

## Evaluation of the Center of Sports Education and Training for Students (CSETS) Programs in South Sulawesi, West Sumatera, and Central Java

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### Abstract

This study is meant to evaluate the implementation of the programs in CSETS of South Sulawesi, West Sumatera, and Central Java by using a CIPP method. This is an evaluation study by adopting a quantitative and qualitative approach. The data were collected by using questionnaires, interviews, documents and observation. The results show that in general, based on CIPP aspects, the programs of CSETS in three provinces are categorized to be good, with Central Java as the best, followed by West Sumatera and South Sulawesi. With the context aspect, all CSETS are categorized to be good, with Central Java as the best, followed by West Sumatera and South Sulawesi. With the input aspect, all CSETS are categorized to be good, with Central Java as the best, followed by South Sulawesi and West Sumatera. With the process aspect, CSETS of Central Java and West Sumatera are categorized to be good, and CSETS of South Sulawesi is categorized to be fair, with Central Java as the best, followed by West Sumatera and South Sulawesi. With the product aspect, CSETS of Central Java is categorized to be good, and CSETS of South Sulawesi and West Sumatera are categorized to be fair, with Central Java as the best, followed by South Sulawesi and West Sumatera.

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## INTRODUCTION

Law No. 3 of 2005 on National Sports System stipulates that “to improve sports achievement in educational institutions, sport activity units, sports classes, education and training centers, and sports schools should be established, and graded and sustainable sports competitions should be organized” (UU SKN, 2009:15). The implementation of sports development should be conducted gradually from kindergarten, Primary Schools, Junior High Schools, Senior High Schools and higher education institutions. Istvan Balyi (20013:2) mentions that “a new approach to athlete centers around the emerging concept of long-term athlete development (LTAD). This stage-by-stage approach gives every child, youth, and adult the greatest opportunity to engage in lifelong, health enhancing physical activity and if they have the talent and the drive, to reach their highest sports performance potential”. This corresponds with the policy from Ministry of Youth and Sport that the sports development system should be conducted stage-by-stage from early ages to golden ages (Kemenpora, 2014:4).

In a national sports system, students are one strategic segment to support the strength of the national sport. They are in their golden developmental age and expected to attain the peak of national and international sports achievement. Therefore, a place for students sport development programs, namely Center of Sports Education and Training for Students (CSETS) should be established and organized by Office of Youth and Sport with the supervision and financial support of Ministry of Youth and Sport.

In Sumatera area, West Sumatera CSETS has good achievement with 42 medals in 2015 National Student Sports Competition and 39 athletes passing National Sports Competition Pre-qualifying stage (Kemenpora, 2015). The West Sumatera CSETS achievement is the best among other CSETSs out of Java. Based on the data mentioned above, West Sumatera CSETS is selected as the research sample for Sumatera or West Indonesia areas.

South Sulawesi Center of Sports Education and Training (CSET) has sent a lot of athletes in karate, rowing, and takraw to represent Indonesia in single or multi-event tournaments. This achievement is certainly supported with a good sports development system and systematic and directed development programs.

It is found that CSETS of South Sulawesi has the second biggest number of athletes with 89 people (CSETS of Central Java has the first biggest number of athletes with 118 people, and CSETS of West Sumatera has the third biggest number of athletes with 80 people) (Kemenpora, 2016:19-22). CSETS of South Sulawesi provides development programs for 9 sports branches, including athletics, rowing, soccer, takraw, pencak silat (traditional martial arts), boxing, karate, taekwondo, and beach volley ball. Based on the existing data, it is interesting to conduct a study on the application of planning, implementation, supervision and evaluation by CSETS management in these three provinces.

Based on the elaboration mentioned above, the objective of this study is to evaluate background, goals of the training program, recruitment of athletes, trainers and trainer assistants, facilities, financial support, management board, planning of training programs, training process, and training assessment, results of training and sport achievement in Center of Sport Education and Training Pelajar (CSETS) of Central Java, South Sulawesi and Sumatera Barat provinces.

