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Achievement of product dimension on implementation of the intensive coaching program (PPI) KONI North Sumatra

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Abstract

Intensive Coaching Program (PPI) KONI North Sumatra is a program that is relied upon to evoke deterioration of sport achievement in North Sumatra in the last few decades. In the National Sports Week of 2012 in Riau, measurement of PPI objectives' achievement that showed the program did not contribute to the improvement of the achievement rank as the main target, ie 20 gold at position 5 was not achieved, but in reality was obtained 15 gold at position 8. The research was conducted to know the achievement of product dimension of Intensive Coaching Program (PPI) KONI North Sumatra. This research also helps KONI North Sumatra to monitor coaching of coaching and determine the policy. The method used in this research was evaluative method with quantitative approach. The evaluation model in this research was with CIPP approach. Samples of research on the product dimension are 25 trainers and 60 athletes. The result of PPI KONI North Sumatra program evaluation are as follow: (1) Physical aspect of athletes are in good condition; (2) technical aspect are in good condition; (3) Mental aspect are in good category; and (4) Achievement Aspect are in good category. The result of PPI KONI Sumatera Utara based on the exposure of 4 aspects can be concluded that the achievement of the product has good results and is expected to have an impact on the increase of sport achievement in National Sports Week.

Keywords: Evaluation, PPI Products, KONI North Sumatra

1. Introduction

The coaching of sports in the province of North Sumatra is marked by the achievement of sport achievements in various sports through the rank of various championships at national and regional levels. North Sumatra is supported by adequate facilities and infrastructure in some venues that have been national and international level and some sports have many quality coaches and referees with national and international standards, it is a potential and strength and large capital to achieve the achievement at national and international level.

The achievement of North Sumatera is marked by the achievement of success in National Sports Week (PON) which is downgraded on PON XVIII in Riau Province / Pekanbaru which is ranked 8th from the previous rank 7th. PPI KONI program of North Sumatra in this case become problem since its implementation the program with the target achievement of 20 gold medals and up the rankings, entered in the top 5 on PON XVIII in Riau in 2012 which was not achieved.

PPI implementation strategy is a method to help accelerate the achievement of optimal achievement for athletes, besides this program is also conducted to collect athletes who are categorized very well in North Sumatra to be trained and scouted through a strict system, starting from the selection process to strict training. KONI North Sumatra makes these targets based on synchronization of sources of funds issued by the Regional Expenditure Budget (APBD) and supported by various parties who are responsible for sport achievement in North Sumatra, so that the application of PPI must have optimal results and impact on improving achievement of North Sumatra sports Particularly in National Sports Week.

Achieving targets through PPI was not successfully indicated because there have been problems in the coaching of PPI. The problem of coaching is of course related to various variables and dynamics of PPI implementation process that penetrate on complex problems and continue to grow and difficult to guess, so it could be the planning and targets that have been set not run properly.

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Comprehensive research needs to be done based on the problems found by finding various data and accurate information through evaluation approach as Djaali and Muljono theory (2004) ^[2] explained that evaluation is the process of appraising something based on predetermined criteria or objectives, which is continued with decision making on object being evaluated. Evaluation is intended to see the cause of not reaching the target in the targeted program precisely and accurately, so it can be used as a consideration in determining the next policy as well as the sustainability of the program in achieving success.

Institution KONI North Sumatra in this occasion assisted in monitoring the coaching of coaching and determine the policy to be done, as well as optimize the function of the program. In-depth study needs to be done in the form of comprehensive evaluation by exploring all the resources in achieving the expected goals or targets that is with evaluation approach of Intensive Coaching Program KONI North Sumatra. The evaluation approach technique is strengthened in theory according to Suharsimi and Syarifuddin (2014) ^[7] evaluation is done through activity of collecting information about the work of something, which then the information is used to determine the right alternative in making decision. Fitzpatrick, Sanders, and Worthen (2004) ^[3] have an explanation that the evaluation includes (1) making standards for assessing quality and deciding whether the standard is relative or absolute, (2) collecting relevant information, and (3) the adoption of such standards to determine value, quality, benefit, effectiveness, or significance. The direction of evaluation is to provide recommendations to optimize evaluation in accordance with the evaluation objectives or to help stakeholders decide whether evaluation will be revised, continued, or developed.

