

Coaching Evaluation for Women's Volleyball Sports Year 2018 Semarang City

Aprillia Andriani^{1✉}, Nasuka² & Fajar Awang Irawan²

¹ Public Junior High School 3 Mranggen, Jawa Tengah, Indonesia

² Universitas Negeri Semarang

Article Info

History Articles

Received:
August 2018
Accepted:
September 2018
Published:
April 2019

Keywords:
development,
sports coaching,
volleyball

DOI

<https://doi.org/10.15294/jpes.v8i1.26163>

Abstract

The objectives of this research are: (1) Elaborating the antecedent of women's volleyball sports coaching programs in Semarang City; (2) Elaborating transaction programs for training, consumption, welfare, transportation, coordination, organization; and (3) Elaborating the outcome of women's volleyball sports coaching achievements in Semarang City. This research is a qualitative research. The results of this research are: (1) Antecedent The implementation of volleyball coaching in the Mitra Kencana, Talenta, and Taruna Merah Putih clubs is going well, the government support through KONI Semarang City and Regional Government Semarang City is going well, and the process of selecting athletes and receiving coaches that seem simple are carried out by the management; (2) Transaction (process) coaching volleyball at Mitra Kencana, Talenta, and Taruna Merah Putih clubs in Semarang City which consists of aspects of the implementation of training programs, consumption, welfare, and transportation has been well implemented based on real data and facts in the field, only aspects of program implementation training are moderate achieving; (3) The outcome of coaching in Mitra Kencana, Talenta, and Taruna Merah Putih clubs has increased achievements in participating in the provincial level championships in National and Central Java. The conclusions from this research are that overall the antecedent, transaction, and outcome of the training of volleyball sports in Mitra Kencana, Talenta, and Taruna Merah Putih clubs on Semarang city has been going well with the revision of the components in the coaching program so that it can advance the coaching system and improve achievement.

© 2019 Universitas Negeri Semarang

✉ Correspondence address:
Pucang Gading Raya RT.07/RW.12, Batusari, Mranggen,
Demak, Jawa Tengah, 59567
E-mail: aprilliandriani492.aa@gmail.com

INTRODUCTION

Sports has become a social phenomenon spread throughout the world. Development in the field of sports is directed to foster a culture of sports for the community in order to improve the quality of Indonesian people so that they have health and fitness (Hanif, 2011). For the sake of achieving good and maximum sports performance, it is necessary to carry out sports coaching carried out by holding sports associations (Darmawan & Pramono, 2017).

Sports development in Indonesia from year to year is increasing. According to Sumaryono, Mudjiman & Haryanto (2014), one of the most popular sports games played by the community is volleyball. Thus it can be seen that volleyball games are increasingly popular in Indonesia. Volleyball is a sport that is popular in Indonesia (Ismoko & Sukoco, 2013). In modern-era volleyball clubs, it should have started volleyball sports coaching that has been done in stages starting from the beginner (multilateral) stage to the senior stage in preparation for coaching towards sports achievements. Opinions from Mielgo, et al. (2012), in women's volleyball, like other sports, the first part of the season is a period of heavy training load that aims to develop technical and tactical skills and achieve adequate physical fitness for the period of competition.

Achievement coaching systems must be well organized so that they are appropriate and on target to the realm of achievement. Increasing sports coaching must be encouraged. In connection with coaching sports achievements, there are many factors that must be considered, including clear coaching objectives, systematic training programs, appropriate training materials and methods, and evaluations that can measure the success of the coaching process itself. (Triyasari, Soegiyanto & Soekardi, 2016).

One strategy for sports coaching is not to forget the role of sports clubs as a sports coaching container. This club is expected to be able to produce talented sportsmen. The existence of the club is very important because the club is a coaching center and the center of generating

progress in the process of sports coaching (Muryadi, 2015).

Almost all countries in the world have a pyramid-based sports coaching system. The stages of coaching based on the pyramid are: slaughtering stages, nursery stages, and stage of achievement improvement. Three elements are interrelated and cannot be separated. The pyramid-based coaching pattern applies to all sports and their implementation depends on the conditions of each sport in question. If depicted coaching patterns based on the pyramid are as follows.

