



Profile of Taekwondo Dojang Achievement Development at SMP Negeri 1 Pangkalan Susu, North Sumatra

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Abstract.

Background

The Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu has not achieved maximum performance in regional and national competitions in recent years. This research formula evaluates the Antecedents, Transactions, and Outcomes at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu.

Objectives

The aim of the research was to determine the achievements of the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu in achieving achievements.

Methods

The research method uses a qualitative approach with the Countence evaluation model from Robert E. Stake which includes: 1) Antecedent, namely the background and planning of the coaching program, 2) Transaction, namely recruitment of coaches, recruitment of athletes, training programs, facilities and infrastructure, and funding, and 3) Outcomes, namely success.

Results

The results of the study include 1) Antecedent, namely the background and planning of a structured coaching program by the management, 2) Transaction, namely the recruitment of coaches and recruitment of athletes meet all criteria, the training program is arranged/scheduled by the coach and management, but athletes have not been able to carry out the training programs given by the coach optimally, Facilities and infrastructure constraints occur, there are facilities that are still not suitable for use which hinders training and coaches in delivering their programs, funding is very good to support the needs of athletes and coaches, and 3) Outcome, namely the success of athletes has not reached the target optimally.

Conclusion

The conclusion of this study is 1) Antecedent includes: background and planning of a very good coaching program, 2) Transaction includes recruitment of coaches and recruitment of athletes that are very good, the training program has not run well, facilities and infrastructure are not good, funding is very good, 3) Outcome includes less good success. Suggestions in this study are: The management and coaches of Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra must be more optimal in making improvements, especially in the aspects of implementing athlete recruitment and facilities in the equipment sector for coaches and athletes in carrying out training programs.

Keywords: Evaluation, Achievement Development, Taekwondo Dojang.

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INTRODUCTION

Achieving a feat in sports is highly dependent on a systematic, orderly, planned, and continuous coaching process, therefore the steps that must be taken to achieve peak sports achievements that refer to the pyramid system are: problems, breeding, and achievement coaching (KONI, 2019). Achieving peak achievements needs to be described in a comprehensive concept in a tiered coaching pattern. In this case, to achieve peak national sports achievements is achieved through a national sports coaching pattern that refers to the pyramid system (Randes Rahdian Aziz et al. 2023). Achievement sports aims to develop athletes in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of sports science and technology (Kristiyanto et al., 2020). And to achieve optimal athlete performance, it also requires effort and training power outlined in a systematically structured training program plan as a guideline for the direction of activities to achieve goals effectively and efficiently (Tohar et al., 2019). The development of high-achieving sports is aimed at the advancement of all existing sports, including Taekwondo.

Taekwondo at the competitive level has two official competitions: kyorugi and pomsae. Therefore, of these two competitions, kyorugi, or sparring, requires excellent physical condition before the match. "And

athlete endurance is a person's ability to overcome fatigue from relatively prolonged physical exertion." (Valdesia Wulantami Pitajaya, 2023).

The martial art of taekwondo has its roots in South Korea. Mauritsz Do Minggus introduced taekwondo to Indonesia in 1972, and it was developed there in 1975. Several techniques form the foundation of taekwondo. The term "Tae" means foot, "Kwon" means hand or strike, and "Do" means art, system, or method, all of which are the roots of the name "Taekwondo." Therefore, it can be said that Taekwondo is a martial art that defeats an opponent by using the hands and feet as weapons of self-defense. Based on this knowledge, we can conclude that foot and hand techniques are the basic methods of taekwondo. However, the foot approach is the most frequently used approach in competition.

Taekwondo is a Korean martial art studied by people from various walks of life throughout the world and is growing rapidly in Indonesia. V. Yoyok Suryadi (2002: 7) states that Taekwondo has been practiced and developed in Indonesia for approximately 30 years. There is evidence that at that time Taekwondo was associated with the International Tae Kwon Do Federation (ITF) which later developed into the World Taekwondo Federation (WTF) which merged into Taekwondo Indonesia (TI) in 1982. Interest in Taekwondo is not only in demand by adults but also teenagers and children because Taekwondo membership is open to the public (Yulingga Nanda Hanief, 2019).

