

# **INDONESIA PARALYMPIC SPORTS COACHING EVALUATION**

**By: Imron Nugroho Saputro (E 0118003)**

**Tunas Pembangunan University**

## **A. Background**

Awareness of the importance of fostering the achievement of national sports as a vehicle for education, development of human resources, and the competitiveness of the nation, as well as to develop a sense of national pride as a nation, has sparked the publication of Indonesian Presidential Regulation No. 22 Year 2010 About the Program Gold Indonesia (PRIMA) a national program that is implemented on the development achievements in a sustainable sport sport is an integral part of the development process of the nation and the State. Good sports coaching process will eventually lead to the birth of the national sports achievements to be proud of at the international forum as well as raise dignity of the nation.

A presidential decree had been followed up with the movement by the government through the Ministry of Youth and Sports of the Republic of Indonesia and relevant government agencies, together with the public through the National Sports Council (KON) and the National Olympic Committee (NOC), and of Mother Sports Organization, and involving experts and Professor of Sport.

As part of coaching sports achievements made by PRIMA is achievement Paralympic sport or sports for athletes with a disability called Paralympian athlete Paralympian athlete In order to develop a committee has been set up in which there is the Expert Team. The expert team consists of experts Prof Dr. Sugiyanto and Prof. Dr. Muchsin Doewes, dr., AIFO from UNS included in the Expert Team formed One of the tasks that have been carried out by the Expert Team is an active role in preparing the Strategic Plan Special Gold Indonesia Paralympian (RENSTRA PRIMA) 2010-2014.

The establishment of the Expert Team Paralympic this is the first time in Indonesia, as a form of awareness and concrete action of government in fostering athletes Paralympian more programmatic. This Moment preliminary results of the experts of sports of college to be able to play an active role in coaching athletes Paralympian. Previously, coaching Paralympian athletes have not received adequate portion within the framework of the national sports achievements coaching, including not received adequate attention from sport experts in college. One cause of the condition is due to the statutes which requires officiating persons with disability are also persons with disability. The realization that such conditions constrain progress Paralympian athlete, then it began to be awareness of the managers of the National Paralympic Commite Indonesia to open the participation of experts who are not persons with disability sport. Openness is taken in to be welcomed by sports experts to lend a hand join coaching athletes participating in sport Paralympian. One form of participation sport experts are doing research on Paralympic sport in Indonesia that has not been there that do.

Paralympic sports research themes which first needs to be done is about coaches and athletes Paralympic owned by Indonesia basically, coaches and athletes are at the forefront of coaching sports achievements, therefore the attention and study of Paralympic coaches and athletes is important. As the first step of the study, necessary to identify potential coaches and athletes Paralympic owned by Indonesia, as well as how big achievements that have been realized at the international level, especially at the level of South-East Asia. Various factors behind life coaches and athletes is also important to be studied, which can then be used as consideration in performance coaching

Paralympic athletes have unique properties and cannot be equated with normal athletes. The implication of course related to the uniqueness of coaching by the trainers. Means the Paralympic sports coach also has a unique competence and the necessary properties that are unique coaching athletes. Background that prompted the need for an examination of the coaches and athletes Paralympic Indonesia.

Based on the background issues that have been mentioned above, then this research can be identified as follows:

- a) The need for sport to human life.
- b) The need for research on Paralympian Sports.
- c) The requirement is intended only organization committee for the disabled.
- d) Lack of awareness of sports experts to develop Paralympic sport in Indonesia.
- e) Local Government less attention in the field of Paralympic sport.
- f) HR trainers and athletes to note his ability to get the desired results

Based on the formulation of the problem that has been stated, the purpose of this study was to determine the Paralympic Sports Coaching Evaluation of Indonesia.

## **B. Discussion**

### **a. Sports**

In the Republic of Indonesia Act 3 of 2005 regarding National System defined: Sport is all systematic activities for nurture, and develop physical potential spiritually, and socially. Sports interpreted as a form of intensive physical activity in order to gain a victory or achievement recreation optimal. Sports can be classified based on their scope into three categories: 1) sports education, 2) recreational sports, and 3) Sports achievements.

Sports education is physical education and sport undertaken as part of the process of regular and ongoing education to acquire personality, skills, health and physical fitness.

Recreational sports is a sport performed by people with interest and ability to grow and develop in accordance with the conditions and cultural values in community health, fitness, and fun.

Sporting achievement is a sport that foster and develop the sportsman in a planned manner, in stages, and continuing through the competition to achieve with the support of sports science and technology.

