



## Tennis Sports Development at the Bengkulu Tennis School (STB)

**Eka Gustari Purnama Sari<sup>1\*</sup>, Eddy Marheni<sup>2</sup>, Damrah<sup>3</sup>, Anton Komaini<sup>4</sup>**

<sup>1,2,3,4</sup>Sports Education , Faculty of Sports Science, Universitas Negeri Padang, West Sumatra, Indonesia

### Article Info

Article History :

Received : December 2022

Revised : December 2022

accepted : December 2022

### Keywords:

Sports, Coaching, Tennis

### Abstract

This study aims to determine organizational management, athlete training, competition programs, training programs related to tennis sports coaching at the Bengkulu Tennis School (STB). This research is qualitative research with a triangulation approach. The subjects taken in this study were 3 athlete parents, 3 coaches, and 3 administrators at the Bengkulu Tennis School (STB). The research instruments used were observation, interviews, and documentation. Based on the results of data analysis and research results show that: (1) Bengkulu Tennis School organizational management Adequate facilities and infrastructure are available to support sports activities, and have professional trainers. (2) Athlete training starts from an early age, There are two strategies carried out by STB to recruit athletes, the first is a general strategy through social media, as well as the STB Go To School program. (3) the STB competition program has been scheduled in the program, and aims to motivate children to be enthusiastic about training, (4) The planning of the training program carried out by the STB is based on age group classification and according to the ability and needs of each athlete.



\*Corresponding email : [ekhaiman07@gmail.com](mailto:ekhaiman07@gmail.com)

## INTRODUCTION

Sports development is one aspect of the development dimension in Indonesia, with sports providing opportunities and benefits for every human being who is healthy, physically and mentally strong and has the skills to carry out sustainable development. (A Jamalong, 2014). Bengkulu Tennis School was established on December 17, 2019. The purpose and objective is to form and produce junior athletes from Bengkulu Province who excel at regional, national and international levels who have chivalry, noble character, uphold sportsmanship in achieving the highest goals, as well as beneficial for the homeland and the nation. The actual development of tennis court clubs in Bengkulu City is very much but always experiences ups and downs, many clubs that initially had the potential to create talented tennis athlete seeds but eventually collapsed, many clubs collapsed because in the organization in Bengkulu City for organizational management within the club both from management finance then the training activities of a trainer who becomes an actor himself in an organization, and indeed in a particular club in the city of Bengkulu that in every club there is no such thing as recruiting prospective athletes for further training, so the system they use is a system of waiting for prospective athletes to arrive. Meanwhile, to develop the sport of tennis itself, we have to do something related to attracting children's interest in participating in training activities. Clubs in Bengkulu City have also never hosted a tournament, while one of our strategies to be able to measure the results of athlete training is to hold a match, at least holding inter-club matches for junior athletes. Then it was also continued that in training programs that trainers often use are training

programs that are repetitive in nature, not training programs that develop,

We all know that in an organization we cannot do it alone in development without involving many people. Tennis in Bengkulu Province is still classified as a luxury sport, so the athletes who practice at the club are generally from the middle to upper economic class so that very few practice. The club is only static waiting for people to come to practice, unlike other sports looking for athletes from elementary schools in Bengkulu. The beginning of the formation of the Bengkulu Tennis School Foundation, which was chaired by Mr. Muhammad Agustian together with his fellow tennis lovers, which began with 3 students practicing beginner classes, to create an ideal management in the development of Field Tennis sports in Bengkulu Province.

The Government of the Republic of Indonesia pays close attention to the principles of organizing sports, as stated in the Law of the Republic of Indonesia Concerning Sports Number 11 of 2022 in CHAPTER I Article 4 which reads: "1. Maintaining and improving health and fitness, achievement, intelligence, and human quality 2. Instilling moral values and noble character, sportsmanship, competition and discipline 3. Strengthening and fostering national unity and integrity 4. Strengthening national resilience 5. Raising dignity, dignity and honor of the nation, and 6. Maintaining world peace. The Law Regarding Sports above was made for all levels of society, with the Bengkulu Tennis School (STB) athletes can maintain, improve health and fitness and can achieve as many achievements as possible. Athletes can instill noble moral and ethical values, uphold sportsmanship, have a competitive spirit, form discipline. Based on this description organizational management factors,

athlete training, competition programs and training programs is one of the factors that can influence the development of tennis field at the Bengkulu Tennis School.

