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# The effect of pencak silat extracurricular activities in student character building: A literature review as a theoretical approach

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# The effect of pencak silat extracurricular activities in student character building: A literature reviews a theoretical approach

Review Article

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## Abstract.

### Background

Extracurricular activities in schools play an important role in student character building, one of which is pencak silat. This study aims to analyze the influence of pencak silat extracurricular activities on student character building through a literature review approach.

### Objectives

This study reveals that pencak silat not only develops physical abilities, but also values of discipline, responsibility, and respect for others. Through literature analysis, this study concludes that pencak silat can be an effective medium in student character building.

### Methods

Research method This research uses a literature review approach by analyzing various secondary sources such as relevant journals, books, and articles. The analysis process involves identifying, evaluating, and synthesizing findings related to pencak silat and character building.

### Results

The results of this study show that pencak silat extracurricular activities contribute significantly to student character building. The values taught in pencak silat include discipline, responsibility, cooperation, and respect, which are important for students' character development. Therefore, schools need to support this activity as an integral part of character education.

### Conclusion

Based on a literature review, extracurricular pencak silat activities contribute significantly to student character development. The values taught in pencak silat include discipline, responsibility, cooperation, and respect, which are essential for student character development. Therefore, schools need to support these activities as an integral part of character education.

**Keywords:** pencak silat, extracurricular, student character building

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## INTRODUCTION

Student character building is one of the main objectives of education in Indonesia (Demak, 2024). Sport is a physical and spiritual activity that is used to train the human body to be physically and mentally healthy (Nubatonis et al., 2025). The process of developing individuals through martial arts education can help them develop self-perception and self-esteem. Self-concept is a reflection of self through interaction with others, so that self-awareness and activities involving one's environment become a reflection and challenge of self. Self-concept is the knowledge gained from each person's experience with himself, which may be adapted to his environment (Cerlin, 2024).

Education is an effort made calmly by teachers or students through teaching, learning, and motivation to help students learn to succeed in everyday life. According to Law Number 20 of 2003, education is a systematic and integrated effort that aims to support and facilitate the growth and development of individuals so that people can be independent, independent, innovative, healthy, and noble. Character education is a good practice that can be triggered by the character education process. It can also help people develop responsibility and honesty, hard work, respect for rights, discipline, and others (Yusuf et al., 2020).

Pencak silat, as a traditional Indonesian martial art, teaches noble values that are relevant to shaping students' character, such as discipline, courage, cooperation, and respect (Nandana, 2020). One of the main goals of national education is to develop noble character, and this development should start as soon as possible, namely from elementary school (SD) and possibly even senior high school (SMA). In addition, there needs to be a strong emphasis on the development of science and technology that demands the attention of students from the beginning, so that it can contribute to moral development. In addition to the role of parents who start building educational characters, the role of teachers is also very important in guiding and directing students in this way. Education (Mustakim et al., 2021).

Pencak Silat has an important role in raising the mental and self-esteem of the younger generation which is sustainable (Nubatonis et al., 2024). Therefore, Pencak Silat is a forum for educational institutions to help improve the level of students through mental training and self-discipline in order to create a young generation with character. (Yusuf et al., 2020) . pencak silat is considered an effective means to achieve these goals (Sah Saputra et al., 2024).

This study aims to examine the effect of pencak silat extracurricular activities on student character building through a literature review approach. This study was conducted to understand more deeply how the values contained in pencak silat can be applied in students' daily lives, as well as to provide a strong theoretical basis for the development of extracurricular programs in schools (Mustakim et al., 2021).

This study is important to answer the need for a holistic approach to character education, especially in the school environment, which does not only focus on learning in the classroom but also involves activities outside the classroom. Thus, this study is expected to make a real contribution in improving the quality of character education through the integration of local cultures, such as pencak silat, into school extracurricular activities.

## METHOD

### Research Design

This research uses a literature observation approach or literature study that aims to explore and identify various findings related to the influence of pencak silat extracurricular activities in the character building of junior high school students by applying the keywords pencak silat, extracurricular, character building, students (Martín-Moya & González-Fernández, 2022). This research is a qualitative descriptive research based on literature study. This study aims to summarize and analyze information in the literature to gain insights and conclusions that can be used to optimize arm muscle endurance in martial arts athletes. The search was conducted following the standardized systematic observation and meta-analysis (PRISMA) guidelines (Page et al., 2021).

