



Evaluation of Women's Volleyball Coaching Program on Student Sports Training Education Center in Musi Banyuasin Indonesia

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Abstract

The development of volleyball on Student Sports Training Education Center (PPLPD) in Musi Banyuasin South Sumatra Indonesia its achievement is less stable, therefore it is necessary to conduct an evaluation as a reference for the preparation of further performance coaching programs. The purpose of this study is to evaluate the Context, Input, Process and Product of the PPLPD Musi Banyuasin Volleyball Achievement coaching program. This study used a qualitative approach with the CIPP evaluation model. Data collection techniques used interviews, observation and documentation. Results: Context Program is coaching women's volleyball achievement. Input coach has coaching license, athletes have skills. Facility and infrastructure for volleyball is already good, the sport Centre has national standards, athlete coaching program funds come from Local Government Budget (APBD). Process, having a training program, in which it is controlled, is given monthly coaching funds to coaches and athletes. Product the PPLPD Musi Banyuasin volleyball performance coaching program has not been maximized, only in the top five in the National Championship level between PPLP. The conclusions of this study are: Context Program for the coaching of women's volleyball sports achievements at Musi Banyuasin PPLPD. Input coaches and athletes are in accordance with what was determined by Sports and Youth Office (DISPORA), coaching funds come from APBD. Process the implementation of coaching program is going well. Product coaching program is the result of competition shows unstable or less than optimal performance.

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INTRODUCTION

Law of the Republic of Indonesia number 3 of 2005 concerning the national sports system, article 27 paragraph 1 states: "the guidance and development of sports achievements are carried out and directed to achieve sports achievements at the regional, national and international levels", therefore development orientation in the field of sports must be aimed at improving quality of the human resources.

Program evaluation is a series of activities carried out on purpose to see the level of success of a program. Program evaluation is a process carried out in order to determine policies by first considering the positive values and benefits of a program, as well as considering the processes and techniques that have been used to carry out the assessment, the most important things and need to be emphasized in determining the program, namely (1) the realization or implementation of a policy (2) occurs in a relatively long time, because it is a continuous activity, (3) occurs in an organization that involves a group of people. (sari, woro, handayani, & guidance, 2020).

Performance sports is one area that has received special attention by the government. This is because good sports achievements can be said as a success indicator of development in a country. Achievement in sports must be programmed through a program that is structured in such a way. Coaching must be carried out continuously and within programmed time and have clear objectives. (Dewi & Vanagosi, 2019)

Volleyball is one of the most popular sports in Indonesia. In the modern era, the volleyball club should have started coaching the sport which has been carried out in stages starting from the beginner (multilateral) stage to the senior stage in preparation for coaching towards achievement sports. Sports coaching should be carried out in stages starting from the multilateral stage to the specialization stage in order to create athletes who can achieve maximum performance. To accomplish the high achievement in sports, one must train through a programmed and systematic training process that is carried out repeatedly and

the training load increases according to the principles of training. (ismoko & sukoco, 2013)

Volleyball is one of the most popular sports in the community because there are several simple aspects and do not require a large amount of money. In the community, volleyball is widely played both in cities and in rural areas because it does not require a large area of land. With the development of knowledge about volleyball, currently there are mini volleyball with field size, number of players, and simpler regulations.

Volleyball is a kind of sport that is favored by the people in world community. Volleyball is a team sport played by two teams that contain of six people each, playing on a 18 x 9 meters field where the game is played by bouncing the ball back and forth on the condition that the players are clean and each player tries to drop the ball to the opponent's field. (Arte, Nasuka, & Wahyudi, 2020).

