

## Management of The Tarung Derajat Club Development Program In Sintang Regency, West Kalimantan Province

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### Abstract

Achievements or medals won by the S Intang Regency satlat drajat degree competition in several competitions, one of which was the last regional competition held by the government of West Kalimantan Province. This research is a qualitative descriptive study. The method used in this research is POAC program management. Data collection techniques in this research are interviews, observation and documentation. Data analysis was carried out by reducing data, presenting the data and then withdrawing it conclusion. Research Results: 1) *Planning for* Tarung Derajat in Sintang Regency is quite good, fulfilling 3 of the 5 category aspects. 2) Tarung Derajat's *organizing management* in Sintang Regency is categorized as quite good, because it only fulfills 3 of the 5 category aspects. 3) Tarung Derajat's *actuating management* in Sintang Regency is very good, because it has fulfilled all aspects in the existing categories. 4) The *controlling management* of Tarung Derajat in Sintang Regency is categorized as not good, because it only fulfills 1 aspect of the 4 existing categories. It was concluded that the management of the fighting development program in Sintang Regency from *the Planning aspect* was in the quite good category, *Organizing* in the quite good category, *Actuating* in the very good category, but from the management aspect of *the Controlling category* it was not good. For the 5M components (*Man, Money, Materials Methods and Machine*) in the good category.

**Keywords:** Management, Development, Tarung Derajat.

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## INTRODUCTION

Tarung Derajat means "to fight/struggle persistently to improve one's status in all walks of life" for those who persevere. The Tarung Derajat martial arts science does not adopt and is not a combination of other martial arts sciences but was born from the experience and reflections of Achmad Dradjat's life and of course as a science that was born and developed in society, there is a comparison with other sciences in accordance with the development of sports science and technology so that the Tarung martial arts science Degrees continue to develop along with the times.

The basic techniques in the Tarung Derajat martial arts consist of basic movements including basic alert, alert in place, facing left and facing right, turning right. Next, the basic punches include: One quick punch, two fast punches, three fast punches, double fast punches, upper jerk, lower jerk, lower flick, upper flick, upper elbow, upper elbow, side elbow.

According to (Yulianto, 2015) Coaching a sport cannot be separated from the principles of coaching sports in general. According to Lilik ( in Santoso et al., 2017) , one of the most basic strategies in efforts to realize Indonesia's human resources, especially in the field of sports, is to focus attention and orientation on sports development as early as possible .

Good management, the process of coaching athletes to become champion athletes takes between 8-10 years. This shows how important coaching is in achieving athletes' achievements (Harsuki, 2003:4) . The sports coaching and development process is carried out in three stages, namely the sports introduction stage, monitoring stage, scouting stage as well as talent development and improving achievement. Through the monitoring process at each competitive event, the best athletes will be captured who are ready to compete (Setyawati et al., 2014: 34).

Achieving peak performance in sports can only be achieved through a systematic, planned, regular and continuous coaching process (Priono et al., 2014: 7) . The main reason why coaching must be continuous is because coaching activities and participation that are discontinuous or go back and forth in the coaching process will not result in progress in achievement. Likewise (Andriawan & Irsyada, 2022) that achievement in sports is something that is visible and measurable, basically sports coaching is

carried out in the right way by taking a scientific approach to sports starting from talent scouting and the coaching process.

The management function is divided into four stages, namely planning , *organizing* , *actuating* and *controlling* ( Gema et al., 2016) . According to (Ramadhani et al., 2012) , the main function of management is as a guide or a way to implement a work program so that it is in accordance with the planned goals and desires that will be achieved previously. Similar to the previous opinion, according to (Mesnan & Antonius, 2019) the function of management is that it contains activities or tasks carried out to achieve a goal. Judging from several main aspects of management, namely planning, organizing, actuating *and* controlling.

Research Results from Ali Akbar (2015) in his research entitled " Evaluation of Elements of Agility and Hand Muscle Reaction Speed of Tarung Derajat Athletes Assisted by the 2013 Unsyiah Satlat" Tarung Derajat is a martial art that focuses a person on locks, throws and kicks. Based on the average classification above, it can be concluded that the training program for Tarung Derajat Satlat Unsyiah athletes is very simple and programmed. Apart from the very good training program which makes Unsyiah's mainstay Tarung Derajat athletes have good physical condition.

Initial observations carried out by researchers show that the results of the Sintang Regency training unit's level fighting achievements in the last few years have been less than optimal in local/regional events, thus achieving more optimal achievements in athlete development, such as last year in the 2019 Sintang Regency level fighting competition. received 1 gold medal, 1 silver medal and 3 bronze medals, but there is still a need for supporting components in the athlete development process, including professional coaches, inadequate facilities and infrastructure, appropriate systems and methods, organization/club administrators who are professional in their field. and an environment that is still less supportive.

