get social support from parents will have a positive impact on athletes at home to develop potential or motivation from moral messages given by parents at home (Siswanto et al., 2019). Social support provided by parents to their children can increase achievement motivation such as providing moral support and providing facilities for training. In addition, support from friends also has a positive impact on athletes, because support from friends usually provides emotional closeness that can increase achievement motivation in athletes (Omchan, 2019).

Social support can arise from external and internal sources such as giving verbal and nonverbal advice that has a positive impact on a person. In a broad sense, social support refers to social interactions aimed at encouraging positive outcomes in individuals (Brown et al., 2018). Social support is support that can have a positive impact from someone to an individual who causes someone to feel loved, valued and respected (Faried et al., 2018).

The coach's support has a very important role in increasing achievement motivation in athletes, because some of the athletes' time is also spent at the training ground. The coach has a role in the process of training athletes both in terms of mental, technical and moral. Because the coach knows better the thinking patterns of his athletes when competing (Supriyanto, 2019). The coach also has a role to build motivation in athletes such as providing a routine training schedule, providing training programs and providing moral support to increase the enthusiasm of athletes when competing (Putra, 2018).

Providers of support, duration of support, ability of support, and acceptance of support are the driving factors of social support (Mansur et al., 2020). The giver of social support is who and the role of others in helping others. The type of assistance in the form of goods, knowledge, or affection given to someone is considered a form of social support. The effectiveness of social support is determined by the length of support. Social support capacity indicates how much or how little support others actually provide to a person.

The role of pencak silat coaches is very important in providing social support to the athletes they train. The role of the coach is not only to train and become a champion but can change bad behavior to be good again, using the religious material approach given by the coach to be able to form good morals or manners as a fighter. In previous studies, no one has seen the role of the coach in providing social support to athletes, therefore this study will look at what role a pencak silat coach plays in educating the athletes he trains.

Method

This research uses qualitative research methods with a qualitative type of case study. Qualitative research is defined by research that uses an interpretive or theoretical framework that forms a study of research problems regarding the meaning that certain individuals or groups have on human or social problems. The sampling technique used was purposive sampling. This research was conducted on October 18-20, 2024 in Jombang. The research participants amounted to 3 pencak silat coaches who had different support styles for the athletes they trained. The main criteria for participants in this study are coaches who have been involved in the world of athletes and championships for a long time. The research procedure begins with building rapport with research participants. Then the researcher conducted an in-depth interview by asking questions about the social support provided by the coach to his athletes. Data collection in this study used interviews

and observation. This research has had participant approval by using informed consent as proof of agreement with participants and research ethics.

This research was conducted to find out case studies that occur to pencak silat coaches who have an important role to provide support, motivation and guide good behavior (morals) to athletes in training. The participants in this study are friends who train martial arts in their respective places. There are several stages of data analysis in this study; the first stage, the results of the interviews that have been transcribed or verbatim repeatedly to find meaning in the interview results. Second, researchers coded the data by giving marks or notes on texts that were considered important. Third. Researchers conducted coding that had similar meanings or characters grouped in one category. Fourth, several categories were organized into research themes which were then explained in the presentation of research data findings.

Result and Discussion

Based on the results of data analysis from the interviews of martial arts trainer subjects conducted by researchers, the following conclusions can be drawn:

Theme 1: The Coach's Role in Providing Moral Social Support

Coaches play an important role in providing social support to the athletes they train, especially during matches. The coach not only trains physically but also trains in terms of morals, morals and good manners such as the noble values contained therein and as a fighter must also have a good character so as not to behave aggressively towards others. There are several ways that coaches can shape good character in the athletes they train such as providing motivation, moral messages and religious understanding provided by the coach in providing social support as a provision for martial arts athletes other than technical material. As found by researchers from the following interview transcript statement:

"So before the practice starts there are senior teachers or our elders giving tausiah or moral messages related to religious material in everyday life and before that also invite students do istighosah together to purify their hearts and minds before the training starts." (Subject 1)

"Athletes can become even better, such as having good manners, having good character and training that is trained not only physically but behavior, their morals must also be trained to be better, usually parents will be happy to see their children excel and have good morals." (Subject 2)