High sports achievement cannot be separated from the coaching that is carried out as early as possible through more effective talent search and monitoring, nursery, education and sports training based on science and technology. Synchronization by creating good relationships between organizations and sports stakeholders at both the central and regional levels is also an important factor in the concept of sustainable coaching. Sports coaching from an early age through a structured, continuous program and through a good concept is a must. From the start, sports coaching needs to be managed properly in accordance with the principles of long-term sports coaching. (Rasyono, 2016)

Achieving peak achievements in sports can only be accomplished through a systematic, planned, orderly and continuous coaching process. The pyramid system of national sports coaching includes training, breeding, and coaching achievements to achieve peak achievements. (Priono & Articles, 2014)

Increased achievement through training programs must be planned as well as possible, adapted to the progress of the times (actuating), arranged regularly (systematic), managed with good leadership (directing), carried out supervision (controlling) optimally, and

(evaluating) must be done to find out the progress or the achievements that have been previously determined. (Sulistiyo & Rahayu, 2017)

Sports achievements cannot be achieved quickly. This is in line with the opinion of Ambarukmi, et al. (2007: 2) that in order to achieve maximum achievement, exercising theory, which is supported by various sciences is needed, including philosophy, sports psychology, biomechanics, history, sports nutrition, first aid (PPPK), growth and development, anatomy, physiology and coaching skills. (Bakar, Nasuka, & Santosa, 2019)

Related to the coaching of sports achievement, there are many factors that must be considered, including clear coaching objectives, a systematic training program, appropriate training materials and methods, and evaluations that can measure the success of the coaching process.

In addition, it is necessary to consider the characteristics of athletes who are fostered both physically and psychologically, the ability of the coach, facilities and the conditions of the coaching environment. (Hidayat & Rahayu, 2015)

PPLP is the place where the achievement building process takes place. The process of successful coaching is determined by many factors, including training programs prepared by trainers, organizations, supporting facilities and infrastructure and no less important is government and community participation. (Dharmadi & Ganesha, 2016)

One of the government's efforts to produce athletes who have good physical condition, so that they can score a proud achievement, is the establishment of the Student Sports Education and Training Center (*Pusat Pendidikan dan Latihan Olahraga Pelajar*). (Maradjabessy, 2020)

PPLP is a national sports nursery school, which is used to seek and nurture sports talent at school age. Every year, The Ministry of Youth and Sports organize a National PPLP Championship. This activity is part of a tiered and sustainable national student sports competition system. The goal of the PPLP National Championship is to be the pinnacle of coaching student sports achievements and evaluating

various forms of PPLP coaching. (Ahmad, Azrin, & Firdaus, 2019)

PPLPD Musi Banyuasin volleyball was first formed in 2012, funded by the Musi Banyuasin district government. The Musi Banyuasin PPLPD team consists of men's and women's teams. As time goes by, with limited funds, one of the Musi Banyuasin PPLPD Volleyball teams have to not receive funds from the district government after being evaluated by the PLPPD Musi Banyuasin management. Meanwhile, the PPLPD men's volleyball team in Musi Banyuasin district was eliminated and what remained was the PPLP women's team in Musi Banyuasin district. Here are some of the achievements in the championship that was participated in by the PPLPD women's volleyball in Musi Banyuasin Regency.

Volleyball is one of the sports branch that the PPLPD Musi Banyuasin has participated in. The inadequate achievement of the PPLPD Women's Volleyball Musi Banyuasin team becomes an evaluation for coaching the PPLPD Women's Volleyball Musi Banyuasin. In Musi Banyuasin Regency, there is a PPLPD that aimed to foster, educate and develop sports achievements that are prepared for sports competitions at regional, national and even international levels. With a good and correct coaching pattern, it can open the sports achievements of PPLPD Women's Volleyball Musi Banyuasin in a championship and can reap good and maximum results in a match. This non-optimal achievements phenomenon that PPLPD Women's Volleyball Musi Banyuasin experienced from the PPLPD National Championship in 2019 in Bogor encourage researchers to conduct this research.

