

WEIGHTLIGING ACHIEVEMENT DEVELOPMENT MANAGEMENT OF BINA SATRIA CLUB PACITAN DISTRICTTansilu^{1*}, Nuruddin Priya Budi Santoso², Joko Sulistyono³¹Universitas Tunas Pembangunan Surakarta (UTP), Indonesia²Universitas Tunas Pembangunan Surakarta (UTP), Indonesia³Universitas Tunas Pembangunan Surakarta (UTP), Indonesia*e-mail: tansilu22@gmail.com

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The purpose of this study was to find out how: (1) How are the human resources at the Bina Satria Weightlifting Club. (2) How is the management of the training program at the Bina Satria Weightlifting Club. (3) How are the peak achievements of the Bina Satria Weightlifting Club. (4) What are the facilities and infrastructure at the Bina Satria Weightlifting Club. (5) What are the factors that determine athlete performance at the Bina Satria Weightlifting Club. (6) What are the factors factors that determine the physical condition of athletes at the Bina Satria Weightlifting Club.

The research method used is descriptive qualitative. Data collection techniques use 3 methods, namely (1) Observation (2) Interview (3) Documentation. Data sources obtained from Bina Satria Pacitan club management, Bina Satria club trainers, and Bina Satria Club athletes. Data analysis techniques use triangulation.

This research describes. (1) The human resources at the Bina Satria Weightlifting Club are quite good. National and Internationally certified trainers (2) The program management at the Bina Satria Weightlifting Club training center is quite good because the training is in accordance with the training program (3) The Bina Satria Weightlifting Club have participated in and won medals by athletes at both regional, national and international levels (4) Aspects of the completeness of the infrastructure of the Bina Satria club has sufficient infrastructure for training needs even though the number is still not large but in terms of quality it has met the appropriate standards (5) Factors that determine achievement (a) Funding at the Bina Satria club comes from sponsors, parents of athletes and the local government (b) The form of government support and for the development of the community of the Bina Satria club is by providing a training budget and providing assistance for road access where exercise. (c) Bina Satria Weightlifting Club exercises according to the planned training program. (6) The achievement of the athlete's physical condition has shown to be in good condition, seen from the physical condition test the results achieved are very good. The Bina Satria Club has future projections that have targets to win championships at various levels.

Keywords: *Weightlifting, Achievement Development Management, Talent Scouting*

INTRODUCTION

In principle, to achieve optimal performance goals in each sport, it must be based on the principles of a sports science approach. Modern training principles for each sport require specificity. There are four types of equipment that need to be possessed if a person is to achieve optimal performance. This equipment includes: 1) Physical equipment (physical build-up); 2) Technical development (technical build-up); 3) Mental development (mental build-up); 4) Champion maturity (M. Sajoto, 1988: 7). In the field of sports, to achieve high performance, the existence of training activities and a good lifestyle for athletes are requirements that cannot be ignored, besides that high physical fitness can improve the appearance or performance of athletes so as to reduce the possibility of injury. Apart from that, training and supporting elements of training are two factors that cannot be separated in an effort to achieve high performance. Elements that support sports activities include a healthy organization, good management, quality coaches and athletes, good training infrastructure and facilities, and adequate funding. These elements are related to each other. If these elements are in good condition, sports coaching activities can run smoothly, so that high performance can be achieved. However, on the contrary, if these elements are in an unstable or unhealthy condition, then sports development activities cannot run and achievements cannot be achieved. Good coaching without other supporting elements such as organization, management, infrastructure and facilities and funds, then high performance will be difficult to achieve. This also refers to the Grand Design of Sports National (DBON). DBON is a Long Term Sports Development program 2021-2045 which includes: educational sports, community sports and achievement sports. One of DBON's targets is that Indonesia is able to achieve the best performance at the Olympics 2044. As mandated by Presidential Decree Number 86 of 2021, the implementation of DBON (2021-2045) is divided into 5 stages, and through the road map that has been prepared, it is hoped that the DBON targets can be realized. In this case, weightlifting is included in DBON's priority sports.