"Yes, like character, morals, that's usually the coach's job too. Not just teaching pencak silat material but also being able to change bad behavior to good in everyday life." (Subject 3)

Furthermore, there are several coaches in providing social support to the athletes they train when they experience defeat when competing by providing motivation so that they can be enthusiastic again in practicing and not giving up hope take part in the pencak silat competition. As explained in the following interview transcript:

"If the athlete experiences defeat, do not necessarily blame the athlete and continue to support by providing motivation to keep up the spirit, for example 'it's okay to consider defeat as a form of process towards victory'. The point is patience and enthusiasm if you lose get up again by continuing to practice hard." (Subject 1)

"Motivating athletes not to repeat tomorrow, must be increased again training. And usually if not motivated the athlete will say 'I lost yesterday' so he will be lazy to take part in the match, so it is important to encourage and never give up athletes." (Subject 2)

"To handle it when the athlete comes to the training ground we are alone to chat one-on-one, provide motivation because people like that cannot be given motivation together with their training friends, it must be one-on-one or special assistance to handle their mentality so that it is even better." (Subject 3)

Pencak silat coaches not only provide technical material but must be able to provide social support to their athletes. In addition to having a good character such as In Islamic teachings, the coach must also be able to motivate his athletes.

Theme 2: The Effect of Coach Social Support on Athlete Performance

Social support from the coach has a positive impact on athlete performance. Therefore, it is important for coaches to be able to improve the performance of martial arts athletes such as providing attack techniques or providing additional training schedules before the match starts and evaluating the development of the athletes they train. As found by researchers in the following interview transcript:

"When conducting an evaluation, usually in the first week the material is given, next week it will be checked again whether it can memorize the movements taught by the coach or repeat the material taught, and if the athlete can memorize the movements, it will be added to the next level because every child must have a different level of understanding." (Subject 1)

"A coach must have quick thinking, for example if the opponent's match often uses kicks, so we must give our athletes directions to counter the opponent's attacks and usually use hand movement codes, so the tactic is to observe the enemy's attack and then give directions to the athlete through the code that has previously been given to our athletes." (Subject 2)

"The pattern is that the first 1 week of physical improvement, the second week of improvement for the material in the third week of light material or debriefing and the last 1 week is just for a warm-up or light exercise so that athletes do not get injured near the day of competition." (Subject 3)

The statement above shows that it is necessary to evaluate the training and attack techniques given by the coach to his athletes to be able to improve performance and skills when competing. Therefore, the pencak silat coach must be able to see the development of each athlete he trains and must have a quick thinking pattern when giving directions to counter the opponent's attack when competing by giving the code that the coach has given.

Theme 3: Communication Patterns between Coaches and Parents in Providing Social Support

Good communication needs to be carried out between parents and pencak silat coaches in providing social support to children or athletes who are trained. So parents can communicate related to their children's problems at home such as lazy worship, skipping school, being brave with parents, communicating related training schedules to the coach. As found by researchers in the following interview transcript:

"Often, there is one of the student guardians who tells me that their child is stubborn when at home. From I will advise the child not to do things that hurt his parents' feelings at home." (Subject 1)

"And communication with parents is also necessary in the training process so that they can find out the characteristics of the child as a provision for the coach in training his athletes later and can be given permission to train when before the match needs an additional schedule again mas." (Subject 2)

"Communication with athletes is very important not only with athletes but athletes with parents, because if communication with athletes is bad, athletes are automatically difficult to manage and if communication with parents is also bad, the

problem of licensing for additional training must be difficult. So communication is important for coaches not only to athletes but to their parents as well.” (Subject 3)

The conclusion of the above statement shows that the communication pattern between parents and coaches must be well maintained. Parents can communicate with the coach regarding poor behavior at home so that the coach can assist in providing direction to their child. If communication is poor between athletes and parents, it will have a negative impact on licensing issues and athletes will be difficult to manage.

