

Investigation of the Impact of the Center of Sports Training and Education for Students in Bali

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Abstract: This present study is intended to evaluate the outcomes of the Program of Sports Training and Education for Students 'Program Pendidikan dan Latihan Olahraga Mahasiswa (PPLM)' which is implemented to achieve achievement in sports continuously. The qualitative method with the approach of evaluation using the outcome evaluation model is used. The data were collected through questionnaire, interview and documentary study. The samples of the study were selected using the purposive sampling technique and included the athletes who are the alumni of PPLM Bali, totaling 20. The result of the data analysis shows that the impact of the implementation of the program of PPLM Bali was not optimal yet as the number of the alumni of PPLM Bali was still limited; the impact of the implementation of the program of PPLM Bali in supporting the physical exercises was good enough as the role played by the alumni was extraordinarily high; many became athletes and many others became coaches in the sports events undertaken by Bali Province; the alumni were highly motivated to develop their knowledge and skills through advanced studies and practices although opportunities and funds were limited for them. It can be recommended that PPLM should develop social attitude among the athletes after becoming the alumni so that they can do better for the society. An organization is needed through which the alumni can be supervised after they get back to where they come from where they are expected to improve their physical abilities and skills continuously.

Key words: Program of the center of sports training and education for students 'Program Pusat Pendidikan dan Latihan Olahraga (PPLM)', outcomes evaluation model, achievement in sports, opportunities and funds, extraordinarily high

INTRODUCTION

As a developing country of which the citizens are still doing their best to improve their standard of living, it seems that Indonesia has not regarded sports as a study which should have priority over others. Therefore, it can be stated that the development of sports has not been as good as it should although physical abilities highly contribute to health (Gutierrez, 2008). Furthermore, the number of sports facilities in the environments of educational institutions, residences and industries are extremely limited. In addition, there are many playing fields which have been used for the other activities which are not related to sports at all, meaning that such fields cannot be used as the fields where people can play sports any longer (Cholik and Maksum, 2007).

The challenges described above are identified as the problems which should be coped with in the attempts made to make improvements. The government is aware that it is not easy and will take a long time to make progress in sports. Comprehensive and integrated

attempts should be made. Such attempts include funding, supervision, facilities and infrastructure, talent scouting and so forth. In other words, the kinematic parameter is highly important for diagnosing who are talented in sports. In this case, the role played by families is also important. Those who actively play sports will contribute to the habit of playing sports to their children (Marques *et al.*, 2014).

The Center of Sports Training and Education for Students 'Pusat Pendidikan dan Latihan Olahraga Mahasiswa (PPLM)' is established to function as one of the supervising systems through which achievement can be reached. In addition, it is also established as one of the supervising systems through which gradual, continued and integrated talent scouting can be undertaken. PPLM is one of the centers in which the athletes who are university students can be supervised. It is managed by the university which has the Faculty of Sports (Kemenpora, 2014). PPLM is a center where the national talent scouting is undertaken; it is established to search for supervise and develop the students who are talented

in sports in such a way that they will reach both national and international achievement in sports. This is one of the attempts made to make competitive sports come true. Therefore, the role played by the continued talent scouting, supervision, education, training and improvement of achievement in sports is highly central.

Through the establishment of PPLM, it is expected that the athletes who are university students who are physically and psychologically involved have been at the golden age and have reached the top achievement; they can be supervised systematically using the scientific approach; they can be trained by the trainers who are both university graduates and in charge of any branch of sports, depending on their experiences and qualifications; there will be an affiliation among academicians or experts from different universities (Kemenpora, 2014).

The PPLM's program has been undertaken since 1980s. It has been periodically evaluated in order to identify how successful the PPLM in one region is. However, neither comprehensive nor outcome evaluation has been made due to limitations in many aspects. The evaluation which has been made is administrative only. It has been in the form of reports only in which the outcomes of championships and the like are reported. Bali Province through Ganesha University of Education with its Faculty of Sports and Health has been trusted as the center of supervision for which PPLM Bali has been established. It was established in 2006 and Singaraja City, North Bali, Indonesia is its headquarters. It has been managed for about 10 years and it has produced >90 athletes who are at the same time its alumni. They live in nine regencies in Bali Laporan PPLM Bali in 2014.

