



Analysis of the Implementation National Paralympic Committee of Indonesia Swimming Training Program in 2021

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Abstract

The research aim to describe the strengths, weaknesses, opportunities, and threats in the implementation of the training program at the National Paralympic Swimming Committee Indonesia 2021. These studies use a qualitative descriptive method. The research subjects were Head coaches, coaches, athletes, and administrators of the National Paralympic Committee. The data analysis technique includes data collection, data reduction, data presentation, and data conclusion. The validity of the data in this study used data triangulation. Research result. 1) Strength: the implementation of the mesocycle, microcycle, macrocycle training program, the complete composition of trainers and infrastructure affects strength in the implementation of the swimming training program at the National Paralympic Committee. 2) weakness: targets on training programs that have been neglected due to the pandemic have made sports events canceled so that the training programs are not on target. 3) opportunity: the implementation of the National Paralympic Committee swimming training program brings achievement opportunities for athletes with Tryout Results who have reached the target. 4) The delay of several events can affect the athlete's mental state so that it poses a threat to the athlete during the competition. The recommendation from the results of the SWOT analysis is that the Swimming training program at the National Paralympic Committee has been measured and structured based on existing training theory. Although the targets in the training program had not been realized due to the Covid-19 pandemic, it is hoped that the National Paralympic Committee's Swimming athletes and coaches can prepare the athlete's condition for the upcoming event. So that athletes can readjust mentally back to the next competition.

How to Cite

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INTRODUCTION

Sport is an activity that is part of human physical activity because physical activity has the intent and purpose of improving the quality of life. National Paralympic Committee or National Paralympic Committee of Indonesia is an institution or organization that has sports activities. National Paralympic Committee is an official institution established by the government as a sports forum or organization for people with disabilities in Indonesia. Each Championship event has been determined and assigned a date and year. Therefore, the role of the National Paralympic Committee Organization is to make plans and programs that will be achieved in determining targets. The National Paralympic Committee organization has 18 sports, one of which is swimming. In (International Paralympic Committee, 2018) write about that aquatics has been belonging of the Paralympic programme on account of the fundamental olympiads in roma in 1960 and has seen the character of athletes and nations aggrandizement every quadruplet second childhood on account of then. The swimming is regulated by World Para Swimming, formerly known as International Paralympic Committee swimming. National Paralympic Committee has a very important role in developing achievements for athletes with disabilities. National Paralympic Committee prepares athletes who are struggling to face the competition or championship that will be followed. In the swimming competition, the National Paralympic Committee has slightly different regulations from non-disabled athletes. National Paralympic Committee is an organization that accommodates athletes with disabilities to foster athletes to reach their potential. National Paralympic Committee makes people with disabilities able to become athletes with good achievements. They are able to achieve achievements both at home and abroad in their respective fields. The following is data on the achievements of swimming sports that have been achieved by National Paralympic Committee swimming athletes.

As reported on the International Paralympic Committee website (<https://m.paralympic.org/>) there are rules in the competition for swimming sports: (1) there is an international standard swimming (FINA) with eight lanes along 50 m; (2) there are eight-spot organization competitions with the eight-spot quickest swimmers competing in the final; (3) thither are indefinite classifications for swimmers to inauguration the race, much as in inundate

motion on the turn program or conventional modified to the incapacitated class; (4) during competitions the blind swimmer must have an assistant to assist when approaching the end wall of the pool, either to direct or finish the race, this process is called tapping; (5) Blind swimmers must wear sunglasses in all competitions that are entered.

Bhima Kautsar as the swimming National Paralympic Committee coach also revealed that the swimming National Paralympic Committee s achievements in the Asian Para Games in 2015 were in second place with 17 Gold, 17 Silver, and 16 Bronze. At the 2017 Asian Para games, he was ranked first with 39 Gold, 13 Silver, and 12 Bronze medals. Thus, the National Paralympic Committee swimming performance increased very significantly. The Covid-19 pandemic in the past year caused the cancellation of the 10th ASEAN Para games event which was supposed to be held in 2020. At this time, the Swimming National Paralympic Committee is preparing for a paralympic games event which is planned to be held in August 2021.

