

## **Evaluation of Development Program at Persinas Asad Pencak Silat Education, Palembang City**

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**Abstract:** The purpose of this study is to obtain a comprehensive picture of the implementation process of the pencak silat sports training program at Persinas Asad pencak silat college. This research is an evaluation of the Persinas Asad pencak silat achievement development program in Palembang city using a qualitative research method, using the CIPP program evaluation approach model, the data sources for this research are PERSINAS ASAD administrators, coaches, athletes, parents of athletes and administrators of City IPSI Palembang. data collection techniques are observation, in-depth interviews, documentation and data triangulation. The obtained data were analyzed by data reduction, data presentation and inference. The results of the study show that it is *good from a contextual point of view*, while the *input, process and product* of this training program are not yet viable to continue because they have failed to mold the pencak silat athletes into outstanding athletes at the industry, regional or national level. However, a change is needed in further improvements in terms of facilities and infrastructure as well as funding so that implementation can be scaled up in the future. This program can be continued with various suggestions and inputs to the training program related to science and technology in sports. The conclusion of the research is that *the context* aspect is good, while *the input, process and product* of this coaching program are not yet feasible.

**Keywords:** Education, Evaluation, Pencak Silat

### **A. Introduction**

Coaching and development performance sports implement and guide the achievement of sporting achievements at the regional, national and international level. Coaching is provided by the branch's parent organization sports at regional and central level. Also, construction took place with to empower association sport the development of sports development centers that are national in nature and regions and organize competitions in stages and continuously. All aspects related to sports that require regulation, education, training, coaching, development and supervision contained therein law - law on the system of national sports no. 3 Article 1, paragraph 1-4 (Sadiqin, 2002).

One of the most basic strategies in the effort to realize Indonesia's human resources, especially in the field of sports, is to direct attention and direction to the development of sports as early as possible, namely by encouraging and developing sports for the younger generation from early childhood (Harsono, 2000).

Sports in its activities has become the concern of many parties, not only athletes, but also other parties such as businessmen, politicians, officials, members of the press, banks, officials, the military, local governments, students, professionals and the general public. This means that sport is no longer the monopoly of only sports players, but has also become part of the wider community. And of course, the cooperation of these different parties is something very positive for the world of sports. The main problem in the sports training system is the lack of seriousness of the sports training itself. Sports training still seems traditional, as does the routine of seeking instant achievements.

The sports development system of achievements cannot be instantaneous, especially with random management, but requires integrity and commitment to the development of sports in a systemic and supportive (*sustainable*) way. Sports achievement is something that is *observable* and *measurable*, which means that the development of sports takes a *scientific approach*, from the search for talent to the training process. If we look at it from a systemic point of view, the quality of the results (*output*) is determined by the input (*input*) and the quality of the coaching process that occurs. The achievements so far are a real consequence of sub-systems that are not optimal, namely *inputs* and processes (Mutohir & Maksum, 2007).

The concept of training athletes to be able to achieve high and maximal performance should be done continuously, in stages and continuously until peak performance. And in order to achieve peak performance, the training of athletes cannot be done independently, but must be systematic, integrated, directed and clearly programmed.

The emergence of athletes the talented will not be separated from the process of screening, coaching and programs implemented in sports organizations. One of the training processes is determined by training programs prepared by trainers in sports organizations. Other elements that also determine achievement are organizational elements, trainers' perspectives, support facilities and infrastructure, support funding, and community and government involvement and support.

## **B. Methods**

Given the background and focus of the problem, this research focuses on the evaluation of the implementation of the Persinas Asad Silat Education training program in the city of Palembang, South Sumatra province (Sudjana, 2006; Moleong,

2002). In terms of levels of antecedents/context, transaction / process and results. The formulation of the problem is 1) how are *predecessors* (input) background, Asad Persinas Silat Coaching Program Palembang City, South Sumatra Province, which is associated with what about coaching programs, availability and feasibility of facilities and infrastructure, government and community support, availability of human resources, financing of coaching program implementation? 2) how is *the transaction* (process) of the pencak silat sports training program (implementation of the program and use of facilities in accordance with the plan), which includes: the implementation of the training program, the system of receiving athletes, coaches, the performance of coaches, spending, transportation, coordination, welfare? 3) What are *the outcomes* (results) of the pencak silat sports training program (results that can be achieved when implementing the program) that include the success of the Indonesian Pencak Silat Association (IPSI) training program in Palembang, South Sumatra Province?

