

The Evaluation of Elite Karate Development Program in PPLP (Students' Sport Training and Education Center) of Southern Sumatera Province

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Abstract

This research aims at analyzing and evaluating the developmental program of elite Karate in PPLP (Students' Sport Training and Education Center). This research is an evaluation of a program by using Countenance Evaluation Model (Stake) reviewed from several stages: antecedent/context, transaction/process, and outcome. It means that this research is considered to have more accurate and objective information as well as having been compared to what had been achieved from the developmental program. The data were collected through observation, interview, and documentation from the coaches, committee, athletes, and parents. The qualitative analysis technique in this research was based on 4 components, namely: data collection, data reduction, data display, and conclusion drawing. The results of this study indicate that the Antecedent program is a form of coaching program that has been proven in an effort to improve athlete achievement. The entire PPLP karate athlete development program has been going well. Based on Transaction evaluation, it can be revealed that the process within transaction evaluation has not been going well. The outcome of the karate performance coaching program at PPLP which was carried out in South Sumatra in terms of the results of the medals had slightly decreased. It can be concluded that the Antecedents in PPLP of South Sumatra have clear backgrounds and goals, the completeness of the tools and the coaching program is also clear and directed, Transaction in the PPLP karate athlete development program in South Sumatra can be said to be good although there are still deficiencies in its implementation obtained in this program in this case have not had satisfactory results. The athletes' achievements can be said to be unstable in terms of the medals in each championship annually which tend to be inconsistent.

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INTRODUCTION

Elite sport success can be achieved through a sport development program that depends on a planned, regular and continuous coaching process in an effort to achieve maximum results. To improve the performance of an athlete, it is necessary to have a national sports coaching system which includes ten policy pillars. These pillars include financial support (financial), sports support which consists of the structure and content of an integrated sports policy, marketing (foundation and participation), achievement development (promotion and identification of talents), ellipses or top achievements (reward and sense systems. safe), training facilities, trainers procurement and development, national competitions, research or sport engineering, environment, media and sponsorship (Ranto, 2012; Pakaya, 2012)

Elite sports are sports that must be concerned and handled seriously and integratedly. Sports achievement is a collection of results that have been achieved by athletes in carrying out the tasks assigned to them (Erman, 2017: 219). Elite sports development aims at developing athletes in a planned, tiered, and sustainable manner through competitions for getting sports achievement with the support of sports science and technology. (Donny W.Y. Kusuma, 2017:267).

According to John M. Echolsdan H.Shadily (quoted by Sitiatava Rizema 2013), evaluation is describing, obtaining, and presenting the process of useful information to formulate an alternative decision. Sport development is a learning process that lasts continuously and sustainably. It argues that a sports development process must be done from the beginning until the end, based on the arranged program (Bompa, 2009:45).

Rubianto Hadi (2007: 55) argues that the purpose of training is to facilitate athletes or a sports team to improve their skills or achievement maximally. It is done by considering various training aspects, such as physical, technical, tactical, and mental training.

Karate is a famous sport all over the world. According to Wahid (2007:1), Karate has been one of the popular martial arts in the world beside Pencak Silat. Karate has been developed and is known by people. Karate is a bit different from other martial arts since it emphasizes the arts of movement. It means that this sport is not intended to put some damages on the opponents, also known as *full-body contact*. During a competition, what is being judged is the athlete's movement, such as in *Kata* and *Kumite* competition (Simbolon, 2014:1).

As stated by Arin Triyasari (2016), an organization is an agency, community, or place for people to cooperate. They have a certain objective to achieve. An organization is a functional structure and cooperative system. It has a structure and cooperating system based on the applied regulations and formal job function descriptions.

PPLP (Students' Sport Training and Education Center) is one of the organizers of sports achievement development that is directly supervised by the government, in this case the Youth and Sports Service (DISPORA). The sports coaching process is determined by the training programs compiled by the coaches. Other aspects that also determine sports achievement include organizational aspects, sports coaches, sports facilities and infrastructure, supporting funding as well as participation and support from the community and government. In addition, PPLP is also a center for guidance and a center for generating progress of karate in South Sumatra. (Jemris Rubiyanto Allung, 2019).

The sport of karate in PPLP in South Sumatra Province should be a sport that is expected to be able to contribute achievements to South Sumatra Province. The number of competitions that have been participated by the karateka, both regional, national and international competitions, has not been able to contribute to the achievement of sports achievements for South Sumatra Province.

Based on the explanation above, the formulation of the problem in this study then can be described as follows, first, what is the

input / antecedent of elite karate development program in PPLP of South Sumatra Province? Second, how is the process / transaction of elite karate development program in PPLP of South Sumatra Province? and third, What are the outputs / results / outcomes of elite karate development program in PPLP in South Sumatra Province?

