

Patterns for Extracurricular Sports Branch Athletic Level of High Schools Padangsidimpuan

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Abstract— The purpose of this study was to determine the pattern of extracurricular coaching in athletics at the High School Level in Padangsidimpuan City. This study uses descriptive qualitative data collection methods through structured observation and interviews to school principals, physical education teachers and students as research subjects to find out the pattern of extracurricular training in athletics at the high school level in Padangsidimpuan city which consists of 4 (four) schools, namely: SMA N 1 Padangsidimpuan, SMA N 5 Padangsidimpuan, SMA N 8 Padangsidimpuan SMA PRIVATE HARAPAN. The results showed that the pattern of athletic extracurricular training carried out at the SMA level equivalent of Padangsidimpuan city through structured interviews on the development / enrichment indicators obtained results: the principal of 86% excellent category, physical education teachers / trainers 86% excellent category, students / athletes 80 Very good% category. The social indicators obtained results: 75% of school principals were in good category, 79% of physical education teachers / trainers were in the good category, 81% of students / athletes were in the excellent category. Recreational indicators obtained results: 68.5% of school principals were in the medium category, 70% of physical education teachers / trainers were good, students / athletes were 57.5% less. Career indicators show the results: 52.5% of school principals are in the low category, 48% of the physical education teachers / trainers are in the very poor category, students / athletes are 67% in the medium category. Based on the results of the research it is recommended that the school further improve extracurricular coaching through the stages of specialization activities to achieve a better coaching process by continuing to carry out event activities that function as one of the training evaluations for students who are members of athletic extracurricular activities.

Keywords: *coaching pattern, athletic extracurricular*

I. INTRODUCTION

The athletic sport is a very popular achievement sport. As the parent of all branches of athletic sports consist of the main elements of motion that underlie many basic sports, namely:

running, walking, jumping and throwing. The athletic sport branch is one of the branches that was once popular in the city of Padangsidimpuan, marked by the many schools that make athletic sports an extracurricular activity in schools, the establishment of athletic sport clubs both in schools and the community for achievement. And not a few people who do jogging activities both in the morning and during the day by utilizing the track of the stadium, Simarsayang hilltop and the city park area for the purpose of fitness.

The author's observation through an initial interview with the PASI Padangsidimpuan City management, PASI was greatly helped by the existence of extracurricular activities in schools, because it made it easier for the City Government of PASI Padangsidimpuan City to get athletes fostered through extracurricular activities as a form of regeneration starting from school age. Achievements achieved by the City Government of PASI in Padangsidimpuan City are below the level for the student level and their performance has decreased in line with previous achievements. The pattern of coaching extracurricular athletic sports in high schools in Padangsidimpuan is the attention of researchers addressed to the Principal, teachers, coaches and athletes in coaching, training, and managing.

Based on preliminary observations and researchers' interviews with the Padangsidimpuan PASI Pengcab Management Office, which began in August 2016, it was found that the athletic level of the athletic level at the student level was a sport which was a priority in the achievement of sporting achievements, but was not yet maximal in organizing the lower levels. This becomes the basic problem regarding extracurricular coaching that is held in schools needs to be improved and scientifically studied.

Based on the problems that have been described above, the problem of extracurricular coaching is one of the most important things to support the extracurricular activities of athletic sports in participating in student-level events through

schools or through the contribution of PASI City Government of Padangsidimpuan City.

The pattern of sports coaching is the system or way of working of a sports organization in realizing change, progress, improvement, growth and evaluation, in developing sports activities in achievement and in fostering the support of science and technology sports is very supportive. According Suharsimi AK, 1988: 57 (in Suryosubroto, 2009: 287) extracurricular activities are additional activities, outside the program structure which is generally an optional activity. Eny Tarbiyatun Sayidah R., (2010: 3). Said that extracurricular activities are a place provided by the education unit to channel the interests, talents, hobbies, personalities, and creativity of students that can be used as a tool to detect students' talents and are professionally designed so that they can be a vehicle for giving birth to the greatest talent in children , forming a positive character in students, and a place of self-actualization in students. Permendikbud RI Number 81A of 2013. The functions of extracurricular activities are: (1) development, (2) social, (3) recreation, and (4) career preparation. Yuyun Ari Wibowo (2014: 3) suggests that sports extracurricular activities are a particular branch of sport training activities that are accommodated by schools. The implementation takes place at school and the time of the implementation is done outside school hours. According to Permendikbud number 62 of 2014 Systematic extracurricular activities at least contain:

- rational and general purpose
- description of each extracurricular activity
- Management
- Funding
- evaluation

Based on the description above, it can be concluded that extracurricular activities are educational activities outside the subjects and counseling services to help the development of students according to their needs, potential, talents and interests through activities that are specifically carried out by educators and or educational staff who are capable and authorized in school.