When adaptation is allowed to occur in this way, the must evolve program, providing new challenges to swimmers as they adapt. Such challenges can take the form of doing the same exercise with more load, more repetitions, or faster repetitions depending on the objective The performance of swimming athletes often decreases or recedes, this is because the components of the physical condition are not as expected, especially the components of the physical condition that are considered (Mehrsafar et al., 2020). In addition, several factors can cause a swimming athletes ability to be not optimal, including because it is not supported by the state of the body structure that is owned, is not supported by adequate physical ability in swimming, is not supported by intensive training, is not mastered by proper swimming techniques. etc. The training program is one of the determinants of an athletes performance, where the program is a reference for preparing for future events.

The basic concept of periodization is a macrocycle, mesocycle, and macrocycle which are commonly used to describe training periods (Bompa & Buzzichelli, 2019). Achievements cannot be set-apart from the influence of the practice program. The training program is a binding instruction/guideline in writing containing the methods to be taken to achieve the stated goals. The training program is compiled and is an effort strategy to achieve the future goals of athlete achievement as optimal as

possible. In preparing the training program, an appropriate alternative training plan is chosen as the demands that need to be implemented to increase the current athlete's performance to the future achievement of the goals the athlete wants to achieve. The training program becomes a guide for athletes to gain achievement through clearly structured training that has been prepared and designed by their coach. training can also be said to be a systematic training process that is carried out repeatedly, which increases the number of training loads every day.

According to (Sari et al., 2018) The quality of training is determined by various factors, including the ability and personality of the coach, facilities and equipment, research results, competition, and the ability of athletes which include talent and motivation, and nutritional fulfillment of athletes. Qualified training is expected to produce high-achieving athletes. The training program itself is divided into several stages which include general preparation and special preparation stages. The general preparation stage begins with exercises that focus on improving the physical ability of an athlete to be physically ready for the competition, then at the special preparation stage, he is given training that is useful for improving the athlete's technique, tactics, and mental health. Usually in this special preparation stage contains real match simulations as well as looking for tryouts or opponents to practice sparring which is useful to test how ready the athlete is in facing the match. In this regard, the formation of a training program must also pay attention to the period of training and training principles. This is because training must be carried out throughout the year, not only when facing matches. Because athletes who train throughout the year with the correct training program will become athletes who get maximum performance and can sustainably maintain these achievements above a relatively far-reaching period of time.

From the results of the study (Yendrizarl et al., 2020), training socialization has been held during a pandemic in several areas. The aim is that the training can find out about exercise programs that can be done during a pandemic. from research (Anders Håkansson & Kenttä, 2021) the impact of short-term athlete training cessation, the postponed and still uncertain Olympic and Paralympic Games can represent major career insecurity for many athletes around the world and can lead to severe changes in daily life and lasting psychological potential.

However, the Covid-19 pandemic canceled and postponed several paralympic sports events, such as ASEAN Para games 2020 and Paralympic 2021. Because sporting events are considered to be able to cause the covid-19 transmission chain (Shaw et al., 2021). So that the targets that the National Paralympic Committee had set and planned were uncertain. Besides that, the development of the National Paralympic Committee achievements is also hampered. Given these problems, researchers will analyze the Swimming training program at National Paralympic Committee Indonesia in 2021 with a SWOT analysis. According to research from (Uroh & Adewunmi, 2021) some athletes experience increased levels of psychological stress during the COVID-19 pandemic. Besides that, the development of the National Paralympic Committee achievements is also hampered. Given these problems, researchers will analyze the Swimming training program at National Paralympic Committee Indonesia in 2021 with a SWOT analysis.

