

The Potential Achievement of Weightlifting Sport in Semarang Through Talent Identification

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Abstract—The purpose of this study is as an effort to improve sports performance by implementing and conducting a sports development program suited to the characteristics and potential of the region. So that efforts to identify superior sports are based on careful analysis of the potential, characteristics and conditions of the region towards improving sports performance. Sports coaching is inseparable from the existence of educational institutions which are expected to contribute and play a very significant role in achieving sports achievements. Based on the objectives, this approach was carried out to find out the talent of students in Semarang, especially in weightlifting Sports branch. The sample of the study was 199 students aged 10-12 years according to the criteria. This study used a quantitative approach with a percentage description method. Data collection technique was by measuring antropometrics tests, physiological tests and biomotor tests. The instruments used in this study were adjusted to the specific characteristics of weightlifting sports. The results of this study were from a sample of 199 students, 28 students (14.07%) had sports talent in Weightlifting sports. Conclusions from the results of this study indicate that there is a potential achievement of students who are talented in weightlifting sports in Semarang.

Keywords—*potential achievement, weightlifting, and talent identification.*

I. INTRODUCTION

As one of the efforts to improve sports performance is to implement and conduct a sports program development program in each region that is adjusted and based on the characteristics and potential of the region concerned. So that efforts to identify superior sports based on careful analysis of the potential, characteristics and conditions of the region are expected to be very meaningful for improving national sports achievements. Especially with the multidimensional crisis that is still sweeping the nation, it will not be possible for all sports to be fostered by every region in Indonesia to achieve international achievements. This is in accordance with the mandate of Law number 3 of 2005, which states that regions

have a responsibility to foster a superior sport that is of national and / or international level (Chapter VIII, Article 34), in the sense that the district / city government has responsibility carry out planning, fostering, developing, implementing standardization, and mobilizing sports resources based on local excellence. Therefore, paying attention to and in accordance with the principles of efficiency, effectiveness and visibility of achievements to be achieved in the future, it is necessary to take steps to determine priority scaling to superior sports branches which are then handled more professionally, both at the district / city, provincial and national levels. Through the improvement of regional sports achievements in Indonesia which are developed based on regional potential, it is expected to contribute significantly to the achievement of national sports achievements, both at regional and international levels in the coming years.

Gunungpati Subdistrict is one of the Subdistricts in the City of Semarang, Central Java Province, the boundaries of Gunungpati District are as follows; the north is bordered by Ngaliyan and Gajahmungkur Subdistricts, bordering Semarang Regency, in the south, bordered by Mijen District and Semarang City in the west, Banyumanik District and Semarang City in the east. The Gunungpati region is dominated by highlands / mountains with the height of + 300 meters above sea level. Geographically, It is very strategic that it is expected to have the characteristics for developing Weightlifting sports as an achievement sport. With the Regional Student Sports Week (POPDA) event program which is held every year, it is expected to effectively produce sports achievements for Semarang at higher events, such as the Semarang City Citizens Sports Week (PORWAKOS) and Provincial Sports Week (PORPROV) Central Java and in the end, It can support many athletes to the Central Java contingent in national events, or even for National athletes who will be the backbone of the nation in several regional and international sports championship events.

Gunungpati Subdistrict, which is one of the Sub-Districts in Semarang which has 16 Sub-Districts / Villages, among others; 1) Sukorejo, 2) Kandri, 3) Sadeng, 4) Cepoko, 5) Jatirejo, 6) Nongkosawit, 7) Plalangan, 8) Sumurejo, 9)

Mangunsari, 10) Pakintelan, 11) Ngijo, 12) Patemon, 13) Gunungpati, 14) Kalisegoro, 15) Retribution, and 16) Sekaran.

The geographical condition of Gunungpati District is strategic, which is consist of highlands / mountains. This strategic condition is expected to have the characteristics to develop Weightlifting sports as an achievement sport. With sports event programs such as the Semarang Citizens Sports Week (PORWAKOS) held every 4 years, it is expected to effectively produce sports achievements in Gunungpati District and Semarang which can represent provinces in higher events, such as Provincial Sports Week and Pekan National Sports (PON) which ultimately can contribute athletes to become the backbone of the nation in international events. Based on the list of contributions, The number of athletes in PON XVIII / 2012 in Riau for athletes with student status is 16.56%. By using the data for student athletes, it is necessary to increase large number of people and guidance from an early age so that the contribution provided can be sustainable.

