



## The Role of Women Self Defense of Silat (WSD's) as Crime Prevention Efforts

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### ABSTRACTS

Every year, the rate of crimes against women continues to increase. The danger of evil continues to lurk, making women reluctant to fight because they feel weak. Therefore, the aim of this study is to protect women from harm or other criminal threats through Women's Self Defense of Silat (WSD). The reason why the application of WSD exists is because researchers have another goal, namely to hope to cultivate a distinctive Indonesian martial art known as pencak silat. This research uses descriptive analysis method, which is basically a library. This is the result of the analysis of all data obtained by comparing the results of several studies to solve problems and reach the right solution.

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## **INTRODUCTION**

In this millennial era, the impact of gender equality allows women to work freely and be outside the room if they wish (Setiawan, 2011, p. 14). However, outdoor activities are a bigger threat to women's crimes, because if they are not aware of it, the crimes will continue to threaten and approach women. According to Komnas Perempuan's annual statistics for 2020, crimes against women have nearly eightfold increased over the previous 12 years.

According to Padang, S. (2021), the meaning of this crime comes from the word evil, which means bad behavior, very bad. Therefore, the meaning of crime is the behavior of a person or group, is a crime, and violates social norms and values prevailing in the written environment. Crime is a behavior that removes human feelings from others. Inattention and behavior is often classified as negative behavior (Sumera, 2013, pp. 39-20). Criminal behavior is representative of an unsuitable lifestyle that can damage the image of gender equality. Criminals believe that women are weak and easily oppressed. This statement is a statement of social interaction or hierarchy, assuming that men are always stronger than women. (Harnoko, 2010, p.187).

Because crimes against women continue to occur, other people's assessments of victims of rape, for example, become an embarrassment for women and their families (Faizah, 2019, p.27). Women who are considered soft naturally make women feel weak (Setiawan, 2011, p. 14). Then, the crimes committed undermine the Protection Law Number 5 of 1998 concerning protection against all forms of crime. If crimes still occur, it means that law enforcement is not going well, which will make the future of the victims more difficult in the long term (Segaf & Yumpi-R, 2009, p. 21).

Starting from this problem, it can be concluded from the research objective that efforts should be made to prevent crimes against women, first of all namely efforts to realize that women must be able to protect themselves through self-defense skills. The function of martial arts is to be vigilant in the face of all visible crimes (Robaeni et al., 2018, p. 343). In this way, self-defense will not only affect the body, but also carry out psychological training when faced with a dangerous situation (Alif & Muhtar, 2019, p. 190).

The study associated with this article is "A Guide to Designing Martial Arts Practices for Women" from the United States. Robaeni et al. (2018, p. 366) This explains that what was created by the karate martial arts expert WSDK (Kopo-ryu Martial Women) was actually created for selfdefense for women. Furthermore, from Cummings (1992, p. 183) "Self-defense training for women in college" The efficiency of martial arts training for women is discussed, and this study also discusses how women face threats. Subsequent research is from Irawadi, H. (2019) explaining the benefits of practical and alert martial arts by women.

## **THEORETICAL FRAMEWORK**

The aim of women's martial arts is to develop the characteristics of Indonesian martial arts. Pencak silat is one of the martial arts that carries the characteristics of Indonesia by defining its originators as the indigenous ethnic groups of Southeast Asia. Pencak silat is a vocabulary combination validated by the Indonesian Pencak Silat Association (IPSI). Pencak Silat is currently managed and assisted by the Federal PERSILAT (United Pencak Silat of the United Nations) which was formed by representatives from several Southeast Asian countries (Saryanto, 2018, p. 265).

Therefore, the application of WSD's (Women Self Defense of Silat) is a practical method of learning martial arts that uses the characteristics of native Indonesian arts in self-protection. In addition, WSD's is presented in the form of an e-book, so that it is more practical, women can learn more easily, and women can realize that protecting themselves is their own duty. (Sergi Erza Nuari & Mustikawan, 2018, p. 363). Not only protecting himself, but also adding value by planting Pencak Silat Pencak Silat is a martial art created in Indonesia, so that Silat can be a way to protect oneself and at the same time foster national characteristics.

## **RESEARCH METHOD**

This research produces descriptive writing, starting with collecting data, analyzing and interpreting the examined data (Habsy, B. A. (2017). This qualitative descriptive method comes from natural data or data based on existing conditions because no processing is done on the data obtained (Suherman, 2014, p. 72).