Based on the explanation above, so far no one has conducted an assessment of the factors that influence the development of tennis. Problems regarding organizational management factors, athlete training, competition programs and training programs for the parties involved are involved in solving the problem. So the authors are interested in conducting research on "Tennis Sports Development at the Bengkulu Tennis School (STB)". The research focus of this research is about: "Tennis Sports Development at the Bengkulu Tennis School (STB).

The sub-focus of research in this study are: organizational management factors, athlete training, competition programs, and training programs for sports coaching at the Bengkulu Tennis School (STB). In the formulation of the problem, the problem in this study can be formulated as follows: How is the organizational management, athlete training, competition program, training program at the Bengkulu Tennis School (STB). Research Objectives The purpose of this research is to find out: Organizational management, athlete training, competition programs, training programs related to tennis sports coaching at the Bengkulu Tennis School. Research Benefits, the results of this study are expected to be useful as follows: Theoretical benefits, Theoretically this research can add theory, insight, and knowledge.

## METHOD

The type of research used in this research is qualitative research, which was carried out on October 24 ±

November 26, 2022 in Indoor Tennis Court located in the Governor's Complex of Bengkulu Province. The objects used were taken as needed consisting of 3 parents, 3 coaches and 3 administrators at the Bengkulu Tennis School (STB). As for the techniques and tools of data collection using the method of observation, interviews. The research instrument is a data collection tool in a study that is used in research (Pujianto, 2013).

Data collection technique :

### 1. Observation

Observation is a complex process and is composed of various biological and psychological processes, where the most important process in this section is observation and memory. (Sugiyono, 2016). Researchers made observations or observations regarding the problems that occur in Tennis Sports Development at the Bengkulu Tennis School. In making observations the researchers obtained direct data in the field and from interviews with parents, trainers and administrators.

### 2. Interview (Interview)

Interviews are a data collection technique used by researchers when they want to conduct a preliminary study to find problems to be studied, and when researchers want to know things from respondents that are more in-depth and the number of respondents is small or small. (Sugiyono, 2016). The interview used was an unstructured interview. Unstructured interviews are free interviews wherein these interviews do not have guidelines for interviews that have been arranged in a systematic and complete manner. Interviews are used to find information that is not standard or single information. Respondents used are usually those who have knowledge and are knowledgeable about the situation and those who know more about the information needed (Moeleong, 2019).

### 3. Documentation

Documentation is a way to collect data such as documents, writings, and pictures accompanied by information to support research (Sugiyono, 2016). Documentation taken from photographs and voice recordings of research subjects to strengthen data so that the results of this study have accountability validity.

Data analysis is more descriptive in nature from the results of observations, interviews, and documentation. The data that has been obtained will be analyzed qualitatively and described in descriptive form (Sugiyono, 2017).

Activities in qualitative data analysis are:

#### 1. Data Collection

Data collection in this study used voice recordings and notes when conducting interviews. So that the data to be obtained is real and cannot change.

#### 2. Data Reduction

Data reduction is the process of summarizing data according to the category expected by the researcher, choosing things that are considered important in order to provide a clearer picture of the object under study.

#### 3. Data Display (Data Display)

Presentation of data is a process that is carried out after data reduction. Presentation of qualitative research data is presented in the form of brief descriptions, charts, and relationships between categories.

#### 4. Conclusion Drawing and Verification

Drawing conclusions and verification is the process of drawing conclusions from the data that has been presented by researchers. The conclusion can be new findings that have never existed before, in the form of a description or description of a subject and object of research.

#### 5. Triangulation

Triangulation is essentially a multi-method approach used by

researchers when collecting and analyzing data. The basic idea is that the phenomenon under study can be well understood so that a high level of truth is obtained if approached from various points of view. Method triangulation is done by comparing information or data in different ways.