Based on the theory above, we can conclude that success in developing sports performance has many supporting elements in it and does not materialize instantly. Requires long-term programs both in terms of coaching and management of the managing organization. This also applies to coaching the sport of weightlifting which is developing in Indonesia. Weightlifting is also a productive and leading sport in Pacitan Regency. This is demonstrated by their participation in competitions or championships held both at home and abroad. Of course, this is not a coincidental factor, until this stage the Bina Satria Club, Pacitan Regency, requires a long process in developing its achievements and good management in its management. Identification of talent in the sport of weightlifting in its implementation requires a study of how to identify and analyze existing talent potential. It is necessary to involve parties who are competent in their field so that it will be maximized. Identifying talent at the right time and in the right system is an important

start to getting potential talented athletes and provides great opportunities to be developed into outstanding athletes in the future. Looking at the Pacitan Regency Weightlifting achievements under the guidance of the Bina Satria Club, the Bina Satria Club is one of the birthplaces of lifters who can achieve new achievements. According to the description above, in this case the researcher has made initial observations related to talent identification. Initial observations provide an illustration that the role of support and management is an important part in the development of weightlifting achievements at the Bina Satria Club, Pacitan Regency. Seeing this, we need to dig deeper into the things that are supporting factors in the success of the Bina Satria club so that it is able to produce outstanding athletes, the process and how to optimize the development of management achievement. at the Bina Satria Club. Based on the background described above, the researcher is interested in conducting research with the title "Management of Weightlifting Achievement Development for the Bina Satria Club, Pacitan Regency".

METHODS

This research uses field research, because in this research the author goes directly to the research location. Meanwhile, based on data, this research is qualitative using the phenomenological method, namely research in educational institutions or symbolic communities looking for meaning in symbols that exist in humans in the form of writing or expressions. The research was conducted using a qualitative descriptive approach so there was no data using numbers, so the author presented the resulting data in sentence form. The data in question is the result of interviews with coaches, athletes and other sources. Meanwhile, according to Denzin and Lincoln (1987) in Lexy J. Moleong, qualitative research is research that uses natural settings, with the aim of interpreting phenomena that occur and is carried out using various existing methods. In qualitative research the instrument is a person or human instrument, namely the researcher himself. Researchers must be able to ask questions, analyze in depth the data obtained, photograph and construct the social situation being studied to be clearer and more meaningful. The meaning referred to here is the actual data, or can be called a value behind the visible data. In this research, the author went directly to the field to observe the development of weightlifting performance at the Bina Satria Club, Pacitan Regency.

FINDINGS AND DISCUSSION

Findings

The Bina Satria Club was founded by Mr. Samsuri on November 7 2002, with Deed No: 023. TH. 2008. Bina Satria Club is located at Jl. Solo-Pacitan, RT 01 RW 05 Sooka Village, Punung District, Pacitan Regency, East Java. With territorial boundaries to the north of Punung Village, Punung District, to the east of Punung Village, Punung District, to the south of

Sugihwaras and Sobo Villages, Pringkuku District, to the west of Piton and Kendal Villages, Punung District. With rocky and hilly geographical conditions. The distance from the capital city of Pacitan Regency is 25 km. The establishment of the Bina Satria weightlifting club is not without reason. The aim of establishing the Bina Satria Club is to form a quality weightlifting entity with consistent and continuous development which directly or indirectly contributes to forming a generation of the nation capable of achievement, fostering unity and oneness. , as well as upholding the values of friendship through sports. Since the founding of the Bina Satria Club It continues to improve to achieve its goal, namely producing athletes who are able to compete on the regional, national and international stage The goal of achieving sports development can be achieved if it is supported by a healthy and good organization. Without an organization, sports coaching activities cannot run smoothly, so high achievements cannot be achieved. An association certainly has an organizational management body which is officially prepared in a decision letter based on a clear and specific formulation. This also applies to the Bina Satria Club. The Bina Satria Club has a clear organizational structure. The management structure of the Bina Satria Club is prepared in the applicable decree and is in accordance with AD ART and meets the appropriate minimum limits.

Management members at the Bina Satria Club carry out their main duties and functions in accordance with their fields, so that the management systems of the organization and the club support and complement each other. This is one of the factors that supports the implementation of conducive management within the club. Coaches owned by the Bina Satria Club have certificates or licenses in the field of weightlifting. This is proven by having a certificate of passing the national level training center and weightlifting club training, as well as being part or participant in courses/training in the field of international weightlifting. The trainer is a functional trainer for the Ministry of Youth and Sports. Many trainings and competency developments have been attended, including the 1995 Basic Level National Trainer Training in Bogor, the 1995 Middle Level National Trainer Training in Bandung, the 1995 Primary Level National Trainer Training in Jakarta, the 1998 International Trainer Training (IOC) in Jakarta, the 1998 International Trainer Training (IOC) 2012 in Jakarta. The training experience possessed by the trainer is in accordance with the Decree of the PABBSI Executive Board 1995 regarding the appointment of a Weightlifting Sports Coach, then since then the apprentice coach has been an ass. The PABBSI club weightlifting coach in Bogor was finally entrusted by the General Chair of PABBSI as one of the team members, to manage and train young/adolescent athletes who were centralized in Parung Panjang, Bogor. This training lasted for approximately 5 years which produced talented athletes, in 2002 by PB. PABBSI trainers are recommended to establish a Weightlifting Club in Pacitan Regency.