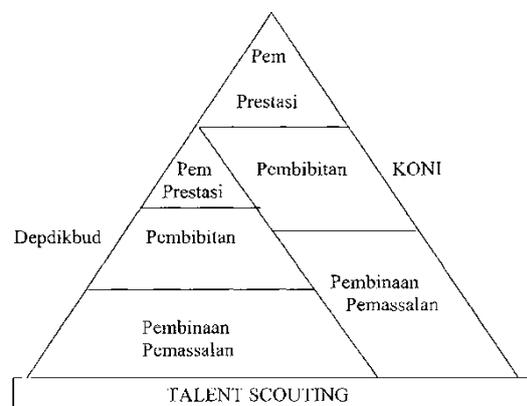


Figure 1. Level of National Sports Development

The goal of the coaching stages is so that athletes can achieve peak performance, which is generally called the Golden Age. This stage is supported by a good training program, where the development is evaluated periodically, continuously, and continuously. According to Muryadi (2015), coaching and developing sports through the introduction of sports, monitoring, guiding, developing talents and improving achievements in family lines, educational paths, and community pathways. Guidance and development as intended must be carried out as an integrated, tiered and sustainable process.

The success of achievement coaching is largely determined by various kinds of influencing elements. According to Nurcahyo, Soegiyanto & Rahayu (2014), one of the elements that influence the achievement of achieving development goals is the application of good management. Meanwhile, according to Priyanto,

Hidayah & Nugroho (2013), Sports coaching is a very important factor in advancing it.

The existence of the Sports achievement coaching training program is based on the foundation of the government's efforts through the Semarang City Youth and Sports Department to fully support the development of Sports Achievement. Guidance carried out seriously by the local government is inseparable from recruitment of athletes who have the potential and have good quality, with the breadth of Semarang city certainly has enough athletes, each sport has the recruitment and coaching by looking for students who have potential and quality to be used as athletes, especially for the Volleyball sports in Semarang City. As for some women's volleyball clubs in Semarang, namely: Mitra Kencana, young monks, vopas, Taruna Merah Putih, Talenta and Ardin. Researchers assess that in the process and planning, there is a need for coaching evaluation to be an input for the club.

Sports coaching is a very important factor in advancing and improving sports performance, because the development of the sports world depends on the training of the sport itself, in the process the city of Semarang government coaching one of the sports volleyball which is prepared to face the POPDA-class provincial championship from level Elementary School, Junior High School, and Senior High School. Fostering and giving birth to high-achieving athletes requires a long-term coaching process that requires systematic, directed, planned and consistent management and is carried out from an early age or elementary school age (Soegijono in Progres Jurnal Ilmu Keolahragaan, 2000).

Coaching evaluation is the right words to be a hot topic in the further discussion about the above, therefore, seen from the background of Semarang city which is a volleyball barometer of Central Java, there are problems that must be formulated clearly, firmly and operationally in order to accountable.

The formulation of the problem that can be proposed in this research is about evaluating coaching at the club to obtain real information about coaching the volleyball sports in Semarang

City. The type of research applied in this research is to use three phases in an evaluation, namely antecedent (preparation or preparation), transaction - process (transactions, implementation process) and outcomes (outputs or results) (Stake, 2005).

METHODS

This research uses qualitative research methods because the approach used is a naturalistic approach (Arikunto, 2006). The place or location of the research is the women's volleyball club in Semarang City, the choice of location is based on rational considerations and practical considerations.

The rational consideration is that football clubs in the city of Semarang have scored a lot of athletes who excel at the provincial and national levels so that they can be used as benchmarks for other regions in the development of volleyball sports in Central Java.

The practical consideration is where researchers as volleyball coaches in the city of Semarang have known the location of the research well, this will further facilitate the implementation of research.

Another important consideration is to reveal more and more deeply the advantages and disadvantages of the volleyball club in Semarang City in order to support the volleyball club's achievements.

