



## Survey Of Facilities And Infrastructure Conditions At UKM Kabaddi Stok Bina Guna

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### Abstract.

#### Background

Proper use of the facilities and infrastructure of the STOK Bina Guna Kabaddi Student Activity Unit (UKM Kabaddi) significantly contributes to the comfort of athletes, leading to optimal performance. This is also supported by the good condition of the facilities and infrastructure.

#### Objectives

This study aims to determine the condition of the facilities and infrastructure of the STOK Bina Guna Kabaddi Student Activity Unit (UKM Kabaddi).

#### Methods

The method used in this study was descriptive, using observation sheets, photographs, and videos. This study was conducted over seven days using the observation sheets.

#### Results

The results of the study indicate that the condition of the facilities at the STOK Bina Guna Kabaddi Student Activity Unit (UKM Kabaddi) is classified as "Good" (61%). Equipment condition will be good if used properly and maintained optimally. The results of the study indicate that the condition of the infrastructure at the STOK Bina Guna Kabaddi Student Activity Unit (UKM Kabaddi) is categorized as "Poor" (28%).

#### Conclusion

The existing facilities of the STOK Bina Guna Kabaddi UKM can be used by 13 athletes. The condition will be even better if they are used properly and correctly. The infrastructure of the STOK Bina Guna Kabaddi UKM is in a very worrying condition, with most of the infrastructure not meeting standards. It is hoped that the relevant parties will ensure that the facilities and infrastructure are well maintained and require maximum maintenance and more attention..

**Keywords:** Facilities, Infrastructure, STOK Bina Guna Kabaddi UKM.

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## INTRODUCTION

Sports play an important role in our society and deserve significant focus and attention due to their strategic importance in the development process. They contribute to improving the quality of human resources by instilling values such as sportsmanship, discipline, and integrity. In today's era, sports activities are developing rapidly, making it a missed opportunity if the quality of our human resources remains low. On the positive side, the growth of sports has been encouraging, with various competitions held almost every month. One sport that frequently organizes competitions is kabaddi.

The Federasi Olahraga Kabaddi Seluruh Indonesia (FOKSI) first officially competed in the Asian Games in 1990. The organization is chaired by I Gusti Bagus Alit Putra. FOKSI is the governing body responsible for the development and promotion of kabaddi throughout Indonesia. It also plays a role in advancing the sport at the national level. Along with organizing provincial-level competitions and championships, FOKSI actively participates in official activities involving administrators, coaches, and athletes.

The Student Activity Unit (UKM) is an organization within higher education institutions that brings together students who share similar interests, creativity, and enthusiasm for engaging in extracurricular campus activities. Through its programs, UKM members have the opportunity to showcase their talents, pursue hobbies, and express creativity, all in an effort to develop and enhance their potential. Participation in such organizations enables students to explore and improve their skills, complementing the knowledge gained in classrooms and laboratories. Ultimately, balancing curricular and extracurricular involvement aims to develop well-rounded graduates who excel intellectually, socially, emotionally, and spiritually.

UKM serves as a platform for individuals to develop their potential according to their interests and talents, thereby contributing to the development of intelligent, outstanding, independent citizens who love

their country and uphold noble values. The Kabaddi Student Activity Unit has a strong reputation and conducts regular training sessions every Monday, Wednesday, and Friday from 4:00 PM to 6:00 PM at the STOK Bina Guna Medan field. The Kabaddi UKM has achieved remarkable accomplishments, including having its members selected for the men's and women's Kabaddi Athlete Team for PON Aceh–North Sumatra 2024. The growth of the Kabaddi UKM has been impressive, showing significant development each year. This progress is reflected in the increasing participation of students from the School of Sports and Health Bina Guna in Kabaddi UKM activities.

To achieve peak performance, it is essential for athletes to engage in training guided by well-planned strategies and clear programming. This approach not only enhances athlete quality but also helps build focused training programs that motivate them to achieve their goals. It is evident that Indonesian football players struggle to compete internationally, and one possible factor may be the lack of effective training development models. By implementing a structured and phased training strategy, we can better equip our athletes to reach their full potential.

The Kabaddi UKM is a dynamic student organization led by Ahmad Al Munawar, headquartered on Jalan Alumunium Raya No. 77, Tanjung Mulia, Medan. The organization consists of 20 athletes who train under the guidance of Ahmad Al Munawar and Nora Mutiara Purba. The training facility serves not only as a practice venue but also as an official competition site, including events such as Porkot. However, there are several aspects that the Kabaddi UKM can improve in its operations, particularly in terms of facilities and infrastructure.

In sports, access to proper facilities and infrastructure is crucial for enhancing performance and achieving better results. Each sport has unique requirements, and adequate facilities tailored to these needs play a vital role in driving improvement. In the Kabaddi UKM, well-designed facilities and resources can significantly enhance training effectiveness and overall success. Quality infrastructure not only supports athletes in honing their skills but also enriches the overall sporting experience.

Sports facilities play a vital role in the implementation of training processes across various athletic disciplines. These facilities include a wide range of resources, such as portable equipment that can be easily transported and used during training sessions. Additionally, facilities may take the form of sports complexes, stadiums, fields, and specialized infrastructure tailored to meet the specific needs of different sports.

