

Development of a Self-defense Model for Women in the Sport of Karate Dojo

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ABSTRACT

The purpose of this study was to develop self-defense methods for women in the Karate Dojo Inkanas Tebing Tinggi branch. This research is a type of research and development or Research and Development (R&D). The design used in this study is the development research of Borg and Gall. The subjects of this study consisted of 10 people for small group trials and 30 people for large group trials. In the first (small) group trial, research results were obtained with 10 test subjects from the dojo of SMA Brigjend Katamso Medan and the dojo of SMKN 6 Medan, then a score of 85 was obtained with a percentage of 85% in a small trial (valid). Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 8 with a percentage of 80% (valid/feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 8 with a percentage of 80% (valid/feasible). So on a small trial scale, the product of the self-defense method module for women in karate is valid. In the second (large) group trial, research results were obtained with 30 test subjects from the dojo of SMA Negeri 1 Tebing Tinggi, then a score of 272 was obtained with a percentage of 90.66% in the large trial valid). Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 9 with a percentage of 90% (valid/feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 9 with a percentage of 90% (valid/feasible). So on a large trial scale the product module self-defense methods for women in karate sports is valid. In this expert revision, there are no more revisions made by experts, so the product of the self-defense method module for women in rubber sports is feasible.

KEYWORDS

Karate; self-defense; women

INTRODUCTION

Today the mode of crime is increasingly varied, crime always develops in accordance with human civilization from primitive times to modern times. Crime is basically emphasized to deviant acts, always present and inherent in every form of society. Crime is a legal offense, that is, events that contradict or contradict the principles of law that live in the beliefs of human life and are independent of the law according to Bawengan (1974).

There are many cases of crime in the midst of society, namely, sexual harassment, brawls, bullying, domestic violence, murder, and so on. The victims are generally women, Head of the North Sumatra Provincial Women and Children Empowerment Office, Nurlela said, sexual violence cases are still dominant in women. Especially in women aged 6-18 years. The Women and Children Empowerment Office (PPA) of North Sumatra Province, recorded 216 cases of sexual violence occurred in North Sumatra during 2019. This

number reached more than 6 percent of the total national sexual violence cases in 2019 which had reached 3,523 cases (Alija, 2019).

Juvenile delinquency is a collection of various socially unacceptable juvenile behaviors to the point of criminal acts. In the midst of student life, there is often unrest due to crimes, such as acts of violence, rape, murder, and other crimes. These crimes are committed by criminals of a very heterogeneous age level, because they consist of the elderly age group, adult groups and not to mention teenagers. For the adolescent age group, some of the drivers of the desire to do evil arise because of opportunity, and the influence of environmental conditions.

Of all the above cases, the target is women. With this, to overcome the above problems, it is necessary to develop a self-defense method. Self-defense is a necessity for every human being in living their lives so that they are free from threats without fear of danger through simple but effective self-defense skills.

Based on the data that has been written above, the author concludes that development research is a research that produces a product that is much better effective, starting with needs analysis, product development and product trials. In this case, the research that will be developed is the development of self-defense methods for women in karate.

Relevant research similar to this research is the research of Syaleh and Ramadhan (2018) Practical martial arts is a sport that utilizes muscle, brain and conscience motion compounds realistically and rationally. Practical self-defense is obtained through the practice of whole limb movements to apply 5 (five) elements of moral power, namely: strength, speed, accuracy, courage, and tenacity. Martial arts are practically applied as self-protection for young adult age group women (ages 15-20 years) from crime disorders. Self-defense began to be applied to students in schools as a basis for the formation of physical endurance. Practical martial arts development is carried out through the stages of analysis, design, development and implementation, as well as evaluation. The result of development is the pattern of gestures when receiving an attack or a crime occurred. The movement pattern consists of 5 sets of self-defense movements based on the threat received. Practical self-defense is obtained through small group tests, large group tests, group discussion forums (FGDs) and expert tests using instruments in the form of questionnaires, interviews, and observations. The development of practical martial arts sports to prevent and anticipate physical threats to women is carried out by producing products in the form of practical self-defense movements for women in the young adult age group (aged 15-20 years).

The results of the development of this research are: 1) The development of practical martial arts for the prevention and anticipation of physical threats to women can improve the ability of young adult women's skills in sports, 2) Through the development of practical martial arts sports can provide martial arts stability for young adult women to prevent and anticipate if physical threats occur.