Today, a growing number of taekwondo clubs in every region of Indonesia are contributing to the sport's recognition and development. Numerous championship events are held to showcase achievements and develop talented athletes, who are then recruited to participate in regional and national training camps, ultimately improving the performance of Indonesian taekwondo. Efforts to improve the development of Indonesian taekwondo require extensive work, including systematic training, appropriate coaching, potential athletes, a strong organization, qualified coaches, and adequate facilities and infrastructure. These components are interconnected and inseparable.

In efforts to improve the quality and performance of taekwondo, relevant parties, not only coaches and athletes, but also organizational administrators and even the government, are capable of finding solutions. Planned and ongoing coaching is a must and is the responsibility of all parties actively involved in taekwondo. Important elements supporting efforts to improve taekwondo performance include facilities and infrastructure. The development of competitive sports is also supported by adequate facilities and infrastructure that meet the standards used in official competitions. Each sport has its own specific facilities and infrastructure, and taekwondo is no exception. Supportive facilities and infrastructure are essential for smooth activities.

With 19 students and three coaches, the Taekwondo Club of SMP Negeri 1 Pangkalan Susu is one of the Taekwondo Clubs in Langkat Regency. Its training facilities are located at the SMP Negeri 1 Pangkalan Susu Field Unit in Pangkalan Brandan, Pangkalan Susu Regency. In Langkat Regency, the Taekwondo Club of SMP Negeri 1 Pangkalan Susu won the regional championship title, and several of its competitors awarded medals to North Sumatra.

In order to find out the extent of the development of taekwondo sports achievements at Dojang SMP Negeri 1 Pangkalan Susu, it is necessary to conduct research by digging up information from the supporting elements for the development of the sport of taekwondo. Information digging is directed at the state of the organization and its management, its training program, its facilities and infrastructure, and its coaching. Dojang SMP Negeri 1 Pangkalan Susu was established since October 17, 2009, the development of athletes at Dojang SMP Negeri 1 Pangkalan Susu is to advance sports in North Sumatra, especially Dojang SMP Negeri 1 Pangkalan Susu through one of the sports branches of Taekwondo and develop the talents of young people in the field of sports in the Pangkalan Susu area, with the development of achievements in the Taekwondo sport branch, it can narrow down young people entering the world of drugs. The purpose of the researcher to take data at Dojang SMP Negeri 1 Pangkalan Susu is because seen from the club management and facilities and infrastructure that are slightly lacking, the club is able to provide quite proud achievements.

METHOD

Research Design

This research was conducted through a qualitative approach with the Robert. E. Stake model where this model includes three stages, namely the state before the activity takes place (antecedent), the activity occurs (transaction), and the results obtained (outcomes) to describe the phenomena that occur in the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu as an effort to develop achievement.

Participant

The problem examined in this study is the profile of the Taekwondo Dojang Achievement Development of SMP Negeri 1 Pangkalan Susu, North Sumatra, with the problem units studied consisting of the Principal, coaches, athletes, and training programs. The research location is on Jl. Pangkalan Berandan, Beras Basah Village, Pangkalan Susu District, Langkat Regency, North Sumatra.

Data Analysis

The data analysis used in this study is based on the interactive analysis model as developed by Miles and Huberman (2019: 334). Processing and analysis consist of four interacting components: 1) Data Collection, 2) Data Reduction, 3) Data Display, and 4) Conclusion/Verification. These four components form a continuous cycle of data collection, data reduction, data presentation, and conclusion/verification. Data analysis is conducted throughout the data collection process. Data reduction involves summarizing the data into several sections with predetermined categories.

