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REVIEW ARTICLE

The Role of Basic Attitude Techniques in Pencak Silat Learning to Improve PJOK Learning in Students: A Review of the Literature

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ABSTRACTS

Purpose This study aims to analyze the role of basic stance techniques in pencak silat learning to improve PJOK learning outcomes among students.

Materials and Methods This study employed a literature review approach by analyzing six selected scientific articles published within the last ten years. The data were collected from databases such as Google Scholar, PubMed, and ScienceDirect using keywords related to pencak silat, stance techniques, and PJOK learning.

Result The findings indicate that mastery of basic stance techniques significantly contributes to improving students' motor skills, balance, coordination, and understanding of movement concepts. In addition, the use of instructional media such as video tutorials and interactive multimedia enhances student motivation and learning outcomes.

Conclusion Basic stance techniques play a fundamental role in improving the effectiveness of PJOK learning. Therefore, they should be emphasized as a core component in pencak silat instruction in schools.

Keywords Pencak silat; Stance techniques; PJOK learning; Motor skills; Learning outcomes.

INTRODUCTION

Physical Education, Sports, and Health (PJOK) plays a strategic role in shaping students who are physically, mentally, and socially healthy, Physical Education, Sports, and Health (PJOK) plays an important role in developing students' physical fitness, motor skills, and character values (Rohman et al., 2025). One of the learning materials in PJOK that has both educational and cultural significance is pencak silat. Through pencak silat, students can develop coordination, balance, discipline, and self-control (Ndika et al., 2025). Therefore, PJOK learning needs to be designed systematically and oriented towards the development of comprehensive student competencies (Carolin et al., 2020).

Pencak silat is an Indonesian cultural heritage that functions not only as a martial art but also as a means to develop physical fitness, mental endurance, and character (Hutabarat & Nurhidayat, 2026). In the context of physical education, pencak silat plays a strategic role in developing physical fitness, motor skills, as well as sportsmanship and discipline values among

athletes (Nubatonis et al., 2025). Therefore, the development in pencak silat institutions must be directed at comprehensive physical conditioning so that athletes can compete at the regional and national levels In pencak silat learning, basic stance techniques serve as the fundamental foundation for all movements. Proper stance techniques are essential for maintaining body stability, balance, and effectiveness in executing both offensive and defensive movements. However, in practice, many students still demonstrate low mastery of basic stance techniques, which affects their overall performance and understanding of pencak silat movements. (Susanto & Siagian, 2025).

Previous studies have shown that the use of instructional media such as video tutorials and interactive multimedia can improve learning outcomes in pencak silat. However, most studies focus on the development and feasibility of learning media, while limited attention has been given to the specific role of basic stance techniques in improving PJOK learning outcomes among students (Keliat et al., 2025). Students with optimal physical fitness are better prepared for competitive pressure and tend to have stronger mental endurance (Silat et al., 2023). In pencak silat, commonly practiced techniques include blocks, kicks, dodges, punches, throws, and joint locks, which increase the risk of sports injuries (Nubatonis et al., 2024). Pencak silat is one of the PJOK learning materials taught in schools at both the primary and secondary levels (Ramadhan et al., 2024). Apart from being a sport, pencak silat is also an Indonesian cultural heritage that embodies noble values. In the context of PJOK learning, pencak silat serves as a means to improve physical fitness, motor skills, and students' understanding of the nation's culture and character (Dwiatmini et al., 2023).

Therefore, a clear research gap exists regarding the importance of mastering basic stance techniques as a key factor in enhancing students' learning outcomes in PJOK. This study aims to analyze the role of basic stance techniques in pencak silat learning through a literature review approach, with a focus on their contribution to improving students' motor skills and overall learning effectiveness. However, in the practical implementation of pencak silat learning, problems are still often encountered, such as the low understanding of students about the importance of horse movements and the high risk of injury, especially due to inadequate mastery of basic techniques and the implementation of unstructured training programs (Andrean et al., 2023). Injuries can occur as a result of incorrect posture, unstable posture, or improper execution of offensive and defensive techniques (Nubatonis et al., 2025).