## METHODS

This study used a CIPP evaluation model developed by Stufflebeam because it is an evaluation model designed for a system. Arikunto and Cepi (2009: 45) state that CIPP model is an evaluation model that views the assessed program as a system. This study used an evaluation research approach by CIPP (Context, Input, Process, Product) evaluation model (Daniel L Stufflebeam, (2003:2). The

study was conducted at Center of Sports Education and Training Pelajar (CSETS) of Central Java on December 10th and 11th; CSETS of South Sulawesi on December 27th and 28th; CSETS of West Sumatra on December 2nd and 3rd, 2015.

The subjects of this study were those who work and train at CSETS of South Sulawesi, including athletes, trainers, managers, facilities, and government officers.

The data comprised of (a) people, the whole personnel involved in managing the program, (b) paperwork, all of the trainers' written documents, (c) places, all locations—both indoor or outdoor sites, as well as the facilities used to hold CSETS' programs, such as the sports building, athletes' lodging, and sanitation/interior, fitness laboratories, all in line with Arikunto's statements (2002:7). Michael Quin Paton (2005:23) explains that program evaluation is a systematic data collection done in order to make assessments and decisions about a program.

The instruments consisted of context, input, process, and product dimensions. Questionnaires were used to collect primary data, whereas secondary or supporting data were collected through interviews, observations, and documents. The data was validated through triangulation.

## RESULTS AND DISCUSSION

### Results

Based on both primary and secondary data analysis on the background of CSETS programs in South Sulawesi, West Sumatra, and East Java, the results show that (1) in general, the evaluation of context, input, process, and product on CSETS of South Sulawesi, CSETS of West Sumatra, and CSETS of Central Java found that they are all categorized to be good, with Central Java gained the highest percentage (73.27%), followed by West Sumatra (67.11%), and South Sulawesi (65.71%); (2) In terms of context, all three CSETS are categorized to be good, with Central Java being the best (62.38%), followed by West Sumatra (61.84%), and South

Sulawesi (57.14%); (3). In terms of input, CSETS of South Sulawesi, CSETS of West Sumatra, and CSETS Central Java are categorized to be good, with Central Java being the best (76.24%), followed by South Sulawesi (68.57%) and West Sumatra (61.84%), (4). In terms of process, CSETS of West Sumatra and CSETS of Central Java are categorized to be, whereas CSETS of South Sulawesi is categorized to be fair. Central Java is the best (69.31%), followed by South Sulawesi (57.14%) and West Sumatra (55.26%). (5) In terms of product, CSETS of Central Java is categorized to be good whereas CSETS of South Sulawesi and CSETS of West Sumatra are categorized to be fair. CSETS of South Sulawesi has the highest percentage (55.26%), followed by Central Java (58.42%) and West Sumatra (55.26%). Although by percentage it seems that CSETS of South Sulawesi has better results than Central Java, but by category CSETS of Central Java is considered to be good while CSETS of South Sulawesi is classified to be fair.

### Discussion

Based on the results from questionnaires, interviews, field study, and documents about the background of program development in CSETS of South Sulawesi, West Sumatra, and Central Java, some discussions are presented as follows.

### Context Evaluation

The context evaluation has some sub-components: (1) legal and policy basis, (2) vision and mission, and (3) objectives and targets of CSETS. The results from a survey using questionnaires on the aspect of context show that CSETS of Central Java is the best (62.38%), followed by CSETS of West Sumatra (61.84%) and CSETS of South Sulawesi (57.14%), with all three categorized to be good. This result is supported by findings from interviews with the trainers and managers in all three places.

CSETS has a goal to become a means for sports clubs, sports centers, branch offices to continuously develop. The soul of sports clubs, sports centers, and branch offices are in line with CSETS goals. Having CSETS in South

Sulawesi, West Sumatra and Central Java is expected to reinforce sports potentials, thus generating national athletes that could make Indonesia succeed at national and international levels.

