



Evaluation of Central Java Tarung Derajat Athlete Development at Nationals

Meiliyana Citra Kurnia Wardhani^{1✉}, Roas Irsyada^{2✉}

Physical Education, Health and Recreation, Faculty of Sports Science, Universitas Negeri Semarang, Indonesia¹²

History Article

Received February 2026
Approved February 2026
Published vol 13 no 1 2026

Keywords

Evaluation; Achievement
Coaching; Tarung Derajat

Abstract

Sports performance development plays a strategic role in improving athlete performance and national competitiveness. In competitive sports, athlete success is determined not only by individual ability but also by the effectiveness of a structured, tiered, and sustainable development system. Tarung Derajat, a traditional Indonesian martial art that has developed into a competitive sport, requires systematic evaluation to ensure continuous improvement, particularly at the provincial level. Central Java is one of the provinces that consistently contributes to the Tarung Derajat national championship. This study aims to evaluate the progress of the development of Central Java Tarung Derajat athletes in the results of the National Championship. The research method used was the evaluation of the CIPP (Context, Input, Process, Product). This research is a qualitative descriptive research with a survey method. The respondents in this study were administrators, coaches, and athletes from Central Java. Data collection techniques through observation, interviews and open questionnaires as well as documentation. The stages of analysis include data reduction, data presentation, and drawing conclusions or verification. The results of the study show that in the aspect of context, the coaching has a clear vision and mission; input, certified coaches, athletes who have motivation to achieve, and adequate facilities and infrastructure, although funding from National Sports Committee of Indonesia (KONI) is still limited; process, training programs have been prepared in a planned manner through micro and macro programs and monitoring and evaluation are carried out; product, the athlete's achievement has reached the minimum target set. However, limited funding, athlete training time, and uneven nursery systems are factors that hinder more significant achievements, especially towards the international level. Therefore, the progress of coaching athletes in Central Java is categorized quite well and still needs to strengthen the continuous coaching program.

How to Cite

Wardhani, M. C. K., & Irsyada, R. (2026). Evaluation of Central Java Tarung Derajat Athlete Development at Nationals. *Journal of Physical Education, Health and Sport*, 13 (1), 36-42.

✉ Correspondence Author:

E-mail: meiliyanacitra@students.unnes.ac.id
roaspjkr@mail.unnes.ac.id

INTRODUCTION

Sports are one of the important aspects of people's lives because they play a role in improving health, fitness, character building, and achievement achievements that have an impact on national pride. In achievement sports, the success of athletes is not only found by individual abilities, but also by the effectiveness of a coaching system that is carried out in a planned, tiered and sustainable manner (Prianto, 2021). (Irsyada & Setiawan, 2020) argue that the sport development index represents the degree to which regional sports programs are systematically planned and implemented, encompassing infrastructure, human resources, and strategic planning as essential components of an effective and sustainable achievement development system.

Based on Law Number 03 of 2005 concerning Sports article 27 paragraph (1), the coaching and development of sports achievements is carried out to achieve achievements at the regional, national, and international levels. Therefore, (Sapriani & Nugroho, 2025) said that a good coaching system reflects the synergy between administrators, coaches, athletes, as well as support for facilities, funding, and management of sports organizations.

Tarung Derajat is one of the branches of martial arts native to Indonesia that has developed from martial arts to an internationally organized achievement sport. It was officially established by Ahmad Dradjat on July 18, 1972 in Bandung and officially joined National Sports Committee of Indonesia (KONI) in 1997. Tarung Derajat shows significant developments in various national championships. Central Java Province is one of the regions that consistently contributes to the coaching and development of Tarung Derajat athletes in Indonesia. The achievements of Central Java athletes in National Student Sports Week, National Championship, and National Sports Week Martial Arts in 2025 show positive progress at the national level.

The development of sports achievements requires the role of competent coaches in compiling periodization-based training programs, mastery of techniques and tactics, and mental coaching of athletes. Coaches who have good qualifications and methodological understanding are able to optimize the potential of athletes through structured and evaluative training (Asrianda et al., 2023). In addition, athletes need motivation to excel and psychological readiness to support optimal performance, especially at national and multi-event championships (Prabu

Virly Wiqrama Jalawasesa, 2021).

