



Profil Personality Wita Witarsa

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Abstract

Wita Witarsa is a lecturer in sports and a long-distance athletic trainer in Indonesia. In this research, the researcher will discuss Wita Witarsa's personality, the writing of which focuses on important things in Wita Witarsa's life in the field of long-distance athletic trainer. Using qualitative descriptive research methods with ethnographic methods. The population of this study were coaches, athletes and supporting informants. The sampling technique used was side purposive so that 5 people were obtained with criteria according to research needs. The results of this research show that Wita Witarsa has a good personality and is always willing to learn things that can improve the training process. The key that Wita Witarsa applies is mutual trust between the coach and the athlete, the coach creates and applies it to the athlete with the belief that the athlete is able to complete the program that has been prepared, and the athlete believes in the coach that the program that has been designed is appropriate to the needs and targets set. achieved. Wita Witarsa is inspiring because she has succeeded in producing a number of athletes with various achievements that have made Indonesia proud on the international stage. Based on the research results obtained, it can be said that the coach's personality has a great influence on athletes and their achievements.

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INTRODUCTION

Writing a biographical story is reviewing the life story of an existing person and is considered capable of bringing wisdom to the reader, whether they know the character or not. The lessons that can be learned are not only limited to the character's achievements, but also the failures encountered and how to overcome the problems faced by the character. This character can be someone who has died or is still alive (Setiawan, 2020). The difference is that, in an autobiography, the story is written by the person concerned, whereas a biography is written by someone else on an existing database, including the results of interviews.

Biographies reveal something real (not fiction) and contain valuable lessons that can be learned from the characters being portrayed (Arfah, 2020). Biographical writing intends to reveal a person's life path in relation to the historical environment that has surrounded him so far, it can be said that biography is the most important micro story (Zed, 1999, p. 14). Biographies possess distinct characteristics, which is, biographical writing is not merely a record of someone's life but also contains educational and innovative elements for the reader. Through biography, readers can learn important insights of a person's life (Leirissa, 1983, pp. 79–80). From the two perspectives above, it can be concluded that a biography is a history of a person's life which has educational and innovative elements for the reader.

Biography has many types, depending on what the researcher wants to reveal. It could be about the character's career, the spirit of struggle to achieve goals, or even reveal the personality of that character. The word "personality" in Indonesia means "kepribadian", while according to Latin, "persona" means the mask used by an actor in a performance. Personality is the part of psychology that understands humans (Koswara, 1991). According to Fatwikingasih (2020), personality refers to an individual who has different characteristics, especially attitudes, and traits which include emotional, social, socio-cultural and psychological aspects. From the two perspectives above, it can be concluded that personality is the unique character of each individual which is defined by their distinct characteristics and attitudes.

Personality can influence each individual's activities with the surrounding environment. Social support and optimism have been proven to be able to support an individual's process (Sari, 2020). Similarly, if someone has a bad personality then their displayed attitude or behavior may not be good either. For example, a coach with a bad personality will exhibit his attitude and character while training an athlete, this can have an impact on the training pattern and results obtained.

In the world of sports, the personality of both athletes and coaches can influence the achievement (Guntoro, 2020). Athletics, as one of the parent branches of sports in Indonesia, has been participating in competitions since the first Olympics in 776 BC. In a match, a reciprocal relationship occurs between the coach and the athlete. This research discusses a long-distance athletic coach, Mr. Wita Witarasa, who is known for his calm characteristics and has remained among the ranks of national coaches for a long time.

Wita Witarasa is one of Indonesia's long-distance running coaches. He comes from Bandung, West Java and was born on August 8 1953. He got married in 1984 to Mrs. Rinawati and has two children. Wita Witarasa was introduced to the world of sports from a young age by her parents and pursued gymnastics until she entered college. However, he did not like athletics during his college years and failed the athletics course. The experience marked the beginning of Wita Witarasa's struggle to learn and practice athletics until he was able to pass the course. Apart from his studies, Wita Witarasa received an offer to join the athletics team by Mr. Paulus. The first championship she participated in was the Student Sports Week, where he won first place.

