

# The Effect of Women Self-Defense of Kopo Ryu on Self-Efficacy and Self-Control

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**Keywords:** Women Self Defense of Kopo ryu, self-efficacy and self-control.

**Abstract:** This study aims to determine the effect of the Women Self Defense of Kopo ryu against self-efficacy and self-control. The method used is a method of research experiment. The study design used was Randomized Pretest-Posttest Control Group Design. The instrument used was a questionnaire of self-efficacy and self-control. The research location is in Hotel Alam Permai. The population is a participant of *Disnakertrans* of West Java. The results obtained are Training Women Self Defense of Kopo Ryu gives positive effect on self-efficacy and self-control as well as Training the Women Self Defense of Kopo Ryu gives a more positive effect than conventional training on self-efficacy and self-control.

## 1 INTRODUCTION

Self-defense is the need of every human being in living life to be free from threats without fear of danger. This is reinforced by Maslow (Kaur, 2013) states that: Safety needs this occupies the second level of needs. Safety needs are activated after physiological needs are met. They refer to the need for a secure working environment free from any threats or harms. The rationale is that employees working in an environment free of harm and doing their jobs without fear of harm.

Martial art is one way of a person to minimize being a victim of crime. Self-defense instruction has been defined as preparation for minimizing the acquisition of a small number of simple, yet effective, survival skills (Liebling, 2007). The main issues that will be revealed are a woman's lack of confidence in her ability to defend herself when there are disturbances or threats from outside such as rape, domestic violence, crime in public places and the low self-control of a woman in reading situations of self and environment threatening her for later take a proper course of action. It is based on the results of interviews with 3 people who are victims of sexual harassment, domestic violence and crime in public places.

Basically a woman does not have to fight frontally, but can use martial arts techniques to give a sense of shock to criminals with simple but crippling

movements then run away from the villain. In reality a woman is not convinced of her ability to attend and execute a criminal when faced with a life-threatening condition and often she cannot read the situation when it happens to her. Therefore the importance of self-efficacy and high self-control so that when faced with certain condition then a woman can carefully perform an action. The issue that we often encounter today is Violence Against Women (KTP). Based on data collected by Komnas Perempuan throughout 2009 until January 2010, the number of victims of violence against women reached 143,585 victims and the annual report of Komnas Perempuan in 2016 occurred 2399 cases of sexual harassment increased from year to year done by men. Basically adult women need martial arts that are more practical and simple to apply when evil is confronted to him. A study by Liebling in 2007 entitled "Effects of a Self-Defense Training Program on Women's Fear of Crime, Avoidant Behavior, Self-Efficacy, and General Anxiety" with the result that "Results of a series of splitplot analyzes of variance and follow-up t-tests revealed that self-defense training led to a reduction in the fear of crime (both personal and property) and an increase in self-defense self-efficacy" (Liebling, 2007). Based on the results of research conducted by Liebling, it is seen that the training of martial arts for women can affect one's self efficacy. Researchers see the weakness of this research is a narrow time research that is for 1x4 hours with 4 variables studied. This will have an impact on the

focus of the study under study, thereby reducing the concentration for a variable with limited time of research. Women Self Defense of Kopo Ryu (WSDK), formerly known as Women Self Defense of Kushin Ryu, is a special martial training organization for women founded by Sofyan Hambally in 2006. WSDK development in addition to addressing the problems experienced by women through Practical martial arts techniques using limbs as weapons such as hands, elbows, feet, knees, head and hips and using simple media such as credit cards / ATMs, ballpoint / pencils, lipsticks, umbrellas, combs, keys and bags, WSDK training also teaches a woman to change the mind set in order to have high self-efficacy. Based on this, the researcher wants to see that whether WSDK training can affect the self-efficacy of a woman. This is in line with research conducted by Kimberly A. Ball entitled "The Effects of a Self-Defense Course on College Women's Self-Efficacy, Hope, And Fear" which resulted in "the women in self-defense and karate courses increased their self-defense, self-efficacy and reduced their fear (Halbert, 2007). This reinforces the results of research conducted by Liebling that martial training for women can improve self-efficacy.

Self-efficacy, a component of social cognitive theory, is defined as an individual's judgment regarding his/her abilities to perform certain behaviors (Warziski, Sereika, Styn, Music, and Burke, 2008). Therefore one needs to know one's own ability to perform certain behaviors. This is in line with the statement of Rooted in Social Cognitive Theory, self-efficacy corresponding to a person's confidence in their ability to perform a health behavior (Dominick, Dunsiger, Pekmezi, and Marcus, 2013). Self-efficacy greatly affects a person's behavior, as Rottman puts it: "According to social cognitive theory perceived self-efficacy strongly influenced behavior and is positively associated with adjustment (Rottmann, Dalton, Christensen, Frederiksen, and Johansen, 2010). Another important part of the impact of martial arts is self-control. Keep in mind that self-control is a part that must be mastered by someone to be able to adjust to an event in a particular environment. Henschel points out that "Self-control is defined as the ability of an individual to control his own thoughts, impulses, urges, and wishes (Henschel, de Bruin, and Möhler, 2014). This self-control process explains how the self (self) controls the behavior in living life according to the individual's ability to control behavior. If the individual is able to control his behavior well then it can lead a good life. Baumeister and Tierney reveal that "Self-control is the ability of people to control