## RESULT

The research data will be thoroughly explored by taking into account the conditions at the Bengkulu Tennis School (STB). This research will explain the data from the results of the analysis of each component used in the research, as well as all supporting elements to enable the production of comprehensive research data. Sports coaching at the Bengkulu Tennis School starts from early childhood. Early childhood is the next generation that will add achievements in sports in the future and will bring progress to the nation and state. Early age is a period when children can develop all their potential, because at this time children's development is faster than after passing an early age. (Waksito, 2016). If you want to achieve a high achievement, it is necessary to apply the concept of sports coaching as early as possible (Nugroho, 2017).

Observation results of Bengkulu Tennis School (STB) Development based on the planning background for the establishment of the Bengkulu Tennis School (STB) based on the many clubs in Bengkulu City where the club does not have a clear program, where athletes do not know where the output will be, so many athletes always stop in the middle of the road, based on the results of the analysis of the trainers in Bengkulu. So the Bengkulu Tennis School Foundation (STB) was formed in preparation for the needs of the coaching program. Results Interviews were conducted by giving the

same 20 questions to each source. The selected informant must answer questions that are actually in accordance with reality. So in this way organizational management, athlete training, competition programs and training programs owned by the Bengkulu Tennis School will be answered. The subjects taken in this study were 3 athlete parents, 3 coaches, and 3 administrators at the Bengkulu Tennis School (STB).

The results of the documentation of the achievements of the Bengkulu Tennis School (STB) children at the regional, national and international levels, as well as documentation of the recruitment of young athletes at an early age in the form of STB GO TO SCHOOL and social media. Then there is documentation of data inventory of facilities and infrastructure, and supported by the attached trainer license documentation and experience. Furthermore, there are monitoring and evaluation activities related to all aspects and activities of the STB and supported by documentation in the form of photos.

## DISCUSSION

### 1. Organizational Management

Management science and sports science are combined in sports management, which is meant by "management". The definition of management is a series of actions taken to use all the existing potential effectively and efficiently (Harsuki,2012). To support success in an organization, a clear program must be available and supported by facilities and infrastructure (Wijaya, 2017)

Based on the results of observational research on the background to the planning that was established by the Bengkulu Tennis School (STB) that many clubs in Bengkulu City were able to create prospective athletes for the next

generation of tennis sports, but this happened ups and downs because they did not have a clear program so that many athletes practicing there is no further output goal so many athletes stop in the middle of the road. Therefore, an idea emerged from a tennis lover to find a solution so that tennis can continue to develop in forming and producing junior athletes for Bengkulu City. So that the Bengkulu Tennis School Foundation (STB) was formed, continued in preparing a planning program, then the step that must be prepared first is to make ADRT, establishment of a management structure and coaching team. After that, it was followed by recruiting a prospective athlete by promoting through social media and STB Go To School and offering it to parents who love tennis. In the coaching program, the competition agenda has been included in the programmed agenda, followed by giving the program to athletes according to the age group classification.

Based on the results of research interviews that have been carried out by the organizational management of the Bengkulu Tennis School (STB) in the planning carried out to develop and implement the goals, strategies, procedures, policies and rules of the Foundation to provide good service in an effective and efficient manner. To support success in an organization, there must be a clear program available and supported by facilities and infrastructure owned by the Bengkulu Tennis School (STB), including STB having an indoor tennis court in which there are two courts and providing rackets for children who do not yet have tennis equipment, and lots of balls and support by physical equipment to support training activities. In organizational management the Bengkulu Tennis School (STB) already has coaches who are licensed and experienced in the field of tennis. Based on the evidence of

the certificate that I saw when conducting research so that the program provided was directed, then the problem of funds related to the management of the STB is that the funds are managed or obtained from the Foundation temporarily so that additional fees can be obtained from the athlete's SPP. The management of the organization that is run by the STB means that every activity, whatever it is, is always being evaluated. In the above information, the organizational management within the STB Foundation is well organized and in accordance with their respective responsibilities and authorities. Furthermore, the issue of funds related to the management of the STB is that the funds are managed or obtained from the Foundation temporarily so that additional fees can be obtained from the athlete's SPP fees. The management of the organization that is run by the STB means that every activity, whatever it is, is always being evaluated. In the above information, the organizational management within the STB Foundation is well organized and in accordance with their respective responsibilities and authorities. Furthermore, the issue of funds related to management in the STB is that funds are managed or obtained from the Foundation temporarily so that additional fees can be obtained from the athlete's SPP. The management of the organization that is run by the STB means that every activity, whatever it is, is always being evaluated. In the above information, the organizational management within the STB Foundation is well organized and in accordance with their respective responsibilities and authorities.

