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ANALYSIS THE LEVEL AGGRESSIVENESS OF KARATE ATHLETES ON KATA NUMBER

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Abstract

Karate is one of the oldest martial arts originating from Japan and has developed rapidly in Indonesia. Karate itself is a martial art that is influenced by Chinese martial arts and kempo sport. A karate martial arts athlete must certainly have a good level of aggressiveness so that later it can be utilized in a match that requires a high level of success. The purpose of this study was to determine the level of aggressiveness of karate athletes in kata numbers. This research was conducted using this research method is descriptive quantitative using measuring instruments in the form of closed questionnaires. The population in this study were 30 athletes from the INKAI Prestasi Training Center in Jakarta. Determination of the sample in this study through non-probability sampling technique (purposive sampling) so that it becomes 15 athletes in accordance with the inclusion criteria and inclusion criteria that have been determined by the researcher. The results of this study indicate that the level of aggressiveness of karate athletes in kata numbers is included in the medium category tending towards high because kata numbers are numbers that compete in cohesiveness, order of motion and discipline of harmonious motion. However, this can be further input to further increase aggressiveness in karate number kata to be able to improve the performance of kata athletes.

Keykatas Karate; Aggressiveness Level; Kata Number

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INTRODUCTION

Karate is one of the oldest martial arts originating from Sakura Japan and has experienced a very rapid development in Indonesia from year to year. Karate itself is a martial art that has the influence of martial arts fusion between China and the sport of kempo (Doria et al., 2009). Karate martial arts has two numbers during the match, namely kata numbers and kumite numbers. Kata number in karate martial arts is one of the numbers that competes the ability of an athlete to be able to demonstrate or implement in the mastery of knowledge and traditional

karate martial arts movements with harmonious movements so that it can reflect the form of strength, speed and beauty of the demonstrated kata movement, while the kumite number is a number that competes the ability of an athlete in a one-on-one fight with physical contact arranged in accordance with the applicable rules of the rules issued by the World Karate Federation (WFK) (Sagitarus, 2010). In karate match numbers both from kata numbers and kumite numbers, an athlete must have a good performance to be able to master the course of the match. Because basically during karate matches both in kata numbers and kumite numbers, an athlete has a mental burden that is felt before the start of the match or during the match so that it will have an impact on the playing pattern of the athlete, and then will cause the athlete to become passive when competing and will not be aggressive to display his performance in the match (Hilmanudin, 2015). A karate martial arts athlete must have several psychological aspects that support the performance or appearance in the match, one of which is aggressiveness. Aggressive behavior required by an athlete in performing or demonstrating the game effectively in a competitive sports match (Cox, 1985). In karate martial arts, of course, there are streams used, namely kihon, kata, and kumite for the karate categories. One of the focuses in this research is on the kata number. Kata itself is an art or style in karate that pays attention to the beauty of movement, cohesiveness, and regularity of movement in its fighting numbers. Kata flow is a series of predetermined movements performed at an explosive speed against the imaginary. Kata in karate is not only physical exercise and aerobic movement but contains the meaning of fighting principles (Emad et al., 2020).

The movements in the kata number category also contain many philosophies of everyday life. The selection of kata movements must be carefully thought out because it can determine the superiority of other competitors both in terms of speed, agility and strength generated from kata movements. In a match organized by a karate organization in the world, the World Karate Federation has two provisions for kata matches, namely mandatory kata (shitei) and free kata

(tokui) as for the streams recognized by the WKF (World Karate Federation), such as Shotokan, Shito Ryu, and Goju Ryu with fixed categories (Augustovicova et.al 2018). In kata shitei athletes or participants may not vary the movements at all but there are exceptions for an organization that is affiliated with certain international organizations including JKA (Japan Karate Association) or SKIF (Shotokan Karatedo International Federation). The kata number is described as a systematically organized series of movements in both defensive and offensive techniques produced in sequence, then the kata number is closely related to the imaginary opponent and is given a linear pattern (Nagamine, 1976). So kata numbers also display such as punching techniques, parrying techniques, attacking techniques and kicking techniques that are displayed in the form of harmonic movements, or in another meaning that kata numbers are not just for displaying empty movements, kata numbers are a simulation of a fight that will train an athlete physically, strategically and also mentally. Nagame also explains that practicing basic techniques can enable a karate athlete in kata to have natural, beautiful, fast, stable, and strong movements during a kata match.