their own behavior in relative autonomy from external pressures, from their innate or learn automatism, and physiological impulses" (Necka, 2015). Based on this, that between self-control and self efficacy are related to each other, it is expressed by Hankonen "As a consequence, high self-efficacy self-control harbor stronger self-efficacy, expect healthy behaviors to have more positive and less negative outcomes, and more readily be aware of and potential health risks "(Hankonen, Kinnunen, Absetz, and Jallinoja, 2014). "Individuals with low self-control get a kick out of doing something dangerous, like new exciting things, even breaking rules, and prefer exciting and unpredictable friends" (Rebecca D. Forkner 2005, p. 4). Based on these statements then someone who has high self-control may have a strong self efficacy.

Based on the above exposure then through the WSDK training expected self efficacy and self-control women participants training can be increased significantly so that when a woman faced with a condition that threatens herself, the woman has confidence in his ability and have a way to read the situation themselves and the environment. Specific objectives of this research are; 1). To know the effect of training Self Self Defense Of Kopo Ryu on self efficacy; 2) .to know the effect of training Self Self Defense Of Kopo Ryu on self control; 3). To know the difference in effect between training Self Self Defense Of Kopo Ryu with conventional training on self efficacy; 4). to know the difference in influence between training Self Self Defense Of Kopo Ryu with conventional training on self control.

## 2 METHODS

In this study, researchers used experimental methods to determine the effect of the treatment to be administered. The treatment provided is the Women Self Defense of Kopo ryu training program.

### 2.1 Research Design

In this research, the research design used is The Randomize Pretest-Posttest Control Group Design. This design involves two groups studied for experimental groups and control groups. Both groups are measured or observed twice, ie at the time of pretest and posttest. The experimental group was given treatment of Women Self Defense of Kopo ryu training program, while the control group did the conventional training (non-program) training.

## 2.2 Sample

Based on the above explanation, then the sampling is using sampling saturation or total sampling. The sample in this study amounted to 30 women who follow DISNAKETRANS West Java through the annual program Women Self Defense of Kopo-Ryu. *Women Self Defense of Kopo-Ryu*.

## 2.3 Instrument

### 2.3.1 Questionnaire of Self Efficacy

The self-efficacy instrument is based on 5 self-efficacy indicators presented by Liebling (2006). As the way of scoring, it is using Rating Scale with 5-choice answer. The answer is 1 (not skilled at all), 2 (unskilled), 3 (sometimes), 4 (skilled), 5 (highly skilled). The five alternative answers are one form of Rating Scale is a numerical scale (quantitative). The instrument is tested first to test the validity of using Pearson Product Moment and its reliability using Cronbach alpha through SPSS version 23 program with significance level of 0.05 to 30 respondents. So from 40 items statement there is 22 valid items, and has a level of reliability of 0.785.

### 2.3.2 Questionnaire of Self Control

The self-control instrument is based on the 5 self-control indicators that Tagney (2004) proposes. As for the way of scoring using *Likert scale* with five choices of answers. The answer is S (agree), S (agree), K (sometimes), TS (disagree) and STS (strongly disagree). Instruments are tested first to test the validity of using Pearson Product Moment and its reliability using *Cronbach* alpha via SPSS program version 23 with a significance level of 0.05 to 30 respondents. So from 40 items a statement there are 26 valid items, and has a reliability level of 0.813.

## 2.4 Program

A 2x4 hour study refers from a Liebling study entitled "Effects of a Self-Defense Training Program on Women's Fear of Crime, Avoidant Behavior, Self-Efficacy, and General Anxiety" for 1x4 hours. Researchers believe that if the study is done more than 1x4 hours it will have a more significant impact on the variables studied.

## 3 RESULTS

The self-efficacy and self-control data were obtained through two tests using self-efficacy self-assessment instrument based on self-efficacy indicator proposed by Liebling (2006) and self-control was developed based on self-control indicator proposed by Tagney (2004). The following are the measurement results in the table below:

Table 1: Data description of *self-efficacy* and *self-control*.

Group	N	Pre-test		Post-test	
		Average	Std. Deviation	Average	Std. Deviation
<i>self-efficacy</i> (experiment)	15	63,00	11,38	92,73	1,28
<i>self-control</i> (experiment)	15	102,67	2,41	112,07	2,37
<i>self-efficacy</i> (control)	15	64,73	9,09	84,87	1,51
<i>self-control</i> (control)	15	101,80	2,86	108,73	2,05

Table 2: Average score of *self efficacy* in experimental and control group.