The objectives in this research are everything related to aspects of sports coaching, namely: organization, training program, training of athletes/trainers, facilities and infrastructure and funding. The data source is from the women's volleyball club in Semarang City.

Research instruments are: (1) stationery, (2) recording equipment, and the most important instrument is the researcher himself. The research data is collected directly through check-list (observation method), interview guidelines (interview method), and documentation guidelines (documentation method). The validity of the data in this research was carried out in two ways, namely: triangulation techniques and observation persistence. The analysis consists of

three activities that occur simultaneously: data reduction, data presentation, conclusion drawing/verification (Rohidi, 1992).

RESULTS AND DISCUSSION

Research results include aspects of evaluation, process, and results.

Evaluation (Antecedent)

Evaluation (antecedent) covering aspects of coaching programs, availability of facilities and infrastructure, government and community support for coaching programs, availability of human resources, athlete acceptance, trainer acceptance, funding sources for coaching programs carried out by Mitra Kencana, Talenta, and Taruna Merah Putih Clubs in Semarang City.

Coaching Program

Mitra Kencana, and Talenta club coaching program, based on interviews, stated that having run a long-term coaching program that could improve the performance of athletes at the regional and national levels, the process of developing volleyball in Semarang City went smoothly and unceasingly gave birth to athletes volleyball who excel from early age to senior at provincial and national levels. While the training program for Taruna Merah Putih club based on the results of the interview stated that at this time it was still unable to improve the achievements of athletes both at regional and national levels. Because of limited funding and the lack of students who are participating in coaching at Taruna Merah Putih club.

Government Support

Based on the results of interviews about government support for the progress of athletes' achievements at the Mitra Kencana club stated Semarang City government had not provided support in the form of material or financial assistance, however, according to the interview with the athlete's parents, Hanifah's mother gave the government an award for athletes who excel at the national level to prioritize their schools

being given the opportunity to go to favorite schools by using the charter that they have.

Based on the results of interviews about government support for the progress of athletes' achievements at the Talenta club, stated that Semarang City government provided support in the form of annual funds and the provision of facilities in the form of 2 fields which were used as training grounds. The children's self-help contribution helps smooth coaching.

Based on the results of interviews about government support for Taruna Merah Putih club, stated that Semarang City government provided support in the form of borrowing training buildings by paying a certain amount of funds or cleaning costs.

Availability of Human Resources

Human resources at the Mitra Kencana club itself are pretty good, there are two National licensed trainers and 3 regional trainers. This is supported by the statement of PBVSI members in Semarang City who are also the owners of the Semarang City Partnership Club, Mr. Haris at Kedungmundu Sports Hall.

Human resources at Talenta club are quite good because they have a nationally licensed trainer and include the board of management in Semarang City PBVSI, Mr. Muji.

The existing human resources of Taruna Merah Putih club currently have National coaches and are assisted by other trainers who are licensed areas and the help of former athletes to train.

Facilities and Infrastructure

Table 1. Facilities and Infrastructure of Mitra Kencana Club

Facilities and infrastructure	Total	Information
Rental Building	1	Used for training
Net	2	1 Good and 1 Poor conditions
Ball	± 39	25 Good condition, The rest is not feasible
Basket	3	Good condition
Root	1	Poor condition
Barbell	12	Good condition
Team Shirt	4 set	Good condition

Table 2. Facilities and infrastructure of Talenta club

Facilities and infrastructure	Total	Information
Building	1	Used for training
Open field	2	Used for training
Secretariat Room	1	Good condition
Ball	± 25	Good condition
Net	3	Good condition
Mess	1	Used when preparing matches
Barbell	4	Good condition
Fitness equipment	3	Good condition
Net	4	3 Good condition, 1 Poor condition
Team shirt	6 set	Good condition
Bulletin board	1	Good condition

Table 3. Facilities and Infrastructure of Taruna Merah Putih club

Facilities and infrastructure	Total	Information
Building	1	Used for training
Net	1	Good condition
Ball	14	Good condition
Cone	6	Good condition
Ball basket	2	Poor condition
Drinking places	1	Good condition

Financing Implementation of Coaching Program

Based on the results of the interview, that the funds for the program implementation carried out by Mitra Kencana club come from athlete contributions paid monthly. But sometimes we get a little help from Bank Central Java or BKKBN whose nominal is different. Due to the high cost of building rent, the expenditure to drink the trainer for each exercise and pay the trainer's salary, the money that is managed sometimes is still lacking and the head coach and owner of Mitra Kencana club often close these costs.

