

Innovative Evaluation of Pencak Silat Program: Terate Bungo Heart Fraternity Study



Aldi Indra Kurniawan¹, Donie², Damrah³, Asril⁴, Fiky Zarya⁵

^{1,2,3,4,5}Faculty of Sports Science, Universitas Negeri Padang, Jl. Prof. Dr. Hamka Air Tawar, Padang, Sumatera Barat, Indonesia

ABSTRACT: One of the coaching processes that is planned, directed, systematic and continuous is a step to achieve peak athlete performance. The existence of fostering the Faithful Hati Terate Brotherhood, Bungo Nic.067 Branch as a forum for fostering and organizing athlete training to achieve achievements. . This study aims to evaluate which includes Context, Input, Process, Product from the Faithful Hati Terate Brotherhood Pencak Silat Development program, Bungo Nic.067 Branch. This program evaluation research uses the CIIP model (context, input, process, product). The subjects of this study include administrators, coaches, athletes. Data collection techniques through 3 ways, namely by 1) interviews, 2) observation, and 3) documentation. The data source studied was the development of the Setia Hati Terate Brotherhood, Bungo Nic.067 Branch. The analysis technique used is an interactive model. The results of the study concluded that: 1) Context, the context coaching program is very clear, has a good background and vision and mission of coaching as a forum for fostering pencak silat and creating athletes who can excel at the national level. 2) Input coaching program, recruiting coaches and athletes in good category based on criteria. The infrastructure is quite good, funding for development comes from the ratification fund for new PSHT residents, Bungo Nic.067 branch. 3) The coaching process, the training process is still not good, the training is not in accordance with the program that the management wants because there is no written training program. 4) Product, the results of PSHT athletes from the Bungo Nic.067 Branch are in the good category because there is an increase in achievement even though they have not reached the set targets.

KEYWORDS: program Evaluation, coaching, CIPP

I. INTRODUCTION

Pencak silat is a sport native to Indonesian culture, where pencak means fighting while silat is an art (Izzah et al., 2021; Ediyono & Widodo, 2019). The pinnacle of achievement in the sport of pencak silat is achievement. Achievements can be achieved by coaching in a systematic, planned and programmed manner (Chen, 2018). The low achievement of the loyal heart terate brotherhood martial arts (PSHT) branch of Bungo nic.067 is due to the lack of systematic and planned coaching to achieve sports goals (Undang-Undang Keolahragaan No 11, 2022).

Sports coaching is a complex matter that requires handling that is carried out in a programmed and integrated manner based on observations of the development of the achievement of the Faithful Heart Brotherhood Pencak Silat (PSHT) Bungo nic.067 branch, in fact it has not been followed by a directional pattern of coaching. The need for evaluation to encourage improvement and increase accountability for the coaching program. Evaluation should have the aim of improving not proving (L.Stufflebeam & L.S.Coryn, 2017).

Therefore there is a need for evaluation in coaching, and it is necessary to spend a lot of time practicing in order to perfect skills and be accompanied by focus and motivation (Loftesnes et al., 2021). Guidance and development cannot be separated from the guidelines for the pyramid of national sports development, gradual, tiered and sustainable, the biggest coaching period is problem activities, then increasing at the nursery level and achieving achievements.

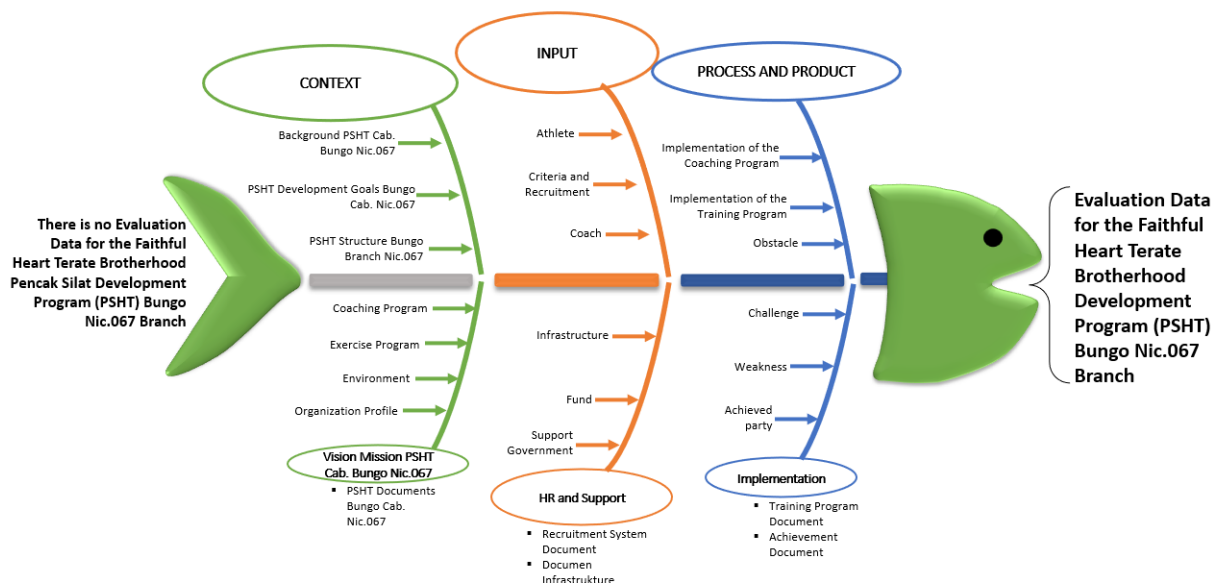
Although the performance of Indonesian pencak silat looks good, many factors influence the achievement of pencak silat. With the evaluation of a program, it is possible to carry out thorough methodical inspections using properly tested processes. If the information used as the basis for these considerations is appropriate in terms of substance, scope, format, and timing, various approaches can be used to collect accurate and reliable data that will allow policy judgments to be appropriate. This