From an initial observation, it was found that some alumni of PPLM Bali had continued their studies to the master's program many had become the athletes/trainers in the regions where they became members of the regional managements and only a few had become the teachers of physical education. What was not good was that some alumni were not athletes any longer; they only helped their parents; they were not athletes, teachers or coaches any longer. Based on the outcome of the initial observation above, it is highly important to trace the roles played by the PPLM alumni and what they do in order to obtain the whole impact of PPLM. The evaluation of the roles played by the alumni of the PPLM Bali in the sports-related activities in the society will help monitor their performance in the sports-related domain as stated by Saw *et al.* (2015) that it is necessary to evaluate the activities done by athletes.

Based on what was described above, it is regarded as being highly urgent to evaluate the impact of what has been done by PPLM Bali in its attempt to improve its achievement through good systems of management, coaching and management.

MATERIALS AND METHODS

Participants: This present study was conducted at the Bali Center of Sports Training and Education for Students in 2015. The samples were selected using the purposive sampling technique that is based on the objective of the study and totaled 20 athletes as the alumni of PPLM Bali (Usman and Purnomo, 2008). Through such a sampling technique, it was expected that the subject of the study would know and understand exactly the object explored. In this way, the data obtained would be in accordance with the objective of the study and would be easily obtained (Arikunto and Jabbar, 2009).

Design: The qualitative approach is used in the present study with the evaluation approach using the outcome evaluation model. The outcome evaluation was intended to record and identify the objective condition of the role played by the athletes who are the alumni of PPLM Bali. The sub focus includes the social interaction between the alumni and the public, their participation in the sports events and their motivation to continue their studies. The result of the analysis of the outcome component will be used as a reference so how successful they were could be determined. The data were collected through participatory observation in-depth interview, documentary study and questionnaire.

The data were analyzed descriptively and qualitatively, meaning that the data were described and defined from the indicators of the outcome components which were evaluated (Subana and Sudrajat, 2005). According to Patilima (2005), the data analysis consists of three activities which are done at the same time; they are data reduction, data presentation and conclusion drawing. In this present study, the data analysis started from the data collection in which the data were collected through different studies. Then they were reduced through the sorting process, the focus of attention and data simplification. The theories and methods used were systematically described in detail so that what was important could be revealed (Silalahi, 2010).

RESULTS

This present study gives emphasis on the evaluation of the impact of the program undertaken by the Bali

Table 1: The results of the outcome evaluation

Category	Frequency	
	Absolute	Percentage
Highly effective	8	27.38
Effective	17	57.38
Effective enough	4	14.05
Less effective	1	1.19
Ineffective	0	0.00
	30	100.00

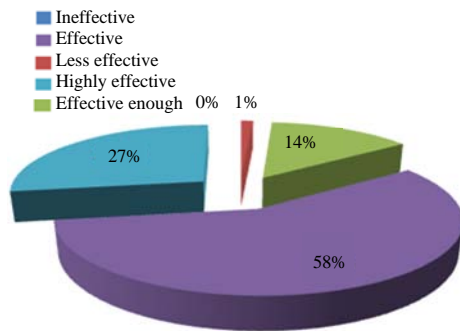


Fig. 1: Pie diagram of the results of outcomes evaluation

Center of Sports Training and Education for Students 'Pusat Pendidikan dan Latihan Olahraga Mahasiswa (PPLM) Bali' (Stufflebem *et al.*, 2000). The sub focus includes three things. They are the interaction between the alumni and the public; the participation of the alumni in the sports events (recognized by the users) and the motivation to join practices and further studies.

