



Karate development management in Yogyakarta: Evaluation study with the CIPP model

Sugeng Purwanto

Yogyakarta State University, Indonesia

Abstract

Karate athletes who take part in training have different motivations. Most of the athletes who take part in the training want to master the techniques of karate as a martial art, which becomes the capital in everyday interactions. There are also athletes who participate in training because they have the motivation to want to excel in that sport. The aim to be achieved through this research is to examine the management program for karate sports in Yogyakarta. This research is an evaluative study with a context, input, process, product (CIPP) model. The sampling technique used in this study was purposive sampling technique. Data collection techniques in this evaluative research are observation and questionnaires. The data analysis technique used in this research is descriptive analysis by describing and interpreting the data from each component being evaluated. From the results of the study, it can be concluded that the aspects of Development of Karate Sports, Training Program, The Role of Coaches, Karate Sports Facilities and Infrastructure, Government and Community Support for Karate are in good category. Because after processing the data using SPSS software, it shows a mean range of 3.26 - 4.00 as in the table of assessment criteria and evaluation meanings. It is hoped that the results of this study can be used as evaluation material to further improve the development of karate sports achievements in Yogyakarta.

Keywords: martial art, karate, athletes, management

Introduction

Sport is a physical activity in the form of a game, competition or match which is carried out based on predetermined rules so that it creates pleasure for those who do it and aims to achieve achievement or pleasure and recreation (Root *et al.*, 2019) ^[10]. In achievement sports, athletes must be able to put out all their abilities in order to achieve good performance (Lidor *et al.*, 2016) ^[5]. This means that athletes must really have good physical qualities and have high enough motivation (Reverdito *et al.*, 2017) ^[9]. To get such a reliable athlete, a good and natural athlete coaching effort is needed (McLoughlin *et al.*, 2017) ^[6]. One of the important aspects for this is talent scouting, which is looking for athletes or recruiting talented and well-developed athletes. A common way of scouting talent is to hold as many matches as possible.

Martial arts that are developing in Indonesia include Karate, Taekwondo, Judo, wrestling, Boxing, Tarung Degrees, Pencak Silat, Wushu, and so on. Each of these martial arts sports has sympathizers and members from various walks of life. With so many branches of martial arts, there is automatically a very tight competition between them in winning the hearts of the people who love them. Each trying to show their strengths.

Martial arts was born from awareness of human limitations and weaknesses (Ahn *et al.*, 2009) ^[11]. When a person fights by relying solely on his physical strength, the strong will always defeat the weak. Not everyone is born with a superior physical shape and condition. Posture, energy and skills of each individual must be different (Yudhistira & Tomoliyus, 2020) ^[13]. Therefore, we look for tips and more efficient ways of self-defense by not relying on physical strength alone. Weakness in terms of physical does not have to mean weakness of mind and mental. Even a small person should be able to defend himself from a bigger and stronger opponent if he is forced to be involved in a major conflict. Martial arts has the aim of forming virtuous human beings who are able to control themselves and practice various commendable actions that provide benefits (Chau, 2021) ^[3]. Martial skills will be dangerous if owned and controlled by irresponsible people (Vando *et al.*, 2013) ^[11].

Karate is a martial art with bare hands, and is a planned marriage of kicks with punches in an attempt to hit a weak point in the human body, or the opponent is playing (Ratno & Darmawan, 2019) ^[8]. Apart from being a means of self-defense, karate has now become a sport that is competed. Even karate associations as a sport are growing rapidly, each with educational and training institutions in various directions. Karate is a self-purchase sport that is nationally recognized by the Indonesian National Sports Committee (KONI) through membership of the Indonesian Karate Sports Federation (FORKI) as the parent organization of the martial sport.

In the karate martial arts branch, the coaches must have different abilities in implementing the knowledge they have, to the athletes who are in the dojo (Alinaghipour *et al.*, 2020) ^[2]. The ability possessed by the trainer is very influential on increasing achievement. These abilities include: (1) mastery of karate techniques, (2)

educational background, (3) coaching certification, and (4) application of science and technology and mastery of competition rules/assessments.

The karate sports coaching system in DIY still needs to be studied and understood in depth in order to bring back the achievements of DIY karate at the national and international levels. In fact, the development of a sport is not only the responsibility of the coaches and athletes, but also many factors that influence the achievement of sports achievements in an area. Karate as a self-defense sport that has developed since DIY has not been able to make a major contribution to DIY sports achievements in general. Based on this, the researchers were interested in knowing the phenomenon of karate coaching in Yogyakarta.