The results from analysis of context evaluation of all three CSETS show that their background, vision, and mission, as well as goals and achievements, are considered to be good because Office of Youth and Sport as the manager has an excellent vision and mission and a clear development objective that is consistent with the guidelines on managing CSETS published by Ministry of Youth and Sport.

The findings on the dimension of context show that (1) there is consistency between CSETS program planning and the objectives to become a means to continue the development of CSETS in order to generate skillful athletes that could gain achievements in national, regional, and even international levels; (2) CSETS programs in all three provinces have a strong legal basis which is Law no. 3 of 2005 on National Sports System; (3) CSETS is in agreement with the need analysis for sustainable programs for athletes after graduating sports clubs and sports centers.

The results of context evaluations on CSETS of South Sulawesi, CSETS of West Sumatra and CSETS of Central Java show that they are all categorized to be good, with CSETS of Central Java having the highest score, followed by CSETS of West Sumatra and lastly, CSETS of South Sulawesi

### **Input Evaluation**

The input evaluation deals with the organization indicator and has sub-components of (1) athletes' support, (2) trainers' support, (3) facilities and infrastructure support, (4) financial support, and (5) CSETS management support.

The input evaluation is meant to record or identify the objective condition of resource support available in CSETS of South Sulawesi, West Sumatra, and Central Java. The findings show that 68.57% of the respondents state that South Sulawesi CSETS is categorized to be good, in which 27.14% of them state that it is

very good and 41.43% of them state that it is good. This means that the selection process in CSETS is conducted objectively and competitively. The entrance tests of physical conditions have been set up in accordance with the demand of each individual sports branch, so they reflect the actual physical condition of the athletes.

The findings also show that 61.84% of the respondents state that CSETS of West Sumatra is categorized to be good, in which 27.63% of them state that it is very good and 34.21% of them state that it is good. The athletes' selection process is categorized to be good because it is conducted by following the guidelines published by Ministry of Youth and Sport.

Additionally, the findings on input evaluation also show that 76.24% of the respondents state that Central Java CSETS is categorized to be good, in which 39.60% of them state that it is very good and 36.63% of them state that it is good. The selection process in CSETS entrance test is conducted objectively and competitively. The test is made according to the characteristics of each sports branch. The selection team consists of academicians and practitioners so good athlete candidates with the strong basic sport can be obtained and later developed through CSETS. Basically, the three CSETS have developed athletes profiles and recruitment process based on the criteria as set out by CSET.

Based on the results of the survey, the trainers have good or suitable characteristics because they have the background as set out by CSETS. The trainers' recruitment is systematically planned by using one of the two procedures, either appointment by the management or selection of the trainers applying for the position. One main criterion of the trainers is that they must have some understanding of the training structure and ability to provide training and education.

This indicates that CSETS management is strongly committed to maintaining the quality of their trainers because the trainers are one important part of the success of the development process. The strong point of the athletes'

development management in CSETS is that the trainers and athletes are highly motivated and enthusiastic in the training process in spite of very tight schedules. In addition, the trainers have good relation with athletes in developing their strong and qualified athletes.

The budget of three CSETs is supported by National Budget through Ministry of Youth and Sport. The budget is allocated among others for (1) salaries of CSET managers, trainers and trainer assistants, and athletes allowance, (2) operational costs (costumes, shoes, and other facilities for competition and training), (3) stationeries and other administrative expenditure, 4) other service costs (athletes' accommodation and food), (5) transport costs (trainers and trainer assistants, try-out travel). The budget amount is allocated according to the number of athletes, trainers and CSET managers, and the cost index is determined based on a unit cost from Ministry of Finance.

