



Level of Confidence of Tirtajaya Vocational High School Students in Taekwondo Extracurricular Activities

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Abstrak

This study aims to determine how high the confidence level of the Tirtajaya Vocational High School is in participating in taekwondo extracurricular activities. This study uses a quantitative approach. If viewed from the type of data presented, the method in this study is a survey research using a questionnaire. The sample used was a total sampling of 25 students. The results of the research on the level of confidence of Tirtajaya Vocational High School students in participating in taekwondo extracurricular activities obtained the lowest score (minimum) 48.8, the highest score (maximum) 72.8, the average score (mean) 59.3 and the standard deviation (SD) 6.9. Based on the results of calculations by processing research data, it can be concluded that the Confidence Level of Tirtajaya Vocational High School students in participating in Taekwondo Extracurricular Activities is in the LACK category with an average percentage of 59.34%.

Keywords : *Confidence, Extracurriculars and Taekwondo*

Introduction

Physical Education is one of the subjects given in schools. Talking about education, especially Physical Education that is given in schools from the Kindergarten level to the High School level and even the Higher Education level, which is as important as other subjects is so influential on students and the impact and benefits can be felt directly. Therefore, physical education is also a part of education that prioritizes physical activity and fostering healthy lifestyles in the context of development, growth and development of the body, abilities and movement skills, as well as helping to build and develop other physical and

psychological functions, such as self-confidence. Confidence is a very important personality that must be possessed by humans. Someone who is confident can develop their potential, whereas someone who is not confident will hinder the development of the potential that exists within him because he feels unsure of the abilities he has. Student is someone who is currently studying formally. Students who are the continuation of the nation's relay should have self-confidence, so that they dare to convey their aspirations and desires Tanjung (2017). Students who are not confident are the result of discomfort and disbelief in the abilities they have, who judge that the abilities they have are too

low compared to other people and cannot do something for their own development in that environment. One step in building self-confidence is to understand and believe that every human being has their own strengths and weaknesses.

Extracurricular activities are a vehicle for developing students' talents and interests outside of school hours. Dahliyana (2017: 61) explains that extracurricular activities are a means of strengthening the personality of students from what they gain through their knowledge that students choose based on what they want and they think that is where they can develop themselves.

Taekwondo is a modern martial sport originating from Korea. Taekwondo consists of three words Tae which means feet (to destroy with kick techniques), Kwon which means hands (to hit and defend oneself with hand techniques), Do which means the art / way of self-discipline. So. Taekwondo has many advantages, not only teaching purely physical aspects, such as skills in fighting, but also placing great emphasis on teaching aspects of mental discipline.

Taekwondo learning is important to be carried out in schools in extracurricular activities because extracurricular activities have a longer duration than intracurricular activities. Practicing taekwondo will increase one's self-confidence because Taekwondo martial arts activities are self-defense sports that are carried out individually, in Taekwondo activities a person will be trained to perform basic moves and movements for that self-confidence will be trained in this activity.

After I made several observations in the field regarding the self-confidence of taekwondo extracurricular participants at the Tirtajaya Vocational High School, several problems were found regarding the self-confidence of taekwondo extracurricular participants. That is, a

condition in which extracurricular participants tend to still not understand the potential within themselves and also the extracurricular participants who have just joined still seem hesitant to explore their abilities, and some anxiety arises such as fear so that it prevents them from doing what they should do, as they do. stated by Kusmaedi (2020:5) signs of anxiety can be seen from two sides, namely:

1. Psychological level, such as tension, confusion, worry, difficulty concentrating, and others
2. Physiological level, namely anxiety that has affected the physical, especially the function of the nervous system such as difficulty sleeping, palpitations, excessive sweating, frequent tremors and stomach nausea.

Therefore, in this study the authors wanted to examine the level of confidence of Tirtajaya Vocational High School students in participating in taekwondo extracurricular activities.

Method

The method in this study is a survey research. Maharani (2019) explains that the survey method is research conducted by collecting relatively limited data from a relatively large number of specific cases. Basically a survey is useful to find out what is there without questioning why it is there. Because the writer wants to know the level of confidence of Tirtajaya Vocational High School students in participating in taekwondo extracurricular activities.

1. Population

The population is a generalized area consisting of objects/subjects that have a certain character and quality that is determined by the researcher himself to be studied or studied and after that a

conclusion will be obtained from the research (Sugiyono, 2017). Another opinion was also presented by Itto Turyandi (2019) that the population is a number of cases or a number of individuals who have certain characteristics, so a study that examines all individuals who are in the research area can be called a census study.

