

## Evaluation of Performance Program in Tirta Wahana Swimming Club, Grobogan Regency

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### Abstract

This study aims to evaluate the antecedents, transactions, and outcomes in the swimming achievement training program at Tirta Wahana Club, Grobogan Regency. This study uses a descriptive qualitative approach to the Countenance Stake evaluation model. The subjects in this study were administrators, coaches, and athletes at Tirta Wahana Club in Grobogan Regency. The results of this study are Antecedent the implementation of swimming coaching in Tirta Wahana Club is going well, the availability of facilities and infrastructure of Tirta Wahana Club is well available, availability of human resources in recruiting coaches and athletes seems simple, and funding comes from 2 elements, Transaction (process) swimming coaching at Tirta Wahana Club, Grobogan Regency consisting of aspects of the implementation of training programs, coordination, consumption, welfare, and transportation have been carried out well based on data, and facts on the ground. The outcome is coaching at the Tirta Wahana Club has increased performance in following the championships at the provincial level in Central Java, and nationally. The conclusion of this study is the overall antecedent, transaction, outcome development of the swimming achievement of the Tirta Wahana Club in Grobogan Regency has been going well with the revision of aspects in the coaching program so that it can advance the coaching system, and improve achievement.

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## INTRODUCTION

Coaching, and developing sports achievements are carried out by empowering sports associations, developing national and regional sports coaching centers, and organizing the competition in stages and continuously (Yunida, Sugiharto, and Soenyoto, 2017).

Associated with sports achievement coaching with many factors that must be considered include clear coaching goals, systematic training programs, materials, and appropriate training methods, and evaluations that can measure the success of the coaching process (Triyasari, Soegiyanto, and Soekardi, 2016).

The strategy of sports coaching is not to forget the role of a sports club as a place for sports coaching. Sports associations (clubs) are in a strategic place, because they are in the leading position, and are the spearhead of fostering achievement in the coaching process towards the highest result (KONI, 2000).

Coaching sports achievements requires a series of coaching processes that begin with the club. In the process of coaching involves management in proper club management, to obtain results effectively and efficiently. Excellent and efficient management in the management of sports club activities in the context of achieving achievements is crucial (Pakaya, Rahayu, and Soegiyanto, 2012).

Swimming is an activity carried out in the water, good walking, playing, and so on. Swimming provides a new experience, fun, giving freshness while feeling cheerful because meeting with friends, competing, and feeling success (Fernando, Soegiyanto, and Kusuma, 2018).

To achieve achievements in swimming, swimmers must have four essential aspects which include physical, technical, tactic, and mental which must be developed through regular practice based on the correct principles (Shava, Kusuma, and Rustiadi, 2017).

The swimming club is a container for the process of coaching and developing swimming at an early stage, as the spearhead of the problem,

and breeding in the framework of the national swimming sports training system. It is necessary to make efforts to empower the club so that it can provide an optimal contribution in achieving the acceleration of the achievement of national swimming sports (Mulyana, 2013).

The establishment of the Tirta Wahana swimming club in 2005, which had the idea to set up a club, was Mr. Harry Indrianto, his aim was straightforward, he wanted to advance the sport of swimming, and wanted to elevate the good name of the region to a higher level.

The results of medals from swimming athletes Tirta Wahana, Grobogan Regency in events between associations or clubs at the level of Central Java, Central Java and DIY levels, levels in Java, National, International, PORPROV, swimming championships between students, 19 gold, 12 silver, and 8 bronze.

The chairman of the Tirta Wahana club, Grobogan Regency, Zamroni (2019) said that for the time the Tirta Wahana swimming club achievements had not achieved what was expected, one of them being the best swimmer in the inter-club swimming championship. According to Zamroni (2019) several factors must be addressed, including the management of the club, club management, HR management, and athlete coaching.

Therefore, based on the background above, it is necessary to research evaluating the swimming achievement training program at the Tirta Wahana club in Grobogan Regency. Because evaluation coaching program it is expected to be able to give an idea of the pattern of swimming coaching in Tirta Wahana, which has been carried out so far, and to measure the level of success that has been carried out.

## METHODS

The approach in this study is a descriptive qualitative approach with a countenance stake evaluation model in terms of the stages of antecedents, transactions, and outcomes (Arikunto, 2010). Research using a qualitative approach emphasizes more on its analysis in deductive and inductive inference processes and

on the study of the dynamics of the relationships between observed phenomena, using scientific logic and not using quantitative data support at all but the emphasis is not on testing hypotheses but on trying to answer questions research through formal and argumentative ways of thinking (Azwar, 2015).

The instrument used by researchers in this study using data collection is done by the method of observation, interviews, and documentation (Rumini, 2012).

The informants of this study were the administrators, coaches, and athletes of the Tirta Wahana club in Grobogan Regency. In the data validity test technique, this research uses two

ways, namely: triangulation technique and perseverance of observation. As for data analysis techniques through four stages, namely: data collection, data reduction, data presentation, and concluding (Sugiyono, 2009).