The sport of Tarung Derajat in Sintang Regency has had many achievements and makes the name of Sintang Regency proud in the PORPROV event in the Province, such as winning a gold medal in 2017. Tarung Derajat is already good, and there are already several Satlat or often called Training Units which are a forum for developing seeds. seed athletes who are below the district branch level.

Based on these problems, to find out comprehensively about the management system and achievements of athletes in the Tarung Derajat club in Sintang Regency, researchers are interested in researching these phenomena with the title "Management of the Tarung Derajat Club Development Program, Sintang Regency Training Unit. West Kalimantan Province".

## METHOD

The qualitative approach used in this research is *the Planning, Organizing, Actuating, Controlling (POAC) program management*.

In this research process, the researcher tries to actively interact or relate with the subjects or respondents being researched in the conditions they are and are not engineered so that the data obtained will be conditions or phenomena that are truly genuine and *natural*. In the qualitative method, the researcher is the main instrument and in his research prioritizes the process of finding the meaning behind the observed behavior, prioritizing direct results whose results are mutually agreed upon between the researcher and the respondent. The subjects in this research were administrators, coaches and athletes.

Based on the research subject, the researcher obtains the information needed based on the results of the interview. The qualitative data analysis technique is inductive, namely analysis based on data obtained and then developed.

The Tarung Derajat program management research is in the form of qualitative research because this research examines a management development program.

Tarung Derajat's management theory grid consists of Planning *which* contains vision and mission, objectives, training programs and funding. Organization (*Organizing*) consists of organizational structure, selection of athletes and coaches, duties and functions of managers. Number of coaches. Implementation (*Actuating*), namely activities related to administrators and athletes, training program information, requirements to become athletes, coaches and administrators as well as the selection process for athletes, coaches and administrators, training schedules, consumption of athletes, trainers and administrators, welfare of athletes, trainers and administrators and support from athletes, coaches and administrators.

Supervision (*Controlling*) plays a role in matters supervision, coordination and success

reports. Data analysis consists of four components, the first of which is data collection aimed at searching, recording and collecting all data objectively, as it is, according to the results of observations and interviews in the field, namely relating to recording the required data, various types of data in the field in accordance with required by researchers.

Second, data reduction, namely the collected data is grouped based on whether the data is appropriate or almost the same. Then the data is organized to obtain conclusions as data presentation material.

Third, namely data presentation, data is presented in the form of a narrative description accompanied by charts or tables to clarify the data and tables or charts provide descriptive explanations of the data that has been collected.

Fourth, namely drawing conclusions or verification, the aim of which is to clarify data collection, data reduction, data presentation and conclusion drawing or verification.

## RESULTS AND DISCUSSION

1. Planning Results (*Planning*) consists of 4 aspects, namely background, vision and mission, goals, work program and sources of funds. The management of the Tarung Derajat development program in Sintang Regency meets 3 of the 5 criteria, namely it is clear who is doing the work No, it is clear what is being done, it is clear when it is being done, it is clear where it is being done, and it is not clear how it is being done. Agree with (Santoso et al., 2017) that the Tarung Derajat unit must have a clear background and coaching plan for athletes and have a structured program with the aim of advancing athletes.
2. *Organizing* results consist of 4 aspects, namely organizational structure, selection of athletes and coaches, duties and functions of the organization as well as the validity period of athletes, coaches and administrators. The management of the Tarung Derajat coaching program in Sintang Regency meets 3 of the 5 good criteria starting from complete management, no activity mechanism, clear job descriptions, no routine activities (activities, championships, meetings), there are discussions at the beginning of the year. In accordance with the statement from (Ratna & Raharjo, 2021) in an organization there is a division of tasks that will be carried out by the people involved in the organization, therefore, an

organizational structure is needed to clarify the division of tasks that must be carried out, as well as to obtain performance results. If it is good, then the division of tasks is adjusted to the abilities of the person given the task.