2. Materials and methods

2.1 Participants

The study was conducted on 85 people as the target of evaluation with the composition of trainers 25 people and athletes 60 people from a total of 230 program implementers. Researchers hope the results of research conducted on 85 people can provide an overview of the implementation of PPI KONI Program in North Sumatra.

2.2 Procedure

This research study is about the implementation process based on the series of programs that have been prepared and become the reference of implementation by KONI North Sumatra to all executors in North Sumatra. Supporters of PPI program as a basic element must be according to the draft to achieve the goal of KONI Sumut program at National Sports Week on an ongoing basis.

This research method refers to CIPP approach (Context, Input, Process, and Product) which is work result of research team in organization committee Phi Delta Kappa USA led by Daniel Stuffle-Beam (Sukardi, 2015)^[6]. CIPP model is used with assumption that this model can see the success of the program as a whole (comprehensive). Implementation of the evaluation is done through determination of research samples, data collection, data analysis, and data interpretation. Forms of data include the concept and characteristic PPI Program, background of PPI, and how the process of formulating PPI. The evaluation component is used by researcher to determine all factors related to PPI program and evaluation model that can be used. Data obtained based on the description will be analyzed and interpreted resulting in evaluative research

planning table. The research is arranged with a table of research planning that describes dimensions, indicators of success criteria, data sources, data gathering tools and data analysis.

Sources of research data include (1) Operator; (2) Trainer; and (3) North Sumatra athletes consisting of persons, papers including graphic symbols, and places. Sources of data obtained based on the theory of Bompa (2009) ^[1] on sports achievements is strongly influenced by; (1) adequate number of talented athletes; (2) adequate number of trainers in quality and quantity; (3) the existence of facilities, infrastructure and sports equipment; and (4) the existence of a good, tiered, and continuous training program.

Research respondents can be identified based on the source of research data conducted. Description of respondent includes persons that is people who can give information about PPI consisting of organizer, trainer, and athlete. Sources of paper data (paper) including graphic symbols consisting of letters and symbols / inscriptions that can provide information about PPI. The data source of place which is not limited only to the room but also includes objects that are silent consists of places or objects that can provide information about PPI such as field, building, and sports equipment for every sports.

Data validation was done by surface validation technique (face validity) by 5 sport experts. Validation activities are done through Focus Group Discussion (FGD) product dimension. The technique of data validation is further done by means of internal reliability consistently that is by testing the instrument to the test respondent by using Cronbach alpha technique.

Data analysis technique used in this research is quantitative descriptive technique with percentage formula and also use qualitative descriptive analysis as the theory of Sudijono (2005) ^[5] that is formula for percentage which is used in quantitative descriptive analysis.

3. Result & Discussion

The study results evaluate the achievement of the product of PPI KONI Sumut implementation which includes the aspects (1) physical, (2) Psychic, (3) Mental, (4) Achievement / champion as Bompa theory (2009)^[1] that there are four aspects to achieve the main goal of sports training achievement is to improve skills or achievements as closely as possible ie physical, technique, tactics, and mental.

Research data comes from trainers and athletes based on the assessment conducted to see the achievement / success of a program in achieving predetermined objectives. This evaluation stage makes an evaluator able to determine or provide recommendations to evaluate whether a program can be continued, developed / modified, or even discontinued. Evaluation on product dimension is focused on athletes and trainers which the indicators are physical, psychological, mental and also achievement / champion.

Research on PPI KONI Sumatera Utara on trainers and athletes of 85 samples (25 athletes and 60 athletes) about product dimension consists of 4 indicators: (1) physical aspect, (2) technical aspect, (3) mental aspect and (4) aspect of achievement / champion. Physical aspect is in good category that is 72,9%. Technical aspect is in good category that is 77, 1%. Mental aspect is in good category that is 70.6%. Aspect of achievement in PPI is in good category that is 74,7%. The overall product dimension is in good category or at 75.2%.