Volleyball is one of the most popular sports because the game is fun. This can be seen from the number of volleyball competitions held between school. For this reason, it is hoped that volleyball coaching has begun in schools with exercises to improve playing skills. To be able to it, you must be able to master the basic techniques of volleyball well. (Nurcahyono & Priambodo, 2013)

The demand for high achievement and the growing of volleyball will require several

developments, both technically and tactically. Volleyball game has become an official competitive sport that is always competed in every sports party. The orientation of the coaching is more towards achievement. (Irmansyah, Mataram, Pemuda, Mataram, & Irmansyah, 2017)

The results of the championship where PPLPD Women's Volleyball Musi Banyuasin Regency participated, POPDA South Sumatra Province in 2012, won 2nd place. In 2014, they won 3rd place. In 2016 and 2018, they were not competed. In 2012, 2014, 2016, and 2018 POPWIL, they did not qualified. They also not qualified in 2017, 2018, and 2019 POPNAS. In the 2013 National PPLP Championship, entered the elimination round. Ranked IV in 2014. Elimination round again in 2015, 2016, and 2017. Ranked V in 2018. Ranked VII in 2019. All with coach Abdul Yusuf who has National Level B PBVSI license and Kartono who has a National Level C PBVSI license.

According to the provisional data obtained in carrying out observations in achievement coaching training centers, it can be seen that the development of PPLPD women's volleyball in Musi Banyuasin Regency in getting achievements at the national level is indeed less stable. Since the PPLPD women's volleyball Musi Banyuasin was ranked 7th in the PPLP National Championship events which held Bogor in 2019, this research is expected to know comprehensively and examine the problems and phenomena related to fostering the achievements of PPLPD women's volleyball in Musi Banyuasin Regency.

METHODS

Model (context, input, process, product evaluation). This model has a more comprehensive evaluation aspect of the volleyball coaching program which includes: evaluation of context, evaluation of input, evaluation of processes, and: evaluation of results.

This research is a case study using a naturalistic qualitative approach, which examines the condition of the object naturally without treatment. (Sugiyono, 2010: 1). The focus or

object of this research is the coaching of PPLPD women's volleyball at the Musi Banyuasin Regional. Research subjects (respondents) include administrators, coaches, athletes, parents of athletes and the surrounding community.

Data collecting in this study used observation, interviews, and documentation. Data validation using triangulation. Primary data in this study obtained through observation and interviews, while supporting data or secondary data obtained through documentation. The used of observation in collecting research data is to be aware of a certain desired stimulus, or an accidental and systematic study of social forms and psychic symptoms by observing and taking notes. Interviews in this study were conducted by researchers with administrators, coaches, athletes, communities and other support personnel who can provide information about the training of PPLPD women's volleyball in Musi Banyuasin Regency. Interviews are used for primary data collection, namely, context, input, and process. Documentation consists of various things related to data. The use of documentation includes: 1) to show scientific findings, 2) to act as a supporting document to complement primary data, 3) to provide a rough description of a particular answer, while the advantages are saving time, clarifying the basis of generation, and being able to test findings that has been obtained from the primary data of the study. Secondary data in this study are data archives owned by administrators, coaches, articles of association and household budgets (AD / ART), training programs and notes from administrators and other documents that can provide information about PPLPD women's volleyball sports coaching in Musi Banyuasin Regency.

Data analysis was carried out through compilation and interpretation activities in order to draw conclusions related to phenomena and to be interpreted according to natural settings. The research data analysis used was qualitative naturalistic. Induction and holistic analysis based on real situations that change naturally, openly and there is no engineering variable control. Induction analysis with basic induction thinking procedure, reveals specific detailed data to find

categories, dimensions, important and original relationships, which are expressed in open questions. Holistic, which means the totality of phenomena that must be understood as a complex system, a comprehensive connection and not seen partially.

RESULTS AND DISCUSSION

The research results on Evaluation of PPLPD Women's Volleyball Sports Achievement Coaching Program in Musi Banyuasin Regency are:

