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**Proceedings of the 3rd Annual International Seminar on Transformative Education
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Preface

The 3rd Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2018) was held in Emerald Garden Hotel, Medan City-Indonesia on 3-4 October 2018. This seminar is organized by Postgraduate School, Universitas Negeri Medan and become a routine agenda at Postgraduate program of Unimed now.

The AISTEEL is realized this year with various presenters, lecturers, researchers and students from universities both in and out of Indonesia participating in, the seminar with theme “Education, Learning and Leadership Innovation.”

The plenary speakers coming from various provinces in Indonesia have been present topics covering multi disciplines. They have contributed many inspiring inputs on current trending educational research topics all over the world. The expectation is that all potential lecturers and students have shared their research findings for improving their teaching process and quality, and leadership.

The third AISTEEL presents a keynote speaker and 4 distinguished invited speakers from Australia, Singapore, Taiwan, and Malaysia. In addition, presenters come from various Government and Private Universities, Institutions, Academy, and Schools. Some of them are those who have sat and will sit in the oral defence examination.

There are 326 articles submitted to committee, some of which are presented orally in parallel sessions, and others are presented through posters. The articles have been reviewed by double blind reviewer and 198 of them were accepted for published by Atlantis Press indexed by International Indexation. Meanwhile 83 papers were published in online International Proceedings indexed by Google Scholar. The Committees of AISTEEL invest great efforts in reviewing the papers submitted to the conference and organizing the sessions to enable the participants to gain maximum benefit.

Grateful thanks to all of members of The 3rd Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2018) for their outstanding contributions. Thanks also given to Universitas Negeri Medan for published this volume.

The Editors

Bornok Sinaga
Rahmad Husein
Juniastel Rajagukguk

Table of Contents

<i>Titles and Authors</i>	<i>page</i>
Design of Physical Practicum Tools on Rotational Dynamics Matter with Scientific Concept <i>Fretty Doharni Ritonga; Nurdin Bukit; Betty M.Turnip.....</i>	1
Analysis of the Leading Sector and Its Effect on the Economy in Pakpak Bharat Regency <i>Dinar Melani Hutajulu; M. Nasir; Arwansyah.....</i>	6
Analyze the Characteristic and Factors Cause of Bullying Behaviours in Early Childhood <i>Fadhilah Syam Nasution; Anita Yus; Aman Simaremare.....</i>	12
Play Finger Painting in Creative Art Model to Help Smooth Motoric Development and Creativity of Group a in Kindergarten at Aek Loba Pekan Village <i>Lola Wita Harahap; Sri Milfayetty; Rosmala Dewi.....</i>	18
Maintenance of Gayonese Kinship Terms by Gayonese Minority Migrants in Jabodetabek <i>Desi Purnama Sari; Siti Aisyah Ginting; Berlin Sibarani.....</i>	22
Effect of Functional Training and TRX Suspension Training on Body Composition member Golden Fitness and Spa <i>Rafliansyah; Nurhayati Simatupang; Albadi Sinulingga.....</i>	26
Interpersonal Metaphor Used in the Boss Baby Movie <i>Khairuni Syafitri; Siti Aisyah Ginting; Anni Holila Pulungan.....</i>	29
Speech Act in Indonesia Lawyers Club: KPK vs Novanto <i>Theresia Fransiska Sidabutar; Zainuddin; Busmin Gurning.....</i>	32
The Effect of Instructional Strategy and Style Ofthinking Secuential on Students Outcome MAN Medan <i>Siti Aisyah Hanim; Tiur asih siburian; Darwin.....</i>	36
The Effect of Cooperative Learning Models and Self Efficacy on Student Mathematics Learning Outcomes <i>Sabdo Puji Rahayu; Mukhtar; Keysar Panjaitan.....</i>	39
Ideational Grammatical Metahpor in Reading Texts for Senior High School English Textbooks <i>Diemam Ferzhawana; Siti Aisyah Ginting; Zainuddin.....</i>	43
Effect of Soft Modification on Student Learning Results PAB 13 Kwala Begumit Private Vocational School <i>Iskandar Fahmi.....</i>	47
Differences in Metacognitive Ability of Students Through Learning Realistic Mathematics Education and Problem Based Learning in Pangkalan Susu Senior High School <i>Chairi Mutia Lubis; Waminton Rajagukguk; Kms.M.Amin Fauzi.....</i>	51
Development of Interactive Learning Media Projection of Working Drawing on Students of Class X TKR in SMK Markus 2 Medan <i>Irwan Panggabean; R. Mursid; Samsidar Tanjung.....</i>	56
Metaphor of Modality in Donald Trump's Speech in United Nation General Assembly 2017 <i>Nursyah Handaya; Siti Aisyah Ginting.....</i>	60
Traditional Sport Of Silek Tuo In Minangkabau Community (a study of Silek tuo advice)	63