A systematic planning, implementation in a gradual and continuous manner starting from marketing, nurseries, and coaching is very necessary in an effort to achieve sports achievements so that they can reach the peak of achievement. The following is a systematic description of the structure in coaching sports achievements, namely:



Figure 1. Construction Pyramid Levels (Djoko Pekik Irianto, 2002).

Sports bulk is the initial stage of coaching that aims to involve as many individuals, especially school-age children, as possible in sports activities to expand the talent search base. The implementation of good massaging will increase the chances of finding superior athlete seeds and strengthen the sustainability of sports achievement coaching in a region. At the nursery stage of the sports coaching system which aims to find, select, and develop individuals who have potential sports talent from an early age. This process includes the systematic identification, selection and development of talented athletes through observation, physical testing, and early age competitions (Rohman et al., 2025). The final stage of the coaching system is achievement coaching, which focuses on developing athletes' abilities optimally through structured training, proper periodization, and continuous evaluation (muhammad, 2021). The success of achievement coaching is greatly influenced by the quality of coaches, organizational management, facilities and infrastructure, and adequate funding support.

The achievement of sports achievements requires coaching from an early age, but it does not have to be directly directed to one specific sport. Coaching is carried out through multilateral stages, specialization, and peak achievements. The multilateral stage is aimed at children aged 6–15 years to develop basic movement skills and sports skills in general. The specialization stage is carried out at the age of 15–19 years with more targeted training according to the characteristics

of the sport. After the two stages are passed consecutively, athletes are expected to be able to reach the peak of achievement in the golden age. Non-implementation of one of the stages can hinder the achievement of optimal achievement (Achmad Purgatorio Paradiso, Achmad Rizanul Wahyudi, S. Pd., 2021)

Based on the results of initial observations with Guru Madi, S.H. as the Sekum/Management of Tarung Derajat, the development of Tarung Derajat athletes in Central Java has been carried out in a structured and tiered manner with fairly good coordination between administrators, coaches, and athletes. The qualifications of coaches that meet the standards, the implementation of macro and micro training programs, and the existence of a regeneration system show that coaching has been carried out according to the principles of sports achievement coaching. However, there are major obstacles in the aspect of funding, limited training time for athletes, equitable regeneration, and not optimal support for sports psychologists. Although the achievements of national achievements in National Student Sports Week, National Championship, and National Sports Week Martial Arts have met the minimum targets, strengthening the quality of sustainable coaching is still needed to encourage achievements at the international level.

Tarung Derajat was once known as a martial arts branch through an exhibition at the 2011 SEA GAMES in Palembang, but was not officially competed for medals because it did not meet the requirements of the International federation in the Southeast Asian region. In 2014, an athlete from Lampung Province, namely Chairul Naim, won the Third Winner in the 55.1–59 kg class. This is an important experience and capital in efforts to coach towards international achievements in the future.

As for the various problems found, this research is important to evaluate the Development of Central Java Degree Fighting Athletes in the Results of the 2025 National Championship. Of the several existing program evaluation models, the CIPP model is considered the most appropriate evaluation model in providing consideration when making a policy for sports coaching programs and emphasizing that the evaluation of coaching programs needs to be carried out systematically to determine the extent to which program goals have been achieved (Irsyada et al., 2023). In the CIPP model, evaluators do not have to be directly involved in the program to be evaluated, but they can work closely with people who are directly involved in the program. Good

cooperation is expected to obtain information and data that can be used in research. So that with good cooperation, the information obtained to produce data will be maximized. In the study (Sulistiawati et al., 2025) the application of the CIPP (Context, Input, Process, Product) evaluation model comprehensively in analyzing the athletic development program at PPLP West Java Province with a mixed approach (qualitative and quantitative). This study not only identifies strengths in the context and product aspects, but also specifically reveals weaknesses in the input and process aspects that have a direct impact on the final results of the program. Thus, this study provides a comprehensive evaluative picture and data-based recommendations as a basis for developing a more effective and sustainable development program.