### Types of Research

Data collection in this study was conducted through the following steps: The research process involved a systematic search of electronic databases, including Google Scholar, PubMed, and ScienceDirect, using specific keywords such as "Extracurricular", "Pencak silat", "Character Building. Students". Other sources that will also be used are university libraries, conferences, and articles available on the internet, source selection, content analysis. Data analysis in this study was conducted qualitatively (Page et al., 2021).

### Exclusion Criteria.

With the following steps: Categorization groups research findings based on themes or subtopics, such as physiological muscle mechanisms, effective types of exercise, or external factors affecting arm muscle endurance, synthesis collects conclusions from the results found in the literature to identify patterns, similarities and differences from various sources. Interpretation provides an interpretation of the data that has been synthesized to produce a deep insight into the influence of extracurricular pencak silat on student character building.

### Procedures

Initially, 4,930 publications were identified through database searches (Google Scholar, PubMed, and ScienceDirect). After meeting the exclusion criteria, only 6 articles remained. Most items were discarded because the articles did not mention the lateral epicondyle in patients with lateral epicondylitis of the tennis elbow. All articles were extracted from their sources and analyzed through Mendeley software to remove duplicate articles. The PRISMA flow can be seen in Figure 1.

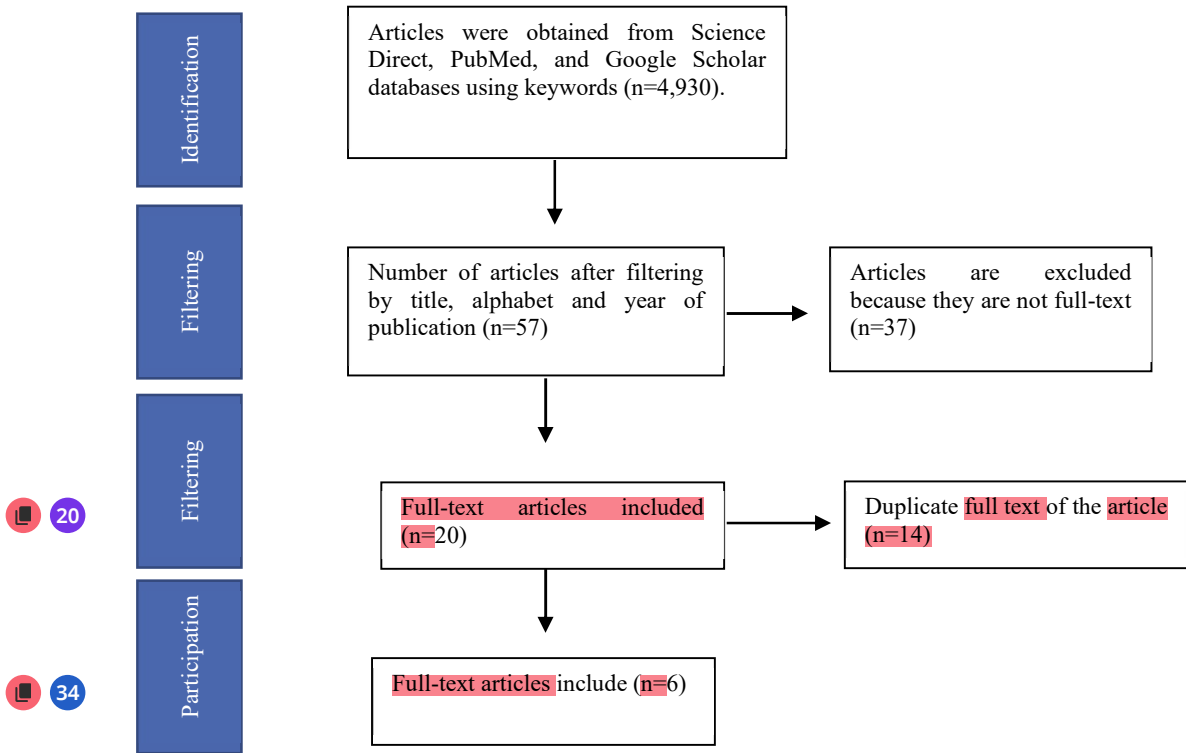


Figure 1. PRISMA research flowchart.

## RESULTS AND DISCUSSION

### Results

The author used fifteen publications as the main reference source in completing the research task shown in Table 1. The articles in the table below provide the research database. The table below needs to include some elements from these 15 articles: 1) Author and Year; 2) Title and publisher of the study; 3) Methods; and 4) Research findings. A description of the articles reviewed is given below Table 1.

