

The Gymnastic Achievement Development System

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Abstract: Sports achievements are achieved through various efforts in all aspects. Almost all countries make various efforts to improve sports achievements, because in fact they realize that sports can lift up the name of the country to the highest class. Sports achievement coaching plays an important role in the achievement of the athletes. Coaching management in a sports club plays an important role in the athletes' achievement. Sports achievement coaching is a combination of skills related to planning, organizing, leadership, controlling, budgeting, and evaluating in the context of an organization that has major products related to sports. This study aims to evaluate the gymnastic achievement development system in Yogyakarta. This study was an evaluation research. The subjects in this study were the gymnastic athletes, coaches, and supporting staff. This study used a CIPP model to measure the condition of the achievement development system. A CIPP model consists of several stages, on context, input, process, and product. The data were collected from questionnaires and were analyzed using a descriptive analysis. The results show that gymnastic achievement development system in Yogyakarta is at poor level. The research results from the athletes, coaches and supporting staff indicate that the gymnastic achievement development system in Yogyakarta is still in the poor category.

1 INTRODUCTION

Sports achievements are achieved through various efforts in all aspects. Sports achievements require a long period of time in the process. The achievement phase of long-term achievement is divided into the stages of procurement, multilateral, specifications and high achievement. The factors influencing the sports performance are the internal and external factors. All factors need to be managed well so that all stages can work well and in accordance with the objectives. Management of sports achievement is also called achievement sports management.

Sports achievements coaching plays an important role in the achievement of athletes. Coaching management in a sports club plays an important role in the athletes' achievement. Sports achievement coaching is a combination of skills related to planning, organizing, leadership, controlling, budgeting, and evaluating in the context of an organization that has major products related to sports (Janet Park, 1998: 4). Sports achievements coaching relates to the goal of the sports. The expected achievement relates to a thing called coaching, so that the optimal achievement can be achieved.

Achievements achieved in the golden age are the reflection of the coaching at an early age. Exercises for children need to consider growth, development and overall motion development.

One of the regions in the process of improving the athletes' achievements is Yogyakarta. One of the sport fields that needs to be fostered is gymnastics. There are talented athletes in this field, but their achievements have not been maximized.

The challenge in advancing sports in Yogyakarta and Indonesia in general is a complex national problem that requires thinking, planning in a fundamental and comprehensive manner, as well as and consistent in the implementation regard to all kinds of obstacles. A lot of things has been done to solve the above problem in which the opinions are very varied covering various aspects of sports. It is also well known that the achievements of the Indonesian's sports related to Olympic Games are not satisfying, if Asian Games is the benchmark. Something must be done to shorten the gap in sports achievements in Indonesia with those in developed countries.

Base on the explanation, a study regarding the evaluation of gymnastic achievement development

system in Yogyakarta is required. This issue becomes the basis of the research to conduct a research entitled "The Evaluation of Yogyakarta Gymnastic Achievement System".

2 THEORETICAL REVIEW

2.1 Development of Sports in Developed Countries

If carried out qualitatively observations of the development of sports in several developed countries such as the United States, Europe, Russia and other developed countries, it appears that there is absolute scientific approaches to improve the athlete achievement. There are complete sports facilities which are not only located in big cities but also in a small town and almost in every college. Because of that, the intellectual, mental, and cultural abilities of the athletes are very excellent. The athletes are the students who in terms of age are in the group having high intellectual and physical abilities, as well as extensive insight in various matters.

Public appreciation of sports is generally very good; thus, it is very meaningful for the sport development. According to Toho Cholik Mutohir (2004), in the United States nearly 97% of the population shows appreciation for sports; they follow the news, read, do actively, and compete. As a result, the environment in the country is conducive to the development of sports, as well as giving appropriate awards to the good athletes. We can easily find a coach who is dedicated, professional and knows his athletes individually. Man to man approach is a prerequisite way in gaining achievements at the international level.

