



Developing Futsal as Extracurricular Achievement in Senior High School (The Analysis of Futsal Extracurricular in Senior High School of Bengkulu City)

Andes Permadi ^{1*}, Andika Prabowo², Septian Raibowo³, Oddie Barnanda Rizky⁴, Ari Sutisyana⁵, Jerome Angelitud Porto⁶

^{1,2,3,4,5}. Physical Education, Universitas Bengkulu, Bengkulu, Indonesia

⁶ Sports Education, University of Santo Tomas, Legazpi, Philippines

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Abstract

This research aims to study, explain or interpret as well as knowing the development of futsal extracurricular achievements at Bengkulu City Public High School. In this study, researchers and informants' perspectives are adjusted using a qualitative descriptive approach. The eleven Bengkulu City State Senior High Schools served as the study's subjects. The instruments utilized are observation, surveys, and documentation. Out of 11 schools, Bengkulu City 1 Public High School and Bengkulu City 2 Public High School were the only two that could be declared to meet the standards for futsal extracurricular achievement development based on the obtained data. The futsal extracurricular achievement development at the Bengkulu City High School level was categorized as still not good with a percentage of 54.54%. Bengkulu City 3 State Senior High School, Bengkulu City 6 State Senior High School, and Bengkulu City 7 State Senior High School are the three schools in Bengkulu. The recommendation from the research is that schools should pay more attention to and provide support for futsal extracurricular activities. efforts that can be made are providing a proper field, providing adequate infrastructure, providing competent human resources, and providing sufficient budget funds for extracurricular futsal in their respective schools.



*Corresponding e-mail : andespermadi@unib.ac.id

INTRODUCTION

Education is a very important factor in human life because with education it is hoped that humans can develop their knowledge, skills and creativity. One of the educational activities that is now important to improve is sports education, because sport has become a necessity in human life and has even become an activity or daily activity. Sport is a series of movements carried out to maintain and maintain physical, spiritual and social fitness (Arifianto & Raibowo, 2020). Sport is a good activity for the physical and mental formation of children. Exercise regularly and regularly will strengthen the human body, in the sense of physical formation. Meanwhile, mental formation through sports will create a sense of sportsmanship, success, cooperation and a high sense of responsibility (Prabowo & Wimanadi, 2017). Sports activities that are being carried out at this time are not only intended for physical and mental formation, but sports activities can also produce achievements.

Sports achievements can be produced by students through coaching carried out by schools. One of the supporting factors for achieving maximum sports achievement is the coaching and development of the sport itself (Irmansyah, 2017). Coaching itself is a process of ways, actions, renewal, improvement through the actualization of business actions and activities carried out efficiently and effectively to obtain better results. Operationally, the implementation of these activities is planning, process implementation, and control through monitoring and evaluation (Crisp, 2020). One form of sports coaching in schools is through extracurricular activities. Extracurriculars are educational activities

outside of class hours that are intended to help the development of students, according to their needs, potential, talents and interests through activities specifically organized by students and/or educational staff who are capable and authorized at school (Wiyani, 2013). The purpose of extracurricular activities in general is to develop students' talents according to their interests. In addition, extracurricular activities are also used to fill children's free time in positive activities and can further enrich skills, broaden horizons, creativity, sportsmanship, increase self-confidence, and so on.

One of the extracurriculars that is now in great demand and is able to produce achievements for high school students in the city of Bengkulu is the futsal extracurricular. Futsal extracurriculars in every Bengkulu City Public High School already exist. Therefore, there is very much that needs to be considered, namely full support from the school, giving rewards to outstanding players, financing the budget for futsal extracurricular needs, adequate infrastructure, a trainer program with adequate training. well, and the quality of talent from students can be managed properly. However, the application, starting from coaching, extracurricular futsal at Bengkulu City Public High School is still not optimal. Based on observations that have been made on Bengkulu City Public High Schools, several deficiencies were found that the school and coaches had not realized.

