

Swimming Coached–Management Program of Indonesian Swimming Association in South Sumatera

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Abstract

The research objectives are to evaluate and to analyze: (1) the antecedent covering background and objective of coaching program at Indonesian Swimming Association or PRSI (Persatuan Renang Seluruh Indonesia) in South Sumatera; (2) the transaction including athletes and trainers recruitment, implementation of training programs, facilities and infrastructures, consumption, coordination, transportation, welfare of trainers and athletes, funding sources of coaching programs of PRSI in South Sumatera; (3) the outcome encompassing the success of swimming program of PRSI in South Sumatera. Then, this research used qualitative research by applying evaluation of Countenance (Stake). From this research, it can be concluded that; (1) the antecedent of both the background and the purpose of coaching program are clear, (2) the transaction of the recruitment system of both trainers and athletes and the implementation of the training have done well, the national and international standard facilities and infrastructures have been proper maintained, the availability of consumption of athletes is in poor conditions, the transportation used by athletes and coaches is quite good, the coordination and the funding obtained are run well; (3) the outcome of coaching program at PRSI of South Sumatera has decreased.

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INTRODUCTION

Generally, swimming is called water sports, which consists of games, competitions, indeed safety relates to people who have activities to nature, namely swimming pool, marine tourism, or river bank. According to Ardika Falaahudin (2013), swimming is a movement in the water, which is usually done without using any tools. Besides, this activity can be used for recreation and sport.

PRSI (Persatuan Renang Seluruh Indonesia) is an organization that plays an important role in promoting swimming in Indonesia. Moreover, PRSI has the representative in Province as well as in Regency or in the city that aims to manage the advancement of swimming and to establish potential athletes (Martiana Dewi, 2015).

South Sumatera has hosted several times in either national or international events such as PON XVI in 2004, *Sea Games XXVI* in 2011, *Islamic Solidarity Games III* in 2013 dan *Asian Games XVIII* in this year (2018). While, *the Aquatic stadium* is one of the training places for whole athletes of PRSI in South Sumatera, starting from junior up to senior ones (Ikhvanus Shava, 2017).

Actually, sports in South Sumatera, especially for swimming, have not shown a glorious achievement because of the complex problem had. To boost the performance of the athletes, the activity cannot be separated from the management activities undertaken by PRSI of South Sumatera, it is due to this management has a strong influence for better achievement.

Based on the discussion above, the researcher was interested to conduct a research entitled “Swimming Coached – Management Program of Indonesian Swimming Association in South Sumatera”.

Then, the researcher has formulated the problems, as follows:

1. How is antecedent covering background and goal of coaching program at PRSI (Persatuan Renang Seluruh Indonesia) of South Sumatera?

2. How is transaction including recruitment of athletes and trainers, implementation of training programs, facilities and infrastructures, consumption, coordination, transportation, the welfare of trainers and athletes, funding sources of coaching program at PRSI (Persatuan Renang Seluruh Indonesia) of South Sumatera?
3. How is outcome involving the successes of coaching program at PRSI (Persatuan Renang Seluruh Indonesia) of South Sumatera?

In addition, this research aimed to both evaluate and analyze: (1) the antecedent of both background and objective of coaching program at PRSI of South Sumatera. (2) the transaction of recruitment of athletes and trainers, implementation of training programs, facilities and infrastructures, consumption, coordination, transportation, the welfare of trainers and athletes, and funding sources of coaching program at PRSI of South Sumatera. (3) the outcome of the successes of coaching program at PRSI of South Sumatera.

METHODS

This research used qualitative research by employing *Countenance Evaluation Model (Stake)* in terms of antecedent/context, transaction/process, and outcome. I Putu Mas Dewantara (2017) reveals that Stake Evaluation Model is an emphasis on two types of operations that have three phases in evaluation program, namely preparation, process, and outcome.

While qualitative approach used descriptive analysis was applied in this research. It means that the data obtained (in forms of words, pictures, and behavior) are described in a qualitative way; it has more meaningful than numbers (Zuriah in Ardin Abdul Gani, 2012). Furthermore, Lexy J. Melelong in Arief Pristiyanto (2014) argues that qualitative method consists of observation, interview, or document review.

In short, to gather the data, the research can be done by observing, interviewing, fulfilling the questionnaires, taking the documentation, or combining all the steps before (Sugiyono, 2008).

RESULTS AND DISCUSSION

Sajoto stated in Kukuluh Adi Pangarso (2015), explains that to achieve an achievement in sport, people should attempt harder that relies on coaching effort through an early breeding, as well as an improvement by a scientific approach. Besides, the pyramid system of sports coaching pattern including problem, nursery, and achievement is to reach the peak performance (Dirjen Olahraga dan Depdiknas in M. Haris Satria et al, 2012).