No	Researcher and Year	Method and type of research	Content	Research objectives	Research results
1.	(Cerlin, 2024)	qualitative	The role of extracurricular activities in character building of MTsN 3 Subang students	The purpose of this study was to investigate the effect of implementing a character education program through extracurricular activities at MTsN 3 Subang on student character development.	The results showed that collaboration between schools, teachers, parents, and students plays an important role in creating an educational environment that supports student character building. Extracurricular activities, especially sports and scouting, have a significant positive impact on students' character building, with an emphasis on core values such as honesty, discipline and cooperation.
2.	(Nandana, 2020)	quantitative descriptive	The effect of pencak silat training on the formation of self-concept and self-confidence of students	The purpose of this study was to determine the differences in the formation of self-concept and self-confidence of students who take part in extracurricular activities.	The results of the one-way ANOVA test show that students who take part in extracurricular pencak silat self-concept and self-confidence are better than students who do not take part in extracurricular pencak silat and there is no gender relationship to the formation



7					<p>The purpose of this study is to determine the differences in the formation of self-concept and self-confidence of students who take part in extracurricular pencak silat and non-martial arts as well as the existence of gender relations to self-concept and self-confidence.</p>	<p>of self-concept and self-confidence of students.</p>
29	3.	(Ma'arif, 2023)	qualitative	Strengthening Student Discipline Character through Tapak Suci Extracurricular at Muhammadiyah Pakem Sleman Junior High School	<p>This research aims to find out the disciplinary character that is instilled in students at Muhammadiyah Pakem Junior High School (SMP), Accepted: May 22, 2023. Sleman</p>	<p>The results of this study show that the formation of disciplinary character of Muhammadiyah Pakem Junior High School students is carried out with several stages of tapak suci extracurricular. There are 2 core materials that students need to memorize and practice, namely scientific and martial materials. In the stages of activity, students' disciplinary attitudes are shown from pre-training activities, the training process, and post-training in the form of evaluation. In developing students' independent character through Tapak Suci extracurricular activities, there are supporting and inhibiting factors. Supporting factors include the willingness of students to learn, the existence of good habits, the support of parents, while inhibiting factors include the absence of student talent or talent, the lack of availability of facilities and infrastructure, and must be patient in training.</p>
	4.	(Aprilia et al., 2023)	Quantitative approach	The Effect of Tapak Suci Extracurricular Activities in Improving the Disciplinary Character of Students	<p>This study aims to determine the effect of Tapak Suci extracurricular activities in improving the discipline character of students.</p>	<p>The results of hypothesis research show the value of t count = 7.896&gt; 2.920 and a significant level of 0.000 &lt;0.005. So the variable of holy tread extracurricular activities has an effect in improving the disciplinary character of students. It can be concluded that 61.1% agree that extracurricular activities improve the discipline character of students.</p>
15 2	5.	(Najiah et al., 2024)	qualitative	Project Strengthening the Profile of Pancasila Students Based on Local Wisdom Through Pencak Silat Extracurricular	<p>This study aims to explore and analyze the implementation of the Pancasila Student Profile Strengthening Project based on local wisdom through Pencak Silat</p>	<p>The results showed that the Pancasila student program planning profile strengthening project was well structured, identifying relevant local wisdom values to be taught to students. Periodic evaluations were conducted to monitor</p>

		Activities in extracurricular Building Student activities in Character elementary schools.	students' progress in the aspects of discipline, responsibility, and respect, and the results showed a significant improvement in students' characters after attending this program.
6.	(Damayanti, 2024)	qualitative Moral Value Empowerment: The Role of Pencak Silat Tapak Suci in Moral Internalization through Extracurricular Activities.	This research was conducted with the aim of knowing 1) what moral values are contained in extracurricular Pencak Silat Tapak Suci at SMA Negeri 1 Semarang, 2) how the internalization of moral values contained in extracurricular Pencak Silat in Tapak Suci at SMA Islam Negeri 1 Semarang. The results of this study are: 1) There are four basic moral values contained in the Tapak Suci pencak silat extracurricular at SMA Islam Negeri 1 Semarang. Namely a) morals towards God, b) morals towards fellow humans, c) morals towards the environment and d) morals towards oneself. 2) The stages and processes of internalizing moral values in the Tapak Suci martial arts extracurricular through three stages, namely a). Introduction and understanding, b) Acceptance stage, c) Internalization stage. The internalization of moral values aims to bring about changes in the moral values of students.
			Novelty / Originality

