



Coaching and Education of Sepak Takraw Sports: an Evaluation Study

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Abstrak

Urgensi penelitian ini dilakukan guna menilai pelaksanaan latihan olahraga di Kabupaten Solok Selatan. Penelitian ini bertujuan mengevaluasi penyelenggaraan diklat olahraga sehingga dapat membantu pemerintah mengetahui bagaimana kemajuan atlet dibalai latihan olahraga sebagai upaya memajukan, menajamkan dan mencetak atlet yang berkualitas serta mampu berdaya saing dipertandingan sepak takraw sampai ke tingkat Internasional. Penelitian ini menggunakan pendekatan evaluasi konteks yang mengacu pada model CIPPO dengan metode yang digunakan yaitu Mixed method dengan model eksplanatory. Jumlah sample penelitian yaitu 25 atlet, pelatih, stakeholders, KONI dan PSTI sepak takraw dengan menggunakan teknik pengambilan sample simple random sampling. Instrumen pengumpulan data yang digunakan adalah angket, wawancara, observasi, dan instrumen dokumentasi. Analisis data angket yang dilakukan peneliti menggunakan statistik deskriptif. Sedangkan analisis data dari wawancara dilakukan dengan Miles & Huberman. Dengan hasil dan kesimpulan penelitian bahwa atlet olahragawan sepak takraw masih mengalami beberapa kendala dalam meningkatkan kapasitas sebagai atlet yang profesional untuk bertanding dikancah internasional sehingga memang benar membutuhkan beberapa solusi dan strategi dari unsur pemerintahan dan pendukung lainnya.

Kata Kunci: Pendidikan olahraga, Sepak Takraw, PPLP.

Abstract

The importance of this research is to examine the implementation of sports coaching. This study aims to evaluate the implementation of sports training. This study encourage government of sports education and training so as to help the government know how the progress of athletes in sports training centers as an effort to advance, improve and nurture athletes who are capable of takraw to the international level. This study uses a context evaluation approach that refers to the CIPPO model with the method used is a mixed method with an explanatory model. The number of research samples is 25 athletes, coaches, stakeholders, KONI and PSTI sepak takraw using simple random sampling technique. The data collection instruments used were questionnaires, interviews, observations, and instrument documentation. Analysis of the questionnaire data conducted by researchers using descriptive statistics. Meanwhile, data analysis from interviews was conducted with Miles & Huberman. With the results and conclusions of the study that sepak takraw athletes still experience several obstacles in increasing their capacity as professional athletes to compete in the international arena, they do require several solutions and strategies from the government and other supporters.

Keywords: List Sports education, Sepak Takraw, PPLP.

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1. INTRODUCTION

Education is a means of improving individual abilities to advance a nation. General education is supported by physical education and sports which contribute to the physical and mental development of individuals and unite social groups (Dagdemir & Aka, 2019; Ivanii et al., 2020; Taşkın & Canlı, 2021; Kamid et al., 2021). Physical education and sports are an obligation in education to find talents, habituation of healthy lifestyles, and form a generation with strong resilience (Güllü, 2021; Karakoç et al., 2021; Korkmaz, 2020). Sports Education refers to individual behaviour aimed at increasing levels of physical activity and improving health and the desire to participate in sports based on meaningful authentic experiences and

enjoyment (Burgueño et al., 2021; Choi et al., 2020; Pavlova et al., 2022). One of them can be through the game of sepak takraw. The sport of sepak takraw is a popular game, especially in Southeast Asia, which is often contested. Basic technique is the most important element in the game of sepak takraw which includes service techniques performed with tekong, petting, smash, heading, and block (Irawan et al., 2021; Purwanto & Rifandy, 2022). Sepak takraw is played by teams consisting of three positions, namely tekong, feeder and spiker with special roles during the match where the sepak takraw service is the start of the game so that sepak takraw practice is very important to maintain sports performance (Gani, 2018; Kosni et al., 2017; Silalertdetkul, 2016). The current sepak takraw game can be played in both indoor and outdoor fields where this game uses a mixed energy system which is dominated by an aerobic energy system because physical abilities such as power and flexibility affect the agility of sepak takraw players (Aslam et al., 2022; Hermawan et al., 2022; Mentara et al., 2022). In the game of sepak takraw, each individual's technical mastery, the ability to place goals, and teamwork make the team better in quality (Jufrianis et al., 2021; Marpaung et al., 2022; Muhyi et al., 2021). So that in improving athlete achievement, especially in the field of sepak takraw in South Solok district, training is needed at the Student Education and Training Center (PPLP) and an evaluation process is needed first as an assessment of the extent to which the athlete's ability in the sport of sepak takraw is needed.

