

# Evaluation of the KONI Sports Coaching Program in Karangasem Bali Regency

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## ABSTRAK

Pembinaan olahraga di Provinsi Bali belum merata, terbukti Kabupaten Karangasem kerap menempati peringkat terbawah. Penyebab mendasar yang dialami KONI adalah program pembinaan olahraga yang dilaksanakan belum optimal mengacu pada kemajuan iptek keolahragaan dengan kajian ilmiah. Tujuan penelitian adalah mengevaluasi program pembinaan olahraga KONI di Kabupaten Karangasem Provinsi Bali dengan model context, input, process, product (CIPP). Penelitian evaluasi menggunakan pendekatan kombinasi (kuantitatif dan kualitatif). Metode yang digunakan dalam mengumpulkan data yaitu observasi, wawancara dan dokumentasi. Instrumen yang digunakan dalam mengumpulkan data yaitu lembar kuesioner. Analisis data yang digunakan adalah triangulasi data. Hasil penelitian yaitu Pertama, merekomendasikan hasil evaluasi program pembinaan olahraga KONI di Kabupaten Karangasem. Kedua, kebijakan KONI di Kabupaten Karangasem dalam pengembangan pembinaan olahraga. Ketiga, mewujudkan pembinaan olahraga sistem/model pembinaan di KONI Kabupaten Karangasem. Keempat, membuat manajemen pembinaan olahraga di KONI Kabupaten Karangasem. Pihak terkait diharapkan dapat memberikan kontribusi nyata dalam pengelolaan dan pembinaan olahraga KONI di Kabupaten Karangasem Provinsi Bali.

## ABSTRACT

Sports coaching in the Province of Bali are unevenly distributed. It is proven that Karangasem Regency often ranks at the bottom. The fundamental cause experienced by KONI is that the sports coaching program that has yet to be implemented optimally refers to the progress of sports science and technology with scientific studies. The study aimed to evaluate the KONI sports coaching program in Karangasem Regency, Bali Province, using the context, input, process, and product (CIPP) model. Evaluation research uses a combination approach (quantitative and qualitative). The methods used in collecting data are observation, interviews, and documentation. The instrument used in collecting data is a questionnaire sheet. The data analysis used is data triangulation. The results of the study, namely First, recommend the results of the evaluation of the KONI sports coaching program in Karangasem Regency. Second, the KONI policy in Karangasem Regency in the development of sports coaching. Third, realizing sports coaching systems/coaching models at KONI Karangasem Regency. Fourth, make management of sports coaching at KONI Karangasem Regency. Related parties are expected to be able to make a real contribution in the management and development of KONI sports in Karangasem Regency, Bali Province.

## 1. INTRODUCTION

KONI sports development in Karangasem regency, Bali province, requires the preparation of a systematic organization, of course, regarding the structure, mechanism, work procedures, job descriptions and placement of sports personnel according to their abilities (Fadli, 2016; Marwan et al., 2018; Rizkian & Nurrachmad, 2022). For this reason, in the organizing function there are two main principles that must get joint attention, namely: (1) azas coordination as a system of regulation and maintenance of

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relationships in order to create the same actions in order to achieve common goals. In order for this coordination to run smoothly, three main conditions are needed: the existence of the highest authority that functions as a direction-giver, the willingness to cooperate, and the existence of a common philosophy and belief that is lived by all members, (2) azas is essentially a process of embodiment of coordination in the organization. In the undertaking there will be a level of duty, authority and responsibility. For this reason, in this hierarchy, it is necessary to have: leadership, delegation of authority and limitation of duties (Komara, 2018; Setiawan et al., 2020).