## **b. Paralympic sports**

Understanding Sports Paralympic sport is inseparable from the notion that persons with disability specific exercises conducted in accordance with the conditions of physical disorders and / or mental (SISORNAS by Law. 2005), For persons with disability sport, Paralympian sport emphasis on goal achievement, or as a sport achievement tributaries sports and race numbers or match and adjusted to the conditions set by the Paralympic committee. There are many sports that Paralympic competed in the Paralympic Games. There is a common sport's brother held with certain modifications in the rules adapted to the functional ability of athletes, and there is a sport that is specific only for disabled. Sports competed among others, are as follows:

- a. Athletics: amputee, blind, cerebral palcy, Paraplegic.
- b. Archery: amputee, Paraplegic
- c. Pool: amputee, cerebral palcy, Paraplegic
- d. Blind lawn bowling field
- e. Paraplegic air rifle
- f. Basketball Wheelchairs Paraplegic g
- g. Fencing Paraplegic
- h. Bowls room Paraplegic
- i. amputee soccer
- j. badminton amputee
- k. Chess amputee, cerebral palcy, Paraplegic.

In any event the implementation of international Paralympic sport in a country is not always the whole Paralympic sports were held.

## **c. Sports Coach**

Sports coach is one of the professions that exist in professional services based Science of Sport. As a profession, to become a sports trainer should be through academic and professional education that implements a fairly high standard. Therefore, to be a professional coach needs to be studied sports coaching that is pre-service and after becoming coach continues to regularly

receive coaching that is in-service education. Basically professional sports coach requires competence which is identical to the competence of teachers. Good sports coach should have the characteristics of an educator or physical education teacher. Means in-service sports coach. On the base has four competencies, namely competency : personality, pedagogy, professional, and social.

#### **d. Sports athletes**

Athlete or sportsman is a person who attend training regularly and championships with dedication to achieve the feat. To be an outstanding athlete needed talent, enthusiasm, a good workout in a sustainable and conducive environment. High achieving athletes is a person who is competent, intelligent and enthusiastic. Daryl Siedentop (1994) suggested that. Athletes who are competent means having adequate skills to participate in games, understand and be able to implement the strategies according to the complexity of the game, and as a player who was knowledgeable sportsmen clever means understanding the values of the rules, procedures, and traditions in sports, and can distinguish between practices sporting good and bad, whether in children or professional sportsmen are enthusiastic sportsmen meaningfully participate and behave in ways that preserve, protect, and enhance the sporting culture. As a member of a sports group helped develop the sport at the local, national, and international.

#### **e. Paralympic Sports Athletes**

Paralympic athletes are athletes with disability who pursue sport or type of training specifically for the purpose of achieving high performance. There are disability athletes were accommodated in Paralympic sport, namely a. Amputee (A) b. Visual Impairment (VI) c. Palcy palsy (CP) d. Spinal Cord Injury (SCI) e. Les Autres (Other's) Each type of disability is divided into several in classification. Each classification for each type of disability provided the branches of sport and the numbers rlombaam / specific game that is set in

the game according to the rules functional capabilities that relate to the type of disability.

**f. Athlete Achievement**

Athletes are the most accomplished sportsman or athlete group (team) in sporting activities. The athlete's performance is measured or judged based on the result of the participation of athletes in the race or sporting event. The results of participation in the race and there are games that are measurable and there is no measurable thing is the race that is parameters such as time or speed, distance or distance, heights, weights or weight, and accuracy at the target. Which are not measurable are determined based on the match results in a victory in the form of resistance among athletes Another achievement that are not quantifiable results that are determined based on the jury assessment criteria of beauty, harmony, truth, and precision of movement Achievement athletes from time to time can be increased and decreased. All of it depends on many factors experienced by each athlete. Athletes who lead a healthy lifestyle and good practice and sustainable manner will be able to accomplish that feat is likely to increase, and can survive in a relatively long period of time

From the data analysis of the profile of trainers in gender factor can be judged that the man turned out to be more involved in the appeal of women in coaching Paralympic athletes. Coaches between 35 s / d 49 are the most dominant. From the factor of education level, the highest education level SMA / SMK there is even a 7.7% JSE. This can be judged that the qualifications of the coach was still inadequate. Ideally, the coach minimal education is sport degree so that they have the provision of sports science and adequate competence.

The city that distributes the greatest coaches is Central Java (86.5%). Other provinces only distribute 4 regions, which even then they give very small contribution, those are West Java, Jakarta, East Java, and Banten. From the coach who came from Central Java and even then mostly from the city of Solo and the surrounding area. This fact can be interpreted to mean that the HR manager to be uneven across regions in Indonesia.

