



Evaluation of the Kempo Sports Branch Development Program in Padang Pariaman Regency

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Abstract. The problem in this study is the lack of Kempo sport branch coaching program in Padang Pariaman regency, so that the branch of the Kempo sport has not developed well in that regency. This research aims to evaluate the Kempo sport coaching program in Padang Pariaman regency. The method of this research uses the descriptive qualitative approach with CIPP (*Context, Input, Process, Product*) Model. The data of the research was obtained through observation, interview and documentation. The results of this research were found in term of the *Context*, the implementation that conducted by the board of management is not accordance with the expectation so that an achievement was not reached in Padang Pariaman regency. In term of *Input*, the implementation that has been carried out by the management, because of the bustle of the trainer so the coaching program is not running well. In term of *Process*, in implementing the program, it was also not in accordance with what was expected by the management to pursue the achievement in the Kempo sport branch in Padang Pariaman regency. In term of *Product*, the achievement goal that has expected by the government are not in accordance with the achievement of the Kempo Sport Branch. The obstacles that encountered in this study are the lack of development of the training program so that there is only one training ground; so there is no development of training in this Kempo sports branch. So that athletes in this sport are few. In terms of the location and area of Padang Pariaman regency with one training location, this training is still far from expectation, with Padang Pariaman area should have at least five training sites in order to achieve the training program and achievements desired by the management, then Even the guidance system is still underdeveloped.

Keywords: Coaching program · Kempo Sport

1 Introduction

Sports achievement is a result achieved or achievement of the athlete in a race or match. A sporting achievement is not easy, the achievement of this achievement through various efforts for all aspects. Sports achievement requires a long period of time in its pattern structure. The achievement of this long-term achievement is divided into several stages,

namely; problems, multilateral, specifications and high achievements. Aspects of influencing aspects in sports achievement are internal and external aspects. Both of these aspects need to be managed properly so that they can be lived well and in accordance with the intended goal. In the Law of the Republic of Indonesia Number 3 of 2005 concerning the national sports system in pasal 20 paragraph 3 sports achievements are carried out through a process of development and development in a planned, tiered and sustainable manner supported by sports science and technology (2008: 11). This sports achievement does not escape the structure or management in the sport so that the pertasi is regional or provincial. The expected achievements also include something that is often heard with the Coach. So that the achievements achieved will be optimal.

The Law of the National Sports System in pasal 27 paragraph 1 “coaching and development of sports achievements is carried out and directed to achieve achievements implemented and directed to achieve sporting achievements at the regional, national and international levels (2008: 16). The Provincial Government implements Sports policy, planning, coordination, coaching, development, implementation of standardization, resource barriers and supervision. The meaning is that the Provincial Government has responsibility in improving and developing achievements nationally through provincial and regional sports development.

Similarly, in the Vision of the Padang Pariaman Regency Youth and Sports Office is: A coaching activity for sports that can produce outstanding sports actors and the development of representative sports infrastructure, while the Mission of the Padang Pariaman Regency Youth and Sports Office is; increase human resources and increase the creativity of qualified and accomplished youth, and increase sports activities and the development of sports infrastructure in rangka to cultivate community and publicize sports.

While the results of the achievements, especially the sport of kempo achievements obtained during the Provincial level championship. In 2011 porpov XI in Sawah lunto sijnjung did not get a medal. In 2012 Propov to XII in 50 Cities received 1 gold medal. In 2014 Porprov to XIII in Dhamasraya did not receive a single medal. Year 2016.

Porprov Kota Padang did not get a single medal. 2018 Porprov in Regency Padang Pariaman did not get 1 Gold, 1 Bronze medal.

From these results, the achievements obtained by this kempo sport are not good, there is no stability in obtaining medals. From here, researchers want to find out how the training program that has been given by coaches and coaches for the achievements that have been obtained by the kempo sport in Padang Pariaman Regency by using the CIPP Method. Evaluation using this CIPP model can identify the problem, find but apply a solution that is thorough, so that it can find out whether the program has been on the road but can be continued the program or revised again how the program. With this, researchers will evaluate on the coaching of kempo sports in Padang Pariaman Regency.

2 Materials and Method

The approach used in this study is a phenomenological qualitative approach. It is said that because the qualitative approach in this study has characteristics such as having an *actual setting*, the *instrument* is a key instrument, the data is usually descriptive, emphasizes

the process, the analysis of the data is inductive, and the meaning (meaning) of each event is an essential concern in qualitative research.

It is said that phenomenologically, because in accordance with the purpose of research, namely decriminalising social events, besides that because it can reveal real events in the field, it can also be expressed hidden values (*hidden value*), more sensitive to information that is deskriptif and trying to maintain the integrity of the object under study.