The management of sports coaching which includes planning, organizing, implementing, and evaluating it is very necessary for KONI Karangasem district. Sports coaching is an activity to train athletes, not only physically but also spiritually and socially (Indrayana & Sadikin, 2020; Kurniawan, 2021; Nainggolan & Manalu, 2021). KONI sports coaching management karangasem regency bali province a combination of skills related to planning, organizing, leadership, controlling, budgeting, and evaluation in the context of an organization that has the main product related to activities to train and train athletes in achieving optimal achievements. Sports achievements are performed by everyone who has the talent, ability, and potential to achieve achievements. Achievement sports are carried out through the process of coaching and developing sportsmen in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology (Jones et al., 2009; Walker et al., 2018). Regional sports achievements are fostered and developed through KONI karangasem district, so the importance of sports coaching management in a sustainable and comprehensive manner. One form of evaluation of KONI sports coaching in Karangasem regency, Bali province with the implementation of PORPROV every two years. KONI Karangasem regency often ranks lowest in the PORPROV Bali event, this needs to be seriously coached and refers to the development and progress of sports science and technology (Amal et al., 2022; Hariyanto et al., 2022; Reo et al., 2019).

The implementation of PORPROV which was held in the province of Bali was attended by 9 (nine) regencies/cities in the province of Bali, namely; Buleleng, Jembrana, Tabanan, Badung, Gianyar, Bangli, Karangasem, Klungkung, and Denpasar. Sports coaching and the implementation of PORPROV are managed through KONI in provinces and regencies/cities in Bali. The results obtained by KONI kabupaten Karangasem in the period 2013-2019 are: in 2013 ranked 9th, 2015 ranked 7th, 2017 ranked 7th, and 2019 ranked 8th. Koni sports coaching in Karangasem district needs to be improved and improved intensively, systematically, tiered, and continuously until the best ranking is obtained in the PORPROV event.

Research problems on the evaluation of the KONI sports coaching program in Karangasem Bali regency with a CIPP model that focuses on; context (KONI as an institution), inputs (infrastructure, athlete recruitment system, bonuses, nutritional intake, coaches, training periods, target determination, sports measurement tests, and KONI management management), process (training programs, try in/try out, and championships), product (sports achievements). The objectives to be achieved in the study are to evaluate the KONI sports coaching program in Karangasem Bali regency with a CIPP model that focuses on; context (KONI as an institution), inputs (infrastructure, athlete recruitment system, bonuses, nutritional intake, coaches, training periods, target determination, sports measurement tests, and KONI management management), process (training programs, try in/try out, and championships), product (sports achievements).

The evaluation model used by researchers is the CIPP model, because the CIPP model is a comprehensive evaluation model, widely used to evaluate various disciplines, one of which is the field of education, the CIPP model is also widely used throughout the world (Aldapit & Suharjana, 2019; Pratiwi et al., 2019). Context evaluation relates to identifying program needs. Evaluation of inputs leads to strategy and design decisions. Evaluation of the process of identifying program deficiencies and improving their implementation. Product evaluation measures program output (Tokmak et al., 2013; Warju, 2016). The CIPP model begins with an initial screening system for prospective athletes. This networking system is through two methods, namely natural and scientific with a sports science and technology approach. In addition, there are various tests as a condition for admission of prospective athletes, namely sports skills tests, physical tests, health tests, and psychological examinations (psychological tests) (Hafsyah et al., 2019; Warju, 2016).

The results of the evaluation and analysis of world champions show that athletes who are able to produce intensive achievements are; (1) have excellent physique, (2) master perfect techniques, (3) have psychological and moral characteristics required by the sport they are engaged in, (4) suitable for the sport they are doing, and (5) have years of experience training and competing (Harsono, 1998; Husdarta, 2010). Previous study state athletes need to learn techniques and emphasize more mature tactical and mental preparation, so that achievements in the sports they participate in can be superior to other athletes (Aldapit & Suharjana, 2019). Base on previous study state that increasing sports achievement is

an increase in the results of a sports coaching system with several supporting components, including the performance of sportsmen which is determined by physical, technical factors in skills, strategies, and mentality (Indrayana & Sadikin, 2020; Juliandi et al., 2020).