The development of futsal extracurricular activities in Bengkulu City State High School needs special attention, including the lack of good coaching of students in futsal extracurricular activities themselves. The inhibiting factor for futsal extracurricular development in Bengkulu City State High School, among others, lies in the lack of

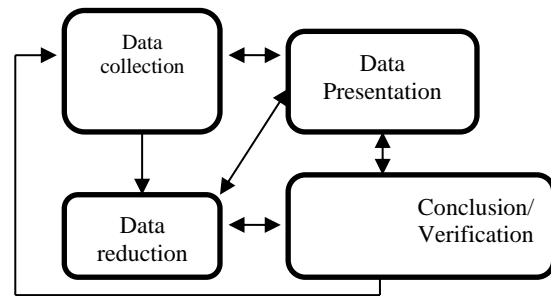
support from the school itself, there is still a lack of facilities and infrastructure, there is still a lack of consistency in the training that is formed, and there is still a lack of budget funding for futsal extracurricular needs.

Therefore this research was conducted to knowing, describing, and studying about fostering futsal extracurricular achievement at the Bengkulu City High School level, so that later this research can become a reference or evaluation material for the school, coaches and high school extracurricular trainers in the city of Bengkulu in implementing renewal and refinement of the model and process of fostering futsal extracurricular achievement at Bengkulu City High School.

METHODS

This research uses descriptive qualitative research. The qualitative descriptive method adjusts the opinion between the researcher and the informant. The researcher uses a qualitative descriptive method because it can study, explain or interpret the development of futsal extracurricular achievement at the Bengkulu City High School level naturally, as it is, and without intervention (pressure or influence) from outsiders. In addition, it can also describe the phenomena obtained and analyze them in the form of words to draw conclusions. According to Sugiyono (2016) states that "data collection is carried out in natural conditions, primary data sources, and more on participant observation, in-depth questionnaires and documentation". Types of data collection carried out in this study were observation, questionnaires and documentation. This type of data collection is expected to complement each other so that the information needed is in accordance with the research. The data analysis technique used in this study is an

interactive analysis technique from Miles & Huberman (2014).



In this study, descriptive analysis methods were used to analyze the data. The questionnaire uses descriptive percentages for its calculations.

Table 1. Likert Scale

| | |
|-------------|---|
| Very good | 5 |
| Well | 4 |
| Pretty good | 3 |
| Not good | 2 |
| Not good | 1 |

RESULTS

Observation Data Results

This research was conducted at Bengkulu City Public High School by conducting research using observation, questionnaires to respondents related to achievement coaching in this study included observation data, questionnaires to coaches, coaches and students and followed along with documentation in every futsal extracurricular at the State High School level Bangalore City.

Table 2. Observation Results

| No | Score | Category | Frequency | percentage |
|--------|-------|-------------|-----------|------------|
| 1 | 9-10 | Very good | 3 | 27.27 % |
| 2 | 7-8 | Well | 2 | 18.19 % |
| 3 | 5-6 | Pretty good | | |
| 4 | 3-4 | Not good | 6 | 54.54 % |
| 5 | 2-1 | Not good | | |
| Amount | | | 11 | 100% |

Based on table 2 above, it is known that the fostering of futsal extracurricular achievement at the state high school level in Bengkulu City is "very good" in 3 schools, "good" in 2 schools, and "less" in 6 schools.

Questionnaire Data Results

Table 3. Results of the Futsal Trainer Questionnaire

| No | Score | Category | Frequency | percentage |
|--------|-------|-------------|-----------|------------|
| 1 | 9-10 | Very good | 2 | 18.19 % |
| 2 | 7-8 | Well | 9 | 81.81 % |
| 3 | 5-6 | Pretty good | | |
| 4 | 3-4 | Not good | | |
| 5 | 2-1 | Not good | | |
| Amount | | | 11 | 100% |

Based on table 3, the results of the questionnaire above show that there are 2 "very good" trainers and 9 schools with "good" trainers.

Table 4. Student Questionnaire Results

| No | Score | Category | Frequency | percentage |
|--------|-------|-------------|-----------|------------|
| 1 | 9-10 | Very good | 5 | 45.46 % |
| 2 | 7-8 | Well | 3 | 27.27 % |
| 3 | 5-6 | Pretty good | 3 | 27.27 % |
| 4 | 3-4 | Not good | | |
| 5 | 2-1 | Not good | | |
| Amount | | | 11 | 100% |

Based on table 4, the results of the questionnaire above show that there are 5 "very good" students, 3 "good" schools, and 3 "good" schools.

