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ANALYSIS OF AGRESSION LEVEL OF JUNIOR KARATE ATHLETE ON KUMITE NUMBER

Dewi Putri Susanti¹, Samsul Bahri², Giri Prayogo³
Institut Teknologi Bandung^{1,2}, Universitas Islam 45 Bekasi²
dewiputrisusanti8@gmail.com

Abstract

In sports, aggression is needed to be able to control the match and scored a victory. Aggressive behavior is one aspect of psychology that is closely related to martial arts sports, especially in karate. The aggressiveness needed by athletes is in the form of aggression aimed at winning the match without harming the opponent. So that aggressiveness in karate sports, especially in kumite numbers, is indeed an inherent characteristic because the matches carried out use physical contact as a whole. This study aims to determine how much the level of aggressiveness of junior karate athletes, especially in kumite numbers. This type of research is quantitative descriptive research using a questionnaire given to a sample of (N = 15) athletes. In this study, the results obtained a very high level of aggressiveness as much as 1 (7%), a high level of aggressiveness as much as 2 (13%), a moderate level of aggressiveness as much as 11 (73%), and a low level of aggressiveness as much as 1 (7%). This can be interpreted that the level of aggressiveness of junior karate athletes in kumite numbers uses aspects of aggressiveness as a way to win matches.


Keywords: Aggression; Karate; Kumite

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Correspondence Author: Dewi Putri Susanti, Institut Teknologi Bandung, Indonesia. E-Mail: dewiputrisusanti8@gmail.com

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INTRODUCTION

Aggressive behavior is commonly defined by negativity in human behavior. Aggressive behavior is closely related to the deliberate and calculated tendency to inflict pain (Krishnaveni, 2018) as well as deliberate actions that cause great harm to other individuals and the formation of aggressive behavior is a cognitive process where personal and environmental factors influence each other (Chen, 2019). Aggressive is a behavior of a person that can cause physical or mental damage that has an impact on one's life or on others (Shahin, 2014). So

that the aggressive stigma attached to negative behavior is increasingly becoming true in human daily life. In the research that has been done, there are several types of aggressive behavior / aggressiveness, namely: Hostile Aggression, Instrumental Aggression, and Assertive Behavior (Silva, 1980). Hostile Aggression is aggressive behavior that is solely carried out with the intention of hurting or injuring others as an expression of anger and is characterized by high emotions. Then Instrumental Aggression is generally not accompanied by the condition of someone who is emotional. This behavior is carried out when someone does experience violence, robbery, fights. And the last is Assertive Behavior which is one type of positive aggressive behavior in sports. Aims to seek victory without the intention to intentionally injure or injure the opponent so that the opponent suffers.

Aggressive behavior has an innate character and cannot be completely eliminated. Therefore, it is necessary to consider aspects that allow a person to control its level. One of them is exercise (Burton, 2005). The tendency to achieve better and better results in sports competitions, increased professionalism and commercialization of sports and pressure from the media contribute to the aggression of an Athlete (Nezabravka, 2015). So aggressive behavior is needed in sports as an athlete's effort to be able to master the match to achieve victory (Shabrina, 2022). The use of physical strength combined with legitimate aggressive behavior in achieving a goal, and does not intend to harm the opponent. If the opponent is harmed as a result of the action taken, then this is not aggressiveness but rather an act of merely playing hard (assertive) as long as it is allowed in the applicable rules and does not aim to harm the opponent (Maulani, 2013).

Aggressive behavior is required by Athletes to perform effectively in the sport competition events. An example is sport in martial arts, especially Karate. Karate is a martial arts sport originating from Japan. There are 2 numbers that are competed, namely Kata and Kumite. Kata number is a number that competes in

the ability of Athletes to present movements in the mastery of traditional karate knowledge with harmonization of movements that illustrate strength, speed and beauty. Whereas the kumite number is a number that matches the Athlete's ability in a one-on-one fight in accordance with the rules set by the World Karate Federation (WKF) (Sagitarius, 2010). The kumite number in karate is a training method which is the application of existing techniques in kata numbers to be able to attack and defend which will then face opponents in direct competition (Nakayama, 1978). So it is further emphasized that the kumite number in karate is an application of a movement that is demonstrated in kata numbers and to perform kumite movements requires a different training method from kata numbers, because the techniques used during the match will be much different between kata and kumite numbers. The kumite number must have a natural technical posture that comes from each athlete. Nakayama also explained that the movement in the kumite number is a spontaneous movement originating from the body of each athlete for the stimulus given by the alwan during training or competition and the circumstances that occur and cannot be predicted, then the movement response will be different from that learned in the kata number which then also for the kumite number athletes need special equipment to maintain the safety of the athlete so that it will minimize the occurrence of injuries due to the match in the kumite number.