Based on the results of interview, that the funds for the program implementation carried out by Talenta club came from children's contributions per month and received financial assistance from the District Head of Ngaliyan District itself. Alhamdulillah, we can manage finances smoothly because we do not incur costs for renting a training ground and spending only pays the trainer's salary.

Based on the results of interview, that the program implementation funds are carried out by the Taruna Merah Putih club for the monthly funds of the athlete, for the restoration of all athletes. The club has an athlete's motto for athletes ranging from buying a decent ball, paying

building rent or commonly referred to as cleaning money and paying the coach's salary.

Trainer Acceptance System

Based on the results of interviews and documentation obtained that the District Government did not carry out specific activities in the selection of trainers because of Mitra Kencana club in Semarang, so that Mr. Edi Pramuji, who had been a former national athletic athlete, was trusted to train existing athletes, namely to become a Mitra Kencana club coach, Semarang City coach and Central Java coach.

Based on the results of interviews and documentation obtained that to become a volleyball coach at the Talenta club, essentially has the will and dedication to train.

Based on the results of interviews and documentation obtained that to become a volleyball coach at Taruna Merah Putih club in Semarang does not have to be an accomplished volleyball athlete, but has a volleyball hobby and understands the world of volleyball. For the head coach, it is currently rare to come to the practice site because they have a busy training at PPLP Central Java and also as the official coach of Semarang City-level student volleyball.

Athlete Acceptance System

Based on the results of the interview, in the athlete's acceptance system Mitra Kencana club does this by looking at the seriousness and willingness of the athlete to practice, with the passage of serious time, having a great and talented volleyball will stand out and excel in the existing championships.

Based on the results of the interview, in the athlete's acceptance system, Talenta club does not provide special requirements but only has to fill out a form and is sure that the child is serious about practicing volleyball.

Based on the results of the interview, in the athlete's acceptance system, Taruna Merah Putih club did it by coming to the practice site, paying for the registration, then seeing the practice first and starting to follow the training schedule later.

Transaction Evaluation (Process)

The evaluation of the process itself concerns the implementation of training programs, consumption, welfare, transportation and coordination among the relevant elements under the guidance of Mitra Kencana, Talenta, and Taruna Merah Putih.

Implementation of The Exercise Program

Table 4. Implementation of Mitra Kencana Club

Training Program	
Exercise program	Description
Training schedule	Three times a week in GOR Kedungmundu every Tuesday, Thursday, and Saturday: 16.00 – 18.00 (beginner) 18.00 – 20.30 (senior)
TC	Performed three months before the championship.
Exercise program	Trainers are given the freedom to make their own training programs without any standards set.

Table 5. Implementation of Talenta Club

Training Program	
Exercise program	Description
Training schedule	A week four times, every Monday, Wednesday, Friday and Sunday 16.00 - 19.30.
TC	Performed three months before the championship and in the athlete's mess.
Exercise program	The trainer provides instructions for the program that has been determined by the head coach.

Table 6. Implementation of Taruna Merah Putih Club Training Program

Exercise program	Description
Training schedule	Three times a week, every Tuesday, Wednesday, and Friday 16.00-19.00. There is no TC.
Exercise program	There are no specified training program standards. The trainer determines for himself

Prosperity

Based on the results of interviews with resource persons on welfare evaluation that the welfare of the management, trainers, and athletes of Mitra Kencana club is sufficient, there are salaries per month for administrators, coaches and senior athletes who have had many achievements.

Based on the results of interviews with informants on welfare evaluation that the welfare

of Talenta club's management, coaches and athletes was good enough, there were salaries per month for managers and trainers.