Therefore, this research method uses a descriptive analysis survey type, (Saengboon, 2016, pp. 5-6). This study is the result of an analysis of all the data that has been obtained (Safari, 2010, p. 159; Supriyadi et al., 2019). Analyze facts of library records and field notes so that it can synchronize between library data and fields. Literature notes here appear in the form of literature sources and field notes, namely facts from a survey or questionnaire and can be used to reveal descriptions of field data. (Akin et al., 2019, p. 2). The subjects of this study were women whose age range was 17-53 years.

In this discussion, problems related to the research results are analyzed. In the research methodology chapter, it has been explained that this research uses qualitative methods that produce descriptive data in the form of writing or sentences in the analysis in order to obtain data that has been analyzed into descriptive analytics. (Rozak, A., Mascita, D. E., & Jatmiko, T. W. (2020); Sidiq, U., Choiri, M., & Mujahidin, A. (2019).

The purpose of this analysis is to explain the results of the whole discussion process through the survey and to incorporate the analysis of the results from the library data. These steps are: (1)

adjusting the data in the questionnaire according to (knowledge, experience and actions) to adapt to the privacy data obtained, (2) combining the survey analysis data with library data; (3) Theory according to experts and reliable sources, strengthening opinion and survey data.

### Literature Data

Based on the research design using literature research, it is very necessary to analyze data in the form of collected journals, related books or articles, and to be integrated with various other sources. Collect data to fit all theories related to research. After collecting the data, all of these sources will be verified as valid and can then be analyzed. The data is then read so that it can be written and analyzed as part of the theoretical data to improve the data from the field data.

### Respondent Data

From the results of the allocation of the questionnaire, we obtain data on the number of people who filled out the questionnaire. The data are as follows:

Table 1. Survey data by sex

Gender	Total	Percentages
Women	150 people	81,1 %
Man	35 people	18,9 %
Total	185 people	100 %

Based on the data above, 150 women filled out the questionnaire, while 35 men filled out the questionnaire. Therefore, it can be concluded that the people who filled out the questionnaire data consisted mostly of women.

Table 2. Survey data based on the latest education

Education	Jumlah	Percentages
Primary	-	-
Lower secondary	-	-
Upper secondary	125 people	68,1%
Undergraduate	56 people	30,8 %
Graduated	4 people	1,1 %
Total	185 people	100 %

According to the data above, as many as 125 respondents graduated from high school, then 56 graduated from S1, and as many as 4 graduated from S2. From this data, it can be concluded that the average level of respondents is the last time they graduated from high school and they could still be students, or the respondents are actually only high school graduates.

Table 3. Survey data by age

Age	Total	Percentages
17-26 yo	171 people	92,7 %
27-36 yo	9 people	5 %
37-46 yo	4 people	2,5 %
>47 yo	1 people	0,5 %
Total	185 people	100 %

Based on this data, the survey respondents included a large group of young people and ranged in age from 17-26 years. This age includes the working age of workers and students. From this data, information can be obtained from the vulnerable age group who started working and the desire to do all activities, and then some people got married. Therefore, it can be concluded that the average age of the interviewees is filled by the age of production.

According to the research data obtained, according to Komnas Perempuan's 2020 Annual Report, crimes committed against women are caused by various factors. Based on Supriyadi (2018, p.15) that the existence of this crime is based on gender differences, which leads to oppression or discrimination and makes women feel inferior and even belittled by men. According to the data obtained, women are often victims of crime. As much as 54% obtained from this statement, 6% of the respondents chose to strongly agree, and 23.8% of the respondents chose to agree, so this means that the victims of violence who are often women.

The problem of women who are often victims of crimes in the form of violence has become a global problem in every country (Hehanussa & Salamor, 2019; Widyastuti, 2009). A study surveyed 10 countries and distributed data to women through a survey. The results show that since the age of 15, 95% of female respondents have experienced cases of violence (Devries et al., 2013, p. 1) According to the CATAHU (annual notes) of Komnas Perempuan, the number of crimes and violence has increased every year from 2008 to 2019, only decreased in 2016, and then increased again the following year. From the results of this data, it can be seen that women who are victims do not have the strength and effort to fight the perpetrators. This makes the perpetrators more willing to commit crimes, because women are always losing and weak (Amalia, 2014, pp. 399-401).

## RESULTS



**Figure 1.** Anual notes

Judging from the theoretically analyzed data (namely Komnas Perempuan's annual record), since the Prophet Muhammad SAW was sent to earth, the point was to eliminate discrimination against women, and he was trying to get rid of slavery and murder. According to the explanation from the following, a lack of understanding of religion leads to gender inequality Supriyadi et al. (2019, p.92).