Another thing that is quite interesting and very basic is that coaching has been carried out from the beginning with a regular program. In this case, there is no temporary training camp. This is also supported by a very high national commitment to foster the sport achievement with the belief that sports will be able to lift the dignity of the nation. From the above description, several conclusions can be drawn: 1. The decentralized system has been running well in a highly conducive community environment for fostering sports achievements, 2. The award for athletes who excel is very good and appropriate, 3. The culture of the community is good, so that the level of awareness of both the athletes and the coaches for optimal achievement is very high, so that the demand for a high level of discipline is no longer considered as an obstacle. Studying and practicing

hard is entrenched. Therefore, they do not need to training camps that can cause other problems. What has been done in each sector is an integrated training center where physical, intellectual and cultural skills are trained.

2.2 Sport Development Efforts in Indonesia

In general, the condition in Indonesia is still far from the condition of country having many sports achievements. The situation in the area is still very alarming. The total decentralization policies cannot be applied evenly in the regions. Nevertheless, the premise discussed above is a must if we want to speak at the national and international level. If the understanding of total decentralization has not yet enabled its implementation, the combination of partial decentralization with some central coaching is an alternative that must be explored seriously; a place with a program and atmosphere conducive to the emergence of international athletes with comprehensive capabilities in various fields. Places like this can be created, among others, through an athlete training center with excellent facilities supported by an integrated program that has reasonable choice and consequence.

The results of the workshop of the Indonesian Association of Sports (ISORI) provided input in the form of thinking as a form of commitment to the development of sports in Indonesia, one of which is that the development of national sports must be explored and understood the problem and the ways to solve it must be found. From a systemic perspective, it is understood that the results of coaching in competitive sports subsystems that emphasize achievement and improvement in achievement are directly related to other sub-systems namely physical education sub-systems (including sports education) and community sports subsystems. All of these subsystems must be fostered and at the same time formed a solid foundation of active and regular broad participation among Indonesian people.

MF. Siregar (2004) argues that active and regular participation is formed based on the love of sports which then becomes the inherent part of a way of life and culture. This is obtained, not by itself, but through a learning process or a civilizing process. In this connection, the implementation of physical education and sports at the university level occupies a very strategic position.

2.3 Evaluation Program

Evaluation is a tool or procedure used to find out and measure something in an atmosphere with predetermined ways and rules. Besides using some tests, the data can also be collected using questionnaires, observations, and interviews or other forms of appropriate instruments (Nurhasan, 2001: 3).

Program evaluation is a systematic investigative activity about something valuable and valuable from an object. Another opinion (Denzin and Lincoln, 2000: 83) says that program evaluation is oriented to get the attention of the policy maker of the founder, including the question about the degree to which the program has achieved the desired goal. Decisions are made as the indicators of performance appraisal at each evaluation stage in three categories: low, moderate and high.

There are many program evaluation models developed by experts that can be used to evaluate a program. Evaluation of the CIPP model is a concept offered by Stufflebeam with the view that the important purpose of evaluation is not to prove but to improve (Stufflebeam, H McKee and B McKee, 2003: 118).

Evaluation of the CIPP model can be applied in various fields. Nana Sudjana and Ibrahim (2004: 246) translate each of the dimension with the following meanings: 1) context: the situation or background that influences the planning of the development program; 2) input: the quality of inputs that can support the achievement of the development program; 3) process: the implementation of the program and the use of facilities in accordance with what has been planned; 4) product: the results achieved in the administration of the program.

3 RESEARCH DESIGN

This research used evaluation model.

3.1 Research Subject

This study was an evaluation research. The subjects in this study were the gymnastic athletes, coaches, and supporting staff.

3.2 Instrument and Data Collecting Technique

The data collecting technique was questionnaire (CIPP model). This model is a program evaluation

model that covers all components of the management system, so that the results of the evaluation can present information about the weaknesses and strengths of each system component. Thus, the CIPP model was chosen.