### **C. Results and Discussion**

#### ***Precursors (entry)***

*The preliminary* assessment includes many things, including the background and goals of the pencak silat sports training program at IPSI Muara Enim District, the facilities and infrastructure that support Pencak Silat training at IPSI Muara Enim District, how it is with government and community support, community resources, and funding of the coaching program at Muara Enim district branch of IPSI.

#### **Background and Objectives of Coaching at Persinas Asad Silat College, Palembang City.**

Based on the data that the researchers found in the field regarding the background and objectives of the coaching program conducted by the Persinas Asad branch of Palembang city, it can be explained that the background of the establishment of the Persinas Asad branch is In addition to preserving the original Indonesian martial arts culture, namely pencak silat, and accepting various styles or schools of pencak silat in the region, Palembang city is also a forum for pencak silat athletes to Palembang city to develop their talents and potential, to achieve achievements at the regional and national level.

PPRI, no. 16, Article 21, 2007 on sports explains the training and development of sports through the stages of introducing sports, monitoring, guiding, developing talents and increasing achievements on educational and community paths. Guidance and development as envisaged must be implemented as an integrated, multifaceted and sustainable process. The Persinas Asad Palembang branch did not carry out this kind of training because it has problems with financing, the available funds are only

available for the organization and participation in the championship. In fact, the IPSI branch in Palembang tried to get enough funds to carry out a training program that was planned through the community leaders who care for the development of the sport of pencak silat, but this alone is not enough due to the limited capabilities of those who help. The solution to this problem is to try to introduce a foster system for every sport in Palembang city, including the sport of pencak silat, so the management of IPSI needs to coordinate with KONI and the government again so that KONI and the government can help implement a foster system for companies. every sport in Palembang city, including the sport of pencak silat, to overcome the problem of financing the implementation of the training program, so that the existing athletes can improve the quality and achieve the expected achievements.

The coaching provided by Persinas Asad Pemcab Palembang City included pencak silat schools in Palembang City with the help of pencak silat coaching and training at each pencak silat school. In accordance with the law no. 3 from 2005 in Firdaus K 2011: 1 coaching is also implemented through the empowerment of sports federations, the development of national and regional sports development centers and the gradual and continuous implementation of competitions. The lack of championship events in which IPSI Palembang City participates has resulted in a low mentality of pencak silat athletes in IPSI Palembang City. Competitions that are often attended can also be an opportunity for athletes to measure their skills and hone their mentality in competitors, so that athletes get used to the atmosphere of competition, so that athletes do not experience jitters when competing in real championships.

### **Facilities and infrastructure**

Facilities and infrastructure are factors that largely contribute to the success of promoting sporting achievements (Hoye et al., 2022). Complete and good facilities and infrastructure will ensure comfort and convenience in training and competition. It is considered to be sufficient for the implementation process of pencak silat training, Persinas Asad, Rector of Palembang City, also has 2 sets of pencak silat mats that can be used at any time as needed, 10 *body protectors*, 6 sets of arm and leg protectors, 1 machete, scale 1 digital, 1 toya, 6 pecing and 1 sansak.

All facilities and infrastructure in the Persinas Asad branch Palembang city are still very suitable for use, the facilities and infrastructure available at Persinas Asad Padepokan are help from sembad funds because the sport of pencak silat is one of the four leading sports at Persinas Asad College of Palembang City.

### **Transactions (processes)**

The evaluation of the process itself includes several aspects, namely the selection of coaches, the selection of athletes, the implementation of training programs, spending, transportation, coordination between related parties and well-being in the promotion of Persinas Asad City branch (Biggs, 1993). Based on the results of the interviews and the findings of researchers in this field about some of these aspects, it can be described as follows:

#### **Coach acceptance system**

The role of the coach greatly influences the success of the sport. In this case, the function of the coach is as a leader, guiding the athlete in the effort to achieve the highest achievement. It is very important for sports to have coaches who have both technical and non-technical skills. Because a coach is not only related to technical matters but will also face non-technical things. Sadiqin (2002) believes that a coach must also be able to develop the mentality or character of athletes. There are many approaches that trainers use in the realization of prepared programs, including through style, *which* is a way of working that is usually carried out as a person's uniqueness. Harsono (2014) believes that there are three things that support the success of a coach: 1) education in sciences closely related to sports; 2) sports experience, both as an athlete and as a coach; motivation to always enrich yourself with the latest knowledge about sports.