<i>Prima Nanda; Sabaruddin Yunis; Agung Sunarn</i>	
Improved Student's Generic Science Skills With The Application of Cooperative Learning Models Based on Batak Culture	
<i>Rika Sari Indah Harahap; Derlina; Rahmatsyah; Sahyar; Bornok</i>	66
Management Development Athletes of Shorinji Kempo North Sumatra Region	
<i>Arti Kurniaty Bangun</i>	71
Efforts to Improve Learning Results Free Basketball Shot (Free Throw) Through The Application of Teaching Style Inclusion	
<i>Bob Rahmat Manalu</i>	75
Development of Egosan Engineering Extension Models with Straight Sticking in Pencak Silat	
<i>William Filipus; Amir Supriadi; Tarsyad Nugraha</i>	77
The Development of Interactive Learning Media of Athletic on Physical Education in SMP Negeri 15 Medan	
<i>Akhmad Khaidir; Budi Valianto; Tarsyad Nugraha</i>	81
The Effect of Learning Model and Self-Reliance Learning toward Science Learning Outcomes	
<i>Rohima; Mukhtar; Samsidar Tanjung</i>	84
The Effect of Learning Method and Kinesthetic Perception on The Learning Outcomes of Lay Up Basketball	
<i>Saiful Adrian; Nurhayati Simatupang; Suprayitno</i>	88
Analysis Of Physical Education Teacher Management Skills In State Elementary School Sub-District Medan Tembung	
<i>Syahrul Effendi Nasution; Amir Supriadi; Albadi Sinulingga</i>	91
Innovation Of The Speed Model Using Running With The Ball Techniques In Football	
<i>Julio Roberto; Amir Supriadi; Novita</i>	95
The Development of Penetration Drill Training Technique of Wrestling Sport	
<i>Ihsan Idris Silalahi; Jan Bobby Nesra Barus</i>	99
Speech Function of Anies Baswedan's Speech in Approval Ceremony as the Governor of Jakarta in the Period of 2017-2022	
<i>Ahmad Rifa'i Ritonga; Sumarsih</i>	102
Development of Web-Based Learning Media to Enhance Writing Capability of Biography Text of Student Class X SMA	
<i>Rencus B. Sinabariba, Tiur Asi Siburian, Mutsyuhito Solin</i>	105
Implementing the Teaching Supervision by Principals in Improving the Performance of Teachers in Aceh Besar	
<i>Said Ashlan</i>	109
Female Principal Leadership	
<i>Hendro Widodo; Hengkang Bara Saputra</i>	115
The Ways of Rohingya Teenagers in Medan Realized Their Language Attitude	
<i>I Wayan Dirgayasa; Rahmat Husein; Lonni NurIffah Nasution</i>	120
Metaphor in Umpasa of Saurmatua Toba Batak Ceremony	
<i>Heppy Yersin Digita Purba; Rahmad Husein; Anni Holila Pulungan</i>	124
The Influence of Part Method, Whole Method and Determination Exercise Methods on Improving Exercise in the Sports Branch of Pencak Silat Single Art Category of College Students SPDKK (Art of Kencana Kwitang Self Defense) Deli Serdang Year 2018/2019	
<i>Mawar Sari</i>	127
Figurative Expressions in The Karo Batak Wedding Ceremony Generated by The	130