It is important to understand that in sports activities, the risk of injury is always present, and proper management is necessary to prevent more serious consequences (Fatekhah et al., 2024). Grassroots level coaches need to understand the difference between minor injuries and injuries that require further medical care (Keliat et al., 2025). as well as the appropriate steps to take in an emergency situation. In addition, the coach must have knowledge of providing proper first aid to prevent further injury or possible complications (Baihaqi et al., 2021). Therefore, a comprehensive understanding of the role of pencak silat training and basic techniques is needed to improve performance while preventing injuries among athletes (Muryanto & Adhi, 2024). Through a literature review approach, this article is expected to provide scientific insight into the importance of basic training and techniques in learning pencak silat.

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METHODS

Research Design

This study employed a systematic literature review approach to analyze the role of basic stance techniques in pencak silat learning to improve PJOK learning outcomes. The review process was conducted following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines (Martín-Moya & González-Fernández, 2022).

Search Strategy

The literature search was carried out using electronic databases, including Google Scholar, PubMed, and ScienceDirect. The search was limited to articles published between 2015 and 2025 to ensure the relevance and recency of the data. The search process used combinations of the following keywords: ("pencak silat" OR "martial arts") AND ("stance" OR "basic techniques") AND ("physical education" OR "PJOK") AND ("students" OR "learning outcomes").

Inclusion and Exclusion Criteria

The inclusion criteria were: (1) articles published in peer-reviewed journals, (2) studies related to pencak silat or martial arts learning, (3) focus on basic techniques, particularly stance techniques, (4) involving students or beginner learners, and (5) articles published in English or Indonesian. The exclusion criteria were: (1) articles not directly related to learning contexts (e.g., purely competitive athlete performance), (2) studies without clear methodology, (3) duplicate publications, and (4) articles with incomplete data or inaccessible full texts.

Study Selection Process

The study selection process followed the PRISMA flow. Initially, 199 articles were identified through database searching. After removing duplicates, 165 articles remained. Screening based on titles and abstracts resulted in 35 articles. Further eligibility assessment based on full-text review excluded 29 articles due to irrelevance to the research focus, lack of methodological clarity, or not addressing stance techniques. Finally, 6 articles met all inclusion criteria and were included in the review.

Quality Assessment

To ensure the validity of the selected studies, a quality assessment was conducted using criteria adapted from systematic review guidelines, including: (1) clarity of research objectives, (2) appropriateness of research design, (3) data collection methods, and (4) relevance to the research topic. Only studies that met acceptable quality standards were included in the final analysis.

Data Analysis and Synthesis

The data were analyzed using a thematic synthesis approach. The selected studies were categorized based on key themes, including: (1) basic stance techniques, (2) learning media in pencak silat, and (3) student learning outcomes. The findings were then compared and synthesized to identify patterns, similarities, and differences across studies. This approach allows for a more systematic interpretation of the role of stance techniques in improving PJOK learning (Page et al., 2021).

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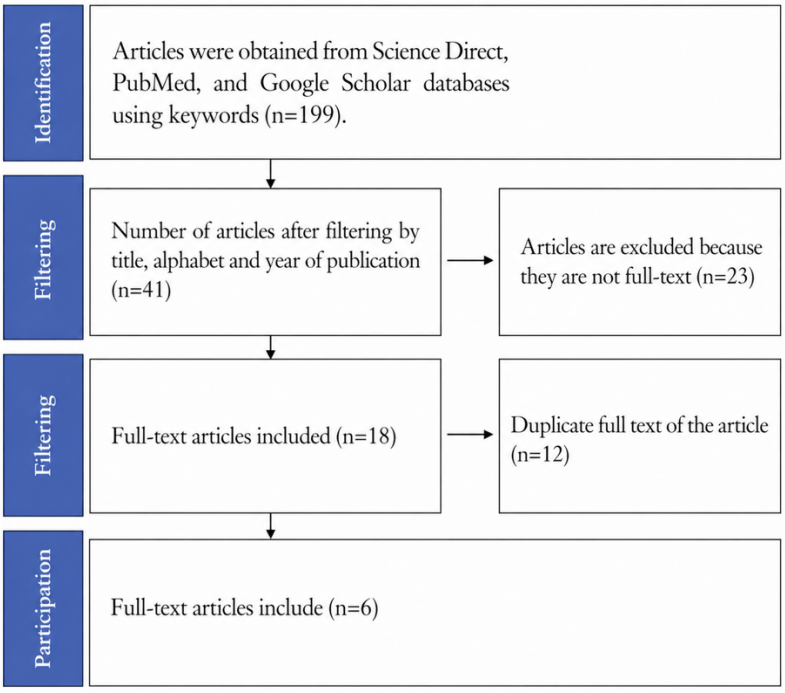