The culture of participation and sporting achievements is widely believed to be the weak side that has not been worked on in regional and national sports coaching (Jones et al., 2009; Rizkian & Nurrachmad, 2022). Building sporting achievements in any way will not work optimally without conducive cultural formation or student sports clubs (Sembiring et al., 2020; Vastyanov et al., 2021). The culture of sports participation and mastery of sports science and technology has always been a seedbed for the formation of a culture of sports achievement. KONI sports coaching in Karangasem Bali regency refers to the pattern of regional and national-scale sports coaching, including the involvement of the executive board of the sports being fostered. Koni's tiered and sustainable sports coaching system in Karangasem Bali needs to be supported by professional sports *stakeholders* and the use of sports science and technology. Sports training has always been associated with an effort to improving achievement, maintaining achievement, and withdrawing achievement (training decreases after years of training with rigorous load training). The ability to excel is a manifestation of a person's overall personality. The ability to achieve is the *resultante* of the many abilities that determine achievement, which are built in a training process that lasts many years. Therefore the researcher are interested to conduct the research related to evaluation of the KONI sports coaching program in Karangasem Bali Regency. The aims of this study is to evaluate the KONI sports coaching program in Karangasem Regency, Bali Province, using the context, input, process, and product (CIPP) model.

## 2. METHOD

This research uses an evaluative descriptive approach (Rizkian & Nurrachmad, 2022; Sugiyono, 2016). The research approach used is a qualitative approach supported by a quantitative approach. The research to be conducted is an evaluative descriptive research using the survey method. The model used is the CIPP model (Adellia & Prajawinanti, 2021; Kurniawati, 2021). The CIPP model is used to analyze the KONI sports coaching program in Karangasem district regarding *context* (KONI as an institution), *inputs* (infrastructure, athlete recruitment system, bonuses, nutritional intake, coaches, training periods, target determination, sports measurement tests, and KONI management management), *process* (training programs, training models/methods, try *in/try out*, and championships), *product* (sports achievements).

The instruments used in this study were observations, interviews, documents/archives, and questionnaires. In collecting data, it is carried out in stages (1) observation is carried out directly by researchers (participatory) on the management of KONI Karangasem district, sports coaching programs and evaluation models, (2) interviews with KONI administrators regarding sports coaching management of infrastructure, athlete recruitment systems, bonuses, nutritional intake, coaches, training periods, target determination, sports measurement tests, and management of KONI management of Karangasem district, (3) documents/archives regarding test and measurement results, training programs, data of administrators/coaches/athletes, sports achievements, (4) filling out questionnaires on sports achievements, infrastructure, athlete recruitment systems, bonuses, nutritional intake, coaches, training periods, target determination, sports measurement tests, and management of koni management of Karangasem district.

## 3. RESULT AND DISCUSSION

### Result

As a formal organization that handles sports coaching activities in KONI Karangasem Regency. The context designed is the vision, mission, goals, objectives and cooperation in sports coaching KONI Karangasem Regency. *Contex* Sports Development KONI of Karangasem Regency is show in Table 1.

**Table 1.** *Contex* Sports Development KONI Karangasem Regency

Criteria	Amount	%
20 ≤ A	10	76,92
17 ≤ B < 20	2	15,38
13 ≤ C < 17	1	7,69
10 ≤ D < 13	0	0
E < 10	-	-
Total	13	100,00

Based on Table 1, it shows that the *contex* perception of the Karangasem Regency KONI management towards the Karangasem Regency KONI sports coaching program, which is very appropriate = 10 people (76.92 %), appropriate = 2 people (15.38 %), sufficient = 1 person (7.69 %), inappropriate = 0 people (0 %), and very inappropriate = 0 people (0 %), then can be seen in Figure 1.