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study aims to obtain valid data to know the results of the implementation process of the Faithful Heart Brotherhood Pencak Silat Development Program (PSHT) Bungo branch NIC.067.

II. MATERIAL AND METHODS

This study uses qualitative phenomenology, which evaluates the pencak silat coaching program. The steps taken in this study include Context, Input, Process, and Product or evaluation methods using the CIPP Model. Conducted with careful observation and interpretation to draw conclusions, from the results of interviews and analysis of this document using a descriptive approach to convey factual situations in a systematic and accurate manner. For a diagram of the program for fostering the Pencak Silat Brotherhood Faithful Heart Terate, Bungo nic.067 branch, it can be seen in Figure 1 below:



III. RESULTS AND DISCUSSION

Table 1. Results of the Context Aspect

Aspect Context	Research result
Goals and foundation Vision mission Coaching program	Fostering and training PSHT athletes who are talented and can excel regionally and nationally and can improve their abilities to achieve maximum performance.
Coaching program	Direct observation in the field regarding the training program has not run optimally, there is no written training program made by the coach and assistant coach.

Table 2. Input Aspect Results

Input Aspect	Research result
Athlete	Recruitment of athletes has gone according to procedures, several things were done in recruiting pencak silat athletes such as the lack of involvement of nutritionists as well as doctors and psychologists.
Coach	Recruitment of trainers is based on the provisions of the branch head, has a license, and has experience as a trainer and has a background in PSHT residents.
Facilities and infrastructure	It's good enough, the situation and conditions have been fulfilled even though it's not optimal.
Funding	The PSHT Development Budget for the Bungo Branch Nic.067 comes from the results of the

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approval of new residents each year and also the contributions of PSHT Bungo Branch residents.

Table 3. Process Aspect Results

Aspect Process	Research result
Management performance	Judging from the results of the interviews and direct field observations, the performance of managers/administrators has not been said to be perfect, there are still many delays in submitting files at the end of the program.
Coach performance	The trainer's performance is good, the trainer has provided the program that the management wants, but it's just that for the written program, no documents have been made.
Implementation of coaching programs	Supervision every month has not been carried out properly monitoring for coaching assignments is fully supervised by managers, trainers and assistant trainers. However, the findings of the researchers during field observations did not find records of monitoring and evaluation results on PSHT athletes in the Bungo nic.067 branch.
Implementation of the Training Program	The implementation of the training program has been going as desired, such as technical, physical and sparring training programs after training, but researchers have not seen any documentation of annual, monthly, weekly and daily training programs as a reference in implementing the training program.

Table 4. Product Aspect Results

Product Aspect	Research result
Achievement Boost	The achievements of PSHT athletes in the Bungo nic.067 branch have quite reached the target, although only at the regional level, such as the overall champion in the pre-teen category at the IPSI CUP II Bungo event and won many more gold, silver and bronze medals in the events that followed. Even though the achievements are satisfactory, it is hoped that the programs will continue to be evaluated and supervised.
Improved attitude and insight	Seen during field observations the researchers saw that the athlete's attitude was good where each athlete always greeted the administrators, coaches, parents, friends and when guests visited the training ground.

DISCUSSION

Context Evaluation

Programs for developing technical and tactical skills to reach peak athlete performance (Larkin et al., 2022). Sports coaching is now growing rapidly and is becoming professional, such as knowledge and accountability (Kjær, 2019). The development of early-aged athletes in long-term training programs is to create athletes in peak condition, with such conditions athletes are

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expected to be able to achieve maximum performance. It is necessary to increase the optimization of the coaching role by administrators in the management to improve athlete performance.

