



Evaluation of the Achievement Development Program of Swimming Athletes of the Indonesian Aquatic Federation (IAF) Solok City

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Abstract: The problem in the research is motivated because the achievements of Indonesian Aquatic Federation swimming athletes have not been maximized. This is suspected, because the coaching program given to athletes is not running optimally. The purpose of the study was to evaluate the coaching program for the achievements of swimming athletes of the Indonesian Aquatic Federation (IAF) Solok City. The research method is CIPP model program evaluation research with informants of administrators, coaches and swimming athletes of IAF Solok City. Data collection was obtained through observation, interviews and documentation. The results showed that, (1) Context aspect, the coaching program carried out aims to produce athletes who excel in swimming, both at the Regional, Provincial and even National levels. (2) Input aspects, there is a written management structure, already has a certified or licensed coach, a lot of good potential to become a swimming athlete, there are no adequate facilities and infrastructure, and need to be renewed, and there are only short-term training planning documents that are not arranged as training programs, (3) Process aspects, there is a written coach preparation. The implementation of the training program provided is in accordance with what the coach has prepared. (4) Product aspects, the achievements of athletes in championships that are followed such as O2SN Provincial Level, BSC and HBSC time trials, NSC, Yogyakarta national students, Igornas Provincial Level, Kejurda, Riau open and Minangkabau open. There are changes in the attitude of athletes such as discipline, courtesy, sportsmanship and a sense of caring for one another.

Keywords: Achievement; Indonesian aquatic federation; Management; Program evaluation; Swimming athlete

Introduction

Sports can improve human quality in terms of physical and mental (Indika et al., 2023; Sari et al., 2023). Doing sports regularly not only aims to become healthier, but also to achieve achievements that can enhance the dignity of a country or region. In such a

situation, physical exercise is essential to develop individuals who are moral and intelligent in various aspects, such as spiritual, emotional, social, intellectual, and kinesthetic. One of the objectives of the Law of the Republic of Indonesia No. 11 of 2022 on Sports is to achieve achievements at local, national, and

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international levels (Ilham et al., 2024; Padli et al., 2024; Sari et al., 2023).

In Indonesia, the existence of sports clubs serves as a strategic means to develop talented athletes (Argantos & Hidayat, 2017; Syahrastani et al., 2020). The achievements of Indonesian swimming athletes, especially in Solok City, are less than satisfactory due to the lack of professional coaching. To produce athletes who excel at national and international levels, proper and sustainable coaching is essential.

Swimming requires good coaching management to become one of the famous sports (Argantos, 2019; Zulbahri & Astuti, 2020). This includes creating an organized training program. In relation to the objectives of the Sports Act, government and community support is essential to provide sufficient infrastructure and facilities for the development of athletes (Nyoman et al., 2024; Sari et al., 2024; Selviani et al., 2024). In addition, scouting and nurturing young talent from an early age is essential to ensure improvement later in life (Ilham et al., 2024; Prasetyo et al., 2024; Prasetyo et al., 2024).

Current conditions show that Solok City swimming sports coaching is not ideal, and the achievements achieved are not comparable to the potential that exists. The inconsistent achievements of Solok City IAF swimming athletes in the Olympics and other national events are also evident, winning only five silver and four bronze medals in 2023. This shows that the problem of developing and coaching swimming athletes requires serious attention.

This research is important because it can provide a deeper understanding of the factors that influence the success of sports training, especially in swimming in Solok City. Although sports have an important role in improving the physical and mental quality of individuals, and can bring achievements for regions and countries (Cai et al., 2023; Gallotta et al., 2018; Yang et

al., 2021; Yu et al., 2022), the development of swimming in Solok City is not optimal, as seen from the achievements that are not comparable to the existing potential.

Research conducted by Nurdiansyah (2014) entitled Evaluation of Swimming Sports Development in South Kalimantan Province Banjarmasin. The results of research with the CIPP model evaluation show that the swimming coaching process in South Kalimantan is generally still low, both in terms of *Context, Input, Process* and *Product*. Research conducted by Guo et al. (2024) shows that contextually, the guidance program aims to produce brilliant graduates.

Therefore, this study aims to see how swimming coaching is carried out by IAF Solok City and to find and evaluate the factors that influence the success of coaching, such as the ability of coaches, the condition of athletes, organizational support, and the quality of existing facilities and infrastructure. By understanding and evaluating these factors, it is hoped that ways can be found to improve the achievements of swimming athletes in Solok City.

Method

This research is a qualitative research with descriptive method. Qualitative research is research that produces analytical procedures that do not use statistical or other quantitative analysis procedures (Sugiyono, 2018). Qualitative research with descriptive methods aims to accurately describe real information and the relationship between the phenomena being investigated. The focus of this research is the evaluation of the achievement coaching program for swimming athletes of the Indonesian Aquatic Federation (IAF) Solok City.

