

INTISARI

Pencak silat merupakan warisan leluhur budaya Indonesia yang telah lama sebelum Indonesia merdeka. Budaya pencak silat memiliki kandungan histori dan filosofi. Di dalamnya terkandung aspek olahraga, aspek beladiri, aspek kerohanian, aspek keindahan dan aspek persaudaraan. Banyak sekali aliran-aliran pencak silat yang menyebar di seluruh wilayah Indonesia dengan beragam bentuk dan ciri khas gerakanya, sesuai dengan asal usul daerahnya, salah satunya adalah Persaudaraan Setia Hati Terate (PSHT).

Metode penelitian ini adalah deskriptif kualitatif. Pengumpulan data menggunakan wawancara dan data sekunder. Wawancara dilakukan terhadap pengurus dan pelatih perguruan pencak silat Persaudaraan Setia Hati Terate di wilayah Malang. Data sekunder berupa dokumen tertulis tentang Perguruan Setia Hati Terate.

Penelitian ini menunjukkan bahwa Perguruan pencak silat PSHT memiliki falsafah dalam pegangan hidup mendidik manusia yang berbudi luhur tahu benar dan salah. Kurikulum latihan selama 1 sampai 2 Tahun, telah mengembangkan tidak hanya aspek fisik saja melainkan kerohanian dan spiritual yang mampu membentuk kepribadian anggota yang tangguh dalam segi jasmani dan rohani. Kesimpulannya adalah perguruan pencak silat PSHT mampu meningkatkan ketahanan pribadi bagi siswa dan anggotanya.

Kata kunci : Budaya, Pencak Silat, PSHT.

ABSTRACT

The Martial arts is an ancestral heritage of Indonesian culture that has long been before Indonesia's independence. The culture of pencak silat has historical and philosophical content. It contains aspects of sports, aspects of martial arts, aspects of spirituality, aspects of beauty and aspects of brotherhood. There are so many schools of pencak silat that spread throughout Indonesia with various forms and characteristics of their movements, according to their regional origins, one of which is the Faithful Heart Brotherhood of Terate (PSHT).

This research method is descriptive qualitative. Collecting data using interviews and secondary data. Interviews were conducted with the administrators and trainers of the Setia Hati Terate pencak silat school in the Malang area. Secondary data in the form of a written document about Perguruan Setia Hati Terate.

This research shows that the PSHT Pencak Silat College has a philosophy in educating virtuous human beings who know right and wrong. The training curriculum for 1 to 2 years has developed not only physical aspects but also spiritual and spiritual aspects that are able to form members' personalities who are strong physically and spiritually. The conclusion is that PSHT pencak silat college is able to increase personal resilience for students and their members.

Keywords: Culture, Martial arts, PSHT.