Table 1: Product Dimension

No	Criteria	Score	Max Score	Percentage
1	Physical aspect	248	340	72,9%
2	Technical aspect	262	340	77,1%
3	Mental aspect	254	340	74,7%
4	Achievement aspect	258	340	75,9%
Aspect of Product Dimension		1022	1360	75,2%

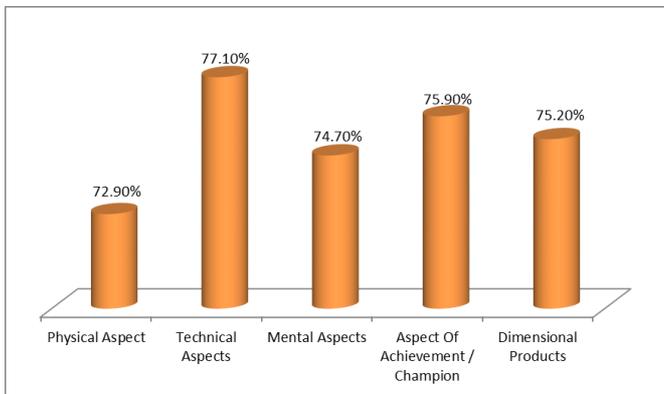


Fig 1: Diagram of Product Dimension

Physical aspects of PPI product dimension have 4 criteria. Physical aspects included in the excellent category of 10.6% or there are 9 respondents who say that the physical quality of PPI athletes increased at an excellent level. 70.6% were included in good category or there were 60 respondents said that the physical quality increased in good category. 18.8% were included in poor category or there were 16 respondents who said that there was no improvement in physical quality. 0% included in very poor category or no respondents who say that the physical quality of the athlete is decreased.

Table 2: Physical Aspect

No	Criteria	Frequency of Answer	Percentage
1	Excellent	9	10,6%
2	Good	60	70,6%
3	Poor	16	18,8%
4	Very poor	0	0,0%
Total		85	100%

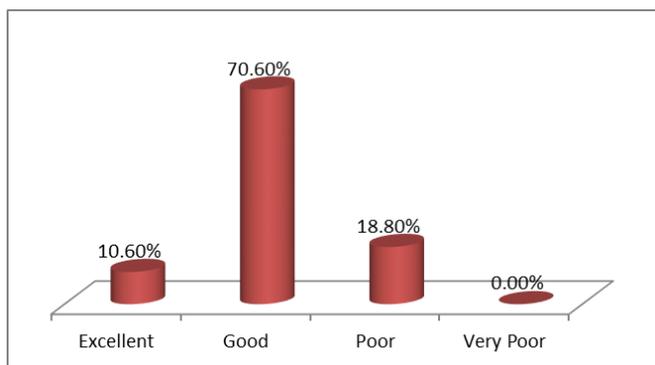


Fig 2: Physical Aspect Diagram

Technical aspects of PPI product dimension have 4 criteria. 16.5% were included in excellent category or there were 14 respondents who said that the quality of PPI athletes technique is increasing at an excellent level. 75.3% were included in good category or there were 64 respondents who said that the quality of technique improved in good category. 8.2% were included in poor category or there were 7 respondents who said that there is no improvement in technical quality. 0% were included in very poor category or

no respondents who said that the quality of athlete's technique is decreased.

Table 3: Technical Aspect

No	Criteria	Frequency of answer	Percentage
1	Excellent	14	16,5%
2	Good	64	75,3%
3	Poor	7	8,2%
4	Very Poor	0	0,0%
Total		85	100%

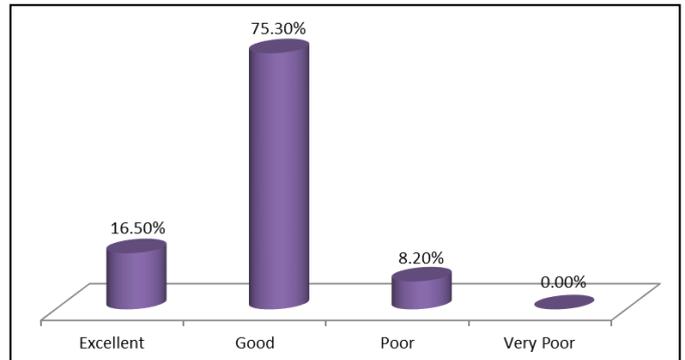


Fig 3: Diagram of Technical Aspect

The mental aspect on the product dimension of PPI has 4 criteria. 11.8% were included in excellent category or there were 10 respondents who said that the increased self-confidence, able to control themselves, the increase of achievement motivation and not quickly despair. 75.3% were included in good category or there were 64 respondents who said that the increase of self-confidence, able to control themselves and increase the achievement motivation. 12.9% were included in poor category or there were 11 respondents who said that the increased self-confidence and able to control themselves. 0% were included in very poor category or no respondents who said that there were no visible mental improvement.

