

Coaching Of Rock Climber's Achievements In South Aceh Regency

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Abstract

Background: The development of athletes' achievements in exploring the potential of sports athletes must be carried out optimally, systematically, planned and continuously. With good coaching so that the achievements of athletes are proud of. Therefore, this study is interesting to conduct research. The purpose of this study is to determine the achievements of rock climbing athletes in South Aceh Regency. This research uses the CIPP model which stands for context, input, process, product.

Materials and Methods: This is a descriptive study that uses a qualitative approach. Data collection techniques use the methods of interviews, documentation and questionnaires. The subjects in this study were administrators, coaches and athletes who climbed rock climbing in South Aceh Regency, totaling 13 respondents.

Results: The results of the study show that overall the results of coaching the achievements of rock climbing athletes in South Aceh Regency have begun to be good, including: (1) coaching the achievements of rock climbing athletes in South Aceh Regency in the context component in the good category (78.94%), (2) on the input component of the good category (79.19%), (3) on the process component of the excellent category (82.27%), (4) on the product component category is excellent (82.08%). The obstacles faced are the lack of funding, unmet needs of athletes, facilities and infrastructure that are starting to be unfit to use, inappropriate training programs, and lack of motivation from parents that affect athletes' interest in achieving.

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I. Introduction

Exercise is a very important and influential human need in the formation of a person's soul (spiritual) and physical (body or body) which is strong. So that every human being who often does sports activities will have better spiritual and physical health than humans who rarely or never do sports activities. Sports are also an activity that is widely carried out by the community, its existence has become part of activities in the community.

Achievements in sports can only be achieved through a systematic, planned, orderly and continuous process of financing, (Pakaya, Rahayu and Soegiyanto, 2012: 1). Therefore, the achievement of achievements needs to be described in a pattern of sports development that refers to the problem system, breeding and coaching athletes.

Sports coaching in achievement should be carried out continuously and continuously. (Ranto, 2014: 3) Sports coaching in the performance of an athlete includes: 1) financial support, 2) sports institutions consisting of the structure and content of sports policies, 3) foundation and participation, 4) achievement coaching and (promotion and identification of talents, 5) achievements (coaches' expectation and development system), 6) national competitions, 7) research or science and technology (sports science and technology), 8) environment, media, sponsorship, and a systematic coaching process for achieving goals.

The sport of rock climbing is one of the sports that is currently starting to be favored by the People of Indonesia, especially young people and people with a young spirit. This can be seen from the increasing number of climbing-type sports associations both in the city and in the regions, which depend on an association of the Indonesian Rock Climbing Federation, the Nature Lovers Community, and others.

Rock climbing clubs in South Aceh Regency is one of the sports established in March 2003 which at that time was still under the Regional Youth and Sports Service (*DISPORA*). From 2008 to 2012 the rock climbing patching of South Aceh Regency was stopped because the distribution of seedlings in the South Aceh area was very minimal. Over time in 2013 a new management was born, namely the Indonesian National Sports Committee (*KONI*) in South Aceh chaired by H.Bestari Raden and the rock climbing management in South Aceh Regency began to be active again chaired by mr. Maisus Syarif's brother. This rock climbing enthusiast of South Aceh Regency has several coaches, one of which is Syafrudin Alfarisi who is still active and has experience in the field of rock climbing, he has also achieved many achievements in the sport of rock climbing.

In 2017 under the leadership of Syafrudin Alfarisi, rock climbing athletes from South Aceh Regency began to be active again in participating in a competition at the Regional, Provincial, and National levels. In some of these competitions, rock climbers of South Aceh Regency began to achieve an achievement at the regional level, one of which was in the Pra-PORA championship in 2017 which was held in Lhokseumawe Regency.

In 2018, 2019, 2020, rock climbing clubs of South Aceh Regency experienced a decrease in achievements in championships or competitions held in several regions. Furthermore, in 2021 the rock climbing club of South Aceh Regency again obtained achievements in the regional level, namely Pra-Pora.

