

# Evaluation of Gymnastics Program Implementation in a Gymnastic Club

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## ABSTRACT

The purpose of this study is to determine the implementation of gymnastics training program. The research method used is an evaluation approach using Context, Input, Process, Product (CIPP) model developed by Stufflebeam. The results of training program evaluation using the CIPP model is that the training program has not run optimally and needs improvement in several aspects, including the attention from the manager (FKSSP) to the issued policy, training and athlete recruitment criteria, the national/international infrastructures, training methodology, the nutrition of athletes in accordance with the caloric needs, the integrated monitoring system and the welfare of trainers and athletes. Therefore, if the components that have been discussed above are improved and revised, the gymnastics activities can perform well.

**Keywords:** *Evaluation, Gymnastics, CIPP Model*

## 1. INTRODUCTION

To achieve the goal of sports achievement, citiative efforts are needed and this is revealed in Law No.3 of 2005 on National Sport System, in article 1 verse 13 which reads that, "Sports achievement is a sport that fosters and develops athletes planned, tiered, and sustainable through competition to achieve achievement with the support of science and technology of sport " [1]. Apart from the above description [2] explains that what is meant by "achievement in sports is the results obtained or achieved by a person through sport or exercise. And the results are seen in terms of physical abilities and motor skills or techniques and mental abilities of a person or athlete in exercising. "And related to that [2] also explains" the ability of a person or athlete in a match or competition is basically determined by four factors: physical, technical, tactical, and mental conditions ". To make an athlete able to master the four factors above can be sharpened through practice. The exercises should include these four factors. So also for artistic gymnastics training.

Gymnastics is a movement that combines tumbling and acrobatic aspects that get the artistic effect of movements performed on floor exercises, jump tables, balance beams, multilevel bars, parallel bars, single bars, rings, and saddle horses. The tumbling aspect is a fast and explosive movement and is a motion that is generally coupled on a straight line. While acrobatics are skills that generally feature flexibility of motion and balance. From the statement above, that someone athletes gymnastics will be able to say achievement, if have ability mastery to technique, tactic and mental balance. In addition, the best performance of gymnastics athletes is the result of coaching and training given to athletes through training

and competition are well programmed and directed. The achievement of the best athletes of gymnastics is determined and influenced by many factors that can be broadly grouped into two factors, namely internal factors that come from within the athletes such as physical, technique, intelligence, and personality as well as external factors such as infrastructure, , coach experience and recruitment system.

Semen Padang gymnastic club is one of the gymnastics training center that has a vision, which is superior and can bring the good name of PT. Semen Padang to the national and international level. The Semen Padang gymnastic club has been in existence since 1996 and has produced many achievements such as Syaiful nazar and Riri Wulandari, both of whom have national and international experience. This means that with adequate facilities and supported by a program of tiered and continuous training, has been able to show significant development.

Athletes do the exercises every morning from 5:00 to 6:00 in the morning and after school. The training schedule set by the trainer is tailored to the athlete's condition. In Semen Padang gymnastic club consists of athletes of early age and athletes who have a good achievement and ability. So if the area requires, then the athlete will return to their respective areas. but in general, the athlete is prepared to follow the race at the local level as well as at the national level.

In 2003 Semen Padang Gymnastic Club began to bring national coach Sutrisno former national gymnastics former gymnastics coach at Semen Padang club until now. The achievement of this athlete continues to improve, and this is proven by the number of athletes who can qualify for National Sport Games and get the medal at

2004 until 2012. Best achievement is obtained through national gymnast from West Sumatera Riri Wulandari by getting gold medal at Sea Games in Manila in 2005. But at National Sport Games 2016 Athletes gymnastics Semen Padang only able to obtain a bronze medal at the jump table and special for gymnastics has not yet obtained a medal. This is one of the empirical facts that describes the still low performance of gymnastics athletes gymnastics Semen Padang. Of course this is a problem for all of us, so the question arises how the performance of gymnasts Semen Padang today. Perhaps many factors are causing the problem. Based on the problems above, that aspect of coaching will not be separated from the implementation of the training program. To assess and draw conclusions on the implementation of the exercises that have been carried out whether they can proceed, or should be improved, and may even be disseminated, it is therefore necessary to evaluate them.

