

Evaluation on East Java 100/III Regional Training Programme (PUSLATDA) 2013-2016 (An Approach towards National Sports Competition XIX-2016)

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Abstract

This study aims to assess the preparation of East Java Sport Committee (KONI) to come of Multi Event National Sports Competition (PON) XIX-2016, held every 4 years. The focus of this research can be presented: 1) The process of making / designing planning East Java Puslatda 100/III; 2) The process of implementation of East Java Puslatda; 3) Compability planning and implementation of program the East Java; 4) The results of program performance East Java Puslatda East Java Puslatda 100/III. The collection data in this research was conducted through observation, study documents, interview and participation, because the researchers directly involved making planning, implementation and evaluation in East Java Puslatda 100/III. From the data are then analyzed using the CIPP methods (context, input, process and product). The results showed: 1) The East Java Puslatda 100/III for planning ideal and detail, then its implementation in first year (2013) and the second year (2014) seeking forms and in 2015 the implementation of Puslatda started in accordance with the plan expected; 4) achievement East Java Puslatda 100/III attributed the gold medal in the National Championship and PON XIX-2016 for four years showed a graph continues to rise. One model of long-term planning has been developed and implemented KONI East Java, East Java Puslatda 100 models in dealing with the planning for four years is a new innovation in preparation following the PON, and the results are relatively good. Besides preparations with a long time, which must be considered is continuity and conduciveness Puslatda organizers should be good and comfortable conditions in terms of the implementation process Puslatda must be in a state that is ideal both administratively and operationally supported and the optimal approach of sport science .

Keywords

training center
program (Puslatda);
achievement ; national
sport championship;
national sports
competition (PON)



I. Introduction

The peak of sports performance in each province is conducted in the form of National Sports Competition (PON) which is held in every 4 (four) years since September 1948. Until 2012 the PON is XVII. The provinces that have been the overall champion of PON are East Java, Central Java, West Java, and DKI Jakarta.

East Java became the Champion of PON XV-2000 (despite being host), then decreased in PON XVI-2004 in South Sumatra, ranked 2nd, but at PON XVII-2008, in East Kalimantan, East Java once again became the overall Champion of PON, although in PON XVIII-2012, East Java occupies the 3rd position.

The phenomenon of the ups and downs of achievement in East Java, especially in PON XVII-2008 (Champion) and on PON XVIII-2012 (ranked 3) is not separated from the preparations made by East Java, Training Center Programme (Puslatda) Jatim 100, East Java achievement is not stable. The fluctuation of these achievements is the trigger for innovative thinking to develop new model of East Java 100 Puslatda, known as Puslatda Jatim 100-III. In the implementation of Training Center Programme (Puslatda) Jatim 100-III, the researchers put the focus of research in the form of questions as follows:

1. How is the planning of East Java Puslatda 100 designed?
2. How is the implementation process of East Java 100 Puslatda?
3. How is the suitability of planning and implementation of East Java Puslatda Program 100?
4. How is the achievement of East Java Puslatda Program 100?

According to Mangolo (2020) Sports and Health Physical Education is one of the education carried out in Indonesia which has a learning system based on theory and practice. Sports and Health Physical Education is generally taught to students in elementary schools. Sports and Health Physical Education is a learning process through physical activities where each student is obliged to do physical activities to improve his physical fitness. Sport has been considered a staple in recent years. Physical fitness, increased biomotor ability, improved achievement and educational knowledge are the results to be achieved in doing sports activities (Ferdiana, 2020).

II. Research Methods

The evaluation model chosen and considered appropriate, is the CIPP model evaluation design (context, input, process, product). Logical aggregation that can be put forward is why this model is chosen because CIPP model design allows researchers to conduct a comprehensive evaluation of the Puslatda Jatim 100 program. Besides the CIPP model is considered a comprehensive model and is often applied because of its practicality, the results of this model evaluation in accordance with the needs, in meaning it can facilitate the provision of relevant information to take policy, improvements to each component, of the existing system (Stufflebeam, 2007). The context referred to in this study is the existence of East Java Puslatda Jatim 100-III. As a program, the existence of East Java Puslatda (100-III) has the following context: (1) important goals ranging from champions in various National Championships (Kejurnas), passing as many athletes in Pre-PON, and the peak is a minimum get 100 gold medals on PON, (2) have solid human resources both athletes, coaches and administrators KONI Jatim supported by 3 (three) pillars of health and nutrition, physical and psychological (3) support from government and parliament, (4) improvement of program weaknesses ranging from Puslatda Jatim 100-1, East Java 100-2, and East Java 100-3.

III. Discussion

3.1 Planning East Java Puslatda 100-III

East Java 100-III is basically adequate in terms of management functions, because in principle planning and Jatim 100-III is one of the management functions that must be run by an organization. Planning contains everything that is comprehensive as a guide to carry out all the activities of the organization. Planning is often also said to be a major management function because it forms the basis for all management functions. A plan will

greatly influence the success or failure of an activity, because good activity is planned first, and should perform activities in accordance with the planned (Rusniati and Haq, 2014).

