



Evaluation of the Setia Hati Terate Brotherhood Pencak Silat Development Program Bungo Nic.067 Branch

Aldi Indra Kurniawan^{1✉}, Donie², Damrah³, Arsil⁴, Heru Andika⁵

Departement of Sports Education, Padang State University, Indonesia¹³⁴⁵

Department of Sports Coaching, Padang State University, Indonesia²

Article History

Received April 2024

Accepted June 2024

Published Vol.13 No.(2) 2024

Keywords:

Program Evaluation;
Coaching; CIPP

Abstract

One of the coaching processes that is planned, directed, systematic and continuous is a step to achieve peak athlete performance. The existence of fostering the Faithful Hati Terate Brotherhood, Bungo Nic.067 Branch as a forum for fostering and organizing athlete training to achieve achievements. . This study aims to evaluate which includes Context, Input, Process, Product from the Faithful Hati Terate Brotherhood Pencak Silat Development program, Bungo Nic.067 Branch. This program evaluation research uses the CIIP model (context, input, process, product). The subjects of this study include administrators, coaches, athletes. Data collection techniques through 3 ways, namely by 1) interviews, 2) observation, and 3) documentation. The data source studied was the development of the Setia Hati Terate Brotherhood, Bungo Nic.067 Branch. The analysis technique used is an interactive model. The results of the study concluded that: 1) Context, the context coaching program is very clear, has a good background and vision and mission of coaching as a forum for fostering pencak silat and creating athletes who can excel at the national level. 2) Input coaching program, recruiting coaches and athletes in good category based on criteria. The infrastructure is quite good, funding for development comes from the ratification fund for new PSHT residents, Bungo Nic.067 branch. 3) The coaching process, the training process is still not good, the training is not in accordance with the program that the management wants because there is no written training program. 4) Product, the results of PSHT athletes from the Bungo Nic.067 Branch are in the good category because there is an increase in achievement even though they have not reached the set targets.

How to Cite

Kurniawan, A. I., Donie., Damrah., Arsil., & Andika, H. (2024). Evaluation of the Setia Hati Terate Brotherhood Pencak Silat Development Program Bungo Nic.067 Branch. *Journal of Physical Education, Sport, Health and Recreation*, 13 (2), 263-268.

© 2024 Universitas Negeri Semarang

✉ Correspondence address :

E-mail : aldyindra019@gmail.com

INTRODUCTION

Pencak silat is a sport native to Indonesian culture (Irawan 2020), where pencak means fighting while silat is art (Izzah et al., 2021). The pinnacle of achievement in the sport of pencak silat is achievement. Achievement can be achieved with systematic, planned and programmed coaching (Chen, 2018). Pencak silat is a sport that has parent organizations at the national and international levels. The organization at the national level is the Indonesian Pencak Silat Association (IPSI). Pencak is a self-defense attack movement in the form of dance and rhythm with rules (customary politeness), and can be used as a guide. Silat is the essence of pencak, while fighting or self-defense is no longer a performance. So the term 'pencak silat' literally means 'fighting with art'. This pencak silat sport has started to be included in sports events, by including pencak silat in sports competitions, it will certainly make pencak silat an Olympic art performance. On the one hand, the low performance of pencak silat from the Bungo nic.067 branch of the Faithful Heart Brotherhood (PSHT) is caused by the absence of systematic and planned training to achieve sports goals (Undang-Undang Keolahragaan No 11, 2022).

Sports coaching is one effort to improve human resources (Bakti & 2018, n.d.; Wahyu Edi Wijaya, 2021). Sports development efforts are primarily directed at improving the physical, mental and spiritual health of the community and are aimed at forming personality traits, discipline and high sportsmanship as well as increasing achievements that can awaken a sense of national nationality (Kjær, 2019a; Williams & Kendall, 2007a). Sports coaching and development cannot be done in a short time, especially if management is not appropriate (Nugroho, 2017; Wahyu Edi Wijaya, 2021). This process requires totality and commitment to regular and systematic sports development so that effective policy implementation is formed and supports the sports development process itself (Chen, 2018).

