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THE LEVELS OF UNDERSTANDING OF PHYSICAL EDUCATION TEACHERS OF STATE JUNIOR HIGH SCHOOLS IN SLEMAN REGENCY TOWARDS *PENCAK SILAT* INSTRUCTIONS

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ABSTRACT

This study aims at determining the knowledge and understanding level of physical education teachers of state junior high school in Sleman regency towards the *pencak silat* instructions as a teaching material. This research is a descriptive study using the survey method with the form of the understanding test as the research techniques. The populations in this study were all physical education teachers of state junior high school in Sleman regency. The instrument validity test used Karl Pearson Product Moment correlation. Moreover, instrument reliability test used Cronbach alpha formula. The data analysis technique used descriptive analysis in the form of percentage of the understanding levels of physical education teachers of state junior high school in Sleman regency toward the *pencak silat* instructions. Based on the research data, it can be concluded that: 1) 10 teachers (25%) were categorized as very high, 2) 13 teachers (34%) were categorized as high, 3) 20 teachers (50%) were categorized as low, and 4) 2 teachers (5%) were categorized as very low.

Keywords: level of understanding, physical education teachers, *pencak silat*