The purpose of this study is to evaluate the shorinji kempo martial arts coaching program conducted in Padang Pariaman Regency this evaluation using the CIPP model (*context, input, process and product*). *Evaluasi Context* is used to identify and assess the needs, problems, assets that underlie a program. This type of evaluation is related to the formulation of the program's objectives and priorities, as well as trying to find answers that need to be done. *Input* evaluation is performed to help decision-makers assess alternative approaches, action plans, and targeted goals. This evaluation seeks to find answers to what to do. *Process* evaluation is done to help implement decisions to the extent to which the plan has been implemented. This evaluation seeks to find answers to the question of whether the program is being implemented. *Product* Evaluation seeks to identify and access outputs and benefits, both planned for the short and long term. In this evaluation try to find answers whether the program is successful or not.

3 Result

Evaluation of the Implementation of the Kempo Sports Development Program in Padang Pariaman Regency in Review of the Context Component

Context evaluation provides information on decision making in the planning of a program that runs as well as informing how rational a program is being implemented related to the implementation of the Padang Pariaman Regency Kempo Sports Development Program, which is evaluated in accordance with the program standards. The aspects that will be assessed there are Two, namely; 1). The purpose and foundation of the implementation of the Shorinji kempo training program in Padang Pariaman Regency, 2). Program needs are needed before creating an athlete training program in the kempo sport of Padang Pariaman Regency.

Context evaluation through observation and the following interviews is the result of an evaluation of the purpose and foundation of making an exercise program carried out by fulfilling the goals and foundations of the last program.

Kempo Sports Cabor Athlete Coaching Program in Padang Pariaman Regency

Evaluasi context regarding the coaching program in the kempo sports of Padang Pariaman Regency can be collected through observation, in-person interviews and documentation during research joining the kempo sports branch can be seen from the following interview with the management informant as revealed by the administrator there is a field record I appendix 5,

As for the researcher interviewed one more administrator in this kempo sport and the results of observations, interviews during the researchers joined the kempo cabor of Padang Pariaman Regency. More clearly, the results of the interview about the padang pariaman regency kempo cabor coaching program can be seen in field notes 2 annex 6,

Based on the results of observations and interviews of the administrators of Mr. Januar and Mr. Ges in the Kempo coaching program, Padang Pariaman Regency can be concluded that the coaching program has been running for a long time and the management structure has also been written.

Evaluasi Implementation of Kempo Sports Development Program in Padang Pariaman Regency is Reviewed from the Input Kemponen

In this study, *the input* evaluation includes the coach and athlete administrators, infrastructure facilities to improve eligibility, support administrators and athlete coaching program plans, and be able to determine achievement targets.

Kulification of Coaches and Athletes

Input evaluation regarding the culification of coaches and athletes that researchers can collect based on observations, interviews and documentation as long as the researcher joins the team can be seen in appendix 5, field record 1. Beikut the results of research interviews with the kempo management of Padang Pariaman Regency. Researcher: How many coaches and athletes are cabor kempo Padang Pariaman Regency?

Management: If the coach is only 1 and the assistant coach there are 3 in the Kempo cabor of Padang Pariaman Regency.

From the results of the interview of the board and coach can also be supported by the interview of the assistant coach kempo Padang Pariaman Regency (attachment 8 field records IV). The statement of the board, coach and assistant coach of Padang Pariaman Regency was also supported by the results of interviews with Kempo abuatan Padang Pariaman athletes as for the field record V annex 9.

Based on the results of the interview manajemen, coaches, coaches and athletes Kempo Padang Pariaman Regency, it can be concluded that the number of coaches is 1 person. While the number of athletes there are approximately 10 people. The kulification of the coach of Kempo Padang Pariaman Regency is still not good. The results of the research observations of coaches and assistant coaches do not have education in the field of sports coaching. With the coach or assistant coach has an education in the field of sports may be able to affect the quality of the coach, if training only train athletes with an experience is not good enough for the achievements of athletes and the quality of coaches.

Facilities and Infrastructure

The evaluation of the facilities and infrastructure owned by Kempo Kabuoaten Padang Pariaman was obtained by research based on observations, interviews and documentation as long as the researcher joined the Kempo Padang Pariaman branch.

From the statement of the board and coach of Kempo Padang Pariaman Regency is also supported by the results of interviews with assistant coaches of Kempo Padang Pariaman Regency.

