

## The Perception of Pencak Silat Athlete's Victory Based on the Colour Match Angle

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### Abstract

*Color is a part of human life, which represents characteristics and has an impact on psychological function (Elliot & Maier, 2007, 2014; Meier et al., 2012). Research on the effect of color on human psychological functions has developed, including examining the relationship between color and attractiveness (Meier et al., 2012; Pazda et al., 2012; Roberts et al., 2010) and motivation (Elliot et al., 2009; Pekrun). et al., 2009). The majority of combat sports use red and blue colors as a differentiator between the opposing camps of athletes, this also applies to the combat sport of pencak silat. This research is qualitative research. The purpose of this study is to find out whether the victory and the outcome of the match are influenced by the suggestion of the color angle when athletes compete in a competition. This research was conducted on 15 amateur pencak silat athletes who were also participants. (Sutama, 2019) Determination of participants is carried out using the typical sampling method selected according to the required criteria. The selection is based on the following points: (1) Amateur athletes who have more than 5 years of training experience, (2) practice at least 300 sessions per year, (4) have experience of competing less than 10 times in official competitions, and (5) have won a competition. The data collection technique was carried out by guided interviews and documentation to all participants. The results of this study were 9 participants revealed that they often won when competing in the blue corner. Meanwhile, 6 athletes argue that they often get wins from the red corner. Athletes assume that the victory obtained is a factor of luck and the result of hard work during practice, so that it has an impact on victory. Meanwhile, the participants who think that red is their favorite color, reasoned because the color red means courage. (Attrill et al., 2008; I. Greenlees et al., 2008; I. A. Greenlees et al., 2013; Ilie et al., 2008; Little & Hill, 2007)*

**Keywords:** Perception, Athlete, Pencak Silat, Red, Blue

### Introduction

Color is part of human life, which represents characteristics and impacts psychological function (Elliot & Maier, 2007, 2014; Meier et al., 2012). Research on the influence of color on human psychological function has evolved including examining the relationship of color with attractiveness (Meier et al., 2012; Pazda et al., 2012; Roberts et al., 2010) and motivation (Elliot et al., 2009; Pekrun et al., 2009). The research continues to develop until it enters the realm of sports, some investigative activities on the influence of sports uniform color have been conducted. (Barton Hill, 2005) conducted a study at the 2004

Olympics in combat sports, the result is that red can cause a sense of dominance and aggression so that athletes wearing red uniforms feel advantaged. Other research conducted by (Attrill et al., 2008; I. Greenlees et al., 2008; I. A. Greenlees et al., 2013; Ilie et al., 2008; Little & Hill, 2007) athletes feel more dominant when wearing red uniforms (Feltman & Elliot, 2011) and sense of having a heart rate as well as higher test scores before races (Dreiskaemper et al., 2013). In fact, it influences the opponent's assessment that athletes wearing red uniforms are judged to be more dominant in matches (Feltman & Elliot, 2011), and are awarded more points in taekwondo sports by referees, while in team sports such as football players who wear red uniforms are considered has a harder tackle (Dreiskaemper et al., 2013)

The majority of combat sports use a red and blue worn as a differentiator between the strongholds of athletes who are fighting, although this also applies in the sport of combat pencak silat. Research on the impact of color on suggestions and psychological functions in pencak silat sports has never been conducted. However, the use of red uniforms in sports has been widely done, analyzed and compared the results with blue. Some assume that color only happens to produce high winning values in sports, so (Hackney, 2006) conducted research on the influence of color on athletes' physiological functions such as testosterone hormones and motor skills of athletes and the results found no change because athletes wear red uniforms. But the latest research from (Elliot & Arts, 2011; Payen et al., 2011) produced a discovery that motoric kemampuan increased because athletes see red as excitatory and visual. (Payen et al., 2011) designed a study in which participants had to perform a maximum muscle contraction while looking at red. Results showed a significant improvement when athletes saw red compared to looking at other colors. So the author argues that color affects the basic motoric output. (Feltman & Elliot, 2011) argues that wearing red increases an athlete's self-perception of a sense of dominance and threatens the opponent, while seeing the opponent's red color will increase the sense of dominated and threatened. Although the meaning and impact of one color will be different from the other, it relates to situational and contextual factors (Dijkstra & Preenen, 2008; Elliot et al., 2009; Moller et al., 2009). Based on these phenomena and information this study aims to investigate whether color determines the frequency of victory for athletes in pencak silat sports. Pencak silat competition category is a fighting sport that has characteristics resembling sports such as taekwondo, karate, and Muay Thai. In the pencak silat fight both athletes fight with belt color and red-blue angle. Basically this study will investigate whether the color of the belt and the angle that athletes wear when competing also gives psychological influence to the athlete and contributes to determining the athlete's victory from the athlete's perspective. This study tries to explore and compile athletes' opinions, athlete experiences, athlete memory of matches, and athlete associations against red-blue colors.