The results of the study (Wijayanti et al., 2016) The role of the Salatiga NPC management in improving the achievement and welfare of persons with disabilities. But it has not studied about the training program in detail and gradually. From the results of the study (Handoko et al., 2019) This research focus to determine the suitability of the Kepahiang Football School training program with the Grass Root Football training program. From this research, it has not been discussed about the period of the exercise program in detail. Research Results (Sulistiyo & Rahayu, 2017) Patient Gymnastics Training Center Training Program for the Preparation for the Championship in Central Java Province. In this study, it has not been discussed about the periods of the training program and the forms of training programs carried out during Covid-19 pandemic.

Purpose of this research is to describe the Strengths, Weaknesses, Opportunities, Treats in thein the implementation of the training program at the NPC Swimming 2021 during the pandemic. The benefit of this research is cognitive knowledge in training swimming properly. As a reference for arranging an exercise program correctly according to existing theories. The novelty of this research is the implementation of training programs that were affected during the pandemic so that the targets have not been realized. So that an alternative emerged for the NPC to adjust the implementation of the training program during the pandemic.

METHOD

This study uses a qualitative approach that aims to analyze existing conditions or phenomena, or the research process to understand human problems / social problems, based on a complex, holistic picture, arranged in discussion reporting the comprehensive perspectives of informants and implementing it. This approach leads to circumstances and individuals as a whole (holistic). The qualitative method is a research method used to investigate the condition of characteristic objects. where the researcher is the key instrument. All qualitative information are unionised into individual collections information. This combines to the accurateness of the analysis as it allows for triangulation of data sources (Skinner et al., 2012)

Research that uses a qualitative approach always has a natural background and a natural setting of data sources. Researchers as the main instrument in qualitative methods, this research prioritizes the process of finding the meaning behind the observed behavior, prioritizing direct data (firsthand) whose results are mutually agreed upon between the researcher and the respondent.

This research was conducted in February-April 2021 at the Indonesian National Paralympic Committee swimming sport. Sources of data, both primary data and secondary data used in this study were National Paralympic Committee administrators, coaches, athletes. Research data in the arrangement of written or oral discussion pictures, photos, or activity obtained from three information sources, namely; person writings, and location. This is following opinion (Tangkudung, 2018) that the data source is obtained from three objects that is paper, place, and person. Papers are data information in the form of documents, books, articles or other written materials, in the form of theories, research reports, and so on. Place is a location that becomes the object of observation with various behaviors or actions of the people in that place. Sources of data in the form of people (respondents) to ask and real. Data collection was obtained in three ways, namely (1) observation, (2) in-depth interviews, and (3) documentation.

This study analyzes data as a step of organizing and sorting information into categories, and introductory description component so that concept can be found and can be formulated as suggested by the information (Friesner, 2017). Data processing used is SWOT analysis. Consists of four components, namely strengths (strengths), weaknesses, opportunities (opportunities), and

threats (threats).

Understanding strengths, weaknesses, opportunities and threats. Strengths Positive characteristics and advantages of an issue, situation, or technique. Negative characteristics and disadvantages of the issue, situation, or technique. Opportunity factor, a situation that can benefit, improve or improve an issue, situation or technique. Threats Factors, situations that can hinder the issue, situation, or technique. S-O Strategy/Analysis uses strengths to take advantage of opportunities. W-O Strategy/Analysis Overcome Weaknesses by taking advantage of opportunities. ST strategy/Strength Analysis to avoid threats. W-T Strategy/Analysis Minimize weaknesses and avoid threats. (Sammut-bonnici, 2017).

Information & procedure provide adequate data in the text or by direction to other work to coincide the submitted functioning to be repeated without the need to convey with the authors. validity and reliability information should be provided for critical methods. State the classification of statistical trials used. state the number of observations and statistical findings where appropriate. Two types of parametric and nonparametric statistics should be used.

RESULTS AND DISCUSSION

National Paralympic Committee Indonesia has 45 Swimming athletes. The number of human resources in the National Paralympic Swimming Committee is 6 trainers, three support staff, and one manager. The the implementation of the workout program will be carried out in accordance with the intended event. This year there are two international events, namely the Paralympic games which are planned to be launched in August 2021 in Tokyo, and ASEAN Para Games which are planned to be held in December 2021 in Vietnam.