Context the strategy formulation program is determined by a comprehensive mission and duties, carefulness in assessing the external environment, and the openness of the organization in realizing strengths and weaknesses. All play a role in identifying threats and opportunities in the future, strategic decisions will be able to minimize threats and increase existing opportunities. Sports coaching is carried out with the aim of developing athletes in a planned, graded and sustainable manner to achieve maximum performance. Sports coaching can be carried out well if there is a well-planned and integrated sports management system. As stated in law number 3 of 2005 article 1, paragraph 3 states that the national sports system is all aspects of sports that are interrelated in a planned, systematic, integrated, and sustainable manner as one unit which includes regulation, education, training, management, guidance, development and supervision to achieve national sports goals. This is supported by previous research by (Candra & Rumini, 2016) entitled "Coaching Achievement in Pusat Pendidikan dan Latihan Olahraga Pelajar (PPLP) Central Java province" with the results obtained: 1) each sport has carried out the stages good coaching, 2) the recruitment process for athletes and coaches has gone through the correct procedure but there are some athletes who have been assigned, 3) nine (9) sports have had training programs made periodically by each coach, 4) management of PPLP Central Java organization has been neatly structured, 5) the support for these facilities and infrastructure is still lacking and not even

available for several sports, thus hampering the training process in the PPLP Central Java. It can be concluded that the coaching carried out at PPLP Central Java has gone well, but there are several factors that hinder the coaching process on athlete achievement.

Input athletes and coaches recruitment through the available web. There are certain conditions for coaches to have a national level coaching license. Athletes have requirements such as adequate height / posture. Athletes must have skills and because there is a lack of enthusiasts for PPLPD women's volleyball in Musi Banyuasin Regency, the coaches are looking for superior aspiring athletes in clubs or districts in the Musi Banyuasin Regency . The facilities and infrastructure for PPLPD women's volleyball Musi Banyuasin are already adequate, which are located at the national standard, and the funds for the athlete coaching program come from the provincial APBD where coaches and athletes are given coaching or pocket money every month. This is supported by previous research by (Pramono, 2012) entitled "The Influence of Coaching Systems, Facilities and Infrastructure, and Training Education on the Performance Competencies of Elementary School Physical Education Teachers in Semarang" with the results obtained are variables that have a direct effect on teachers competence which are the guidance system, facilities, and training education. Meanwhile, those that directly affect teacher performance are the guidance system and infrastructure. Education and training are not proven to directly affect physical education teacher performance. The development of systems, infrastructure, and educational training directly affects the performance of Physical Education teachers through competence, but competence does not directly affect the performance of Physical Education teachers.

Training Process, the trainer has a good training program and in its implementation, there is a provision of all kinds of training from technical, tactical, physical and mental exercises that are controlled every day. This is supported by previous research by (Wijayanti, Soegiyanto, &

Rahayu, 2015) entitled "Evaluation of the Takraw Sports Coaching Program For The Management of The Indonesian Takraw Association Jepara Regency." The results of the study can be concluded as follows: 1) takraw sports coaching carried out by the PSTI regency of Jepara is in accordance with the vision, mission and objectives as well as government policies, 2) good quality human resources, supported by adequate infrastructure and funds, 3) the program implementation has gone well, the stages of program implementation have been carried out by the trainer, and coordination with various parties is well established. 4) the results of the achievements accomplished by athletes, coaches and administrators are very good but the welfare is relatively sufficient.

Product The PPLPD women's volleyball Musi Banyuasin achievement coaching program

research is expected to be a reference or measure of the success rate of achievement coaching because PPLPD Musi Banyuasin Volleyball often takes part in competitions and get achievements, but not quite maximum in PPLP National Championship. This is supported by previous research by (Nurchahyo, KS, & Rahayu, 2014) entitled "Evaluation of Taekwondo Achievements Coaching Program at the Satria Taekwondo Academy Club in Banyumas Regency." which results are: (1) the context aspect coaching program is running well, (2) the input aspect coaching program is running well, (3) the coaching program of the process is running well, (4) the coaching program seen from the product is very good. It can be conclude from this research that the coaching program is running well.

Table 2. The Result Of Evaluation Of Women's Volleyball Coaching Program On Student Sports Training Education Center In Musi Banyuasin South Sumatera.

