

Evaluation of Gymnastics Junior Athlete Development Model Semarang City Based Partnership

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Abstract: *The purpose of this research is to evaluate and review the implementation of PPOPD Semarang City in Central Java. The type of research carried out is a model evaluation using the Brinkerhoff model with an ex post facto quantitative approach involving a sample of 8 junior gymnastics athletes. The data collection instruments used sports personality tests, physical performance, and branching techniques. Then the results of this study are: (a) The average percentage in the pre-athlete stage is 70.10%; (b) The average percentage at the PPOPD implementation stage in one semester is 77.64%; and (c) Overall, the evaluation data for one semester of PPOPD implementation showed that 87.50% had increased, so that this coaching activity was declared successful. This research can provide benefits and can be used for athletes, coaches, and management of sports achievement coaching in the city of Semarang. Furthermore, it is necessary to carry out further research to determine the formulation of standard instruments for assessment of the model of training and development of gymnastics at the junior level.*

Keywords: *Evaluation, PPOPD, sports, gymnastics*

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I. Introduction

Gymnastics is a sport that has been around for a long time since ancient times in the past [1]. The hallmark of this sport is relying on flexibility, patience, and continuous training from an early age [2]. Gymnastics then became an achievement sport that is competed in modern times today [3]. As a sport, the achievements of gymnastics compete in various disciplines with many numbers and win many medals [4]. This competition has become a prestigious war between major countries in the world such as: the United States, China, and Russia at the Olympics [5]. Indonesia as a country with a population of more than 260 million people and as a nation that already has good economic strength has not been able to talk much about gymnastics [6]. Some of the obstacles faced in the process of training in gymnastics are very complex, especially public interest, facilities and attention. Therefore, gymnastics in Indonesia still needs more attention, especially in terms of: promotion of guidance, provision of facilities, technology support, policy and financial support [7]. Furthermore, in providing solutions faced by conducting training for gymnastics in the city of Semarang by organizing a regional student sports development center (PPOPD) based on partnerships. What is meant is based on partnership, namely the existence of a joint coaching process (gymnastics, athletics, archery, taekwondo, pencak silat, archery, karate), involving various elements of government agencies and independent sports organizations. This study aims to evaluate and study the effectiveness of the implementation of PPOPD Semarang City. The Brinkerhoff evaluation method is used by researchers to find out how the coaching pattern is carried out, and to measure the success of the program using quantitative data. The benefits and implications of this research being carried out are that the model of coaching patterns that have been implemented in the city of Semarang can become a reference for coaching and sports in all districts/cities in the province of Central Java as well as all regions of Indonesia based on local wisdom and the potential of each region.

II. Material and Method

This research is an evaluation study using the Brinkerhoff model with an ex post facto quantitative approach [8]. The population in this study were all junior athletes assisted by PPOPD Semarang City in 2019, totaling 43 people with an age range of 6 to 12 years. The sample used as research data is gymnastics athletes totaling 8 people. The instruments used as a measuring tool in this study include:

a. A sports personality test using a sport personality questionnaire (SPQ) 20 [9].

b. Physical test: sprint 30 meters, sit-ups 30 seconds, push-ups 30 seconds, vertical jump, arrowhead agility, run 600 meters.

c. Branching technical skills test: Artistic (jump to front, rose climb, hand stand, L position, pull up, press handstand, front and side split, front and side leg flexion); and Rhythmik (split, standing split, backwardstanding and reach, kayang, front and rear shoulder hamstrings, backward bend 600, trunk lift, backward leg lift, rhythm choreography and tools).

The research data collection procedure includes several stages starting from instrument preparation, documentation, to data analysis tools. The research data was obtained from the study of the initial recruitment documents for the admission of PPOPD athletes in Semarang City in March 2019 and evaluation data 6 months after the PPOPD implementation in September 2019. The data analysis used in this research is quantitative descriptive analysis, namely by recapitulating the overall learning completeness data using the formula percentage n (average value) divided by N (number of samples) multiplied by 100% [10]. The data used were the results of the initial recruitment test and mid-year evaluation which consisted of the following components: I. sports personality (40%), II. physical (30%), and III. technique (30%), with the item index range value of each component ranging from 1 to 5. Then the percentage classification is used with qualitative sentences, namely: between 10% to 54% (very poor), 55% to 64 % (poor), 65% to 74% (average), 75% to 84% (good), and 85 to 100% (excellent).

III. Results

Data from the research results evaluating the partnership-based training model for junior athletes in Semarang City in 2019 can be presented in the following table:

Table 1. Implementation of the PPOPD Pre-Athlete Test in Semarang City

Athlete	Discipline	Component						Σ%	Category	
		I		II		III				
		Index	%	Index	%	Index	%			
1	Z D	Artistic	82,62	33,05	25	25,00	40	20,00	78,05	Good
2	F A	Artistic	66,38	26,55	25	25,00	31	15,50	67,05	Average
3	Z D P	Artistic	41,11	16,44	27	27,00	33	16,50	59,94	Poor
4	D	Artistic	67,09	26,84	24	24,00	39	19,50	70,34	Average
5	G D N	Artistic	58,61	23,44	26	26,00	27	13,50	62,94	Average
6	F M A	Rhythmic	75,44	30,18	22	22,00	73,5	27,56	79,74	Good
7	A D P	Rhythmic	65,64	26,26	17	17,00	73,5	27,56	70,82	Average
8	S R A	Rhythmic	65,94	26,38	21	21,00	65,5	24,56	71,94	Average
Average of all components									70,10	Average