One of the efforts made by the Ministry of Education and Culture in collaboration with the Ministry of Youth and Sports (Kemenpora) and the Indonesian National Sports Committee is to establish a Student Education and Training Center (PPLP). The Student Training Education Center or can be shortened (PPLP) is a forum for coaching athletes or potential sports students among students who have talent and achievements at a young age (Amnas et al., 2021; Fauzan & Dirgantoro, 2020; Marbie, 2019). The coaching system in PPLP is that athletes are fostered to excel in sports that are occupied and educated in the academic field in order to ensure the future of students in public schools (Harun et al., 2020; Amnas et al., 2021; Ruskin & Liputo, 2021). This is because the Center for Student Education and Training (PPLP) plays an important role in advancing achievement in a significant way within the framework of overall achievement development. So that in improving athlete achievement, especially in the field of sepak takraw in South Solok district, training is needed at the Student Education and Training Center and an evaluation process is needed first as an assessment of the extent to which the athlete's ability in the sport of sepak takraw is needed.

The evaluation process is a certain method that is carried out to assess, conclude, test and determine the supporting elements of a program (Bernabas Wani, 2018; Raibowo & Nopiyanto, 2020). A good evaluation should aim to improve, monitor and develop programs that have been made, not to prove, increase accountability, and better understand a phenomenon (Mathison, 2013; Raibowo & Nopiyanto, 2020). One suitable evaluation model is the CIPP model evaluation, which can provide a comprehensive picture of information service programs because in reviewing information service programs a method is needed that can systematically examine evaluations and meet the general needs of evaluation (Mathison, 2013; Aziz et al., 2018). This is because this model is fairly systematic so that efforts to increase achievement in sepak takraw athletes at the Student Education and Training Center (PPLP) can be increased.

Several previous similar studies have been carried out, previous research examines how the management of archery achievement coaching programs in PPLP Central Java (Parena et al., 2017). Then other research aims to obtain information about the implementation of the Student Sports Education and Training Center (PPLP) for the Taekwondo sport of DKI Jakarta Province (Putri & Muslim, 2017). Further research evaluates the achievement coaching program for the sport of boxing at the student sports

coaching and training center (PPLP) in the province of East Nusa Tenggara (Bernabas Wani, 2018). Based on the explanation described above, this research is important to be carried out in order to evaluate the implementation of sports training in South Solok Regency. It will help the government to know how the progress of athletes in the South Solok sports training center as an effort to advance, sharpen and develop quality athletes who are able to compete in sepak takraw competitions to the international level. So if there are problems or obstacles that occur at the South Solok Regency sports training center, the government can provide solutions and strategies with the Menpora assisted by Dispora South Solok Regency, West Sumatra. Therefore, researchers examined how to evaluate the implementation and development of the quality of the athletes who were at the Sports Training Center of South Solok Regency, especially in the sport of sepak takraw. The purpose of this study is to evaluate the implementation of sports training so that it can help the government find out how athletes are progressing at sports training centers as an effort to advance, sharpen and print quality athletes who are able to compete in takraw matches to the international level.

2. METHODS

This type of research is categorized as evaluation research. This study uses a context evaluation approach that refers to the CIPPO model with four evaluation targets (Context, Input, Process, Product, Object). The advantage of the CIPPO model is that it provides a comprehensive/comprehensive evaluation format or framework at each evaluation stage, namely the context, input, process, and product stages (Haryani & Sunarto, 2021; Djuanda, 2020). The evaluation of the CIPP model can be applied in various fields. Each of these dimensions with meaning, namely Context (a situation or background that affects the planning of the coaching program), Input (quality of input that can support the achievement of the coaching program), Process (program implementation and use of facilities in accordance with what has been planned), Product (results achieved in the implementation of the program). So the procedure in this study begins by distributing data collection instruments in the form of questionnaires and interviews. After the questionnaire was distributed to the athletes who had been sampled in this study and continued with interviews with several athletes per age level (16-18,19-21), coaches, stakeholders, KONI and PSTI. After the data results are obtained, the data is analyzed using descriptive statistics and Huberman miles. The instruments in this study are presented in Table 1.