This study aims to evaluate the coaching system for Tarung Derajat Central Java athletes based on the results of the National Championship and formulate a coaching strengthening strategy to continuously improve achievements to the international level.

METHOD

The research was conducted using a qualitative descriptive approach with a survey method. Qualitative research is a research approach that aims to obtain data in the form of verbal descriptions or narratives, not numerical data, in order to understand social phenomena in depth under natural conditions (Fadli, 2021). Data collection techniques are carried out through observation, interviews, and documentation (Ariyanto et al., 2023).

The coaching evaluation study uses the CIPP model, namely (context, input, process, and product) which is used to analyze data and mapping based on the evaluation of the development of Degree Combat Athletes in the results of the 2025 National Championship regarding the context ((the role of the Central Java Family of Fighting Tarung Derajat (KODRAT) provincial management as a center for coaching athlete achievements in facing the national championship, input (infrastructure, athlete recruitment system, coach qualifications, and management and funding support from the management of the Central Java Nature), process (training programs, try in/try out, and championships), product (achievements at the 2025 national championships, especially at the National Student Sports Week, National Championship, and National Sports Week Martial Arts). This research was carried out at the Central Java KODRAT Provin-

cial Government located at Joglo Putra Pandanaran, Jl. MT. Haryono No.823, Candi, Candisari, Semarang.

The main data sources in qualitative research use respondents, tools, facilities, and documents. a) The respondent is the party who provides information through the interview process and questionnaire. In this study, the respondents consist of administrators, coaches, and athletes involved in achievement coaching, b) Facilities include facilities and infrastructure used in coaching activities, such as training grounds and equipment that support the implementation of sports achievement coaching programs, c) Activities are all actions and behaviors of a person related to the process of coaching sports achievements, including the implementation of training, evaluation, as well as other supporting activities, d) Documents are photographs or drawings and written notes obtained from the research site related to the implementation and results of achievement coaching, which function as supporting data and authentic evidence of research.

The following methods in data collection are first, making observations about sports coaching, administrators, coaches, athletes, organizations, funding, facilities and infrastructure. Second, conducting interviews with administrators and coaches as well as distributing questionnaires open to athletes. Third, the collection of archival data or sports achievement documents achieved by athletes and management documents. The grid of interview sheet instruments can be observed in **Table 1**.

Table 1. Interview Guide Grid at the Central Java KODRAT Provincial Government

Aspects	Indicator
Context (Kontex)	Background of the development of athletes in the Central Java Degree Fight
	Performance coaching problems
	Athlete breeding and regeneration system
	Management arrangement
Input	Recruitment and qualification of athletes
	Recruitment, background, and licensing of coaches
	Physical condition, talent, and motivation of athletes
	Training facilities and infrastructure
Process (Proses)	Sources and allocation of funding
	Preparation of training programs (short, medium, long term)
	Implementation and intensity of training
	Monitoring and evaluation of training
	Try in, try out, and participation in championships
	Obstacles to the implementation of coaching

Product	Athletes' achievements in National Student Sports Week, National Championship, and National Sports Week Martial Arts
	Achievement of achievement targets
	Progress of athletes' achievements towards the international level
	Evaluation of Athlete Development

The data analysis technique in this study uses a qualitative descriptive method, which aims to evaluate the development of Central Java Tarung Derajat athletes in the results of the 2025 National Championship. The analysis stages include data reduction, data presentation, and conclusion/verification. To ensure that the data obtained is accurate and valid, it is necessary to do it with a data examination technique with the Triangulation technique which is carried out through comparing from various sources, techniques, or times to ensure that the data obtained is accurate, consistent, and trustworthy (Luthfiyani & Murhayati, 2024).