Figure 1. PRISMA research flow diagram

As illustrated in Figure 1 above, the systematic selection process began with the identification of 199 articles from the Science Direct, PubMed, and Google Scholar databases. After initial filtering based on title, alphabetical order, and year of publication, 41 articles were retained. Subsequently, 23 articles were excluded due to the unavailability of full-text versions. From the remaining 18 full-text articles, 12 were removed as duplicates. Ultimately, 6 full-text articles met all criteria and were included in the final analysis.

RESULT

Table 1. Synthesis of Literature on Instructional Media Development and Movement Technique Analysis in Pencak Silat

No.	Author & Year	Method	Purpose	Findings
1.	(Gunawan et al., 2024)	This study uses a questionnaire instrument using an assessment scale in the framework of research and development.	Develop video tutorial-based learning media for pencak silat techniques (basic stances, ready stance, and defensive techniques) using the ADDIE model.	Content expert validation scored 92.0% (excellent), instructional design expert 96.0% (excellent), and media expert 91.0% (excellent). The product trials showed excellent results: 94.5% individual trials, 94.0% small group trials, and 92.8% large group trials. The video-based learning media developed is considered feasible for use in learning.
2.	(Widyani, M, I, Agung, Anak et al., 2025)	This study uses the Borg & Gall development model.	Develop website-based multimedia learning for basic standing posture techniques and basic postures (easse) oriented to project-based learning in	Expert evaluations show excellent qualifications: content expert 95%, media expert 96%, instructional design expert 90%. The trials showed excellent results: 90% individual trials, 90.9% small group trials, 92.2% large group trials, and 92.4% (very practical) practicality tests. Multimedia learning products are

No.	Author & Year	Method	Purpose	Findings
			pencak silat theory and practice courses.	declared eligible.
3.	(Suandi et al., 2021)	Research and Development (R&D).	Developing a basic pencak silat technique module assisted by QR Code at SMA Negeri Selangit.	Validation results: media experts 85.19%, linguists 75%, and material experts 79.76%. The results of the practicality test showed that the individual trial was 80.56% and the small group trial was 81.39%. Overall practicality was categorized as very practical with an average score of 81.11%.
4.	(Siswantoyo & Graha S, 2016)	Research and Development (R&D).	Develop puzzle media and coloring books to introduce basic pencak silat techniques to early childhood learners and support independent learning.	Puzzle and coloring book media that includes basic stances, blocks, punches, elbow punches, and kicks are categorized as feasible, with 81% overall material feasibility and 72.5% media feasibility. Field trials showed 77% material feasibility and 76% design feasibility. The media is considered suitable for the introduction of basic pencak silat techniques at an early age.
5.	(Purwinarti et al., 2024)	Qualitative research approach.	Examining the relationship between the mastery of dance techniques and Kaserangan Silat in forming basic dance techniques among performing arts education students.	The study identified four basic types of movement techniques: head movement, body movement, hand movement, and foot movement. These techniques can be integrated into a complete dance form derived from a standardized form of Kaserangan Silat, supporting the development of students' competencies in performance skills.
6.	(Reza A et al., 2023)	Survey with a qualitative descriptive approach.	To find out the quality of ATC kicking technique skills among pencak silat athletes PSHT Rayon Kodim 0406 Lubuklinggau.	Interview analysis showed an excellent skill level: an average ATC kick of 93 (very good), an average straight kick of 95 (very good), an average T-kick of 93 (very good), and an average sickle kick of 93 (very good). Overall, the basic kicking skills of athletes are categorized as excellent.

Table 1 summarizes six prior studies focusing on the development of instructional media and the evaluation of basic techniques in pencak silat. Methodologically, a prominent trend is the use of Research and Development (R&D) designs, with four studies employing models such as ADDIE and Borg & Gall. These R&D efforts aimed to innovate learning tools across various platforms, including video tutorials, website-based multimedia, QR Code-assisted modules, and even interactive media (puzzles and coloring books) tailored for early childhood learners. The remaining two studies utilized qualitative and descriptive survey approaches to evaluate technical mastery, specifically analyzing the integration of silatmovements into performing arts (dance) and assessing the quality of athletes' kicking techniques.