Table 1. Research instruments

Indicator	No. Statement
Athlete satisfaction	1, 2, 3, 4
Team work	5, 6
Technology use	7
Openness	8
Enhancement	9, 10, 16
Sportsmanship	11, 12
Consistent and disciplined	13, 14, 15
Evaluation	17, 18, 19, 20, 21, 22, 23, 24

The method used in this program evaluation research is a combination method or mixed method. This mixed method has advantages over quantitative or qualitative research, because it involves the collection and analysis of both types of data, so this approach has greater strength than research that uses only one research method (Creswell, 2008; Samputra et al., 2021). The mixed method used is an explanatory model where quantitative data are

supported by qualitative ones. Quantitative data was obtained through a questionnaire which was divided into several questionnaires, namely a questionnaire about individual technical skills, a questionnaire about the physical fitness of takraw athletes, a questionnaire about team sports techniques and a questionnaire about the mental condition of athletes. While the qualitative data in this study were obtained through interviews by several athletes per age level (16-18,19-21), coaches, stakeholders, KONI and PSTI.

The population in this study is PPLP Sepak Takraw South Solok from that population will be taken a sample using a total sampling technique. The research subjects in this evaluation study, which are included in the PPLP are 25 athletes, coaches, stakeholders, KONI and PSTI sepak takraw Solok Selatan. Data collection techniques are carried out through questionnaires or questionnaires, interviews, observations, and documentation instruments that will be carried out on each respondent (informant) regarding the implementation of the PPLP program for the South Solok takraw sport; In-depth interviews, observations and documentation. The questionnaire data analysis conducted by the researcher was using descriptive statistics.

Descriptive statistics is a process of transforming research data in tabulated form so that it is easy to understand and interpret. Activities in descriptive statistical data analysis are carried out by looking for the average value (mean), median, minimum value and maximum value in order to obtain an overview of the characteristics of the data (Dahri, 2019; Darmaji et al., 2020). Meanwhile, data analysis from interviews was conducted with Miles & Huberman. The activities carried out in Miles and Huberman's analysis are reduction, data, display, data, and conclusion verification (Huda et al., 2020; Rofiq & Basyid, 2020).

3. RESULTS AND DISCUSSION

Result

Data analysis is carried out in the form of evaluations aimed at interpreting, measuring, and deciding whether the results of the PPLP program have met the expected needs or not. The results of the takraw athletes' achievements that will be evaluated are seen from the results of matches at the regional, national and international levels. The results of the analysis of research findings in terms of respondents' achievements, the tendency of program evaluation in terms of achievements that are classified as inappropriate. The results of the analysis of respondents' achievements are presented in Table 2.

Table 2. Recapitulation of the evaluation of respondents' answers

No.	Category	Frequency	Mean
1	Very Appropriate	4	16.00
2	In accordance	8	34.00
3	Not suitable	11	42.00
4	It is not in accordance with	2	8.00
	Amount	25	100.00

Based on Table 2, the level of respondents' achievement of the PPLP Solok Selatan product indicators is more dominant in the evaluation of products that are classified as less suitable. It was explained from the data analysis that 11 respondents (42%) were classified as not suitable, 8 respondents (34%) were classified as suitable, 4 respondents (16%) were classified as very suitable and 2 respondents (8%) were not. The distribution of respondents' answers for each item of achievement variable based on PPLP products is presented in Table 3.

Table 3. Points of achievement evaluation analysis

No.	Statement	Mean	Conclusion
1.	Athletes' satisfaction with the coach's approach	3.24	In accordance
2.	Athletes' satisfaction with coach leadership	3.28	In accordance
3.	Healthy competition between athletes	3.20	In accordance
4.	The sportsman's punctuality to the predetermined training schedule	3.30	In accordance
5.	Improving the skills of athletes in the sports they are engaged in	3.32	In accordance
6.	Evaluation of the training program that has been set is tailored to the abilities and needs of the athlete	3.24	In accordance
7.	Evaluation of achievements that have been achieved by athletes	3.26	In accordance
8.	The coach's evaluation of the achievements of the coached athletes	3.22	In accordance
9.	PPLP Solok Selatan gives birth to athletes who are able to compete at the district/city level	3.18	In accordance

Achievement criteria are reviewed based on the results of matches obtained in regional, national and international matches. Based on the results of the achievements in the South Solok PPLP program, the Sepaktakraw game branch showed good results from the Province of West Sumatra. From the results of the distribution of the questionnaire there are several questions that are still of inappropriate value. From the data obtained from 2015 to 2022, the sepak takraw branch always gets a medal for West Sumatra, but from the number of medals, either gold, bronze, or silver, there are no athletes from South Solok district. This is supported by the results that at the international level not all sepak takraw athletes from South Solok, but at the regional level their achievements are quite good. The achievements of several athletes is show in [Table 4](#).