RESULTS AND DISCUSSION

This study applied observation methods, interviews and open questionnaires, as well as documentation as a supporting tool, then for program evaluation using the CIPP model. The focus of the research includes athlete coaching, organization, infrastructure, funding, training programs, achievements and evaluation. The subjects involved in this study include 1 Daily Chairman, 1 Secretary/Administrator, 1 Treasurer, 1 Coach, and 28 Athletes. The results of the interviews, open questionnaires and documentation obtained showed that the evaluation of the development progress of Central Java Tarung Derajat athletes was in line with the theory formulated by Djoko Pekik Irianto. Structured coaching management has been proven to contribute to the improvement of athletes' achievements in various sports (Lismadiana et al., 2023)

Table 2. Sekum/ Administrators of Tarung Derajat

Championship	Time & place	Gold	Silver	Bronze	Total
National Student Sports Week	19-22 September 2025, Surakarta	3	3	9	13
National Sports Week Martial Arts	12-16 October 2025, Kudus	2	4	3	9
National Championship	5-7 December 2025, Bandung	2	1	2	5
Total		7	8	14	27

Source: Guru Madi, S.H. (2025)

Based on these conditions, it shows that the results of achievements have not fully reflected the optimization of the potential of the

athletes (Wiguna, 2025). The achievements of Central Java Degree Fight athletes at the National Student Sports Week, National Sports Week Martial Arts and National Championships show that success is achieved in certain classes and age categories. Achievements in National Student Sports Week were obtained by male combat athletes in the class range (55.1–58 kg) to (75.1–80 kg) and women's fighters in the class in (<50 kg) to (62.1–66 kg). In the National Sports Week Martial Arts, achievements were only achieved in the men's (67.1–70 kg) and women's fighting (54.1–58 kg) classes. Meanwhile, at the National Championship, the achievement at the junior high school level was achieved in several men's combat classes, namely the class range (45.1–49 kg) to (53.1–57 kg), while at the high school level, the achievement of women's fighting was still limited to one class, namely the class (45.1–50 kg).

This condition shows that although coaching has produced national achievements, these achievements have not been evenly distributed across all classes and age categories, so an evaluation of the athlete coaching system is needed to strengthen equity and long-term sustainability of achievements, especially towards the international level (Setiawan, 2022).

Evaluation Context, the development of Central Java Degree Fighters has a clear vision, direction, and goals in the development of national achievements as a step towards the international level (Lismadiana et al., 2023). The vision of Kodrat Central Java focuses on achieving national achievements through structured and tiered coaching, ranging from early childhood nurseries to senior athletes with a decentralized pattern involving cooperation between administrators, coaches, and athletes at the provincial and district/city levels that shows the compatibility between program goals and achievement coaching needs (Dalimunthe & Keliat, 2025). However, the results of the study show that there are still main problems in the form of limited funding, limited training time for athletes who are students, students or workers, and the uneven quality of coaching in each region. The nursery and regeneration system of athletes is also still dependent on the student and regional championships, so it is not yet fully based on mapping long-term potential. In addition, even though the organizational structure has been formally arranged, not all administrators play an optimal active role in the implementation of the coaching program (Azyza et al., 2025).

Evaluation Input shows that the recruitment of athletes and coaches has met the

standards of achievement coaching through the selection of technical ability, physical condition, discipline, achievements, coach certification, as well as support for good physical condition, talent, and motivation of athletes (Pratama, 2023). Athletes recruited are active athletes at the regional, university or training unit level who have gone through a gradual selection and meet competitive requirements, including a minimum of level 4 to participate in the championship. The coaches involved already have an official certificate from the central university, with an adequate number of provincial and regional level trainers. Central Java has 6 coaches who have met the provincial level standards and 12 coaches at the lower level. The physical condition of athletes is generally in the good category and is supported by regular training programs and training facilities and infrastructure that are quite adequate for training and match needs, although it still requires improvement in aspects of cleanliness, comfort, and safety standards. The first source of funding comes from the Indonesian National Sports Committee (KONI), the second is support from the Provincial Government through the General Chairman. In addition, there is independent funding from the Regency/City, especially when organizing events and has been coordinated with administrators, parents, and athletes independently. The allocation of funds is adjusted to the needs of training and championships, especially for athletes who participate in the training center (TC) program, although funding is still limited and depends on the support of various parties.