Kumite number karate sports which in its implementation exposes two people to outperform each other in accordance with applicable regulations, allowing the emergence of ego or strength and relatively large self-esteem needs, such as not wanting to lose and being more experienced, causing each karate athlete to have a relatively high aggressive instinct to collect as many points as possible (Sagitarius, 2011). In Kumite numbers, which predominantly use direct physical contact so that they have hard and attacking characteristics, they are often identified in aspects of sports psychology, namely aspects of Aggressiveness. The purpose of this aspect of aggressiveness is to score points or stop the opponent to

gain an advantage so as to get a victory (Rydzik, 2022). So that aggressiveness in martial arts sports is indeed an inherent characteristic. In matches with sparring categories, it shows that athletes with high levels of aggressiveness will be closer to victory (Dongoran, 2020).

A scientific approach is a strategic step in preparing Martial Arts Athletes, especially Karate, to achieve a target. One aspect that is needed to be known more deeply is the psychological aspects of Athletes, especially for the level of Aggressiveness (Dongoran, 2020). For this reason, after seeing the explanation above, the researcher is interested in analyzing the level of aggressiveness of Junior Karate Athletes, especially in Kumite numbers on Karateka in PP. INKAI Prestasi.

METHOD

This study uses a Quantitative Descriptive research method with data collection using a questionnaire to obtain primary data, namely to determine the level of aggressiveness of karate athletes in kumite numbers. It aims to obtain an overview of the level of aggressiveness which will be described by the level of aggressiveness aspects of junior karate athletes, especially in kumite numbers.

The samples used in this study were karate athletes in kumite numbers who competed in junior classes at the national competition level with an age range of 16 - 18 years using a sample of 15 athletes. The data collection technique in this study used an aggressiveness level questionnaire using a Likert scale such as Table 1.

Table 1. Scale of Agression Level Questionnaire

Alternative Answer	Alternative Answer Score	
	Positif	Negatif
Very Agree	5	1
Agree	4	2
Neutral	3	3
Not Agree	2	4
Very Not Agree	1	5

The data collected were then adjusted to the inclusion and exclusion criteria. The inclusion criteria in this study are junior karate athletes in kumite numbers, the achievements achieved are champions at the national level, with the age of athletes 16 - 18 years, willing to fill out the questionnaire given and athletes fill out all statements on the questionnaire completely. As for the exclusion criteria in this study, athletes were not willing to fill out and could not complete the complete statement on the questionnaire given (Putra et al., 2020).

Then the results of the data that has been collected will be adjusted to the criteria for the level of aggressiveness. The criteria produce 5 levels of aggressiveness, Very High to Very Low. The determination of the level criteria can be seen in detail in Table 2.

Table 2. Criteria of Agression Level

KUMITE			
X + 1,8 (S)	156,27 + 1,8 (9,35)	173 above	Very High
X + 0,6 (S)	156,27 + 0,6 (9,35)	161 – 172	High
X – 0,6 (S)	156,27 - 0,6 (9,35)	149 – 160	Moderate
X – 1,2 (S)	156,27 - 1,2 (9,35)	137 – 148	Low
		136 below	Very Low

RESULT AND DISCUSSION

In Figure 1, the graphic is the results of data processing there are samples based on gender, namely there are 6 (40%) female junior athletes and 9 (60%) male junior athletes.