Table 4. Shows the Achievements of Several Athletes

Age Range	Aspect /Sub Aspect	Achievement		
		Well	Enough	Not enough
14-18 tahun	The success of the training program:			
	Sports achievements			
	a. Regional		V	
	b. National			V
19-23 tahun	The success of the training program:			
	Sports achievements			
	a. Regional		V	
	b. National		V	
	c. International			V

Base on [Table 4](#) show the results of interviews with athletes based on the age range of 14-18 years, namely that they have participated in the new sepak takraw tournament, namely the KONI Cup II sepak takraw. Likewise with athletes in the age range of 19-23 years that they have also participated in the KONI Cup II sepak takraw tournament. The obstacle faced by athletes in the age range of 14-18 years is the openness between the coach and the athlete in communication which is a little free. Then another obstacle is the uncertain climate and

commitment to exercise regularly by every athlete. In line with what was said by athletes in the age range of 19-23 years that the consistency and discipline of coaches and athletes were not suitable and factors from within athletes who lacked confidence before facing the match. As for the interview with the coach where the coach thinks that the creativity of athletes in training is very important to be improved in order to create extraordinary new things. The coach also added that to strengthen teamwork and openness to the coach will make the training more enthusiastic and quality. Interviews were also conducted with the takraw stakeholders where stakeholders have played a role in developing the achievements of sepak takraw athletes in South Solok in facilitating and meeting the needs of the athletes. One of them is by donating food, transportation and other funds that can help athletes improve their achievements.

Discussions

The Student Sports Education and Training Center (PPLP) is a form of effort by the Ministry of Education and Culture (Kemendikbud) in collaboration with the Ministry of Youth and Sports (Kemenpora) and the Indonesian National Sports Committee (KONI) in improving the achievements of talented young athletes. The role of PPLP for athletes is to provide education, coaching and training so that they can compete, excel and contribute to the country in the field of sports. Athletes are nurtured to excel in sports that are occupied and educated by coaches in order to develop their abilities and talents to increase. This is one of the important roles in establishing PPLP by the government so that athletes have a myriad of achievements and one of them is in the sport of sepak takraw in South Solok. This study uses context evaluation using item analysis, observation and interviews. Context evaluation helps plan decisions, determine the needs to be achieved by the program and formulate program objectives (Amiruddin et al., 2020; Tomak & Bek, 2015). Context evaluation will describe and detail the problem focus, population, sample and objectives of a project. In this study, context evaluation analyzes the points and objectives of the implementation of the PPLP sepak takraw program in South Solok. The results obtained are that the achievements in the South Solok PPLP program for the sepak takraw branch show good results from the Province of West Sumatra, but at the international level, not all sepak takraw athletes from South Solok have excelled and only a few have satisfactory achievements at the regional level. This is due to several shortcomings that still need to be considered for the implementation of the program's objectives.

There are several problems that exist in athletes, namely the training climate which is sometimes inconsistent, making athletes confused about the schedule and training process. This can disrupt the athlete's consistency in carrying out the training program and make them undisciplined and do not come to practice according to the set time (Loland, 2002; Thomas & Gilbert, 2016). Improperly targeted technology and information can also make athletes feel lazy and less motivated to do exercises because this inappropriate technology makes athletes use it more for purposes other than training needs. Another thing that is also an obstacle to athlete achievement is the spirit of sportsmanship in matches. Athletes who lose the match feel dissatisfied with the results that have been set by the referee, causing protests that can trigger anger, quarrels, peace and tarnish the good name of PPLP athletes under the auspices of the government. In addition, problems that arise between coaches and athletes can also affect the low achievement that can be achieved by athletes. In this study, there were several problems between coaches and athletes, including openness between coaches and athletes, the difficulty of coaches in increasing the creativity and confidence of athletes before starting the match. The lack of openness of athletes to coaches often occurs, such as athletes who experience injuries or psychological problems are reluctant to tell their coaches, so the problem will be more serious and can hamper the training program that is being run by