## Method

This research is qualitative research that is a study conducted with the aim to understand social phenomena from the point of view of participants (so that theory) obtained by making participatory observations to people who become participants (Sutama, 2019). The purpose of this study is to find out if the winnings and results of the matches are influenced by the suggestion of the

color of the angle when athletes compete in a competition. This study was conducted on 15 amateur pencak silat athletes who were also participants. (Sutama, 2019) The determination of participants is done by a typical sampling method selected according to the required criteria. The selection is based on the following: (1) Amateur athletes who have more than 5 years of training experience, (2) practice at least 300 sessions per year, (4) have less than 10 times in official competitions, dan (5) have won a competition. Data collection techniques are conducted with guided interviews and documentation to all participants. The interview is an attempt to gather information through question and answer to participants, while dokumentasi is a record of events that are archived. The validity of the data used in this study uses *member check*. Member checks are conducted to ensure that the interviewees are satisfied that they have been fairly portrayed (O'Donoghue et al., 2017). The results of the interview are given to the interviewee after the analysis is done, asking for feedback on the required repetition, the information to be omitted or additional information to be included. Data analysis techniques in this study using Miles and Huberman models that activities in qualitative analysis are conducted interactively and last continuously until complete (Sutama, 2019).

### Results and Discussion

An interview has been conducted for 15 amateur athletes of pencak silat. Among those 15 athletes, they were eliminated. , when Researchers delivered questions related from corner where Participants Win Match, 9 Participants Reveal that they often get victory when Compete at corner blue. exist some reason that according to Participants thing aforementioned happen wrong Only be because color blue become color favourite since time small, so that give impact positive towards function Psychological/mental (Elliot et al., 2009; Feltman & Elliot, 2011; Pekrun et al., 2009) moment Compete athlete. Possible memory period then will Favorite somebody towards color certain follow Increase motivation (Pazda et al., 2012; Roberts et al., 2010) athlete towards that Done at the time of now. athlete others who often Win Match from corner blue give opinion that different, he Assume that victory that Obtained be factor good luck and result work hard for Practice, sehingga Impact at victory. while that Participants that Argue that color red is a favourite, Reasoned because color red pregnant meaning courage. (Attrill et al., 2008; I. Greenlees et al., 2008; I. A. Greenlees et al., 2013; Ilie et al., 2008; Little & Hill, 2007) suggesting color red get Cause taste Dominant and aggression so that athletes that put on uniform color red feel Benefitting. Sport Martial arts like pencak silat be sport that *full body contact*, so that Preparation athlete towards Match through latihan hard and programmatic will bring A athlete easy seize Points that tipped victory (Subekti et al., 2020). Mastery athlete towards Techniques and condition physically Adequate make A athlete feel more believe self deep Compete. while that Participants Assume that color corner and belt that Charged when Match not affect Performance Psychological they. (Hackney, 2006) do research influence color towards function Physiological athlete like hormone testosterone and ability Motor athlete and Result not find change because athlete put on uniform Colored red. at Essentially Determination athlete will Compete at corner red or blue Done with method *Blind* or Determined Fully by regulators Match. so that athlete not will ever Know position Compete before Done Callings by *nouncer* Match. thing this maybe that become factor why athlete pencak silat not experience Dependency Psychological towards color that will Charged. while that Participants also Argue