Method

This research is an evaluative study with a context, input, process, product (CIPP) model. The sampling technique used in this study was purposive sampling technique. Data collection techniques in this evaluative research are observation and questionnaires. The data analysis technique used in this research is descriptive analysis by describing and interpreting the data from each component being evaluated.

Results and Discussion

Table 1: Descriptive Statistics of Karate Development Management in Yogyakarta

		Development of Karate Sports	Training Program	The Role of Coaches	Karate Sports Facilities and Infrastructure	Government and Community Support for Karate
N	Valid	36	36	36	36	36
	Missing	0	0	0	0	0
Mean		3.4530	3.5278	3.4500	3.4306	3.4124
Std. Deviation		.62405	.55888	.53532	.62218	.48307
Variance		.389	.312	.287	.387	.233
Minimum		1.92	2.00	2.20	1.83	2.15
Maximum		4.00	4.00	4.00	3.92	3.85

Table 2: Assessment Criteria and Meaning of Evaluation

Number	Rating Norms	Score Range	Interpretation
1	$M_j + 1,5SD_j$ s/d $M_j + 3SD_j$	3,26 – 4,00	Good
2	M_j s/d $M_j + 1,5SD_j$	2,51 – 3,25	Pretty Good
3	$M_j - 1,5SD_j$ s/d M_j	1,76 – 2,50	Not Good
4	$M_j - 3SD_j$ s/d $M_j - 1,5SD_j$	1,00 – 1,75	Bad

1. Development of Karate Sports in the Province of D.I. Yogyakarta

The karate sports coaching program in the DIY Province, according to the PB work program. FORKI, which has been described to the Provincial Management and City and Regency Administrators throughout the DIY Province which is integrated with their respective university programs. The coaching system activities are shown sequentially as follows: (1) massing, (2) breeding, (3) talent scouting, (4) coaching and (5) training system. The karate sports coaching system has a sports coaching system based on a pyramid. The coaching system based on the pyramid is a tiered development from the bottom layer (massage), then continued continuously to the middle layer (nursery continues to tier up to the top of the pyramid (achievement coaching).

National sports development in Indonesia is carried out through several channels, namely: (1) from elementary school to university, (2) the parent organization of sports branches, (3) professional sports organizations and (4) sports organizations in the community. Path identification is also useful for getting to know the target audience group and making it easier to mobilize resources for coaching. The Yogyakarta Province karate sports coaching program is focused on an early age, through schools.

Achievement sports are carried out through a planned, tiered, and sustainable process of coaching and development with the support of sports science and technology, therefore to advance achievement sports, the government, regional governments, and or the community can develop: (1) sports associations; (2) research and development center for sports science and technology; (3) achievement sports development center; (4) education and training of sports personnel; (5) achievement sports infrastructure and facilities; (6) sports talent scouting and development system; (7) sports information system; and (8) conduct trials of athletes' achievement abilities at the regional, national, and international levels as needed.

2. Training Program at DIY Karate College

The training program has been prepared using the principles of training. The direct results of a high-quality system and training program can increase achievement to a higher level. The quality of training does not depend on the coach alone but on many factors. Therefore, all factors can improve the quality of training more

effectively and are continuously improved, such as the athlete's facilities and abilities, including the training program.

The training program is structured and is a strategic effort to achieve the future goals of athlete achievement as optimally as possible (Przybylski *et al.*, 2021) ^[7]. In the karate training program, all karate dojos from various karate clubs have a permanent program. Sports clubs or karate colleges are the most important forum or organization in the task of fostering the achievements of athletes, especially young athletes. In addition, it is also a medium for trainers to develop and implement their coaching knowledge.

Within the sports club, there is a process of sports coaching activities that form the basis and underlie coaching at a larger organizational level. Existing sports coaching at sports clubs include: a) acceptance of new members in the form of junior athletes who act as cadres of successors for continuous improvement in sports achievement, b) training places starting from the introduction of basic movement techniques to sports training for achievement, c) sports clubs a place for research and development of sports science, d) sports clubs for sports coaches and scientists to apply their knowledge, e) sports clubs are the smallest elements and organizational units of sports coaching to foster sports coaching and managers which are finally developed and improved at the strata national or international level coaches and managers.