Sports coaching is a complex matter that requires handling that is carried out in a programmed and integrated manner based on observations of the development of the achievement of the Faithful Heart Brotherhood Pencak Silat (PSHT) Bungo nic.067 branch, in fact it has not been followed by a directional pattern of coaching. The need for evaluation to encourage improvement and increase accountability for the coaching program. Evaluation should have the aim of improving not proving (L. Stufflebeam & L.S. Coryn, 2017).

Therefore, there is a need for evaluation in coaching, it is necessary to spend a lot of time practicing in order to perfect skills and this is accompanied by focus and motivation (Loftesnes et al., 2021). (Syafuruddin 2011) Evaluation is a process carried out systematically to determine quality based on certain criteria, with the aim of making future decisions. Evaluation is a tool or procedure used to find out and measure something in an atmosphere using predetermined methods and rules (Pitnawati & Damrah, 2019). Coaching and development cannot be separated from the guidelines of the national sports development pyramid, gradual, tiered and continuous, the biggest coaching period is problem activities, then increasing to kindergarten level and achieving achievement (Putri & Muslim, 2017; Ratna et al., 2018). Therefore there is a need for evaluation in coaching, and it is necessary to spend a lot of time practicing in order to perfect skills and be accompanied by focus and motivation (Loftesnes et al., 2021). Guidance and development cannot be separated from the guidelines for the pyramid of national sports development, gradual, tiered and sustainable, the biggest coaching period is problem activities, then increasing at the nursery level and achieving achievements (Eather et al., 2018; Eddy et al., 2021).

Although the performance of Indonesian pencak silat looks good, many factors influence the achievement of pencak silat. With the evaluation of a program, it is possible to carry out thorough methodical inspections using properly tested processes. If the information used as the basis for these considerations is appropriate in terms of substance, scope, format, and timing, various approaches can be used to collect accurate and reliable data that will allow policy judgments to be appropriate. This study aims to obtain valid data to know the results of the implementation process of the Faithful Heart Brotherhood Pencak Silat Development Program (PSHT) Bungo branch NIC.067.

METHODS

This study uses qualitative phenomenology, which evaluates the pencak silat coaching program. The steps taken in this study include Context, Input, Process, and Product or evaluation methods using the CIPP Model. Conducted with careful observation and interpretation to draw conclusions, from the results of interviews and analysis of this document using a descriptive approach to convey factual situations in a systematic and accurate manner.

RESULTS AND DISCUSSION

Based on the results obtained from 30 samples, the following results were obtained in **Table 1. Table 2. Table 3. Table 4.**

Table 1. Results of the Context Aspect

Aspect Context	Research result
Goals and foundation Vision mission Coaching program	Fostering and training PSHT athletes who are talented and can excel regionally and nationally and can improve their abilities to achieve maximum performance.
Coaching program	Direct observation in the field regarding the training program has not run optimally, there is no written training program made by the coach and assistant coach.

Table 2. Input Aspect Results

Input Aspect	Research result
Athlete	Recruitment of athletes has gone according to procedures, several things were done in recruiting pencak silat athletes such as the lack of involvement of nutritionists as well as doctors and psychologists.
Coach	Recruitment of trainers is based on the provisions of the branch head, has a license, and has experience as a trainer and has a background in PSHT residents.
Facilities and infrastructure	It's good enough, the situation and conditions have been fulfilled even though it's not optimal.
Funding	The PSHT Development Budget for the Bungo Branch Nic.067 comes from the results of the approval of new residents each year and also the contributions of PSHT Bungo Branch residents.