Pemcab Persinas Asad College of Palembang City itself does not conduct a general selection process, the management only authorizes pencak silat coaches who are currently training in their colleges, regardless of their coaching license and experience as athletes. This was one of the factors that affected the minimal achievements of the Persina Asad Palembang City team in various championships, due to the lack of experience of the coaches when they were athletes and also the lack of knowledge about coaching the sport of pencak silat. The solution to this problem is the preaching of Persinas Asad should be more active in sending potential coaches to all universities in Indonesia the city of Palembang will participate in the upgrading/training of coaches to create new coaches who have the potential to improve the quality and achievements of pencak silat athletes in the city of Palembang.

#### **Athlete Reception System**

The first step to achieving maximum performance is the selection and recruitment of athletes to be trained, the selection He must pay attention to several factors that include age, potential (talent), body posture, physical condition and biomotor

components, and perseverance in training, which is always instilled to maintain the mentality of athletes in training.

According to Hadi (2014), in scouting, the talent of players to achieve achievements consists of two internal factors and external factors: Internal factors consisting of body posture, health, physical condition, engineering skills, tactical skills, the mental aspect. External factors consisting of coach, facilities and infrastructure, fund, management, doctor, masseur, physiotherapist, government cooperation, cooperation of the entrepreneur, cooperation in the press.

### **Implementation of the training program**

Implementation of the training program at Persinas Asad The city of Palembang did not perform well in general. field implementation is still not well controlled. The existing training program was fully implemented only two months before the championship, the rest of the training program did not take place. Athletes train at their colleagues (Seiler, 2010). This is the result of many factors, including the lack of funds for the implementation of the training program, the available funds are only for preparations and matches, the coach's busyness as a teacher at school. This greatly affected the lack of achievements achieved by Persinas Asad Palembang City.

Based on this, we hope that the management will adopt a policy in monitoring the implementation of the training program in Persinas Asad Palembang so that it will not continue to be sustainable. If this continues, it will be difficult to increase the athlete's achievements in Persinas Asad.

### **Consumption**

An athlete must pay attention to his physical condition so that he can always show the best results in every match (Porter, 2003). Food that fulfills a balanced diet plays an important role in health and achievement. An athlete who regularly consumes food with a balanced diet will be in good nutritional condition. Giving pencak silat consumption to the athletes in Persinas Asad alone is probably not enough, the athletes who practice are only given drinking water during routine training and will be given food when they are in training exactly one month before the game, and the athletes are surrounded by boards to administrators can more easily regulate the eating patterns of athletes Persinas athlete Asad Palembang city. Athletes who are preparing have breakfast, lunch, afternoon and snacks between periods.

## **Transportation**

Transportation is also an aspect that is very useful for a smooth training course (Chakroborty & Das, 2017). Coaches and athletes come to the training ground with their own vehicles, the government does not provide special transport for athletes and coaches. Because of all the athletes and coaches at Persinas Asad The city of Palembang is based in Palembang, so it's not too far to the training site. But it's different when it's before the championship, the management takes care of the transportation, especially if you're participating in the championship out of town.

Based on the description above, the transportation aspect is not a significant obstacle for the athletes, coaches and administrators of Persinas Asad College of Palembang City, as the athletes and coaches have their own vehicles to reach the places of fatigue that are not so far, while for activities outside the city, the administrators provide transportation if you entered the training camp, the athletes and coaches are dormitory in the sports area of the city of Palembang.

## **D. Conclusion**

Based on the discussion of the pencak silat sports training program at Persinas Asad College The city of Palembang can be concluded that: *Predecessors* the background and goals of the training program are aimed at preserving the original culture of Indonesian martial arts and involving all pencak silat schools in Palembang city as well as a forum for pencak silat athletes in Palembang city to develop their talents and potential so that they can perform well in the regional and state level, the implementation of coaching did not go well. although it has fairly complete and adequate facilities and infrastructure, the government and community support are also quite good. Funding limitations have become a determinant of the implementation of the mentoring program implemented by Persinas Asad Silat College in Palembang. *Transaction* (process) the promotion of pencak silat pencak IPSI in Muara Enim District, which consists of aspects, selection of coaches, selection of athletes, implementation of training programs, spending and welfare, management did not perform optimally based on real data and facts from the field, only aspects of transportation and coordination were good enough. *The results* builder aa n pemcab Persinas Asad has not been very good for the level of achievement because he has not been able to achieve the goal set by the management to win a gold medal in every championship, he participates in.

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