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COACHING EXCELLENT ATHLETES AS A REFLECTION OF SOUTH SUMATRA'S CULTURAL SPORTS

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Abstract

Sports achievement in South Sumatra has decreased in the 2016 PON event in West Java, which occupies the 21st position, from 12 sports only 3 sports received gold medals namely athletics¹, fencing and shooting, modern sports are more dominant than sports according to socio-cultural community. The purpose of this study is to evaluate the development of superior athletes as a reflection of cultural sports in South Sumatra. This research uses¹ qualitative research methods or naturalistic research methods because the research is carried out in natural conditions with a survey research design with data collection techniques using data triangulation. The superior athlete development program as a reflection of South Sumatran cultural sports can be concluded as follows that in accepting athletes and coaches there are several conditions determined by the South Sumatra KONI management, namely: (1) having a coaching license, (2) having experience as a coach, and having achievements. Meanwhile, the recruitment system as athletes in the Sriwijaya 2020 flagship athlete development program must have national championship achievements to enter the Sriwijaya 2020 program and those who get gold, silver and bronze medals at the 2016 West Java PON were immediately fostered by KONI to enter the program. For the whole, the facilities¹ and infrastructure for shooting and athletic sports are adequate because they already have Jakabaring Sport City (JSC) facilities which have international standards but the infrastructure for fencing is still inadequate, which is still at the South Sumatra DISPORA office, and the cost of the Sriwijaya 2020 flagship athlete development program.) it is only for the Shooting Club.


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INTRODUCTION

South PON 2016 West Java, only three sports won gold medals, namely athletics, shooting, and fencing. In terms of sports culture, people who rely more on water sports, in this case rowing, did not get a medal at the 2016 West Java PON event, the research discusses sports related to the cultural sports of the people of South Sumatra, the purpose of this study is to examine the sports culture of the people of South Sumatra to be fostered, become a leading sport.

Sports coaching is essentially a process of improving the quality of human resources, this has been explained in the Outlines of the State Policy, namely, sports coaching and development are part of efforts to improve the quality of Indonesian people which are directed at improving the physical, spiritual and mental health of the community, and is aimed at the formation of personality and behavior, high sportsmanship and discipline, as well as increasing achievements that can evoke a sense of nationalism (Darma, 2019) to cultivate a disciplined personality, sportsmanship, and increase maximum performance to arouse a sense of national pride (Selviani et al., 2019). The development, breeding and coaching of national sports certainly involves a lot of personnel such as club or organization management, coaches, coaches, physical education and sports teachers, sports experts, technical personnel, and so on (Dewi & Vanagosi, 2019).

Coaching athletes need to be nurtured from a young age, sustainable and sustainable development will facilitate an area in preparing superior seeds in sports (Chechak et al., 2019).Pencab or in clubs must take place systematically, methodically, so that the training materials can improve the athlete's ability. inSouth Sumatra. Athlete nurseries in a province are under the auspices of the Regional National Sports Committee or regional KONI (Rumini, 2015). This study discusses the sports culture of the people in South Sumatra by using an evaluation approach by prioritizing the subject approach that is the focus of research.

Achievement sports coaching must run in accordance with applicable rules, which are carried out systematically, and continuously, and in the process the principles and norms of practice apply (Bredtmann et al., 2013). KONI South Sumatra at PON Papua has a very difficult task in dealing with this five-year event. KONI South Sumatra at PON XIX in West Java has failed to enter the top 10 and is still lagging behind neighboring provinces on the island of Sumatra.

KONI of South Sumatra Province which has a goal to improve the sports achievements of South Sumatra Province in PON Papua. Where the Province of South Sumatra is targeting to be in the top 10 national rankings. KONI of South Sumatra Province will send a contingent in the sport which is the flagship of South Sumatra Province. KONI of South Sumatra Province requires a high commitment and follow-up by policies by government policies in providing funds for the development of superior sports in South Sumatra Province. High commitment can be achieved if communication between policy holders goes well and smoothly (Hall et al., 2014).

One of the South Sumatra KONI programs in preparing athletes to represent South Sumatra at the national level is implementing the South Sumatra Province Regional Training Center (Puslatda) program, which through Puslatda activities aims to improve South Sumatra's achievements at PON XX in Papua. Where South Sumatra is targeting to re-enter the top 10 national rankings at the XX PON in Papua. KONI South Sumatra will send a contingent in the implementation of the XX PON in Papua where sports are included in the top five in Pre-PON activities. Sports that qualify for the PON will be hosted to carry out the program, where athletes will be hosted at the athletes' guesthouse in the Jakabareng sports complex. The process of implementing athlete coaching can be focused on establishing a training center centered on one place or area (Fujak & Frawley, 2014).