The lack of coaching for athletes and the absence of systematic training programs, inadequate infrastructure, impact on the non-optimal achievements achieved by athletes, and lack of competition, so that athletes do not have a place to compete or *try out*. Matches or competitions are the estuary of achievement coaching, with competitions can be used to evaluate training results and increase the maturity of athletes' competitions. In competitions or games can also be the subject of evaluation of those athletes who have been training for a long time.

Based on the description above, it is important to conduct research using the CIPP model approach which is oriented to see the effectiveness of the program and the suitability of program results. Furthermore, to obtain the data needed in the CIPP model research, in this study, researchers will use the CIPP model because the CIPP model is an evaluation model for a system. (Arikunto and West Java, 2009: 45) states that the CIPP model is an evaluation model that views the evaluated program as a system.

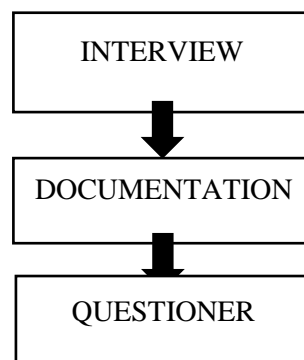
Based on the background of the problem, the researcher wanted to conduct a study entitled Coaching the Achievements of Athletes in the Rock Climbing Sport in South Aceh Regency.

II. Prosuder Research

The approach used in this study is the CIPP model proposed by (stufflebeam, 2000: 176) the CIPP model is an evaluation consisting of four komponen evaluasi, namely: context (*konteks*), input (*masukan*), process (*proses*), dan product (*hasil*). Although the four components form a complete series, in practice, a researcher may only conduct one type of evaluation or a combination of two or three types of evaluation.

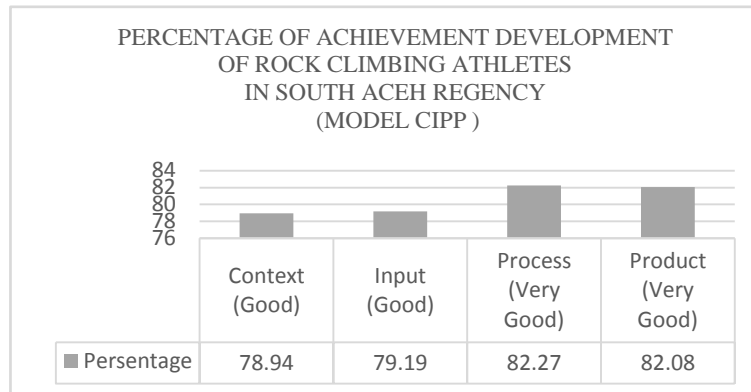
This research used a survey research method. The survey aims to determine the reality, circumstances and determine the status at that time. In this determination, data obtained through the measurement process is needed, and the data obtained is an estimate in making decisions. The results obtained from the survey are informative material (Sugiyono, 2016: 7).

The approach used in this study is to use an approach with a qualitative method. qualitative is a research based on the philosophy of post positivism, used in natural object conditions, and the researcher is as a key instrument, sampling of data sources is carried out in a purposive sample, namely sampling by providing special characteristics according to the researcher's objectives (Sugiyono, 2015: 15). To find out more in-depth information, researchers select informants who are considered to have mastered tasks in their respective fields, namely: (1) Administrators, (1) coaches and (11) rock climbing athletes in South Aceh Regency. The design in this study can be seen from the following picture :



III. Research Results

The data of this study was obtained through the results of interviews, documentation and questionnaires with administrators, trainers and rock climbing athletes in South Aceh district after taking the research data, so the processing of the raw data was carried out. This step is taken so that the research data obtained has meaning and obtains conclusions. Then the data needs to be processed and analyzed. research on the achievement development of rock climbing athletes in South Aceh Regency using the CIPP model (context, input, process, product). The following are the results of the percentage of coaching achievements of rock climbing athletes in South Aceh regency:



(Source: Research Data Result, 2022)

Based on the table data above, it can be explained that the achievement coaching of South Aceh rock climbing athletes in the context component in the good category. This means that (the organizational structure of the South Aceh Regency leaders, administrators, coaches, athletes, & parents) in South Aceh Regency has been doing very well until now with a percentage score of 78.94%.

