

# The Sports Coaching Model Based on Youth as Rural Sports Activists

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**Abstract** - This study illustrates the use and the implementation of the sports coaching model based on youth as rural sports activists. The research design used a research and development from Borg and Gall that had been modified. The steps of research and development began with learning something that would be developed from the results of the needs analysis, developing the model, conducting a series of trials and revising the findings during the trial until it finally obtained the required model. The data analysis used thematic analysis. The results of the study illustrate that the sports coaching model based on youth as rural sports activists can be used and applied as one of the community's participations in efforts to improve sports coaching in Tegal Regency. The results of the study can be recommended to the local government of Tegal Regency in determining sports coaching policies in order to improve regional sports performance.

**Keywords:** *the sport coaching model, based on youths, as rural sports activists*

## I. INTRODUCTION

The arrangement of the Sports multi-event in Central Java Province is one of the benchmarks that can be used as an evaluation of the sport coaching from each district/city in the Central Java Province followed by 35 cities/regencies. Based on the medal results, Tegal Regency ranked 32 out of 35 cities/regencies in the PORPROV Central Java multi-event in 2018. The same results were also obtained by the contingent of Tegal Regency in the same multi event back then in 2013. The results of the achievements obtained still show some weaknesses in the process of sports coaching in the Tegal Regency, particularly in some aspects such as athletes, coaches, management of

sports organizations, sports facilities and infrastructure as well as the aspect of local government policy.

The achievement results obtained by Tegal Regency in the multi-event of the Central Java Province Sports Event, with the three times participation in that multi-event, show the lack of continuous athlete coaching in all sports. As a result, there is still a shortage of potential and talented athletes. This is in line with the data obtained from sports instructor, coaches and athletes.

In order to support the continuous athlete acquisition, the acquisition of talented athletes and potential athletes is started with the introduction of sports by the environments which are, in this case, family and community. Then, it is followed by the coaching initial stage from the school at each sports club and the role of sports clubs that have been doing the achievement coaching. At this initial stage, the role of the local government in encouraging the community to do sports is very important. Therefore, it is expected that the community participation encourages the movement of healthy living and develops its participation in boosting people to help and to improve the potential of community in their region so that it can develop optimally. This is in accordance with the opinion of Darai Cooke (1996) which provides an overview of a strategic approach in developing sports towards the best performance. According to him, it starts with the role of the family as a strong foundation stage in sports. Then, it is continued in the early stage of school and it is identified by the participation of school sports clubs and the steps of achiever sports clubs in recruiting athlete candidates and potential athletes.

At the same time, it is followed by the local government with its policy in encouraging the community to do sport activities that lead to a healthy life and to bring out the prospective talented athletes

who can be recruited by sports clubs. Those talented athletes, then, can be fostered and practice on an ongoing basis.

The sports coaching model based on youth as rural sports activists is a sports coaching model that has never been used so far in the process of sports coaching. This is the first urgency of the sports coaching model based on youth as rural sports activists. The second important thing is this coaching model can empower rural and urban youth. It is one step of work to overcome the problems that arise by considering the area of sports coaching throughout Tegal Regency. According to BPS Tegal Regency in 2018, there are 287 rural/urban areas which are very potential to get the seeds of talented athletes and achievers who have not received any guidance in a good and regular sports practice. As a result, in the future, the seeds of talented athletes and many outstanding athletes will be obtained. The role of youth plays an active role in the development of rural communities. It is in accordance with the goals of youth development carried out by local governments. As agents of change that have national vision, the role of youth is to develop their potential so that they are able to move the community to be better (Permenpora: 2013).

The third urgency of the sports coaching model based on youth as rural sports activists is one step to empower the function of youth as agents of change who have national vision. It is expected that they develop the potential of the community as an effort to answer the problems that arise in the community of Tegal Regency regarding the lack of improvement in sports achievement. The role of youth as rural sports activists is one step that can be done by people in their region to play an active role in community development, particularly in sports. This is in accordance with the strategic plan of the Ministry of Youth and Sports in 2016-2019 which states that youth are pioneers of development who respond to challenges and problems that arise in the community. This is also strengthened by Law No. 40 of 2009 concerning youth which provides direction for youth development that has competitiveness and plays an active role in national development, including in sports development aspects. Therefore, coaching towards sports achievement should be done optimally in all aspects so that it encourages the implementation of sports coaching in rural areas. Sports coaching can provide an improvement in regional sports achievements. Youth development plays an active role in building regional communities in accordance with the potential and the support from the community in its region.

## II. RESEARCH METHOD

The research method used in this study was research and development from Borg and Gall. *Educational Research and Development (R&D) is a process used to develop and validate educational product. The step of this process are usually referred to as the R&D cycle, which consist of studying research findings pertinent to the product to be developed , developing the products base on these findings, field testing it in the setting where it will be used eventually, and revising it to correct the deficiencies found in the field testing stage. In more rigorous programs of R&D, this cycle is repeated until the field test data indicate that the product meets, its behaviorally defined objectives* (Borg and Gall,1983; Akker, 2009; Ali & Asrori, 2014; Arifin, 2012; Dick and Carey,1996; Seals and Richey,1994; Richey and Nelson, 2009; Sugiyono, 2011; Sujadi, 2002; Tessmer,1998)

This research is a part of the overall research on the analysis of Tegal Regency regarding the sports competition between regions in Central Java Province. The competition was the multi-event of the Central Java Province Sports Week in 2018 which was less optimal, including some aspects such as coaches, athletes, sports facilities and infrastructure, sports management as well as local government policies. The steps of research and development began with learning something that would be developed from the results of the needs analysis, developing the model, completing the expert validation, testing the revision results, and then revising the findings from the trial until it finally obtained the required model.