This research aims to: 1) analyze and evaluate the *antecedent* of elite karate development program in PPLP of South Sumatra. 2) analyze and evaluate the *transaction* of elite karate development program in PPLP of South Sumatra. 3) analyze and evaluate the *outcome* of elite karate development program of South Sumatra.

METHODS

This type of research was a program evaluation research with the Countenance Evaluation Model (Stake) evaluation model in terms of the stages of antecedents / context, transaction / process, and outcomes. In other words, the research data were obtained through accurate and objective information and then compares what has been achieved from elite karate development program at the Students' Sports Training and Education Center (PPLP) in South Sumatra Province with what should be achieved based on predetermined standards or with absolute standards so that the benefits of activities in a program could be clearly identified (Ambiyar, 2019:185).

The data collection technique is the most strategic step in a research, because the main purpose of research is to get data. Data collection techniques in this study were carried out through observation, interviews, and documentation (Sugiyono, 2010).

RESULT AND DISCUSSION

According to Arikunto (quoted by Haris, 2012), evaluation is a process to determine the achieved outcome from several planned activities to support achieving the objectives. Through empowerment or development

programs at clubs or training centers, athletes are physically, technically, tactically, and mentally trained to join the competition and reach maximum achievement.

Patton (quoted by Corliss N. Bean, 2015) determines a focused evaluation implementation on individual-identification-based utilization uses the evaluation findings to decide the program. It actively involves decision-makers in the evaluation and helps them understand the evaluation process. Dealing with the purpose of an evaluation, it aims to determine the program's improvement in achieving the internal objective of an institution, the task responsibilities toward the *stakeholders*, and consideration of decision-making (Yunus, 2017).

The antecedent evaluation consists of several matters, such as background, program development plan, and the purpose of the program toward elite karate of Southern Sumatra. It is done by having a complete structural instrument and clear as well as directed development programs by the authorized committee structures in PPLP.

Good guidance to improve the elite karate needs to consider the characteristics of athletes that are viewed from some components such as physics, technics, tactics, psychology. Besides, it should also concern with training facilities and infrastructure, as well as the conditions of the coaching environment with the aim of the coaching process towards the highest possible achievement. It should be underlined that the success of an organization or sports club depends on the club managers' self-awareness of their level of work, the ability of their human resources and motivation to achieve his goals (Nugraheni, 2017).

Transaction evaluation in this research is based on the process. It consists of several matters, such as coaches and assistant coach's recruitment process, athlete recruitment process, facility and infrastructure, training program realization, funding, coordination, and the athletes' welfares.

Based on the interview with Sumatera Province Youth Service and Sport (DiASPORA) and related to field report of elite karate coach

recruitment in PPLP, it could be concluded that the coach recruitment consisted of people who have experienced in organizing and managing karate. They were considered capable of making a training program and had a strong will to work hard, seen from their experience in training the athletes in PPLP. they must have a trainer's license or certificate as the main requirement to support the successful achievements of PPLP athletes in South Sumatra Province. The role of the coach in building achievement is very decisive because the coach handles the players directly and continuously. The coach is one of the most influential figures in improving athlete achievement and the coaches 'knowledge needs to be continuously improved so that the athletes' achievements at the highest level can be achieved (I. A., Subekti, 2014:1098).

According to Haruki (2003:374), a coach is an individual that plays roles to assist athletes in preparing their performance and improve all of their potentials. Thus, the athletes could have higher achievement in sports. A coach has roles, such as planning, arranging, promoting, evaluating the training process, recruiting talented athlete candidates, leading a championship or competition, organizing and managing a training process, and improving the knowledge and skills. However, an excellent coach at least should have the skills and capabilities of a sports division. A coach must be experienced in the field, dedicated, committed, moralized, and well personalized.

The recruitment process of elite Karate athletes was based on their actual achievements. They should also pass the determined requirements, both physically and mentally. Then, they would be trained in PPLP, a place to prepare professional athletes in Southern Sumatra. Therefore, the recruitment process should need improvement by more involving the local government.

According to Harry Pramono (2012: 11), Achievement of maximum performance must be supported by adequate and qualified infrastructure. As facilities and infrastructure used in training for elite athletes, sports facilities must be optimally utilized by

adjusting the development of science and technology, so that maximum achievement can be realized. Sports facilities are something that can be used and utilized in the implementation of sports activities. Meanwhile, infrastructure generally means anything that supports the implementation of a business or development process. (Endie Riyoko, 2013: 91).