The proper utilization of facilities and infrastructure is essential to achieving the intended objectives of activities, particularly at the Kabaddi UKM training center. Coaches Ahmad Al Munawar and Nora Mutiara Purba have expressed concerns about the condition of the Kabaddi UKM's facilities, stating that they fall far below acceptable standards. The main issues include inadequate kabaddi mats, non-functional scoreboards and timers, insufficient protective equipment, and poorly maintained buildings and changing rooms. Furthermore, facilities such as information boards, training schedules, lockers, toilets, and drinking water provisions are also lacking.

These shortcomings create discomfort for Kabaddi UKM athletes. Many have expressed dissatisfaction with the existing facilities, noting that much of the equipment does not meet national standards. The training mats, in particular, are unsuitable for effective practice, thereby hindering performance. The equipment currently used by the Kabaddi UKM has remained largely unchanged since its establishment in 2024, resulting in outdated resources that threaten the athletes' potential success. Consequently, during competitions, athletes often struggle to achieve their targeted victories.

## METHOD

### Research Design

The research method can be interpreted as a scientific way to obtain valid data with the aim of being able to discover, develop, and prove certain knowledge so that in turn it can be used to understand, solve, and anticipate problems. Based on the opinion above in accordance with the problems and objectives of the research that have been described previously, the researcher intended to find out the facilities and infrastructure of UKM KABADDI, North Sumatra 2025.

### Participant

The research location surveyed the facilities and infrastructure of the Kabaddi Student Activity Unit (UKM) at the STOK Bina Guna Medan Campus. In principle, research involves measuring social and natural phenomena. Researching by collecting existing data is quicker than conducting research, even if it's called reporting. Researchers, as tools, can adapt to all aspects of the situation and collect a variety of data simultaneously.

## Data Analysis

The collected data which is the result of the research questionnaire will then be analyzed using the percentage technique proposed by Arikunto with the formula:

$$P = \frac{F}{N} \times 100 \%$$

Description:

P = Percentage of score results (%)

N = Number of samples

F = Total number of samples

## RESULTS AND DISCUSSION

### Results

From the results of observations at UKM Kabaddi Stok Bina Guna Medan located on Jalan Tanjung Mulia, which were conducted by researchers using an Observation Sheet as a guide and collecting data through documentation. The observation sheet contains indicators, criteria, and options (feasible and unfeasible), with the aim of knowing the condition of facilities and infrastructure at UKM Kabaddi Stok Bina Guna Medan. Based on the data obtained (observation sheets) conducted by the researcher, the following results were obtained:

Based on the observation sheets, the condition of the facilities and infrastructure in the Stok Bina Guna Medan Kabaddi Student Activity Unit (UKM Kabaddi) is as follows:

### UKM Kabaddi Facilities:

1. Suitable based on the following criteria:

- a. Barbell bar
- b. Berbell
- c. Kabaddi Shoes
- d. Kabaddi Mat
- e. Tactical Clipboard
- f. Whistle
- g. Taping
- h. Stopwatch
- i. Athlete Scales

2. Not suitable based on the following criteria:

- a. Bench press
- b. Lat pull down. UKM Kabaddi Facilities:
  1. Suitable based on the following criteria:
    - a. Mineral water supply
    - b. Information Board
  2. Not suitable based on the following criteria:
    - a. Kabaddi Student Activity Unit Building
    - b. Changing rooms
    - c. Toilets
    - d. Lockers
    - e. Training Schedule Board

Table 1. Observation Results of Facilities and Infrastructure Conditions at UKM Kabaddi Stok Bina Guna Medan

NO	Variable	Score			Note
		Eligible	Not Eligible	Percentage (%)	
1.	Means Kabaddi UKM	21	13	61%	Good
2.	Kabaddi Sme	7	18	28%	Not Enough

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**Infrastructure**

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**Description:**

From the observation of the condition of PABBSI Medan's facilities and infrastructure, the following results were obtained:

1. 21 facilities at the STOK Bina Guna Medan Kabaddi Student Activity Unit (UKM Kabaddi) are in good condition, while 12 are in poor condition, with a percentage of 63%, categorized as Good.
2. 12 facilities at the STOK Bina Guna Medan Kabaddi Student Activity Unit (UKM Kabaddi) are in good condition, while 18 are in poor condition, with a percentage of 28%, categorized as Poor.

**Discussion****1. Facilities of the Kabaddi UKM at STOK Bina Guna Medan****a. Barbell**

A barbell is equipment used for training to build and strengthen body muscles. Based on the observation sheet, the barbells at the Kabaddi UKM STOK Bina Guna Medan are categorized as adequate. However, several criteria are not fully met, namely the availability of 5 kg, 2 kg, and ½ kg weights, as well as the absence of barbell collars (locks).

This is due to the fact that the iron material is still of good quality, the weight variations are available, maintenance is well managed, and storage is handled properly, which has helped preserve the barbells' condition until now. The available weight variations range from 25 kg, 20 kg, 15 kg, 10 kg, 5 kg, 2.5 kg, 2 kg, and ½ kg, although a few do not fully meet the feasibility standards.