Based on the results of interviews with informants about welfare evaluation that the welfare of the management, trainers, and athletes of Taruna Merah Putih club was lacking. There is a monthly salary for the board, the trainer is just a low nominal.

Transportation

Based on the results of the interview, when they want to train there is a shuttle vehicle from Mitra Kencana that has been provided so that every exercise is just waiting for the vehicle, the vehicle is turned to deliver the athletes, coaches, and caretakers. At the time of the match, there are other vehicles provided by Mitra Kencana's board of directors, depending on how many athletes, coaches, and administrators depart (Interview result, 2018).

Based on the results of the interview, during the training there was no shuttle vehicle from the Talenta provided, so each exercise was just waiting for the vehicle, the vehicle was turned to deliver the athletes, coaches, and caretakers. At the time of the match, there are other vehicles provided by Talenta club owner, depending on how many athletes, coaches, and caretakers depart.

Based on the results of the interview, when they want to train there is a shuttle vehicle from Mitra Kencana that has been provided so that every exercise is just waiting for the vehicle, the vehicle is turned to deliver the athletes, coaches, and caretakers. At the time of the match there are other vehicles provided by Mitra Kencana's board of directors, depending on how many athletes, coaches, and administrators depart.

Coordination

The last evaluation was the coordination problem that was carried out by Mitra Kencana, Talenta, juga Taruna Merah Putih club, where based on the results of the interviews the researchers concluded that coordination for all elements had gone well. This was proven by holding meetings or gatherings between

administrators, trainers, and athletes at every opportunity to present suggestions or problems that exist.

Outcome Evaluation

Evaluation of Outcome of Mitra Kencana Club

Table 7. Results of the Overall Analysis of Mitra Kencana Club Development Program Outcome Stage in Semarang City

Input	Achievement		
	Good	Medium	Less
The success of the volleyball coaching program at the Mitra Kencana club	√		

Evaluate Outcome of Talent Club

Table 8. Results of the Overall Guidance Program Analysis in the Outcome Stage at Talenta club in Semarang City

Input	Achievement		
	Good	Medium	Less
The success of the volleyball coaching program at Talenta club	√		

Evaluation of Outcome of Taruna Merah Putih Club

Table 9. Results of the Overall Coaching Program Analysis in the Outcome Stage at Taruna Merah Putih club in Semarang City

Input	Achievement		
	Good	Medium	Less
The success of the volleyball coaching program at Mitra Kencana club		√	

CONCLUSION

Based on the discussion about the volleyball coaching program at the Semarang City club, it can be concluded: Antecedent Implementation of volleyball coaching at Mitra Kencana club went well, government support through Koni Semarang City and Semarang City Regional Government on the progress of volleyball achievements in clubs in Semarang City went well. The training of volleyball athletes at Mitra Kencana club is not lacking, only the selection process for athletes and the acceptance of trainers who seem simple are carried out by the board. The training of volleyball athletes at Talenta club is not lacking, only the process of

selecting athletes and receiving coaches that seem simple are carried out by the board. The training of volleyball athletes at Taruna Merah Putih club does not lack much, only the selection process of athletes and the acceptance of coaches who seem simple are carried out by the board.

Transaction (process) coaching volleyball in Mitra Kencana club Semarang City which consists of aspects of the implementation of training programs, consumption, welfare, and transportation has been carried out well based on real data and facts in the field, only aspects of the implementation of the training program that received a moderate achievement. Transaction (process) coaching volleyball in Talenta club in Semarang City which consists of aspects of the implementation of the training program, consumption, welfare, and transportation has been carried out well based on real data and facts in the field, only aspects of the implementation of the training program that received a moderate achievement. Transaction (process) coaching volleyball in Taruna Merah Putih Club Semarang City which consists of aspects of the implementation of the training program, consumption, welfare, and transportation has been carried out well based on real data and facts in the field, only aspects of the implementation of the training program that received a moderate achievement.

