

The Analysis of Volleyball Coaching Achievement Obstacles in Lampung Province Indonesia

Kusbani
STKIP Dharma Wacana Metro
Sport Education department
 Lampung, Indonesia
 kusbani@yahoo.co.id

Hari Setijono
Sport Education Department
Pasca Sarjana Universitas Negeri Surabaya
 Semarang, Indonesia
 kusbani@yahoo.co.id

Soegiyanto K S
Sport Education Department
Pasca Sarjana Universitas Negeri Semarang
 Semarang, Indonesia
 kusbani@yahoo.co.id

Sulaiman
Sport Education Department
Pasca Sarjana Universitas Negeri Semarang
 Semarang, Indonesia
 kusbani@yahoo.co.id

Abstract—In order to get volleyball achievement, it is required assessment in coaching. The purpose of this research is to analyze the obstacles that occurred in Lampung Province. The research method was program evaluation using CIPP model (context-input-process-product). The subjects in this study were board, trainers, athletes, government and society. Sampling was done by purposive sampling technique. The data sources were volleyball athletes, coaches, Provincial Officers (Pengprov), Indonesian National Sports Committee (KONI) Province in the field of performance development. The data analysis was done by Descriptive. The result showed that based on contents aspects (from legal basis, purpose and vision and missions) was less effective; based on the input aspect (the funding and the infrastructure) was less effective; based on process aspect was less effective (the implementation of the exercise in accordance with the program); and based on the product aspect was quite effective for the junior level. In conclusion, the coaching system was generally less effective.

Keywords—obstacles, coaching, achievement, volleyball

I. INTRODUCTION

Volleyball is one of the game sports competed both national and international level [1]. The volleyball game is played by two teams with six players on a square (9 m square) field, separated by net (net height for male player is 2.43 m and for female player is 2.24 m)[1,2].

The achievement is largely determined by physical, mental and skill planning. Physical exercise planning and evaluation include power, agility, and stamina trainings [3].

In order to achieve a high volleyball achievement, it is required good management, including planning, implementation and evaluation [4]. Evaluation is one of the important elements / factors [5] based on volleyball coaching achievements in Lampung.

Volleyball achievement evaluation use CIPP (context-input-process-product) method – [6]. Context includes purpose, vision and mission, the legal basis and the club goals in Lampung. Inputs include athletes, coaches, funding, managers, facilities and infrastructure. The process includes

an exercise program, an exercise process and an exercise assessment, while the product is an evaluation [3].

Sports achievement and enhancement require solid cooperation among athletes, coaches, organizations, parents, sponsors, and related agencies. However, in fact, the performance integration between the determinants in Lampung Province has not been well established. This is because there is no similar perception of sports achievement coaching [7].

Lampung Province is one of the provinces having potential to develop sporting achievements, especially on volleyball. Contemplated from the quantity, there are 5 volleyball clubs that are developing in Lampung Province who are actively involved in carrying out coaching activities starting from the early age to the senior level. Those are *STO volleyball club, Mandiri, JVC, Statistik* and *PHINISI*.

Achievements achieved by the volleyball athletes from all clubs in Lampung province is still limited to the national championship junior level. It means that it is actually increased after athletes enter at senior level. This is one reason encouraging researchers to critically study the phenomenon of Volleyball Achievement Development in Lampung Province.

The goal in this research is to study the guidance of volleyball achievement in Lampung Province. The results of this study can be used as an input to volleyball club administrators and Provincial Board and as guidance in improving the implementation of volleyball sport coaching by caretaker, coach, and volleyball trainer, especially in Lampung Province.

II. METHOD

This research used evaluation with CIPP (context-input-process-product) method developed by [6]. Each dimension included 1) Context including situations or backgrounds affecting the types of goals and strategies to be developed in the system concerned, 2) Input including infrastructure / materials and strategic plan determined to achieve the objectives, embodying athletes, trainers, programs, facilities, and facilities, 3) Process including the strategies

implementation and infrastructure / materials use in real activities in the field, including training activities , and 4) Product relating to the result achieved during and at the end of development of training system, including achievement [8].

The research subjects were the board, trainer, athlete, government and other related community. Sampling of researcher used purposive sampling technique. The number of subjects of this study were 98 people (88 athletes, 10 trainers) on 5 (five) Ball Club in Lampung Province. Data collection placed at STO volleyball club, Mandiri, JVC, Statistik and PHINISI.

The data studied were obstacles in volleyball athletes' development. The data were obtained through observation, in-depth interviews and documentation. The data analysis techniques used qualitative descriptive.

III. RESULT AND DISCUSSION

This research focused on emphasizing the evaluation of volley ball achievement program in Lampung Province including planning, organizing, implementation and evaluation. The evaluation model approach used CIPP consisted of context, input, process and product components. Planning was an indicator on the context component including three things, namely: 1) legal basis and government policy, 2) vision and mission, 3) goals. Organizing was an indicator of the input component including: 1) athlete, 2) trainer, 3) funding support, 4) club support and 5) support of facilities and infrastructure. Implementation and supervision was a process component including: 1) athlete selection, 2) training process and 3) exercise assessment. Whereas, the evaluation stage was a product component including: 1) evaluation of the process, and 2) evaluation of results during the coaching of volleyball achievements.

The retrieval of evaluation data on four components was done by observation, in-depth interview and documentation. Based on findings on each obtained data, the data analysis was obtained.