- Become a medium to use free time positively
- Being a media for students to channel energy positively
- Improving physical fitness of students
- Increase students' self-esteem and confidence
- Improve the ability to socialize and communicate
- As a Means of Self-Actualization

Based on data exposure and various statements regarding the pattern of extarkurricular coaching above the researchers planned this study with the title "The pattern of extracurricular coaching in athletics at the high school level and equivalent in Padangsidimpuan city".

II. METHOD

Qualitative-naturalist research researchers are more instruments, because in qualitative research researchers are key instruments. The research instrument used to measure the value of the variable under study, the sample in qualitative research is also referred to as a constructive sample, because

the data obtained can be constructed phenomena that were originally unclear

Data collection by interview / interview that is with a structured interview (structured interview), semi-structured interviews of this type of interview is included in the category of in-depth interviews, where the implementation is more free than structured interviews. non-hypothesis research. By simply describing or describing the state of an object of research based on factors that are visible or as it is, Schools that conduct the Coaching of Athletics Extraction activities in Padangsidimpuan City consist of 4 (four) schools namely SMA Negeri 1 Padangsidimpuan, SMA Negeri 5 Padangsidimpuan, SMA Negeri 8 Padangsidimpuan and Harapan Padangsidimpuan Private High School. Adi suryanto (2009: 437) say that the percentage descriptive formula as follows:

$$D P = n/N$$

Where :

D P : Deskriptif persentase

n : empirical score (score obtained from rseponden's answers)

N : Skor ideal

While the formula to determine the ideal score (N) is:

The following are the norms put forward by Suryanto in Sanusi Hasibun (2010: 154) as the table below:

TABLE I. FORMULA TO DETERMINE THE IDEAL SCORE

No.	Answer rate	Results
1	80%-100%	Very good
2	70%-79%	Good
3	60%-69%	Medium
4	50%-59%	Less
5	0%-49%	Very poor

III. RESULTS

Based on the results of research conducted in the city of Padangsidimpuan City High School equivalent to 4 headmasters consisting of Padangsidimpuan Public High School 1, Padangsidimpuan Public High School 5, Padangsidimpuan Public High School 8 and Harapan Padangsidimpuan Private High School. Data from the stages of coaching in high school equivalent for headmasters there are two (2) indicators, namely 1. Development / questioning, 2. Social, 3. Recreational, 4. Career. The following are the results of answers from the school coconut, physical education teacher (trainer) and students.

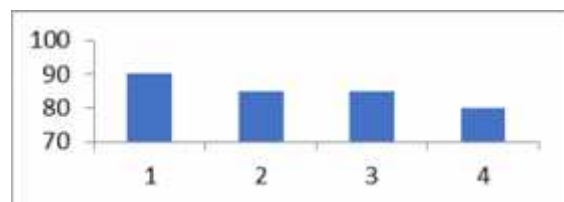


Fig. 1. Percentage of the headmaster's enrichment / enrichment

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.1 questions 1 have a score of 18 with a percentage of 90%, item no 2 has a score of 17 results with a percentage of 85%, item no 3 has a score of 17 with a percentage of 85%, question no 4 has a score of 16 with a percentage of 80%.



Fig. 2. Percentage of the principal's social indicators results.

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.2 questions 5 have a score of 16 results with a percentage of 80%, question no 6 has a score of 11 results with a percentage of 55%, question no 7 has a score of 18 with a percentage of 90%, question no 8 has a score of 15 with a percentage.

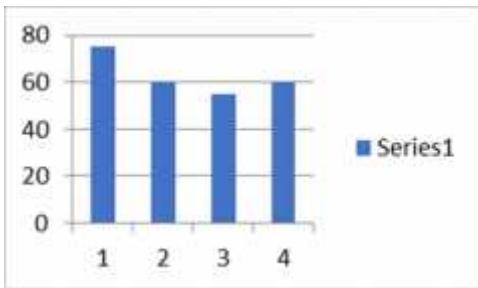


Fig. 3. Percentage of the principal's career indicator results

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.4 questions 13 has a score of 12 results with a percentage of 60%, item no 14 has a score of 10 with a percentage of 50%, item no 15 has a score of 11 with a percentage of 55%, question no 16 has a score of 9 with a percentage of 45%.