The outcome of the coaching of Mitra Kencana Club in Semarang City has increased achievements in participating in the championship at the Central Java level and at the national level. This is evidenced by the achievement of targets set by the club management. The outcome of the development of Talenta Club in Semarang City experienced an increase in achievements in participating in the championship at the Central Java level and at the national level. This is evidenced by the achievement of targets set by the club management. The outcome of coaching Taruna Merah Putih Club in Semarang City has increased the achievements in participating in the championship at the Central Java level and at the national level. This is evidenced by the

achievement of targets set by the club management.

REFERENCES

- Arikunto, S. (2006). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta.
- Darmawan, A. F., & Pramono, M. (2017). Analisis Swot Pembinaan Prestasi di PGSI (Persatuan Gulat Seluruh Indonesia) Kabupaten Lamongan. *Jurnal Kesehatan Olahraga*, 5(1), 43-52. Retrieved from <http://jurnalmahasiswa.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/19535>
- Hanif, A. S. (2011). Evaluasi terhadap Sekolah Khusus Olahragawan SMP/SMA Ragunan Jakarta. *Jurnal Cakrawala Pendidikan*, 2. Retrieved from <https://journal.uny.ac.id/index.php/cp/article/view/4231>
- Ismoko, A. P., & Sukoco, P. (2013). Pengaruh Metode Latihan dan Koordinasi Terhadap Power Tungkai Atlet Bola Voli Junior Putri. *Jurnal Keolahragaan*, 1(1). Retrieved from <https://journal.uny.ac.id/index.php/jolahragaa/article/view/2339>
- Mielgo-Ayuso, J., Urdampilleta, A., Martinez-Sanz, J. M., & Seco, J (2012). Dietary Iron Intake and Deficiency in Elite Women Volleyball Players. *Nutr Hosp*, 27(5), 1592-1597. Retrieved from http://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S0212-16112012000500032&lng=en&nrm=iso&tlng=en
- Muryadi, A. D. (2015). Evaluasi Program Pembinaan Sepakbola Klub Persijap Jepara. *Jurnal Ilmiah PENJAS*, 1(2). Retrieved from <http://ejournal.utp.ac.id/index.php/JIP/article/view/323>
- Nurchahyo, P. J, Soegiyanto, & Rahayu, S. (2014). Evaluasi Program Pembinaan Prestasi Taekwondo pada Klub Satria Taekwondo Academy di Kabupaten Banyumas. *Journal of Physical Education and Sports*, 3(2). Retrieved from <https://journal.unnes.ac.id/sju/index.php/jpes/article/view/4799>
- Priyanto, J., Hidayah, T., & Nugroho, P. (2014). Model Pembinaan Prestasi Olahraga Voli Pantai di Kabupaten Indramayu Tahun 2013. *Journal of Sport Sciences and Fitness*, 3(1). Retrieved from <https://journal.unnes.ac.id/sju/index.php/jssf/article/view/6205>
- Rohidi, T. R. (1992). *Analisis Data Kualitatif*. Jakarta: Universitas Indonesia.
- Soegijono, (2000). Proyek Pembinaan Prestasi Olahraga Garuda Emas Menuju Tahun 2000. *Paper*. Dies Natalis IKIP Semarang Ke-29. Semarang: IKIP Semarang.
- Stake, R. E. (2005). *The Art of Case Study*. London: Sage Publications, Inc.
- Sumaryono, I. G., Mudjiman, H., & Haryanto, S. Extracurricular Learning Model In Girls Volleyball (Case Studies in SMP Negeri 1 Bancak Kabupaten Semarang Academic Year 2013/2014). *Jurnal Teknologi Pendidikan dan Pembelajaran*, 2(3) 375-392. Retrieved from <http://jurnal.fkip.uns.ac.id/index.php/tp/article/view/3900>
- Triyasari, A., Soegiyanto, & Soekardi. (2016). Evaluasi Pembinaan Olahraga Senam Artistik di Klub Senam Kabupaten Pati dan Kabupaten Rembang. *Journal of Physical Education and Sport*, 5(1), 41-46. Retrieved from <https://journal.unnes.ac.id/sju/index.php/jpes/article/view/13280>