Puslatda Jatim 100-III is planned for 4 years includes long-term planning, long-term planning is generally defined as a minimum three-year plan. The planning of East Java Puslatda 100- III including specific planning, because the planning is made in detail and determine how to work operationally to achieve the goal.

Based on frequency of use, planning Puslatda Jatim 100-III including single use plan, which is planning designed to be executed only one time activity. By making strategic planning one of the activities is considered very important in the management and success of the organization (Dominic Maina Ndegwah, 2014). The planning matrix Puslatda Jatim 100-III.

Table 1. The Planning Matrix Puslatda

No	Planning	Puslatda Jatim 100-III
1	Design	<i>Ideal</i>
2	Personnel	Committe Decision
3	Stage	Centralitation
4	Evaluation	Achievement of Athlete or Coach
5	Fund	Government

3.2 Discussion the Implementation Process of East Java Puslatda 100-III

The planning formulation of East Java Puslatda 100-III is expected to prepare the implementation of Training Programme as early as possible with the intention to synergize the various potentials of East Java in fostering the achievements of East Java athletes are strong and achievers, especially in PON XIX 2016 in West Java.

The design of East Java Puslatda 100-III is the result of in-depth study of East Java Puslatda 100-I and Jatim 100-II. Puslatda Jatim 100-III is expected to answer the challenges and expectations, especially in the PON XIX in West Java.

The design of Puslatda Jatim 100-III from the beginning was implemented in a centralized, meaning that the full authority of Puslatda management was in Sport Committe East Java (KONI), and as the executor of Puslatda activities, KONI East Java established Task Force (Bapel) which managed Puslatda Jatim 100-III. The concept of East Java Puslatda 100-III is relatively comprehensive and planned systematically, gradually, and operationally, including Promotion and Degradation system (Promdeg). It also regulates the "reward" system of athletes, with the hope of forming athlete's behavior so as to not only achievement in PON, but from the beginning it has been trying to achieve the best results.

Planning personnel of East Java Puslatda 100-III participants are all East Java athletes who have the possibility to get medals in the upcoming PON XIX 2016 based on physical, technical, tactical, psychological, and achievement quality data. Acceptance of Athlete and Coach personnel members is conducted in an open and objective, the process and results are determined by KONI East Java Province through selection (physical and psychology) for Athlete and feasibility test for coaches. This is intended to be as early as possible known athletes condition, health, physical and psychological condition.

The implementation to obtain athletes, the athletes who will be participants Puslatda East Java 100-III 2013 are required to medical, physical and psychological tests. From the results of the test results are quite surprising, about 38% of the 200 athletes (76 athletes) who have kidney disorders, and about 10% of East Java athletes seriously injured the legs, especially the knee. Similarly, physical test results, about 46% of athletes (92 athletes) are not fit, and about 6% of East Java athletes experience psychological problems (12 athletes). Furthermore, from a series of tests and requirements determined by Bapel Puslatda, 218 athletes of participants of East Java Puslatda 100-III 2013 were selected. In addition to planning the recruitment of athletes, in Puslatda Jatim 100-III is also prepared in depth is the Coach, because the position of in the training process is very decisive.

The planning of East Java Puslatda 100-III coaches was also done by selection and certification. The selection system is implemented in an open and objective, through a feasibility test by Bapel of East Java and appointed trainer 94 people and 8 mechanics in Puslatda Jatim 100-III year 2013 and implementation of East Java 100-III Puslatda officially start running on June 11, 2013. The results of consultation and evaluation and achievement of the 2013 National Championship, as well as some considerations of athletes achievement improvement, at the beginning of 2014 set athletes, trainers and mechanics who handles the sport Puslatda Jatim 100-III 2014. In addition, starting 2014 Chairman of KONI Java The East implements the wisdom to raise the Head Coach if the sport requires. This is done by considering the activity of the trainer is sufficiently dense menanhani training activities, for that some branch of sport proposed Head Coach with the aim to improve performance. Next year 2014 set 44 sports, 501 Athletes, Head Coach = 17, Trainers = 127 and Mechanics = 27 as participants Puslatda East Java 100-III year 2014.

Furthermore, the results of the consultation of sports with the Chief of KONI, the Director of the Puslatda Implementing Agency and the Achievement Development is set 46 of sports participants of East Java 100-III Puslatda 2015 with the total number of athletes 577, 18 Head Coaches, 149 Coaches and 32 Mechanics in 2015.

Regularly held tests and assistance to athletes especially related to health and nutrition, physical and psychological. KONI East Java want in the implementation process of Puslatda Jatim 100-III is scientifically measured both quantity and quality. The treatment to the athlete shall be in accordance with the loading according to the portion of each athlete adapted to the individual ability of the athlete or sport. Apparently the change in the atmosphere of the exercise is more supported data and the progress of the athlete's appearance is significant.

3.3 Discussion on Evaluation of achievement of East Java Puslatda Jatim 100-III

Puslatda Jatim 100-III is designed in detail in the hope to monitor any problems or obstacles that arise during the process of Puslatda. Evaluation Puslatda Java 100-III implemented at least 6 months/year. Evaluation of East Java Puslatda 100-III can be done during the process and the end of the year after following the national championship.