Coaching the achievements of South Aceh rock climbing athletes on the input component in the good category. It can be concluded that although the funding for the rock climbing club of south Aceh Regency until now uses personal funds, facilities and infrastructure that are starting to be unfit for use, the availability of facilities from parents who are very minimal in the rock climbing patching program of South Aceh Regency, does not rule out the possibility for athletes to achieve an achievement in the championship. Until now, the achievement development of rock climbing athletes in South Aceh Regency with a percentage score of 79.19% in the good category.

The achievement coaching of South Aceh rock climbing athletes in the category process component is very good, meaning that the (training program, training schedule, following training and achievement coaching) in South Aceh Regency has been running very well until now with a percentage score of 82.27%. It can be concluded that even though the South Aceh district manager only makes a daily training program, there is a routine training schedule every day carried out, the coach does not have a coaching certificate, it is not an obstacle for athletes not to participate in a championship / competition, but south Aceh rock climbing athletes excel based on the experiences of coaches being former athletes, and additional training outside the training schedule carried out by athletes.

The development of the achievements of South Aceh rock climbing athletes on the product component in the category is very good. This means that the achievements of rock climbing athletes in South Aceh Regency both at the provincial and national levels have been running very well with a percentage score of 82.08% and have been good in previous years where in 2017 they won 2 gold medals at the sub-district level and 1 gold medal at the regional level, 1 silver medal at the sub-district level, 5 silver medals at the regional level, 1 bronze medal at the sub-district level, 7 bronze medals at the regional level, and in 2018 to 2020 there was a decrease in the achievements of rock climbing athletes in South Aceh Regency and did not participate in the championship due to the absence of funding from the Regional government and the Indonesian National Sports Committee (KONI) of South Aceh Regency, in 2021 the rock climbing clubs of South Aceh Regency again participated in the championship with sports achievements in regional level with 1 gold medal, 3 silver medals, 1 bronze medal, and achieved 5th place in Aceh.

IV. Conclusion

Based on the results of interviews, documentation and questionnaires that have been carried out by researchers, several conclusions and implications and findings that have been obtained on the development of achievements of rock climbing athletes in South Aceh Regency, from the findings and analysis of research data related to the development of achievements of rock climbing athletes in South Aceh Regency, it can be concluded as follows:

1. Coaching the achievements of athletes in the rock climbing clubs of South Aceh Regency in the context component shows in general the human resources (HR) category is good. Evaluation of the context components includes the organizational structure of south Aceh regency collectors, collectors, coaches, athletes, parents of rock climbing athletes of South Aceh Regency.

2. The development of athletes' achievements in the rock climbing patching of South Aceh Regency on the input component shows in general the availability of feasibility of facilities & infrastructure in the good category. Evaluation of input components includes funding, facilities and infrastructure, availability of facilities from parents of rock climbing athletes in South Aceh Regency.

3. The development of athletes' achievements in the rock climbing club of South Aceh Regency in the process component shows in general the implementation activities according to the exercise program category are very good. Evaluation of process components includes the implementation of training programs, training schedules, coaching, and coaching the achievements of rock climbing athletes in South Aceh Regency.

4. Coaching the achievements of athletes in the rock climbing club of South Aceh Regency on the product component in the category is very good. Product evaluation shows that in general, the rock climbing athletes of South Aceh Regency achieved by their athletes are fairly good, this can be proven by several achievements that have been achieved in a championship.

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