Philosophy of Rakut Sitelu <i>Desi Haryati Nianggolan</i>	
Evaluation of Implementation of Sustainable Professional Development (PKB) for Junior High School Physical Education Teachers to Increase Professionalism in Tebing Tinggi City <i>Mhd Fazar Afandi</i>	135
Development of Innovative PJOK teaching materials on floor gymnastics materials to improve learning outcomes of Grade Students at Junior High School <i>Bangun Saragih</i>	138
The Influence of the Discovery Learning Model assisted with Image Media and Motivation Against Civics Learning Outcomes of Students in Class IV of Public Elementary Schools 055980 Aman Damai 2017/2018 <i>Heryansyah Ginting; Dede Ruslan; Reh Bungana Br.Perangin-angin</i>	142
Development of science teaching materials based on Science Technology Society (STM) and its influence on learning outcomes of fourth grade students of MIN Medan Tembung <i>Diah Hafizhotul Husna; Nuraini; Ramlan Silaban</i>	149
The Improvement of Cooperative Learning Model Application Skill in Numbered Head Together Through Clinical Supervision of Art Teacher in SDN 060886 Medan Baru <i>Unita Vitta Omas Sianturi; Martua Manullang; Rosmala Dewi</i>	154
Gold of North Sumatera Program Coach Performance <i>Suyono; Hariadi; Supryetno</i>	159
Transitivity Systems Analysis of Bilingual Civic 3 Education Textbook for Grade XII <i>Jusup Sitepu; Anni Holila Pulungan; I Wayan Dirgeyasa Tangkas</i>	163
The Lecturer Performance Development of the STKIP Bina Bangsa Getsempena Banda Aceh <i>Saiful Bahri</i>	169
The Interference of Batak Mandailing Language to Indonesian (In The Interaction At The Seventh Grade Students Of Madrasah Tsanawiyah Swasta Al-Azhar Kabupaten Tapanuli Selatan Padang Sidempuan) <i>Siti Jahria Sitompul; Abdurrahman Adisaputera; Sumarsi</i>	175
The Influence of Microbiology Dictionary and Microbiology Textbook Utilization in the Contextual Learning Framework on Biology Students Higher Order Thinking Skills <i>Kiki Rizqi Sahara; Hasruddin; Ashar Hasairin</i>	177
The Differences of Learning Style and Students' Creativity to Students' Achievement in Dribbling the Ball in Playing Football of Seventh Grade Students of SMP Ar – Rahman Percut <i>Muammar Afif Marpaung; Imran Akhmad; Rahma Dewi</i>	180
Development of Gobag Sodor Game Model to Increase Interest in Elementary Students <i>Siska Nova Undari</i>	184
The Influence of Research-Based Learning with Portfolio Assessment on Science Process Skills in Microbiology Course for Biology Program Students <i>Saudah Rahmayanti; Hasruddin; Tumiur Gultom</i>	187
The Influence of Teaching Style and Confident Against the Results of a Study of Shooting in the Game of Football (Experiment Studies the Self Check Style and the Guided Discovery Style at a Private Junior High School Seventh Grader	191

Tembung Sabilina)	
<i>Muhammad Syaiful; Ramadhan Harahap</i>	
Development of Mirror Writing Teaching Materials Based on Class XI Media Literation of Lolomatua 1 State High School	
<i>Yanida Bu'ulolo; Biner Ambarita; Marice</i>	195
The Development of Teaching Materials for Technology- Assisted Procedure Text in Vocational High School	
<i>Nova Andarini; Biner Ambarita; Malan Lubis</i>	197
Development of Adobe Flash Based Floor Gymnastics Media Learning on Health Sport Education Lesson	
<i>Hardiansyah</i>	201
The Effect of Learning Approach and Linguistic Competence Capability Reading The English Narative Text of Student SMA Negeri 6 Padangsidempuan.	
<i>Sukriyah Batubara; Keysar Panjaitan</i>	206
Analysis Effect of Household Consumption, Investment and Labor to Economy Growth In Sumatera Utara	
<i>Richna Handriyani; Arwansyah; Sahyar</i>	209
Idioms Translation Strategies in Pasung Jiwa Novel English Version	
<i>Hariyanto; Amrin Saragih; Sumarsih</i>	213
Code Mixing in Novel: A Case of Indonesian Literary Work	
<i>Nurul Hidayanti Hasibuan; Amrin Saragih; Sumarsih</i>	216
Logico-Semantic Relation in Presidential Debate Between Hillary Clinton and Donald Trump	
<i>Annisa Risma Khairani Lubis; Della Fransiska Ginting; Jumino Suhadi</i>	221
Semiotic Meanings in Cigarette Advertisement Texts	
<i>Rodearta Purba; Zainuddin; Amrin Saragih</i>	227
Modality as Hedging Device in the US Presidential Election Debate	
<i>Roobby Hamdanur; Anni Holila Pulungan; Zainuddin</i>	232
The Improving Mathematical Communication Ability Through Realistic Mathematical Approach Based on Toba Batak Culture	
<i>Aman Sanusi Siregar</i>	235
Speech Functions of Doctors and Patients on Medical Consultation Process	
<i>Resti Citra Dewi; Anni Holila Pulungan, Sumarsih</i>	239
The Development of Venturimeter Instrumentation in Dynamic Fluid	
<i>Zahrani Dalimunthe; Rahmatsyah; Derlina</i>	243
Lexical Metaphors in Onang-onang of Bobby and Kahiyang Tortor Dance	
<i>Siti Rahma Ritonga; Anni Holila Pulungan; Didik Santoso</i>	246
The Discourse Markers in President Joko Widodo's Speeches in KTT APEC China in 2015	
<i>Syahbuddin Nasution1; Busmin Gurning; I Wayan Dirgayasa Tangkas</i>	249
Preparation of Papers in Two-Column Format for AISTEEL Conference	
Proceedings Translator's Strategies in Transferring Cultural Values in Ratatouille Film	
<i>Femy Septiani; Anni Holila Pulungan</i>	254
Lexical Metaphor In Printed Car Advertisements	
<i>Misdiana; Siti Aisyah Ginting; Amrin Saragih</i>	258
Political Discourse Analysis of Donald Trump Political Speech	
<i>Elisa Silviani Siregar; Prof. Dr.Zainuddin, M.Hum; Prof.Dr. Sri MindaMurni, MS</i>	263
Motivation of Farmers in Group Management to Develop Maize Cultivation	267

