

## Evaluation of Gymnastics Sports Development in Pati Regency

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### Abstract

This study aims to evaluate the Antecedent (coaching program, availability of facilities and infrastructure, athletes and trainers resources, funding sources, and support from the government). Furthermore, transactions (implementation of training programs, trainer performance, selection of trainers and athletes acceptance, use of facilities and infrastructure, and coordination. The outcome of the success/achievement of training in gymnastics in Pati Regency. This research is qualitative. The approach used the countenance evaluation model, research data sources, namely administrators, trainers, athletes, athletes' parents, and supporting staff. The results of this study are antecedent which includes an excellent gymnastic training program, because the coaching program can be implemented, facilities and infrastructure are moderate because the facilities used are adequate, but the infrastructure is lacking, support from the government is good because support is available every year, athletes trainers and administrators good because it is competent, funding is moderate because the source of funds is only from the local government. Transactions that include the implementation of a good coaching program, a good coach acceptance system, because the trainer is appointed from a former certified athlete, the athlete's acceptance system is good, because it is based on championship results each year, good coordination between administrators, government, coaches, athletes, and parents. The outcome, the success of a good achievement coaching program is because the achievements are ongoing every year; the welfare of athletes and coaches is moderate because pocket money is still a little.

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## INTRODUCTION

Gymnastics became popular in Indonesia in 1912 when gymnastics first entered Indonesia in the Dutch colonial era. The inclusion of this gymnastic sport together with the stipulation of physical education as a compulsory lesson in school, by itself gymnastics as part of health education is also taught in schools (Mahendra, 2000).

In contrast to other sports in general that measure the results of their activities on particular objects, gymnastics refers to the form of motion that is carried out in an integrated combination and incarnates from each part of the body from the components of motor abilities such as strength, speed, balance, flexibility, agility and accuracy (Triyasari, Soegiyanto, and Soekardi, 2016).

Gymnastics is a sport that requires flexibility and proper coordination between limbs. Gymnastics consists of 3 types, namely: basic gymnastics, agility exercises, and rhythmic exercises. Agility exercises can be done without tools and tools. Dexterity exercises performed without a tool are called floor gymnastics, while dexterity exercises using a device are called tool gymnastics. Inside the gymnastics there are various forms of movement, both carried out with lent and body rotation, as well as forms of balance (Prasetya, 2016)

Aka (2009) potential athletes from the results of club coaching are then developed through training branch training center (Puslatcab) located in the district/city.

One of the districts that got excellent achievements in every match held at the Central Java Province level was Pati Regency. Based on the results of the initial observations of the researchers, the management was proper, but the facilities and infrastructure owned by the Indonesian Gymnastics Association, Pati Regency were still not good enough, seen from the practice site located in one of the buildings in Junior High School 1 Pati. The room for training is a former class for the learning process at the school. The area is very narrow, and the height of the roof is not high enough, so it dramatically

inhibits the training process. Even for the artistic gymnastics training in the jumping table, athletes must lift facilities and infrastructure such as mattresses, jump boards, etc. for the training process on the building yard.

Based on the results of the three times Provincial Sports Week (PORPROV), the last achievement of gymnastics achievements in Pati Regency in the Provincial Sports Week (PORPROV), it can be concluded that for men's artistic gymnastics, Pati Regency has achieved very good achievements. But in 2018 the medal results decreased, from the original six gold medals, and two silver reduced to four gold medals, four silver, and seven bronze. From there it is necessary to increase gymnastic performance through a training centering program, gymnastics branch in Pati Regency in Pati Regency, which can win more gymnastic numbers in the Provincial Sports Week (PORPROV), Central Java.

Coaching is a learning process by releasing things that are already owned, and learning new things that are not yet owned, with the aim of helping people who live it to correct, and develop existing knowledge, skills and acquire new knowledge and skills to achieve life goals, and work undertaken more effectively (Widayat, 2004).

Efforts to achieve achievements need systematic planning carried out in stages and continuously, starting from the installation, nursery, and coaching to reach the peak of achievement (Irianto, 2002).

Bompa, and Haff (2009) argues that a training program is an event that includes the preparation process, the implementation, and the end of the completion of the report to support the implementation of the training plan.

Management is the achievement of organizational goals effectively and efficiently through planning, organizing, leadership, and controlling organizational resources (Daft, 1988).

Suharsimi, Syafruddin, and Jabar (2004) evaluation is an activity to gather information about the workings of something, which is then used to determine the right alternative in making a decision.

The model that will be applied is countenance evaluation model developed by Stake. A common emphasis in this model is evaluators who make judgments about the program being evaluated. Stake said that the description on one side was different from judgment on the other. In this model antecedents/inputs, transactions/processes and outcomes/output data are compared not only to determine whether there are differences between objectives and actual conditions but also compared to absolute standards to assess the benefits of a program. (Tayibnapis, 2000).