Exercise is a systematic process of practicing that is done repeatedly by increasing the number of training loads and the intensity of the exercise (Witte *et al.*, 2016) ^[12]. Efforts to achieve optimal performance are influenced by the quality of training, while the quality of training is determined by various supporting factors, including: (1) the ability and personality of the trainer; (2) facilities and equipment; (3) research results; (4) competition; and (5) athlete's ability which includes talent and motivation, as well as fulfillment of athlete's nutrition and lifestyle.

3. The Role of Coaches in Improving Karate Achievement in DIY Province

Karate is a hard sport and requires courage for its members. Coaches need to be aware of this. This means that only people who like hard sports can get the expected training results. There are many dimensions in the elements of karate coaching, including challenges in competition, dimensions of self-improvement, capacity building, maintaining and maintaining authority, communication skills, careful decision making, and many other supporting dimensions, all of which lead to efforts to succeed in their duties as coaches. The trainer must understand that systematic training is a complex concept. It is the coach who must plan the training program. For this reason, the coach must always appear by considering various factors such as psychological, physiological, and social factors in his coaching agenda.

The training and training environment is a very complex concept and work. Starting from how to design exercises, organize exercises, carry out exercises, all of which must be carried out in a methodical and systematic order (Contiero *et al.*, 2018) ^[4]. This work process must be carried out and continuously improved gradually and progressively. As a coach, you must develop your ideals, desires and hopes so that your athletes can appear excellent, have high achievements in every championship they participate in.

The coaching of karate in the DIY province in the last 10 years has indeed been colored by disharmony between senses, between administrators, and between athletes and administrators. This condition makes DIY karate achievements at the national level less proud. The problem started from the internals of the university, namely the disharmony of Basmor's sense and Ginting's sense. In fact, it was a personal problem that continued for a long time and eventually carried over to FORKI. This disharmony widened and resulted in a mismatch in carrying out the organizational vision and mission of FORKI DIY.

The relationship between coaches and athletes and incompatible training patterns have caused karate performance to decline. They should support each other but instead blame each other and seek to win on their own. This condition was known by the athlete, so the athlete felt uncomfortable being in a less conducive coach atmosphere. From the dimension of the coach, it is strongly influenced by the subjective element of each individual. Sometimes what ends up making karate coaching is not appropriate because of the high element of subjectivity so that the actors can send whoever they want, even though their skills and techniques are still low.

In the context of sports coaching, coaching should emphasize achievement. To become a karate coach is not only to have a good track record while in karate but also to be good at motivating athletes both during training and especially during matches. The development of karate in Indonesia is almost the same, the only difference is how the coach motivates the athletes. But on the other hand, if those who train do not have a history of being athletes, they will not be able to maximize their motivation. The term right man on the right place is quite apt to describe the desire for DIY karate achievements. People who sit in the field of Achievement Development should come from people who excel in order to provide motivation to athletes.

4. Karate Sports Facilities and Infrastructure in DIY Province

One of the factors that affect the performance of the karateka is the training facilities and infrastructure. A trainer will have difficulty in providing a form of exercise if it is not supported by adequate facilities and infrastructure. Facilities and infrastructure are supporting factors for the success of sports coaching, which must be available for every effort to increase achievement as the main goal of sports coaching. In the province of DIY, the existence of karate sports facilities is divided into two places in karate colleges and in city/district administrators.

Efforts to provide facilities and infrastructure for achievement development, both at the national and regional levels, are an inseparable part of the success of coaching or improving the quality of achievement sports.

Therefore, the development, provision and development of facilities and infrastructure for achievement sports needs attention only by sports coaches but by the government.

5. Government and Community Support for Karate

The support from the government and the community in the DIY Province, according to observations from researchers is extraordinary, almost all sports have funds for sports activities, even though it's only a little. But still, that ideality is not always in harmony with reality. In practice in the field, the management of achievement sports in Indonesia is overseen by a national sports organization commonly known as KONI (Indonesian National Sports Committee). The main task of this organization is to oversee, manage and organize achievement sports coaching activities carried out by sport branch administrators both at the regional and national levels. Almost all sports coaching funds that are supported by the government are regulated and channeled through this organization.

The problem that emerged later was that even though organizationally KONI and sports organizations (including FORKI DIY) had a clear line of performance coordination, nuances of interest from each of them often emerged and were inevitable. It is known that KONI in its working practice is always trying to make management efficiency and performance. He always tries to take steps to save on certain aspects related to the budget with the aim of optimizing the achievement of results, namely achievement. In simpler language, it can be said that in practice KONI will always only support sports or personal athletes who have the potential to gain medals. This is very different from what is the paradigm of sports management. That they apart from of course also always want to excel, but prioritizes the issue of coaching. The sports management always wants to be able to provide as many opportunities as possible to compete in an event for their athletes. This paradigm difference often makes a sports coaching system not smooth, especially at the regional level.