Table 4: Mental Aspect

No	Criteria	Frequency of answer	Percentage
1	Excellent	10	11,8%
2	Good	64	75,3%
3	Poor	11	12,9%
4	Very Poor	0	0,0%
Total		85	100%

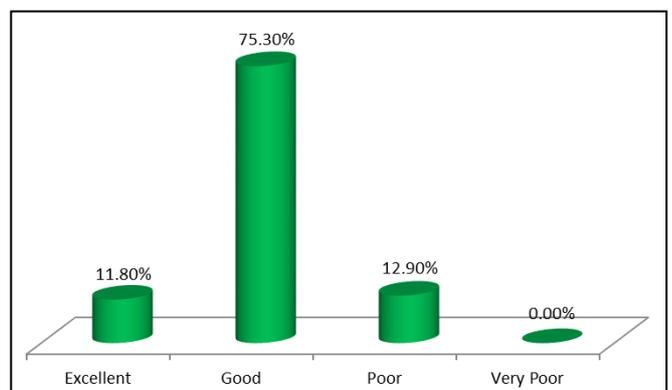


Fig 4: Diagram of Mental Aspect

Aspects of achievement or champion on the product dimension PPI has 4 criteria. 17.7% were included in excellent category or there were 15 respondents who said that

there is an increase in performance that jumped from before. 68.2% were included in the category good or there were 58 respondents said that there is an increase from the previous achievement. 14.1% were included in the category of poor or there were 12 respondents who said that the achievement is fixed or not rise. 0% were included in very poor category or no respondents who said that the achievement of PPI athletes are decreased.

Table 5: Achievement Aspect

No	Criteria	Frequency of answer	Percentage
1	Excellent	15	17,7%
2	Good	58	68,2%
3	Poor	12	14,1%
4	Very Poor	0	0,0%
Total		85	100%

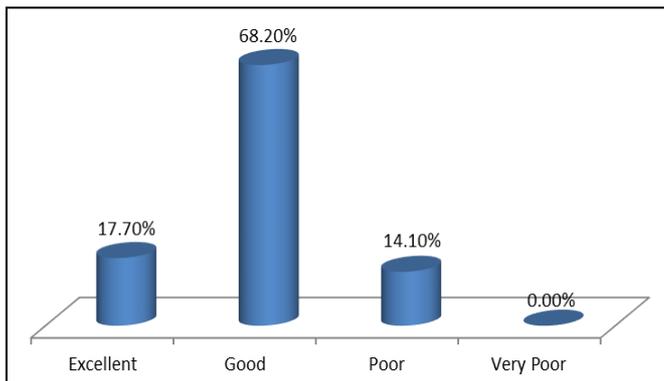


Fig 5: Diagram of Achievement Aspect

Evaluation research based on the dimensions of this product is reflected in physical indicators, technical indicators, mental indicators and achievement indicators (champions). Interpretation of data from product evaluation research from each indicator to Intensive Coaching Program (PPI) KONI Sumatera Utara is in good category. The evaluation of this product is reflected from the findings as follows:

- a. Physical Aspect indicator, without good physical condition, athletes will not be able to follow the exercises, let alone compete perfectly. Physical exercise is an exercise aimed at developing the overall physical condition. Physical condition aspect is the most important part in all sports, especially to support other aspects like technique, tactics and mental. Physical condition is very decisive in supporting the athletes who join the Intensive Coaching Program (PPI) of KONI North Sumatra in the game so it can perform optimally. Through interpretation of research data, physical indicators in Intensive Coaching Program (PPI) KONI North Sumatra is in good category. The management of Intensive Coaching Program (PPI) of KONI North Sumatra in the future must be able to maintain and improve the physical aspect of athlete as a whole, with consistency in running Intensive Coaching Program (PPI) of KONI Sumatera Utara. Indicators of the physical aspect is reflection of good program's focus. Correlation of good and proper physical aspect indicator is very helpful in the process of fostering athletes of Intensive Coaching Program (PPI) of KONI North Sumatra, so the out comes in the process is maximum achievement.
- b. Technical Aspect indicator, the technical exercise aims to enhance the mastery of motion skills in a sport. Mastering the skills of basic techniques is very important