In the implementation of the training program, the context component is very helpful in determining the quality of training, while the quality of training is the only step that must be taken to reach the peak of the performance (achievement). Therefore, the support of the government by providing the necessary facilities such as standard facilities and infrastructure is crucial. The human resource input component is absolutely essential for the initial requirements for fostering achievement so that it is very necessary to input the components that meets the criteria of the quality human resources, which will determine the Yogyakarta coaching program.

The process component in this case was the process of implementing the athlete selection and the preparation and implementation of training programs to find out how far the trainers prepare the athletes. After the evaluation, the result will be predictable. Product component is an embodiment of the effectiveness of the processing of context, input and process components. The product is also an illustration of the quality of the coaching that has been carried out.

3.3 Data Analysis Technique

The data analysis technique used was percentage.

4 RESULT AND DISCUSSION

4.1 Result

4.1.1 Descriptive Analysis

The data analysis results are presented as follows:

4.1.2 Gymnastic Achievement Development Management

The Perception of Gymnastic Achievement Management data are described as follows.

Table 1: Perception of Gymnastic Achievement Management.

No	Category	Percentage
1	Poor	33,30
2	Good	66,70
Total		100,0

According to the table above, it is known that the category of Perception of Gymnastic Achievement Management is on good category (66,7%).

4.1.3 Gymnastic Budget Funds

The Perception of Gymnastic Budget Funds data are described as follows.

Table 2: Perception of Gymnastic Budget Funds.

No	Category	Percentage
1	Poor	66,70
2	Good	33,30
Total		100,0

According to the table above, it is known that the category of Perception of Gymnastic budget funds is on poor category (66,7%).

4.1.4 Government and Community Support

The Perception of Government and Community Support data are described as follows.

Table 3: Perception of Government and Community Support.

No	Category	Percentage
1	Poor	33,30
2	Good	66,70
Total		100,0

According to the table above, it is known that the category of Perception of Government and Community Support is on good category (66,7%).

4.1.5 Gymnastic Athlete

The Perception of Gymnastic Athlete data are described as follows.

Table 4: Perception of Gymnastic Athlete.

No	Category	Percentage
1	Poor	30,00
2	Good	70,00
Total		100,0

According to the table above, it is known that the category of Perception of Gymnastic Athlete is on good category (70,0%).

4.1.6 Gymnastic Coaches

The Perception of Gymnastic Coaches data are described as follows.

Table 5: Perception of Gymnastic Coaches.

No	Category	Percentage
1	Poor	66,70
2	Good	33,30
Total		100,0

According to the table above, it is known that the category of Perception of Gymnastic Coaches is on poor category (66,70%).

4.1.7 Evaluation of the Exercise Program

The data on the evaluation of the exercise program are described as follows.

Table 6: Evaluation of the Exercise Program.

No	Category	Percentage
1	Poor	40,00
2	Good	60,00
Total		100,0

According to the table above, it is known that the category of evaluation of the exercise program is on good category (60,00%).

5 DISCUSSION

The research results indicate that gymnastic achievement development system in Yogyakarta is at poor level. Based on the results of data analysis, it can be seen that in some aspects of gymnastics coaching in Yogyakarta was still bad, related to the gymnastic budget funds and gymnastic coaches. Both aspects are the aspects that must be maximized. For other aspects such as gymnastics achievement management, government and community support, are the aspects that are already good but not optimal so that it can still be maximized. The good aspects are gymnastics athlete and training program evaluation.

Based on the explanation, it can be seen that there are still many aspects that must be addressed so that the objectives of coaching can be achieved. Some efforts to maximize deficiencies of each aspect need to be done, so that the process in fostering the athlete achievement can be maximized with a maximum support system.

6 CONCLUSIONS

The research results indicate that the achievement development system in Yogyakarta is at poor level.

Research results from athletes, coaches and supporting staff indicate that the achievement development system in Yogyakarta is still in the poor category.

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