



**Evaluation of The Achievement Development Program for The Student-Level
Pencaksilat Sport Branch in Lebak Regency**

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Abstract

This study aims to evaluate the pencak silat achievement guidance program for students in Lebak Regency using the CIPP (Context, Input, Process, Product) evaluation model. The subjects of this study consisted of 27 respondents including 24 athletes and 3 coaches from several silat schools who actively participated in coaching and championships at the student level. The method used was evaluative with a descriptive quantitative approach, data collection techniques were carried out through questionnaire distribution. The evaluation results showed that: (1) in the Context component, the average percentage of achievement was 88.24% (Very Good category); (2) the Input component achieved 81.40% (Very Good category), with low notes on the facilities and infrastructure indicators; (3) The Process component achieved 83.92% (Very Good category), but the parental participation indicator only reached 71.67% (Sufficient category); and (4) the Product component achieved 85.42% (Very Good category), with improvements in technique, mentality, and athlete achievement. In general, the evaluation results show that the coaching program has been running very well but still requires strengthening in the provision of training facilities and parental involvement. The results of this study are expected to be a reference for stakeholders in developing more effective and sustainable coaching programs.

How to Cite

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INTRODUCTION

A systematic, planned, regular and continuous coaching process needs to be evaluated because a field of work can be done well or badly if an evaluation has been carried out. (Al-Fraihat, 2020)views evaluation as a process of determining the results that have been achieved by several activities that are planned

to support the achievement of goals. Pencak silat is a familiar sport that is often heard, Pencak Silat is a typical martial art in Malay countries, one of which is growing rapidly in Indonesia. Pencak silat comes from two words, namely pencak and silat. Pencak is a basic movement of pencak silat that is related to rules. (SUDIANA & SPYANAWATI, 2023)Silat means a perfect martial art that comes from spirituality. The term pencak silat is widely known in Southeast Asia, but in Indonesia the term pencak silat is used. Pencak Silat has become a well-known sport at the regional level (Southeast Asia and Asia) and has developed at the international level as well. Not only participants from Asia but also envoys and representatives from each country participated in the World Pencak Silat Championship. This shows that pencak silat has given its own color to the development of sports in the world. There are a lot of pencak silat schools with good techniques in this country of Indonesia, all have their own moves and techniques. (Marwan, 2018; Sin & Ihsan, 2020)But actually the techniques taught are almost the same, only the names are different.

The basic movement of pencak silat is a planned, directed, coordinated and controlled movement, which has four aspects as a unit, namely the spiritual mental aspect, the martial aspect, the sports aspect, and the cultural arts aspect.(Harahap & Sinulingga, 2021; Ihsan & Suwirman, 2018; Syamsiyah1 Et Al., 2020) Thus, pencak silat is a fairly complete sport to learn because it has four aspects that are a whole unit and cannot be separated. Lebak Regency is one of the districts in Banten province, Lebak regency is rich in cultural heritage, one of the noble cultural relics that has historical, educational and sports value, one of which is pencak silat. There are many martial arts schools in Indonesia including Tapak Suci, Persaudaraan Hati Terate (PSHT), Pagar Nusa, TTKDH, Tadjimalela, and so on. The achievements of pencak silat sports in Lebak Regency are quite calculated in Banten Province In particular, even Pencak silat athletes in Lebak Regency also have many achievements at the national level both at the student and adult levels. It

is evident from every official championship such as POPDA, PORPROV, PON and other non-formal championships.

Based on the results of observations and interviews with IPSI administrators in Lebak Regency in July 2024, that there has never been an evaluation of the achievement development program for the pencak silat sports branch in Lebak Regency, the evaluation process has not been carried out comprehensively in the pencak silat sports branch, there has been no arrangement of early age coaching in the pencak silat sports branch, funding for sports events has not been sufficient, and the training program has not been properly arranged, The long-term and short-term coaching programs have not been well arranged, there is no adequate infrastructure and the bulk related to the recruitment of pencak silat athletes in Lebak Regency has not been carried out properly due to insufficient funding and infrastructure factors.