Table 3. Process Aspect Results

Aspect Process	Research result
Management performance	Judging from the results of the interviews and direct field observations, the performance of managers/administrators has not been said to be perfect, there are still many delays in submitting files at the end of the program.
Coach performance	The trainer's performance is good, the trainer has provided the program that the management wants, but it's just that for the written program, no documents have been made.

Implementa-
tion of coach-
ing programs

Supervision every month has not been carried out properly monitoring for coaching assignments is fully supervised by managers, trainers and assistant trainers. However, the findings of the researchers during field observations did not find records of monitoring and evaluation results on PSHT athletes in the Bungo nic.067 branch.

Implementa-
tion of the
Training Pro-
gram

The implementation of the training program has been going as desired, such as technical, physical and sparring training programs after training, but researchers have not seen any documentation of annual, monthly, weekly and daily training programs as a reference in implementing the training program.

Funding

The PSHT Development Budget for the Bungo Branch Nic.067 comes from the results of the approval of new residents each year and also the contributions of PSHT Bungo Branch residents.

Table 4. Product Aspect Results

Product Aspect	Research result
Achievement Boost	The achievements of PSHT athletes in the Bungo nic.067 branch have quite reached the target, although only at the regional level, such as the overall champion in the pre-teen category at the IPSI CUP II Bungo event and won many more gold, silver and bronze medals in the events that followed. Even though the achievements are satisfactory, it is hoped that the programs will continue to be evaluated and supervised.
Improved attitude and insight	Seen during field observations the researchers saw that the athlete's attitude was good where each athlete always greeted the administrators, coaches, parents, friends and when guests visited the training ground.

Programs for developing technical and tactical skills to reach peak athlete performance (Larkin et al., 2022). Sports coaching is now growing rapidly and is becoming professional, such as knowledge and accountability (Kjær, 2019b). The development of early-aged athletes in long-term training programs is to create athletes in peak condition, with such conditions ath-

letes are expected to be able to achieve maximum performance (Handayani et al., 2022). It is necessary to increase the optimization of the coaching role by administrators in the management to improve athlete performance.

The existence of a training program is expected to be able to improve the performance or appearance of an athlete by maximizing physiological, technical and strategic adaptations as well as psychological factors. Training is a practice process that is carried out systematically and repeatedly with progressive loading (Anton, 2021; Ramadan et al., 2018). In addition, training is an effort made by someone to prepare themselves in an effort to achieve certain goals (Bakti & 2018, n.d.).

Recruitment of pencak silat athletes has been going as expected, the obstacle in recruitment is the lack of involvement of psychologists, doctors, nutritionists, these three have not been implemented, sports psychologists are increasing every year in the world (Zhou, 2022), coaches find it difficult to apply an approach that includes creative, tactical, and mental skills (Zhou, 2022b) and coaches must understand sports psychology for better performance in sports, (Zhou, 2022c). Errors in food selection can cause a player's performance to decrease, unhealthy eating patterns and malnutrition threaten (Torres-McGehee et al., 2012).

The role of the coach in improving athlete performance is very important and a coach must have professional skills who have the skills and knowledge to identify the development of abilities and skills of athletes (Cushion et al., 2012) (Pulling et al., 2018). Coach is a profession that is expected to provide services and improve athlete performance (Williams & Kendall, 2007b). Recruitment of trainers and assistant trainers has been going well with attention to work professionals, abilities, skills. Recruitment of trainers has been going well with attention to work professionals, abilities, skills. material and non-material and in order to spur sports achievements through the provision of quality athletes.

Infrastructure facilities are an important part in the context of sports achievement and ability in increasing the motivation and achievement of athletes (Assalam Didik, Sulaiman, 2015) (Rodríguez Macías et al., 2022) for the availability of adequate funds. Funding has a very important role for the coaching and development of sports and towards achieving a glorious achievement. A written plan refers to the process of building an organizational plan that is expressed in quantitative terms for long-term goals.