RESEARCH METHODS

The research method used in this study is Research and Development. This research method is the basis for producing certain products, testing the feasibility of those products or perfecting existing products (Sugiyono, 2019). Based on the opinions above, this study discusses the development of self-defense methods for women in the high cliff inkanas karate dojo sport in 2021. Therefore, this development research resulted in a self-defense exercise manual. For this reason, the title in this study is "Development of self-defense methods for women in the high cliff inkanas karate dojo sport in 2021". The steps of this research are as follows according to Borg and Gall (2007):

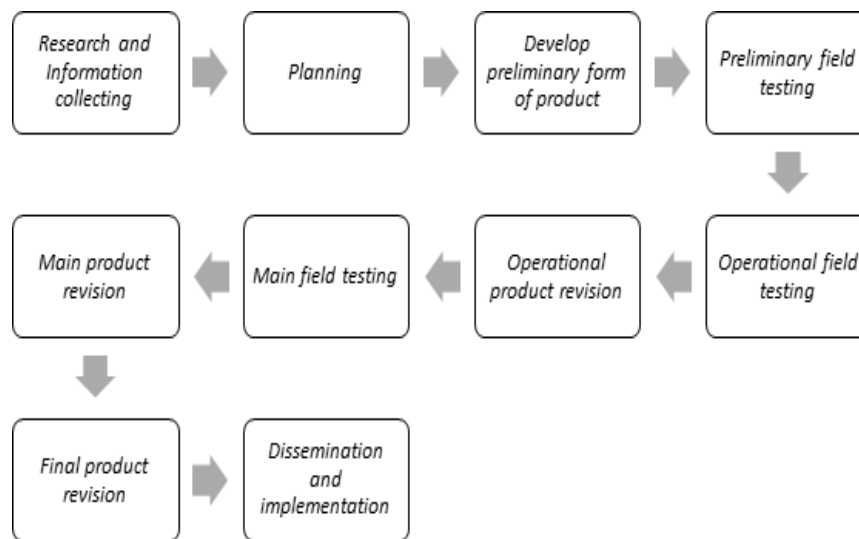


Figure 1. The scheme of development procedures is adapted from the Borg & Gall development procedure (Source: Borg &; Gall, 2007).

RESULTS AND DISCUSSION

Research and information collecting

At the stage of research and information collecting in this study is the author looking for what the solution to the problem found. There are many cases of crime in the midst of society, namely, sexual harassment, brawls, bullying, domestic violence, murder, and so on. The victims are generally women, especially in women aged 6-18 years. With this, to overcome the above problems, it is necessary to develop a self-defense method. Self-defense is a necessity for every human being in living their lives so that they are free from threats without fear of danger through simple but effective self-defense skills. Nowadays the martial arts of self defense that are often used are taekwondo. Based on the results of my survey on youtube channel. Only use leg kicks. There is no solution e.g. locking techniques, slams, punches.

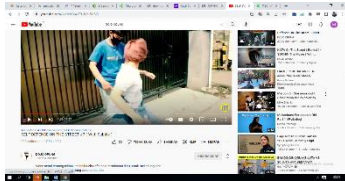





Based on the needs analysis above, it can be concluded that self-defense methods are indeed needed by women, considering that out of 10 respondents in the needs analysis they have seen criminal crimes in front of them.

Planning

At the planning stage in this study, what the author does is to plan all the things that will be done in the research. The author looks for references for the development of self-defense training products and the author designs or arranges self-defense training movements.

Looking for the concept of training from youtube as a reference for the development of self-defense methods for women in the Karate Dojo Inkanas Tebing Tinggi sport, here is the video link of the researcher's findings: the first video in the link: https://youtu.be/3jfZd_ot8Uk then the second video in the link: <https://youtu.be/7Dt325C4XBk> and the third video in the link: https://youtu.be/3fA0Oh9_Dqs.