Source: Primary Research Data for 2019

Based on the data in Table 1, it can be seen that at the PPOPD Semarang City 2019 pre-test stage, 8 out of 13 athletes graduated where the junior athletes who passed were based on the minimum standard criteria required, namely having a total value of all components above 65% (average). The average yield at this stage as a whole is 73.72% (average). Furthermore, to determine the value of the effectiveness of the PPOPD program, a mid-year test evaluation is carried out as described in the table below:

Table 2. PPOPD Semarang City Period I Semester Implementation

Athlete	Discipline	Component						Σ%	Category	
		I		II		III				
		Index	%	Index	%	Index	%			
1	Z D	Artistic	81,58	32,63	27	27,00	40	20,00	79,63	Good
2	F A	Artistic	68,39	27,36	26	26,00	35	17,50	70,86	Average
3	Z D P	Artistic	67,11	26,84	25	25,00	40	20,00	71,84	Average
4	D	Artistic	58,61	23,44	27	27,00	32	16,00	66,44	Average
5	G D N	Artistic	52,01	20,80	26	26,00	39	19,50	66,30	Average
6	F M A	Rhythmic	75,45	30,18	25	25,00	78	39,00	94,18	Excellent
7	A D P	Rhythmic	63,74	25,50	25	25,00	72	36,00	86,50	Excellent
8	S R A	Rhythmic	69,67	27,87	20	20,00	75	37,50	85,37	Excellent
Average of all components									77,64	Average

Source: Primary Research Data for 2019

Based on the data in Table 2. in the implementation of PPOPD City in 1 semester 2019, it can be seen that 7 out of 8 (87.50%) athletes have increased, and 1 in 8 athletes (12.50%) have decreased. As for the average percentage increase in program implementation was 7.54%.

IV. Discussion

Based on the results of this study, several analysis studies can be carried out to explain in detail how the data that has been described can have meaning and can be widely understood. As it is known, the process of coaching and sports development, its main achievement from the junior athlete stage cannot be separated from the three main components, namely: psychology (40%), physical (30%), and technique (30%). The percentage determination of this component is based on several scientific references such as the following: (a) A person's mental personality is very influential on the habit patterns that are carried out over time, the fundamental thing for the success of elite athletes is character [11]; (b) Physical performance becomes the supporting foundation for professional athletes, superior biomotor components make a positive contribution to performance [12]; and (c) Good technique, apart from being based on natural talents, is also supported by a pattern of adaptation to training, physical endurance, and habitual factors inside and outside the athlete's environment [13]. This study gave the results that the average percentage at the pre-athlete stage was 70.10% (average), this is in line with the results of the study which identified the fitness level of an athlete based on a mature selection process [14]. Then the next data shows that if the average percentage at the PPOPD implementation stage of Semarang City in one semester is 77.64% (average), the research shows similarities with research which shows that the success of an exercise program is determined by good exercise management and training programs connected simultaneously [15]. Furthermore, overall based on the evaluation data for one semester of PPOD implementation, it shows that 7 out of 8 (87.50%) athletes experienced an increase, and 1 in 8 athletes (12.50%) experienced a decrease. The average percentage increase in program implementation was 7.54%. This is different from the results of a study which states that the improvement of athlete's training is largely determined by good physical performance [16].

The management of sports coaching as standard is that a good coaching program starts from an early age. Supporting devices such as athletes and coaches, infrastructure, policies, recruitment processes, and budgets are crucial issues that often become obstacles in the coaching and development of gymnastics. PPOPD Semarang City has become a pioneer by implementing a joint, simultaneous and integrated management pattern by covering various components of society. Facilities and human resources involved such as athletes and coaches involve teachers, students and the school environment. Meanwhile, the performance sports advisory agency provides policy and budget support. Then non-governmental organizations and sports branch parent organizations become the main executors of the programs being run. Some of the weaknesses that still occur are of course homework that must be completed and perfected. Through the role of researchers and the application of evaluation methods are very helpful in improving the management of the training pattern of gymnastics.

V. Conclusion

Based on the results of the research and discussion, the following conclusions can be given: (a) The pre-athlete stage for PPOPD Semarang City in 2019 the gymnastics branch gave an average percentage result of 70.10% and was included in the average category; (b) Semarang City PPOPD Phase 2019 for one semester period shows that the average percentage is 77.64% and is included in the average category; (c) Overall, the implementation of PPOD shows that 7 out of 8 (87.50%) athletes experienced an increase, and 1 in 8 athletes (12.50%) experienced a decrease. As for the average percentage increase in program implementation was 7.54%.

Suggestions as recommendations that can be given from the results of this study are that the stages of sports coaching cannot be separated from the instruments to measure the effectiveness of a program, so that through evaluation research by the next researcher is needed as an improvement. Furthermore, it is important for trainers and management of sports branch organizations to prepare coaching and training programs by being given instruments that can measure how this can be carried out properly. Then, the mechanism for fostering and developing sports giftedness cannot be separated from the main supporting elements, namely policies and budgets from stakeholders, so a harmonious synergy is needed.

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