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Character Values in Gongcik Traditional Martial Arts

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Abstract

The purpose of this research is to explore Gongcik from a sports perspective by exploring the historical roots that surround it. The main focus is to explore the character aspects of Gongcik. This research is a type of qualitative research. This research explores data related to the traditional gongcik martial arts. The data sources extracted came from primary and secondary sources. Interviews with key informants are the primary source of this research. The secondary sources come from documentation data and observations in the field. Data analysis was carried out using descriptive analysis through stages: data collection, data reduction, data presentation, concluding, and verification. The conclusion is that Gongcik is a traditional martial art in Indonesia. Its existence is in the Pati Regency area, with the main characters that emerge as fighting spirit, unity, courage, and cleanliness of heart.

Index Terms- self-defense, gongcik, traditional sport, character value

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INTRODUCTION

The new paradigm regarding the existence of the National Sports Grand Design (DBON) explains that the scope of sports is unity ¹The achievements of sports are not only focused on the success of coaching sports achievements alone. Participation and development are needed in the realm of educational sports and community sports ²The existence of community sports is not only to support the creation of a healthy and fit society but also to preserve the existence of traditional games or sports ³Examples of traditional games are engklek, gobak sodor, hadang, and others. Gongcik is an example of a traditional sport.

Gongcik is a traditional sport in the form of martial arts originating from the Pati Regency area ⁴Its existence is interesting to explore in scientific literacy studies. This is not without reason; based on initial research, data was obtained that gongcik is preserved at the Dolanan Traditional Studio. The founder is a fried food seller with an educational background, having graduated from a madrasah ibtidaiyah (elementary school). His enthusiasm for preserving dolanan (the game's Javanese term) deserves high appreciation. Children are invited

to play while introducing literacy and culture. In a sports context, the presence of gongcik needs to be explored in terms of social development and the study of sports movements in this game.

A sport's development is influenced by society's system or social life ⁵Apart from that, sports will also impact social life ⁶Regarding Gongcik, exploring the cultivation of character and the influence of spirituality in his playing is very interesting. Moreover, Pati Regency generally has a crucial Islamic history in the North Coast region of Java (Pantura). The existence of the history of the development of Islam in the Pati Regency initially signaled that it would influence the type, meaning, and purpose of the martial art of Gongcik.

This research explores the history of gongcik development in character, spirituality, and sports ⁷The Traditional Dolanan Studio was used as the role of this research to explore the history of the development of gongcik in aspects of character, spirituality, and sports ⁸Sanggar Dolanan Traditional is used as a partner to discover and explore the community's social life ⁹Even though the direct impact of this research looks simple, in



terms of the historical construct and community support of sports for the existence of sports ¹⁰(both achievement and education), it will be formed holistically ¹¹and accepted theoretically ¹²Thus, it is very important to carry out this research, especially as sports technology is developing rapidly ¹³so this traditional sport in the form of the gongcik martial art needs to be preserved as a cultural asset of the nation in the sports sector.

MATERIAL AND METHODS

This research is qualitative research with an ethnographic study approach. The ethnographic study was chosen because it explores the cultural roots and social life related to the development of gongcik martial arts. Ethnographic research is used to find out about social life related to cultural elements of society; the study can include various elements, such as customs, habits, laws, norms, religion, and language. The development of sports itself cannot be separated from this social system. In this research, the culture explored is related to gongcik, and the main focus is character values. Primary data sources: Interview with Muhammad Toyib, studio supervisor. Secondary data sources: Secondary sources come from documentation data and observations in the field. Data analysis: Data analysis is done through data collection, data reduction, data presentation, conclusion, and verification. The implementation is descriptive analysis. Data validity: Checking the validity of the data was carried out using triangulation methods by comparing the results of interviews, observations, and documentation to obtain valid and objective data. After that, an interpretation of the research data can be produced to conclude.

RESULTS AND DISCUSSION

Indonesia is a country rich in culture and tradition. A critical aspect of Indonesia's cultural heritage is the existence of traditional sports, including martial arts. In this context, the Pati Traditional Dolanan Studio is one of the places where this traditional martial art is developed and preserved, even though the studio emphasizes the playing process (dolanan). One of the essential elements of traditional martial arts performances in Pati is gongcik, which combines silat movements supported by the strains of a traditional musical instrument, "gong." In this article, we will dig deeper into gongcik, examining the character values that emerge in the context of traditional martial arts.

