

EVALUATION OF THE ACCURACY LEVEL OF STABBING OF BANDA ACEH CITY FENCING ATHLETES

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ABSTRACT

This study aimed to evaluate the level of jab accuracy of fencers in Banda Aceh. Eight fencers in Banda Aceh were included in the study and asked to perform 20 jabs in a controlled trial. The jab accuracy was calculated based on the number of jabs that successfully hit the target. The results showed significant variation in the jab accuracy of the athletes. Two athletes (25%) managed to achieve an accuracy level between 80% and 100% and were categorized as Very Good. Two other athletes (25%) were in the Good category with an accuracy of 70%-79%, while two other athletes (25%) were in the Fair category (60%-69%). In addition, one athlete (12.5%) had a jab accuracy between 50% and 59% and was included in the Poor category, while one other athlete (12.5%) was in the Very Poor category with an accuracy of 40%-49%. The overall average jab accuracy was 70.63% with a standard deviation of 14.61%, indicating variation in the athletes' performance. Based on these results, it is recommended to provide more intensive training and focus on improving the technique, concentration, and physical condition of athletes to achieve more optimal performance in the future.

Keywords: *Evaluation, Stab Accuracy, Fencing Athletes, Banda Aceh,*

INTRODUCTION

Fencing is a sport that requires high speed, accuracy and technique.(Hidayatul Isnaini & Decheline, 2022). The thrust, which is one of the basic techniques in fencing, plays an important role in determining victory in a match. The accuracy of the thrust is a key factor in achieving optimal scores and defeating the opponent.(Odunlade et al., 2023). In Banda Aceh,

fencing sports are starting to develop rapidly, but there are still challenges in improving the quality of technique and the accuracy of the athletes' thrusts.

Despite various training programs, many athletes face difficulties in achieving high levels of jab accuracy, which can impact their competition results.(Witkowski et al., 2020)The problems faced by fencing athletes in Banda Aceh include the lack of understanding of the correct basic thrusting techniques, the influence of physical and mental factors that affect performance, and the limited training facilities that support the development of athlete abilities. Therefore, evaluating the level of accuracy of fencing athlete thrusts is very important to determine the factors that affect this accuracy and to find solutions to improve the quality of training and athlete techniques in this area.(Santoso, 2019).

This study aims to evaluate the level of jab accuracy in fencing athletes in Banda Aceh, with a focus on identifying the problems faced and possible solutions to improve athlete performance.(Budi Santoso et al., 2022). It is expected that the results of this study can provide insight for coaches, athletes, and fencing sports administrators in Banda Aceh in an effort to improve the quality of fencing sports in the area.

This research is based on various theoretical concepts related to the mastery of basic techniques, motor skills, and psychological factors that influence the accuracy of thrusts in fencing.(Zahara et al., 2022). The thrust, which is a basic technique in fencing, requires a combination of speed, precision and optimal body control.(Thompson et al., 2022). Based on literature review, effective thrusting techniques do not only depend on speed, but also on the quality of technique execution which includes proper body positioning, appropriate thrusting angle, and control of attack distance. In this case, mastering the correct technique can increase the precision of thrusting and influence the outcome of a match.(Mysterud & Rolandsen, 2019).

In motor skills, the development of technical skills in fencing is greatly influenced by the athlete's ability to coordinate body movements efficiently.(Sonne et al., 2022). Motor skills can be divided into open motor skills, which require a quick response to changing situations, and closed motor skills, which are more stable and structured. Stabs in fencing tend to fall into the open motor skill category, where the athlete must adjust his or her movements to the opponent's response quickly and precisely.(Aaser et al., 2022). Thus, the development of motor skills through structured practice will contribute to the improvement of puncture accuracy.

In addition to technical and motor factors, psychological factors also play an important role in the accuracy of the stab. Psychological factors such as concentration, emotional control, and stress management greatly affect the performance of athletes during the match. Athletes who are able to manage anxiety and maintain focus will be more able to stab accurately even under the pressure of a competitive situation. The ability to maintain mental stability can be obtained through mental training and competitive experience that

supports the development of psychological skills. Therefore, in addition to technical training, psychological aspects need to be considered in an effort to improve the accuracy of stabs for fencers.(Sarwita & Is, 2021).

Overall, these theories provide a comprehensive picture of the various factors that influence the accuracy of stabbing in fencing. Technical factors, motor skills, and good mental readiness are important foundations for improving athlete performance in achieving optimal stabbing accuracy levels.

METHODS

This study uses a quantitative approach with a descriptive design to evaluate the accuracy of the jab in 8 fencing athletes in Banda Aceh.(Arikunto, 2012). The sample was selected purposively based on the criteria of athletes with at least 1 year of experience. The research instrument included a practical test that measured the accuracy of the stab through the number of stabs that successfully hit the target, with the help of video recordings for technique analysis. In addition, direct observation and interviews with coaches were used to obtain additional data related to factors that influence stab accuracy.(Sonne et al., 2022). The data obtained were analyzed quantitatively to describe the level of accuracy of fencing athletes' thrusts in Banda Aceh.