Table 1. Instrument Grid

Component Evaluation	Aspects	Data source	Data collection instruments
Context	1. The purpose of the swimming athlete coaching program of the Indonesian Aquatic Federation (IAF) Solok City 1. Program planning. 2. Coach and athlete criteria	1. Manager/manager 2. Coaches and athletes	1. Observation 2. Interview 3. Documentation
Input	3. Adequate facilities and infrastructure 1. Preparation. 2. Implementation. a. Material b. Time c. Methods	1. Manager/Manager. 2. Coaches and athletes	1. Observation 2. Interview 3. Documentation
Process	3. Relationship between administrators, coaches and athletes 1. Athlete achievement. 2. Attitude change	1. Manager/manager. 2. Coaches and athletes	1. Interview 2. Observation 3. Documentation
Product	Athlete		

This research will be conducted in Solok City. The research subjects consist of coaches, athletes, facilities and infrastructure, and swimming sports organizations in IAF Solok City. The initial informant is the swimming coach, and other informants will be added according to the snowball sampling principle. Snowball sampling is a sampling technique that is initially small in number, then grows as information is obtained from informants. The information is expected to provide clues about additional informants who can be interviewed next.

To obtain primary data in this study, data collection tools in the form of observations and interviews were used, while documentation in the form of archives owned by the management and coaches of IAF (Indonesian Aquatic Federation) Solok City was used as supporting data or secondary data. The data collection procedure in this study is to use data collection tools. Data collection tools or components needed in the form of cellphones, note forms used. The details can be explained in table 1.

Data analysis is carried out by organizing data, breaking it down into defined units, synthesizing, compiling into patterns, choosing which ones are important and will be studied and making conclusions. The data analysis process in this study was carried out during data collection and after completion of data collection within a certain period using the Mezmir (2020) or model, namely, "data Reduction, data Display and Conclusion Drawing/Verification" as shown in Figure 1.

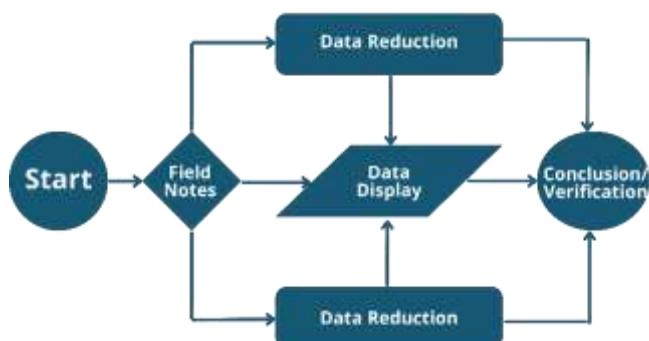


Figure 1. Technique or the Miles B Matthew model

Result and Discussion

This research was conducted by collecting data through interviews with sources, namely administrators, coaches, and athletes of IAF Solok City, as well as observations of facilities and infrastructure. The results of the evaluation of the IAF Solok City swimming athlete achievement coaching program based on the CIPP evaluation model include aspects of Context, Input, Process, and Product.

Context Evaluation

The results of the context evaluation show that IAF Solok City has a written and structured management system, where the active period of the management is for 4 years. The purpose of the coaching program at IAF Solok City is to produce athletes who excel at the regional, provincial and national levels. This is corroborated by the statement of the management which states that they are determined to find potential seeds from an early age.

Interview Results:

Board of Trustees and Treasurer: "The goal to be achieved is to find athletes who excel and make the region proud."

Coach: "We as coaches must understand the character of each athlete."

Input Evaluation

The input evaluation shows that IAF Solok City has a written training program that has been compiled by the coach. The implementation of the training program includes warm-up, core, and cool-down, with a training duration of between 2 to 3 hours. However, the available facilities and infrastructure still need to be improved, namely private swimming pools and training equipment.

Interview Results:

Coach: "For the training program, we have a short-term and medium-term plan."

Management: "We always give athletes the opportunity to take part in competitions."

Process Evaluation

From the results of the evaluation process, the training program implemented has been running well and has become a reference for athletes in the match. Most athletes carry out training according to the set schedule. The management and coaches realize the need for additional training time to increase the capacity of athletes.

Interview Results:

Manager: "The training program made by the coach has been going well."

Coach: "Athletes always perform at their best in matches."

Product Evaluation

An evaluation of the results showed that Solok City IAF athletes have achieved various achievements at local and national levels, including O2SN and time trials. There is a better understanding of attitude and insight, where athletes are now more disciplined and sportive.

Interview Results:

Management: "There is an improvement in athletes' attitudes and insights, such as manners, courtesy, and care for each other."

Coach: "The improvement in athletes' attitudes and insights can be seen in better language and discipline."

Overall, the results showed that despite some shortcomings in facilities and infrastructure, the coaching program carried out by IAF Solok City has succeeded in achieving the goal of improving athlete performance and creating a disciplined culture among coaches and athletes. As shown in the figure 2, the results of the observations and interviews.