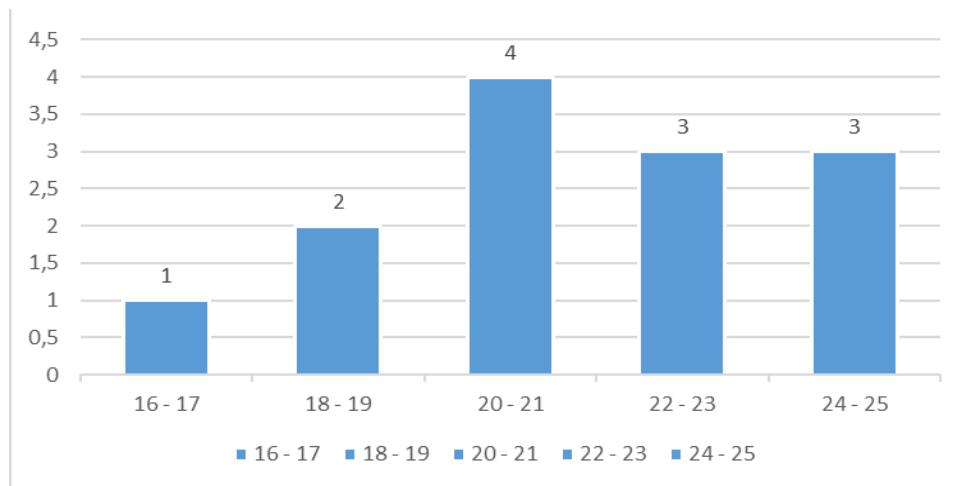


Figure 1. *Contex* Sports Coaching KONI KONI Karangasem Regency

Based on data analysis, shows that the perception of *input from* the Karangasem Regency KONI management towards the Karangasem Regency KONI sports coaching program, which is very appropriate = 8 people (61.54%), appropriate = 3 people (23.08%), sufficient = 2 people (15.38%), inappropriate = 1 person (2%), and very inappropriate = 0 people (0 %), then can be seen in Figure 2.

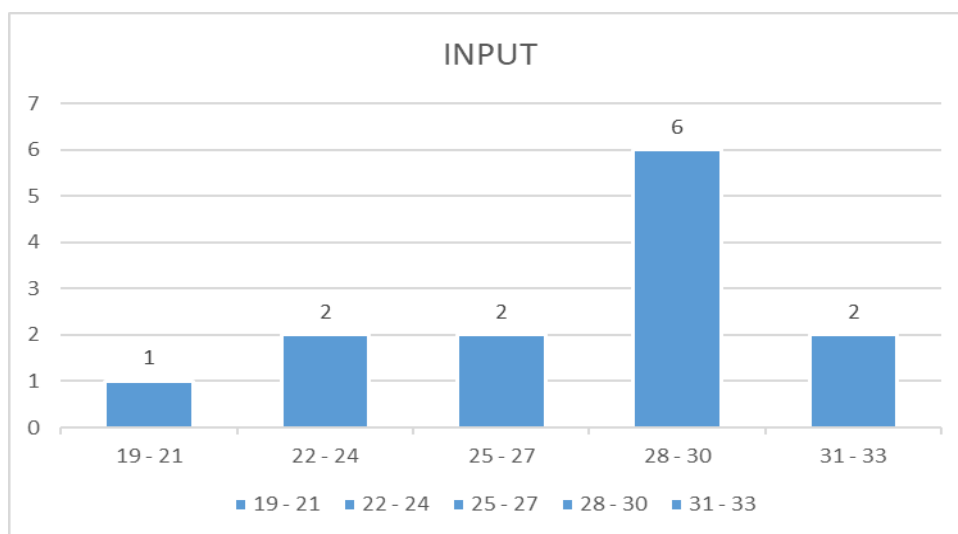


Figure 2. Koni KONI Sports Development Inputs Karangasem Regency

Based on data analysis, shows that the perception of the process of the Karangasem Regency KONI management towards the Karangasem Regency KONI sports coaching program, which is very appropriate = 9 people (69.23%), appropriate = 2 people (15.38%), sufficient = 2 people (15.38%), inappropriate = 0 people (0%), and very inappropriate = 0 people (0 %), further can be seen in Figure 3.