No	Group	<i>Self-Efficacy</i>		
		Average Pre-test	Average Post-test	Average Gain
1	Experimental (Training <i>Women Self Defense Of Kopo Ryu</i> )	63,00	92,73	29,73
2	Control (Training Conventional)	64,73	84,87	20,14

Table 3: Average score of *self-control* in experimental and control group.

No	Group	<i>Self-Control</i>		
		Average Pretest	Average Posttest	Average Gain
1	Experimental (Training <i>Women Self Defense Of Kopo Ryu</i> )	102,67	112,07	9,40
2	Control (Training Conventional)	101,80	108,73	6,93

### 3.1 Hypothesis Testing

- The probability value (Sig.) 0.000 < 0,05 then H0 is rejected. Thus, it can be concluded that Self Self Defense Training Of Kopo Ryu have positive effect on self efficacy.
- The probability value (Sig.) 0.000 < 0,05 then H0 is rejected. Thus, it can be concluded that Self Self Defense Training Of Kopo Ryu have positive effect on self control.

- Given the probability value (Sig.) 0.018 <0.05 then H<sub>0</sub> is rejected. Thus, it can be concluded that Self Self Defense Training Of Kopo Ryu has more positive effect than Conventional Training on self efficacy.
- Given probability value (Sig.) 0.025 <0.05 then H<sub>0</sub> is rejected. Thus, it can be concluded that Self Defense Self-Defense Training of Kopo Ryu has more positive effect than Conventional Training on self control.

## 4 DISCUSSION

Researchers found several types of training materials that are believed to improve the self-efficacy of trainees. The training materials that can improve the self-efficacy of the participants start in the first 3 hours, namely the material mind setting, 4P martial arts and motivation. This is the formation of the trainees mindset to be able to believe in their own ability through positive suggestions made consciously to become a positive habit undertaken under the conscious. Based on this, the trainees are required to calm themselves to then concentrate so that suggestions made can have a positive effect on himself. The other training activities that can improve the self-efficacy of the training participants, namely on all materials of self-defense practice. In this material the participants are taught simple training techniques to perform defenses, assaults, fractures and even dings against something that threatens his comfort. The trainees are faced with the example of a crime case and then doing the martial arts according to the threats that occur to them. This is done repeatedly with the aim of the trainee confident of his or her own ability and automatically without thinking when going to self-defense or resistance to something that threatens him / her. The next training material that can improve the self efficacy of the trainees is the WSDK gymnastic material. In this material the trainees do martial arts moves accompanied by music. It aims to increase the trainee's confidence in his own ability that he is able to do a martial art calmly. Because tranquility is one of the important keys of a person when going to do something through good judgment.

Researchers found that the dominant training materials were able to improve the self-control of the trainees. The material is all martial practice materials in WSDK training program especially when the trainee is faced with the example of a crime case. When trainees are faced with a case of crime, participants are required to read their own situation

and environment, in order to avoid mistakes in doing an action. This is one part of the 4P concept, which is prediction. Based on the situation, reading the situation is an important part in controlling behavior that suits both yourself and others.

The researcher found the first material in the training of Self Self Defense of Kopo ryu, participants first received the material of mind setting and 4P concept. In this material emphasize on the formation of mindset and self-defense concept of trainees so that they from the beginning have been formed correctly the mindset and have understood the concept of self-defense that raises a positive self-efficacy. This is shown in the next material that is with the ability of participants to do a martial defense when faced with an example of a crime case. In contrast to conventional training, the first material participants directly conduct random martial exercises through the movements instructed by the coach in the exercise, so that when the participants are faced with the example of a crime case participants must choose what the first movement should be done and based on the observations of researchers it is necessary to repeat at least 3 times in the martial arts so that the trainees issue their beladir movement completely without reducing the basic techniques in the WSDK, as the participants in this case have doubts when performing the appropriate martial art.

Researchers found the most dominant difference seen when the material on the practice of self-defense practice. The experimental group (WSDK Training) when faced with a case of crime, they are quicker to read the situation of themselves and their environment and then do what is appropriate when they are threatened so as not to harm themselves. This happens because before the material of self-defense practice, experimental groups have been presented about the correct concept of martial arts as well as the formation of the right mindset when faced with a threat of evil. Unlike the control group (conventional training), they are slower to read their own situation and environment when faced with a case of crime. This happens because the control group in the training process starts with practical practice materials. Though reading the situation and the environment then to take appropriate action in completing an event that confronted is an integral part in self-control of one's self.

## 5 CONCLUSIONS

Some conclusions that are in line with the subject of research questions as has been presented in chapter 1

is that the Self-Defense Training of Kopo ryu has a positive effect on self-efficacy seen dominant in the material mind setting as it shapes the mindset of participants to be able to believe in their own ability through positive suggestion done consciously in order to become a positive habits performed in the subconscious, Training Self Defense Of Kopo ryu also positively affect the self-control that looks dominant in martial practice material and Training Self Defense Of Kopo ryu more positively positive than Training Conventional to self-efficacy and self-dominance are most visible when faced with an example of a crime case, the experimental group can directly conduct a martial action, but the control group needs to repeat 1 to 3 times to perform an action.

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