In a karate match in the kata category, there are many things that are assessed in order to get good results including: a true demonstration of kata, understanding of the techniques used (bunkai) specifically in kata match numbers for teams or teams of 3 athletes, timeliness, rhythm, speed, balance, and focus of strength, concentration and attention of athletes (chakugan), correct stance (dachi), correct emphasis on the abdomen (hara), and also the correct form of movement (kihon) from what the athlete displays. The assessment during the match from the above kata categories does not escape the value of an athlete's integrity (Piepiora, Petre, & Witkowski, 2021). Integrity is something that is believed to be true and done with a sincere heart, a straight mind, and the same actions between the mouth, mind, and heart. That is why in a karate match, especially kata numbers, it not only requires a strong physique but also requires supporting factors from the performance produced during the match, one of which is psychological factors. Psychological factors that are closely related to karate

matches are positive aggressive behaviors that aim not only to show good performance in the match but also to enable an athlete to master the game to become a champion. To get this requires a high aggressiveness behavior, especially in positive terms. The tendency to achieve better and better results in sports competitions, the increasing professionalism and commercialization of sports, and pressure from the media contribute to aggression in sportsmen (Rydzik, 2022). According to Rydzik, 2022 aggressive behavior is divided into three including hostile aggression, instrumental aggression and assetive behavior (Rydzik, 2022). Of the several types of aggressive behavior put forward in previous studies, for aggressive behavior that tends to support the performance of an athlete, namely assetive behavior, which has an explanation in the form of a trait to use legitimate physical strength in achieving a winning goal in the match, and does not intend to harm or injure the opponent, if the opponent is harmed as a result of this action, then this is not aggressiveness but an act that merely wants to play hard or rough (assertive). (Kostorz et al., 2021). So that in karate matches, especially kata numbers, require good performance during training and matches, so that they can display elegant movements in accordance with the kata movements that have been trained, and to display this performance requires positive psychological factors in the form of aggressive behavior to be able to control movements and display movement strength in kata match numbers. Based on the discussion above, the researcher wants to analyze the level of aggressiveness of athletes in kata numbers with a case study of athletes who are at the INKAI Prestasi training center.

METHOD

The method used in this research is descriptive quantitative which is descriptive research displayed using numbers or numeric (statistics) as the result (Emzir, 2012). Then in this study also used a measuring instrument in the form of a closed aggressiveness level questionnaire which will be given to the research sample. The population in this study were athletes of the INKAI Prestasi training

center in Jakarta. Then from the existing population, the sample in this study was determined. Determination of the sample in this study through non-probability sampling technique (purposive sampling). By using inclusion criteria and exclusion criteria. The inclusion criteria of the research sample are: 1) Kata number athletes at the INKAI Prestasi training center in Jakarta, 2) Athletes are female and male, 3) Youth age between 12 and 18 years and than 4) have a minimum achievement at the national level either single event or multi-event. Then for the exclusion criteria in this study: 1) athletes other than word numbers, 2) athletes did not fill out the questionnaire given completely and clearly, 3) athletes refused to take part in the study. Then from the population at the INKAI Prestasi training center, there were 30 athletes and the sample of the study only numbered 15 athletes with kata numbers according to the inclusion criteria and exclusion criteria that have been determined in this study.

