

The Quality of Social Interaction between Martial Art Athletes

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Abstract: This study described sports from the perspective of social psychology, particularly in terms of social interaction. Martial arts involve direct physical contacts with social interaction partners. These contacts are essentially direct relationship between one and another individual. This study seeks to investigate the quality of social interaction between martial art athletes. Judo and karate are among of the many martial arts that are characterized with full body combat. The objective of this study was to describe the quality of social interaction between martial art athletes. To this end, questionnaires were addressed to the samples who were all student of karate and judo unit at Indonesia University of Education in order to find out the quality of social interaction between karate and judo athletes. This study is expected to motivate athletes and coaches and to educate society in general that martial arts can contribute positively to the quality of social interaction.

1. Introduction

Experts divide sports into such different categories as martial arts, aquatics, games, etc. In terms of move dimension, sports fall into cyclic and acyclic sports. These categorizations entail characteristics in terms of prescribed physical condition. Nowadays, what influences achievement is not only physical condition but also socio-psychological factors, both in training and in the match.

Body contact sports are ones that involves direct physical contacts between athletes like football, basketball, hockey, softball, baseball, and martial arts (among others are pencak silat, judo, boxing, karate, kenpo, taekwondo, and tarung derajat). Sports that involve direct physical contacts can easily spark off aggression of the athletes and the spectators (Straub, 1980), especially team sports that can easily mobilize fanatical spectators. According to Cox (1994), the more supporters come to watch a match, the more passionate sportsmen are to play, and the more fanatical the supporters are. Excessive and uncontrolled supporters may lead to riots especially when their favorite team suffers a defeat. On the contrary, non-body contact sport does not involve direct physical contacts; for example, volleyball, tennis, table tennis, badminton, swimming, shooting, archery and athletics.

Based on its function and purpose, a sport activity is actually an integral part of the entire educational process that aims to develop aspects of physical, mental, emotional, and social health of students through selected physical activities (Singer & Dick, 1980). Physical and sports education aims to improve motor skills, physical fitness, cognitive development, social skills, character building, and emotional stability of the learners (Siedentop, Mand, & Taggart, 1986). In addition, physical and sports education can also improve the ability of organs, the neuromuscular system, social and personal attitude adjustment,



interpretation and intellectual skills, and emotional control (Annarino, Cowell, and Hazelton, 1980). Thus, the benefit an individual gets from sport activities is expected to form a positive behavior in the daily life of athletes in society. An important factor that influences one's success in sport is a dimension of social interaction. Literally, social interaction is a direct relationship of one individual with another individual. According to Bonner in Ahmadi (2007: 49), "social interaction is a relationship between individuals, where the behavior of one individual affects, changes, or corrects another individual's behavior or vice versa." That's why social interaction should be paid attention to because it may effect someone's psychic condition. This is in fact an advantage for humans because this will lead to social advances. Social interactions affect the athlete's performance because they must be able to interact with others whether with teammates, with coaches, with officials, or with the environment.

This is very influential to an individual activities in his social environment. No individual can make self-adjustment without social environment. The existence of environmental factors enables an individual to adjust to everything the environment provides. A bad environment will have a bad impact on the individual in question as much as a good environment will on him.

An individual can easily receive a stimulus from his social surroundings. The good and the bad from his social surroundings will affect him. This should be taken into account since an environmental stimulus can affect one's life.

Referring to the aforesaid characteristics of body contact and non-body contact sports and taking account of the role of social interaction in achieving success, the writer is interested in investigating the quality of social interaction between martial art athletes.

Based on the aforementioned description of the characteristics of athletes of various sport categories and of social interaction, this study posed the following questions:

How is the quality of social interaction between karate and judo athletes?

Relevant to the research question, this study has the following objective: To find out the quality of social interaction between karate and judo athletes.

Social interaction is an individual relationship with another individual so as to enable a mutual understanding. Interactions are made possible by various things in a broader social events. It could be said that each and every individual in a society is a source and the center of psychological effect for other individuals' life. Social interactions help form good behaviors. However, they can also have a negative effect. Abu Ahmadi (2007:73) said, "Every individual can be a source and the psychological center for other people's psychological life, and the effect on each person is not the same."

According to Gerungan (2004:62), social interaction is a social relationship between individuals that mutually influence one another. In sports, the interaction between athletes, athletes and their coaches, and between teammates will cause certain psychological effects. All of these things should not be overlooked in the study of psychological symptoms in sports. The environment will influence an individual development as one gets along with it. As cited from Stern in Ahmadi (2007:51), "an individual development is influenced by two factors: innate factors and environmental factors."

2. Research Method

The research took place approximately more than eight months at UPI karate and judo units, Indonesia University of Education, jalan Setiabudhi No.229 Bandung.