Muhammad Toyib is a figure who has contributed significantly to the preservation of Gongcik through the existence of the Dolanan studio he founded. The author found that he was the primary source from which data could be extracted; for this reason, the author used a time triangulation approach. According to him, Gongcik is a traditional martial art typical of Pati. The foundation of the Pati Traditional Dolanan Studio was motivated by his concern when he saw that children were increasingly lacking time to play and socialize with other friends because children tended to play with cell phones. Especially when COVID-19 is present, which makes children even lazy to leave the house, he introduced gongcik to preserve the culture in Pati so that it does not become extinct. Even though he only has an MI education background (he

graduated from Madrasah Ibtidaiyah), his initiation received an award from the Central Java Provincial Government. Gongcik is connected to Javanese culture because it accompanies gamelan rhythms and gongs.

The traditional Pati martial arts performance called Gongcik has a historical closeness to the nation's resistance (especially the people of Pati) to Dutch colonialism at that time. Martial arts training is prohibited. Therefore, it is disguised as performance activities, even though the original aim is martial arts movements, which in a sports context provide the meaning of defending oneself from the enemy with the physical skills contained in silat movements. The central character values contained in Gongcik are:

Fighting spirit and never giving up: The explosive movements in Gongcik martial arts indicate that the spirit of struggle and never giving up must continue to be encouraged, especially in the face of colonialism.

The author finds this element related to the implementation of gongcik, which suggests a fighting spirit and the ability never to give up. In the aspect of activities at the Pati Traditional Dolanan Studio, the fighting spirit and never giving up are more about overcoming limited facilities and infrastructure but still working hard to be able to organize them. This can be seen based on the results of observations on July 30 and September 3, 2023. Documentation of the condition of the studio which uses various used items has been strengthened (see illustration in Figure 1). Apart from that, the statement from the interview with the studio supervisor also indicated that "I want the children to know gongcik so that it is not forgotten" (interview results dated October 1, 2023)



Picture 1. Implementation of Gongcik

The implementation of gongcik in the studio does not use gamelan accompaniment directly; it is only circumvented by using gamelan music sounds sourced from gadgets. Fighting spirit is a characteristic of martial arts, as taught in Taekwondo ¹⁴, and in Karate, it is called bushido ¹⁵.

Association: Between players, unity and unity of movement are needed that are dynamically attractive but still compact, blending with gamelan music whose rhythm must be synchronized.

Based on the results of observations from data collection three times according to the schedule explained in the previous sections and supported by studio documentation, the author sees that unity is needed between players and their supporting elements, such as musical rhythm and unity with the surrounding natural environment. In the sports science construct itself, it is called unity. Even though social sports activities cannot be separated from conflict, their essence is traditionally unity, which can also be cultivated during sportsmanship 16. The value of unity in sports influences mental health 17. In a social setting, sport often fosters social unity 18.

Courage is an invitation to dare to fight the invaders, which can be seen from the clothes worn, symbolizing persistent struggle. Apart from that, the manifestation of manipulation so that it is not known that gongcik is a martial art requires courage.



Picture 2. Attitude of Respect

Based on the results of interviews conducted with the studio's supervisor, he admitted on July 30, 2023, "Several residents have doubts about it, sir; what kind of activities are you playing around with? What is wrong?" (Which activity is just playing around, for what?). The author confirmed that some children were not allowed to be involved by their parents. However, because their nature turned out to be positive, they were also taught to speak Javanese manners and to remember the time (when it was time for prayer, they were dismissed to go home) (interview results on October 1, 2023). In the context of courage, here is when we dare to show that the benefits of an activity are positive.

Cleanliness of the heart: Every time we start a gongcik, players pray and pay respect to each other, which is a sign of the implementation of a clean heart that must always be maintained.

This was evident when the author observed the studio on July 30, September 3, and October 1, 2023. Every time the gongcik starts, the participants always pay respects to one another. The documentation also indicates this (See Figure 2). Apart from that, in the context of cleanliness of the heart, the author met the figure of a studio builder who sincerely had an impact on the environment, was aware of preserving the surrounding culture by sacrificing what he had sincerely without any strings attached, even though he dedicated his modest house to the studio. The following documentation supports the author's findings (see Figure 3).



Figure 3. Turning a House into a Studio

This cleanliness of the heart gives rise to a sense of selfless sincerity. If the orientation looks at material benefits, it is evident that implementing gongcik activities in the studio will not be possible. The supervisor, who only has an MI graduate background, has an immaculate heart and an excellent vision for sustainability.

The attitude of respect displayed in every implementation of Gongcik represents the importance of maintaining a clean heart before starting an activity. An attitude of respect is a form of humility towards everyone and respecting everyone, even if they are opponents (in sports competitions) 19. It will be challenging if this is based on something other than a clean heart.

CONCLUSION

Gongcik is a traditional martial art in Indonesia. Its existence is in the Pati Regency area, with the main characters that emerge as fighting spirit, unity, courage, and cleanliness of heart. It is indicated that Gongcik is currently challenging to find, but it is still being preserved at the Pati Regency Traditional Dolanan Studio.

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