Where the leading sports in South Sumatra Province are fencing with 21 athletes and 7 administrators, athletics with 9 athletes and 7 administrators, pencak silat with 19 athletes and 9 administrators, and rowing with 9 athletes. 6 people and administrators with a total of 2 athletes were determined to be the leading sports branch based on achievements at PON XIX in West Java in 2016. South Sumatra requires a high commitment and follow-up by government policies in providing funds for coaching sports achievements and transparency in coaching sports achievements. KONI South Sumatra in facing PON XX in Papua in 2021 held a Regional Training Center (Puslatda) for sports that are considered to be able to award medals, there are 4 leading sports which are the main priority at PON XX in Papua, namely Fencing, Athletics, Pencak silat and rowing. Other sports which are sports that have ranked in the top five at the time of the Pre-PON implementation, these sports are included in the second priority sports development (First & Tegal, 2015).

From the description above, we have discussed the declining achievements in 2016 PON even though it has carried out the best process in screening athletes, coaches, funding, and facilities and infrastructure that are already good but this has not been able to bring South Sumatra Province to excel in the previous PON event, therefore it is necessary to evaluate in it, both the coaching program, coaches, athletes, facilities and infrastructure as well as the funding in it to prepare for the PON with better athlete achievement results. Thus it is necessary to evaluate the development of superior athletes. The evaluation model used in this evaluation is the CIPP (*Context, Input, Process, Product*) model developed by Stufflebeam (Singletary et al., 2019). The type of evaluation in this evaluation research is formative evaluation, which is an evaluation to determine the price/value of the program plan, when the process is ongoing and the researcher is interested in exploring in depth the Superior Athlete Development Program in Improving Achievement in this case in

terms of the sports culture of the community. South Sumatra is expected to pay more attention to rowing in terms of athlete development.

METHOD

This type of research uses an evaluation research approach. The subjects of this research are from the Sriwijaya 2020 coaching program including: administrators, coaches and athletes. To obtain primary data in this study used data collection tools in the form of observations, interviews, while documentation in the form of archives used as supporting data or secondary data. Data collection methods in qualitative research are generally grouped into two types, namely interactive and non-interactive technical, interactive methods include interviews and participant observation, while non-interactive methods include non-participating observation, questionnaire techniques, document recording, and non-participation. role (Mohebbi et al., 2011).

RESULTS AND DISCUSSION

In this study, *input* includes aspects of determining coaches, determining athletes, facilities and infrastructure, and funding for the development of superior sports in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra.

Determination of Coaches

Evaluation of the acceptance of superior sports coaching coaches in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra which has been collected by researchers based on interviews that have been carried out during researchers joining the South Sumatra KONI environment In the Sriwijaya 2020 South Sumatra program, it can be concluded that in the acceptance of trainers there are several conditions determined by the South Sumatra KONI management, namely: (1) having a coaching license, (2) having experience as a coach, and having achievements.

Determination of Athletes

The second evaluation is regarding the determination of athletes to develop superior sports ¹ in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra. Based on the results of interviews that have been conducted regarding the determination of leading athletes to develop sports ¹ in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra, conclusions are drawn in the acceptance of athletes. The recruitment system as athletes in the Sriwijaya 2020 program must have national championship achievements to enter the Sriwijaya 2020 program and those who get gold, silver and bronze medals at the 2016 West Java PON were immediately fostered by KONI to enter the program.

Facilities and Infrastructure

The next evaluation is an evaluation of the facilities and infrastructure used during the development of leading sports ¹ in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra. The results obtained by the researchers were based on interviews, observations and documentation regarding the facilities and infrastructure for fostering superior sports ¹ in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra as long as researchers joined the KONI South Sumatra environment. ² Based on the results of the evaluation through interviews, observations and documentation of the feasibility of the facilities and infrastructure in this study, it shows that for the whole the facilities and infrastructure are adequate because they already have Jakabaring Sport City facilities that have international standards.

Funding

The last evaluation is an evaluation of funding for the development of leading sports ¹ in improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra. ² Based on the results of interviews conducted by researchers during the research, ¹ it can be concluded that the funds used to develop superior sports in

improving athlete achievement as a reflection of the socio-cultural potential of South Sumatra come from the South Sumatran Government Budget through KONI and a third party (Bank SumSel BaBel). for the Shooting Club only.

DISCUSSION

Coaches have a tough task in carrying out a sports coaching, but if they succeed in achieving the desired achievement, they will be noble and respected in society (Falaahudin & Sugiyanto, 2013). Athletes become champions because there is a convergence result between talented athletes and the correct coaching process with a ratio of 60% athlete contribution and 40% coaching portion, champion athletes are born and made (Rusche, 2010).