RESULTS AND DISCUSSION

Results

The performance of athletes at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, is still considered less than satisfactory due to the inconsistent achievement of achieving a minimum of one gold, one silver, and one bronze medal annually. This is due to athletes' inability to implement the provided training program and the constraints of many facilities that are still unusable.

Based on the results described by the researcher, which can be consulted with the criteria for assessing good sports achievement coaching in terms of antecedents, transactions, and outcomes, it is clear that there are still shortcomings in the implementation of Taekwondo achievement coaching at SMP Negeri 1 Pangkalan Susu, North Sumatra, as follows:

- 1) The background of the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, such as the vision and mission, and the objectives of the coaching program, are sound and clear. The coaching program planning is also well-structured and planned.
- 2) Coach recruitment at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, is quite good, meeting the recruitment requirements set by the Taekwondo Dojang management, one of which is having a coaching license.
- 3) Athletes at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, are well-selected based on requirements such as talent in the Taekwondo Dojang, basic skills, physical fitness, good health, and preferably holding a provincial certificate or charter in the Taekwondo Dojang.
- 4) The training program at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, has been running quite well according to the scheduled training program and has been evaluated. However, it is hampered by athletes who are unable to follow the training program.
- 5) The facilities and infrastructure at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, are good. However, inadequate facilities hinder the implementation of the training program.
- 6) Funding for training at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, is very good, thanks to funding from sponsors and administrators.
- 7) Athletes at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, have been less than satisfactory due to the inconsistent annual achievement of at least one gold, one silver, and one bronze medal. This is due to the athletes' limited experience in competitions, resulting in their inability to compete in events/champions, and a lack of skilled athletes capable of competing regionally, nationally, and even internationally.

Discussion.

Antecedent

The antecedent evaluation analysis covers several aspects, including the background and planning of the achievement development program at the Taekwondo Dojang, SMP Negeri 1 Pangkalan Susu, North Sumatra. With a complete set of tools (structure), a clear vision, mission, and objectives for the development program, formulated by the authorized management structure at the Taekwondo Dojang, SMP Negeri 1 Pangkalan Susu, North Sumatra, athlete development can be implemented effectively and systematically.

This serves to regulate the development program provided to athletes at the Taekwondo Dojang, SMP Negeri 1 Pangkalan Susu, North Sumatra.

The rationale for establishing the Taekwondo Dojang, SMP Negeri 1 Pangkalan Susu, North Sumatra, with its athlete development program, is to advance sports in Pangkalan Susu and North Sumatra through the Taekwondo Dojang, one of its branches, and to develop young talent in sports throughout North Sumatra. This achievement development program at the Taekwondo Dojang can help prevent young people from entering the world of drugs. The athlete development program at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra aims to create high-achieving athletes in the field of sports who are able to contribute to the name of any region or province and the highest hope is to be able to achieve championship achievements at the national and international levels.

Success in achieving sporting achievements is inseparable from a sound coaching program. A good coaching program is implemented in a planned, hierarchical, and continuous manner (A. Kristiyanto, 2012: 8). To determine whether it is being implemented effectively, an evaluation is necessary. By conducting evaluations, administrators, coaches, and athletes can maintain and improve the coaching program to achieve maximum performance (Joko Priono, 2014: 7).

Observing the events and championships prepared by the government each year makes it easier for the Taekwondo Dojang management of SMP Negeri 1 Pangkalan Susu, North Sumatra, especially coaches and athletes, to prepare, improve, and develop their skills in preparation for events at the regional, national, and international levels. The Taekwondo Dojang management of SMP Negeri 1 Pangkalan Susu, North Sumatra, also finds it easier to implement programs to assess the success of coaches and athletes. Through monitoring each competition, the best athletes are identified and ready to compete (Dwika Yuli Setyawati, 2013: 34).

The athlete development program at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, has been running well and is structured in accordance with the program's background, vision, mission, and objectives. Although the expected results have not yet been achieved, the program has been well-organized.