The data were collected through questionnaire, interview and documentary and field studies. The finding in every datum was then analyzed by comparing the result of analysis and the criteria in every component of the evaluation. After that, evaluation and decisions were made. The quantitative data were obtained through questionnaire and the qualitative data were obtained through interview and documentary study and were used to strengthen and support the quantitative data.

The outcomes evaluation was intended to record or identify the objective condition of the roles played by and activities done by the athletes who are the alumni of PPLM in society and the acknowledgement given by the users of the alumni in the sports events taking place in Bali. The sub focus includes their social interaction in society; their participation in the sports-related activities (used by the users); their motivation to continue their studies. The results of the evaluation are as follows. About 8 of 30 respondents (27.38%) stated that the program undertaken by PPLM was highly effective, 17 (57.56%) stated that the program was effective and 4 (14.05%) stated that the program was effective enough and on (1.19%) stated that the program was less effective. The results are presented in Table 1 (Fig. 1).

After the results of data calculation were obtained using the quantitative approach, the data were checked based on the result of the documentary study, the information obtained through interview and the field study which would give detailed description in accordance with the indicators with an objective that the correct data would be obtained. The results are described as follows.

Social interaction of the alumni in society: After the results of the data were calculated using the quantitative approach the data were checked based on the information obtained from the documentary study, interview and field study which is described in detail in accordance with the indicators. This was done in order to obtain the correct data. The results of the study are described as follows.

Social interaction in society: The achievement made by PPLM Bali can be seen from to what extent the role played by the alumni and to what extent the users recognized them for what they had done to develop sports in their respective region. After they finished their education and practices from both PPLP and PPLM, they were certainly supposed to get back to their respective region. In fact, what they did played importantly contributed to the program undertaken by PPLM. The program undertaken by PPLM could be stated to be successful if the athletes could show their performance when they became the athletes of PPLM, if they could interact with the public and if they were recognized or could be used by the users in their respective region as both coaches and athletes and if they were motivated to develop their academic and technical abilities. The social interaction with the society was an important part of the attempt made in order to exist and survive in the society after they finished their tertiary education. The reason is that university graduates are the intellectual generation which is useful in the society and has a higher position than others. Based on the information obtained through the interview in which the interviewees were the alumni of PPLM Bali enrolled from 2006-2013, it could be identified that only a small number of them played a role in the activities done by what is called karangtaruna (an organization of young people) and in the other activities. What was stated is as follows:

(I've never taken part in any societal activity, I've just taken part in the church's activities; I have often left for championships; I've never taken part in any societal activities) (Maria Loda, Alumni AtletTahun 2008-2011)

(I've never been so active in any societal activities at the village where I stay; so I've never participated in the activities done by the society) (Sukariata, Alumni AtletAtletik 2009-2011)

(I've seldom taken part in society; my job has caused me not to take part in any organization available at the village where I live; I've scarcely taken part in it) (GodaYasa, Alumni AtletAtletikTahun 2006-2008)

(I've just taken part in the traditional activities; I've never been so active in any sports-related activities) (Ari Maryani, Alumni AtletAtletikTahun, 2006-2008)

The criterion of how successful the alumni in the sub indicator the socialinteraction could be identified from how active they were in the activities done by the villages where they come from. Based on the information obtained from the interview and documentary study, it can be concluded that most of the alumni of the athletes of PPLM Bali had not been so active in the activities done by the villages where they come from. Only a small number who took part in them; they became the committee responsible for the activities related to religious feast days or sports events.