Using a descriptive survey method, this research attempted to describe a real condition based on the gathered data. Arikunto (2006:208) explained, "descriptive research is one carried out to collect information about an existing symptoms; i.e., the unmanipulated symptoms as found in the research site."

The data were collected through a survey. Basirun (2009) said that a survey research is one that takes a sample out of the population and conducts a questionnaire as a main data collection instrument. No intervention is supposed to be done in a survey. It collects information about someone's action, knowledge, interest, opinion, behavior, and value. The object of this research was social interaction. The subject of the research was students of karate and judo unit at Indonesia University of Education. The

population included all members of the martial art unit. The sample was chosen using disproportionate stratified random sampling.

The data were collected through a questionnaire of social interaction quality that was developed and experimented by a martial art athlete named Pandu Fauzi (2014) in his undergraduate thesis. The questionnaire was close-ended, developed based on social interaction indicators from Abu Ahmadi. The answer is measured using a likert scale. To ensure the validity and reliability, the questionnaire was tested on another martial art category.

Social interaction is defined as a conscious action done to build mutual understanding between individuals in a particular social circumstance with a particular purpose. Ahmadi (2007:49) said, "social interaction is a relationship between individuals, where the behavior of one individual affects, changes, or corrects another individual's behavior or vice versa." Social interactions have such factors as imitation, suggestion, identification, sympathy, togetherness, and group situation (Abu Ahmadi, 2007). Imitation is when someone copies others. Imitation is an attempt by someone to copy others' attitude, behavior, style, way of thinking, appearance, skills, abilities, and so on.

Suggestion is a psychic influence, both from oneself (auto-suggestion) and from others (hetero-suggestion), which is generally taken for granted. Identification is a desire to be identical to others, both by the look and spiritually. Identification factors play a crucial role in a social interaction. Sympathy means sharing the feeling of others. It can only last and grow in a mutual cooperation between two or more individual if there is a mutual understanding. Togetherness happens when a number of people who in the first place did not know each other get together, and then there is a casual social interaction between them.

A group situation is a situation when there are two or more individuals involved in a deep social interaction. This situation help build social group; i.e., a social unit consisting of two or more individuals who are involved in an intensive and organized social interaction.

In order for data analysis in this research to go well, the writer took the following steps:

- Observing and deciding if the result was valid or not

The writer collected the questionnaire back from the respondents, and then checked to see and decide the validity of questionnaire. This was to avoid the possibility of that a respondent to not answer one of the questionnaire items or that he responded an item with multiple answers.

Assigning scores to each statement item in the questionnaire using the following criteria:

Positive statement : SA = 5, A = 4, N = 3, D = 2, SD = 1

Negative statement : SA = 1, A = 2, N = 3, D = 4, SD = 5

- Classifying statement items
- Calculating the score of the entire statements for each respondent
- Analyzing data to make a conclusion

To obtain the final description and presentation about the profile of the quality of social interaction the quality of social interaction between martial art athletes, the writer used the following calculation:

$$P = \frac{\sum x_1}{\sum x_n} \times 100\%$$

Note:

P = Percentage

$\sum x_1$ = Total score based on alternative answer

$\sum x_n$ = Total score

Having been collected, the data were then concluded to facilitate the interpretation and inference. In this case, choosing the parameters, as cited from Arikunto in Sarwanto (2010:54), by interpreting the percentage of the assessment criteria as illustrated in the following table 1.

Table 1. Criteria for the Percentage of Frequency

Score Range	Criteria
76 – 100%	Good
56 – 75%	Adequate
40 – 55%	Not good
<40%	Poor

3. Finding and Discussion

The results obtained after the validation of questionnaires and the survey of the quality of social interaction between athletes of martial arts is as follows:

The quality of social interaction between body contact sport athletes that included karate and judo is as follows:

Table 2. The Quality of Social Interaction between Martial Art Athletes

BODY CONTACT SPORT CATEGORY	NUMBER OF ATHLETES (N)	ACTUAL SCORE	IDEAL SCORE	PERSENTAGE	CRITERIA
Individual (Martial Arts)	31	7356	10200	73,88%	ADEQUATE
Karate	22	3399	4650	70,75%	ADEQUATE
Judo	9	1064	1350	78,75	GOOD

The table 2 shows that the quality of social interactions between martial art and karate athletes is adequate, but between judo athletes is good. It can then be concluded that based on each body contact sport category, the quality of social interaction between athletes of the individual martial art category and karate was adequate, and between judo athletes was good.

4. Conclusion

The result of the study may lead to a conclusion that:

Based on each body contact sport category, the quality of social interaction between athletes of the individual martial art category and of karate was good, and between judo athletes was good.

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