The training carried out requires mentoring and evaluation (Wahyudin, 2017) the implementation of mentoring has gone well but no documentation of specific notes from the results of the monitoring and evaluation especially of athletes has been found (Nugroho, 2017; Putri & Muslim, 2017; Ratna et al., 2018). the program is made directly by the coach and assistant coach and is notified to athletes and administrators and reports directly to the coach that the program is running well. However, the annual, monthly, weekly and daily training program has not been seen as a reference in carrying out the training process, and its implementation is not guided by the training program that has been made, so that the objectives of this exercise are not achieved.

Achievement is a task-oriented attitude that allows people's achievements to be evaluated for internal or external criteria (Wahyu Edi Wijaya, 2021; Wahyu & Setya, 2017). PSHT pencak silat achievements, based on the results of observations of researchers and also interviews, it can be said that the achievements achieved are quite optimal and maximal in accordance with the targets that have been set even though there are some things that are not optimal. The best achievement was to become the overall champion in the Pre-adolescent category in the IPSI CUP II Bungo event and athletes also won gold, silver and bronze medals in events they have participated in, meaning that the coaching of PSHT Bungo Branch nic.067 has been completed respected in the Muara Bungo area where even in the Porprov event some of our athletes were in one of them.

In another study, what is called coaching is good, but there are still things that are lacking, namely fitness equipment, several aspects of promotion and degradation, consumption, welfare and transportation that are going well and producing good performance too (Haris Satria M et al., 2012), even though the trainer makes the program training, but there are still many inhibiting factors, facilities and additional fee funding (Wahyu Hidayat, 2015).

CONCLUSION

The results of the discussion regarding the Context evaluation of fostering pencak silat athletes in the loyal heart brotherhood terate branch of Bungo nic.067 can be concluded that it has been running with the vision and mission proven by tests and parameters that are in accordance with what the management wants. In the input evaluation the Athlete recruitment has been running optimally even though it has not involved

a team of doctor psychologists, and the trainers already have a regional license, the infrastructure is quite good and the budget has been running and implemented according to the allocation but not optimal. In the process evaluation, coaching activities have been going well and implemented, but special written notes have not been found as a result of monitoring from the management and trainers, for the training program has been running as expected. The Product Evaluation shows that the PSHT athlete's achievements in the Bungo nic.067 branch have reached the target, similar to the achievement recently achieved by becoming the overall champion in the pre-adolescent category in the IPSI CUP II Bungo event. Thus, it can be conveyed from the results of the CIPP research that the evaluation of pencak silat is as expected but needs to be evaluated with further improvements.