So it can be concluded that the population in the study is the area that will be examined by researchers. The population in this study were all students of the Tirtajaya Vocational High School who took part in taekwondo extracurricular activities with a total population of 25 students.

2. Samples

The sample is part of the number and characteristics possessed by the population (Sugiyono, 2017). This definition is in line with the explanation of Siregar & Harahap (2019) which says that the sample is part of the population which is expected to be able to represent the population in the study.

Samples were taken using the total sampling method. Sugiyono (2017) says that total sampling is a sampling technique when all members of the population are used as samples. This sample is used if the population is relatively small, namely not more than 30 people, total sampling is also called a census, where all members of the population are used as samples. So from the description above, the sampling technique used as a research was 25 students.

3. Variables

Variable is a concept that has a variety of values. Research variables are all kinds of attributes, characteristics or a value of an individual, object or activity that has a certain diversity of characteristics that have been determined by researchers to be studied or studied until conclusions can be found According to

Siregar & Harahap, (2019: 53). In descriptive research, research can also not examine the interrelationships of variables, but focus on the variables themselves. The variables in this study are the independent variable self-confidence and the dependent variable taekwondo extracurricular

4. Research Design

This study uses a cross-sectional design in that the data in the cross-section of the respondent's choices represents a very large population that collects attention on what is necessary at a time. By "one subject matter at a time" does not mean that the respondent has been interviewed or self-administered self-collected questionnaires on an ongoing basis.

5. Research instrument

The instrument used to collect data in this study is questionnaire data. Itto Turyandi (2019) explains that a questionnaire is a list of statements or questions sent to respondents, either directly or indirectly (by post or intermediary). The reason for using the questionnaire technique as a tool for collecting data is because of the goodness as follows:

- a. Does not require the presence of researchers.
- b. Can be distributed simultaneously to respondents.
- c. Answered according to the opportunity and free time of the respondent.
- d. Can be used anonymously so that respondents are free, honest, and not ashamed to answer.
- e. Can standard so that all respondents can be given

Results and Discussion

Based on the results of the analysis of questionnaire data about the level of confidence of Tirtajaya Vocational High School students in participating in Taekwondo Extracurricular Activities, then tabulated to determine the percentage level. Confidence Percentage Calculation Recapitulation Results, Respondents' Answers to Positive Statements.

Table 1. Calculation of Average Confidence (Positive Statement)

Mean	S. Deviasi	Min	Max	N
60,3	7,2	48,8	70,4	25

Table 2. Confidence Analysis Results (Positive Questions)

No.	Respondents Answer					Amountx Weight	Percentage Calculation	Percentage Results
	SS	S	R	KS	TS			
	95)	(4)	(3)_	(2)	(1)			
1	3	12	7	1	2	88	88/125x100%	70,40%
3	1	5	16	1	2	77	77/125x100%	61,60%
4	3	8	10	3	1	84	84/125x100%	67,20%
	2	5	12	6	0	78	78/125x100%	62,40%
9	1	4	8	9	3	66	66/125x100%	52,80%
¹ ₁	2	7	10	4	2	78	78/125x100%	62,40%
¹ ₃	4	2	16	3	0	82	82/125x100%	65,60%
¹ ₄	1	4	9	7	4	66	66/125x100%	52,80%
¹ ₇	2	2	8	9	4	64	64/125x100%	51,20%
¹ ₉	1	2	11	8	3	65	65/125x100%	52,00%
² ₀	4	4	8	6	3	75	75/125x100%	60,00%
² ₃	1	7	17	0	0	84	84/125x100%	67,20%
² ₄	5	5	10	3	2	83	83/125x100%	66,40%
² ₇	2	9	7	5	2	79	79/125x100%	63,20%
² ₈	4	6	6	6	3	77	77/125x100%	61,60%
³ ₁	2	12	8	2	1	87	87/125x100%	69,60%
³ ₃	1	2	9	9	4	62	62/125x100%	49,60%
³ ₄	0	5	7	7	6	61	61/125x100%	48,80%
average								60,30%

Confidence Percentage Calculation Results Recapitulation, Respondents' Answers to Negative Statements.

