Evaluation of Swimming Sports Development Program For Swimming Athletes in South Sumatra Province (Case Study Of Club Megalodon Lumban Tirta Palembang)

Muhammad Idzha Adhitya Yani Ranius1* and Fachriyansyah Jabat Ranius1

1University of Bina Darma Palembang

*ay_ranius@binadarma.ac.id

Abstract

Sports education is included in the category of educational science that can apply the mechanism of learning patterns. Among them, being able to evaluate the swimming sports coaching program for swimming athletes in the province of South Sumatra, the case study of the Palembang Megalodon club, aims to examine the effectiveness of the program implemented to support the swimming athlete program in the province of South Sumatra by analyzing the role of each training program using the CIPP approach model. As for the CIPP model, it uses the types of evaluation, namely: context evaluation (context evaluation), input evaluation (input evaluation), process evaluation (process evaluation) and product or result evaluation (process product). The data were analyzed using a qualitative descriptive technique. The results of the research are used as recommendations for input to all institutions/agencies/organizations in the field of swimming sports to improve coaching for athletes.

Key words: athletes, KONI, PRSI, swimming

Introduction

Sports education is part of the science of education which has many branches of sports that will be given training and guidance to athletes is also part of the form of learning in the field of sports education. Furthermore, the results of training or training as athletes who take part in sports competitions will certainly achieve good achievements if they practice optimally. Achievements achieved by athletes are closely related to the coaching they get. Two elements in coaching have been taken into account by Abayomi and Oyeniyi (2017). The two elements in question are organization and management. The results showed that the planning of training schedules and the fulfillment of equipment were factors supporting the success of coaching.

In Indonesia, swimming athletes are generally trained and organized under the auspices of the Indonesian Swimming Association, abbreviated as PRSI, and each region will form a provincial PRSI and a City/Regency PRSI and each region has several associations or clubs. Each regional level is under the auspices of the Indonesian National Sports Committee (KONI) at each regional level, running at three different levels, the Central Committee, the Provincial Committee, and the Regional Committee.
Issues that occur in swimming have been investigated by Yermahanova et al., (2016). The study entitled “Evaluation of the Developmental Characteristics of Swimming for Students with Various Sports Specialties” reports that students who participate in coaching are strongly influenced by the coaching method, their swimming skills, and the skill of the coach.

Problems regarding sports coaching for swimming athletes were also reported by Wijayanti et al., (2017) in their research entitled “Sports Development for Athletes with Disabilities in the Salatiga National Paralympic Committee in 2016”. In addition, Dwi Gangsar SW et al revealed several problems related to sports development for disabled athletes. The problems found were: (1) The coaching program for athletes has been running but some coaches have not compiled a coaching program in a written report; (2) The role of the coach is very vital in achieving athlete achievement, but there are also coaches who do not have official permission; (3) facilities and sports do not meet the coaching program; (4) support is not significant because some members of the board are not active. Research also found that the athlete's parents provide support that greatly affects the athlete's performance (Bas, 2016).

In line with the results of the research described previously, Nugroho et al., (2019) also reported that (1) coaches play an important role in athlete performance; (2) facilities and infrastructure must be supported by the government to support development and performance: (3) support from parents, both morally and spiritually, has a positive effect on performance.

Based on the results of the research above, sports development for South Sumatra swimming athletes, case studies of swimming athletes at the Megalodon club, need to be improved. To achieve good swimming athlete achievement, it is necessary to pay attention to the quality of coaches, coaching programs, and facilities and infrastructure.

According to preliminary research, the Indonesian National Sports Committee of South Sumatra province has succeeded in fostering swimming athletes. However, some obstacles still need to be resolved, such as the regeneration of athletes. According to observations obtained, most of the swimming athletes are athletes who come from swimming clubs or from students from existing sports schools. The limited number of trainers who have international competence is also an obstacle to human resource problems related to the formation of trainers.

The process of developing the ideal swimming sport for swimming athletes is carried out by the city’s PRSI through existing swimming clubs. The swimming sports coaching program is carried out by PRSI South Sumatra to further create ideal conditions and improve coaching performance.

The purpose of this study was to determine the evaluation of the swimming sports coaching program through swimming athletes at the Megalodon Palembang club. This study further aims to see how effective the programs run by PRSI South Sumatra are by analyzing the role of each factor through the CIPP approach.

**Method**

This study used a qualitative research design and was a program evaluation study. This study aims to evaluate the programs carried out by PRSI South Sumatra in developing swimming sports using the CIPP model proposed and developed by Stufflebeam (2007). The components of the CIPP evaluation model are illustrated in Figure 1.