<i>Nurliana Harahap; Mahendra Ginting Manik; Indah Listiana</i>	
Appraisal of Healthy Product Advertisement on Television	
<i>Nurun Nazipah Harahap; Siti Aisyah Ginting; Rahmad Husein Napitupuluh</i>	274
Lexical Metaphor in Andrea Hirata's "The Dreamer" Novel	
<i>Nurul Sa'adah; I Wy. Dirgeyasa; Siti Aisyah Ginting</i>	277
Impoliteness Strategies Used by Governor Candidates of DKI Jakarta in Governor Election Debate 2017	
<i>Sri Minda Murni; Busmin Gurning</i>	281
Intertextuality in Travel Umroh Advertisement	
<i>Afifah Nurul Khoirot Nasution; Anni Holila Pulungan; Eddy Setia</i>	287
Intertextuality on Oral Discourse in Sari Matua Batak Toba Ceremony	
<i>Dyan Yosephin Hutagalung; Anni Holila Pulungan; Rahmad Husein</i>	290
The Effect of Mangosteen (<i>Garcinia mangostana</i> L.) Peel to Creatine Kinase Serum in Male Rats (<i>Rattus norvegicus</i>) with Fatigue from Swimming	
<i>Rika Nailuvar Sinaga; Jumadin IP; Zulaini</i>	293
Analysis of Technology Utilization to Measure The Throw Distance of The Ball on Hammer Throw	
<i>Riki Prastian; Agung Sunarno; Sabaruddin Yunis Bangun</i>	296
The Interactions of Social Stratification and Karonese Register in Giving Pedah Pedah Perjabun	
<i>Elkana Putra Tarigan; Amrin Saragih; Siti Aisyah Ginting</i>	300
Implementation Management Training Volleyball Club of Pertamina Year 2017	
<i>Reza Wibowo; Sanusi Hasibuan; Budi Valianto</i>	305
Lexical Metaphor in Printed Car Advertisements	
<i>Misdiana; Siti Aisyah Ginting; Amrin Saragih</i>	308
Improving Students' Reading Comprehension Ability In Descriptive Text Through Flashcard	
<i>Aisya Hartati</i>	309
The Role of Teacher's Training Model and Technological Approach to the Improvement of Teachers' Professionalis	
<i>Intan Sufiah Batubara</i>	312
The Difficulties of Students at the Second Year of St.Thomas 3 Senior High School Medan in Translating English Idioms into Indonesian	
<i>Fitri Susi Sinurat</i>	315
The Effect Of Applying The Great Wind Blows Strategy On The Students' Vocabulary Mastery	
<i>Gisca Irdayana Lubis</i>	321
Attitude of Examiners in Thesis Convocation	
<i>Mara Sutan Siregar</i>	325
Politeness Strategies in Mandailing Wedding Ceremony	
<i>Nurun Nazipah Harahap; Fatma Raudah Siregar</i>	329