because it will determine the skills to perform the whole movement in a sport. Technical training is an exercise aimed at developing the ability to master the movements of a sport. Good technical skills are crucial in supporting the athletes' work that is incorporated in the Intensive Coaching Program (PPI) of KONI Sumatera Utara in a match so they can perform maximally. Interpretation of research data, technical aspects indicator on Intensive Coaching Program (PPI) KONI North Sumatra is in good category. Management of Intensive Coaching Program (PPI) of KONI North Sumatra in the future must be able to maintain and improve indicator of athlete technique aspect as a whole, consistent in running Intensive Coaching Program (PPI) KONI Sumatera Utara. Technical aspect indicator is a reflection of program's good and correct focus. Correlation of indicators of good and appropriate aspects of technical is very helpful in the process of Intensive Coaching Program (PPI) KONI North Sumatra, so the results of coaching can achieve good achievement.

- c. Indicator of mental aspect, mental exercise is an exercise that emphasizes the coaching of athlete's maturity and emotional coaching such as the spirit of competition, sportsmanship, confidence and others. The mental aspect relates to all sources of human soul ability, namely cognition, affective, and conformation. Psychic condition or good mental condition is a psychic state that shows the source of the ability of the soul that can function and perform tasks as well as possible and able to bear the mental burden, such as emotional disturbances, stress, frustration and so forth. Mental tough athletes can have by doing a systematic mental exercise. Coaching is an integral part of a general exercise program and is contained in an annual training plan or training period. Interpretation of research data, mental aspects indicator in Intensive Coaching Program (PPI) KONI North Sumatra is in good category. Management of Intensive Coaching Program (PPI) KONI North Sumatra in the future should be able to maintain and improve the mental indicators of athletes as a whole, with consistency in running the Intensive Coaching Program (PPI) KONI North Sumatra. The mental aspect indicator is a reflection of the focus of a good and right program. Correlation of good and proper mental aspect indicator is very helpful in the process of coaching athletes in Intensive Coaching Program (PPI) KONI North Sumatra, so the out comes in the process of coaching is the realization of maximum achievement.
- d. Performance aspect indicator (champion), achievement is not only seen from the medal achievement at the time of championship / game only. But the achievement aspect is seen from the increase of result during coaching process in Intensive Coaching Program (PPI) KONI Sumatera Utara. Achievement is the result that has been achieved. Achievements derived from the efforts that have been made, achievement can be achieved by relying on intellectual, emotional, and spiritual ability, and resilience in facing all aspects of life situations. The character of an outstanding athlete who loves his profession as an athlete, must love his profession, initiative and creative, never give up, and carry out his duties as an athlete earnestly. This character indicates that for certain achievements it takes hard work. Interpretation of research result data, performance aspect indicators in Intensive Coaching Program (PPI) KONI

North Sumatra is in good category. The management of Intensive Coaching Program (PPI) of KONI North Sumatra in the future should be able to maintain and improve the performance aspect of the athlete as a whole, with consistency in running Intensive Coaching Program (PPI) KONI Sumatera Utara. The achievement aspect indicator is a reflection of the program's good and correct focus. Correlation indicator of achievement aspects (champion) is good and very helpful in the process of coaching athletes Intensive Coaching Program (PPI) KONI North Sumatra, so the out comes in the process of coaching is the realization of achievement of maximum performance.

The products viewed from the various indicators are judged by the nature of program implementation with the support of Imran's theory (2013) ^[4] that in running the program must be able to guarantee some achievements include: 1) the training process must be orderly and progressive, the material should contain theoretical and practice, 3) each time the meeting should have goals and objectives, 4) use certain methods, 5) achieve a better level of ability in sports, which takes a certain time, and requires precise and careful planning, 6) achieve goals improvement of organism and its function. A key element of achievement in the evaluation of product dimensions is that it is in good condition and that its application can be developed so that North Sumatra achieves the expected achievements in the National Sports Week.

4. Conclusion

In this study obtained the results that PPI KONI North Sumatra: (1) physical aspect of athletes is in good condition; (2) technical aspect is in good condition; (3) mental aspect is in good condition; and (4) Aspect of achievement is in good category. From 4 aspects, it can be concluded that the achievement of PPI product of KONI Sumut has good result and expected to have an impact on the increase of sport achievement in National Sports Week.

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