

48-58 AFDA.pdf

by Vicki Ahmad Karisman

Submission date: 01-May-2024 12:32AM (UTC+0800)

Submission ID: 2366887270

File name: 48-58_AFDA.pdf (216.42K)

Word count: 5059

Character count: 26673



Women and Martial Arts: A Phenomenological Study of Boxing Athletes' Perceptions

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Abstract

The purpose of this study was to provide an overview of women and sports in the perception of female athletes towards the martial sport of boxing. The population in this study were athletes and female boxing coaches of the PON JABAR team totaling 7 people. The sampling technique used is Snowball sampling so that the data taken can be complete, by taking 2 athletes and 1 coach as samples. The instruments in this study used observations and interviews. The method used in this research is descriptive qualitative method and data collection techniques by means of observation, interviews and documentation. The results of this study are with the views of people who think Boxing is a tough sport and for men. However, they ignore this view for them boxing is a cool and challenging sport and they feel fit to pursue it to achieve achievements. Based on the results of the research and discussion above, it can be concluded that women and sports are currently growing and can run in harmony. Gender is not the main barrier to achievement Gender issues seem endless which refers to equality between men and women.

Keywords: Perception, Boxing, Women, Athlete

INTRODUCTION

Sport is involving activities motion humans who use it tactics special For create conducive atmosphere For play , let go tiredness , and fulfillment personal . Man is many creatures move . Mental and physical condition balanced body required For support routine levels tall This (Iwandana, 2023) . Sport is an integral part of education involving physicality training mind and body through activity physique . Sport involve all form activity physical ones, through participation Relax or Organized , purposeful For express or increase fitness physical and mental well-being, shaping connections social or obtain results in competition in all levels . Therefore that is , maintenance style activity - oriented life physical and time free become the more important in society (Obande-ogbuinya et al., 2023) .

There are 2 types sports , that is sport contact physical and sports No contact physique . Sports that use contact physique is sports taking place touch physique in a way direct for example martial arts , boxing , wrestling , and so on . However a sport that isn't contact physique is sports that don't happened touch physique in a way direct with exists barriers such as net, track like for

example volleyball , badminton , tennis , swimming , athletics . Every sport own characteristics each one is unique cases sport defend self . At first sport done only For fill in time free , so sport done with full joy and relaxation as well as No There is limitations and uses . Like for example sport boxing , initially only just sport self-defense but moments This sport boxing currently Lots interested race young For release emotions they into the positive thing . Sport will strengthen body and soul, grow a healthy personality that can resolve complex problem (Falaahudin et al., 2023).

There are researchers explain that art self-defense is art that saves self (Lubis & Nasution, 2021) . It means sport art martial arts at its core is tools For look for brotherhood and peace . The fact that sport art self-defense is tools For look for brotherhood now has develop and occur expansion goal, so the purpose of people learning art self-defense among others , for achievements US athlete through branch sport (Kumiawan et al., 2022). Almost every country has art defend themselves , including Indonesia's most famous is pencak martial arts . More continued Ben Haryo in Maulana's explanation function base self-defense from aspect technical and non-technical (Pumami, 2016).

Sport self-defense is one of type hard sport, hard in question here is there is technique punches, kicks, slams. Sport that will too form body become more big and hard . defend self is involving sports abilities in compete, with maintain self from against For fight reach victory . Martial arts self itself, is abilities from somebody in do defence in a way physique For stake as well as maintain degrees so that can beneficial for public as well as environment surrounding (Nisa & Jannah, 2021) . Boxing is sports and arts defend self which displays two participants with similar weight . Compete One with each other use boxing they in Suites matches intervals One or three minutes called " rounds". Well inside Olympic or sport professional , second fighter (called boxers) avoid blow against they while endeavor land blow they Alone to his opponent.

In boxing, there is a one-on-one match to carry out attacks by hitting with gloved hands and protecting oneself from blows given by the opponent in a series of matches lasting three minutes called rounds (Abizar & Fahrizqi, 2022). In boxing, there are important things that boxing athletes must have, one of which is technique and strategy, one of the techniques and strategies to beat your opponent and collect points effectively is by throwing as many punches as possible correctly, in an effort to get clean and decisive points/scores. . Therefore, boxing is known as a tough sport, because in boxing there are punching, dodging and attacking techniques. who must have good physical abilities and skills. In boxing you must have hard punches, speed to dodge, high Vo_{2max} and good body strength. However, of course boxing fans' interest in training like athletes is certainly not uncommon or just to maintain physical fitness (Natas, 2022). Even though

for women it is very easy and the opportunities are great if they pursue boxing, women are less likely to realize their chances of success than men' (Trbojević & Petrović, 2021).

There are those who think that Woman considered No as strong and skilled man . Reasons this is what makes it worse perception public to involvement Woman in sports that are direct influential in assigning status and roles social Woman in his life . By especially in the field sports and general in life everyday life in society, where patterns interaction social applies in the environment. Of the all, somehow add up Lots women who follow and like activity physique with levels his continued appearance increase. By habit, woman is guard warmth family , hearth or good relationship and companion obedient life. Research conducted by Heilman shows that the woman did activity masculine assessed The same with man in matter competence them , however in a way social they not enough get sympathy and even hostility between personal. Women lose in competition with man Because opinion negative in society, however today 's women more independent and independent compared to generations previously . They strong, educated and graceful . Apart from that , emancipation Woman in sports are also taken into account, especially in sport masculine , which is explained by feminization general in public (Owik & Góral-radziszewska, 2014).

In general man will more happy with the formation muscles parts on and girls will more focus on body weight, because *Oestrogen* in women also plays a role in accumulation of fat in places certain . Cycle Women also have menstruation great influence in life everyday . Personality and activities sport women are strongly associated, as indicated by the rates Lots player woman in sport individual and group (Aldegeiry, 2021). *Feminism* is understand and move targeted social For changing subordinate status Woman in priority society perspective man . In line with matter the , Culture patriarchy is condition Where interests and rights owned by men placed in a higher position high and overriding rights and interests Woman (Suwastini, 2013) . In line with matter Ross also saw it *feminism* US all intended efforts For repairs condition women to have their rights Can enforced (Taufik, 2022).

Like cases happened in Porpop West Java in 2023 yesterday. Of the 7 classes competed categories daughter , team boxing city Bandung only send 2 boxers. Ace for boxers the is Afda Virgine is in the 48 kg class and Siti Arba is in the 60 kg class. Meanwhile the overall data totaling 122 boxers men and 32 boxers daughter . It looks very clear How existence athlete boxing woman in town Bandung is very lacking. Reasons this is what makes it worse perception public to involvement Woman in sport . Which means direct influence the granting of status and roles social Woman in his life in a way especially in the field sport. See from problem above, researcher looking that study about interest woman to sport self-defense boxing need researched.

Explanation on is underlying reason back done study this and focus study This that is interest woman to sport defend self boxing in the city of Bandung.

It's been a lot study about sport branching . But still not enough his focused research to athlete or participants woman . Including my sport thorough. Sport defend self boxing identical with race Adam so from That's it researchers interested For do study to athlete boxing woman his . Study This related with struggling woman sport defend self Boxing is still very rarely studied by athletes woman sport boxing moments This Still A little enthusiast his . Because That's it researchers want to dig more in Again about women and sports defend self boxing .

METHOD

Research methods used in study This is method descriptive qualitative . Population in study This is athletes and coaches boxing woman JABAR PON team totaling 7 people. The sampling technique used that is *Snowball sampling* in order for the data to be taken can complete with take 2 athletes and 1 coach US samples . Instruments research used is use observations and interviews . Researcher do study with technique data collection with method observation, interviews and documentation which have 2 sources that is primary and secondary sources. Study This use approaches Phenomenology, because try for reveal and explain meaning phenomenon experiences based on consciousness that occur in some individual.

Stages Study Stages research conducted on research This functions of 4 stages that is started with stages pre-research , continued stages beginning or stages preparation , then next with stages research , and finally is stages writing reports from results existing research done . In implementation researchers do in a way integrated with see lack from previous processes and stages furthermore For can repairs errors and shortcomings from the previous process . If Already have data then researchers quick do data analysis for can quick finished writing report or not exists situations that don't imagined as well as adverse situation for researchers like cases lost data from results of the implementation process study .

1. Pre-research stage : At this stage, the first stage carried out by the researcher is selecting the problem, determining the title and location of the research location with the aim of adjusting the needs and interests of the research focus to be studied.
2. Preparation Stage : At this preparation stage, the researcher must have obtained permission for research from the training gym. In this second step, the researcher carried out observations to obtain initial data from the coaches and athletes who were used as a place for research and to be able to obtain the results and conditions regarding the time given for carrying out the research.

3. Research Stage : The research stage begins in February 2024. Research activities are of course carried out and carried out by researchers actively seeking various information from these sources. As for the research stages, of course the researchers attended different times. In searching for this information, of course the researcher carried out various methods to obtain information from various sources, as in the first stage, the researcher carried out observations at the training site.

After carry out observation researchers continue study use interview to source person To use can give more and valid information. Apart from methods interviews conducted by researchers, researchers also carry out processes and methods For dig and search information more further, as for purpose and objectives researchers see from owned documents with Meaning For dig up written data add source information related documentation data .

4. Report Writing Stage : Research In this qualitative research which uses a type of qualitative research, the researcher in making the report is carried out in stages, not all at once, so the researcher chooses this step to be able to truly promise the correct data according to the information that has been obtained from sources so that if there is insufficient information to be presented in the report, the researcher will again look for sources of information to further clarify the research that will be presented in writing the report.

Each time the researcher obtaining data for , grouping data, reducing data, which is directed at support in answers questions study . Apart from that , researchers also created notes - notes small who became points For supports the writing process reports and for minimize constraints like forget or wrong. In research Here , data is collected with use three method different : observation , interviews , and documentation

RESULTS AND DISCUSSION

Results

Based on results interview with athlete women in sports defend self Boxing . Study This bring up facts that phenomenon.phenomenon phenomenon that appears in participants the woman who followed sport defend self boxing functions of five things among them is changes (physical , appearance , traits , and achievements) , obstacles experienced , perceptions (self themselves , parents , and the environment around) . matter the will will be a sub theme discussed in study This .

In results research and discussion This descriptions or expressions conveyed by participants This Then served with use names that are not Actually . US parts For fulfilled ethics study :

Table 1. Identity Source person

	Athlete 1	
Source person		Rose

Age	30 years
Work	Students
Status	Athlete
Asker	Afda V

Changes (Physical , Appearance , Behavior)

Rose as athlete from team JABAR boxing says “ first I that's it fat once , physically his under . After follow boxing Now more strong , stable weight . His body more okay , basically more Good " Felt roses change The physical impact that occurs is very significant when compared before and after they trains boxing . That's what matters foreshadow in a way physique they formed . Condition physique athlete hold roles important in run an exercise program . Physique a Athletes are also very decisive performance athlete .

There is a lot of societal stigma about description appearance athlete defend himself who seems tomboyish and resembles appearance man but matter the No completely occurs in athletes woman . Then Mawar argued "If it's from method appearance I from junior high school Suma used to be a tomboy here and there Already start changed ooh so more feminine like that Possible because increase "Are you old too ? " Rose feel method appearance Ha Formerly is a tomboy, but the more increase age soul woman and soul to his mother Already start appear so from That's it Rose Already start repairs method appearance to be seen like women in general .

Related with change attitudes and behavior . Change attitude No happened with itself or haphazard . But the change always taking place in interaction human and related with objects certain . Then Mawar said " Her personality more form characters So more brave , more firm , more discipline , you have to dare to speak up" Rose admitted since follow boxing Lots often change rose attitude and behavior feel it become more personal disciplined and firm .

Obstacle

Obstacle is something that hinders , impedes , and hampers the process of progress or something achievement , evolution woman in sport No without challenges Rather Lots obstacles that they experience like for example discrimination and sexism . But results from interviews with athletes boxing This No There is very heavy obstacle moments currently boxing . Mawar said "If again exercise and do n't feel strong very Can permission Just don't force it ” p the No make barriers big for Rose. If you feel strong Rose will still Spirit practice and if feel No strong Rose is not will force self and will requests permission For rest to coaches .

Perception

Development pretation sport in Indonesia is increasing proceed from time to time . However for a women who work hard sport especially sport defend self often Still accept inherent skewed perception from mind public layman . Women and sport boxing is exciting discussion in the community . The pros and cons that occur in view public to That's it . But in today's era Already popping up gender equality . Which is liberating woman in fulfilled rights and obligations

. But There are still many people who still do gender discrimination . Rose stated . " Mmm, if you obey I Now yes equality woman and man Already The same yeah . Because eh what a boy Can do women can do it too " in fact Lots woman there are those who are successful even achievement is also the same with man .

Many people shocked public when know if Rose is a athlete boxing then Mawar told the story views society "if you look at it low anyway No yes Rather actually ' wow Cool here girls fist ' though more Lots response that doesn't believe it ." prove Still There is accepting society kind and supportive of Mawar's pursuit sport defend self boxing even though Mawar is alone woman . Temporary That's it The same matter his with parental perception them at the start they plunge into the world of boxing " initially Mom , why ? must fist ' but come here increasingly come here ee What do I do it and get results from boxing positive so support really " p Rose said this .Parents experience the same feeling at first . High level of worry in children his woman . But matter the No persist . Because Rose can prove the best so that produce a very positive and proud thing family even Name areas so that in the end the parents were very supportive they in a way full .

Table 2. Identity Source person

Athlete 2	
Source person	Jasmine
Age	22 years
Work	Students
Status	Athlete
Asker	Afda V

Changes (Physical , Appearance , Behavior)

Jasmine as athlete from team JABAR boxing says " instead changed , from the beginning small This Now changed muscular . Continue now since follow boxing because demands classes weight gain raise it weight " Melati felt the same as before body small petite and after follow boxing during years years start formed need to be fit and muscular . That's what matters foreshadow in a way physique they formed . Condition physique athlete hold roles important in run an exercise program . Physique a Athletes are also very decisive performance athlete .

There is a lot of societal stigma about description appearance athlete defend himself who seems tomboyish and resembles appearance man but matter the No completely occurs in athletes woman . Then Melati said , "If that's the case appearance anyway I Same , now Still use skirts still grooming too" Although heh a athlete boxing No means heh No feminine , she still appearance in accordance his activities even still make-up self like woman other .

Related with change attitudes and behavior . Change attitude No happened with itself or haphazard . But the change always taking place in interaction human and related with objects certain . Then Melati said same opinion like Rose " Her personality more form characters So more brave , more firm , more discipline , you have to dare to speak up" sport boxing hard exercise So

Jasmine No only trained physique but also trained for a strong mentality , way coaches practice with high discipline also makes they become used to discipline .

Obstacle

Obstacle is something that hinders , impedes , and hampers the process of progress or something achievement , evolution woman in sport No without challenges Rather Lots obstacles that they experience like for example discrimination and sexism . But results from interviews with athletes boxing This No There is very heavy obstacle moments currently boxing . Jasmine said jasmine “ injured most of all. If menstruation is most obstructed during the day first ” only obstacles That's what Melati feels , what's more Jasmine does n't Once hampered by something fatal thing.

Perception

Development pretation sports in Indonesia the more proceed from time to time . However for a women who work hard sport especially sport defend self often Still accept inherent skewed perception from mind public layman . Women and sport boxing is exciting discussion in the community . The pros and cons that occur in view public to That's it . But in today's era Already popping up gender equality . Which is liberating woman in fulfilled rights and obligations . But There are still many people who still do gender discrimination . Melati said " interested." because that's it challenges Well , it's challenging and it's not even considered man ” almost The same like opinion Rose that woman and man That's it equivalent If woman can do as done man so woman No will easy underestimated .

Many people shocked public when know if Rose is a athlete boxing Then Jasmine told "if friends at school I see , wow boxers ' like nope believe like that . But if you get bullied ... never . Only the rich are surprised can't believe it "girls are boxing " many people feel surprised and not believe . Temporary That's it The same matter his with parental perception them at the start they plunge Melati tells the world of boxing perception His parents said , " First of all , Mom, I don't like it because right That's it sport hard , if it's papa anyway Okay Okay just do it because I'm boxing, Dad . But lately his parents be supportive." Parents experience the same feeling at first . High level of worry in children his woman . But matter the No persist . Because Jasmine can prove the best so that produce a very positive and proud thing family even Name areas so that in the end the parents were very supportive they in a way full .

Table 3. Identity Source person

Source person	Coach
Age	Ivan 50 years
Work	Coach
Status	Coach JABAR PON boxing
Asker	Afda V

Changes (Physical , Appearance , Behavior)

Mr Iwan as coaches pound No Can answers question regarding the . Because obeyed heh coaches from gym that 's more know it because beginning start his child child educated and formed from there. " Wow , me right trainer in pounds So circumstances they before follow his I No know right . But what's clear from beginning entered TC arrived Now Of course Lots more changes Good . From physical Of course they condition physique his increases , if from appearance I think the same just yeah , and from behaviour Of course they Far more become discipline Already No There is which late come practice , already obey curfew , behavior moments exercise is good too Good everyone is obedient and respectful to coach "

Obstacle

Obstacle moments experiencing menstruation Pak Iwan also perceives athletes as Coach " Actually No Yes , share I The same just No There is obstacles , just for example There is athlete medium woman come month Certain performance "Practice is going down ," he said his

Perception

Perception Sir iwan from corners eye coach "In my era first , maybe Rather Still lay For race woman wrestle sport hard like boxing This . But now that's the time developing , over time Now it's changed a bit views and patterns he thought , so deserved just according to I . Especially it's the field sport yeah , so it 's very good For health and if it is serious Can So sport proud achievements ... what 's more boxing sport A little fans in Indonesia ..."

Discussion

By biological , female and male own different physical and constitute variables that influence behavior . Woman shows Hormonal and physiological differences with man (Supriadi, 2022) . Attendance and performance women in the field This accepted with suspicion , and because that is , for women can seen with the same way , they are must moreover formerly shows competence them and get reception before they can considered equivalent (Evans et al., 2023) . When This activity sport No only attracted by men just but also women .

There are some factors as well as aspect in reach must achieve mastered by athlete . Aspect technique , strategy, physical and mental are aspects and influencing factors success (Nurajab, 2022) . Not a little race lots of women carve performance in fields sport Because No can undeniable at times This position between men and women almost equivalent especially since appearance nickname emancipation of the people woman . Although moments this is still the case There is debate in matter distribution roles considered man more dominant compared Woman . Normal sport done by people man Now This It can also be done by groups woman . See matter the Of course just is A positive thing , because proven No A little performance carved sport brilliant by the people woman .

Skills Each person 's movements are different , yes a number of factors that influence it among other factors type sex (Solihin et al., 2019) . Condition moments this , still there is incomprehension public to deep gender concept connections with business emancipation Woman . Because there is no understanding about the concept of gender created no justice has been done obstruction Woman For follow sport defend self Boxing For develop his talent . Minimal courage and interest Woman to sport defend self boxing . Gender differences will become problem If results Woman which follow sport defend self boxing become race minorities . However various the expression conveyed in perspective Woman which follow Tarung Derajat sport No problematic exists perception gender unequal society. They respond to it indifferently during no harm any party.

13 **CONCLUSION**

Based on results research and discussion above can withdrawn conclusion that women and sports moments This increasingly develop and can walks aligned . More and more the woman who came along participate in sport . Then in perception athlete woman to sport defend self boxing they Can break stereotypes in society about impressed woman weak and soft are lacking suitable with the world of sports they Parry hum proof their achievements achieve arrived on the scene international . very respectful gender equality . Nowadays gender is not obstacle play For achievement . With views public to the woman who followed sport defend self Boxing is a very masculine sport and more suitable done by men . However views the woman who followed sport defend self Boxing respond to it indifferently and on persevere sport boxing This For achievements more tall Again . Women look up that sport boxing is cool and challenging sport become the sport you like and feel suitable For persevere in order to achieve high achievement and gain experience .

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