The training program at the National Paralympic Committee in Sports has a Periodization of the general preparation of competitions. There is a physical test that is measured and routinely held every three months. From aerobic or endurance tests to anaerobic tests, which are carried out by National Paralympic Committee from all sports and from swimming itself. Try out To measure the extent to which athletes have competed with National Paralympic Committee Swimming athletes. The impact of the Pandemic, the paralympic championship event was canceled and canceled. This causes harm to athletes due to uncertain health conditions. Not only is the athlete mental exercise program that is planned cannot

be realized due to delays and cancellations of events. Seven matches failed to be implemented so that the training program that had been arranged could not be realized. Where the coach feels confused when giving training in the match preparation phase, because of the uncertainty of the match schedule impacted by the COVID-19 pandemic. Athletes and coaches also served the anxiety due to the cancellation of the match.

Implementation of The Mesocycle, Microcycle, Macrocycle Training Program The intensity of exercise that is applied in one week itself includes physical, aerobic, anaerobic threshold, endurance performance, anaerobic race pace, sprint, and periodization. Twice a week vigorous physical exercises are performed on lands such as push-ups, pull-ups, and rubber pull. Meanwhile, for aerobic exercise, Anaerobic threshold, Endurance Performance, Anaerobic Race Pace, and Sprint, are done in the pool. The training periodization at National Paralympic Committee itself is structured and scheduled. General fitness preparation for physical fitness, developing basic aerobics. The special preparation of each athlete has received a different program according to the specialist race number that is being followed. Preparation for matches with reduced intensity and prioritizing mental athletes, which are scheduled for June.

The trial which was held in mid-April at the world championship in Lignano is in preparation for Indonesia's participation in the 2021 Paralympic Games multi-event championship which will be held in Tokyo, Japan on August 24 - September 5. From the Tryout results, Jendi passed the minimum qualification score (MQS) in the S9 disability class. His record time was one minute 5.19 seconds (01:05:91) on the 100 meter back, placing him in fifth place. Rifky recorded a time of 01:01:20 in the 100-meter butterfly and ranked 10. However, the debutant athlete from Magetan was declared to have passed the S12 class classification. With the results of the National Paralympic Committee's target has been fulfilled. Jendi can pass Minimum Qualification Score (MQS) and break his own record. Rifky passed the disability qualification, as well as the order of ten S12.

Analysis implementation of the Swimming exercise program at the National Paralympic Committee 2021 using this type of SWOT analysis. The SWOT analysis in this study will determine the aspects of 1) Strength: Analysis of the strength elements possessed by the National Paralympic Committee swimming training program. 2) Weakness (weakness): In addition

to the element of strength, some things must be known, namely what are the weaknesses of the training program, this weakness is a factor that causes program activities not to run as desired. 3). Opportunity (opportunity): The opportunity element is usually created or planned at the beginning of the implementation. This element is a factor that is used as the achievement of goals in the implementation of swimming extracurricular activities. 4) Treat (threat): Analysis of threats is very influential to determine whether the training program can affect or not in the future.

From the explanation above regarding the SWOT analysis, the researchers obtained the results of the research from the analysis implementation of the swimming training program at National Paralympic Committee 2021 as follows:

The Strength analysis is training periodization at the National Paralympic Committee's Swimming is well planned with an annual plan involving divides the program into stages to manage training execution, better adapt and ensure the best athlete performance on training goals and objectives. The annual periodization is very useful for coaches because it will be broken down into it there are general preparations, special preparations, main matches, and transition periods. a new annual plan should be used to improve the foundation for future or long-term training stages. (Bompa & Buzzichelli, 2019). The structure of the National Paralympic Committee's annual Swimming training program from the general preparation phase, specifically to competition, makes the strength in the National Paralympic Committee swimming team achieve achievements.