Based on the description of the situation analysis, it can be identified that there is a problem in an effort to improve student sports achievement in schools, it is necessary to conduct an appropriate sports development program starting with the stages of sports observation and followed by a good and appropriate scouting program to find 'seeds of sport' that have high potential to be developed and can achieve optimal sports performance. Dealt with this matter, It is necessary to conduct a research on Talent Identification of Weightlifting Sports Branch in Semarang.

The objectives of this study are: 1) Providing knowledge to Physical Education Teachers in Semarang about student sports talent scouting programs with technology-based Talent Identification, 2) Providing and improving students' sports scouting skills with Talent Identification program of Weightlifting sports branch.

The contributions of this research are: 1) To educate Physical Education Teachers in Semarang about the importance of guiding sports talent activities in sports achievement coaching programs, 2) Providing knowledge and skills about sports talent scouting models with Talent Identification of Semarang weightlifting sport branch.

Sports development is a process of conditioning the community that has a lot of access to sports, improving health and fitness, improving achievement, and managing sports that are able to face challenges and demands for changes in national and global life. More than that, as stated in the main points of development policy in the field of sports, increasing achievement is an important part in the effort to make proud of our nation and country in international world. Sport is not everything, and it cannot necessarily overcome all the problems of the Indonesian people. But through sports, many things can be developed as the foundation of the civil society in Indonesia, It is a prosperous society and also a prosperous justice. The values and skills acquired through sports include cooperation, communication, obedience to rules, understanding and understanding of a problem, relationship

and relationship with other individuals, leadership, caring for others, respecting business, attitude towards winning and losing, managing competition, sportsmanship, sharing responsibility, self-esteem, trust, honesty, self-care, tolerance , self-adaptation, and self-confidence [1].

Sports performance is determined by 2 main factors; 1) athletes internal factors, including physical, intelligence, psychomotor and affective abilities, 2) external factors of athletes, namely supporting factors; coach, parental support, availability of infrastructure, training programs, results of research, work or school environment, community, close friends and others. Fig. 1. below is a description of the relationship between athletes and coaches and other factors that influence sports achievement.

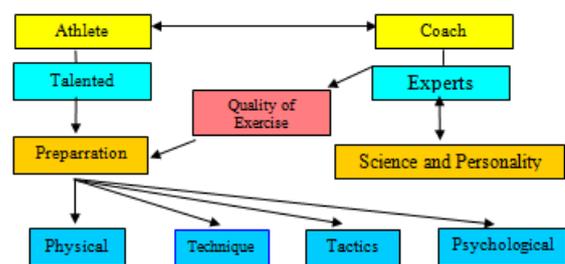


Fig. 1. Relationship between athlete and coach [2]

In sports coaching for prospective athletes-to be, especially young children, the important thing to consider in developing their talents is to begin with the experience of various basic skills. In this way it will help the child become a multitasking athlete, before the child starts training in a more specialized sport. This development model is better known as the Multilateral Model. The model of this sport development is one of the most important principles of practice for talented prospective athletes who have high potential achievement.

Another important things to be able to make a world-class athlete is they have to do years of training with great effort and follow the principles of training appropriately, including specific, systematic, and and long-term program plans needed for the needs of children. Fig. 2. below illustrates a gradual approach of the development of sports talent for several years. Although the age factor will vary from one sport to another, and from individuals to other individuals, the model shown is important in terms of progressive development. The base of the pyramid is considered as the basis of each training program that contains multilateral development. When the level of development has been reached, the next stage the athlete enters the second stage of development, which is training in a particular sport or specialization, and then the higher stage of performance that is expected to reach peak performance.

Coaching is an action activity that is carried out efficiently and successfully to improve or obtain better results. Maximum sports performance can be achieved through a process of coaching that is carried out programmed, directed and

continuous and supported by adequate support. Programmed means that the training program is carried out systematically, directed that the training program is carried out in a coherent, and sustainable manner, namely the program is carried out in a sustainable and tiered manner. In addition, to achieve optimal achievement, effort and training are needed as outlined in a written training program that is systematically arranged as a guide and direction of activities to achieve goals effectively and efficiently.