Table 5. The results of the supervisor's questionnaire

| No | Score | Category | Frequency | percentage |
|--------|-------|-------------|-----------|------------|
| 1 | 9-10 | Very good | 5 | 45.46 % |
| 2 | 7-8 | Well | 3 | 27.27 % |
| 3 | 5-6 | Pretty good | 3 | 27.27 % |
| 4 | 3-4 | Not good | | |
| 5 | 2-1 | Not good | | |
| Amount | | | 11 | 100% |

| | | | | |
|--------|------|-------------|----|---------|
| 1 | 9-10 | Very good | 5 | 45.46 % |
| 2 | 7-8 | Well | 3 | 27.27 % |
| 3 | 5-6 | Pretty good | 3 | 27.27 % |
| 4 | 3-4 | Not good | | |
| 5 | 2-1 | Not good | | |
| Amount | | | 11 | 100% |

Based on table 5 of the results of the questionnaire above, it is known that the futsal extracurricular coaches at the Bengkulu City State High School level had "very good" totaling 5 schools, "good" totaling 3 schools, and "sufficient" totaling 3 schools.

DISCUSSION

Analysis is the process of expressing something scientifically based on certain studies. In this study, the data will be discussed based on observation results, questionnaire results, and results of documentation of futsal extracurricular achievement development at the Bengkulu City State High School level. The following is a discussion of the research that has been conducted. Based on the observations obtained, out of 11 schools there were 3 schools which could be declared in the very good category at 27.27%, namely SMA Negeri 3 Bengkulu City, SMA Negeri 6 Bengkulu City, SMA Negeri 7 Kota while schools which were declared good category were 18.18%, namely SMA Negeri 1 Bengkulu City, Bengkulu City 2 Public High School was declared to have met the coaching standards, had fulfilled the coaching standard factors such as licensed trainers, good facilities and infrastructure.

Meanwhile, 6 schools were stated to be unfavorable with a percentage of 54.54%. This is because it does not meet the standards for fostering futsal extracurricular achievements. The data are Bengkulu City 4 State Senior High

School, Bengkulu City 5 State Senior High School, Bengkulu City 8 State Senior High School, Bengkulu City 9 State Senior High School, Bengkulu City 10 State Senior High School, Bengkulu City 11 State High School. Based on the percentage, the development of futsal extracurricular achievements in Bengkulu City is categorized as lacking due to the non-fulfillment of these factors. The above statement is supported by relevant research conducted by (Mandala Siregar, 2017), the development of futsal extracurricular activities in Bengkulu City Public High Schools needs special attention, including coaching the extracurricular activities themselves. In particular, SMA Negeri 3, SMA Negeri 7, SMA Negeri 8 and SMA Negeri 10 need to get more attention. futsal extracurricular which has good futsal achievements compared to other public high schools in Bengkulu City. The existence of good coaching for Futsal extracurriculars in each Bengkulu City Public High School can make the Bengkulu City State High School futsal team have the quality and skills that the team has to be able to compete so that they can achieve high achievements. Weaknesses in futsal extracurricular coaching, among others, lie in whether or not there is full support from the school itself, the consistency of the training that is formed, and the budget financing for futsal extracurricular needs.

The results of the observations of this study can be interpreted that there are several factors that can affect the development or not of fostering futsal extracurricular achievement at the Bengkulu City State High School Level, namely the lack of support from the school, so that the equipment facilities for the need for trainers to train are less efficient, the field is not less feasible, the ball and cones during practice are not enough to make the training program not

optimal and coaches who do not have a coaching license, and have differences in terms of achievement and training experience with coaches who have coaching licenses. So that the training program that is implemented is not good enough to increase student achievement. The results of the questionnaire for futsal extracurricular trainers at the Bengkulu City State High School level were in the very good category 18.19%, schools that had a "good" category were 81.81%. So it can be concluded that the futsal extracurricular trainers at the Bengkulu City State High School level were in the good category. Based on this, it can be seen that coaches are very good, seen from having a coaching license, coaches have an important role in the success of sports coaching. the higher to achieve the highest achievement (Triananda et al., 2021).