Transaction

Transaction analysis encompasses several aspects that require analysis, including coach recruitment, athlete recruitment, training programs, facilities and infrastructure, funding, coordination, and welfare.

Coach Recruitment

A coach is one of the most influential figures in the success or failure of improving athlete or team performance. A coach's knowledge encompasses not only the Taekwondo Dojang, but also discipline, honesty, responsibility, and courtesy. This is because the function and role of a coach extend beyond technique to possessing professional skills to help and guide athletes to optimally develop their potential. Because the coach's role is so crucial, if the athlete or team they coach fails, the coach is considered largely responsible for that failure. In such cases, coaches are often asked to resign due to their failure (Ayu Reza Adzlika, 2018:91).

According to Harsono, as cited in Hani Puji Astuti (2019:105), there are three factors that support a coach's success, namely:

- 1) Having an educational background in sciences closely related to sports;
- 2) Having sports experience both as an athlete and as a coach;
- 3) Having the motivation to continually enrich oneself with the latest knowledge about sports.

According to Tahrir Djide in Harsuki (2002: 353), being a coach is a unique profession, encompassing a wide range of challenges, including competition, self-improvement, skill enhancement, maintaining and upholding obligations, skilled communication, careful decision-making, and many other supporting aspects. Therefore, a coach must continually strive for self-development, be meticulous, and care about the development, harmony, and social interactions of the athletes they coach.

Based on the above, the recruitment of coaches for the implementation of achievement coaching at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, has been conducted objectively. The Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra recruited coaches with the following considerations:

- 1) Possess a coaching license;
- 2) Have experience as both an athlete and a coach;
- 3) Able to design training programs;
- 4) Able to work hard in training without distractions from personal matters.

Athlete Recruitment

Athletes selected and prepared for the Taekwondo Dojang (SMP Negeri 1 Pangkalan Susu, North Sumatra) sports achievement training program must meet the following requirements: talent in Taekwondo, basic skills, and good health and physical fitness. Maximum performance can be achieved by selecting good athletes during recruitment, which must consider several factors, including age, potential (talent), mental and physical fitness, and a predetermined timeframe. If a prospective athlete possesses all of these factors, they are more likely to pass the selection process and will be considered in subsequent stages.

The process of recruiting athletes at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, is smooth, as the recruitment is based on predetermined requirements and the recruitment process is also good. The recruitment of athletes at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, includes factors such as age, height, talent, intellectual ability, basic technical skills, and parental support. The standards for a good athlete will include factors such as age, height, talent, intellectual ability, psychological balance, basic technical skills, and the extent of support received from parents (UU SKN No. 3 Article 1 paragraph 7 of 2005). The athlete recruitment process must involve many parties in terms of cooperation in obtaining athletes who will later be trained so that they can perform well and have quality, also influencing success in a training. A good training process includes all components starting from competent management, certified and competent coaches, plus moral and material support from the athlete's parents, and adequate facilities and infrastructure (Prima Ghozali, 2016: 73).

Training Program Implementation

The coach's skill and ability to systematically apply all previously designed training materials and forms is key to a coach's success. The implementation of a systematic, varied, and continuous training program is a key factor in meeting the challenges of such training (Harsuki, 2003:359). The training program implemented in athlete development at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, has been running according to what the researcher read and interviewed. The coach has a training program and a schedule for his training. The prepared training program is then implemented by his athletes to prepare them for scheduled competitions, including regional, national, and international ones. However, the athletes at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, have not been optimal in implementing and implementing the program. This is the biggest obstacle to achieving success at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra. Monitoring and evaluation of each training program are ongoing. To achieve optimal athlete performance, effort and training power are required, which are outlined in a systematically structured training program plan as a guideline for the direction of activities to achieve goals effectively and efficiently (Tohar, 2004: 17).

The implementation of achievement coaching at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, has been evaluated by both the management and coaches. However, it cannot be said to be optimal. Although a structured and planned training program is in place, it is not accompanied by adequate training facilities, hampering its implementation.