Then, in the Al-Qur'an the translation of the Ministry of Religion, Surah An-Nisa verse 1 states that; "O people, fear your Lord who created you from one you (Adam), and (Allah) created his partner (Eve) from his (self); and from two Allah reproduce male and female many, .... "

Therefore, if a woman comes from the rib of a man, it is close to the protected arm and also to the heart of a loved one. This tells us that women must be protected, not made cruel or subjected to other violence, so that women feel that they are always being threatened.

Instead of this explanation, protecting oneself from the threat of danger is an obligation that must be owned by someone (Giritli Nygren, K., & Olofsson, A. 2020). Women must realize that defending themselves is a way to avoid the threat of crime. Such frequent crimes must be handled properly, and women must be vigilant when engaging in outdoor activities or even at night in order to reduce or even prevent the increase in casualties by being able to protect themselves. Through self-defense, if imminent harm occurs, women can better develop strategies, and then mastering self-defense can minimize the offender's physical attacks. (Hunt & Grabowski, 2014, p.32).

Martial arts are very important for women today, because evil comes anytime and anywhere. In order to avoid dangerous threats, it is necessary to consider that women should practice self-defense methods. According to the data obtained, as many as 71.4% of respondents strongly agree, while up to 22.7% of respondents agree that martial arts should be held for

women. In other words, they understand the importance of self-defense better than there are victims. Then, self-defense is not only a protective tool, but also provides self-expression and self-confidence, which allows them to freely carry out all their daily activities.

Women are always the target of attack anytime, anywhere. Even compared to the fact that every woman is a target of violence, even though women can defend themselves, dangerous situations still occur and there is still great risk, but they are ready to face greater courage and vigilance. Women are at risk. Compared with unprepared women (Brecklin, 2008, p. 68).

Lack of self-defense which provides women with minimal knowledge of protection, especially practical martial arts. So the thing that makes this research different is that it provides new innovations. Like other martial arts, it still aims to protect oneself from the threat of violence. The existence of WSD's (Women Self Defense of Silat) women's martial arts provides a way of selfdefense for women while continuing to inherit culture through martial arts. One example of Pencak Silat is the use of reaction, speed and timing when threatened.

Then before that there were also people who created WSD (Women's Self-Defense), but still universally mention the name of martial arts and the origin of the martial arts. Then and also aims to develop martial arts, especially to appreciate other martial arts. The reason for choosing Pencak silat is because it is consistent with the scientific field understood by the author. Here, the development of a martial art called "pencak silat" is due to the desire of Indonesians to love their cultural heritage. This kind of silat development must continue to develop properly and get support. Uniquely, this island has existed since colonial times and continues to grow today. This island not only supports the physical aspects, but also increases the value of personality and self-awareness. (Muhtar, 2016, p.74).

Furthermore, WSD's (Women Self defense of Silat) was established to have space to defend themselves against crime and to become a spiritual means to make themselves calmer so that they can carry out activities with vigilance and self-confidence (Yulio Pratama & Trilaksana, 2018, p.109 ). However, the specific martial arts activities targeting these women were unknown. Only 15.3% strongly agreed, and 15.8% agreed with their knowledge of the existence of WSD, meaning that few people in society, especially those led by women.

## **DISCUSSION**

To reduce the number of acts of violence against women, it is also necessary to increase the awareness and desire of women, so that they dress or strengthen themselves so that they are not belittled. The awareness of women will increase their concern so that they can protect themselves from the threat of crime. Then, women's willingness to protect themselves is to try to defend themselves when they are truly in danger.

Therefore, WSD's here to address women's concerns about crime and other dangers of violence. If women do this, they will be more aware of the dangers that lurk anytime, anywhere, and the reduction in violence will be greatly reduced. Results from respondents in the Water Supply Department indicate that the Water Supply Department option may be a solution. As many as 48.1% chose to strongly agree, and 20% chose whether to agree if there was a WSD (Women Self Defense of Silat).

## CONCLUSION

The crimes that continue to occur are of course a shared responsibility, both among women and also the government. Of course, this must be addressed wisely, making women more vigilant and responsible when facing any threat of danger. Resistance and readiness are what is needed when facing danger, therefore women must protect themselves when facing dangerous conditions and their own circumstances. Therefore, WSD's (Women Self Defense of Silat) is present as an effort from women's anxiety about the dangers of crime that threatens at any time, wherever it is. By learning WSD's martial arts, women will be more confident if they face any dangers, because they can protect themselves. Not only that, WSD's also has the goal of preserving Indonesia's distinctive martial arts, namely pencak silat. If self-protection has been mastered, then women are also aware of the threat of danger and make themselves more vigilant, then the reduction in the number of crimes and other violence will be significantly reduced.

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