The existence of a training program is expected to be able to improve the performance or appearance of an athlete by maximizing physiological, technical and strategic adaptations as well as psychological factors. Training is a practice process that is carried out systematically and repeatedly with progressive loading. In addition, training is an effort made by someone to prepare themselves in an effort to achieve certain goals.

Input Evaluation

Recruitment of pencak silat athletes has been going as expected, the obstacle in recruitment is the lack of involvement of psychologists, doctors, nutritionists, these three have not been implemented, sports psychologists are increasing every year in the world (Zhou, 2022a), coaches find it difficult to apply an approach that includes creative, tactical, and mental skills (Zhou, 2022b) and coaches must understand sports psychology for better performance in sports, (Zhou, 2022c). Errors in food selection can cause a player's performance to decrease, unhealthy eating patterns and malnutrition threaten (Torres-McGehee et al., 2012).

The role of the coach in improving athlete performance is very important and a coach must have professional skills who have the skills and knowledge to identify the development of abilities and skills of athletes (Cushion et al., 2012)(Pulling et al., 2018). Coach is a profession that is expected to provide services and improve athlete performance (Williams & Kendall, 2007). Recruitment of trainers and assistant trainers has been going well with attention to work professionals, abilities, skills. Recruitment of trainers has been going well with attention to work professionals, abilities, skills. material and non-material and in order to spur sports achievements through the provision of quality athletes (Deri & Purwanto, 2019; Faisyal et al., 2023).

Infrastructure facilities are an important part in the context of sports achievement and ability in increasing the motivation and achievement of athletes (Assalam Didik, Sulaiman, 2015)(Rodríguez Macías et al., 2022) for the availability of adequate funds. Funding has a very important role for the coaching and development of sports and towards achieving a glorious achievement. A written plan refers to the process of building an organizational plan that is expressed in quantitative terms for long-term goals (Fahrian & Simatupang, 2019; Saputro & Siswantoyo, 2018; Sinulingga et al., 2022).

Process Evaluation

The training carried out requires mentoring and evaluation (Wahyudin, 2017) the implementation of mentoring has gone well but no documentation of specific notes from the results of the mentoring and evaluation especially of athletes has been found. the program is made directly by the coach and assistant coach and is notified to athletes and administrators and reports directly to the coach that the program is running well. However, the annual, monthly, weekly and daily training program has not been seen as a reference in carrying out the training process, and its implementation is not guided by the training program that has been made, so that the objectives of this exercise are not achieved (Lestari & Sutapa, 2020; Saleh & Widiyanto, 2019; Vai et al., 2019).

Product Evaluation

Achievement is a task-oriented attitude that allows people's achievements to be evaluated for internal or external criteria. PSHT pencak silat achievements, based on the results of observations of researchers and also interviews, it can be said that the achievements achieved are quite optimal and maximal in accordance with the targets that have been set even though there are some things that are not optimal. The best achievement was to become the overall champion in the Pre-adolescent category in the IPSI CUP II Bungo event and athletes also won gold, silver and bronze medals in events they have participated in, meaning that the coaching of PSHT Bungo Branch nic.067 has been completed respected in the Muara Bungo area where even in the Porprov event some of our athletes were in one of them (Trizkyana & Siswantoyo, 2022; Vai et al., 2021).

In another study, what is called coaching is good, but there are still things that are lacking, namely fitness equipment, several aspects of promotion and degradation, consumption, welfare and transportation that are going well and producing good performance too (Haris Satria M et al., 2012; Haris Satria M et al., 2012), even though the trainer makes the program training, but there are still many inhibiting factors, facilities and additional fee funding (Hidayat & Rahayu, 2015).

IV. CONCLUSION

The results of the discussion regarding the Context evaluation of fostering pencak silat athletes in the loyal heart brotherhood terate branch of Bungo nic.067 can be concluded that it has been running with the vision and mission proven by tests and parameters that are in accordance with what the management wants. In the input evaluation the Athlete recruitment has been running optimally even though it has not involved a team of doctor psychologists, and the trainers already have a regional

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license, the infrastructure is quite good and the budget has been running and implemented according to the allocation but not optimal. In the process evaluation, coaching activities have been going well and implemented, but special written notes have not been found as a result of monitoring from the management and trainers, for the training program has been running as expected. The Product Evaluation shows that the PSHT athlete's achievements in the Bungo nic.067 branch have reached the target, similar to the achievement recently achieved by becoming the overall champion in the pre-adolescent category in the IPSI CUP II Bungo event. Thus, it can be conveyed from the results of the CIPP research that the evaluation of pencak silat is as expected but needs to be evaluated with further improvements.

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