According to [3] "training or training is a systematic exercise process that is done repeatedly, the more days the number of training burden increasingly". The opinion explains that to achieve maximum results, the exercise must be done systematically in a long time and carried out repeatedly with an increasing burden in accordance with the sports that occupied. Achieving the desired training plan objectives then the exercise should be planned and built with a logical and done through a tiered stage. The development of science and human thinking that progressively advance, will also force to plan a balanced exercise program. Programs made on the basis of science are very helpful and great benefits for improving sports achievement. For the provision of training programs tailored to the theory and principles of exercise each sport. The preparation and execution of the training program is one of the supporting factors to improve the performance of athletes gymnastics, in order to know the extent of success of the program that has been set and implemented. For that required evaluation of the training program that has been implemented.

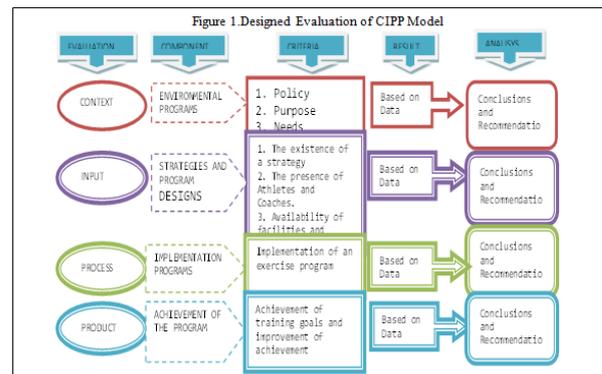
In conducting the evaluation, the researcher uses CIPP evaluation model, that is evaluation model by observing from context, input, process and product. The CIPP Evaluation Model has several advantages, such as more comprehensive because the evaluation object is not only the result, but also includes the context, input, process, and product. Unlike most other evaluation approaches, the CIPP model examines not only an enterprise in the environment, but also on its plans, objectives, resources and implementation [4]. Thus evaluation of CIPP model can solve the problem to know the cause and can help find solution. Because this CIPP evaluation model according to the researcher is very relevant to the object of research and can study the problem thoroughly. In addition, another advantage of the CIPP model is to have a holistic approach to evaluation, with the aim of providing a very detailed and broad overview of a project or activity, from the context to the time of the implementation process.

## 2. METHODOLOGY

The method used in this research is evaluation by using CIPP model [5]. The use of CIPP model is chosen because this model is a model of program evaluation, so it can be used in evaluating the implementation of Semen Padang gymnastic gymnastics training completely from preparation to achievement. Context evaluation is used to identify and assess the needs, problems, assets underlying a program. Input evaluation is conducted to help decision makers assess alternatives, action plans, plans and budgets to meet targeted needs and objectives. Process evaluation is done to help implement the decision to what extent the plan has been implemented. Product evaluation is to identify and access outputs and benefits, both planned for the short and long term.

This study was conducted by describing the implementation of the training program conducted at Semen Padang gymnastic gymnastics, then evaluated by comparing what has been achieved from the athlete performance improvement program with what should be achieved based on predefined standards. The program evaluation design used is as follows:

Instrument used for this research is interview, observation and documentation and analyzed with several stages, first do data reduction, that is with condition data obtained from field which not limited, so researcher need to reduce reduction. It is intended for the essentials and themes relevant to the research focus. After this



process is done, then followed by the presentation of data, which is in the form of a brief and clear description, supported by charts, diagrams related to categories and the like. The purpose of this data presentation is to make it easier to understand what is happening in the field and to plan further work based on what has been understood and to allow the research data is not mixed with some data that has not been processed. After that just proceed with the conclusion or verification, that is to find the pattern of themes or things that often appear, so that obtained a conclusion that the longer becomes more clear as more data obtained.