Table 1. Video Collection At This Time

No	Name	Picture	Information
1.	<i>Self Defense on the Street</i>	 Source: youtube Dojo Opung Link: https://www.youtube.com/watch?v=XTtUVr15qSQ	Video illustration: When women are on the street playing cellphones while waiting for public transportation, there is a man who disturbs. Then the woman fights by drowsiness of her head to the opponent, then kicks kekome geri towards the opponent's ankle, then elbows towards the opponent's stomach, then leaves the opponent.
2.	<i>Ladies Job (Self Defense on The Street - Short Movie With Subtitle)</i>	 Source: youtube Dojo Opung Link: https://www.youtube.com/watch?v=GJYv_2wZNnY	The video shows a girl being kidnapped and her friend helping to release and fight against the enemy.
3.	<i>Self Defense on the Street</i>	 Source: Youtube Dojo opung Link: https://www.youtube.com/watch?v=mVP_7nN8sUY	In this video, when a teenage girl is about to go home, suddenly her bag is pulled by snatchers. And he exercised self-defense.
4.	<i>Top Self-Defense Moves / Karate Lessons</i>	 Source: Youtube Howcast Link: https://www.youtube.com/watch?v=XTnf9xBNESU	This video tutorial when we are pulled from the front by bad people and how to deal with it.
5.	<i>Self Defense Moves Every Woman Should Know</i>	 Source: Youtube Janice Hung Link: https://www.youtube.com/watch?v=k9Jn0eP-ZVg&t=443s	This video provides simple wushu martial arts self defense training but no punch and slam techniques
6.	<i>Self-Defense Moves Every Woman Should Know / Her Network</i>	 Source: Youtube woo taekwon Link: https://www.youtube.com/watch?v=teHemylr8qM	This video shows how to escape bad guys by using leg kicks.


Based on the video above, it is concluded, martial arts currently has no attack techniques in the form of punches, slams, locks, blocks. The advantage is only using kicks. The lack is less practical.

Develop Preliminary Form of Product

The end result of a series of initial research, can be a new working design or a new product. In the product design procedure carried out by the researcher is to conceptualize exercises based on the findings of previous researchers, then the researcher determines the movements to be developed are: 1. Instructional Model of Self defense embrace shoulder, 2. Instructional Model of Self defense hugged from behind, 3. Model of Self defense touch chin, 4. Instructional Model of Self defense firearms, 5. Instructional Model of Self defense pull clothes.


**PEDOMAN LATIHAN SELF DEFENSE
CABANG OLAHRAGA KARATE**

OLEH:
MARCO VAN JOHAN MANALU
MAHASISWA POR UNIMED



FENGENDEANGAN GERAK PERTAHANAN DIRI UNTUK PEREMPUAN

1. Instructional Model of Self defense embrace shoulder



Gambar 1. Instructional Model of Self defense embrace shoulder

Langkah Pelaksanaan:

- Diawali dari sikap berdiri tegak
- kemudian di rangkul orang yang tidak kenal.
- Kemudian kita melakukan perlawanan dengan mengunci bagian tangan.
- lalu di hantui menggunakan kaki sehingga dia tidak bisa bergerak melakukan perlawanan.

Tujuan:


- Mengembangkan sikap bela diri, yaitu terampil dalam gerak efektif untuk menjaga keselamatan atau kebugaran fisik dan mental yang dilandasi sikap keastria, tanggap, dan mengendalikan diri.

Hal yang perlu diperhatikan:

- Mengetahui teknik serangan.
- Mengetahui teknik bantingan.

- Mengetahui gerakan musuh.
- Fokus ke musuh.
- Konsentrasi jangan terlalu takut

2. Instructional Model of Self defense hugged from behind



Gambar 2. Instructional Model of Self defense hugged from behind

Langkah Pelaksanaan:

- Saat kita dijepit dari belakang dengan orang yang tidak di kenal.
- Sikap pertama adalah tenang.
- kemudian melakukan perlawanan dengan cara posisi kaki dibuka selebar bahu.
- kemudian badan berputar ke arah kiri kanan
- kemudian melakukan pukulan urakan ke arah ulu hati.
- Kemudian melakukan bantingan dan diakhiri dengan pukulan.

Tujuan:

- Membentuk sikap keastria, berani, memblel kebenaran
- Membentuk mental yang berjiwa sebat

Figure 2. Products Before Revision

Preliminary Field Testing

At this stage, the author conducts product trials without any samples and then brought to experts. The expert will test the feasibility of the product. In research, the first product brought is a product that will be tested in small group trials.