Figure 2. A long-term approach to special training [3]

Achievement of an athlete's performance is inseparable from the coaching program implemented. It means, talented athletes cannot automatically achieve the highest achievements if they are not supported by good coaching. Broadly speaking, there are several factors that influence the maximum performance improvement effectively [4]. These factors include; 1) player internal factors, including talents, interests and others, 2) good organizational management, 3) coaching programs, and 4) utilization of supporting facilities and infrastructure. All of these factors support each other. The internal factor of the player will not be enough if it is not supported by a good coaching system, as well as guidance will be less than optimal if the existing facilities and infrastructure are inadequate. The internal factor of the player becomes a problem that can be handled specifically by the coach. This element can be developed properly through a good coaching program. While the other three factors are factors that must be solved by the club itself in general. Club management deals with how management and management are carried out in developing the club in general where management of the organization will play an important role in the development of overall achievements. Without a good sports administration system, the guidance will be less than optimal. The coaching program is related to the trainer's business in improving athletes' achievements.

Scouting of achievement sports is developed through a process of coaching that is programmed, directed, planned through tiered activities in a relatively long time. Development of sports achievement must go through several stages of coaching. Sports experts agree on the need for stages of coaching to produce high sports performance, namely through the stages of preparation, nursery, and achievement,

so the pyramid theory was born in sports coaching. These stages can be described in a pyramid as follows:

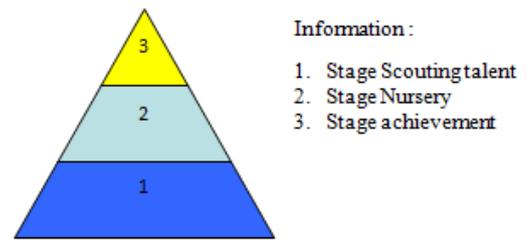


Fig. 3. Stage Level Pyramid Construction [3]

Scouting talent (talent identification) is an effort made systematically to identify someone who has the potential in sports, so it is estimated that the person will succeed in training and can achieve peak performance. Another definition of talent scouting is that an attempt is made to estimate with a high probability the opportunity for someone who is gifted in achievement sports to be able to succeed in undergoing an exercise program so as to be able to achieve peak performance. In this stage athlete candidates can be so overload, It means that they are not or have not been restricted. In this stage the first stage of selection is carried out through the introduction or searching of talented players. The existing talent scouting system is guided by knowledge, body posture, psychological, physiological conditions or expertise and skills.

The process of identifying and identifying talents must be an activity that is prioritized by trainers and training specialists in order to develop it and to improve the psycho-biological criteria used to find someone who is more talented and has the potential for high performance and sports performance.

The athletes who have been selected from the talent scouting stage must then go through the next stage, namely the nursery stage. In this stage, it is the most important stage in the stage of fostering sports achievements. In this stage the main coaching activities are carried out, starting from the implementation of the training program to how the organization management is carried out in developing overall achievements. In the nursery stage the coaching must be programmed, directed and well planned. Both in terms of club management in general and management in particular.

The last stage in a coaching is the championship maturation stage. The condition in the maturation stage of this champion is the state of the athlete prepared to achieve peak performance.

II. METHOD

This study used descriptive research, descriptive research aims to solve problems systematically and factually about the facts and characteristics of the population that is to describe

the Talent Identification of the Weightlifting sport in Semarang.

The population in this study were elementary school students in the city of Semarang who aged 10-12 years, met the criteria and were willing to participate in this study. Test instruments used by Talent Identification are; 1) Height, 2) Weight, 3) Seating Height, 4) Leg Length, 5) Range of Arm Length, 6) Hand Length, 7) Hand Width, 8) Sit and Reach, 9) Right Upper Body Flexibility, 10) Left Upper Body Flexibility, 11) Chest Ability, 12) Run 20 meters, 13) Skip Vertical, 14) Shocken, Right and Left Hold Grips, 15) 1 Leg Squat, and 16) Right Plank, Left and Middle.

Data collection techniques in this study were conducted by measuring the selected test instruments, namely

anthropometric measurements, physiological tests, and biomotor tests.