REFERENCES

- Anton, K. (2021). Pengaruh Latihan Variasi Ladder Drill Terhadap Peningkatan Kelincahan Pemain Sepakbola. *Jurnal Stamina*, 4(11), 489–495.
- Assalam Didik, Sulaiman, T. H. (2015). Evaluasi Program Pembinaan Prestasi Cabang Olahraga Pencak Silat Pusat Pendidikan Dan Latihan Olahraga Pelajar (Pplp) Provinsi Kalimantan Timur. *Journal of Physical Education and Sports*, 4(1), 87–92.
- Bakti, B. W.-J. I. P. C., & 2018, undefined. (n.d.). Evaluasi Program Pembinaan Prestasi Cabang Olahraga Tinju Pada Pusat Pembinaan dan Latihan Olahraga Pelajar (PPLP) Provinsi Nusa Tenggara Timur. *Jurnalilmiahcitrabakti*. Ac.Id. Retrieved February 10, 2023, from <http://jurnalilmiahcitrabakti.ac.id/jil/index.php/jil/article/view/45>
- Chen, S. (2018). Sport policy evaluation: what do we know and how might we move forward? *International Journal of Sport Policy and Politics*, 10(4), 741–759. <https://doi.org/10.1080/19406940.2018.1488759>
- Cushion, C., Ford, P. R., & Williams, A. M. (2012). Coach behaviours and practice structures in youth soccer: Implications for talent development. *Journal of Sports Sciences*, 30(15), 1631–1641. <https://doi.org/10.1080/02640414.2012.721930>
- Eather, N., Bull, A., Young, M. D., Barnes, A. T., Pollock, E. R., & Morgan, P. J. (2018). Fundamental movement skills: Where do girls fall short? A novel investigation of object-control skill execution in primary-school aged girls. *Preventive Medicine Reports*, 11, 191–195. <https://doi.org/10.1016/j.pmedr.2018.06.005>
- Eddy, L., Hill, L. J. B., Mon-Williams, M., Preston, N., Daly-Smith, A., Medd, G., & Bingham, D. D. (2021). Fundamental Movement Skills and Their Assessment in Primary Schools from the Perspective of Teachers. *Measurement in Physical Education and Exercise Science*, 25(3), 236–249. <https://doi.org/10.1080/1091367X.2021.1874955>
- Handayani, S. G., Syahara, S., Sin, T. H., Komaini, A., & Ayubi, N. (2022). Development of cheerful creation gymnastics 'Jalaleota' for the improvement of early childhood motor skills. *Cypriot Journal of Educational Sciences*, 17(10), 3766–3777. <https://doi.org/10.18844/cjes.v17i10.7054>
- Haris Satria M, Rahayu, T., & KS, S. (2012). Evaluasi Program Pembinaan Olahraga Sepakbola Di Sekayu Youth Soccer Academy (Sysa) Kabupaten Musi Banyuasin Sumatera Selatan. *Journal of Physical Education and Sports*, 1(2), 161–166. <https://doi.org/https://doi.org/10.15294/jpes.v1i2.811>
- Izzah, N., Rahmat, Z., & Munzir. (2021). E-Learning Evaluasi Hambatan Pembinaan Olahraga Pencak Silat Pada Koni Kabupaten Aceh Barat Daya. 2(1).
- Kjær, J. B. (2019a). The Professionalization of Sports Coaching: A case study of a graduate soccer coaching education program. *Journal of Hospitality, Leisure, Sport and Tourism Education*, 24, 50–62. <https://doi.org/10.1016/j.jhlste.2018.11.001>
- Kjær, J. B. (2019b). The Professionalization of Sports Coaching: A case study of a graduate soccer coaching education program. *Journal of Hospitality, Leisure, Sport and Tourism Education*, 24(November 2018), 50–62. <https://doi.org/10.1016/j.jhlste.2018.11.001>
- Larkin, P., Barkell, J., & O'Connor, D. (2022). The Practice Environment—How Coaches May Promote Athlete Learning. *Frontiers in Sports and Active Living*, 4(July), 1–8. <https://doi.org/10.3389/fspor.2022.957086>
- Loftesnes, J. M., Grassini, S., Hagerup, A. C., Dybendal, B. H., & Sigmundsson, H. (2021). Football: Exploring passion, grit and mindset in elite and junior players. *New Ideas in Psychology*, 63(May), 100899. <https://doi.org/10.1016/j.newideapsych.2021.100899>
- L.Stufflebeam, D., & L.S.Coryn, C. (2017). *Evaluation Theory, Models & Applications* (Vol. 21, Issue 1).
- Nugroho, W. A. (2017). Pembinaan Prestasi Olahraga Sepakbola Di Pusat Pendidikan Dan Latihan Putra Batang. *JUARA : Jurnal Olahraga*, 2(2), 162–173.
- Pitnawati, & Damrah. (2019). Evaluasi Pelaksanaan Program Latihan Senam Di Klub Senam Semen Padang Evaluation Of Gymnastic Training Program Implementation In Semen Padang Gymnastic Club. *Jurnal Menssana*, 4, 2019.
- Pulling, C., Kearney, P., Eldridge, D., & Dicks, M. (2018). Football coaches' perceptions of the