Theme 4: Treating Athlete's Competitive Anxiety when competing

As a coach, you must be able to provide solutions when athletes experience anxiety when competing by providing social support to athletes such as praying before competing, reflecting so that they can calm down and not put excessive pressure on athletes. As explained in the following interview transcript:

“Indeed, all coaches definitely want their athletes to be number one but it would be nice not to put excessive pressure on them, it will become indirect pressure on them, and provide more motivation such as du try to perform your best when competing and if you experience failure, it is considered as learning in the future.” (Subject 1)

“Motivating to make sure you can and definitely can is important because if there is no motivation, athletes will definitely experience down and even bring up negative thoughts such as losing and so on. And the role of the coach must often provide support to his athletes so that they are equally confident of becoming champions.” (Subject 2)

“Usually half an hour before competing I tell them to be alone in a quiet place so that they can increase their focus in the match and release negative thoughts, before the match starts when they are in the corner, I motivate the athletes, for example, play well, play loose, give their best.” (Subject 3)

There needs to be coach social support when athletes experience pressure, anxiety and stress when competing. As in the explanation above that there are several ways that can be done by not giving high demands to athletes and can also do self-reflection before competing to reduce the anxiety level of athletes when competing.

Theme 5: Building a Champion's Mentality in Pencak Silat Athletes

In the match there needs to be a sense of optimism that athletes have when competing. Therefore, the formation of a winning mentality must be done by the coach so that athletes can give their best performance when competing. As explained in the following interview transcript:

“When there is a match in advance, we have made preparations, such as increasing training hours and doing sparring partners with other branches.” (Subject 1)

“If the champion's mentality is innate from birth if the champion's mentality is not good, the improvement takes time and frequent sparring exercises, participating in small matches at the sub-district level. But if the athlete has a good mentality, it might just be given to the athlete,” he said If you motivate them or give them heavy training, they will definitely improve.” (Subject 3)

The formation of a champion's mental character can be done by providing additional training or by doing sparring partners so that athletes have high flying hours. And every child must have a different mentality, as a coach must know the right solution to handle it.

Social support is the provision of support given by someone to another individual who can come from a coach, parent or friend to support the activities they do. The coach has a high closeness to the athletes he trains because most spend time at the training ground together with the coach. It is important for pencak silat coaches to provide social support both morally, motivation and character building for the athletes they train. In

addition to the technical material provided by the coach, a fighter must have good ethics and manners. Zimet et al (1988) explain that social support is a form of encouragement that individuals receive from someone closest to them which includes support from family, friends and other important people. When individuals get social support from other individuals, it will have a positive impact on performance or activities carried out in the future.

Therefore, it is important for coaches in martial arts colleges to be able to provide social support in terms of morale, evaluation, communication and motivation to be able to develop the potential that exists in athletes. In addition to making athletes who can achieve achievements, coaches have a responsibility in shaping characters who have ethics and manners. Pencak silat training that is not balanced with the provision of moral messages and religious understanding will tend to be aggressive, can also challenge others because he can master martial arts. This has a positive impact on pencak silat athletes to increase enthusiasm, motivation to compete and have good morals in the community or family environment.

In sports-related activities and activities, the formation of moral characteristics and values such as a sense of responsibility responsibility, honesty, mutual respect and a sense of justice (Irmansyah et al., 2020). Moral development in the field of sports can occur if these values are contained in it. Providing morals can also provide social learning through activities carried out in everyday life (Weinberg & Gould, 2023). In this case the role of the coach is very important in educating the athletes he trains, so that the coach not only provides technical material but also provides moral messages that are able to understand the ethical values contained in it and applied in everyday life (Lumintuarso, 2024).

In line with Özbek & Nalbant research (2021) that the role of the coach is very important in shaping good behavior in moral development. Coaches who are able to create a positive environment have an impact on athletes to be able to implement moral values in competitive and non-competitive situations. Purnomo et al (2024) also explained that the influence of social and moral values in the field of sports has a positive impact on individual psychosocial. Therefore, the role of the coach is very important in providing moral messages to martial arts athletes.

The evaluation of a structured training program by a coach has an influence on the athlete's performance. This process involves the technical skills and strategies used by the coach. With the evaluation of training athletes can feel mentally prepared when facing pressure in the match. The adjustment of the training schedule can prevent conflicts in academic and training activities (Rahman et al., 2020). In evaluating the training program, it is necessary to vary the training so as not to cause boredom in athletes (Datau et al., 2022).