Discussion

Pencak Silat as a Media for Character Building Based on the literature analyzed, pencak silat not only trains students physically but also provides moral lessons. This activity instills values such as discipline through regular practice, responsibility through participation in the team, and respect through appreciation of coaches and opponents (Fitria Kautsari Azizah & Lu'luil Maknun, 2022). Aspects of discipline and responsibility. Discipline is one of the main characters formed through pencak silat. Structured and consistent practice encourages students to respect time and follow the rules. In addition, responsibility is developed through participation in competitions and maintaining the good name of the team (Adyanto et al., 2018). Social and Emotional Skills Development Pencak silat also provides students with the opportunity to develop social skills such as cooperation and empathy. In addition, students learn to manage their emotions, both during practice and in competition (Andrean Safitri et al., 2023). Studies show that involvement in pencak silat has a long-term positive impact on students' character development. Values learned during training can be applied in everyday life, such as courage to face challenges and respect for cultural diversity (Chairunnisa Chairunnisa et al., 2023).

From the research data presented in the table, the following is an analysis that includes research methods, research focus, as well as the main findings of each study of qualitative research methods and types. The discussion in this study is divided into two groups. The first group of articles focuses on the role of extracurricular activities in shaping student character at MTsN 3 Subang. Results Collaboration between schools, teachers, parents, and students is a major factor in the success of character-building programs. Extracurricular activities such as sports and scouting are effective in building character, especially the values of honesty, discipline, and cooperation. The implications of these results confirm the importance of a holistic approach in developing student character through the integration of extracurricular programs (Cerlin, 2024). The first group The second article uses quantitative descriptive research methods and types. The focus of the influence of pencak silat training on students' self-concept and self-confidence. Results Students who participated in pencak silat showed an increase in self-concept and self-confidence compared to non- pencak silat students. The implication of pencak silat extracurricular not only improves physical abilities but also psychological aspects of students universally, regardless of gender (Nandana, 2020). The first group of third articles uses qualitative research methods and types. The focus of strengthening the character of discipline through Tapak Suci extracurricular activities at Muhammadiyah Pakem Sleman Junior High School. The results of discipline

character building are carried out through stages involving scientific and athletic learning materials. Supporting factors include students' willingness to learn and parental support, while obstacles include lack of facilities and student talent. Implications The success of disciplinary character building requires a synergy between structured training methods and the support of the school environment and family (Ma'arif, 2023).

The second group of articles first used methods and research types quantitative approach. Focus The influence of Tapak Suci extracurricular activities on improving student discipline character. The results of statistical analysis show that there is a significant effect of Tapak Suci extracurricular activities on discipline character, with 61.1% of respondents agreeing to the positive impact. Implications Martial arts-based extracurricular activities are a powerful tool in building student character with a quantitatively measured approach (Aprilia et al., 2023).

The second group of articles uses qualitative research methods and types. The focus of the project is strengthening the profile of Pancasila students based on local wisdom through pencak silat. The results of the pencak silat extracurricular program are able to increase student discipline, responsibility and respect. Evaluations conducted periodically show a significant positive impact on student character. Implication: Integrating local wisdom values into extracurricular activities has a deep impact on student character development (Najiah et al., 2024). The second group of third articles uses qualitative research methods and types. Focus on Internalization of moral values through extracurricular activities of Tapak Suci. The results of internalized moral values include morals towards God, fellow humans, the environment, and oneself. The internalization process takes place in three stages of recognition, acceptance, and internalization. Implications Extracurricular activities have great potential to shape students' moral values in depth if implemented with structured and character-oriented methods (Damayanti, 2024).

### CONCLUSION

One of the main objectives of national education is to develop moral values, and this development should start as soon as possible, namely from elementary school (SD) and possibly even high school (SMA). In addition, there needs to be a strong emphasis on the development of science and technology that demands the attention of students from the beginning, so that it can contribute to moral development. In addition to the role of parents who start building educational characters, the role of teachers is also very important in guiding and directing students in this way education. Pencak Silat has an important role in raising the mentality and self-esteem of the younger generation in a sustainable manner. Therefore, Pencak Silat is a forum for educational institutions to help improve the level of students through mental training and self-discipline in order to create a young generation with character. Based on the literature review, pencak silat extracurricular activities contribute significantly to student character building. The values taught in pencak silat include discipline, responsibility, cooperation and respect, which are important for students' character development. Therefore, schools need to support these activities as an integral part of character education.

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### AUTHOR CONTRIBUTION STATEMENT

J and MH were responsible for the development of the research concept and design, data collection, and preparation of the initial draft of the manuscript.

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