Based on the results of research documentation that I have done at the Bengkulu Tennis School (STB), it is clear that there is a written vision and mission that has been approved by the

management and coaches. Then regarding the profile of establishment and organization, it is in accordance with their respective main tasks (tupoksi), and is supported by a complete AD/ART related to contents such as management structure, vision and mission, logo, stamp, regulations and articles regarding tennis. Apart from that documentation as a support in this study there are several categories related to the data evidence that I obtained, such as: a. Athlete performance data. b. Documentation when recruiting athletes from an early age. c. Inventory letter data for facilities and infrastructure d. Coach license data documentation.

## 2. Athlete Breeding

Athlete training is a pattern applied in an effort to capture scientifically researched talented athletes. Athletes who are good and talented, it will be easier for them to develop their potential to the maximum extent (Maulana, 2021).

Athlete training must be pursued from an early age of 6 years so that when trained early childhood can take part in the age group being competed in, in tennis matches there are junior age groups, starting from the age groups of 6, 8, 10, 12, 14 and 16 years (Marheni, et al 2021) Based on the results of research observations that I conducted at STB, the training of athletes in recruiting prospective athletes starts at an early age of 5-6 years. According to the former Indonesian tennis player, the ideal age for children to get to know and learn about tennis is 5-6 years old. From the age of 5-6 years, children can be introduced to start learning tennis. From the results of observations the program was carried out from an early age. Based on the results of research interviews related to raising athletes conducted at the STB Foundation, training must start at an early

age. The strategy carried out by STB in the search for athlete seeds is a strategy that is carried out in two, the first strategy is generally through social media, verbally and through approaching parents who like tennis, as well as the GO TO SCHOOL STB program so this program comes to schools to socialize and demonstrate to children for the sport of tennis. The Bengkulu Tennis School (STB) will collaborate with the school supported by the data obtained such as ADM data: a. Permission letter to socialize at school. b. MOU letter with the Principal. Based on the results of the documentation of the recruitment of potential research athlete candidates that had been carried out by the STB, the researchers obtained documentation in the form of photos, videos and small notes when conducting interviews.

### 3. Competition Program

Competition is an activity to achieve goals by beating individuals or groups. Tennis championships generally have a different scoring system. Usually you can use a group system based on points, or you can also use a knockout system (Mutsani,2019). Based on observations of the competition system used by STB in a competition, it is usually a sport that brings each participant together with other participants. The match system uses a semi-competition system and/or is adjusted to the number of participants. The match system used is ProSet/Games 8. The numbers contested in the Field Tennis sport are doubles in the achievement category consisting of individual men's doubles, individual women's doubles and individual mixed doubles (mix). The court tennis competition rules used are in accordance with the standard rules used by PB PELTI. The list and composition of players that have been registered with the committee cannot be changed/replaced. Players and officials must wear uniform

shirts and pants. Teams / Teams that will compete must be at the match venue at least 30 (thirty) minutes before the match starts. Teams / Teams who arrive late at the match venue more than 15 (fifteen) minutes from the specified schedule and have been called 3 times 5 minutes by the committee, then the team is declared Walk Out (WO) the team that refuses to compete is declared defeated. Based on the results of research interviews related to the competition program in accordance with the vision and mission of the STB competition program, this has been scheduled in the program, and aims to motivate children to be enthusiastic about training. Seeing the children's abilities in the progress of the training that we provide to athletes, this competition program is in accordance with the mission's vision, namely to organize national and international events. For the time being we hold events every year but still gradually at the regional level. One of the objectives of the competition program is to evaluate the needs of the children for their training. When competing, we will see what we lack. and also the regulations refer to the PELTI regulations. We all know that the majority of the coaches and administrators of STB are ex-tennis and all tennis lovers. Based on the results of the research documentation, the tennis competition program is one of a series of activities to celebrate STB's birthday as the closing of each match agenda, the event will be closed by distributing prizes to the winners. The documentation that I got was in the form of photo evidence of the athletes who won the championship.