Statements from the administrators, coaches and assistant coaches of Kempo Padang Pariaman Regency were also supported by the results of interviews of athletes kempo Padang Pariaman Regency (appendix 9, field record V) page 93. Here are the results of interviews with kempo athletes of Padang Pariaman Regency.

From direct observation from researchers, it can be seen from the table above can be explained that the equipment in this kempo sport is very minimal, there are some tools that are not worth using. With the limitations of these tools, to achieve an achievement will not be achieved. To achieve a good achievement, it is needed adequate and feasible tools to be used so that athletes can carry out programs made by coaches.

Evaluation of the Implementation of the Kempo Sports Training Program in Padang Pariaman Regency from the Process Component

The *evaluation process* includes aspects of preparing for the implementation and implementation of the training program regarding the Kempo sports training program in Padang Pariaman Regency.

Based on interviews with coaches, that every week there is Training programs for engineering as well as physical. The physical exercise program given to the atlet includes leg muscle strength, abdominal muscle strength, arm muscle strength speed, agility and endurance. Mental training is usually like between athletes, we to try out to other areas is an obstacle for the management, because driving at a cost. He was also presented as an assistant coach. With cost constraints we usually do mental exercises by sparring between our own athletes. This is a factor of the slowness experienced by the Padang Pariaman Regency kempo team.

Athletes are the main factors that affect the achievements of a sport. The safety of athletes in participating in the training program provided by the coach is the key to success. The expression of an athlete with a factor lacking a training ground makes athletes can not follow the training according to the schedule only some athletes who can meet the requirements and the coach's willingness to schedule. But the complaints of athletes during their training and being an athlete do not interfere with the study time and achievements that exist in school. The expression of athletes during the training process is that the intensity of the coach often comes in because of the work of self-employed coaches although there are still assistant coaches who can help but the athlete said it will be more effective and efficient again with the arrival of the coach.

The above is very much different from the results of direct observation researchers.

In the field for physical exercise can be said to be very lacking, because athletes only exercise running 10 around the field and sit ups, push ups, and back ups. And for athletes who are late they can sanction only push ups 10 times. Judging from the explanation above the success of the program that has been given by the coach. Judging from the explanation above the success of the program that has been designed by the board and coaches urgently needs to get special attention so that what is expected of the administrators and coaches can be achieved, one solution is that the board must increase the hours of training and training ground in the Padang Pariaman Regency area.

The Evaluation of the Implementation of the Kempo Sports Training Program of Padang Pariaman Regency is Reviewed from the Product Component

In research in *product* components that are seen from achievements that achieved by athletes. It can be seen from the results of field records, as well as from interviews, observations and strengthened from documentation during the research joining the Kempo Sports Team of Padang Pariaman Regency revealed by the board, achievements in Padang Pariaman Regency have participated in cheesernas, the Nangro Aceh Darussalam Cup

Governors championship, the Cup and Porpov mayoral championships. Martial arts shorinji kempo Padang Pariaman Regency is one of the centers of athlete coaching and development in the Martial Arts branch in this district. The one in pln sumbateng Lubuk ALung. Martial arts Shorinji Kempo Padang Pariaman Regency was established since 1992. Now the management has changed with Mr. Januar Effendi as general secretary at Bela diri Shorinji Kempo Padang Pariaman. With Coach Penrizal.

Shorinji kempo is still lacking for the kulfication of his coaching certificate. By capitalizing on the existing experience by this coach to train athletes in Padang Pariaman Regency. In this kempo martial arts team do training three times a week, namely, Tuesday, Thursday and Sunday. Exercises are carried out on Tuesday afternoons and Sundays starting in the morning. Every Sunday morning do physical exercises, as well as technical exercises on a daily basis. This kempo martial arts is known by the management of Mr. Januar Effendi, and Gesupri where the main coach is Penrizal with assistant coach Refom.

Being a coach should follow the management of the coach to know what to do when carrying out physical exercises and what should not be done physical exercise or technique. Through this management, the coach will get important methods from the resource person so as to minimize the mistakes contained in the exercises both physical exercises, techniques and others.

The Padang Pariaman kempo martial arts team carried out a training schedule compiled by the coach. They are given physical exercise programs, techniques and tactics. Not all training programs that run optimally, this can be seen from direct training, there are still athletes who have poor physical conditions.

As long as this sport is established, this organiastion is one that depends on government funds so that the exercise program is not carried out as expected. Because the government funds are only small, but the board is more looking for sponsorship or financial assistance from other parties so that the training program that has been made by the coach is in accordance with expectations. With the help of other parties, the nutritional intake of athletes and the transportation money of athletes who have a very long distance will be covered by funds from other parties. For this reason, it still needs more attention for the government and management to overcome this problem.

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