Table 2. Small Group Trial Expert Revision

No	Expert Name	Spesification	Score	Percentage	Category
1.	Kuasa Ginting	Karate Expert	8	80%	Valid
2.	Pangondian Purba	Sports Motion Skills Expert	8	80%	Valid
Sum			16		

Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 8 with a percentage of 80% (valid / feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 8 with a percentage of 80% (valid / feasible). So on a small trial scale, the product of the self-defense method module for women in karate is valid. However, some revision notes by experts are as follows:

Table 3. Small Group Trial Expert Revision

No	Expert Name	Spesification	Revision	Suggestion
1.	Kuasa Ginting	Karate Expert	The movement inside the module must be the correct movement.	Fix some photos in the module.
2.	Pangondian Purba	Sports Motion Skills Expert	Create easy-to-understand images.	Fix better model image clearly

Field Testing

The authors conducted initial field trials on a limited scale. by involving as many as 10 subjects. In this step, data collection and analysis can be done by interview, observation or questionnaire. This step is a limited product test which includes:

- 1) Piloting the product on small group subjects of 10 women in the Karate Dojo Inkanas Tebing Tinggi sport.
- 2) After being tested, the women who were sampled were given a questionnaire of responses to the product to find out how important it was.

The following are the results of design validation in this study:

Table 4. Small Group Trial Validation

Respondents	Assessment Items										Total
	1	2	3	4	5	6	7	8	9	10	
1	1	1	1	1	1	1	1	1	0	1	9
2	0	1	1	1	1	0	1	1	0	1	7
3	0	1	1	1	1	1	1	1	1	1	9
4	1	1	1	1	1	0	1	1	1	1	9
5	0	1	1	1	1	1	1	1		1	9
6	1	1	1	0	1	0	1	1	1	1	8
7	1	1	1	0	1	1	1	1	1	1	9
8	1	1	1	1	0	1	1	1	1	1	9

9	1	1	1	1	1	1	0	1	0	1	8
10	1	1	1	1	1	1	0	1	1	0	8
Total	7	10	10	8	9	7	8	10	7	9	85
%	70	100	100	80	90	70	80	100	70	90	85
Category	VALID/ USED										

From the results of research with 10 test subjects from the dojo of SMA Brigjend Katamso Medan and the dojo of SMKN 6 Medan, a score of 85 was obtained with a percentage of 85% in a small trial (valid).

Operational Product Revision

The author makes improvements / improvements to the results of wider trials, so that the product developed is already an operational media design that is ready to be validated. The steps taken by researchers are:

- a) Researchers bring the results of research to experts to see experts about product testing.
- b) Researchers revise self-defense exercise book products at the Preliminary Field Testing stage

Products that have been designed are then revised after known weaknesses. In the product design revision procedure, what researchers do is:



Figure 3. Products After Revision

Main Field Testing

The main trial involved 30 students. (1) conduct initial field tests on product designs, (2) are limited, both the substance of the design and the parties involved, and (3) initial field tests are carried out repeatedly so that feasible designs are obtained, both substance and methodology.

Conduct a limited trial. At the product trial stage carried out by researchers are:

- 1) Large group trials were conducted on 30 women in the Karate Dojo Inkanas Tebing Tinggi Sport.
- 2) After testing, questionnaires were distributed to samples to determine the effectiveness of the products developed.

Table 5. Results of Large Group Trials

Response	Assessment Items										Total
	1	2	3	4	5	6	7	8	9	10	
1	1	1	1	1	1	0	1	1	0	1	8
2	1	1	1	1	1	1	1	1	1	1	10
3	0	1	1	1	1	1	1	1	1	1	9
4	1	1	1	1	1	1	1	1	1	1	10
5	1	1	1	1	1	1	1	1	1	1	10
6	1	0	1	1	1	0	1	0	0	1	6
7	1	1	1	0	1	1	1	1	1	1	9
8	1	1	1	1	0	1	1	1	1	1	9
9	1	1	1	1	1	1	0	1	1	1	9
10	1	1	1	1	1	1	1	1	1	0	9
11	1	1	1	1	1	1	0	1	1	1	9
12	0	1	1	1	1	1	1	1	1	1	9
13	0	1	1	1	1	1	1	1	0	1	8
14	1	1	1	1	1	1	1	1	1	1	10
15	0	1	1	1	1	1	1	1	1	1	9
16	0	1	1	0	1	1	1	1	0	1	7
17	1	1	1	1	1	1	1	1	1	1	10
18	1	1	1	1	0	1	1	1	1	1	9
19	1	1	1	1	1	1	1	1	1	1	10
20	1	1	1	1	1	1	0	1	1	0	8
21	1	1	1	1	1	1	1	1	1	1	10
22	1	1	1	1	1	1	1	1	1	1	10
23	1	1	1	1	1	1	1	1	0	1	9
24	1	1	1	1	1	1	1	1	1	1	10
25	1	1	1	1	1	1	1	1	1	1	10
26	1	0	1	1	1	1	1	1	1	1	9
27	1	1	1	1	1	1	1	1	1	1	10
28	1	1	0	1	1	1	1	1	1	1	9
29	1	1	1	1	1	1	0	1	1	1	9
30	1	1	0	1	1	1	1	1	1	0	8
Total	25	28	28	28	28	28	26	29	25	27	272
%	83	93	93	93	93	93	87	97	83	90	90.66667
Category	VALID/ USED										