### 4. Exercise program

Preparation of training programs must be carried out systematically, planned and arranged based on the abilities and needs of each athlete. It is intended that athletes can train well and

achieve the desired target.(Suharno, 2013)

The formation of physical conditions is a fundamental component in addition to technical, tactical and psychological preparation for various sports(Bafirman, 2019). Based on the observation results, the training program was made at the beginning of the formation of the STB, then the coaches applied it to each athlete. The training schedule made by the STB itself is for class 1 beginners. There are four meetings which are Monday, Wednesday, 15.00 WIB to 17.30 WIB, Saturday and Sunday from 13.00 WIB to 15.00 WIB. Furthermore, in class 2 advanced skills there are 5 meetings where Monday, Wednesday and Thursday, 15.00 WIB to 17.30 WIB, Saturday and Sunday 13.00 WIB to 15.00 WIB. Then for class 3 go achievement there are ten meetings where Monday, Wednesday, Thursday, Saturday and Sunday morning schedule at 06.00 WIB to 08.00 WIB and for the afternoon schedule at 16.00 WIB to 18.00 WIB. Finally, for the grade 4 achievement training schedule, there are twelve meetings where Monday, Tuesday, Wednesday, Thursday, Friday and Saturday the morning schedule is from 06.00 WIB to 08.00 WIB and for the afternoon schedule from 16.00 WIB to 18.00 WIB. Based on the schedule information I got, it is true that every day the STB conducts training activities and is supported by coaches who are always present when the practice schedule takes place and there is a plus in my opinion at the STB Foundation when the children are practicing both the chairman and the Foundation's supervisor always monitor the activities of STB athletes during practice.

Based on the results of research interviews, the preparation of training programs at the Bengkulu Tennis School has been carried out in a systematic,

planned and organized manner based on the abilities and needs of each athlete. Furthermore, the training program at the STB has been divided based on age group classification and according to the abilities and needs of each athlete such as junior level classes, namely: Class 1 Beginner Level, Advanced Skills Level Class, Class 3 Go Achievement Level, Grade 4 Achievement Level. Based on the results of the research documentation that I did, a documentation of physical evidence of the training program carried out by the STB was collected in the form of photos and videos.

## CONCLUSION

### 1. Organizational Management

The management of the Bengkulu Tennis School (STB) already has a management structure in which the Foundation is the founder and owner of the Foundation, Mr. M. Agustian, ST, then as the Principal of the School, Mr. Dodi Hermanto.SP, Secretary, Mr. Dendi Saputra, M.TPd, Treasurer Tugiarto, S.Pd, PR and R&D Junaidi, SE, Mardian Sujadi Coaching Choir, Hari Sismantoro Student Choir, Logistics Coordinator Raka Dewangga, S.Pd. The Head Coach is still chaired by Mr. Dendi Saputra, M.TPd. The trainer also holds the position of Mr. Tugiarto, S.Pd, Mr. Hari Sismantoro, Mr. Mardian Sujadi.

The strategy carried out by STB in developing the vision and mission in organizational management is by looking for the seeds of athletes from an early age. Facilities and infrastructure that are owned by the STB are indoor courts that have racquets, balls and physical equipment to support training. Apart from STB, the majority of them have coaches who are experienced, educated and have licenses/certificates. Regarding the problem of the funds available at the STB, it is clear that the funds managed or

obtained by the Foundation are from donors who own the Foundation and in addition to the athlete's student guardian fees (SPP). In the management of the organization that is run by the STB, every activity, whatever it is, is sure to carry out an evaluation related to coaching to measure in a management both related to finance and facilities and infrastructure.