The importance of choosing a coach because the coach is one of the vital keys in program success. This statement is reinforced by the opinion "... *coaches need to be aware and have knowledge and understanding of learning theories, self-reflection, motivational climate and knowledge construction as well as the technical detail of their sport* .."(Asfaroh et al., 2017). The success of a coach can be supported by an educational background in the sciences that are closely related to sports. Experience in sports, both as an athlete and as a coach. Motivation to always enrich themselves with the latest knowledge about sports (Sunarno, 2017). Athletes' resources have a very strategic role in the pattern of sports coaching, because athletes are objects that become factors that influence the success or failure of a sport. , I Wayan Artanayasa, 2018). From the information above, it can be concluded that in the acceptance of coaches the coaching system for leading sports ¹ in improving athlete achievement is a reflection of the socio-cultural potential of South Sumatra properly if it meets the criteria for success.

guidance *input* on the human resource support indicator is that there is a trainer recruitment process with the criteria set by the Sriwijaya 2020 Program. : (1) have a coaching license, (2) have experience as a coach, and have achievements. To

achieve maximum performance, starting with the selection of athletes, the selection must prioritize several variables that are carried out carefully and precisely (Warju, 2016). Several variables in the selection of athletes include age, potential (talent), body posture, and biomotor components (Aldapit & Suharjana, 2019). If all these variables are already owned by athletes and prospective athletes, it is likely that they will pass the initial selection stage as material for consideration for the next selection. Perseverance in training is always instilled to maintain the athlete's mentality in undergoing coaching at the club (Yusfi et al., 2019). guidance *input* on the human resource support indicator is that there is a process for recruiting athletes with the criteria set by the Sriwijaya 2020 Program. The recruitment system as athletes in the Sriwijaya 2020 program must have national championship achievements to enter the Sriwijaya 2020 program and who get gold, silver and bronze medals at the 2016 West Java PON, KONI was directly fostered to enter the program.

According to (Altavilla et al., 2019) that the infrastructure resources in sports are divided into two, namely: material resources and facility resources. Material resources consist of office administration equipment, tools and facilities resources consisting of sports facilities (and buildings / athlete training areas), and medical equipment. The facility resources consist of: (1) athletes and (2) coaches. For athletes it consists of: good accommodation and food and close to the training location, access to adequate educational opportunities, access to easy transportation, access to adequate educational opportunities. (Jamalong, 2014) enough such as assistant coaches, managers and sports medicine experts, access to facilities and services for all such as study rooms, weight training rooms and equipment. (Matsaridis & Gargalianos, 2017)

Referring to the theory above that ² facilities and infrastructure are factors that support the success of sports coaching. Guidance on the feasibility of facilities and infrastructure in this study shows that all facilities and infrastructure are at a good

level, suitable for use and complete from the field to training equipment. However, there is still one incomplete infrastructure, namely fitness equipment (Singletary et al., 2019).

The criteria for the success of *input* on the ³ indicator of the availability of facilities and infrastructure is the availability of adequate sports infrastructure and facilities (Hakan & Seval, 2011). Based on checking the data between the interviews, the document study can be concluded on the feasibility of the facilities and infrastructure in this study indicating that the overall facilities and infrastructure are adequate because they already have Jakabaring Sport City facilities that have international standards. The criteria for the success of *input* on the indicator of the availability of funds is the availability of funds. Based on checking the data between the interviews, the document study can be concluded that the Sriwijaya 2020 Program received financial support from the South Sumatra Regional Budget and a special club for shooting sports.

It is undeniable that the role of the government has a greater portion in supporting the success of an achievement program (Singletary et al., 2019). This role can be seen from the policies taken by the government in advancing sports. Policies that can be taken for example by providing or budgeting funds for the implementation of sufficient guidance to achieve the targets that have been set (Allahvirdiyani, 2011). Funds are one of the factors that support the results of coaching because without funds, coaching will be difficult to walk towards maximum achievement (Mohebbi et al., 2011). Financing for the implementation of the Sriwijaya 2020 program in South Sumatra has not yet met the actual needs for financing construction process. The source of funds used to finance the coaching program uses a routine budget from the South Sumatra KONI. Researchers do not know how much the KONI disbursed annually due to the closure of KONI in providing information to researchers. It is hoped that this finding will become the forerunner of developing athletes who

contribute to community cultural sports so that coaching will be further improved in the field of sports related to community culture as a reflection of an area.

CONCLUSION

Based on the discussion regarding the superior athlete development program as a reflection of South Sumatran cultural sports, it can be concluded as follows that in accepting athletes and coaches there are several requirements determined by the South Sumatran KONI management, namely: (1) having a coaching license, (2) having experience as a coach, and have achievements. Meanwhile, the recruitment system as athletes in the Sriwijaya 2020 flagship athlete development program must have national championship achievements to enter the Sriwijaya 2020 program and those who get gold, silver and bronze medals at the 2016 West Java PON were immediately fostered by KONI to enter the program. For the whole, the facilities and infrastructure for shooting and athletic sports are adequate because they already have **Jakabaring Sport City (JSC) facilities which have international standards but the infrastructure for fencing is still inadequate, which is still at the South Sumatra DISPORA office, and the cost of the Sriwijaya 2020 flagship athlete development program. from the South Sumatra Government's APBD which was channeled to DISPORA and then through KONI and a third party (Bank SUMSEL BABEL) it was only for the Shooting Club. This study recommends KONI SUMSEL to give more attention to the Pelatda Program which is carried out carefully planned and prepared, and all aspects must be fulfilled properly so that the implementation of the Pelatda program can run well and produce good goals as well.**

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