After all the data is obtained, then it is continued with processing, analyzing, and assessing the results of the test using the excel program.

III. RESULTS AND DISCUSSION

Based on the results of the study showed that the Weightlifting Talent Identification in Semarang City of the 199 samples that have sports talent in the Weightlifting sport branches were 28 samples (14.07%), as follows:

TABLE I. STUDENTS WHO HAVE WEIGHTLIFTING SPORT TALENTS

No.	Name	Test Item									
		Leg Length	Hand Length	Hand Width	Sit and Reach	Run 20 m	Vertical Jump	Shocken	Hold Grip	1 Leg Squat	Plank
1	Vania Irsya	14,6	3	3,8	1,95	0,23	1,9	0,16	0,6	0,25	0
2	Faiz	14,75	2,9	3,8	1,63	0,2	2,05	0,18	2,65	0,5	3
3	M. Ichsan Maulana	15,43	3	3,8	1,63	0,23	1,85	0,17	1,05	0,1	0
4	Achmad Chaerudin	15,8	3	3,9	1,68	0,21	2,5	0,26	2,6	0,85	3
5	Cahya Adi Mahardika	15,85	3,1	3,8	1,75	0,2	2,05	0,17	4	0,8	3
6	M. Aldi Alfianto	15,93	3,3	4,2	1,88	0,2	2,2	0,29	1,4	0,4	3
7	Ryo Andiansah Syah Putra	16	3,1	3,8	1,4	0,15	2,35	0,29	3,15	0,5	3
8	Alda Blinda Yasti	16,3	3	3,8	1,45	0,25	1,5	0,17	0,4	0	0
9	Rossi Aprillian Juna	16,38	3,1	3,9	1,8	0,22	1,9	0,18	0,5	0	0
10	M. Dhimas Oktavian R	16,48	2,9	3,8	1,63	0,19	2,5	0,23	3,5	0,3	3
11	Nadifa Nadya Putri	16,5	3,1	3,9	1,93	0,22	1,8	0,21	2,1	0,2	3
12	Dewo	16,5	3,1	4	1,6	0,22	2,1	0,2	2,6	0,15	0
13	M. Rizqi Iswardhana	16,5	3,3	3,5	0,75	0,23	1,45	0,16	0,5	0	0
14	Iana Rosyida	16,5	2,8	3,8	1	0,26	1,45	0,16	0,25	0	0
15	M. Zaky Kurniawan	16,6	3,1	3,8	1,63	0,19	2,6	0,28	3,45	0,2	3
16	Muhamad Daffa Alghifari	16,63	3,2	3,8	1,68	0,19	2,35	0,2	2,9	0,45	3
17	Roy Cahya Ferdian	16,75	3,1	3,9	1,4	0,21	2,05	0,15	0,45	0	3
18	Nur Imam Ramadhani	16,75	3,3	3,8	1,28	0,25	1,2	0,15	0,6	0	0
19	Rahma Anggun Ramandani	16,75	3,3	4,2	1,65	0,23	1,9	0,15	0,4	0	0
20	Ismi Septyana Saputri	16,75	3,2	3,8	1,55	0,24	1,95	0,21	0,25	0	0
21	Iqbal	16,88	3	3,9	1,6	0,2	2,2	0,26	1,35	0,7	0
22	Fisya	16,88	3,2	3,8	1,63	0,25	1,7	0,2	0,45	0	0
23	Nazala Chelsea	16,88	3,3	4	1,2	0,21	2,15	0,15	0,15	0	0

	Ashiva S.										
24	M. Wahyu M.	16,95	3,2	4	1,45	0,2	2,35	0,23	3,05	0,7	2,68
25	Ahmad Arzaq Maulidan	17	3	3,8	1,5	0,21	2,2	0,21	1,35	0,35	3
26	Sakti Yogi Pratama	17	3,3	3,8	1,5	0,21	2,2	0,19	3,15	0,2	3
27	Tiara	17	3,2	3,9	1,63	0,26	1,9	0,2	0,45	0,05	0
28	Bintang Radit Prananda	17	3,2	4,1	1,8	0,23	1,35	0,16	0,7	0	0

The conclusions of this study indicate that there is a potential talent of sports talent students in Weightlifting sports in Semarang.

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