Based on the above problems, there are several components that play a very important role in the creation of achievements in the pencak silat sport and these problems must be overcome immediately because based on previous research that evaluation, coaching programs, funding, training programs and even facilities and infrastructure are parts that cannot be ruled out in the process of coaching the pencak silat sports branch.

Evaluation basically has an important role in the process of determining the next steps towards better, especially in the sports branch. This is because based on (Dirgantoro, 2020; Nuraida, 2016; Paradiso & Wahyudi, 2021)Evaluation is an argument in the sense that it lays down a series of premises that lead to various evaluative conclusions. The premise of evaluative argumentation partly consists of evidence, beliefs and interpretations in contexts loaded with explicit values. The product of the theoretical argument of research is expected to become new knowledge. It does not mean that new knowledge cannot be produced by means of evaluation, but the birth of new knowledge is not the main purpose of evaluation. The evaluation process must be carried out comprehensively so that the results in the form of information must be truly valid and reliable. This information is then used to build a coaching program, which means that an evaluation must be carried out thoroughly to find out the supporting elements of a program. A program is not just an activity that can be completed in a short time, but is a continuous activity to implement a policy.

Therefore, sports coaching programs need to be evaluated so that sports achievements can

be found to increase from year to year. By evaluating the program, it will be found that the facts of the implementation of public policies in the field can be positive or negative. Professional evaluation will produce the objective findings of (Brown et al., 2021). The inadequate facilities and infrastructure in IPSI Lebak Regency can be seen from the available training equipment, the training equipment available to support the coaching implementation process is not proportional to the number of athletes who train. The following **Table 1** are the achievements at the provincial level from 2018-2024 in the Lebak Regency pencak silat sports branch.

Table 1. Lebak Regency IPSI Achievement Data that has been achieved at the Provincial level

Achievements Achieved	Year
POPDA Banten (6 gold)	2018
POPDA Banten (0 medals)	2020 (not implemented Covid)
POPDA Banten (6 gold)	2022
POPDA BANTEN (4 gold)	2024

(Data Source: Documentation and Interviews)

Based on the above achievements, it can be concluded that IPSI Lebak Regency has produced good achievements in the Banten Province area. Although it has produced good achievements in the region, the coaching process carried out in Lebak Regency has not been carried out properly. This is evidenced by the lack of early childhood coaching, insufficient funding for sports events, poor preparation of training programs, and long-term and short-term coaching programs for sports events that have not been properly arranged.

Based on the explanation above about the achievement data that has been achieved by IPSI, Lebak Regency has differences in achieving achievements every year. Lebak Regency pencak silat athletes have their own advantages and disadvantages in each generation, with the maximum results that have been achieved by IPSI Lebak Regency, it turns out that there are still internal problems such as promising to give prizes to athletes who win championships. But in reality, the promise was not realized. Not only internal problems but also external problems always come to IPSI Lebak Regency such as the absence of private parties who are sponsors to improve the achievements of IPSI Lebak Regency, lack of public interest in providing support to IPSI Lebak Regency, lack of government attention in advancing Lebak Regency Martial arts.

In this study, it will be discussed more specifically about the achievement development program of the pencak silat sport used by Lebak Regency. Therefore, the improvement and development of the system for coaching outstanding athletes has a goal to be achieved, both in the vision and mission and short-term, medium-term and long-term strategic planning, through measurement according to procedures, will be able to be evaluated gradually and continuously all programs related to sports coaching. The parties that have a great influence on this include sports coaches (coaches, the parent management of sports organizations such as KONI, IPSI, athletes and the community around Lebak Regency.

The evaluation process must be carried out comprehensively so that the results can really be used as a basis in determining the quality of a program, this means that the evaluation is used as a whole to assess the supporting elements of a program. A program is not just a single activity that can be completed in a short time, but is a continuous activity because it implements a policy. Therefore, a program can last for a relatively long period of time. The implementation of the program always occurs in an organization which means that a group of people must be involved.