Evaluation Process shows that the training program has been systematically prepared through micro and macro planning that considers the championship calendar, athlete condition, as well as general, special, pre-competition, and main competition preparation stages which are complemented by monitoring, evaluation, and try in/try out (Sulistawati et al., 2025). The implementation of the training is carried out in a decentralized manner, with athletes training in their respective areas and periodically participating in training camps for joint evaluation. The intensity of the training is given gradually and increases ahead of the championship, with load adjustments. The intensity of the training is given gradually and increases ahead of the championships, with weight adjustments according to the physical condition of the athlete. However, the limited time and activities of athletes cause the implementation of the program to be not fully optimal, including in the aspects of strength training and training load management. Monitoring and

evaluation are carried out continuously through direct observation, match simulations, analysis of championship results, and match recordings to assess physical, technical, and mental aspects. Try-in and try out activities are carried out as a means of measuring athletes' readiness and evaluating the effectiveness of training programs, although their implementation is still constrained by funding and time constraints. Limited funding is the main obstacle that has an impact on the implementation of try outs, training intensity, and training centers (TC), so that budget management is carried out based on a priority scale so that coaching can continue to run.

The product evaluation shows that the achievements of Central Java Tarung Derajat athletes at the Student Sports Week, National Championship, and National Martial Arts Week 2025 have reached the minimum target set, namely the acquisition of two gold medals. These achievements are considered realistic and in accordance with the physical condition of the athletes, preparation time, as well as limited funding and supporting facilities. Despite the decrease in the number of gold medals in the Student Sports Week compared to the previous period, overall the results of the championship still showed competitive performance at the national level. However, Central Java has not managed to win the overall champion at the national championship in 2025. Progress towards the international level is still in the strengthening stage, although it has experience in Southeast Asian events, the current coaching is still focused on maintaining and strengthening national achievements. The limited opportunities to participate in international championships is one of the factors that hinders the significant increase in achievements, so that overall coaching progress is categorized as quite good but still requires innovation and sustainable program strengthening.

CONCLUSION

Based on the results of the research conducted using qualitative descriptive research using the Context, Input, Process, and Product methods, it can be concluded that the progress of achievement coaching carried out by the Central Java Family of Fighting Tarung Derajat (KODRAT). Provincial Government can be categorized quite well, because it has a clear background, vision, mission and goals of coaching as well as supporting aspects in terms of human resources available and managed quite well. However, limited funding, athlete training

time, and uneven nursery systems are factors that hinder more significant achievements, especially towards the international level.

REFERENCES

- Achmad Purgatorio Paradiso , Achmad Rizanul Wahyudi , S . Pd ., M. . P. . (2021). *Pembinaan Prestasi Pencak Silat Psht Ranting Singgahan Kabupaten Tuban*.
- Ariyanto, O. I., Yuwono, C., Pendidikan, J., Kesehatan, J., Rekreasi, D., & Keolahragaan, F. I. (2023). *Indonesian Journal for Physical Education and Sport Pelaksanaan Evaluasi Pembelajaran Pendidikan Jasmani Olahraga dan Kesehatan oleh Guru SMA Negeri Se-Kecamatan Sukorejo Kabupaten Kendal*. 4, 401–410.
- Asrianda, A., Wibowo, P., & Zulfadli, Z. (2023). *Fungsi Pelatih dalam Pembinaan Atlet pada Pertandingan Pencak Silat di POMDA 2023 Universitas Malikussaleh. Jurnal Malikussaleh Mengabdi*, 2(2), 501–505.
- Azyza, A. F., Raharjo, H. P., Semarang, U. N., Semarang, K., Tengah, J., & Artikel, I. (2025). *Aisyah Journal of Physical Education*. 4(1), 33–41.
- Dalimunthe, S., & Keliat, P. (2025). *Evaluation of the Futsal Development Program at SMP Negeri 10 Medan in 2023. Journal of Physical Education Innovation*, 2(2 SE-Articles). <https://doi.org/10.55081/jopei.v2i2.4970>
- Fadli, M. R. (2021). *Memahami desain metode penelitian kualitatif. Humanika: Kajian Ilmiah Mata Kuliah Umum*, 21(1 SE-Articles), 33–54. <https://doi.org/10.21831/hum.v21i1.38075>
- Irsyada, R., Pendidikan, J., Kesehatan, J., Ilmu, F., & Universitas, K. (2023). *Indonesian Journal for Physical Education and Sport Peran Guru Pendidikan Jasmani Sekolah Dasar dalam Meningkatkan Pelaksanaan Usaha Kesehatan Sekolah di SD Negeri Se-Desa Kayen Kabupaten Pati*. 4(2), 500–510.
- Irsyada, R., & Setiawan, I. (2020). *Journal of Physical Education , Health and Sport Sport Development Index Tegal Regency*. 7(2), 49–54.
- Lismadiana, L., Supriyanto, A., Agusta, S., & Nugroho, A. (2023). *Peran Manajemen Pembinaan Terhadap Prestasi Bulutangkis. Majalah Ilmiah Olahraga (MAJORA)*, 29(1 SE-Articles), 28–35. <https://doi.org/10.21831/majora.v29i1.64495>
- Luthfiyanti, P. W., & Murhayati, S. (2024). *Strategi Memastikan Keabsahan Data Dalam Penelitian Kualitatif. Jurnal Pendidikan Tambusai*, 8(3 SE-Articles of Research), 45315–45328. <https://jptam.org/index.php/jptam/article/view/21803>
- Muhammad, syafiuddin nur. (2021). *The Analisis Kondisi Fisik Atlet Tarung Derajat di Kabupaten Nganjuk: Analisis Kondisi Fisik Atlet Tarung Derajat di Kabupaten Nganjuk. Kesehatan Olahraga*, 9(1 SE-Jurnal Kesehatan Olah-