## 2. Athlete Breeding

There are two strategies carried out by STB, the first is a general strategy through social media, verbally, through approaching parents who like tennis. The two STB Go To School programs, so this STB goes to schools to socialize and demonstrate, to introduce children to the sport of tennis. The first strategy is anytime, only for the second, every semester or every new school year. In the athlete nursery there are no specific requirements, it is important that there is interest from the children themselves. Then continue the evaluation to level up or indirectly hold internal events in the results of recruiting athlete seeds.

## 3. Competition Program

The STB competition program has been scheduled in a separate program and aims to motivate children to be enthusiastic about training, by holding competitions it will add to the children's experience in competing so as to improve the quality of athletes for the better and we can see the children's abilities in the progress we give to them. athletes in accordance with the vision and mission of STB, namely as the organizer of national and international events. For the time being, STB holds events every year but it is still in stages at the regional level, and the regulations used are in accordance with PELTI regulations.

## 4. Exercise program

The planning of the training program carried out by STB is based on

age groups and according to the capabilities of each athlete's needs. In this training program, one of the programs carried out by the trainers that I have seen is already planned in terms of programs such as class grouping, then age grouping and programs related to training activities. In the training program carried out at the STB, playing tennis is generally the same as preparing other sports training programs, but at this STB it is more focused, each trainer has been given responsibility based on their respective fields. The training material and content in the preparation of the training program are tailored to the individual abilities and tastes of the athlete or coach but are still based on the principles of correct training.

## REFERENCES

- Bafirman, B., & Wahyuri, A. S. (2019). Pembentukan Kondisi Fisik.
- Harsuki. (2012). Pengantar Manajemen Olahraga. Jakarta: Rajagrafindo Persada.
- Hervi, A., & Qoriah, A. (2021). Survei Manajemen Olahraga Petanque pada UKM Petanque Unnes Kota Semarang Tahun 2020. *Indonesian Journal for Physical Education and Sport*, 2(1), 230-â.
- Jamalong, A. (2014). Peningkatan prestasi olahraga nasional secara dini melalui pusat pembinaan dan latihan pelajar (PPLP) dan pusat pembinaan dan latihan mahasiswa (PPLM). *Jurnal Pendidikan Olah Raga*, 3(2), 156-168.
- Moeleong, L. J. (2019). Metode Penelitian Kualitatif. PT Rokusada.
- Marheni, E., Cahyani, F. I., & Purnomo, E. (2021, February). Implementation of Motor Learning on Social Skills in Children. In 1st International Conference on Sport Sciences, Health and Tourism (ICSSHT 2019) (pp. 83-87). Atlantis Press.
- Mutsani, H. (2019). *Tenis Lapangan : Pengertian, Peraturan, Sejarah, Kejuaraan, Teknik, Lapangan, Systeem Dan Hakim*.

- Nugroho, W. A. (2017). Pembinaan Prestasi Olahraga Sepakbola Di Pusat Pendidikan Dan Latihan Putra Batang. *JUARA : Jurnal Olahraga*, 2(2), 162. <https://doi.org/10.33222/juara.v2i2.43>
- Pujianto, D. (2013). Bahan Ajar Dasar-Dasar Penelitian Pendidikan Jasmani. FKIP Universitas Bengkulu.
- Sugiyono. (2016). Metode Penelitian Kuantitatif Kualitatif Dan R&D (Bandung). Alfabet.
- Sugiyono. (2017). metode penelitian kuantitatif, kualitatif, dan r&d.
- Suharno. (2013). Program Latihan Cabang Olahraga Tenis Lapangan.
- Undang Republik Indonesia Tentang Keolahragaan Nomor 11 Tahun 2022. (n.d.).
- Waksito. (2016). Kebijakan Pemerintah Daerah Tentang Pembinaan Sumber Daya Manusia Dibidang Olahraga Prestasi.
- Wijaya, F. (2017). Ketersediaan Sarana Dan Prasarana Pembelajaran Pendidikan Jasmani, Olahraga Dan Kesehatan Di Sma Negeri Kabupaten Sumenep. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 5(2), 232–235.