![CIPP Evaluation Model](image)

CIPP Model for Evaluation The components of the CIPP model for evaluation consisting of Context, Input, Process, and Product are described in Yahaya Pemah (2001). Context components include identification of (a) the objectives of KONI South Sumatra; (b) the legal basis of the South Sumatra KONI; (c) needs analysis of KONI South Sumatra; and (d) the purpose of adaptive coaching for swimming athletes carried out by PRSI South Sumatra.

The input components include (a) identification of a swimming sports coaching program plan for athletes of PRSI South Sumatra; (b) identification of the recruitment process for members of the South Sumatra PRSI management; (c)
identification of swimming athletes in the recruitment process at PRSI South Sumatra; (d) identification of the coach recruitment process for swimming athletes at PRSI South Sumatra; (e) identification of facilities and infrastructure in PRSI South Sumatra; (f) identification of financial support in PRSI South Sumatra; and (g) identification of inter-agency coordination carried out by PRSI South Sumatra.

The components of the identification process through the Megalodon swimming club include (a) identification of program implementation consisting of physical, technical, mental, and tactical exercises in each swimming style; (b) identification of program trials for each style of swimming; (c) identification of competition programs at PRSI South Sumatra; (d) identification of coaching competitiveness in PRSI South Sumatra; (e) identification of swimming athlete supervision development at KONI South Sumatra.

The product component is seen from the results in the form of achievements achieved by swimming athletes at PRSI South Sumatra. Data collection techniques in this study were interviews, questionnaires, and documentation studies. To analyze the data obtained, the researcher used four stages of evaluation analysis, namely: (1) data collection according to the evaluation component; (2) generate data display and perform data analysis by comparing the data obtained with predetermined criteria; (3) provide a proper assessment; and (4) make decisions and make recommendations accordingly.

In this study, researchers used triangulation techniques to examine and verify the validity of the data obtained. Triangulation is defined as a data collection technique that combines various data collection techniques and data sources that have been obtained. If the researcher collects data by triangulating, then the researcher actually collects data and at the same time assesses the credibility of the data. Thus, the data obtained will be more consistent, complete and clear. In this study, researchers used triangulation techniques, triangulation techniques allow researchers to collect different data techniques to obtain data from identical sources. In this study, the study researchers used interviews, questionnaires and for the same data source document simultaneously triangulation can be visualized as follows:

**Results & Discussion**

The assessment of swimming sports coaching for South Sumatra Province athletes conducted by PRSI South Sumatra Province through the Palembang Megalodon club can be described as follows: the context of the effectiveness component of the context in relation to swimming sports performance coaching South Sumatra athletes produces qualitative data so that it is analyzed qualitatively. The focus of this research is directed at three important aspects or focuses, namely: needs analysis; and achievement development targets achieved. The National Sports System (SKN) states that competitive sports are sports that foster and develop athletes in a planned, tiered, and sustainable way through competitions to achieve achievements with the support of sports science and technology. National sports are aimed at maintaining and improving health and fitness, achievement, human quality, inculcating moral values and noble character, sportsmanship, discipline, strengthening and fostering national unity and integrity, strengthening national resilience, and increasing national resilience.

Related to the purpose of the implementation of sports achievement coaching for athletes at PRSI South Sumatra, KONI South Sumatra seeks to play an active role through active coaching in the field. They are expected to be able to excel in regional, national, ASEAN, Asian and even world competitions.

Financial support is currently focused on preparing for upcoming competitions at the provincial level, such as Porprov. To achieve a good performance in the competition, the Megalodon Club provides full support to the athletes who are members of the Palembang City KONI team.

Some of the support provided includes providing recommendations for athletes during implementation at the provincial and national levels by participating tryouts in several regions, conducting training for coaches, implementing regional coaching programs.

The recruitment of athletes for swimming continues to be carried out in addition to providing coaching and coaching to compete at the National level, as well as recruiting several new athletes. The athletes who took part in the recruitment were recommended by the Megalodon Club as KONI athletes at the city or district level in South Sumatra.

The following is Table 1 of the recapitulation report of athletes participating in the 2022 Regional Development Program.

The recruitment of swimming sports coaches is also carried out. Most of the coaches who train these athletes are former athletes who have excelled before. They are able to provide coaching to athletes. They received additional training on how to conduct coaching for swimming athletes conducted by KONI of Palembang city and KONI of South Sumatra. To provide coaching for athletes using the Lumban Tirta Palembang swimming pool which is managed by the Palembang city government. In addition, you can also use the Aquatic pool which is managed by the South Sumatra provincial government. This means that the availability of a place to practice does not become an obstacle, but the intensity of the exercise will be maximized again. The success of the sports coaching program for swimming athletes is obtained from the good cooperation that exists between the stakeholders concerned with the Megalodon club.
Table 1. Athletes Recapitulation of Megalodon swimming sports as many as 70 athletes with achievements in the last one year.