RESULT AND DISCUSSION

From the results of the research that has been done, data on the level of aggressiveness of karate athletes in kata numbers can be seen as follows table 4.1 bellow:

Table 1. Level of Aggressiveness of Karate Athletes in Nomer KATA base on score

Subject	Aggressiveness Level	
	Kata	Category
1	169	High
2	148	Currently
3	137	Low
4	159	Currently
5	178	Very high
6	146	Low
7	144	Low
8	144	Low
9	159	Currently
10	165	High
11	162	High
12	160	Currently
13	156	Currently
14	154	Currently
15	157	Currently
Rata-rata		155,87
Std. Deviasi		10,40

Based on the table above, it can be described that the level of aggressiveness of karate athletes in kata numbers gets an average value = 155.87 and with standard deviation of 10.40 with details of the very high category 1 athletes, high category 3 athletes, medium category 7 athletes, low category 4 athletes. From these data it can be concluded that the level of aggressiveness of athletes on kata numbers belongs to the medium category. From these data that can be seen in the graph of the level of aggressiveness as follows:

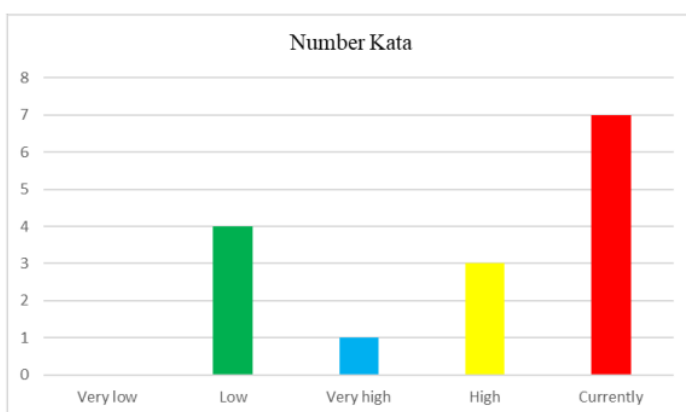


Figure 1. Kata Number Karate Athlete Aggressiveness Graph

From the graph above, it can be seen for the aggressiveness level of kata number karate athletes who have a high aggressiveness level of once 1 person, high 3 athletes, medium 7 athletes, low 4 athletes and low absolutely none.

Table 2. Criteria for Categories of Aggressiveness of Karate Athletes on Kata Numbers

KATA				
$X + 1,8 (S)$	$155,87 + 1,8 (10,40)$	174 up	Very high	
$X + 0,6 (S)$	$155,87 + 0,6 (10,40)$	161 - 173	High	
$X - 0,6 (S)$	$155,87 - 0,6 (10,40)$	148 - 160	Currently	
$X - 1,2 (S)$	$155,87 - 1,2 (10,40)$	135 - 147	Low	
		Under 134	Very low	

Information:

X = Average total score

S = Std Deviation

Based on table 4.3 above, it can be explained that the average level of aggressiveness of Karate athletes at Kata number 155.87 and is included in the

low category. This study concluded that from these data, the data saw the level of aggressiveness of karate athletes on the KATA number included in the medium category.

From the results of this study, it shows that the level of aggressiveness of karate athletes in the majority kata number is included in the category that tends to be high with an average score of 155.87 based on the categories in table 4.3. So that in this study it is also supported by previous research, namely in research conducted by Ahmad and Diana which states that aggressive behavior is used as a tool to win a match, without intending to hurt others or sparring partners (Ahmad & Diana, 2013). The purpose of this aggressiveness is to obtain victory, achievement, and reward. Therefore, aggressiveness in karate athletes can affect athlete performance to win matches at championship events (Litwiniuk et al., 2019). So that the aggressive behavior needed by karate athletes in this kata number will help athletes to be able to win the matches faced by these athletes.

CONCLUSION

From this study it can be concluded that karate athletes, especially in kata numbers, have an average score in the medium category tending to be high in their level of aggressiveness so that this can affect the level of success of athletes to be able to master matches or competitions when competing in kata numbers, and in this psychological behavior there are several factors that influence the level of aggressiveness of athletes in kata numbers including environmental conditions both at home, school, and at the training ground which greatly affect and factors that exist during the match, namely the euphoria or atmosphere generated by the audience when competing or directions from the coach before the match takes place or during the match.

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