that color belt and corner Match not give effect towards taste believe self Participants. (Dijkstra & Preenen, 2008; Elliot et al., 2009; Moller et al., 2009; Pekrun et al., 2009) meaning and impact from one color will different with color Related with and contextual factor . Partisipan Assume that taste believes self when the fight will grow because they feel already do latihan long so that condition physically that owned by the qualified participants. necessity base athlete towards exercise Fulfilled will Increase effect positive at thought, feelings and behaviour athlete (Hays et al., 2009). thought positive will nurture self image that positive (Williams & Cumming, 2016) Individual that more good deep see self they alone will easily reach purpose and have performance that good deep Match. This Strengthened by research automatically consistent that shows that Skills Mental more often Used deep Conjunction with competition than with exercise (Kumar, 2019). Selain that factor others who according to Participants can Increase taste believe self be with pray. pray have influence that Significant towards level stress (Anggraieni & Subandi, 2014). pray be Existed submission human towards God above non- capable human squint all something. prayer and wirid Recurring that Sometimes fast and simple, with Call one name God (Ismail, 2017). Remembrance be remember or Commemorate God that gets Done with secretly or voiced (Schimmel, 1994). awareness this makes human requests and Begging in order to do what will Done get Manifest. leave from history long sport this, formerly be part from culture and cling at ceremonies religious so that pencak silat be sport that Sakral and related tight with pattern interaction human with God (Maryono, 2002). fight pencak silat not only Involves component Techniques-physical, but also melibatkan component aesthetic. component aesthetic deep pencak silat called as “norm” (Fatoni et al., 2019). deep context this A athlete not Allowed do fight if deep Process not Include “norm” (Sudiana, 2021). norm be a motion that pregnant Elements Beauty like Elements dancethat soft but resolute (Subekti et al., 2019). deep sport pencak silat A athlete from beginning Training always Emphasized towards (Agustiawan, 2017) Important Aspects Spiritual. Mindset and habit This may become differentiator towards association color by athlete towards result Match. if deep sport battles other like taekwondo, judo fist, already Done research towards potential victory A athlete will put on uniform fight color certain, so at sport pencak silat pretend Instead. Such culture Thought that cling at athlete pencak silat that that will happen didnature Match be Conditions absolute God. thing this Surely very cling with intelligence Spiritual (Pant & Srivastava, 2019). so that Wherever corner Match and put on belt Colored red or blue according to Participants be same just not Determine result Match. Automatically technical Match pencak silat Done deep a Arena Sized 10 x 10 (Subekti et al., 2020). At every corner the athlete will be coveted by team coach, Usually consisting from two person. Automatically location, Placement corner red more auspicious because be near with Regulator Match. thing this Facilitate official to control policy Regulator if exist indication not fair, Facilitate protest and do recheck Points.

## Conclusion

Although personally athletes have a tendency to choose the favorite color between red-blue but results of interviews show the color of the belt and angle in the match pencak silat does not give a noticeable psychological effect to the suggestion of victory. Even so, athletes have an association to the meaning of color. Merah has the meaning of courage, while the color blue is associated as a good color. Meanwhile, athletes express based on their experience of

competing, the level of victory they can get more often when they are in the blue corner, but athletes convey individually the factor that influences their victory is the ability of the mind to always focus on the match and always pray to God. The athletes argue that by praying they feel the moment of the fight will take place safely, and make positive suggestions against the optimism of the athletes. Meanwhile, participants also argued that color does not give a great suggestion of confidence. Participants' confidence grows because the partisans feel they have done hard training so that the physical condition of the participants is ready in the fight. The core conclusions of this study are confidence, luck, and the results of pencak silat matches are not influenced by in what colored corners an athlete fights, wearing what colored belt when fighting, but confidence, luck, and the results of pencak silat matches are determined by ability Physical techniques during exercise, focusing ability at the time of the fight, and the power of prayer to God. This research certainly still has shortcomings that allow for more in-depth research. The results and conclusions of this study come from the point of view of amateur-level pencak silat combat actors, so it is very subjective against the background of individual mindsets and cultural environments are almost the same. Sehgng need to be conducted other investigations through field studies on the results of pencak silat matches at different levels from the external angle of the perpetrator through quantifiable and empirical data.

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