

The Enlivening System of Basketball in South Sumatera

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Abstract—this research aimed at determining the enlivening system of basketball in South Sumatera where the system has been implemented by the South Sumatra Sport committee (KONI) and Basketball administrator (Perbasi) South Sumatera Region through the athletes and basketball coaches in the region. This research is a descriptive research. The research method employed is survey method through the use of closed questionnaire as the research instrument. The population of the study included the athletes and basketball coaches in the South Sumatera region. The sample was taken through the use of with purposive sampling technique to cover 120 respondents which were made of 20 regional basketball coaches and 100 regional athletes. Data analysis techniques used were descriptive data analysis techniques. The results of this research indicate that 30% of the regional basketball coaches were in excellent category, 50% were in good category, 20% were in good category, and none of them was in poor category. It was also discovered that 25% of the regional athletes were in excellent category, 65% were in good category, 10% were in good category and none was also in poor category. Based on these results, it was concluded that the enlivening system of basketball in South Sumatera is in good category

Keywords—*Enlivening System, Basketball*

I. INTRODUCTION

There is instability for South Sumatera in the achievement of sport on the national level for both the teams and the individuals. It can, therefore be concluded that, cumulatively, South Sumatra sport achievements is declining and that is disturbing. The deterioration in the National sport multi events (PON) 2016 means that sporting activities in South Sumatra have been left behind when compared with other provinces in Indonesia. The backwardness of South Sumatra is mostly felt in terms of science, technology and sports, especially in the sport of basketball. In addition to lagging behind in the area of Science and Technology, South Sumatra basketball has also found it difficult to find talented athletes who will become the backbone of basketball at the national level.

Finding talented athletes cannot be separated from the coaching system. The conduct of a good sport requires good coaching at any level. It is also important to note that youth and sports offices cannot work alone there must be cooperation from various parties, among others. KONI as the committee of all sports; Pengprov as the parent organization of sport at the provincial level, Pengkab/Pengkot as the parent of sports organization at the district, city level, as well as all other regionals that spearhead the coaching of talented athletes must work together. Garuda Emas [2] suggests that to become a

champion there are many influencing factors such as (1) coaching from an early age, (2) school factors, (3) system of continuous and sustainable training, (4) adequate competition, (5) reliable coach, (6) sports science, (7) funds, (8) future warranties, and (9) professional sports performance improvement organizations. The effort of building a tough athlete in sports activities needs support from many parties including the athlete's parents, coaches, facilities and infrastructure of the organization's environment, the system of pemalalan, as well as a good managerial pattern. With sporting activities, it is expected that the level of people's physical fitness increases and also produce potential athletes who will be able to excel.

Triangle formation model or what is often called pyramid pattern should pivot on continuous coaching process. Emphasis is placed on 'continuous' because the pattern must be based on a full paradigm in the interpretation of the program of nursery and seeding program with its achievement. As a result of this, coaching of athletes must be well planned and correct based on the concept of periodization, practice principles, and the method of applying it on the field. This shows that a coaching system must be well equipped with good planning and systems. The quality of human resources involved in it becomes a necessity as well as cooperation between the parties related to the system. These make it possible to run with expectations and goals to be achieved.

Sports enlivening is an effort geared towards involving the community as much as possible in sports activities. According to Mylsidayu and Kurniawan [10] enlivening is an effort to involve all levels of society with the aim of involving all age groups. Furthermore, Mylsidayu and Kurniawan [10] state that the purpose of cultivation is to improve the quality of the body, the determination of character and personality, and to instill basic motion skills in seeking seeds of athletes.

In South Sumatera, the enlivening of basketball is being done generally. This can be seen from many basketball regionals that build the athletes by age groups and the holding of different competitions for different age groups by KONI South Sumatra in collaboration with Pengprov Perbasi South Sumatra. However, the enlivening of basketball sports in South Sumatra has not been implemented optimally because of some technical factors and non-technical ones. These factors include facilities and infrastructure for practice, the ability of coaches, and cooperation of various parties (KONI, Pengprov Perbasi of South Sumatera and regional). Therefore, improvements should be made to ensure that the intent and purpose of basketball sporting in South Sumatra can be achieved and to go as expected.

II. METHODS

This research is a descriptive research. This research method gathers enough information about a certain phenomenon and attempt to find its overview. This method was applied to this research for the purpose of gathering information about The Elivening System of Basketball in South Sumatra. According Sugiyono [5] descriptive research is conducted on independent variables which do not need any comparison or correlated variables. Survey method was used in this research.