The Influence of Part Method, Whole Method and Determination Exercise Methods on Improving Exercise in the Sports Branch of Pencak Silat Single Art Category of College Students SPDKK (Art of Kencana Kwitang Self Defense) Deli Serdang Year 2018/2019

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Abstract- Research was conducted using experimental methods. The experimental method is a research method that is used to find out the effect of certain treatments. In this study is to compare two different training methods, namely the method method and the whole method method with the variable flexibility attributes athletes consisting of high flexibility and low flexibility. The hypotheses in this study are: 1) There are differences in the results of single standard art learning in pencak silat between athletes who are trained with part methods and the whole method. 2) There is an interaction between the training method with flexibility (flexibility) on the results of learning a single standard art in pencak silat. 3) The results of learning a single standard art in pencak silat athletes with high flexibility are taught using the part method is better than the whole method. 4) The results of learning a single standard art in pencak silat athletes with low flexibility are taught using the part method is better than the whole method.

Keywords-Flexibility; Pencak Silat; Exercise Methods

I. INTRODUCTION

Pencak silat is basically a body movement for self-care, art performances or for spiritual movements. At present, pencak silat is more widely used in the sport of the art of pencak silat. The sports performance of the art of pencak silat contains various sub items.

Pencak silat is one of the branches of martial arts such as according to Iskandar (1992: 22) that: "Pencak silat is the basic motion of martial arts that is bound to rules and is used in learning to practice and show. perfect martial arts originated in spirituality for self-safety for mutual welfare. avoiding themselves from reinforcements, robbers, things that are evil or harmful to society. "

The basic movement of pencak silat is a planned, directed, coordinated and controlled movement that has 4 aspects as a whole. This is in line with Johansyah's (2013: 7) statement that pencak silat is a fairly complete sport to learn because it has four aspects which are a whole and cannot be separated.

The match in pencak silat is divided into four categories: (1) TGR category (single, double and team) and (2) match category. Pencak silat in the single category is a match that shows a fighter demonstrating his finality in a single, standardized manner correctly, precisely, firmly and full of inspiration with his bare and armed hands. The double category pencak silat is a match featuring two fighters from the same camp demonstrating the skill and wealth of the pencak silat defense attack skills, the defensive attack movement is displayed in a planned, effective, aesthetic, steady and logical manner in a number of regular, good series. powerful and fast and in slow motion full of inspiration with bare hands and continued with armed. Pencak silat squad category is a pencak silat match which features three fighters from the same camp demonstrating skill in the standard team correctly, precisely, firmly, full of inspiration and compact, with bare hands (PB IPSI, 2007).

Pencak silat is a martial sport which is one of the indigenous cultures of the Indonesian people. Malay people at that time created and used this martial arts since prehistoric times, this was strongly believed by experts and the martial arts champion. In pencak silat there are several categories that are competed namely fighting and art, art in pencak silat is divided into three categories, namely single, double and team art (T.G.R). The single-headed art is the art of displaying one person by demonstrating standard skills and movements,

consisting of bare hands, armed with machetes, and toya (sticks), divided into seven bare hands, three machetes, and four toya moves (stick) with a three-minute appearance time in a hundred movements, from the start the gong the initial sign starts until the final gong is sounded.

For the single category according to Johansyah (2013: 7) is a category of martial arts competition which shows a fighter demonstrating his skill in a single standard right, right, and steady, full of inspiration with bare hands and armed.

In the sport of pencak silat, basic techniques must be mastered, especially in the single art category because it greatly influences the assessment of the fighter. If there is a different movement, be it an addition or subtraction in a single movement, then the fighter gets a reduction in value.