**b. Barbell Bar**

The barbell bars at the Kabaddi UKM STOK Bina Guna Medan are categorized as adequate. Based on the observation sheet, the material, length, and thickness meet the required criteria. However, the barbell bars require special maintenance and proper storage. Observations show that many pieces of equipment have started to rust due to unsuitable storage conditions. Therefore, the responsible parties are expected to pay more attention to this equipment to improve comfort and safety for the athletes.

**c. Kabaddi Shoes**

The 10 pairs of shoes available at the Kabaddi UKM STOK Bina Guna Medan are categorized as adequate. Based on the observation sheet, the material, soles, and sizes meet the specified criteria. The shoes are among the best-maintained facilities available in the Kabaddi UKM room at STOK Bina Guna Medan.

**d. Kabaddi Mats**

The mats at the Kabaddi UKM STOK Bina Guna Medan are categorized as adequate. Based on the observation sheet, the material, base, and size meet the required criteria. The mats are among the best facilities available in the Kabaddi UKM room.

**e. Tactical Clipboard**

The tactical clipboard at the Kabaddi UKM STOK Bina Guna Medan is categorized as adequate. Based on the observation sheet, the material and surface meet the criteria. The tactical clipboard is one of the facilities that remains in good condition in the Kabaddi UKM room.

**f. Whistle**

The whistle at the Kabaddi UKM STOK Bina Guna Medan is categorized as adequate. Based on the observation sheet, the material meets the required criteria. The whistle is one of the facilities that remains in good condition.

**g. Taping**

The taping equipment at the Kabaddi UKM STOK Bina Guna Medan is categorized as adequate. Based on the observation sheet, the material meets the required criteria. The taping supplies are still in good condition in the Kabaddi UKM room.

**h. Stopwatch**

The stopwatch at the Kabaddi UKM STOK Bina Guna Medan is categorized as adequate. Based on the observation sheet, the material meets the required criteria. The stopwatch is still in good condition and suitable for use.

**i. Athlete Scale**

The athlete weighing scale at the Kabaddi UKM STOK Bina Guna Medan is categorized as adequate. Based on the observation sheet, the material meets the required criteria. The scale is one of the facilities that remains in good condition.

## **j. Bench Press**

The bench press in the Kabaddi UKM room at STOK Bina Guna Medan is categorized as not adequate. Based on the observation sheet, the material, size, and support bar were assessed. Of these three criteria, only one meets the standard, namely the material, which is made of steel. This is because the bench press has been used for a long time and has never been replaced since the establishment of the Kabaddi UKM at STOK Bina Guna Medan.

## **2. Infrastructure of the Kabaddi UKM at STOK Bina Guna Medan**

### **a. Building at the Kabaddi UKM STOK Bina Guna Medan**

The sports building at the Kabaddi UKM STOK Bina Guna Medan is used as a training venue for athletes and is also utilized by other martial arts student activity units for practice. Based on the observation sheet, the condition of the building falls into the "not adequate" category. The Kabaddi UKM sports building at STOK Bina Guna Medan is classified as a Type C sports hall, meaning it serves competitions at the sub-district (kecamatan) level.

Sports buildings are categorized into several types:

- (a) Type A sports buildings serve the provincial (Level I regional) area;
- (b) Type B sports buildings serve the regency/municipal area;
- (c) Type C sports buildings serve the sub-district (kecamatan) area.

## **CONCLUSION**

### **A. Facilities at the STOK Bina Guna Medan Kabaddi Student Activity Unit.**

The research results categorized the facilities at the STOK Bina Guna Medan Kabaddi Student Activity Unit as "Good" with a score of 61%. The facilities at the STOK Bina Guna Medan Kabaddi Student Activity Unit are adequate, including barbells, barbell handlebars, kabaddi shoes, kabaddi mats, tactical clipboards, whistles, taping equipment, stopwatches, and athlete scales. The bench press and lat pulldown equipment are inadequate.

### **B. Infrastructure at the STOK Bina Guna Medan Kabaddi Student Activity Unit.**

The infrastructure at the STOK Bina Guna Medan Kabaddi Student Activity Unit does not function directly, and its presence is not crucial. However, it is very helpful in complementing the main facilities and features at the STOK Bina Guna Medan Kabaddi Student Activity Unit. Research results categorized the infrastructure at the STOK Bina Guna Medan Kabaddi Student Activity Unit as "deficient" with a percentage of 28%. Adequate infrastructure includes the provision of mineral water and information boards, while inadequate infrastructure includes the changing rooms, restrooms, lockers, and training schedule boards.

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## **AUTHOR CONTRIBUTION STATEMENT**

This research was conceptualized and designed by Igres Elisabet Sagala, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at STOK Bina Guna Medan. Andi Nur Abady performed data analysis, interpreted the findings, and contributed significantly to the preparation of the manuscript. All authors participated in manuscript revisions, approved the final version for submission, and take full responsibility for the integrity and accuracy of the work.

## **CONFLICT OF INTEREST AND FUNDING**

The authors declare no conflict of interest related to the conduct, authorship, or publication of this study.

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