## 3. RESULT AND DISCUSSION

1. Evaluation results of the Exercise of Gymnastic Exercise Semen Padang program is viewed from the Context component

Evaluation of the context of basic training program at Semen Padang Gymnastic Club basically the activity of gymnastic match with vision and mission as well as the aim of Semen Padang gymnastic club, that is becoming center of gymnastics coaching to develop interest, talent and culture of society in giving birth to qualified athletes. Its mission is to find and nurture athletes' seeds, to develop an optimal mental attitude, discipline, cooperation and motivation to practice and to excel in every game or race. Semen Padang Gymnastics Club conducts coaching with the aim of producing athletes capable of competing at National and International level. A high achievement cannot be achieved except by training and hard work. Exercise will not work well without a good exercise program. This gymnastics program is tailored to the level of athlete's ability. Among the factors that become the benchmark is the duration of the athlete training, to where the ability both in terms of physical, and techniques. The purpose of the implementation of the training program at Semen Padang Gymnastic Club is to improve physical skills, techniques and movement skills. All of these programs get support from the board, as well as the athletes and their respective parents, so that the exercises can go smoothly. The exercise is tailored to the target specified by the trainer to each athlete. With the aim is improving the quality of athlete's movement. Associated with the needs analysis in making the program, there is a difference between the athlete's program and the female athlete, including the use of the gymnastics number. For princess the number trained is adjusted to the race number, ie floor number, jump table, balance beam, and multilevel bars. For the son there is the number of jump table, floor, parallel bars, single bar, ring and pomel. All policies to carry out the training activities are arranged and run by the trainers based on the manager's agreement, namely FKKSP (Communication Forum employees Semen Padang), so that all related to the need, in training and infrastructure, finance, food and nutrition facilities can be met well. Things that have not been owned such as the 12 x 12 floor in accordance with the standard, done by modification, which is utilizing existing facilities while waiting for repairs and procurement of a standard field.

#### 1. Evaluation of the Exercise of Gymnastic Exercise Semen Padang program from Input component

In this study, input evaluations include management, trainers, athletes, and infrastructure facilities that support the implementation of training programs, in order to achieve optimal performance. The appropriateness and qualifications of the coach and gymnast at Semen Padang are good enough in terms of physical, technical, tactical and mental conditions. Coaches and athletes already have good experience at national and international level such as PON and Asean School. All senior athletes both sons and daughters have been following the race area and PON. While junior athletes with approximately 20 people are athletes who are prepared for the second and third layer. All athletes are accompanied by 2 trainers and 2 assistants who have been assigned by the Semen Padang (FKKSP) gymnast. The average athlete is still in school

(elementary, junior and senior high school) and only 4 athletes who are in high education are in sports, so it is expected that if they have continued their education at university level or sport field will make them become more mature both in thinking and in acting and behaving. As for the qualifications of the Semen Padang gymnastics coaches already have good quality, they already have national coach certificate and undergraduate education. Along with that, the board responsible in the field of gymnastics in Semen Padang is FKKSP and assisted by board gymnastics (Persani) West Sumatra. All of these management elements have provided support for the implementation of the training program, but not maximized. Some of the facilities available to support this gymnastic exercise are sufficient for all numbers, except the very minimal foam pool aids, and the athlete is uncomfortable with the state of the foam pool, including floor area less than 12 x 12 meters (size standard) are available only 10 x 10 meters. For that coach and athletes are still hoping the board can meet all the shortcomings of these tools.