DISCUSSION

Coaches have carried out many organizational careers in the field of sports, especially weightlifting, from year to year, from the beginning of their career in coaching achievements until now. Apart from having a trainer who are experienced in their field, the Bina Satria club has 10 athletes. Several athletes have participated in various regional, national and international championships. The Bina Satria Club has training support facilities and infrastructure that are appropriate and adequate according to standards. This is guided by the Regulation of the Minister of Youth and Sports of the Republic of Indonesia Number 0445 of 2014 concerning standards for sports facilities and infrastructure. Even though the quantity is not very large, the quality of the equipment owned by the Bina Satria Club is up to the standards it should be. The number of tools owned by the Satria Development Club is not very large due to several factors, including the fact that these tools have to be obtained from abroad. However, the tools used by the Bina Satria club for training are capable of maximally supporting the club's achievement development. This is proven by the achievements that have been achieved at regional, national and international levels. The training ground used is privately owned by the Bina Satria club, while other equipment is supported by the Ministry of Youth and Sports, the regional government and weightlifting supporters in Pacitan Regency. An athlete's achievement certainly cannot be separated from the achievement coaching that has been followed, in coaching the coach's achievements and other elements make an extraordinary contribution to the achievement process. This is no exception to the training programs given by coaches to athletes. Efforts to achieve high achievement must be carried out in a systematic and programmed manner. Elements that support the achievement of sporting achievements must be trained and developed optimally. In practice, the coach implements a training program plan that has been prepared in the general preparation stage training program, special preparation stage training program, and match preparation stage. The implementation of the training program is broadly divided into heavy weeks, medium weeks and light weeks. Heavy week, choose which part is heavy. For example, increasing repetitions and so on, while light Sundays take maximum repetitions or do maximum lift trials.

Results can be presented in tables of figures, graphs, verbal descriptions, or a The trainer also refers to several sources in his preparation. One of them is by using the International Weightlifting Federation's Fitness for All Sport (Lazar Baroga) weightlifting reference. Apart from a structured training program, developing weightlifting performance must also pay attention to the athlete's nutritional needs. The nutrition given to athletes must be in accordance with the athlete's calorie needs. During heavy weeks, athletes' calorie needs are also greater so their nutritional needs must also be appropriate, this is also supported by high protein multivitamins. The implementation of the training program is carried out periodically and evaluations are held of all aspects at least once a quarter. The recruitment of athletes for coaching at the Bina Satria

Club is done by means of talent identification which is carried out once a year. To be more significant in the formulation of training program planning, coaches also collaborate with external resources who have competence in the field of sports training, so that in the development process, achievements remain in line with science and technology and sports science developments. The Bina Satria Club continues to improve and has achievement targets in its participation in the upcoming championship. Funding or funds is an essential factor in sports activities. It can be said that whether or not sporting activities take place really depends on funds or finances. Therefore, a sports activity must have sufficient funds so that the sports activity can run smoothly and the goals that have been set can be achieved. What is meant by funds according to the Ministry of National Education (2001:234) is that, "Funds are money provided for an association, costs, welfare, giving gifts".

CONCLUSION

Based on the results of research in the field, operational and event funding at the Bina Satria club comes from the APBD as the primary or main funding source, while secondary funding sources come from supporters who care about the development of achievements in the sport of weightlifting. This funding source is a form of support provided by various parties to support the process of developing achievements at the Bina Satria club. Funding from supporters is not binding. We all need to know that the Bina Satria club does not charge fees to athlete parents in the development process. The development of management and development of achievements at the Bina Satria club has received good support from the local government, the community, and related parties who have contributed to it. One example of support from the local government and the community is assistance from the government regarding road access to the training site. The road access aims to simplify and facilitate activities to get to the training venue. Apart from this, the regional government also provides funding which is used to support the process of developing the achievements of the Bina Satria club. Apart from support from the government, a good response was also given from the Pacitan community in general and the training community in particular. The form of support provided is in the form of financial assistance from sympathizers and moral support from athlete parents which is provided to the club and their sons and daughters in undergoing training.

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