The implementation of program evaluation aims to find the facts of the implementation of public policies in the field whose results can be positive or negative. A professionally conducted evaluation will produce objective findings, i.e. findings as they are: both the data, analysis and conclusions are not manipulated which will ultimately benefit everyone involved in the coaching program.

METHODS

This research will be conducted in Lebak Regency, Banten, on those who are members of IPSI Lebak Regency. This type of research is an evaluation research that uses quantitative and qualitative mixed methods. Such mixed methods combine qualitative and quantitative approaches into research methodologies. A combination research method is a research method that combines or combines quantitative methods and qualitative methods to be used together in a research activity, so that more comprehensive, valid, reliable and objective data are obtained.

Based on the above opinion, the combination method is a method that uses qualitative and quantitative data, it is hoped that with the use of the combination method in this study, it will be able to obtain really real data in accordance with

the conditions of the achievement development program in Lebak Regency.

The population in this study is 27 trainers and student silat athletes of IPSI Lebak Regency consisting of 24 athletes, and 3 coaches. In this study, a total sampling was used, namely all trainers and silat athletes of IPSI Lebak Regency students consisting of 27 people consisting of 24 athletes, and 3 coaches.

The research design of the achievement development program for the student level pencak silat sports in Lebak Regency can be **Figure 1**.



Figure 1. CIPP Evaluation Design (Stufflebeam & Chris, 2014).

RESULTS AND DISCUSSION

Data regarding the results of this research will be discussed in detail in accordance with the systematics of the research model used. In this case, it will be done by explaining the data from the results of quantitative and qualitative analysis of all aspects used in the research and all factors that support to produce actual research data.

Evaluasi context

The conversation surrounding the elements presented in the subsequent context assessment is derived from various participants who were examined through questionnaires, interviews, observations, and documentation techniques. Every dialogue or information within this context assessment is credible as the researcher personally engaged in the field to gather genuine data.

Based on the results **Table 2** of the questionnaire distributed to athletes and coaches, the average score on the contexts component is in the “very good” category. The indicators measured included the suitability of the coaching program with the needs of student athletes (4.33) and the clarity of coaching objectives understood by

coaches and athletes (4.33). This shows that the pencak silat coaching program has been designed in accordance with the conditions and needs of student athletes in Lebak Regency, and has a clear direction and purpose in its implementation.

Table 2. Results of the evaluation of the Lebak Regency contexts

Yes	Question items	Average	Category
Q1	Coaching programs according to the needs of student athletes	4,33	Excellent
Q2	The purpose of coaching is clear and understood by coaches and athletes	4,33	Excellent

Evaluation of inputs

The evaluation of the input here will explain the aspects contained in it in accordance with the results of quantitative analysis and the results of interviews/qualitative data from respondents that have been conducted. The following is the discussion in the input evaluation:

According to “Abdul Latif”, the administrator of IPSI Lebak Regency stated that “for pencak silat athletes, most of them consider themselves the greatest after achieving achievements and never appreciate the person who has brought the athlete to become an outstanding athlete. Most of the coaches appointed by the Lebak Regency IPSI management have never consulted on the menu of shortcomings and or the advantages of the athletes they train. If there is a report card for the administrator, the role for coaches and athletes should first coordinate with the district government management”. One of the IPSI administrators, “Abdul Latif”, also stated “aspects that have not been revealed, especially about the issue of character education for both athletes and coaches. An achievement does not have to be accompanied by skills without being balanced with the individual character itself, because character greatly affects the achievement of the athlete himself. It’s useless to have good skills but not balanced with healthy characters.

Continued with the opinion of “Firdaus Dermawan” as an assistant pencak silat coach at the student level of IPSI Lebak Regency stated “the development of the pencak silat program at the student level in the district has not been maximized because there is still a lack of facilities and infrastructure, namely the absence of an adequate training place or special pencak silat level for students with national standards, in Lebak Regency only has the name of the Pencak silat Padepokan, but its use is not only for pencak silat sports.