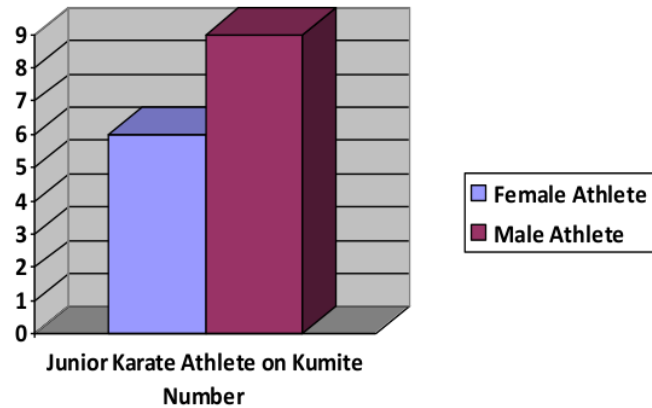


Figure 1. Graph of Gender's Sample

Then in Figure 2, the graphic can be described that the level of aggressiveness for junior karate athletes in kumite numbers gets an average value = 156.27 with a Standard Deviation of 9.35.

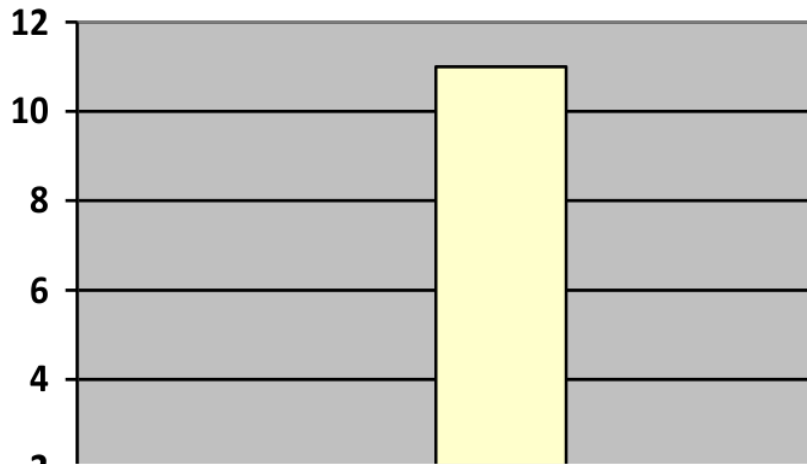


Figure 2. Result of Research.

From the graphic above it can be seen that the level of aggressiveness of junior karate athletes in kumite numbers who have a very high level of aggressiveness is 1 (7%) athlete, high 2 (13%) athletes, moderate 11 (73%) athletes, low 1 (7%) athletes and very low 0 (0%) athletes. It can be seen in detail in Table 3.

Table 3. Result Analysis of Agression Level of Junior Karate Athlete on Kumite Number

No.	Interval	Category	Frequency	Percentage
1	173 above	Very High	1	7%
2	161 – 172	High	2	13%
3	149 – 160	Moderate	11	73%
4	137 – 148	Low	1	7%
5	136 below	Very Low	0	0%
Total			15	100%

DISCUSSION

This study aims to obtain the results and description of the level of aggressiveness of junior karate athletes in kumite numbers where this research still needs improvement. At the level of aggressiveness of junior karate athletes in kumite numbers there is an average level of aggressiveness of junior karate athletes is moderate tending to high (Murjainah et al., 2020). So it can be interpreted that junior athletes in kumite numbers in karate sports need positive aspects of aggressiveness that are used during the match. Which is supported by research which states that psychological aspects in the form of aggressive behavior are used as a tool to be ready to face the match and win it (Maulani, 2013) (Arisman & Noviarini, 2021). Then aggressive behavior is also very effective and necessary for athletes in sports to be able to win in matches (Pate et al., 1984) (Ihsan et al., 2022).

CONCLUSION

From the results of data collection that has been analyzed obtained from the level of aggressiveness of junior karate athletes in kumite numbers who are sampled in this study, the average level of aggressiveness tends to be high. So that aggressive behavior is indeed needed in Karate sports, especially in kumite

numbers to be able to master the match and get victory in a match that the athlete participates in. This study aims to provide data to help provide an overview of the level of aggressiveness of junior karate athletes in kumite numbers so that it will make it easier for coaches to assemble training methods or programs to support the performance of these athletes.

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