- raga), 279–286. <https://doi.org/10.26740/jurnal-kesehatan-olahraga.v9i1.37804>
- Prabu Virly Wiqrama Jalawasesa, M. K. F. (2021). Analisis Tingkat Motivasi Berprestasi Atlet Pada Kejuaraan Provinsi Taekwondo Indonesia Jawa Timur Virtual Tahun 2021 Prabu Virly Wiqrama Jalawasesa *, Muhammad Kharis Fajar. 39–45.
- Pratama, T. G. (2023). Evaluasi Program Pembelajaran Pendidikan Jasmani Olahraga Dan Kesehatan (Pjok) Di Sma Negeri 1 Tanjungpandan Kabupaten Belitung.
- Prianto, D. A. (2021). Olahraga Pendidikan Dan Olahraga Prestasi. Kajian Ilmu Keolahragaan Ditinjau Dari Filsafat Ilmu, 135.
- Rohman, M. F., Wibowo, S., Arif, M., & Ardha, A. (2025). Pelatihan Peningkatan Tenaga Keolahragaan Terkait Talent Scouting Untuk Pelatih Ekstrakurikuler dan Guru PJOK Pendahuluan Pembibitan olahraga adalah tahapan penting yang dijadikan sebagai pondasi. 03(01), 40–52. <https://doi.org/10.26740/laksanaolahraga.v3i01.71184>
- Sapriani, M., & Nugroho, A. (2025). Evaluasi Manajemen Pembinaan Prestasi Olahraga Taekwondo (Studi Kasus pada Atlet Disabilitas NPCI Sumatera Utara). Journal Management of Sport, 4(1), 81–92.
- Setiawan, I. (2022). Profil Tes Parameter Atlet Cabang Olahraga Tarung Derajat. Jurnal Porkes, 4(2 SE-Articles), 158–164. <https://doi.org/10.29408/porkes.v4i2.4983>
- Sulistiawati, W. I., Sobarna, A., & Ishak, M. (2025). Evaluasi Program Pembinaan Atlet Cabang Olahraga Atletik Pada Pusat Pendidikan dan Latihan Pelajar (PPLP) Jawa Barat. Jurnal Master Penjas & Olahraga, 6(1 SE-Articles), 516–523. <https://doi.org/10.37742/jmpo.v6i1.131>
- Wiguna, C. (2025). Evaluasi Program Olahraga Prestasi Dalam Mewujudkan Atlet Yang Profesional.