Table 3. Results of the evaluation of Lebak regency inputs

No	Question items	Average	Category
Q3	Facilities and infrastructure to support coaching	3,67	Good
Q4	I have official training or certification as a trainer (trainer only)	5	Excellent

In the input component, there is a difference in emphasis. Athletes assessed facilities and infrastructure with an average score of 3.67 (good category), indicating the need to improve facilities from the participant's side. On the other hand, coaches give a high score (5.00) to their own qualifications and certifications, which indicates the readiness and competence of the coach in supporting coaching activities. The combination of the two shows that even though the coach is professionally prepared, the provision of facilities can still be improved. And based on the results of interviews and observations, there are a lot of complaints from coaches, athletes and parents of athletes themselves about the problem of facilities and infrastructure that are still lacking. According to the data obtained in the field, Lebak Regency has a pencak silat padepokan, but it can be said to be more of a multifunctional padepokan. Because in the padepokan not only silat athletes do the training process, many other sports do routine training in the padepokan. Among them are gymnastics, karate, and table tennis. However, with the many problems that exist, all coaches and student-level pencak silat athletes in Lebak Regency have more motivation to achieve maximum achievements, all of this is done as proof that the student-level pencak silat sport in Lebak Regency needs serious attention.

Process evaluation

The process in this evaluation includes aspects of the implementation of the training program, the implementation of the coaching program and the role of parents towards their children. The following are the opinions of the respondents about the aspects contained in the evaluation process.

Nurhasan Sadikin, a pencak silat trainer at the student level of IPSI Lebak Regency, stated "in Lebak Regency, more local competitions must be held so that many new seeds emerge in terms of pencak silat at the student level. And the need for coaching clinics in Lebak Regency so that trainers in Lebak Regency can get good and interesting training methods so that they can improve achievements. Furthermore, "nanang

amijaya" revealed that "the lack of implementation of coaching programs in Lebak Regency in addition to internal factors in the region, because coaching in other areas in Banten has also been advanced such as Tangerang and Cilegon, so sponsors prefer to invest in big cities that are already developed to find talents for young student level pencak silat talents rather than in Lebak Regency which is left behind and monitoring and evaluation problems, There is still a very lack of local matches held in Lebak Regency, that is one of the factors that causes the difficulty of finding new seeds in the student level pencak silat sport in Lebak Regency.

Table 4. Results of the evaluation process of Lebak Regency

Yes	Question items	Average	Category
Q5	Workout schedule according to needs	4,67	Excellent
Q6	Exercises are done regularly and structured	5	Excellent
Q7	Training methods according to the development of student athletes	5	Excellent
Q8	Evaluation of athlete development is carried out periodically	4,67	Excellent
Q12	Athletes' parents are involved and support the coaching process	3,33	Enough

Based on the results **Table 4** of the process evaluation table, interviews and observations, it can be concluded that both groups of respondents gave very good scores on the indicators of the coaching process, such as regularity of training, suitability of methods, and periodic evaluation (average between 4.67–5.00). However, in the indicator of parental involvement, the score given tended to be lower (average 3.33, in the category of sufficient), especially in terms of athletes who felt the interaction directly. This is an important note that parental participation in the coaching process still needs to be encouraged and further facilitated. Because the important role of parental support is very influential in the athlete coaching process.

The implementation of coaching and monitoring programs (monitoring and evaluation) is still very lacking, due to internal regional factors and the lack of attention from the local government for the student level in Lebak Regency. The implementation of the training process has gone quite well, because it is under the leadership of coaches who are willing to sacrifice their energy

to train athletes for the advancement of student-level pencak silat in Lebak Regency.

Product evaluation

Product evaluation talks about the accomplishments Lebak Regency has made in a variety of events, both at the regional and national levels. These accomplishments serve as a standard for the success of the coaching program that IPSI Lebak Regency has been running, but coaching must also have an effect on athletes' character. As seen by the accomplishments, Lebak Regency consistently produces the top athletes in the pencak silat sport at the student level, despite the fact that its coaching program is still deficient.