3. Implementation Results (*Actuating*) which consist of 8 aspects, namely the number of coaches, administrators and athletes, training program information, athlete requirements, administrators and coaches, selection process for athletes, coaches and administrators, training schedules, achievements facilities and infrastructure, athlete consumption, and welfare. The management of the Tarung Derajat development program in Sintang Regency meets 4 of the 4 good criteria starting from implementing the program, achieving achievements, carrying out planned activities, completing the 5M (*Man, Money, Method and Machine*) The opinion of (Wiriawan, 2013) is that one of the implementations of the training program is that there is regular training every week and there is a distribution of training schedules according to group categories.
4. Results of organizational monitoring (*Controlling*). The management of the Tarung Derajat coaching program in Sintang Regency meets 1 of 4 good criteria starting from No supervision, There is reporting, No evaluation, no monitoring. In contrast to the opinion of (Ratna & Raharjo, 2021) that supervision activities are related to ongoing management control, control activities are carried out so that the programs that have been arranged and planned can run according to plan and the expected goals

Table 1. Management of the Sintang Regency Tarung Derajat Development Program Viewed from the Planning aspect (*Planning*)

Subject			
KONI	Chairman of KODRAT	Coach	Athlete

-V The contents and mission of the Kodrat program are running smoothly	The vision and mission of the Kodrat program are running smoothly	Designing, creating Natural training programs	Make activity program plans according to the direction of the trainer
- Improve the achievements of athletes			

Table 2. Management of the Tarung Derajat Development Program in Sintang Regency Judging from the Organizing aspect

Subject			
KONI	Chairman of KODRAT	Coach	Athlete
-Achieve goals according to AD/ART	-Recruiting KODRAT coaches and athletes	Running an exercise program	Focus on carrying out Tarung Deajat training activities so that you can take part in championship matches
-Designing the organizational structure of KODRAT management	Carrying out administration, medical tests, physicals, psychological tests and interviews		

Table 3. Management of the Tarung Derajat Development Program in Sintang Regency Viewed from the Implementation (*Actuating*) aspect

Subject			
KONI	Chairman of KODRAT	Coach	Athlete

Implement ation in the field is in accordance with the objectives in the activity program	<p>-The facilities and infrastructure are quite good, it can be seen that the field is in accordance with national standards.</p> <p>-The source of funds obtained comes from KONI and management members</p>	Delay in carrying out training activities, due to the long distance traveled	<p>-The funding provided by the management for activities is not sufficient.</p> <p>- Facilities and infrastructure in the form of training equipment are not good,</p>
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Table 4. Management of the Tarung Derajat Development Program in Sintang Regency Viewed from the aspect of Supervision (*Controlling*)

Subject			
KONI	Chairman of KODRAT	Coach	Athlete
<p>-not carried out. Control and supervision of each activity is not carried out properly</p> <p>-Does not carry out supervision</p>	<p>-Delivery of athletes' successful achievements</p> <p>-does not Evaluate the KODRAT training program</p>	Evaluate athletes' training activities and competitions	<p>-Evaluate activities after the match</p> <p>- Maximize KODRAT performance</p>

Based on the results of the table above, it explains that in terms of Planning, it is included in the quite good category, in terms of Organization (*Organizing*) it is in the quite good category, furthermore in terms of Implementation (Actuating) it is included in the very good category, then in terms of Supervision (*Controlling*) in bad category.

Supported by research from Hendikha Ramadhoni (2018) in her research entitled "Evaluation of the Physical Condition of Padang City Tarung Derajat Athletes" Tarung Derajat sport is an art of quick reaction self-strength that studies and trains techniques, tactics and strategies for

hand, head and other body movements. practically and effectively in patterns and forms of defense and attack training, with muscle, brain and conscience skills in order to master a science of self-defense which contains 5 (five) distinctive elements of movement power, namely: strength, speed, accuracy, courage and tenacity. that conclusion, from the condition level test results The physical appearance of the Padang City Tarung Derajat athletes is visible the athlete's physical condition is still low, remembering that in combat sports the degree of arm strength, leg muscle explosive power, agility, and endurance is the dominant physical condition required for every athlete in competition, If your physical condition is not good, exercise difficulty achieving the best performance. physical condition, reaction speed, muscle explosive power.

## RESEARCH LIMITATIONS

In carrying out this research, the researcher encountered several obstacles, both from himself and others. The following obstacles were encountered as follows: Difficulty in meeting directly with the Tarung Derajat Chairman's management so it was done via telephone and Difficulty obtaining information regarding the use of funds in implementing sports development programs due to the lack of transparency.

## CONCLUSION

The results obtained from the approach used in the form of POAC are, 1) *Planning for* Tarung Derajat in Sintang Regency is quite good, fulfilling 3 of the 5 category aspects. 2) Tarung Derajat's *organizing management* in Sintang Regency is categorized as quite good, because it only fulfills 3 of the 5 category aspects. 3) Tarung Derajat's *actuating management* in Sintang Regency is very good, because it has fulfilled all aspects in the existing categories. 4) The *controlling management* of Tarung Derajat in Sintang Regency is categorized as not good, because it only fulfills 1 aspect of the 4 existing categories.

## THANK-YOU NOTE

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