In the antecedent evaluation, it encompasses of how the background and the objective of coaching program of PRSI in South Sumatera. Regarding the field findings of the background coaching program, it is based on the decision given by Manager of Indonesian Swimming Association or PBRSI to conduct the coaching program that held by PRSI of South Sumatera. Practically, the officials of this province have been doing long-term coaching with the school-age coaching who participates every day.

Law No. 3 of 2005 (in Eva Yunida, 2017), coaching is also carried out by deceiving sports associations, fostering national and regional sports as well as organizing the competitions continuously. The coaching program has been run well by the presence of AD/ART. In addition, it has been compatible with the background, the existing purpose of the coaching program, and the vision and mission made.

However, transaction (process) evaluation itself includes recruitment of athletes and trainers, implementation of training programs, facilities and infrastructures, consumption, coordination, transportation, the welfare of trainers and athletes among elements related to coaching program at PRSI (Persatuan Renang Seluruh Indonesia) of South Sumatera. By looking at the interviews and the observations got, the process of receiving the trainers is chosen directly through a letter of provision given by PRSI manager of South Sumatera. The trainers selected here are the athletes who have a great achievement in either regional or national level, have the dedication to train, have lots of free time, and have a license.

Contrastly, in the recruitment process of athletes, there is no any problems because the recruitment merits to the conditions that have been set. Besides, it involves multiple parties in terms of cooperation to get qualified athletes to be fostered. It is due to acquire good performance nationally and internationally.

This program is held regularly every afternoon, and there is an additional physical exercise on the land three days a week in the morning. From the interview of this situation had, there is no input and special standard for doing the training program because the trainers have freedom in organizing this agenda fully.

As we know, sports facilities and infrastructures are "medium" that are able to help sports activities accordance with people needs. Thus, the entire community has similar opportunity to exercise so as to gain fitness, health, and sports performance (Harsuki in Arin Triyasari, 2016). In PRSI of South Sumatera, there is a building used for training and competition, which has two international standard swimming pools. Those facilities and infrastructures will give convenience and comfort not only in training but also in competition to others.

On the other hand, the consumption aspect is related to the athletes' need for food or something else. Based on the conditions observed, PRSI managers of South Sumatra should begin to regulate the consumption need required by the athletes, hence their need can be met properly, so as the athletes will be more motivated and healthier to achieve high achievement.

Then, for coordination classification, it is an internal information system that becomes a necessity in an organization. PRSI managers of South Sumatera Province always communicate with related parties in the development of athletes such as KONI of South Sumatra, trainers, athletes, and parents of athletes. All those relationships have been running well.

Likewise consumption, transportation is one of the factors helping the continuity of the coaching process itself. Therefore, both athletes and trainers are able to come just in time, and the

program planned by the trainers can be done well. Unfortunately, there is no distinctive vehicle used for training because the officials only provide public transportation that has been paid by the management. Yet, the available transportation is not maximized. Otherwise, there are no obstacles for the trainers, because they have their own private transportation.

Similarly, the aspects of welfare existing in the coaching program found that honorarium given every month while following the TC is too small. But, if the athletes successfully incised the achievement, they will be given a bonus, but it is not promised to get job, education, insurance, eligibility of residence, and pension guarantee easily provided by the government.

Furthermore, funding has an important role, as the findings claimed that the funding sources come from the government. In addition, the managers should know how to package this sport into an interesting and valuable sport; hence the sponsor will interest to do cooperation with PRSI of South Sumatra. By assisting the sponsor, it will make this water sport become more independent, and no longer depend on the local government.

Regarding the outcome evaluation done, there are some aspects evaluated in this coaching program at PRSI of South Sumatra, which builds upon the achievement at national sporting championships in West Java in 2016. In short, the achievement of swimmer of PRSI in South Sumatra is not good because of a lot of factors, such as funding is quite minimal, an honor given to the athletes is not much, and training program does not go well. Those phenomena are occurred because of improper components of the training in accordance with the standard of the PRSI. In addition, the poor consumption factor happened is due to the lack of vitamins awarded, then the evaluation factor and lack of experience in competition also become such kind of problems followed by those athletes of South Sumatra.

CONCLUSION

To sum up, the antecedent in this research are the background accordance with the vision

and mission, that are given by the central PBPRSI and the objective of this coaching program, which intends to train the athletes at PRSI of South Sumatera in the competition nationally and internationally.

While, in the transaction (process), the recruitment of athletes and trainers, implementation of training programs, facilities and infrastructures are great. Then, for the coordination, transportation, welfare of trainers and athletes, and funding sources of coaching program at PRSI of South Sumatera, they are good enough. But, in consumption, it should be revised.

However, the outcome in the coaching program through PRSI of South Sumatra, it can be viewed from the result of the National Sports Weekend (PON) 2016 in West Java, which it is decreasing. This instability due to lack of the championship is held by the local provinces, and it is clearly seen from the target achievement expected by South Sumatera in following the championship. Therefore, it is necessary to improve the condition of PRSI, particularly the lack of welfare and nutritional needs of athletes, that should be better for the continuation of the athletes' achievement in South Sumatra.

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