The population of this research was made of all basketball coaches and athletes in South Sumatera. The sampling technique used in this research was purposive sampling method. Sample criteria in this research were athletes and coaches from regencies and municipalities that regularly follow provincial sports week (Porprov) in South Sumatera, among others Banyu Asin Regency, Lahat Regency, Muara Enim Regency, Musi Banyu Asin Regency, Ogan Komerang Ilir, Ogan Ilir Regency, Palembang City, Lubuk Linggau City, Musi Rawas Regency, and Prabumulih City. They all included 20 regional coaches and 100 regional athletes.

This research uses a closed questionnaire instrument, because respondents are faced with statements that have available alternative answers. The development of the instrument was based on the theory which were then used to develop the indicators of each variable as well as the description of the statement. The scoring in this research was based on Likert scale for reliability, responsiveness, confidence, empathy and tangible with the answer categories: 4 points for Strongly agree (SS), 3 points for Agree (S), 2 points for Disagree (TS) is 2 point, and 1 point for Strongly Disagree (STS).

III. RESULT AND DISCUSSION

A. The Basketball Enlivening for Regional Coaches in South Sumatra

The 20 regional basketball coaches in South Sumatera that serves as the respondents reveal that 6 (30%) coaches are in excellent category, 10 (50%) are in good category, 4 (20%) coaches are in fair category, and 0 (0%) coaches are in the poor category.

Based on the results of the analysis with descriptive statistics (central tendency), mean was found to be 65,73; median equal to 65,9; mode of 66.24, and a standard deviation of 8.75. The average score is in either category. Thus it can be stated that Basketball Sports Branch Shipment for coaches in South Sumatera is in the good category. To facilitate the presentation of data, the author lists the table as follows:

TABLE I. FREQUENCY DISTRIBUTION TABLE FOR REGIONAL COACHES

No.	Score interval	Category	frequency	
				Percentage
1	75 – 100	Excellent	6	30.00%
2	51 – 74	Good	10	50.00%
3	26 – 50	Fair	4	20.00%
4	0 - 25	Poor	0	0.00%
Total			20	100%

From the distribution data, the histogram frequency distribution is as follows:

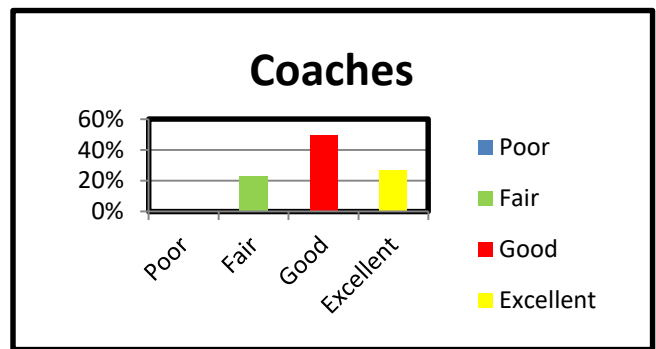


Fig. 1. Histogram of Basketball Enlivening for Regional Coach

B. The Basketball Enlivening in South Sumatra for Regional Athletes.

The respondents were 100 regional basketball athletes in South Sumatera and the reveal that 25 (25%) athletes are in excellent category, 65 (65%) are in good category, 10 (10%) athletes are in fair category, while 0 (0%) athletes are in the poor category.

Based on the results of analysis with descriptive statistics (central tendency), obtained mean (mean) is 66.7; median of 65.9; mode of 64.3, and a standard deviation of 6.7. The average score is in either category. Thus it can be stated that Basketball Sports Branch Shipment in South Sumatera for regional athletes is in good category. To facilitate the presentation of data, the author lists the table as follows:

TABLE II. FREQUENCY DISTRIBUTION TABLE FOR REGIONAL ATHLETES

No.	Interval Score	Category	Frequency	
				Percentage (%)
1	75 – 100	Excellent	25	25.00%
2	51 – 74	Good	65	65.00%
3	26 – 50	Fair	10	
4	0 - 25	Poor	0	
Total			100	100%

From the distribution data, histogram frequency distribution is as follows:

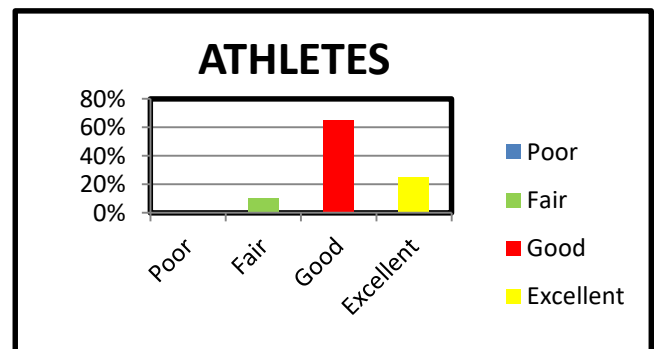


Fig. 2. Histogram of Basketball Enlivening for Regional Athletes

C. Discussion

Based on the results of the research that was carried out on basketball enlivening system in South Sumatra which were divided into two: regional coaches and regional athletes.

The basketball enlivening system by the regional coaches in whole has good category with 6 (30%) coaches being in excellent category; 10 (50%) are in either category; 4 (20%) coaches are in fairly good category; 0 (0%) coaches are in the poor category. The basketball enlivening system by the regional athletes in South Sumatra was found to be 25 (25%) regional athletes are in excellent category; 65 (65%) of regional athletes are in good category; 10 (10%) regional athletes are in fair category; 0 (0%) regional athletes are in the poor category.

The enlivening system of basketball by the coaches and the regional coaches consists of 15 underlying factors which include the factors of the exercise planning program, the material factors based on the training program, the ability of the trainer to convey the material, the evaluation factor, the interest, the exercise implementation factor, the facilities and infrastructure factors, the structure organization factors, promotional factors, coach role factors, parent role factors, regional role factors, Koni and Perbasi factors, competitiveness factors and competition schedule factors. Based on these fifteen factors, the results obtained show that they are all in "good" category. That means that the effort of improving performance by the coaches through the system of enlivening is effective. There are seventeen factors influencing the regional athletes and they include general purpose factors, special goals, stakeholder cooperation, basketball regional development, parental approaches, sponsorship, facilities for training, achievement scholarship, media utilization, athlete, organization, environment, training program, athlete's journey, quality and quantity of competition and competition schedule. Based on these seventeen factors, the results obtained show that they are all in "good" category. This means that the effort to improve performance through the system of the enlivening goes well with the players.

Coaches as part of the sports performance improvement system are key figures who must understand the correct training procedures by mastering the science of training or theory and exercise methodology that contains scientific concepts that can be used as a basis for conducting training activities with the lowest possible risk. According to LANKOR [9] coaches should be able to act as teachers, instructors, parents, friends, motivators, disciplinarians, administrators, scientists, students, journalist and disciplinary agents. Based on this opinion, it is not wrong for a coach to implement a system of enlivening to achieve a performance over the long term. Achievements cannot come only by training in a singak or instant time, but can only be achieved through well-structured exercises early on by developing the talents that exist within the athlete. High achievement does not come naturally, but from finding talented athlete's seeds and then nurturing those talents through regular, well-directed, well-planned exercises with mastery of techniques and tactics. Based on that opinion, an athlete is required to have regular

and orderly training according to the instruction of the trainer to achieve a his or her objectives. It is also important to note that there must be a significant relationship between a coach and an athlete because the two are related. The athlete cannot perform effectively without training from the coach, otherwise the coach cannot perform well without his or her outstanding athletes.

The Basketball Sport Branching Delivery System in South Sumatra by both coaches and athletes has a positive impact on the development of basketball sports in South Sumatra. It will make it easy to find talented athletes and also breed enthusiasts for the game. However, it would be better if the basketball sport in South Sumatra are upgraded to include all because of the possibility of the children in remote areas with good motor skills.

IV. CONCLUSION

Based on the results of research and discussion that have been proposed, it can be concluded that the factors of destination, enlivening, targeting, facilities and infrastructure, components of coaching, cooperation parties and competition in Basketball Sport Branching System Delivery in South Sumatera has been running well.

Implications

According to the invention in this research, the implications of the invention are as follows:

1. Theory

The facts collected in the form of data from the behavior of basketball sport as the subject of research reveals that the Basketball Sports Branch Delivery System in South Sumatra is good. This can be seen in the result of the analysis carried out.

2. Practical

By knowing the result of the research that Basketball Sports Branch Delivery System in South Sumatra is good, it is recommended that policymakers and stakeholders in basketball sport should develop the sport to capture superior seeds at an early age from various circles of the society.

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