The existing facilities and infrastructures for developing the athletes were still limited. Many supportive infrastructures, such as a field for physical practicing, were also used by other sport, the athletic division, and limited utilities of buildings for technical training. Even so, some of the buildings had been nationally standardized. The key to success in sports development is the availability and the maintenance of various facilities (both sports facilities and infrastructures) that could be used by the community to have exercise, for development purposes, and to improve the achievement regionally or nationally (Ministry of Youth and Sport, 1999/2000:82).

The physical training program had not fully contributed. It meant that the intensity of heavy training could lower blood vessels' quality (Mukarromah, S.B, 2010:239). According to Rubianto Hadi (2007: 55) argues that the purpose of training is to facilitate an athlete or a sports team to improve his skills or achievement maximally. It is done by considering various training aspects, such as physical training, technique, tactic, and mental.

Hengky (2018:33) argues that to promote an evaluative program needs to find out the type of the evaluated program. However, dealing with the training program and work plan of Karate in Southern Sumatera, it has been programmed excellently and based on the schedule. However, they had not been promoted properly because of several hindrances. One of them was a monotonous training program.

The funding of athlete development had been promoted properly. However, the coaching money share for both athletes and coaches had to be disciplined because it was frequently late to share. It also still had many hindrances on try out and try in funding. The sport funding

management had to be done based on justice, efficiency, transparency, and public accountability principles. The sports fund allocated from the government and the local government could be given in the form of reward as regulated by the law. The tax arrangements for every individual that provides financial supports for the development and coaching should be based on the applied regulation and law in taxation. This funding is in line with Law Number 3, the Year 2005, about National Sports System.

Coordination is an internal information system that becomes a need to run an organization. It has the purpose to guarantee clear and effective information availabilities for a program's success and avoid miscommunication problems (Adiska Rani Ditya Candra, Rumini 2016:49). Coordination could be concluded that all things are good due to coordination among the committees, coaches, athletes, parents, and other concerning parties for the athletes' development. By carrying out supportable coordination, a development program will run smoothly.

Prosperity is also an important aspect for individuals to keep and empower their social and economic stabilities. It is needed to minimize the social gap in an organization. Dealing with the program's welfare, the researcher found that the athlete development welfare had been sufficient, although the coaches were still low. The rewards could not be obtained by them immediately and took a long time. Moreover, the rewards were also taxed, and sometimes the rewards had problems during the sharing processes.

Based on the outcome evaluation, the program was reviewed based on a national competition event's success or achievement. Generally, the achievement of the athlete development had obtained sufficient achievement. They could also compete with other regions. However, the infrastructure and facility were poor, so that the medal achievements were not stable. Therefore, they needed to be improved to encourage both

athletes and coaches to improve their achievements.

When it is developed and applied for youth in early childhood until productive ages, a sporting achievement will be better (Adiska Rani Ditya Candra, Rumini 2016:48). E. Yunida, Sugiharto & T. Soenyoto (2017: 126) argues the importance of considering the athletes' characteristics both psychologically, physically, capability, infrastructure, structure, and environmentally. During the achievement development, athletes would adhere to the training aspects completely. They are such as personality, physical condition, skill, tactic, and mentality (M.S. Lufisanto, 2014: 53). Elite sport development aims to develop the athletes in a proper plan, gradually and continuously through the competition to reach the achievement. Then, it should be supported by sport science and technology (Donny W.Y. Kusuma, 2017:267).

CONCLUSION

Antecedents in this case are everything that becomes background of the program for the establishment of the Karate sport at PPLP in South Sumatra Province where this program aims to enhance and train young athletes and can be facilitated in one place (PPLP) so that they can excel at both the national and national levels. international. The implementation of elite karate development program at PPLP in South Sumatra Province has been going well and is structured according to the background, coaching program planning, and the objectives of the coaching program that have been arranged and planned.

In the scope of Transaction, the development of karate athletes at PPLP in South Sumatra Province which consists of the implementation of training for athletes in the sport of karate at PPLP in South Sumatra Province had been carried out objectively, the selection process for athletes was in accordance with existing procedures, facilities and infrastructure for coaching. Elite karate athletes are still considered unsatisfactory, the implementation of training programs and work

programs has been well programmed, coordination between administrators, coaches and athletes can be said to be good, and the welfare of karate athletes at PPLP in South Sumatra Province is quite good.

Outcomes from the results elite karate development program at PPLP in South Sumatra Province was reviewed based on the athletes' success or achievement in national championship events. In general, the achievements of PPLP karate athletes are quite good and able to compete with other regions. Yet, the lack of infrastructure is the cause of the unstable performance of karate athletes, so it requires improvements in the training program so that athletes and coaches can achieve optimal performance.

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