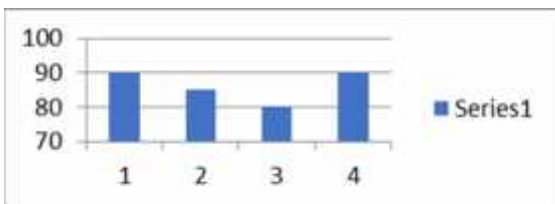


Fig. 4. Percentage of teacher development / enrichment results (trainers)

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.12 questions 1 have an outcome score of 18 with a percentage of 90%, item no 12 has a score of 17 results with a percentage of 85%, item no 3 has a score of 16 with a percentage of 80%, question no 4 has a score of 18 with a percentage of 90%.

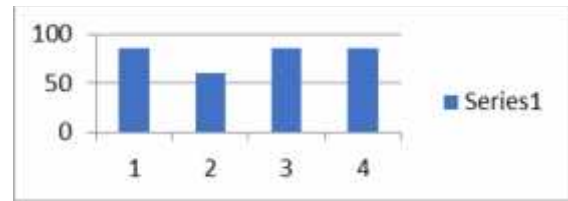


Fig. 5. Percentage of teacher social indicators (trainers) results

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.6 questions 5 have a score of 17 results with a percentage of 85%, question no 6 has a score of 12 results with a percentage of 60%, question no 7 has a score of 17 with a percentage of 85%, question no 8 has a score of 17 results with a percentage of 85%.



Fig. 6. Percentage of teacher social indicators (trainers) results

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.7 questions 9 has a score of 12 results with a percentage of 60%, item no 10 has a score of 10 with a percentage of 50%, question no 11 has a score of 16 with a percentage of 80%, question no 12 has a score of 15 with a percentage of 75%.



Fig.7. Percentage of teacher career indicator results (coach)

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.8 questions 13 has a score of 13 results with a percentage of 65%, item no 14 has a score of 10 with a percentage of 50%, question no 15 has a score of 11 with a percentage of 55%, question no 16 has a score of 12 with a percentage of 60%.

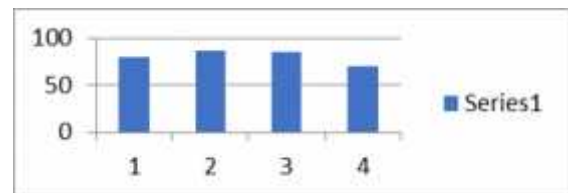


Fig.8. Percentage of results of development / enrichment indicators

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.9 questions 1 has a score of 48 with a percentage of 80%, item no 2 has a score of 52 with a percentage of 86%,

item no 3 has a score of 51 with a percentage of 85%, question no 4 has a score of 42 with a percentage of 70%.

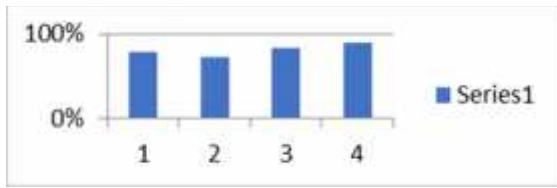


Fig. 9. Percentage of student social indicator results (athletes)

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.15 questions 5 have a score of 47 results with a percentage of 78%, item no 6 has a score of 44 with a percentage of 73%, item no 7 has a score of 50 with a percentage of 83%, question no 8 has a score of 54 with a percentage of 90%.



Fig. 10. Percentage of students' recreational indicators (athletes) results

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.15 questions 9 has a score of 32 results with a percentage of 53%, question no 10 has a score of 36 results with a percentage of 60%, question no 11 has a score of 31 with a percentage of 61%, question no 12 has a score of 39 results with a percentage of 65%.



Fig. 11. Percentage of student career indicator results (athletes)

Based on the diagram above it can be explained that each question has a percentage where each item is an item in the table 4.12 questions 13 has a score of 35 results with a percentage of 58%, item no 14 has a score of 41 results with a percentage of 68%, item no 15 has a score of 43 with a percentage of 71%, question no 16 has a score of 42 with a percentage of 70%.

IV. CONCLUSIONS

The pattern of athletic extracurricular coaching still requires a lot of improvement and attention based on the indicators of extracurricular activity implementation. It aims to support the development of athletic extracurricular activities, it is necessary to carry out athletic events at school or city level. which is more programmed with a focus on the principle of extracurricular coaching.

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