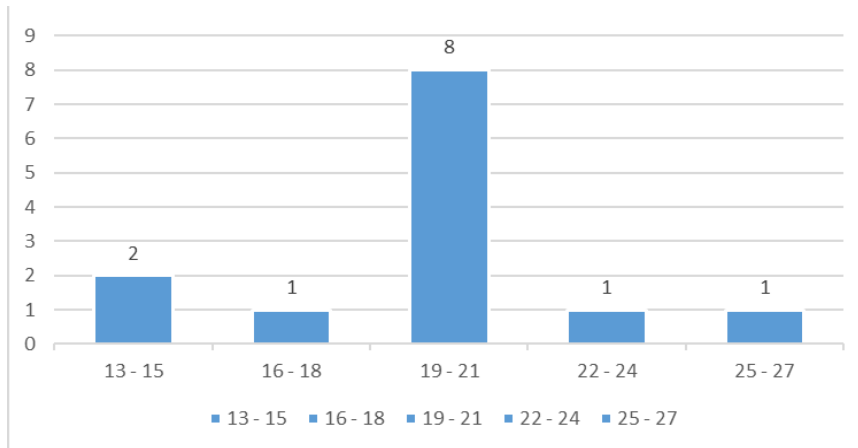


Figure 3. Process of Koni Development Karangasem Regency

Based on data analysis shows that the *product* perception of the Karangasem Regency KONI management towards the Karangasem Regency KONI sports coaching program, which is very appropriate = 8 people (61.54%), appropriate = 4 people (30.77%), sufficient = 1 person (7.69%), inappropriate = 0 people (0%), and very inappropriate = 0 people (0%), further can be seen in the Figure 4.

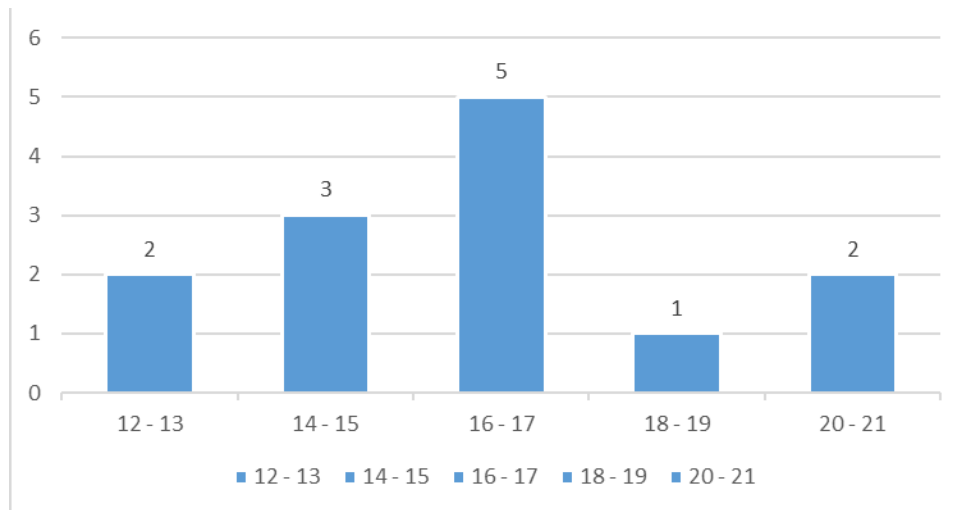


Figure 4. Koni Development Product Karangasem Regency

**Discussion**

Context Evaluation that needs to be done is regarding sports coaching at KONI Karangasem Regency. KONI of Karangasem Regency prepares short, medium and long term programs. The principles of sports training are the foundation of training theory and methodology. The main goal of coaching is to improve the performance of athletes' skills and ultimately, the level of sports training performance (Trudel et al., 2020; Walker et al., 2018). Guidance, training and setting goals/targets for the KONI of Karangasem Regency based on the vision and mission. Sports coaching in the training process in collaboration with sports organizations and related agencies KONI Karangasem district. To measure athlete performance, three important criteria must be applied, namely (1) scientific truth, (2) easy implementation, and (3) applied according to the characteristics of the sport. Tests and measurements of sports, as a benchmark for achieving sports achievements. The development of sports in athletics which is carried out in stages and continuously has implications for the importance of evaluating both the physical, technical, tactical/strategic, and mental components as well as medical examinations. In order to see the development of the physical condition, technique, tactics/strategy, mentality, and health of athletes, especially the leading regional and national sports being fostered, it is necessary to set standard test parameters and measurements and carry them out periodically and continuously (Prasetyo et al., 2018; Sembiring et al., 2020).