Participation of the alumni in sports-related activities:

To what extent the role played by the alumni of PPLM Bali in developing sports in the villages where they come from and to what extent the users recognized them for the role they played could also be used to identify the success achieved by the alumni. After they finished their education and practices at both PPLP and PPLM, they were supposed to get back to the villages where they come from. What they did played an important role in how successful the program undertaken by PPLM was. The program would be successful if they could show their performance when they became the athletes of PPLM; if they could interact with the public and if they were recognized by the users as both athletes and coaches and if they were highly motivated to develop their academic and technical abilities. The users would recognize their roles if they actively participated in every championship. That is the main indicator. The key was how the alumni were used as both athletes and coaches. From the interview in which the interviewee was the secretary of Pengprov Atletik Bali, it could be identified that the alumni of PPLM would contribute to it; they would strengthen the National Sports Events 'Pekan Olahraga Nasional (PON)'. What was stated is as follows:

(We, Pengrov, feel that the athletes who are the alumni of PPLM have strengthened the Bali athletic team. Some the athletes sent to PON are the alumni of PPLM. It is hoped that PPLM will send more athletes to strengthen the Bali team in both national and international sports events) (IB Dipta, SekretarisPengprovAtletik Bali)

On one hand, almost all the alumni could show their performance as they were used as the athletes who took part in the Bali Provincial Sports Events 'PekanOlahragaProvinsi (PORPROV)' and the National Sports Events 'PekanOlahragaNasional (PON)'. On the other hand, they were only invited to take part in the practices when such championships were about to be held; there had been no continued and programmed supervision at all. What was stated is as follows:

I am defending my regency that is Karangasem Regency in PORPROV Bali; I've almost taken part in every event; this is the second time I take part, although I've not been well prepared; I've just been invited more or less two or three months before PORPROV Bali is held; so, my performance shows it; no regular practices have been held by the regency government; we are invited when an event is about to be held) (Intaran, Alumni AtletTahun 2007-2009)

(Every PORPROV is held I am invited to represent my regency, that is, Bangli Regency, yes... I'm just invited when such an event is about to be held; I'm not invited when there is not such an event; I've never been coached) (Subyakta, AlumnmiAtletAtletikTahun 2007-2009)

(I practice due to self-motivation and my coach is also highly helpful; if I rely on PengkabBadung, my performance will not be optimal; the reason is that the funds allocated for that is insufficient; in addition, the practice cannot be maximally performed; I practice almost every day; if I practice three times a week, in my opinion, I will never be the world's champion) (Maria Londa, Alumni AtletikTahun 2008-2011)

(When there is no event, we only practice once a week; sometimes we do not practice at all; two or more three months prior to an event we usually practice more frequently; I defend Jembrana Regency") (Nita Wijayanti, Alumni AtletAtletikTahun 2005-2009)

The criterion used to identify how successful the alumni in the sports-related activities was based on the sub indicator participation so the users used them as both athletes and coaches as an attempt to improve the achievement made by the regency where they come from in sports. Based on the information obtained from the interview and documentary study, it could be concluded that all the alumni of the athletes of PPLM Bali participated in the sports events held by the regency where they come from. The users recognized for their participation and existence. However, they were only invited to come as athletes when competitions were about to be held; there was no regular supervision.

Motivation of the alumni to practice and continue their studies: The success achieved by PPLM Bali could be identified from to what extent the alumni could improve their academic and technical abilities. What they did played an important role in the success achieved by PPLM. Its program would be successful if the alumni could show their good performance when they became the athletes of PPLM; the alumni could interact with the public and the users recognized their roles both as athletes and coaches and the alumni were motivated to improve their academic and technical abilities as part of the development in sports as a science. They should improve their qualities through practices or further studies. Based on the information from the interview in which the interviewees were the alumni, it could be identified that almost all the alumni were talented and motivated to develop themselves through practices as referees and further studies; however, the opportunities and the funds allocated for that were limited. What was stated is as follows:

(I once took part in the practice where the participants were coached to be coaches; the objective was that I intended to improve my ability after I became an athlete; actually, I am now a postgraduate student; I'm in semester 3, Study Program of Sports Education, State University of Jakarta) (AryaYuda, Alumni AtletPencakSilatTahun 2010-2012)

(I'm interested in taking part in practices; however, I'm too busy and the opportunities for that are too limited; in fact, I intend to continue my study but financially I cannot afford it, meaning that I've not continued my study yet) (Ari Maryani, Alumni AtletAtletikTahun 2007-2009)