The results of data analysis were from 5 clubs including *STO volleyball club, Mandiri, JVC, Statistik and PHINISI* as follows:

TABLE I. RESULTS ANALYSIS REVIEWED FROM CONTEXT

Context Aspect	Result	Explanation
Legal Basis	Available	UU, Permen, KONI, etc
Vision and Mission	Available, but not written down	AD ART, SDM
Goals	Available	AD ART

Based on table I, it was found that there were legal basis, namely Law No 3 of 2005 on National Sport System, 2) Government Regulation No. 16 of 2007 on sports administration, 3) Government Regulation No. 17 of 2007 on week and sports championship and 4) Government Regulation No. 18 of 2007 on sports funding. There was no

vision and mission aspect as it did not have *AD ART* and a clear organizational structure. Furthermore, there was also no goal aspect as the volleyball club formed when there was a match did not have a work program. Input Aspects in Volleyball Coaching Achievements:

The results of the data analysis were generated as follows:

TABLE II. RESULTS ANALYSIS IN TERMS OF INPUT

Input Aspects	Results
Athlete Condition	Gifted, posture, motivation, family
Coach Condition	Professionalism, educational background and experience, skills, leadership
Infrastructure	no qualified field, less available ball
Exercise Program	unavailable
Fund	Not enough for club coaching

Based on table II, many athletes had potential as volleyball athletes based on posture and exercise motivation. In the aspect of coach condition, motivation and coaching background were still low. This was influenced by low coach's educational background and seriousness. From the infrastructure aspects, in which the capacity of the field had not met the field standards for the match, the athlete felt difficult to adapt to the match field. Moreover, from the training program aspect, the planning of the club's training program was not written in detail. Whereas, from the club's funding aspect, it depended heavily on the club owner's funding support.

Therefore, the volleyball coaching was less effective due to the obstacles from the athlete's condition (many are less talented), condition of trainer (less national certified), facilities and infrastructure (available enough), undocumented training of data, or less funds support from the government.

Volleyball Achievement Development Process Aspects
The results of the data analysis were generated as follows.

TABLE III. RESULTS ANALYSIS REVIEWED FROM PROCESS ASPECTS

Process Aspects	Results
Athletes Selection	Not implemented
Exercise Process	Not sustainable
Exercise Assessment	unavailable

Based on table III, on athletes' selection aspect at the club, volleyball clubs did not implement it as they were not in the training plan program and were not funded. From the training process aspects, there were not any planning and continuous improvement as the club was only formed and active before the game. Based on the assessment exercise aspects, it was not implemented as the program document and assessment was done orally.

Volleyball coaching in Lampung was less effective as the constraints or obstacles coming from the less qualified trainers in implementing the training program and the less time availability in the training process

Volleyball Achievement Product Achievement Aspects

The results of the data analysis are generated as follows.

TABLE IV. RESULTS ANALYSIS IS REVIEWED FROM THE PRODUCT ASPECT

Product Aspect	Result
Evaluation	unavailable
Achievement Results	available

In table IV, product aspects such as evaluation for the match did not exist. For example, the results of the game was not discussed quantitatively in which the coach only gave advice and input on the athlete. Furthermore, there was an achievement of a junior-level volleyball club, but at the senior level, athlete achievement did not exist. This was because there was no club training plan.

The volley ball guidance in Lampung was less effective as the measuring instrument used was ineffective to measure volleyball skills. When they use performance / authentic appraisal, the assessor had not been able to measure contextually and train the match to measure the results of the less effective performance as the training was sometimes too light and vice versa.

The sports achievement coaching is said to be effective if the planning of the coaching program and its implementation is effective (Carlos Pestana Barros, 2006) in order to know the implementation effectiveness by evaluation [9]. The evaluation results of the sports performance improvement obstacles in terms of context was less effective including vision and mission, legal basis, objectives, volleyball sports coaches' documentation in Lampung. There was also sufficient yet less good quality of infrastructure facilities.

The review results in terms of Input showed that the sports achievements coaching had not been effective. This was due to the constraints of athlete's condition (many are less talented), condition of trainers (less nationally certified), facilities and infrastructure (adequate), undocumented training plans data or funds lacking support from the government. This result is reinforced by Paul De Knop, 2006 stating that the success of the coaching program is determined by the conditions of infrastructure of trainers as well as from external factors.

The results of this study showed that the process was less effective. This was because the training program plan was less in accordance with the objectives, and timing of the match was always changing so that athlete performance felt difficult to achieve. Whereas, the quality of trainers in implementing less innovative exercise.

Moreover, the results of the research in terms of product showed was less effective as assessment tools used by the trainers were still traditional such as using tests and measurements of *braddy volley ball test* obstacles had not been using performance or authentic appraisal. Achievement results achieved was not in accordance with expectations as there were incomparable training in which sometimes opponents are too strong and vice versa.

IV. CONCLUSION

Volleyball coaching obstacles in terms of the vision and mission context is the vision and mission as well as the goals which have not been documented. Obstacles in terms of inputs including not supportive infrastructure, less willing trainer to improve the quality, unknown athlete's talent, and insignificance support from government and society.

Obstacles in terms of the process include less creative coach, ineffective targeted time of the training program preparation and the level of athlete ability. Moreover, obstacles in terms of products include no performance instrument to measure the skills of playing volleyball and the difficulty of getting a comparable training match.

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