#### 2. Evaluation of the Exercise of Cultivation Gymnastic Exercises Padang in terms of Input components

In this study, input evaluations include management, trainers, athletes, and infrastructure facilities that support the implementation of training programs, in order to achieve optimal performance. The appropriateness and qualifications of the coach and gymnast at Semen Padang are good enough in terms of physical, technical, tactical and mental conditions. Coaches and athletes already have good experience at national and international level such as PON and Asean School. All senior athletes both sons and daughters have been following the race area and PON. While junior athletes with approximately 20 people are athletes who are prepared for the second and third layer. All athletes are accompanied by 2 trainers and 2 assistants who have been assigned by the Semen Padang (FKKSP) gymnast. The average athlete is still in school (elementary, junior and senior high school) and only 4 athletes who are in high education are in sports, so it is expected that if they have continued their education at university level or sport field will make them become more mature both in thinking and in acting and behaving. As for the qualifications of the Semen Padang gymnastics coaches already have good quality, they already have national coach certificate and undergraduate education. Along with that, the board responsible in the field of gymnastics in Semen Padang is FKKSP and assisted by board gymnastics (Persani) West Sumatra. All of these management elements have provided support for the implementation of the training program, but not maximized. Some of the facilities available to support this gymnastic exercise are sufficient for all numbers, except the very minimal foam pool aids, and the athlete is uncomfortable with the state of the foam pool, including floor area less than 12 x 12 meters (size standard) are available only 10 x 10 meters. For that coach and athletes are still hoping the board can meet all the shortcomings of these tools.

### 3. Evaluation of the Exercise of Gymnastic Exercise Semen Padang program from the process

Process evaluation includes aspects of preparation, implementation and supervision of the training program undertaken. Preparation exercises consist of facilities used by trainers and athletes during the exercise, including heating. All preparation activities, on average, can run well enough in accordance with the evaluation criteria. Some of the less visible activities are less attractive variations of heating and tendon tends and less given corrections to some of the athletes' mistakes, such as improper motion quality improvement and teamwork. This is very important to sharpen the quality training process. Paying attention and correcting errors is a very important part for a coach and an athlete. Likewise, the implementation of the exercises given to athletes include technical aspects, physical, mental and social. Technique aspect consists of aspects needed in gymnastics, namely beauty, breadth, neatness, dynamism and difficulty level. All of these elements are conducted according to their respective level of motion that leads to national / international standards. Physical aspects consist of speed, coordination, flexibility, endurance, and agility. This aspect is done comprehensively and dynamically. The trainer gradually fixes any deficiencies in accordance with the required elements. However, the expected criteria are not written clearly and only done verbally. This traditional thing needs to be a serious concern for the board and trainers, so that athletes can be maximized. While for mental training is done through the criteria of assessment and appreciation given to athletes who have reached the criteria given the trainer. In addition, the coach also provides an opportunity for every athlete to follow the race in the region and outside the region such as Porkot, Porprov, kejurwil and kejurmas. Athlete is an object that becomes a factor that affect the success or absence of a sports branch can achieve and is an absolute and must be owned by a sport including artistic gymnastics, so as to achieve optimal performance. The comfort of the athlete in following the artistic gymnastics training program provided by the coach becomes the key to successful athletes success. Therefore, the athlete's security needs to be improved, so the athlete feels safe, comfortable and confident to do the exercises. Along with that another obstacle is the coach often arrives late, because the gymnastics coach is an employee in the Provincial Dispora and has a considerable distance to the location of the exercise. Nevertheless, the training activities are still running in accordance with the time specified as assisted by the assistant coach.

### 4. Evaluation of the Exercise of Gymnastic Exercise Semen Padang program from the component

Evaluation of the first product is the achievement of the Gymnastics Club Semen Padang level PORPROV very satisfactory. Overall for the All Round Champion of Semen Padang Gymnastics champion always won the gold medal. But for the results of matches such as PON which on average many represented by athletes from Semen Padang gymnastic club, has not been able to get the best results. At PON 2016 ago, athletes who managed to escape PON from gymnastic club Semen Padang there are 8 people but only 1 person who can achieve a bronze medal. This condition means that the training program that has been drafted by the trainers so far has not been successful and needs to be improved in all lines, ranging from structuring and regulation to the board, trainers and athletes, adjust the training program to the needs and ability of athletes, national standards, training methodology based on IPsex and the involvement of trainers and athletes in the following races at regional, regional, national and international levels need to be improved. All this is none other than to get better results and quality.

## 4. CONCLUSION

Thus it can be concluded that FKSSP gymnastics training can be continued with some improvements in the areas of context, input, process and output as described above.

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