Amateur and professional sports coaches need to equip themselves with the basic knowledge of coaching. In addition, special competencies are needed to train sports that are in accordance with the

characteristics of certain sports. Both amateur and professional sports trainers are closely related to sports achievements as a result of training. Amateur and professional sports trainers have many roles and responsibilities that directly or indirectly affect the performance and development of the athletes they coach (Lenthe et al., 2010; Maulana et al., 2021). In addition to preparing athletes to train to compete or compete, sports coaches must also be able to evaluate athletes and themselves. Evaluation of the product is a collection of descriptions and "outcomes judgment" in relation to the context, inputs, and processes, and then interpreted prices and services rendered. This means that this product evaluation to measure success in achieving objectives, such as achieving record results and decisions for improvement and actualization, then developed and administered carefully and thoroughly (Aldapit & Suharjana, 2019; Damrah et al., 2019).

To improve sports coaching in athletics, a pattern of improving trainers is needed. Qualifications and abilities must be improved. Some of the minimum abilities that must be mastered by trainers are; appreciation of professional ethics, understanding and application of sports science, mastery of skills in a sport, mastery of teaching and learning strategies or coaching, social skills including the ability to socialize, communicate, lead, create humor, influence others, and mastery of preparing training programs. Achieving the highest sporting achievements is one of the main tasks as a sports trainer. Without obtaining high achievements, a sports coach will be considered a failure in scoring a champion. The type of training used has a varying impact on the physiological characteristics of the athlete. For example, endurance training can stimulate central and peripheral adaptability, which includes patterns of selection of the type of nervous system, bioenergetic modification, and metabolic factors, and stimulates the selection of the type of driving muscle in a real way. On the other hand, weight training produces various contracting systems, the muscular nervous system, and bioenergetic, or metabolic pathways. The Context component in the form of the ability to make e-learning based learning plans is in the good category on average. Input components in the form of skills in the use of information technology and e-learning-based learning media, on average, are in a good category (Jiang & Liu, 2021; Prayogo, 2022). Contemporary research results suggest that propulsive muscles exhibit a wide range of flexibility in response to various loading or resistance exercises resulting in the activation or deactivation of various markers of molecular systems depending on the type of exercise encounter (Lismadiana et al., 2020). Special adaptations are not limited to physiological responses; various psychological causes, techniques, tactics, and habits also develop as a result of specialized training.

Sports achievement is a programmed output and at the same time the result of a long-term, gradual, tiered and systematic coaching process for talented athletes. Sports development for KONI Karangasem Regency in the future needs to consider the system, namely: (1) local government policies, goals, objectives and needs, (2) sports talent screening system, (3) recruiting professional trainers, (4) development of sports achievements, (5) produce regional and national athletes, (6) periodically evaluate aspects; physical, technical, strategic or, technical, and mental, and (7) improvement of the concept of sports development in KONI Karangasem Regency sports (Hermens et al., 2017; Rustiadi, 2016; Sofyan, 2022). The concept of an organization is to serve as a coordinated unit that consists of at least two persons who serve to achieve certain goals (objectives) or a set of certain goals (objectives). In order to achieve this objective, there should be a coordination between the caretakers and the government, which has been an inseparable entity from the sports coaching activities (Aldapit & Suharjana, 2019; Sembiring et al., 2020).

The implication of this study is providing information related to evaluation of the KONI sports coaching program in Karangasem Bali Regency. The limitation of this research lies in the research scope which is limited to one area only, so it is hoped that other studies will be able to conduct similar research in several other areas in Bali with the aim of completeness/variety of research and comparison of this research. It is recommended that KONI Karangasem Bali build relationships with related parties in implementing the expected sports science and technology and make a real contribution to the coaching and development of KONI sports in Karangasem Regency, Bali Province.

#### 4. CONCLUSION

The results of the research that have been conducted found that the results of the evaluation of the KONI sports coaching program in Karangasem district, especially the results of sports coaching based on the application of sports science and technology. This study also found KONI Karangasem district policy in the development of sports coaching which refers to KONI managers in synergizing the process of sports coaching. Then, creating a sports coaching system/model at KONI Karangasem Regency, which was formed through a sports organization managed can make coaching system is carried out with harmonious and harmonious coordination. And the last point making sports development management at KONI

Karangasem Regency, centered on the results of sports coaching to be used as a reflection of further coaching.

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