Figure 2. Results of observations and interviews at the Indonesian Aquatic Federation (IAF) Solok City

In this study, the evaluation of the swimming athlete achievement coaching program of the Indonesian Aquatic Federation (IAF) Solok City uses the CIPP evaluation model, which includes aspects of Context, Input, Process, and Product.

Context Aspect

Evaluation of the coaching context shows that the program implemented is in accordance with the main objective, namely to form outstanding athletes at the regional, provincial and national levels. The awareness of administrators and coaches to look for athletes' seeds early on emphasizes the importance of a systematic approach in improving the quality of athletes. Achievement sports coaching must be carried out in a planned and sustainable manner to achieve maximum results. In other words, the coaching program at IAF Solok City is in line with Law No. 11 of 2022, which emphasizes the importance of achieving high sports achievements (Syahrastani, 2022; Zulbahri, 2019).

This is supported by several studies that show the importance of certain factors in the continuous development of athletes. For example, research by Rossi et al. (2020) emphasizes that the quality of athlete development depends heavily on structured training management with adequate facility support. In addition, Attar et al. (2022) found that good sports facilities can improve athlete motivation and performance in the long term. Research by Aye et al. (2017) also shows that organized and continuous training is the key to achieving maximum sporting achievement, with a

community-based approach and an environment that supports the development of athletes from an early age

Input Aspect

The input evaluation showed that IAF Solok City has a written training program that suits the needs of athletes, compiled by licensed coaches. However, there are still deficiencies in facilities and infrastructure, including swimming pools and training equipment that need to be updated. As expressed by several athletes and coaches, the existence of adequate facilities is very important to support the effectiveness of coaching and achievement (Selviani et al., 2023; Yoslanda et al., 2024).

This is supported by several studies that reveal that adequate facilities and infrastructure play an important role in supporting the success of athlete development (Berek et al., 2022; Putra & Sepriadi, 2022; Rahayu et al., 2024; Septyadina & Gunawan, 2021; Sulistyana, 2022). Several studies explain that the availability of good sports facilities can increase athlete motivation and support the effectiveness of training, which ultimately has an impact on achievement. In addition, it is supported by emphasizing the importance of adequate facility support in a structured training process, because inadequate facilities can hinder athlete development (Amawi et al., 2023; Amir & Baharuddin, 2020; Eleftherios, 2024; Zhu et al., 2023).

Process Aspect

Process fatigue shows that the coach has run the training program well, despite weather constraints that affect the training schedule. The training methods applied have been in accordance with the athletes' abilities and have supported skill improvement. A good implementation process will help achieve goals, but more attention needs to be paid to the flexibility of training scheduling so that it is not interrupted by external factors (Kurniawan et al., 2024; Rahayu et al., 2024).

This is supported by several studies that show that the implementation of a good training process greatly influences the achievement of athlete development goals (Bennasar-Veny et al., 2023; Frohm et al., 2007; Naser, Ali, & Macadam, 2017; Oser et al., 2021). Several studies emphasize that a well-organized training process, which takes into account the abilities of the athletes, will help to significantly improve their skills (Afonso et al., 2020; Kilit, Arslan, & Soylu, 2019; Milanović et al., 2011; Morat et al., 2020; Setiawan et al., 2017). However, external factors such as weather that can affect the training schedule also need to be considered.

Product Aspect

In terms of results, IAF Solok City athletes showed good achievements in various competitions, such as

O2SN and NSC, with significant medal gains. This shows the success of the coaching program. However, the aspect of changing athletes' attitudes and insights is also very important, where they have shown improvements in discipline, sportsmanship, and caring attitudes towards their peers. Administrators and coaches need to continue to support and motivate athletes in order to maintain and improve the achievements that have been made (Ilham et al., 2024; Indika et al., 2023; Selviani et al., 2024).

Overall, the evaluation of the coaching program at IAF Solok City shows a positive performance, although there are still some aspects that need to be improved, especially in providing adequate training facilities. Continuity in coaching, close monitoring of athlete progress, and periodic evaluation of the program being run are the keys to success in achieving higher goals in the future.

Conclusion

The conclusion of this study shows that the swimming athlete development program at IAF Solok City has shown positive results, despite some deficiencies in facilities and infrastructure. An evaluation based on the CIPP model shows that the context and input aspects of the program are in line with the objective of producing outstanding athletes at the regional, provincial, and national levels. The training process that was implemented also went well, despite external constraints such as the weather affecting the training schedule. In terms of results, IAF Solok City athletes have achieved significant achievements in various competitions, as well as showing improvement in discipline and sportsmanship. However, the evaluation also emphasizes the importance of improving training facilities so that the coaching program can run more effectively and support the achievement of higher achievements in the future. For this reason, sustainability in training, monitoring of athlete progress, and regular program evaluation are the main keys to achieving greater goals.

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Conflicts of Interest

The authors declare no conflict of interest.

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