## III. DISCUSSION

The implementation of research and development includes:

- a. A need analysis, as a first step in this research and development, was done by analyzing data of achievement from Tegal contingent in the multi-event of the Central Java Province Sports Week in the past 10 years. Data collection was done by doing observations and collecting data from interviews. The data collection was also supported by gathering some documentation to strengthen the obtained data results. It is expected that the data collected can strengthen other data on the coaches and instructors of achiever sport and the policy makers of sports coaching from the Tegal Regency government. The results of the needs analysis showed a coaching model was

needed to improve the sports achievements of Tegal Regency.

- b. A sports coaching model based on youth as rural sports activists was developed from the results of needs analysis. It was reinforced by previous data collection as a preliminary model that was developed. Then, the expert validation of the initial model was done. The experts were from sports policy analysis experts, sports instructors, sports coaches, and policy makers from the government. This produced a revised model of sports coaching based on youth as rural sports activists.
- c. The next step was to carry out the first trial of sports coaching model based on youth as rural sports activists. The trial was done in a number of villages in one sub-district area. Then, the follow-up trials were carried out in some villages from several sub-districts throughout Tegal Regency. From the series of trials, it was expected that there would be a revision of the sports coaching model based on youth as rural sports activists
- d. The revision results of the sports coaching model based on youth as rural sports activists can become a sports coaching model in Tegal Regency that can be used and applied to improve the sports achievements of Tegal Regency.
- e. Data collection used interviews and questionnaires. It was also obtained and supported by collecting documentation and observation to strengthen the data results that had been previously obtained. Therefore, it was expected that the collected data can be strengthened by other data.

#### IV. RESULT DISCUSSIONS

The result discussions in this study include:

- a. Definition of Rural Sports Youth Activist-Based Sports Coaching Program

The definition of the Rural Sports Youth Activists-Based Sports Development Program is a model of sports coaching that is carried out by young people of rural/urban village in the area of Tegal Regency. The program is designed to arouse the enthusiasm in carrying out sports activities in the community's area. The program is carried out by local youth with the aim to encourage the community, particularly children, adolescents and adults according to their talents and interests on sport branches. It is expected that the program can become a part of their daily needs and it can produce numbers of talented and gifted athletes in some of sports branch. This is the concept of sports coaching by considering the territorial approach. As a result, the benefits of the

sports coaching can be obtained such as to develop the community's potential in the sports field; to channel the talents of young people - athletes achievers to the level of Tegal Regency; to provide a reference for managing the sports organization and a reference to the monitoring team – the evaluation in the sub-district level on its implementation.

- b. Basic Principles of PPOP Program Implementation

The Rural Sports Activist-based Youth Development Program is developed by complying with some principles: Principles Adherence in accordance with the regulations in the communities of the region; Youth-based with efforts to empower youth in rural areas; Management that meets minimum service standards, Professionalism in terms of work performance and program analysis results; The structured implementation that starts from the planning, implementation and open reporting and can be known by interested parties and can be accounted for to the stakeholders; Equitable in the process of organizing for all communities by considering the limitations of the funds they have.

- c. The Recruitment Process of PPOP Program Practitioners

The recruitment process for the PPOP Program practitioner considers the competence and potential of rural areas in accordance with the sports branch that will be developed

The recruitment mechanism of PPOP program practitioners involves the following stages:

- a. Determining the village area from each sub-district
- b. Analyzing the branch sports that will be developed according to the territorial approach
- c. Determining the branch sports that will be developed based on the analysis results
- d. Analyzing the needs of PPOP Program practitioners voluntarily with regional data collection for youth who are members of youth organization, sports scholars and sports trainers in the rural areas.
- e. Analyzing the training needs for PPOP program practitioners in the form of education and training, coaching clinics, training on sports organization management.

To maintain the quality of the implementation of this program, assistance can be made for the implementation that does not have the trainer qualifications by a co-trainer from the sports branch in the sub-district level.

d. The Mechanism of PPOP Program Implementation

The mechanism of the implementation of the PPOP Program is carried out by rural sports youth from the local rural/urban village. The program implementation is also coordinated with the rural office which is assisted by the Sub-District Government in coordination with Department of Youth, Sports and Tourism in Tegal Regency, and the administrator of the sports branch under the coordination of KONI Tegal Regency.

e. Implementation

The implementation of the PPOP program is adjusted to the agreed time of the implementation process by using the facilities available in each rural/urban area. It is done through some considerations of the training program such as the number of athletes and trainers by taking into account the training process management and the follow-up to the better level for those who are achievers.

f. Monitoring, Evaluation and Reporting

1. Monitoring

Monitoring and evaluation are part of the overall quality assurance of the PPOP Program which are used as input for the authorities and as policy consideration, improvement and development.

The implementation of monitoring and evaluation refers to the assistance that includes planning, implementation, achievement and reporting of the program. It is carried out by some elements such as Youth, Sports and Tourism Department of Tegal Regency, the Administrator of Sports Branch in coordination with the KONI Tegal Regency. It is done at least once in the year of the program and it is prepared by the officers who implement the monitoring.

2. Evaluation Tools

Monitoring and evaluation implementation tools to find out the improvement and implementation of PPOP Program are in the PPOP Program Monitoring and Evaluation format.

3. Reporting

The end-of-year report of PPOP program is made by the practitioners. This is an accountable progress report for the activities carried out in the end of the current year and it is submitted to the authorities. The report is in the form of documents on the activities implementation and financial accountability

that shows the quality and implementation of the coaching program. It is supplemented with information on program implementation; recapitulation of athlete and coach data; recapitulation of athlete competency improvement; as well as photos of the activities.

## V. CONCLUSION

The sports coaching model based on youth as rural sports activists is a program that can be implemented as an effort to improve the sports achievements in Tegal Regency.

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