Tumaloto et al research (2024) explains the results of training evaluations on Gorontalo Table Tennis athletes have effectiveness in improving athlete performance. In line with Fahrudin & Hafidz (2023) that training program evaluation can improve physical performance, speed, endurance, technical and special skills in athletes. Trainers who can provide structured training program evaluations can help athletes achieve their best performance consistently.

Social support provided by coaches and parents has a significant impact on athlete development and performance. Based on the research conducted, the following is an analysis of the role of coach and parent communication in providing social support to athletes. Coaches play an important role in creating a supportive environment for athletes. Through good communication, coaches can provide constructive feedback and motivate athletes to reach their full potential. Research shows that coaches not only teach techniques but also serve as mentors and motivators for their athletes (Andi & Aulia,

2019). According to Dela et al (2022), the form of motivation given to athletes by conducting reciprocal interactions regarding experiences, ways to focus, and build confidence in every match.

Parents are the primary source of support for their children. Research shows that emotional support from parents is crucial in increasing athletes' motivation (Megarany & Soenyoto, 2021). When parents are actively involved in their child's sporting activities, this provides additional encouragement to excel. According to Jahrir & Hasyim (2024) the role of communication with parents can provide moral support and social support from their environment which can increase children's motivation in the field of athletes. The form of social support provided by both parents of athletes can increase enthusiasm and motivation in every competition (Pratama & Yuliastrid, 2022).

When the match takes place athletes who are still beginners tend to experience anxiety and pressure. Because social support on the coach has a positive impact on athlete's match anxiety. Research by Kasyfillah & Utami (2023) shows the results that social support has a positive impact on competition anxiety in martial arts athletes. The more social support you get, the less potential athletes experience match anxiety. In line with Agita & Tansir (2021) which shows the role of the coach has an impact on maintaining the psychological condition of athletes so that they feel calm, able to deal with the pressure of competing. Therefore anxiety control is very important for athletes to optimize competitive performance (Nurhadi et al., 2023).

In addition, athletes must have a good mentality when facing a match by forming the mental characteristics of a champion. Athletes who have a good mentality will feel optimistic when competing, because they are confident in their abilities. In this case the coach must be able to form a good mentality in martial arts athletes. Research by Kasanrawali et al (2023) explains that mental training coaching for wrestling athletes in Banjarmasin city is one that the coach can apply to athletes in order to form self-confidence and form a good mentality. In line with Sugiarto (2020) shows that the formation of a champion mentality cannot be separated from the role of a quality coach. In addition, the coach must have more knowledge about mental aspects to realize athletes who have a winning mentality by creating good communication, understanding the characteristics of athletes, providing motivation and helping athletes solve the problems are facing (Nurhayati et al., 2022).

Conclusion

The results of this study indicate that pencak silat coaches have an important role in providing social support to the athletes they train, both before and during competition. The social support provided by the coach is not only limited to technical material. However, character and moral development is very important to be applied as a fighter who is not only skilled in martial arts but also has good ethics. In addition, the coach has a role as a mentor who provides motivation and emotional support, especially when athletes experience defeat in competition. In these cases the coach not only focuses on physical improvement, but also builds strong and positive mental toughness in order to become a champion. Thus the role of the coach in providing social support is not only limited to the responsibilities as a coach, but has an important contribution to development in order to achieve their best performance as an outstanding fighter and have good ethics.

The limitation in this study is that it only involves three pencak silat coaches as respondents. For further research, it can add the number of subjects so that can be Further research can explore more broadly and can add athletes who are trained to get an in-depth understanding of the social support of the coach that athletes feel directly. The focus in

this study is only on one college which in its training emphasizes the importance of ethics and religion, therefore future researchers can take from different colleges to add broader insights related to the social support of coaches given to their athletes.

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Author Contributions Statement

This research is the result of collaboration between lecturers and students who have their respective roles in contributing to the research. MHK as the first author developed the theme from the beginning to the end of the research process and collected data. FA as the second author provided input and suggestions related to the theme to be used as research and assisted in the preparation of research results. SR as the third author analyzed the interview data based on the research findings and collected relevant supporting references.

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