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The findings consistently indicate high success rates for the developed learning media. The R&D products achieved excellent validity, feasibility, and practicality scores from experts and user trials (predominantly ranging from 80% to over 95%). Furthermore, the qualitative and survey assessments revealed excellent levels of technical mastery among practitioners. Overall, the table underscores the critical role of technological integration and varied instructional innovations in effectively teaching and evaluating basic pencak silat skills across diverse educational levels.

DISCUSSION

The findings of this review indicate that basic stance techniques play a fundamental role in improving students' learning outcomes in pencak silat within PJOK contexts. However, beyond descriptive findings, these results can be better understood through established theoretical perspectives in motor learning, biomechanics, and sports pedagogy (Crotti et al., 2022).

From a motor learning perspective, mastery of basic stance techniques reflects the importance of fundamental movement skills as the foundation for more complex motor performance. According to motor learning theory, learners must first develop stability, balance, and coordination before progressing to advanced skills. In this context, stance techniques function as a primary motor pattern that supports the acquisition of more complex movements such as kicks, punches, and defensive actions. The reviewed studies consistently show that students with better mastery of stance techniques demonstrate improved coordination and movement efficiency, which aligns with the principle of progressive skill development (Newell, 2020).

Product trials conducted at the individual, small group, and large group levels consistently provide *excellent results*, with scores exceeding 90%. These findings show that learning basic techniques *of horses* through appropriate instructional media can significantly improve the quality of training and learning processes in pencak silat. Athletes and students can learn body positioning, foot placement, and movement coordination more accurately, ultimately contributing to improved performance of advanced techniques such as kicks, punches, and blocks.

From a biomechanical perspective, stance techniques contribute to body alignment, center of gravity control, and force distribution during movement execution. Proper stance allows students to maintain postural stability and generate effective force when performing techniques. Studies included in this review indicate that incorrect stance positioning often leads to inefficient movement patterns and reduced performance accuracy. This suggests that stance techniques are not only foundational but also directly influence the mechanical efficiency of movement execution (Fu, 2025).

Although all reviewed studies emphasize the importance of basic stance techniques, there are some differences in their focus and implementation. Some studies prioritize the development of instructional media, while others focus on skill assessment or movement analysis. This variation indicates that, while the importance of stance techniques is widely recognized, there is still no standardized approach to teaching and evaluating these techniques in PJOK learning (Kiesling, 2022).

Furthermore, when compared to the broader international context of martial arts and physical education, similar findings have been reported. Studies in other martial arts disciplines also highlight the importance of fundamental stances as the basis for skill development and performance improvement. However, compared to international research, studies on pencak silat are still relatively limited, particularly those that integrate biomechanical analysis and experimental research designs.

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Despite the positive findings, several limitations should be noted. First, most of the reviewed studies focus on the feasibility and practicality of learning media rather than measuring long-term learning outcomes. Second, the limited number of studies reduces the generalizability of the findings. Third, there is a lack of experimental studies that directly examine the causal relationship between mastery of stance techniques and improvements in PJOK learning outcomes (Algerafi et al., 2023).

Therefore, future research should focus on experimental and longitudinal studies that examine the effectiveness of stance technique training in improving students' motor skills and learning outcomes. In addition, integrating biomechanical analysis and motor learning principles into pencak silat instruction could further enhance the quality of PJOK learning.

CONCLUSION

This review concludes that mastering basic stance techniques (kuda-kuda) is fundamental for improving pencak silat learning outcomes. Biomechanically and motorically, proper stances provide the essential stability and coordination needed to efficiently execute complex movements. While current studies demonstrate that innovative instructional media significantly enhances training quality, the literature still lacks standardized pedagogical approaches and focuses heavily on media feasibility rather than long-term skill acquisition. Therefore, future research must prioritize experimental and longitudinal designs, incorporating biomechanical analysis to definitively establish the causal impact of stance mastery on overall motor development in physical education.

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CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest regarding the research, authorship, or publication of this study.

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