Table 3. Calculation of Average Confidence

Mean	S.deviasi	Min	Max	N
59,3	6,9	48,8	72,8	25

(Negative Statement)

Table 4. Results of Confidence Analysis (Negative Statement)

No.	Respondents Answer					Amountx Weight	Percentage Calculation	Percentage Results
	SS	S	R	K S	T S			
	(1)	(2)	(3)	(4)	(5)			
2	1	9	8	6	1	72	72/125x100%	57,60%
5	0	4	15	4	2	79	79/125x100%	63,20%
6	3	2	17	2	1	71	71/125x100%	56,80%
8	1	13	9	1	1	63	63/125x100%	50,40%
10	0	8	15	1	1	70	70/125x100%	56,00%
12	0	3	19	2	1	76	76/125x100%	60,80%
15	2	5	14	3	1	71	71/125x100%	56,80%
16	0	7	10	6	2	78	78/125x100%	62,40%
18	0	4	11	7	3	84	84/125x100%	67,20%
21	1	12	9	2	1	65	64/125x100%	52,00%
22	1	11	10	2	1	66	66/125x100%	52,80%
25	0	7	14	3	1	73	73/125x100%	58,40%
26	0	2	14	6	3	85	85/125x100%	68,00%
29	1	9	13	2	0	66	66/125x100%	52,80%
30	4	7	11	1	2	65	65/125x100%	52,00%
32	6	6	7	4	2	65	65/125x100%	52,00%
35	0	2	7	14	2	91	91/125x100%	72,80%
average								58,40%

Table 5. Calculation of the Average Confidence Level of students in participating in taekowndo extracurriculs

Mean	S.deviasi	Min	Max	N
59,3	6,9	48,8	72,8	25

Table 6. Results of the Recapitulation Analysis of the Confidence Level of students in participating in taekowndo extracurriculars

Statement	Results	Category
1	70,40%	Enough
2	57,60%	Not enough
3	61,60%	Not enough
4	67,2	Enough
5	63,20%	Not enough
6	56,80%	Not enough
7	62,40%	Not enough
8	50,40%	Very less
9	52,80%	Very less
10	56%	Not enough
11	62,40%	Not enough
12	60,80%	Not enough
13	65,60%	Enough
14	52,80%	Very less
15	56,80%	Not enough
16	62,40%	Not enough
17	51,20%	Very less
18	67,20%	Enough
19	52%	Very less
20	60%	Not enough
21	52%	Very less
22	52,80%	Very less
23	67,20%	Enough
24	66,40%	Enough
25	58,40%	Not enough
26	68%	Enough
27	63,20%	Not enough
28	61,60%	Not enough
29	52,80%	Very less
30	52%	Very less
31	69,60%	Enough
32	52%	Very less
33	49,60%	Very less
34	48,80%	Very less
35	72,80%	Cukup
average	59,34%	Not enough

Based on the table above, it can be concluded that the Confidence Level of Tirtajaya Vocational High School students in Participating in Taekwondo Extracurricular Activities is in the category **LESS** with an average percentage of 59.34%. It is known that from each statement item number 1, 4, 13, 18, 23, 24, 26, 31 and 35 obtained the ENOUGH category, while for statement number 2, 3, 5, 6, 7, 10, 11, 12, 15, 16, 20, 25, 27 and 28 get LESS, and for statement items number 8, 9, 14, 17, 19, 21, 22, 29, 30, 32, 33 and 34 get LESS ONCE.

Discussion

Based on the calculation results by processing the research results of the answers from the respondents, it can be concluded that the Confidence Level of Tirtajaya Vocational High School students Participating in Taekwondo Extracurricular Activities is in the LESS category with an average percentage of 59.34%. Confidence with the indicator of Confidence in Self-ability and the Responsible Attitude indicator has an average percentage value of 61.2% with the LESS category, the Optimistic Attitude indicator has an average percentage value of 58.7% with the LESS category, the Objective Attitude indicator has an average value average percentage of 55.9% in the LESS category, and the Rational Attitude indicator has an average percentage value of 58.6% in the LESS category

Confident that each student can influence other students in participating in taekwondo extracurricular activities in Tirtajaya Vocational High School. Self-confidence is also an important factor for a person because with self-confidence a person is not too worried when acting, feels free to do things according to his wishes and is responsible for his actions, behaves politely in interacting with others,

and has encouragement in make achievements and be able to recognize your own strengths and weaknesses

Conclusion

Based on the results and discussion that has been carried out, it can be concluded that the Confidence Level of Tirtjaya Vocational High School students in participating in Taekwondo Extracurricular Activities is in the LACK category, with an average percentage of 59.34%. Confidence with the indicator of Confidence in Self-Abilities and the Responsible Attitude indicator has an average percentage value of 61.2% with the LESS category, the Optimistic Attitude indicator has an average percentage value of 58.7% with the LESS category, the Objective Attitude indicator has an average value the average percentage is 55.9% in the LESS category, and the Rational Attitude indicator has an average percentage value of 58.6% in the LESS category.

This shows that it is necessary to make an evaluation carried out by the students and the teachers/trainers so that in the future the level of student confidence in taekwondo extracurricular activities can be increased properly so that students who excel as in previous years can be achieved perfectly

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