Based on the survey by using questionnaires, the management in three CSETs is categorized to be very good in accordance with the expected planning and procedures. This is indicated from some of the following reasons: (1) each trainer always coordinates and consults with the managers on conducting any activities, (2) the trainer coordinate with and have harmonious relation with athletes in which they have fun during the training sessions and the athletes feel comfortable with the training materials given by the trainers, (3) the managers often communicate directly and indirectly with the athletes' parents to report the progress of their children, and vice versa, (3) the managers coordinate with organizing committee of sport branches at the provincial level.

The facilities and infrastructures are designed to support training programs. In CSETS of West Sumatera, the equipment for weightlifting training are very limited. No room is available and the trainers have to use equipment prepared or modified by themselves. However, in CSETS of South Sulawesi and Central Java, the facilities are relatively good, provided with special rooms for weightlifting

training. One factor that supports the success of the sport development programs is the availability of training facilities and infrastructures. The evaluation of the feasibility of the facilities and infrastructures in this study shows that in general, they are relatively good, feasible and complete, consisting dormitories, fields, and training equipment. It can be concluded that CSETS of South Sulawesi, West Sumatera, and Central Java are categorized to be good, in which CSETS of Central Java is the best, followed by CSETS of South Sulawesi and CSETS of Sumatera Barat.

### **Process Evaluation**

The process evaluation deals with findings on the implementation and supervision indicator with sub-components of (1) training programs, (2) training implementation, and (3) training assessment. The results of the survey on the process aspect show that 69.31% of the respondents state that CSETS of Central Java is categorized to be good, in which 31.68% of them state that it is very good and 37.62% of them state that it is good. With CSETS of West Sumatera, 55.26% of the respondents state that it is categorized to be good, in which 7.89% of them state that it is very good and 47.37% of them state that it is good. With CSETS of South Sulawesi, 57.14% of the respondents state that it is categorized to be fair, in which 44.29% of them state that it is fair and 12.86% of them state that it is less than fair.

Based on these findings, the trainers have made good planning on the indicator of (1) training program, (2) training implementation, and (3) training assessment. The researcher found that (1) training is implemented based on training annual programs referring to the competition schedules set out by the main sport organizations, (2) the process of the implementation of competition in three CSETs has been conducted in accordance with the standards, that is joining a minimum of two national competitions each year, and (3) the supervision process is conducted as set out by CSETS.

The training programs in three CSETS are implemented in the morning and afternoon every day from Monday to Saturday. The morning program is from 05.30 to 07.00 a.m., and the afternoon program is from 15.00 to 17.30 p.m. It is also found from documents that all trainers have training programs, prepared by using periodical training methods and implement their programs based on their schedules prepared by themselves.

In the training implementation, the athletes are given treatments based on their needs and conditions. Trainers also check the athletes' condition during the training and should act as motivators for the athletes participating in the training. On the process evaluation, CSETS of West Sumatera and Central Java are categorized to be good, whereas CSETS of South Sulawesi is categorized to be fair. Based on the scores and categories, CSETS of Central Java is the best, followed by CSETS of West Sumatera and South Sulawesi,

### **Product Evaluation**

The product evaluation is meant to record and identify the objective supporting conditions of evaluation indicators available in CSETS of Central Java. It has sub-components of (1) process evaluation and (2) evaluation of the athlete's performance within CSETS of Central Java.

The survey with questionnaires on the process dimension shows that 58.42% of respondents suggest that CSETS of Central Java is categorized to be good, in which 20.68% of them state that it is very good and 37.62% of them state that it is good. Additionally, 55.26% of respondents suggest that CSETS West Sumatera is categorized to be fair, in which 36.84% of them state that it is fair and 18.42% of them state that it is less than fair. Furthermore, 62.86% of respondents suggest that South Sulawesi CSETS is categorized to be fair, in which 50% of them state that it is fair and 12.86% others state that it is less than fair.