The training process is an effort to improve a person's abilities to achieve achievable goals (Palar, 2015). Wita Witarasa's training process continued until she took part in various competitions; even becoming one of the athletes who brought West Java province to the national level in long-distance running. The independent training process continues because the trainer is continuing his studies in Germany. Wita Witarasa's training and progress program is carried out by correspondence. After all the training that Wita Witarasa has been through yet he failed to qualify in national athlete selection due to his previous achievements being deemed inadequate. Following this setback Wita Witarasa decided to start

studying to become a trainer. All activities that support the training process are being followed diligently to enhance his abilities in training. Eventually, Wita Witarsa meets the national coach qualification standards and is currently included in the ranks of national coaches.

The author is interested in studying the biography of Mr. Wita Witarsa as an introduction to a character who has meaning for the life around him, with several considerations. First, there is no biographical study about the national long-distance track and field coach figure written by previous researchers. Second, Wita Witarsa is a coach who has been coaching since 1979 until now, for 44 years, and has attended the SEA Games 23 times. Third, Wita Witarsa is an inspiration to many people because of Wita Witarsa's tenacity and perseverance, which made all impossible things become possible. Considering her background which initially did not like athletic sports until she became a coach. Fourth, Wita Witarsa has succeeded in becoming an inspirational figure because she is a cool-handed figure who has been proven to be able to bring her athletes to championships in national and international championships and can break records.

Based on the researcher's findings, the writing has a theme of personality including the following: Aleen's research "*Personality in sport: A comprehensive review international review of sport and exercise psychology*", Effendi's research "The role of sports psychology in improving athlete performance", Kuczaj's research "The importance of considering the context in the assessment of personality characteristics: Evidence from ratings of dolphin personality", Jowet's research "Relational coaching in sport: Its psychological underpinnings and practical effectiveness", Doherty research "Personality factors and medical training: a review of the literature" and Fransisco research "*Journal of chemical information and modeling*". From this research, the author can understand that in achieving an achievement, one of the things that can be supported is: *personality* from both athletes and coaches.

The author feels it is important to write personality Wita Witarsa because the personality of the trainer has a big influence on the success of the training process. With this consideration, the researcher raised the title "Personality of Wita Witarsa".

METHODS

This research is used qualitative research with ethnographic methods. Qualitative research is research whose results are in the form of descriptive data resulting from observations of something being studied (Moleong, 2006). While research using ethnographic methods is research that analyzes a cultural group that exists in society from time to time (Creswell, 2012). This research is focused on analyzing coaches in their daily lives and the training process towards success. The data sources used in this research are primary and secondary.

Primary data sources were obtained through interactions with coaches, athletes, and supporting informants as observational research subjects, which means complex and structured observations (Sugiyono, 2017), and interviews, where interviews mean communication between two people to produce questions and answers with a specific purpose (Mulyana, 2008). While secondary data sources were obtained such as data from championship results, books, journals and other documents related to Wita Witarsa. The populations of this study were coaches, athletes, and supporting informants. According to Maksum (2012), a sample is simply defined as some of the objects in the individual being used as research. The purposive sampling was used in this research, which involved selecting informants who truly master the information and can be trusted as data sources that meet the criteria (Sugiyono, 2017). 5 people were found according to the required criteria.

The instrument in this research used interview techniques. The data were collected by observation, documentation, and literature. The data analysis technique used the Miles and Huberman model with data analyzed continuously until the data is declared complete (Milles, 2014).

RESULTS AND DISCUSSION

The Miles and Huberman model means that data is analyzed continuously until the data is declared complete. The stages in this research went through four stages, which is data collection, data presentation, data reduction and drawing conclusions. As a result, Wita Witarsa has a good personality and is always willing to learn things that can support the training process. The process

of dividing Wita Witarsa's time and approach to his athletes is very effective, creating closeness that supports the ongoing training process. The key applied by Wita Witarsa is mutual trust between the coach and the athlete, the coach creates and applies it to the athlete with the belief that the athlete is able to complete the program that has been prepared, and the athlete believes in the coach that the program designed is appropriate to the needs and targets. These findings were obtained by the researchers through literature studies and interviews, which shows that a good trainer's personality is essential and mutual trust is the main key. This can be beneficial for both parties, allowing them to carry out optimal training programs to achieve the expected results during the championship. Below are some of the medals won by athletes coached by Wita Witarsa.