The Weakness analysis is, event target in the training program that has not been achieved due to the impact of the Covid-19 pandemic has caused several events to be canceled so that the training program cannot be realized. National Paralympic Committee is required to continue the training program in 2021 to maintain their achievements, athletes' physical and mental conditions so that they can achieve the targets that will be achieved in 2021.

The opportunity analysis With a training program, evaluation is structured and monitored. Affects the performance of several athletes at the time of the tryout. From the results of the tryout which was held in mid-April at the world championship in Lignano in preparation for Indonesia's participation in the 2021 Paralympic Games multi-event championship which will be held in Tokyo, Japan on August 24 - September 5. The National Paralympic Committee swim team has

exceeded its target. Competition in this championship is important for athletes, to further increase their confidence when competing, as well as hone the training that has been done. From the results of the tryout, the records of the National Paralympic Committee athletes had met the set targets. The tryout results can be a picture of opportunities in the upcoming event in August and December.

The Threat analysis pandemic has an impact on the lives of many people in terms of health and mental health, especially athletes. Adopted quarantine regulations and home isolation have impacted the ability of many elite athletes to train. The research results (Mehrsafar et al., 2020) show that there are mental changes in athletes during the pandemic. With the postponement of the paralympic event, the long wait for athletes to compete affects the anxiety of National Paralympic Committee Swimming athletes, so that the mental level of National Paralympic Committee Swimming athletes has decreased and excessive anxiety.

Strength Opportunity strategy is a strategy that utilizes the internal strength of the organization to take advantage of opportunities. The Strength Opportunity strategy in implementing the Swimming training program, namely maintaining and improving the components of a well-planned training program with linking annual plans and programs split into several units to monitor implementation and adaptation exercise properly and ensure peak performance of athletes at major competitions. So that the achievement targets for National Paralympic Committee Swimming athletes at the Tokyo Paralympic Event 2021 and ASEAN Para games 2021 can be achieved.

Weaknesses Opportunity strategy is a strategy that minimizes weaknesses to take advantage of opportunities. Weaknesses Opportunity strategy in implementing the swimming target swimming training program in 2020 was not realized. To maintain physical condition, mental condition, athletes and measurable stages of training can cover these weaknesses. Thus it becomes an opportunity for the National Paralympic Committee achievements to maximize opportunities to reduce weaknesses.

Strength Threat strategy aims to use force to avoid or reduce the impact of threats. The ST strategy in implementing the training program is a measured and gradual training program so that a qualified human resource trainer and supporting facilities can make training in National Paralympic Committee Swimming more leverage.

Mental training is given to athletes to overcome mental athletes that cause anxiety in athletes. Thus it will make the strength to reduce mental instability in athletes.

The Weaknesses Threat strategy is a defining tactic used to minimize weaknesses and avoid threats. Weaknesses Threat strategy is to continue the training program in 2021 to maintain the athlete's performance, physical condition, and mental condition so that they can achieve the targets that will be targeted in 2021 to minimize the weakness of the training program in the pandemic era To avoid threats in the form of anxiety to athletes, holding a tryout in mid-April at the world championships in Lignano will avoid anxiety in athletes so that athletes can adapt mentally to the competition.

The recommendation from the results of the SWOT analysis is that the Swimming training program at the National Paralympic Committee has been measured and structured based on existing training theory. Although the targets in the training program had not been realized due to the Covid-19 pandemic, it is hoped that the National Paralympic Committee's Swimming athletes and coaches can prepare the athlete's condition for the upcoming event. So that athletes can readjust mentally back to the next competition.

CONCLUSION

The implementation of the Swimming training program at the National Paralympic Committee has been running according to the existing training theory. The weakness of the existing training program at the Swimming Branch at the National Paralympic Committee is the target of a training program that has not been realized due to the impact of the pandemic, but there is still a chance for the National Paralympic Committee swimming team to achieve achievements for athletes from the tryout results that have reached the target. Due to the delay in several events, it affects the mind of the athlete, causing anxiety and insecurity for the athlete when approaching the competition.

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