## RESULTS AND DISCUSSION

Based on the results of research by observation, interviews, and documentation of data that has been collected and carried out in this study explained through aspects that exist in the evaluation stage of the implementation of athlete coaching in the Tirta Wahana club in Grobogan Regency can be seen in Table 1.

**Table 1.** Results of Research on Aspects in the Stages of Evaluation of Antecedent (Input), Transaction (Process), Outcomes (Results) Coaching Athletes in the Tirta Wahana Club in Grobogan Regency

Evaluation stage	Aspects disclosed	Information
Antecedent (input)	Coaching program	The Tirta Wahana swimming club, Grobogan has a clear and good background, vision, and mission in implementing athlete coaching.
	Availability of facilities and infrastructure	The availability of facilities and infrastructure to support the Tirta Wahana swimming club, Grobogan, the size is already of a national standard, but for maintenance, it is still not good.
	Human resources	Recruitment of trainers through appointment, competence, recruitment of potential athletes, who have a coaching certificate.
	Funding	Funding is obtained from the athletes' self-help parents, and it cannot be generalized. For championship funds, it gets financing from PRSI Grobogan Regency through proposal submission, so it can be concluded that funding is still not proper.
Transaction (process)	Implementation of an exercise program	The implementation of the training program in coaching the swimming athlete of the Tirta Wahana Club, Grobogan Regency has run well and scheduled, it can be concluded that the implementation of the training program is quite good.
	Consumption	Consumption for athletes is not appropriate, and there is no nutritional dose required by athletes.
	Coordination	The coordination of the Tirta Wahana club, Grobogan Regency has been well established, because the communication between athletes, coaches, and administrators went well.
	Transportation	Existing transportation for the Tirta Wahana club, "medium." Because for coaching swimming using the athlete's parent's vehicle. There is no specialized transportation for transportation.
	Welfare	Welfare at the Tirta Wahana Club, Grobogan Regency for coaches is moderate, because the money earned from monthly contributions, and welfare for athletes does not exist.
Outcomes (results)	Athlete's ability (achievement)	Coaching at the Tirta Wahana club is still lacking in improving achievement in participating in the championships at the provincial level in Central Java and the national level.

The discussion of antecedent evaluation based on observations, interviews, and documentation in the training program states that after carrying out the long-term coaching program is still not optimal. Because of the lack of funding factors that are still lacking, and transportation that is not explicitly provided for

coaching, consumption factors that do not meet the nutritional intake of athletes' needs, and for the needs of supplements/vitamins not all athletes consume them. The welfare factor is still not good for the welfare of athletes and coaches. The athlete's achievement is still not stable in every swimming club championship in regional,

national, and even international championships so that it can be stated that the Tirta Wahana club's swimming achievement training program in Grobogan Regency needs a revision.

The antecedent evaluation which consists of a coaching program, a clear coaching program, vision, and mission, the purpose of the coaching is clear, for the availability of facilities, and infrastructure has met national standards, but for maintenance is still not good. The availability of human resources recruitment of trainers have certificates and S1 training graduates, funding for the implementation of the coaching program still lacks to carry out the fostering of the swimming achievements of the Tirta Wahana club in Grobogan Regency.

Transaction evaluation, namely the implementation of the Tirta Wahana athlete's swimming athlete training program in Grobogan, which consists of competent trainers. Because the Tirta Wahana club swimming coach already has a coaching certificate, the training program prepared by the coach has been carried out, but the athlete still has not spent the training portion with the specified time.

The outcome evaluation of the development of the Tirta Wahana swimming club achievements in Grobogan Regency in 2018 was good enough, but the achievement of the time taken was still not stable to maintain the previous time record.

## CONCLUSION

Based on the results of research and discussion, conclusions are obtained that the antecedent evaluation consists of a background, which clearly has a vision, mission, availability of facilities, and infrastructure that is sufficient to meet national standards, the availability of human resources that still do not meet the criteria, and the funding is still lacking for coaching standards.

Transaction evaluation which consists of implementing a training program is good enough. If the athletes practice always finish the portion of training program every day, coordination between administrators, athletes, and coaches has

been going well so that coordination between administrators, athletes, and trainers is always maintained in harmony, transportation for fostering swimming achievements of the Tirta Wahana club in Grobongan is still lacking. Because the transportation used is private vehicles, so there is no specialized transportation to take athletes to take part in the championship outside the city. Athlete consumption is still lacking because the nutrition provided does not match the nutritional dose in general. Welfare for coaches and athletes still lack because coaches get welfare every month only rely on monthly contributions from the athlete's parents, while athletes do not get money.

The outcome evaluation of the development of the Tirta Wahana swimming club achievements in Grobogan Regency in 2018 was good enough, but the achievement of the time taken was still not stable to maintain the previous time record.

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