Facilities and Infrastructure

Facilities and infrastructure are supporting factors in the success of sports achievement coaching. According to Soepartono in Paryadi (2015: 15), sports facilities and infrastructure are essential for achieving maximum performance. Achieving maximum performance must be supported by adequate, high-quality facilities and infrastructure. To accommodate competitive sports activities, equipment must be used optimally and in line with developments in science and technology, ensuring maximum performance.

The facilities and infrastructure at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, are adequate and suitable for training programs, such as the hall and field. However, many of the dobok (uniform) mats, belts, head guards, body protectors, leg and knee protectors, hand protectors, and various targets for kicking and punching practice are still unusable.

Funding

The budget is one of the most important elements in coaching. Designing a sports development program requires significant funding. This is an absolute requirement that must be met. Without funding, a sports development program cannot run smoothly (Nugraheni, 2017: 226). Based on the findings of researchers in the field, funding was obtained for performance development at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, from sponsors and administrators. According to Nugraheni (2017: 226), designing a sports development program requires significant funding. This is an absolute

requirement that must be met. Without funding, a sports development program cannot run smoothly. Based on the problems that researchers found in the field, it can be said that funding at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra is good in developing its athletes.

Outcome

The outcome analysis conducted by the researcher focused on the Taekwondo Dojang Achievement Development Program at SMP Negeri 1 Pangkalan Susu, North Sumatra, which focuses on success or achievement. Overall, the performance of athletes at the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, has been poor. This issue needs to be addressed by administrators, coaches, and athletes to ensure consistent performance each year.

Achievement is a collection of results achieved by athletes in carrying out their assigned tasks (Erman, 2017:219). According to interviews and documentation, the researcher observed that the Taekwondo Dojang at SMP Negeri 1 Pangkalan Susu, North Sumatra, from 2017 to 2024, has not achieved the expected results each year.

CONCLUSION

The background of achievement coaching at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra, which consists of the vision, mission, and objectives of coaching is clear and the structure of complete equipment is good, supported by a coaching program that has been well prepared by the management in implementing achievement coaching to prepare athletes to participate in championship events at the regional, national, and international levels.

The implementation of achievement coaching at Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra consisting of trainers, namely the training programs provided by the trainers have been running well in accordance with the program made by the trainer, however the athletes at Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra have not been optimal in implementing and applying it, this is the biggest obstacle for Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra in achieving achievements. The facilities and infrastructure owned by Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra are good, however, obstacles occur in facilities that are less suitable for use which hinder training and trainers in delivering their programs. In the implementation of the training program is also still not good, even though the training program has been programmed, compiled and scheduled by the trainers and administrators, because the athletes at Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra have not been able to run and implement the program well. The existing funds at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra are very good, the funds obtained come from sponsors and administrators.

The achievements of Taekwondo Dojang SMP Negeri 1 Pangkalan Susu North Sumatra in the last 7 years from 2017 to 2024 can still be said to be less than good, because they are still unable to achieve the achievement targets requested by the coach each year, which is at least one gold medal, one silver medal and one bronze medal per year. The cause is athletes who have not been able to carry out the training program given and are also hampered by unsuitable facilities. The next factor is the lack of flying hours of athletes in competing because they have not been able to compete in championship events and the lack of athlete resources who are able to compete at the regional, national and even international levels.

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AUTHOR CONTRIBUTION STATEMENT

This research was conceptualized and designed by Nadila Kahirani, who developed the research objectives and methodology, managed data collection, coordinated with participants, and supervised fieldwork at the Taekwondo Dojang of SMP Negeri 1 Pangkalan Susu, North Sumatra. Liliana Puspa Sari and Eka Abdurrahman performed data analysis, interpreted the findings, and contributed significantly to the

preparation of the manuscript. All authors participated in the revision of the manuscript, 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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