Aspect	Results
<i>Contexts</i>	There is a Memorandum and Articles of Association in the management of PPLPD for women's volleyball guidance that is under the auspices of the Government
<i>Input</i>	Coaches and athletes recruitment is very good because they have the necessary requirements to support the success of the achievement coaching program, but for female volleyball athletes there are no human resources so that the coaches and administrators have to do talent scouting to the regions. For PPLPD volleyball facilities and infrastructure, Musi Banyuasin Regency is very suitable to be used in training to support the results of the PPLPD Musi Banyuasin women's volleyball athlete coaching program.
<i>Proces</i>	The coach has a good training program and in practice, there are already all kinds of training, starting from technical, tactical, physical and mental exercises that are controlled every day.
<i>Product</i>	The PPLPD women's volleyball Musi Banyuasin achievement coaching program research is expected to be a reference or measure of the success rate of achievement coaching because PPLPD Musi Banyuasin Volleyball often takes part in competitions and get achievements, but not quite maximum in PPLP National Championship.

Based on the evaluation, there is one aspect that the researchers evaluated which is the sports achievements coaching program. In general, the achievements accomplished by the PPLPD Musi Banyuasin women's volleyball team, especially in the last 5 years in the national championships in 2014 to 2019, the team have so far had

achievements and often participate in competitions but are unstable or less than optimal, and also the management targeting the female volleyball athletes to can keep the champions in the national arena. The management of DISPORA of Musi Banyuasin Regency admitted that this happened because, in

terms of performance coaching, there were still many obstacles such as limited human resources. As a barometer of achievement, the PPLPD women's volleyball Banyuasin always strives to improve the coaching program so that they can always improve the achievements of the athletes. These efforts are in the form of recruiting more professional trainers and athletes and partnering with sponsors or foster fathers, in collaboration with the Musi Banyuasin Regency DISPORA to submit assistance to the KEMENPORA for the provision of facilities and infrastructure in the form of field repairs, holding trainers and referees, coaching clinics with national coaches. Welfare is an aspect that is needed by individuals to maintain and foster social and economic stability. This situation is needed to minimize the occurrence of social jealousy in an organization. Related with the existing welfare in the PPLPD Musi Banyuasin women's volleyball coaching program, the researchers found that the current welfare is said to be good because monthly salary has been given, but still with limited funds problems. This research was carried out in earnest, but the researcher realizes that it is inseparable from the limitations of this study: the implementation of the exercise program has not been completely observable. Researchers cannot interfere too much with internal matters in the women's volleyball coaching achievements at PPLPD Musi Banyuasin. The limitation of this study is that the results cannot be generalized. The results of this study can only be applied to the same situations, conditions, and cases, because this research is small in scale and investigates problems in special situations.

CONCLUSIONS

The conclusion of this research is that:
Context The background and objectives of the PPLPD Musi Banyuasin women's volleyball coaching program are both to develop and provide knowledge to the community about the achievements of the women's volleyball PPLPD Musi Banyuasin. *Input* PPLPD Musi Banyuasin women's volleyball performance coaching program regarding the availability of human

resources, and the feasibility of facilities and infrastructure are already good in its implementation so that the activities of coaching program can be carried out optimally. *Process* The implementation of the training program and transportation has been good in its implementation and coordination between elements involved in fostering achievement is carried out optimally based on real data and facts in the field. *Product* PPLPD Musi Banyuasin women's volleyball achievements coaching program towards achievement which is a measure of success in coaching where the women's volleyball team so far often takes part in competitions and get achievements, but less stable or not quite maximum in PPLP National Championship because they were only able in the top eight.

The results of research and discussion can be put forward as follows: For volleyball coaches, especially PPLPD Musi Banyuasin to be more mature in preparing athletes. They can compile a training program that is structured according to the concept of a good training period. this implementation of the training program can provide optimal results, especially in maintaining achievement. For athletes as executors of training programs made by coaches, it is recommended that they should be able to carry out well and be full of responsibility and always establish good communication in implementing the training program. For DISPORA, it is hoped to will always provide support to athletes and coaches both in terms of morale and material, and also supporting notification regarding the preparation of training programs that are suitable for the coach and athlete. Training for coaches on planning the training programs must be carried out more frequently so that the achievement targets that have been implemented can be accomplished.

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