The process evaluation is conducted to assess the athletes' improved development over time, whereas the product evaluation focuses

more on the athletes' achievement in winning medals in each competition in which athletes of CSETS of Central Java participate. The findings of the product evaluation show that (1) the athletes in CSETS of Central Java improve their physical, technical and mental development, reflected in the training process on a daily and on trial basis, (2) the athletes have demonstrated good performance by winning medals. It is also found that the athletes show their dynamic performance where they can win in one competition but lose in other competition.

The data on the product evaluation show that CSETS of Central Java is categorized to be good, whereas CSETS of South Sulawesi and West Sumatera are categorized to be fair. Based on the scores and categories, CSETS of Central Java is the best, followed by South Sulawesi and Sumatera Barat.

The findings and discussion above indicate that all components under evaluation form an interrelated management system consisting of planning, organizing, implementing, supervision and evaluation. The context component consists of sub-components: (1) legal basis and policies, (2) vision and mission, and (3) objectives and targets, as united planning of CSETS programs. Good planning starts with setting up objectives which correspond with the analysis of the people's needs, leading to developing the CSETS programs. The legal basis is required to facilitate the program implementation. This is conducted to provide a strong legal basis and obtain wider support for the program implementation. The input component with the organizing indicator consists of sub-components: (1) athletes' support, 2) trainers' support, (3) facilities and infrastructure support, (4) financial support, (5) CSETS management's support, and (6) coordination between government offices. The input evaluation is meant to record the objective supporting resource condition available in CSETS.

The programs should be prepared with appropriate facilities and supported with qualified human resources. The quality of the athletes and trainers should be maintained so the

recruiting process should be conducted in accordance with criteria as set out by CSET. When all aspects are made based on the expected criteria, the stage of the process will follow.

The process evaluation is related to the implementation and supervision of management functions, specifically focusing on the implementation of CSETS programs. This includes the implementation mechanism of (1) training planning, (2) training implementation process, and (3) training assessment. The product evaluation focuses on (1) process evaluation and (2) evaluation of the athlete performance in CSETS. The performance achievement is not demonstrated by winning medals in a competition between CSETS, Provincial Student Sports Competition, and National Student Sports Competition, but by improving the performance of the athletes in CSETS including physical, technical, and mental improvement during the training process on a daily basis or during the trial program.

In all aspects of evaluation including context, input, process and product, CSETS of South Sulawesi, West Sumatera and Central Java are categorized to be good. Based on the scores and categories, CSETS of Central Java is the best, followed by CSETS of West Sumatera and South Sulawesi.

## CONCLUSION

Based on the findings and discussion on the results of evaluation study of the programs of CSETS of South Sulawesi, West Sumatera and Central Java, it can be concluded that in general, based on the aspects of context, input, process and output, the programs of CSETS of South Sulawesi, West Sumatera and Central Java are categorized to be good, with Central Java being the best, followed by West Sumatera and South Sulawesi. With respect to the context, CSETS of Central Java is the best, followed by CSETS of West Sumatera and South Sulawesi. With respect to the input, CSETS of Central Java is the best, followed by CSETS of South Sulawesi and West Sumatera. With respect to the process,

CSETS of Central Java is the best, followed by CSETS of West Sumatera and South Sulawesi. With respect to the product, CSETS of Central Java is categorized to be good, and CSETS of South Sulawesi and West Sumatera are categorized to be fair, and CSETS of Central Java is the best, followed by CSETS of South Sulawesi and West Sumatera. It is suggested that the development programs in CSETS of Central Java should be used as a model for other CSETs. Deputy of Sports Socialization should conduct monitoring, evaluation, and supervision on the implementation of the development programs in CSETS provinces and districts on a regular basis in a period of every 3 to 4 months to monitor and follow the progress of the implementation of the CSETS programs in accordance with the athlete development standards. Provincial governments and CSETS managements should support the establishment of district-level CSETs based on their specific sports excellence as the suppliers of prospective athletes for provincial-level CSETs. Sports Colleges should provide technical and academic assistance and supportive application of sports technology, and conduct applied research to assist the athlete development programs in CSETS across Indonesia.

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