Table 2. Recapitulation achievement of gold medal result of East Java Puslatda East Java 100-III

No	Puslatda	2013	2014	2015	2016
1	Jatim 100 III	104	128	144	132

The achievement of the gold medal at the end of the year for 3 years Puslatda (2013-2015) also increased steadily, starting from 104 (2013), 128 (2014), 144 (2015) and 132

(2016). Seeing the above phenomenon, it can be that Puslatda Jatim 100-III running well, this can be seen from the achievement of national championship for 3-4 years where the results from year to year showing increased.

The overall evaluation of the implementation and achievement of the sports competition during the Puslatda Jatim 100-III is relatively good, with the achievements in 2013 (104 gold), 2014 (128 gold) and 2015 (144 gold) showing a pretty good progress in facing the 2016 PON, get 132 gold medals. The following graph comparison achievement Puslatda Jatim 100-I, East Java Puslatda 100-II and Puslatda East Java 100-III.

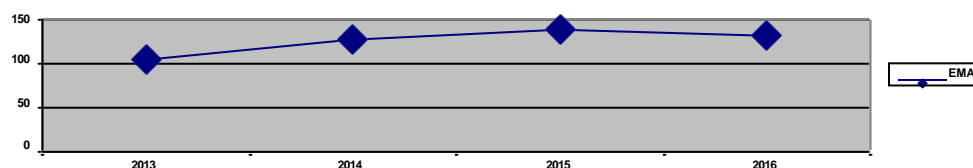


Figure 1. Graph of Achievement Puslatda Jatim 100-III

IV. Conclusions and Recommendations

4.1 Conclusion

Based on the results of research on the Evaluation of Regional Exercise Centralization Program (Puslatda) Jatim 100-III (An Approach in Preparation of National Sports Competition) this can be summarized as follows:

1. Puslatda Jatim 100-III is designed with ideal, starting athletes / trainer recruitment, authority (centralized), awards, monitoring and evaluation and promotion and degradation system.
2. Implementation of East Java Puslatda 100-III begins with the ideal design, first medical examination, physical and psychology of athletes, and the feasibility test of the coaches. Year 2013 and 2014 appear Puslatda Jatim 100-III is still looking for a form with sports science support model. By 2015, it has found the pattern of implementation, routinely starting in 2015, physical, health and psychological test to monitor the development of athlete condition optimally, including the willingness of the General Chairman to facilitate regular meetings (selas-jum'at), many assist the settlement of the management related to the implementation of Puslatda.
3. The suitability between planning and implementation of East Java Puslatda 100-III in the early years (2013-2014) is not fully run as expected, there is a gap between planning and implementation. Planning East Java Puslatda 100-III made ideal by arranging comprehensively everything related Puslatda Jatim 100-III, this makes the Puslatda East Java 100-III (Bapel Puslatda) is still looking for the form and adjustment in carrying out activities Puslatda Jatim 100-III. Implementation of East Java Puslatda 100-III began to look form and activities in accordance with the planning starting in 2015, it is possible because the organizer of East Java Puslatda 100-III is KONI Jatim period (2012-2016). Puslatda Jatim 100-III, in the first year of implementation not yet in accordance with the planning, but in 2015 and 2016 is in accordance with the planning.
4. East Java Puslatda 100-III is held for 4 years (2013 to 2016), the achievements are consistent and progressive, for the 1st year Puslatda East Java 100-II (2013) get 104 gold medals, 2nd year (2014) gets 128 gold medals And the third year (2015) reached 144 gold medals and 4th year (2016) reached 132 gold medals. Seen

continuously from the achievement of Puslatda Jatim 100-III increasingly year continued to increase from 104-128-144-132medalian gold for 4 years showed that Puslatda East Java 100-III is good enough, especially see the achievement year 2015 (144), with good support from Components sport science results can already be said good.

Table 3. Puslatda Jatim Jatim 100-III

No	Factors	Puslatda Jatim III
1	Design	Ideal
2	Ledearship	Flexible and Situasional
3	System	Procedural
4	Funding	Government
5	Supervision	Permanent
6	Organisation	Kontinyu
7	Achievement	Progresif

4.2 Recommendation

Based on the results of research on the Evaluation of Regional Exercise Training Program (Puslatda) Jatim 100 (An Approach In Preparation of National Sports Competition) can be recommended as follows: 1. Planning should be supported by a good supporting system. 2. A comprehensive and ideal planning should be carried out properly according to plan. 3. Develop evaluation models of athlete performance components including medical, physical, and psychology. 4. Promotion and degradation of coaches and athletes should be used as a quality control for Puslatda 6. Perform strict supervision and control starting from the recruitment of athletes, coaches, or mechanics. Planning the training process and activities, supporting the facilities. 7. Plan for competition activities, develop athlete control systems (exercise, health, physical, nutrition, psychology, injury and rehabilitation) 8. Plan the athlete's ease for practice (school, college or work dispensation), to plan awareness support to athletes and trainers; Including the readiness of human resources of the organizers and funding resources must also be optimal, including the condition of the organizing organization must also be conducive.

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