- introduction, delivery and evaluation of visual exploratory activity. *Psychology of Sport and Exercise*, 39, 81–89. <https://doi.org/10.1016/j.psychsport.2018.08.001>
- Putri, J. W., & Muslim, B. A. (2017). Evaluasi Penyelenggaraan Program Pusat Pendidikan Dan Latihan Olahraga Pelajar (PPLP) Cabang Olahraga Taekwondo Provinsi Dki Jakarta. *Gladi Jurnal Ilmu Keolahragaan*, 8(2), 90–101. <https://doi.org/10.21009/gjik.082.02>
- Ramadan, G., sartono, & Aji, S. H. (2018). Pengembangan Model Latihan Passing Dalam Permainan Bola Tangan. *Journal Of Sport Science And Education (JOSSAE)*, 3(1), 1–6.
- Ratna, D., Tangkudung, S. J., & Hanif, A. S. (2018). Evaluasi Program Pemusatan Latihan Daerah (Pelatda) Bolavoli Pasir Putri DKI Jakarta. In *Jurnal Ilmiah Sport Coaching and Education* (Vol. 2).
- Rodríguez Macías, M., Giménez Fuentes-Guerra, F. J., & Abad Robles, M. T. (2022). The Sport Training Process of Para-Athletes: A Systematic Review. *International Journal of Environmental Research and Public Health*, 19(12). <https://doi.org/10.3390/ijerph19127242>
- Torres-McGehee, T. M., Pritchett, K. L., Zippel, D., Minton, D. M., Cellamare, A., & Sibilia, M. (2012). Sports Nutrition Knowledge Among Collegiate Athletes, Coaches, Athletic Trainers, and Strength and Conditioning Specialists. *Journal of Athletic Training*, 47(2), 205–211. <https://doi.org/10.4085/1062-6050-47.2.205>
- Undang-Undang Keolahragaan No 11. (2022). Undang-Undang Republik Indonesia Nomor 11 Tahun 2022 Tentang Keolahragaan. Pemerintah Republik Indonesia, 1–89.
- Wahyu Edi Wijaya, A. (2021). Manajemen Pembinaan Prestasi Di Sekolah Sepak Bola. *Jurnal.Stokbinaguna.Ac.Id*, 2(1). <http://jurnal.stokbinaguna.ac.id/index.php/JOK/article/view/542>
- Wahyu, H., & Setya, R. (2017). Evaluasi Program Pembinaan Prestasi Sepakbola Klub Persibas Banyumas. *Journal.Unnes.Ac.Id*, 6(1). <https://journal.unnes.ac.id/sju/index.php/jssf/article/view/6307>
- Wahyu Hidayat, S. R. (2015). Evaluasi Program Pembinaan Prestasi Sepakbola Klub Persibas Banyumas. *Journal of Sport Sciences and Fitness*, 4(2), 10–15. <https://doi.org/10.15294/jssf.v4i2.6307>
- Wahyudin, U. (2017). Strategi Komunikasi Lingkungan Dalam Membangun Kepedulian Masyarakat Terhadap Lingkungan. *Jurnal Common*, 1(2). <https://doi.org/10.34010/common.v1i2.576>
- Williams, S. J., & Kendall, L. (2007a). Perceptions of elite coaches and sports scientists of the research needs for elite coaching practice. *Journal of Sports Sciences*, 25(14), 1577–1586. <https://doi.org/10.1080/02640410701245550>
- Williams, S. J., & Kendall, L. (2007b). Perceptions of elite coaches and sports scientists of the research needs for elite coaching practice. *Journal of Sports Sciences*, 25(14), 1577–1586. <https://doi.org/10.1080/02640410701245550>
- Zhou, M. Y. (2022). Sport psychology in coaching: Improving the personality traits and thinking skills of basketball players. *Thinking Skills and Creativity*, 46. <https://doi.org/10.1016/j.tsc.2022.101115>.