Conclusions

From the results of the study, it can be concluded that the aspects of Development of Karate Sports, Training Program, The Role of Coaches, Karate Sports Facilities and Infrastructure, Government and Community Support for Karate are in good category. Because after processing the data using SPSS software, it shows a mean range of 3.26 - 4.00 as in the table of assessment criteria and evaluation meanings. It is hoped that the results of this study can be used as evaluation material to further improve the development of karate sports achievements in Yogyakarta.

References

1. Ahn JD, Hong S ho, Park YK. The Historical and Cultural Identity of Taekwondo as a Traditional Korean Martial Art. *The International Journal of the History of Sport*,2009;26(11):1716-1734. <https://doi.org/10.1080/09523360903132956>
2. Alinaghipour M, Zareian E, Ardakani ZP. The scoring techniques in the final competitions of the Karate World Championships 2016. *Annals of Applied Sport Science*,2020;8(2):1-7. <https://doi.org/10.29252/aassjournal.760>
3. Chau VH. Research on exercises to improve the physical strength of male athletes on high school karate-do teams. *Sport Mont*,2021;19(2):17-21. <https://doi.org/10.26773/smj.210603>
4. Contiero D, Kosiewicz J, Baker JS. Karate: Emotions and movement anticipation. *Physical Culture and Sport, Studies and Research*,2018;79(1):62-71. <https://doi.org/10.2478/pcssr-2018-0021>
5. Lidor R, Tenenbaum G, Ziv G, Issurin V. Achieving Expertise in Sport: Deliberate Practice, Adaptation, and Periodization of Training. *Kinesiology Review*,2016;5(2):129-141. <https://doi.org/10.1123/kr.2015-0004>
6. McLoughlin G, Fecske CW, Castaneda Y, Gwin C, Graber K. Sport participation for elite athletes with physical disabilities: Motivations, barriers, and facilitators. *Adapted Physical Activity Quarterly*,2017;34(4):421-441. <https://doi.org/10.1123/apaq.2016-0127>
7. Przybylski P, Janiak A, Szewczyk P, Wieliński D, Domaszewska K. Morphological and motor fitness determinants of shotokan karate performance. *International Journal of Environmental Research and Public Health*, 2021, 18(9). <https://doi.org/10.3390/ijerph18094423>
8. Ratno P, Darmawan M. Perbedaan pengaruh latihan pliometrik squat jump dan knee tuck jump terhadap peningkatan power tungkai. *Sains Olahraga: Jurnal Ilmiah Ilmu Keolahragaan*,2019;2(1):52-60. <https://doi.org/10.24114/so.v2i1.12875>
9. Reverdito RS, Carvalho HM, Galatti LR, Scaglia AJ, Gonçalves CE, Paes RR. Effects of Youth Participation in Extra-Curricular Sport Programs on Perceived Self-Efficacy: A Multilevel Analysis. *Perceptual and Motor Skills*,2017;124(3):569-583. <https://doi.org/10.1177/0031512517697069>
10. Root H, Marshall AN, Thatcher A, Snyder Valier AR, Valovich McLeod TC, Curtis Bay R. Sport specialization and fitness and functional task performance among youth competitive gymnasts. *Journal of Athletic Training*,2019;54(10):1095-1104. <https://doi.org/10.4085/1062-6050-397-18>
11. Vando S, Filingeri D, Maurino L, Chaabène H, Bianco A, Salernitano G, Foti C, Padulo J. Postural adaptations in preadolescent karate athletes due to a one week karate training camp. *Journal of Human Kinetics*,2013;38(1):45-52. <https://doi.org/10.2478/hukin-2013-0044>

12. Witte K, Kropf S, Darius S, Emmermacher P, Böckelmann I. Comparing the effectiveness of karate and fitness training on cognitive functioning in older adults—A randomized controlled trial. *Journal of Sport and Health Science*,2016;5(4):484-490. <https://doi.org/10.1016/j.jshs.2015.09.006>
13. Yudhistira D, Tomoliyus. Content validity of agility test in karate kumite category. *International Journal of Human Movement and Sports Sciences*,2020;8(5):211-216. <https://doi.org/10.13189/saj.2020.080508>