The "Evaluation of the Development of Gymnastics Branches, in Pati Regency" aims to find out how the conditions of the training program have been running, what obstacles are there in the gymnastics training program in Pati Regency, as well as what efforts are needed to overcome these obstacles. So that in the future the Indonesian Gymnastics Association in Pati Regency can make improvements to the management of gymnastics training programs, for male and female gymnastics athletes in Pati Regency able to win a gold medal at the Central Java Provincial Sports Week (PORPROV) in 2022.

## METHODS

This research is qualitative. This study uses a survey method that aims to assess the evaluation of gymnastics training center training programs in Pati Regency, Central Java Province. The location of the study took place at the Secretariat of the Indonesian Gymnastics Association, Pati Regency, precisely in Blaru Hamlet, Pati Subdistrict, Pati Regency. Also, this research was conducted at the gymnastics training center in Pati Regency, Central Java

Province, namely at Public Junior High School 1 Pati, address Jl. Pemuda No. 287, Pati Wetan, Kalidoro, Pati District, Pati Regency, Central Java.

Data sources, both primary data and secondary data used in this study were obtained from gymnastics branch administrators in Pati Regency, Central Java, which consisted of: (1) Paper, related to gymnastics in Pati Regency, Central Java, namely: athlete documents, coach documents, magazines, books and more, (2) Place, including practice sites, facilities and infrastructure, dormitories, and training activities, (3) Personnel, including administrators, coaches, athletes, athletes' parents, and supporting staff.

Data collection techniques used in this study are observation (observation), interviews, and documentation. Data analysis in qualitative research, namely data reduction, data display, and conclusion drawing/verification.

## RESULTS AND DISCUSSION

Based on the results of the study with observations, interviews and documentation of data that has been collected and carried out in this study explained through the aspects that exist in the stages of evaluation guidance on gymnastics in Pati Regency can be seen in table 1.

It can be seen that several factors inhibit the performance of gymnastics athletes in Pati Regency. Among these are the lack of facilities and infrastructure, funding that only comes from the local government, selection of athlete acceptance that is not done by testing, in terms of the well-being of athletes and coaches is also lacking, little pocket money, no job guarantees for athletes or coaches achievement.

**Table 1.** Research Results on Aspects of Antecedent Evaluation Stages (input), Transaction (process), Outcomes (results) Development of Gymnastics Sports in Pati Regency

No	Evaluation stage	Aspects disclosed	Information
1	Antecedent (Input)	Gymnastics training program	The trainer makes programs for senior athletes and juniors, and there are no difficulties
		Availability of facilities, and infrastructure	The tools are adequate, although there are still short comings such as modification tools.
		Support from the government	Infrastructure is less high and less extensive. Support from the government in the form of financial assistance

No	Evaluation stage	Aspects disclosed	Information
2	Transaction (Process)	Availability of coaches, athletes, and administrators	There are competent trainers, athletes, and administrators
		Funding	Sources of funds are only from the regional government
		Implementation of a coaching program	The training program is made by the trainer and runs according to a predetermined schedule
		Coach acceptance system	There are no special conditions, and the coach is appointed by the management of the former gymnastics athlete
3	Outcomes (Results)	Athletes acceptance system	The selection system is based on the results of the championship each year by looking at the potential of the child
		Use of facilities, and infrastructure	Facilities and infrastructure are used in the process of fostering gymnastics
		Coordination	Good coordination from administrators, government, coaches, athletes, and athletes' parents
		The success of the gymnastic sports achievement program in Pati Regency	Achievements for male artistic have continued every year, for rhythmic gymnastics, and artistic women have begun to pioneer good achievements
		The well-being of athletes, and coaches in the training of gymnastics	The allowance is still small, and bonuses only come from the local government, have never received work facilities for accomplished athletes

## CONCLUSION

Antecedent (input) in the achievement training program in gymnastics branches in Pati Regency is still experiencing obstacles. In terms of facilities and infrastructure in the implementation of the gymnastics coaching program is not good. Government support is also still relatively minimal for the development of gymnastics. The availability of athletes, coaches, and administrators is good because athletes from Pati Regency can compete at the provincial and national levels. Funding for the gymnastics training program in Pati Regency is still minimal because it only comes from the government through DINPORAPAR Pati Regency.

The transaction or the process of implementing a gymnastic training program in Pati Regency can run according to the schedule that has been made. Selection of athlete admissions is only from observations during POPDA selection each year, and there is no exclusive selection in terms of acceptance of athletes. Gymnastics trainer admissions selection is taken from former athletes appointed from the board, as well as competent sports teachers and attending gymnastic upgrading at the provincial and national levels. The use of facilities and infrastructure is not good; the equipment used is not standard; the training site is very nonstandard. Coordination between

administrators, government, coaches, athletes, and athletes' parents are well done.

Outcome/results of gymnastics training program influence the increase in the results of athletes' abilities during training, as well as an increase in athletic achievement results. The welfare of the athlete and the coach is still small, the coach's allowance is still small, even for the pocket money the athlete is only available for each championship departure.

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