Then when viewed from the data of Koni North Sumatra from 2016-2018 from the athletes of the University of Kencana Kwitang Self Defense Institute (SPDKK) no one has ever won 1st place in the event held. Researchers have observed in regional events and it turns out that there are many problems in the art movement of single athletes at the Kwitang Kencana Self Defense Arts Academy (SPDKK) where:

1. The movements of an athlete are not in accordance with the actual movements, the tempo of movement is also very slow.
2. The time set is also not appropriate, the boundaries of each move are not available so that the appearance is flat and the value of the movement is unknown because the athlete is just kicking / hitting.
3. Then the athlete often passes through the tool, the weapon being moved is also not in the same direction as the actual movement, many are disqualified because they stop before the match is over due to forgetting the movement, the athlete also memorizes the movement, the weapon falls during the match.
4. There is no balance of movement. This means that the role of physical conditions is also still lacking in athletes at the Art Institute for Self Defense Kencana Kwitang (SPDKK).
5. Lack of competing experience and achievement motivation is also the reason why the achievements of athletes at the College of Art in the Kencana Kwitang Self Defense (SPDKK) are not growing rapidly.
6. It is seen from 160 correct standard single movements, athletes only reach the highest score of 76, out of the 6 athletes tested. This is because there are movements that are not displayed, movements that are not in accordance with the standard movements, stability and appreciation in every movement that is not yet appropriate, direction of movement that is not clear, there is no interval or rhythm of movement to the next move, and lack of understanding that has not get by athletes or fighters with good and right about the parts in learning a single standard technique.

To overcome this problem the researcher treated the form of part method and the whole method. Part-whole method is

learning from technical parts to techniques as a whole and this method is suitable for basic engineering learning (Widijoto, 2010: 11).

Part method is a form of skill training that is carried out part by part of the skills learned. The form of skills learned is sorted into easier and simpler forms of movement. In connection with the method section where Sugiyanto (1996: 67) states part method is a way of approach where students are initially directed to practice part by part of the whole series of movements, and after parts of the movement are mastered, they only practice it in its entirety. This statement means that it is not much different if applied to athletes so that athletes will more easily understand a movement.

Unlike the above statement that Agus (2007: 273-275) states that the global method or the whole method is a method of teaching that goes from general to special. In teaching motion or game skills, the whole or whole form is taught first and then broken down.

Whereas Sugiyanto (1996: 67) argues, "The most important thing to consider in the application of part or overall methods is the nature of the movement being studied, namely in terms of the complexity of the organization and the level of complexity of the movement".

The nature of practice will not work well if we forget the role of predominant physical conditions in a sport. In this study, researchers assess flexibility (flexibility) has the role of creating a beautiful single art movement. One element of physical conditions that must be possessed by a person in carrying out a sporting activity, especially the sports of pencak silat, is flexibility. Determination can help athletes to develop the movements they want and prevent injury. Hoffman (2006: 97) says that flexibility is the ability to move muscles or groups of muscles through motion. Someone who lacks flexibility usually stiff, rough and symbolic movements.

And based on the background above, the researcher held a study entitled: The Effect of Part Method, Whole Method Exercise and Determination on Exercise Enhancement of the Sports Branch of Pencak Silat Single Art Category of College Students SPDKK (Art of Kencana Kwitang Self Defense) Deli Serdang in 2018.

II. METHOD

The research was conducted using the experimental method. The experimental method is a research method that is used to find out the effect of certain treatments. Experiments (experiments) are a demand from the development of science and technology in order to produce a product that can be enjoyed by society safely and in the implementation of involving students by experiencing and proving themselves the process and results of the experiment. In this study is to compare two different training methods, namely the method method and the whole method method with the variable flexibility attributes athletes consisting of high flexibility and low flexibility.

III. DISCUSSION

This research will be conducted at the Kwitang Kencana Self Defense Art Training (SPDKK). The stages of this research include data collection about flexibility, the application of treatment methods of training, and data collection on improving the practice of the martial arts in the single art category. The implementation of the exercise method (part method and whole method). The application time of the exercise method (part method and whole method) was carried out for 4 weeks. With research time, there were 16 meetings.

The target population in this study was the athlete of the Kencana Kwitang Self Defense Training (SPDKK). Where the total athlete is 75 athletes from all categories. Sampling was done by simple random sampling technique, which is to determine randomly from an affordable population of 60 athletes by randomizing athletes by giving a lot of rolled paper. Athletes who get the writing "SAMPLE" will be the sample frame in this study. The sample frame of 60 people was then drawn to be included in two treatment groups, so that the method group part method and the whole method method were obtained. The research design used is by level 2 x 2 with three research variables, namely one dependent variable and two independent variables. As the dependent variable (dependent variable) is an increase in training in the single art category of pencak silat and two independent variables are training methods and athletes' flexibility.

Implementation treatment variables can be divided into two, namely the method method part (A1) and the whole method method (A2). Variables that influence, namely high flexibility (B1) and low flexibility (B2).

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