The coach must be able to be a good motivator, with the coach's ability to arouse athlete motivation will increase athlete confidence, this confidence allows athletes to achieve optimal performance (Sugihartono et al., 2021). The importance of the coach is illustrated by the opinion, the coach must be aware of and have knowledge and understanding of futsal theory and also be able to teach playing technical and tactical skills. good training process. The trainer's obstacles at Bengkulu City Public High School are the lack of balls and cones so that the training process does not run effectively coupled with unfavorable field conditions and the absence of funding for extracurriculars due to the factor that there is no more student tuition money so that the extracurricular process is partly temporary vacuum schools are also due to the covid 19 factor.

The results of the questionnaire for futsal extracurricular students at the Bengkulu City Public High School level were in the very good category 45.46%, schools that had a good category were

27.27%, while those in the “enough” category were 27.27%. So it can be concluded that futsal extracurricular students at the Bengkulu City State High School level are in a very good category.

A student is someone who plays the most important role in sports to achieve achievements in a sport and other forms of the coaching process. In coaching our students, it takes a long time and process. Athlete nurseries are the main capital to create superior students and the characteristics possessed by superior students. According to (Halim, 2013) the characteristics of superior seeds are as follows: 1) Having superior innate qualities from birth. 2) Have physically and mentally healthy, not disabled, it is expected that the body posture is in accordance with the sport of interest. 3) has the function of the organs of the body such as strength, speed, flexibility, endurance, coordination, agility, power. 4) Have good basic movement skills. 5) Have high intelligence. 6) Has congenital characteristics from birth, which can support the achievement of prime achievements, including high competitive character, strong will, steadfast, courageous, and high spirits. 7) Have a passion for sports.

Where are the results that I present with 1 best school and 1 school that is categorized as not good for futsal extracurricular activities at Bengkulu City Public High School at Bengkulu City 6 Public High School in the category of the best school because they have provided coaching since grade 10 with various selections and given special training to to achieve what can be achieved. Extracurriculars at SMA Negeri 6 are held 2 times a week on Mondays and Wednesdays, good training programs such as basic techniques, tactics, physics and games. For coaching students of SMA Negeri 6 Bengkulu City, these students are trained as well as possible because after

the Covid 19 pandemic, many have held futsal tournaments or matches.

Bengkulu City 6 Public High School has won many excellent achievements, such as the tournament held at Hazairin University, State 6 High School won 1st place, the tournament held at 5 State High School won 2nd place, the tournament held at Muhammadiyah 4 High School won 1st place, SMA Negeri 6 as the host in the Praditna cup 2021 tournament won 1st and 2nd place by sending 2 futsal clubs, and there are many other achievements achieved by SMA Negeri 6 Bengkulu City through futsal extracurricular activities. Here it can be said that futsal extracurricular coaching at SMA Negeri 6 is very good by means of training, fostering students, to achieve all desired achievements. In realizing a sporting achievement, the most important thing besides physical condition is mastery of basic technical skills. As for the extracurricular activities at SMA Negeri 10, it is lacking due to lack of facilities and the students at the SMA lack participation in this extracurricular futsal. Not only that, the infrastructure facilities are also inadequate to be developed. This futsal extracurricular will only be reopened in 2022. Students lack interest in this futsal extracurricular due to an inadequate field. For achievements, SMA Negeri 10 Bengkulu City has not gotten the best performance and SMA Negeri 10 has also never sent its students to tournaments or matches.

The results of the questionnaire for supervising futsal extracurricular achievement at the Bengkulu City State High School level were in the very good category 45.46%, schools that had a good category were 27.27%, while those in the “enough” category were 27.27%. So it can be concluded that fostering futsal extracurricular achievement at the public high school level Bengkulu City is categorized as very good. In

extracurricular coaching, there are 5 schools that are categorized as very good, namely Bengkulu City 1 State Senior High School, Bengkulu City 2 State Senior High School, Bengkulu City 3 State Senior High School, Bengkulu City 6 State Senior High School, Bengkulu City 7 State Senior High School. The guidance from these 5 schools is very good because the facilities and infrastructure are very good and there is support from the schools such as funding for the extracurricular itself and funds for students to take part in each competition supported by very good coaching for students.

The coach is someone who has a good position in the non-academic realm which is carried out outside of class hours, as well as extracurricular activities carried out at Bengkulu City Public High School. The role of the coach in this futsal extracurricular is to increase students' interest in talent and students can interact with other students. The purpose of this futsal extracurricular is to create achievements and create new seeds so that students can excel in non-academic fields. