

# **Instructional Model of Self-defense Lesson in Physical Education: A systematic**

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## **ABSTRACT**

The uniqueness of martial arts (self-defense learning) in physical education requires a separate approach and instructional model in order to benefit students and to serve the purpose of physical education. Therefore, this study aims to analyze various research results related to the use of approaches and instructional models of self-defense lesson in physical education program. About 41 research articles from 20 local and 21 international journal articles published online were analyzed. Interactive model (data collection, display, and conclusion/verification) from Miles and Huberman (1984) was used to analyze data in this study. The study found many approaches and instructional models of martial arts or self-defense lesson, which are related to education/pedagogy in physical education in Indonesia and in many other countries. Internationally, there are three types of self-defense instructional models in physical education. They include instructional models that emphasize culture, sports, and students' self-development aspects. Nationally, self-defense learning in physical education uses Mosston's teaching style, general and special instructional models that emphasize character building. Instructional model of self-defense is expected to fulfill competencies from aspects of knowledge, attitudes, and skills.

Kata Kunci: *self-defense, martial arts, instructional, model, physical education*