<table>
<thead>
<tr>
<th>No</th>
<th>Activities</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Herman Deru Cup Championship</td>
<td>6</td>
<td>11</td>
<td>10</td>
</tr>
<tr>
<td>2</td>
<td>Citra Raya Swimming Fun Sprint Challenge 2022 Championship</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tangerang Banten Province</td>
<td>10</td>
<td>13</td>
<td>19</td>
</tr>
<tr>
<td>3</td>
<td>Indonesian Swimming Festival KU 2022</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>passed the National limit</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Source: Swimming Sports Development (Megalodon Club, 2022)

Process Components The Implementation

Implementation of the swimming sports coaching program for athletes by the Megalodon club begins with open recruitment of athletes from various elements of society in cities and districts in South Sumatra Province. Most of the swimming athletes who participated in the recruitment had mastered the basic skills of swimming, but there were also those who did not have the basic skills of swimming. If during recruitment they show good potential in swimming, the Megalodon club will consider them to join the PRSI swimming team in Palembang. The swimming sports coaching program for athletes focuses on four main exercises, namely: physical training, technical training, tactical training, and psychological assistance. Swimming coaches some common swimming styles such as the backstroke, breaststroke, and butterfly and freestyle. The swimming sports coaching program is divided into two stages, namely a routine coaching program before athletes will take part in a championship and a concentrated coaching program to prepare athletes to maintain their abilities. Coaching is usually done every day and will be more continuous when participating in a championship. They follow a routine coaching program during training. Then the athletes follow a coaching program concentrated on each swimming style specialist according to the athlete’s ability.

The routine program aims to maintain the achievements achieved by athletes and maintain the athlete’s physical fitness.

The swimming sports coaching program for swimming athletes requires adjustment and concentration of swimming style for each athlete that needs to be strengthened. Some of the adjustments made by the trainer during the training program are as follows:

During physical fitness training using gym equipment, the trainer does not force them to use the equipment. They are allowed to use any kind of equipment that meets their conditions. For example, if an athlete only trains breathing by long-distance running, he or she may choose not to focus on fitness that requires the power of hand pedaling by pulling on the rubber. The coach instructs them to run as far as possible. In addition, the coach does not force athletes to choose one style that is not in accordance with the abilities and time limits they have achieved, although all athletes are required to master all style skills in swimming. For example, if an athlete has only one style of swimming specialist, they may choose a style of swimming that does not impose a style of swimming that they do not master. The athlete’s swimming style is based on the condition of the athlete’s ability based on the achievement of the best time of each athlete.

In addition, athletes do not always have to take the longest swimming number. Another adjustment was made in athletes with short breaths. During training, the trainer uses a rubber band to train the traction strength of the hands in swimming. The installation of rubber ropes aims to help athletes who experience a lack of power in swinging their hands, especially for freestyle swimming.

One strategy to improve the performance of athletes is to provide bonuses in the form of money if they excel or medals won during a match. Bonuses are given to athletes as a form of encouragement to increase enthusiasm for training, in addition, the swimming sports coaching program carried out by KONI South Sumatra also achieved good achievements in several national level competitions, one of which was at the National Sports Week. Some athletes also achieved good results at higher levels of competition and were selected to participate in a concentrated coaching program at the national level. Athletes who excel both at city or district and national events opportunity to register as civil servants, police and military through the sports achievement pathway if they meet the requirements for achievement of achievement abilities, in addition to requirements regarding age limits and educational background. It aims to motivate athletes to achieve good performance in competition.

The recruitment of new athletes as a step forward for the next generation of swimming athletes has also been carried out. A total of 19 nine athletes are the new generation, the remaining 10 athletes are former athletes who excel in competitions. The number of new athletes are athletes who have just started to take up swimming, but some athletes who did not start from the beginning have participated in training because they have continued to practice because they have been practicing independently and have shown their achievements.
Athletes who have excelled are certainly needed to strengthen the achievement of medals in the next event. The obstacle faced in recruiting new athletes is that there are still obstacles in the selection of abilities that can increase achievements that match those of athletes who have already achieved earlier.

This is in accordance with the opinion of Harahap (2018) in his research on government policies in improving the achievements of national athletes. Recruitment of coaches taken from training have been ex-swimming athletes and received from international, national and regional coaches.

The facilities and infrastructure used are adequate, only to carry out fitness exercises still need to be improved, such as equipment for the gym which is still limited. In addition, the swimming pool is still mingling with the use of public facilities.

Conclusion

From the description above, it can be concluded that the use of sentence structure in writing books for elementary school students must follow the curriculum standards in schools. It is necessary to avoid the use of affixes that have not been taught in school. With also with sentences. It is better to avoid using complex compound sentences. Hopefully the results of this study can be recommended for book writers, teachers, or parents in choosing books for elementary school children.

References