RESULTS AND DISCUSSION

Research on the accuracy level of stabbing of Fencing Athletes in Banda Aceh City was conducted at Gorkoni Banda Aceh in April 2024. This study was attended by all samples of 8 Fencing athletes trained by Banda Aceh City. The results of this study will be explained as follows:

Tabel 1. The results of measuring the accuracy of the stabs on fencing athletes from Abanda City, Aceh

Athlete	Number of Punctures	Puncture Successful	Accuracy (%)
Athlete 1	20	12	60
Athlete 2	20	15	75
Athlete 3	20	9	45
Athlete 4	20	14	70
Athlete 5	20	16	80
Athlete 6	20	10	50
Athlete 7	20	18	90
Athlete 8	20	13	65

This study aims to evaluate the level of jab accuracy in fencing athletes in Banda Aceh. Based on the test results, each athlete was asked to perform 20 jabs under controlled conditions, and accuracy was calculated based on the number of jabs that successfully hit the target.

Of the 8 athletes tested, the results showed significant variation in the level of puncture accuracy. The highest accuracy was recorded in Athlete 7 with 90%, while the lowest accuracy was recorded in Athlete 3 with 45%. The other athletes had accuracy levels ranging from 50% to 80%. The overall average accuracy was 70.63%, indicating that most athletes were able to perform punctures with a fairly good level of accuracy, although there were some athletes who still had accuracy below 50%.

The standard deviation obtained from this data is 14.61, which indicates that there is a significant variation between the stabbing accuracy of each athlete. This shows that although many athletes achieve good accuracy, there is still significant variation in their ability to execute a stab that is on target.

Factors that influence differences in the level of accuracy of stabbing between athletes are likely related to technical factors, physical condition, and experience of each athlete. Athletes who have more mature techniques and good physical balance tend to have higher accuracy. In addition, mental factors also play a role, where athletes who are able to manage the pressure and stress of competition will be better able to maintain focus and precision of movement.

Tabel 2. Puncture accuracy data description table

Accuracy Category	Accuracy Range (%)	Athlete Frequency	Percentage (%)
Very good	80 - 100	2	25
Good	70 - 79	2	25
Enough	60 - 69	2	25
Not enough	50 - 59	1	12.5
Very bad	40 - 49	1	12.5

Based on the results of the study on the level of stabbing accuracy of fencing athletes in Banda Aceh, the data shows a diverse distribution in the performance of the athletes' stabbing accuracy. In the Very Good category (80–100%), there were 2 athletes who managed to achieve an accuracy level between 80% and 100%, which shows that 25% of athletes have very precise and reliable stabbing abilities. Athletes in this category demonstrate excellent stabbing technique skills. In the Good category (70–79%), there were also 2 athletes (25%) who had stabbing accuracy between 70% and 79%. This shows that some athletes have achieved a good level of performance, although there is still little room for improvement in their stabbing accuracy.

Another 2 athletes (25%) were in the Sufficient (60–69%) category, with a level of stabbing accuracy that still needed improvement. Although quite adequate, their performance had not reached the optimal level. In the Poor (50–59%) category, there was 1 athlete (12.5%) who had lower stabbing accuracy, indicating that there were still weaknesses in the technique and accuracy of the stab. Finally, in the Very Poor (40–49%) category, there was 1 athlete (12.5%) who showed very low accuracy, indicating the need for

significant improvement in technique and focus when performing the stab. Overall, these data show quite a large variation in the stabbing accuracy abilities of athletes, with most athletes in the good and sufficient categories, but there are still athletes who need to improve their stabbing accuracy.

Research discussion

Based on the results of a study conducted on 8 fencing athletes in Banda Aceh, it can be seen that the level of accuracy of the athletes' thrusts shows quite a large variation. The test results show that most athletes have a good level of accuracy, but there are still those who need to improve their abilities. From the data obtained, there are 2 athletes (25%) who fall into the Very Good category with an accuracy of between 80% and 100%. Athletes in this category demonstrate excellent thrusting skills and show high performance in the accuracy test. This reflects that they have mastered the basic fencing techniques very well, and have optimal concentration and speed when competing.

On the other hand, there are 2 athletes (25%) who are in the Good category, with jab accuracy between 70% to 79%. Although their results are quite good, there is still room for improvement in terms of jab accuracy and consistency. Athletes in this category have shown a good understanding of fencing techniques, but may not be fully optimal in their application on the field.

As many as 2 athletes (25%) are also in the Sufficient category, with a stabbing accuracy of between 60% and 69%. Athletes in this category show less than optimal performance and need to focus more on improving their technique and concentration during the match. They may have difficulty executing a stab that is right on target, which can be caused by various factors, such as mental tension or lack of mastery of certain techniques.

There are also 2 other athletes who fall into the Poor and Very Poor categories, each with a stabbing accuracy of 50%-59% and 40%-49%. Athletes in this category show quite low stabbing accuracy, which can be caused by various factors, such as lack of training or problems in basic fencing techniques. In the Poor category, there is 1 athlete (12.5%) who needs to improve their basic technique and focus in order to improve their performance. Likewise, athletes in the Very Poor category, who have a stabbing accuracy of 40%-49%, need more training and improvement in both technique and physical condition to achieve better performance.

CONCLUSION

Based on the results of the study on the level of accuracy of fencing athletes' thrusts in Banda Aceh, it can be concluded that the majority of athletes showed quite good performance, although there was quite a large variation in the results obtained. Of the 8 athletes tested, 2 athletes (25%) managed to achieve a Very Good level of accuracy (80-100%), while the

other 2 athletes (25%) were in the Good category (70-79%). A total of 2 athletes (25%) also fell into the Sufficient category (60-69%), indicating potential for further improvement.

However, there are still 2 athletes (12.5%) who are in the Poor (50-59%) and Very Poor (40-49%) categories, indicating the need for significant improvement in their technique and accuracy of the thrust. This reflects the gap in ability between athletes, which is influenced by various factors such as technique, concentration, and physical condition.

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