From the results of research with 30 test subjects from the dojo of SMA Negeri 1 Tebing Tinggi, a score of 272 was obtained with a percentage of 90.66% in the large trial valid).

Main Product Revision

The steps in this stage will further refine the product being developed which includes (1) readapting the vision of self-defense training products. (2) revise and maintain self-defense exercises in the form of modules (guidebooks) involving prospective product users, and (3) field test results are obtained design media that are ready to be applied, both in terms of substance and methodology.

Products are revised based on limited trial results. In the product revision procedure carried out by researchers are:

Table 6. Large Group Trial Expert Revision

No	Expert Name	Spesification	Score	Percentation	Category
1.	Kuasa Ginting	Karate Expert	9	90%	Valid
2.	Pangondian Purba	Sports Motion Skills Expert	9	90%	Valid
Total			18		

Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 9 with a percentage of 90% (valid/feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 9 with a percentage of 90% (valid/feasible). So on a large trial scale the product module self-defense methods for women in karate sports is valid. In this expert revision, there are no more revisions made by experts, so the product of the self-defense method module for women in rubber sports is feasible.

In the first (small) group trial, research results were obtained with 10 test subjects from the dojo of SMA Brigjend Katamso Medan and the dojo of SMKN 6 Medan, then a score of 85 was obtained with a percentage of 85% in a small trial (valid). Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 8 with a percentage of 80% (valid / feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 8 with a percentage of 80% (valid/feasible). So on a small trial scale, the product of the self-defense method module for women in karate is valid.

In the second (large) group trial, research results were obtained with 30 test subjects from the dojo of SMA Negeri 1 Tebing Tinggi, then a score of 272 was obtained with a percentage of 90.66% in the large trial valid). Based on the results of expert validation, it was obtained that from Power Ginting as a karate expert obtained a score of 9 with a percentage of 90% (valid/feasible). Then the assessment from Pangondian Purba as an expert in sports movement skills obtained a score of 9 with a percentage of 90% (valid/feasible). So on a large trial scale the product module self-defense methods for women in karate sports is valid.

Self-defense mechanisms as strategies used by individuals to prevent the overt emergence of impulses and to deal with superego pressure over the ego in order to reduce or relieve anxiety. The self-defense mechanism in Freud's school of psychoanalysis is a psychological strategy carried out by a person, group of people, or even a nation to deal with reality and maintain self-image (Salamor, 22:4).

Previous research that is similar to this research is, Gunawan research, while the stages in this research method consist of ten (10) stages: 1). Needs analysis, 2). Planning, 3) Product design development, 4) Small group trials, 5) Revision, 6) Large group trials, 7) Product revisions, 8) Model Effectiveness Tests, 9) Final product revisions, 10) Product dissemination and dissemination. The results of the study, based on the physical training model developed, obtained descriptive statistical results of the initial test of athletes at the time of the effectiveness test of the training model Mean value 3.1533, Std. Deviation 0.09874. final test Mean 3.3300, Std. Deviation 0.19222. The paired sample test value at sig (2-tailed) is 0.005. Based on this, the physical training model developed is effective in improving the biomotor abilities of karate athletes (Gunawan, 2022).

CONCLUSION

Based on the results of research and discussion, it was determined that the conclusions in this study were:

1. The development of a self-defense model for women in the karate dojo sport was carried out with 8 stages in the design of Borg and Gall.
2. Feasibility of developing a self-defense model for women in karate dojo where in the first group trial (small) a score of 85 was obtained with a percentage of 85% in a small trial (valid). In the second (large) group trial, the results of research with 30 test subjects were obtained, then a score of 272 was obtained with a percentage of 90.66% in the large trial valid). In this expert revision, there are no more revisions made by experts, so the product of the self-defense method module for women in rubber sports is feasible.

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