On the background of life coach, it turns out most of that 32, 7% out of the disabled. This shows that Paralympic athletes coaching requires the coach without a disability. Meanwhile, the main job factors, only a small part is fully work as trainers 11.5% and the rest (88.5%) is not as their main job. This indicates that a coach is only as a volunteer or yet not as a professional coach.

Athlete profiles from gender factor turned out to be the existence of dominant males more than females. Athletes between 15 s / d 55 years in mode between the ages of 19 s / d 42 years. Of the factors the highest education level is Senior High School or Senior Vocational School and below, not even a school. This can be judged that the educational level athletes generally moderate and low.

Analytical work on the area contributor to athletes was also still not evenly from all regions in Indonesia. Most athletes' contributor HR area is Central Java. This is in line with the region contributing most HR coach also Central Java. The next sequence of consecutive West Java, Jakarta, North Sumatra, and East Jaw. This can be judged that the coaching Paralympic athletes in Indonesia has not been evenly distributed throughout the area.

### C. Conclusion

The conclusion of this research results can be concluded that profile coach Paralympic Indonesia is dominated by men, aged between 35 till 49 years, and the education level of high school / vocational school. Most coaches' contributor HR area is Central Java, and the difference very much next sequence is in West Java, Jakarta, East Java, and Banten. The most Paralympic sports coach is not disabled, with the level of education is generally only high school / vocational, and as a coach is only as volunteers or not work as coach. Indonesian Paralympic athlete profiles olch predominantly male, aged between 19 till 42 years, and the education level of Senior High School / Vocational High School. Regional HR contributor athletes winning medals is Central Java, and was followed the next order is in West Java, Jakarta, North Sumatra and East Java. The amount of the overall area that can be won there 24 regions. The highest portion Paralympic sports athletes

with disability due to illness, the second order innate, and other causes for the accident. Highest level of education high school / vocational school, then junior high school, and some do not attend classes. From comparison of the number of athletes and coaches, athletes winning medals in the Paralympic Games VI can be considered good. Athletics, swimming and table tennis became a mainstay in the acquisition branch medal. At the Paralympic Games VI of Indonesia won the second place in the general after Thailand in the first place. Of the number of medals earned, Indonesia is number one.

Several suggestions are proposed. First of all, it needs to make a model system of recruitment, education, and training of trainers Paralympic sports, as well as career guidance system that can stimulate the development of Paralympic sport trainer profession evenly throughout Indonesia. Second, it needs to make a model system of recruitment and selection Paralympic athletes, as well as the guidance system that can stimulate motivation achievement for people with disabilities are willing and eager to be an athlete Paralympic sport evenly throughout Indonesia. Then, need to develop centers equipped Paralympic sports training facilities which is complete in every provinces in Indonesia. Finally, in the international competition, the athletes needed to provide a match that follows international standards in order to achieve optimal performance.

#### **D. References**

- Haag, Herbert. (Ed.) 2004. *Research Methodology for Sport and Exercise Science*. Schorndorf. Verlag karl hofimann.
- Isaac, Stephen. Michael, William B. (1984). *Handbook in Research and Evaluation*. San Diego : EdITS Publishers.
- Kerlinger, Fred N. (1990). *Azas-azas Penelitian Behavioral*. (Terjemahan Landung L. Simatupang ) Yogyakarta : Gajah mada University Press.
- Jones, Bille J., Wells, L. Janet., Peters, Rachael E, and Johnson, Dewayne J. 1988. *Guide To Effective Coaching : Principles & Practice*. Boston : Allyn and Bacon,Inc.



- Salimin., Muryadi, dan Agus Sutanto. (Eds) 1986. *FESPIC GAMES IV*. Jakarta: PT Nidotama Kharisma
- Menpora. 1999. *Pemberdayaan Olahraga Indonesia Memasuki Abad 21*. Jakarta Kantor Mentri Negara Pemuda dan Olahraga RI.
- Peraturan Presiden Republik Indonesia Nomor 22 Tahn 2010 Tentang Program Indonesia Emas*
- Program Indonesia Emas. 2011. *Rencana Strategis Program Indonesia Eimas 2010-2014*.
- Siedentop, Daryl. 1994. *Sport Education: Quality PE Through Positive Sport*
- The ACC/NCAS. 1990. *Begining Coaching*. Canberra: Australian Coaching Council
- The ACC/NCAS. 1992. *Coaching Children*. Canberra: Australian Coaching Council
- Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 Tentang Sistem Keolahragaan Nasional. 2007*. Jakarta: kementerian Negara Pemuda dan Olahraga Republik Indonesia
- Menpora. 1997. *Visi 2020 Olahraga Indonesia*. Jakarta: Kantor Menteri Negara Pemuda dan Olahraga