Table 1. Athletes' Medals

| Name | Race Number | Event | Time |
|-----------------------|-----------------------|--|----------|
| | | Palembang South East Asian Games, (15 November 2011) | 14:10.0 |
| Agus Prayugo | 10.000m | Singapore South East Asian Games, Singapore (10 Juni 2015) | 29:41.56 |
| | 10.000m | Loe Gue 10 Km, Jakarta (26 Januari 2020) | 29:42 |
| | 3000 Meter | Kuala Lumpur | 9:03:94 |
| | 3000 Meter Stepleches | South East Asian Games, Kuala Lumpur (26 Agustus 2017) | |
| Actong Tio Purwanto | 3000 Meter Stepleches | Westwood Rafer Johnson & Jackie Joyner-Kersey Invitational, Westwood, Ca (14 April 2018) | 9:01:80 |
| | 3000 Meter Stepleches | 31 st South East Asian Games (Athletics), My Dinh National Stadium, Hanoi (16 Mei 2022) | 9:02:84 |
| | 10.000m | Loe Gue 10km, Jakarta (26 Januari 2020) | 34:09 |
| Odekta Elvina Naibaho | 5000m | National Games, Mimika Sport Complex, Timika | 16:57.58 |

| | | | | |
|---------|---|----------|---|----------|
| | (5 Oktober 2021) | | Games, New Clark City (8 Desember 2019) | 3 |
| | Thai Open Ch., Pathum Thani (30 November 2022) | 17:01.48 | Jatim Open Ch., Gresik (29 Maret 2019) | 36:50.63 |
| | Jakarta Asian Games, Jakarta (28 Agustus 2018) | 17:20.90 | Milo 10k, Jakarta (14 Juli 2019) | 36:25 |
| 10.000m | National Games, Mimika Sport Complex, Timika (7 Oktober 2021) | 36:07.70 | Loe Gue 10km, Jakarta (26 Januari 2020) | 34:09 |
| | Thailand Open (29 November 2022) | 35:42.46 | Bogor National Games, Bogor (28 September 2016) | 2:55:31 |
| | Sea Games Cambodia (12 Mei 2023) | 35'31 | 42.195 Km | 2:55'27 |
| | Asia Athletics Championships (13 Juli 2023) | 34'59 | Sea Games Cambodia 2023 (6 Mei 2023) | 2:48'14 |
| | Sea | 36:50.6 | Asian Games 2023 (5 | 2:37'51 |

| | | | | | | | |
|-------------------|---------|--|----------|--|--|---|---------|
| | | Oktober 2023) | | | Lazadaru n Jakarta, Indonesi a 2023 | 1:07.02 | |
| | 2i Km | Jakarta Maraton (16 Oktober 2022) | 1:17'01 | | Jakmar Jakarta, Indonesi a 2023 | 1:10.15 | |
| | | Lazada Run (11 Juni 2023) | 1:20'05 | | Westi Indah Sulistia wati | 10000 M Porprov Xiv Jawa Barat 2022 | 41.30 |
| | | Lps Monas (2 Juli 2023) | 1:16'40 | | 21 Km | Porprov Jawa Barat 2022 | 1:31 |
| Robby Syanturi | 5000 M | Asian Games 2022 Hangzou, China | 14:24'04 | | 42.195 Km | Pon Xx Papua 2021 | 3:08.07 |
| | | Sea Games Cambodi a 2023 | 14:43.01 | | | Maybank 2023 | 3:06.02 |
| | | Kejurnas Senior Solo, Indonesi a 2023 | 14:28.51 | | | Bali Maratho n 2019 | 3:21.24 |
| | 10000 M | Asics Metta Time Trail, Malaysia 2023 | 30:34 | | | | |
| | | Kejurnas Senior Solo, Indonesi a 2023 | 29:59.41 | | | | |
| | 2i Km | Lps Monas Jakarta, Indonesi a 2023 | 1:0651 | | | | |

source: <https://worldathletics.org/>

CONCLUSION

Wita Witorsa is an Indonesian athletic trainer in long-distance running. Her good personality supports the ongoing training process and her way of dividing time and approach to athletes is very effective, creating a sense of comfort and trust between both parties. The sense of trust between both parties can support the training process until the championship, so that results are achieved according to the specified targets. Wita Witorsa's most memorable contribution is creating athletes with many achievements. A study of Wita Witorsa found that she had gone through two different phases. These different phases create their own lives and jobs which are supported by extensive experience and thinking. Therefore, Wita Witorsa's writing about coaches in long-distance running is very meaningful for the progress of athletes and coaches in Indonesia.

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