athletes (Aldapit & Suharjana, 2019; Karakullukçu, 2020). This is because communication is relatively free between athletes and coaches so that athletes do not really have a sense of trust in their coaches. Athletes' lack of confidence can also make athletes mentally down even before starting the match and this is usually due to an unbalanced body posture with the opposing team and the label of champions that opponents often win in sepak takraw matches (Alfauzan et al., 2022; Dwi et al., 2022; Ramli et al., 2022; Retni et al., 2021).

From these problems, coaches have an important role to provide moral support that can build motivation and enthusiasm for athletes in carrying out training programs and achieving achievements in sepak takraw championships. Because moral support is one of the most important factors in growing the spirit and motivation of athletes to achieve brilliant achievements. This is in accordance with research state that athletes can develop their abilities and excel in competitions if given more moral support (Aldapit & Suharjana, 2019). So that in addition to the funds or articles of association and organizational budget provided by the government or responsible organizations, the abilities and skills of coaches in providing moral support and motivation of athletes also need to be improved and if necessary provide basic training. Because in addition to having to be proficient in sports, coaches must also have more abilities or specifications in approaching and morally supporting athletes. So that the South Solok PPLP sepak takraw athletes can produce athletes who are able to compete not only at the regional level, but also at the national and international levels. And South Solok PPLP can be a hope for the community in channeling talent and being able to give birth to athletes who are proud of their hometown.

Research that is relevant to current research is research that obtained the results that the development of a skills training model through a manual is said to be feasible to use in takraw practice (Gani, 2018). The difference with the current research is the place or subject under study where the previous research subject was the takraw athlete in Jakarta and in the current study the subject was athletes from South Solok. Based on previous research that analyzing energy expenditure (EE) and movement activity at certain positions among sepaktakraw players during a match is important for proper planning of training and nutrition programs (Udomtaku & Konharn, 2020). As for the results of previous research it was found that takraw sports are known to require energy and consistency in playing takraw sports and the direction of movement of athletes in certain positions. In line with the results of previous research, the research conducted by the current researcher is useful for evaluating the implementation of takraw athlete training so that it can be used as a step to be better in the future and can correct anything that is lacking during training. As an update from previous research, it was found that takraw athletes still experience several obstacles in increasing their capacity as professional athletes to compete on the international stage, so they really need some solutions and strategies from elements of government and other supporters.

The implication of this research is to evaluate the Student Sports Coaching and Training Center (PPLP) in Indonesia, especially in the South Solok section of the sepaktakraw sport which will greatly assist the central and regional governments in knowing their potential, both in the achievement of the PPLP program, athletes and trainer. Athletes who have problems need to be nurtured so that problems can be resolved and are able to return to training consistently, disciplined, sporty and have confidence in competing so that athletes can take part in both national and international championships that can make their region proud. The selection criteria for the PPLP sepak takraw coach need to be added with good specifications in understanding the athletes themselves and having good approach skills. The advantage of this research is that it can be used as a benchmark or reference for other researchers in conducting research in similar fields. With the evaluation of the Student Sports Coaching and Training Center (PPLP) it is hoped that it can help in finding out the problems that athletes have and how events overcome these problems so that they do not

interfere with the training process and achievement of athletes. With this research, it is hoped that the government can carry out developments in the world of sports, especially in sepak takraw and can produce quality athletes who are able to compete in the international arena.

4. CONCLUSION

The takraw athletes in South Solok have good achievements at the regional level but not at the international level. This means that there are still many PPLP indicators that have not been achieved by sepak takraw athletes in South Solok. The lack of achievement of sepak takraw athletes in South Solok is also influenced by the problems that exist in athletes and problems with sepak takraw coaches. So that the self-improvement of athletes and coaches is needed so that athletes can practice sepak takraw well so that they can produce achievements, especially at the international level. The recommendation that researchers can give for further similar research is to evaluate the Student Sports Training and Development Center (PPLP) located in other areas so that athletes who have the potential have the opportunity to take part in national and international championships. With this, it can be done by choosing a qualified coach and devoting himself to fostering athletes so that they have many achievements in the world of sepak takraw.

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