Table 5. Results of product evaluation of Lebak regency

Yes	Question items	Average	Category
Q9	Athletes experience technical, physical, and mental improvements	5	Excellent
Q10	Athletes who have achieved achievements in competitions	4,67	Excellent
Q11	Coaching has a positive impact on the character of athletes	4,67	Excellent

Based on the data **Table 5** of the product evaluation table, interviews and observations obtained by the researcher, the achievements of Lebak Regency in the pencak silat sport at the student level as a whole are included in the very good category. All of this can be proven by the fact that there are still many student-level pencak silat athletes in Lebak Regency who are able to compete at the provincial level. Lebak Regency is also one of the regions in Banten that produces Banten regional athletes in the student level pencak silat sport. Behind the coaching program that is still not organized and the problems faced, the coaches and athletes of pencak silat at the student level of Lebak Regency continue to be consistent to produce maximum achievements at the provincial level.

Both athletes and coaches agree that the results of the coaching program show excellent achievements. Indicators related to improving technique, physical, mental, achievement in competitions, and character formation of athletes obtained scores between 4.67 and 5.00 from both parties. This reflects the effectiveness of the program in achieving the ultimate goal, which is to produce outstanding athletes with character.

(Prasetyorini et al., 2022) evaluation is a tool or procedure used to Understand and assess an element within the environment by employing the established methods and guidelines. The analysis will yield insights regarding the characteristics or qualities present in the organization, person, or item in question. In addition to using tests, data can also be collected using questionnaires, observations and interviews or other forms of appropriate instruments. Evaluation according to (Müller, 2021) judgment on the value or implications of measurement results, evaluation activities are always preceded by measurement and assessment activities. Evaluation can also be interpreted as determining the suitability between the results achieved and the goals to be achieved.

Based on these various opinions, it can be seen that evaluation is an important activity that in the process of implementation has certain rules and emphasis, so that the results can be used to make a decision that can be held accountable, to develop, dismiss, and continue an activity or program.

The type of evaluation concept is formative and summative evaluation. Formative evaluation is an evaluation that is carried out during the course of the program to provide useful information to the program leader for program improvement, while summative evaluation is carried out at the end of the program to provide consumer information about the benefits or usefulness of the program. Formative evaluations provide continuous feedback to aid in program development and pay close attention to questions around content validity, vocabulary mastery, readability and many other things. Overall, formative evaluation is an evaluation from within that presents for improvement or improvement of the developed outcomes. Meanwhile, summative evaluation is carried out to assess the benefits of a program so that from the results of the evaluation it will be determined whether a certain program will be continued or terminated. The summative evaluation focuses on variables that are considered important for the program sponsor and decision-makers. External evaluators or review teams are often used because of internal evaluators.

In addition, there are many factors for the success of a coaching process, including (Puga-González et al., 2019; Trail, 2020) Sports coaching that is carried out systematically, diligently and sustainably, is expected to be able to achieve meaningful achievements. This refers to the defi-

nition of self-coaching, coaching is a process of sports coaching must have started from a young age, because at a young age the child has a high level of flexibility, his physical and mental condition is in a stable state and his motivation to exercise is high, so that it is possible to improve his ability to a higher direction, and in making decisions can be done quickly (Tangkudung & Puspitorini, 2012).

CONCLUSION

Evaluation of the achievement coaching program for the pencak silat sport at the student level in Lebak Regency, shows that the program has a good vision and mission, but there is still room for improvement in its implementation. The results of this evaluation are expected to be the basis for further development in improving the achievements of student athletes and that this program has made a positive contribution in developing the talents of young athletes and improving achievements at the regional and national levels. However, there are still several challenges that need to be overcome, such as limited facilities and infrastructure, lack of qualified coaches, and minimal funding. To improve the effectiveness of the program in the future, improvements are needed in terms of: first, performance in the preparation and implementation of the pencak silat achievement coaching program in Lebak Regency. Second, provision of adequate facilities to support optimal training. Third, increasing the budget and support from stakeholders, including local governments and the private sector. Fourth, regular monitoring and evaluation to ensure the program runs according to its objectives. With these improvements, the pencak silat coaching program in Lebak Regency is expected to produce more high-achieving athletes and contribute to the development of pencak silat at the national.

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