(Taking part in the sports-related practices is highly useful to improve our abilities; the reason is that when we are not athletes any longer, we can transfer what we know to our juniors; however, opportunities and funds are limited; so that's only a dream) (Intaran, Alumni AtletTahun 2007-2009)

On the other side, what was interesting from what was obtained from the interview in which the interviewees were the alumni of PPLM was that some, especially those who were athletes and pesilat (athletes of self-defense) were still able to show their performance as in such sports as the age of 32 years did not matter. However, some alumni also stated that after they finished joining the program undertaken by PPLM Bali they were not active in the practice held at the university any longer; they only practiced by themselves; the reason was that there was no supervision from the regencies where they live, meaning that the alumni of PPLM were neglected. Therefore, the former coaches and athletes proposed that they should have an organization through which the alumni could be empowered. What was stated is as follows:

(It is necessary to establish a supervising organization for students of elementary school, junior high school and senior high school and a supervision organization for university students (PPLM) and Public) (Nita Wijayanti, Alumni AtletAtletikTauun 2005-2009)

(The alumni can still show their performance; the older the better; no limit of age in athletics. The regency government does not accommodate what is needed by the athletes; therefore, we, the alumni of PPLM, need an organization) (Sukariata, Alumni AtletAtletik Tahun 2009-2011)

This was strengthened by the former trainer of PPLM who stated that the alumni of PPLM could still show their performance; therefore, they needed an organization through which they could be directed. What was stated is as follows:

(The alumni could still show their performance; however, in my opinion, an organization is needed to direct them (Astawa, MantanPelatih AtletikTahun 2005- 2009)

(The alumni could still show their performance as 23 is the productive age. An organization for the alumni is highly needed; otherwise, they will never practice any longer after they finish the program as nobody directs them) (Siwiwa, MantanPelatihPencakSilatTahun 2010-2011)

The criterion of how successful the program undertaken by PPLM was from the sub indicator motivation could be identified from their motivation to develop themselves through practices or further studies. However as opportunities and funds available were limited, they could not take part in the practices and continue their studies, although they were all motivated to do that. However, the alumni could still show their performance as they were 23 year old and such an age is a productive one. An organization is needed; otherwise, they will never practice any longer. Based on the information obtained from the interview and documentary study, it could be concluded that the athletes of PPLM Bali were highly motivated to develop themselves through practices and to continue their studies.

DISCUSSION

The interaction between the alumni of PPLM and the public was not optimal yet. Only a small number of them were involved in social activities. They were scarcely involved in social activities; they were busy helping their parents, practicing and participating in competitions and working. Most of them helped their parents after they finished their studies and they were in the transitional process of seeking after jobs. However, some also immediately worked as part-time teachers teaching physical education in elementary school and high school in the regency where they come from. Some also worked as extracurricular teachers; they taught athletics and self-defense. As intellectuals, the alumni should be actively involved in the society, in accordance with their abilities and expertise; they should give critical input to the society. This is in accordance with the objective of education. The success in the system of education is highly influenced by the role played by the alumni in the real life/society. The success made by a coach can be observed from the extent to which the alumni can reach the learning outcome (Cassidy *et al.*, 2004). The social capital highly affects the achievement achieved (Widowati, 2015), they play a role in making decisions (Toglia and Harris, 2014).

The participation of the alumni in the sports-related activities was good and the users recognized them for that. It was found in the present study that most of them

were still active athletes and coaches in Porprov Bali. They could still show their performance. In fact, in 2015 most of the medals offered by Porprov Bali which was held in Bali were won by the alumni of PPLM Bali. As an illustration, Cita (Buleleng) obtained 2 golden medals for 800 and 1500 m sprints, Marlestari (Bangli) obtained 2 silver medals for long jump and pole vault, Maria Londa (Badung) obtained 2 golden medals for long jump and pole vault, Edi Septiawan (Denpasar) obtained two golden medals for 100 and 200 m sprints. It was this which had caused the users, namely, the regencies in Bali, to recognize that the alumni of PPLM Bali highly contributed to their achievement in sports. However, what was interesting was that most of the alumni felt that they were frequently needed 2-3 months prior to competitions.

There would not be any practice if there were no competitions, meaning that if there were no competitions, there would be no supervision. This contradicts the essence of supervision as stated in the Act of Sistem Keolahragaan Nasional Nomor 3 Tahun 2005 (the Act of the System Regulating the Matters Pertaining to Sports-related Activities Number 3 of 2005) in which it is stated that the process of supervision should be implemented in a planned, staged and continued fashion. In accordance with Bumpa and Haff (2009), practices should be at least performed 1 year prior to a competition in order to be the best. A training camp is needed as part of the supervision in sports-related activities (McLeod *et al.*, 2014). The coach's behavior should be improved as well based on the program of practices which has been formulated. The coaching effectiveness includes coach's knowledge, athlete's outcomes and coaching context (Cote and Gilbert, 2009). It is also stated that excellent coaches are aware of the need for congruence between their own competency and skill and the need of athletes (Cote *et al.*, 2007). In addition, fresh fruit is also needed to improve performance in sports (Ventresca and Brady, 2015). The role played by the coach is highly important. He/she is stated to be successful if he/she has the skill in making decisions (Szabo, 2012).

They need to be motivated to take part in practices and to continue their studies; in addition, an organization is also needed through which they can maintain and improve their skills. In fact, the alumni were highly motivated to continue their studies and to take part in practices; however, the opportunities available and the funds allocated for them were limited. The reason is that when as soon as they finish their studies, they have to have jobs; if they do not, they will not have any income. An individual has different motivation from another. Motivation involves a constellation of closely related

beliefs, perceptions, values, interests and actions (Lai, 2011). Practices and further studies are highly important for the alumni to improve sports as a science theoretically and practically; otherwise, they will not be competitive in sports which are getting advanced. Several alumni have continued their studies; however, most of them have not due to limited funds. In addition, after they returned to the regencies where they come from, they were only supervised more two or three months prior to competitions, meaning that what they had learned from PPLM was useless and that little attention had been paid to them. An athlete needs a lot of time in order to be successful, meaning that two or three months are too short for the alumni to be have good performance. Based on such a condition, it is recommended that an organization should be established for the alumni of PPLM through which they can be supervised; they should not go back to their regencies where there is no supervision. If there is, the supervision made by the regency government has not been optimal. As a case study in Bali, based on the finding of the present study, it could be identified that if there are no sports events, no regular supervision is made for the athletes. It can be stated that there has not been any supervision at all as supervision is only made when competitions are about to be held.

CONCLUSION

The evaluation of the program undertaken by PPLM Bali is the systematic process of data collection through which the program can be evaluated and decisions can be made by paying attention to the principles of utility, appropriateness, feasibility and accuracy. The program was evaluated using the approach of model outcomes. Based on the findings of the study and the discussion, it can be concluded that the impact of the implementation of PPLM Bali had not been optimal; the interaction between the alumni and the public was scarce as they were busy practicing, taking part in competitions and working; it turned out that the implementation of PPLM Bali contributed enough to the sports-related activities as the participation of the alumni in the sports-related activities was good enough, for which the users recognized them for this. Almost all the alumni were either active athletes or coaches. As an illustration, in 2015 most of the athletes sent by Buleleng Regency who obtained medals were the alumni of PPLM Bali. However, those who returned to the regencies where they come from were invited to practice 2-3 months prior to competitions, meaning that if there were no competitions there would be no supervision; the alumni were motivated to participate in practices and to

continue their studies; however, opportunities and funds were limited. An organization is needed to maintain and improve their skills.

RECOMMENDATIONS

Based on the conclusions drawn above, it is recommended that the alumni of PPLM Bali should be empowered through a new organization, practices should be programmed and more opportunities should be made available for the alumni to continue their studies. In this way, they will be the avant-garde to improve sports-related activities in Bali.

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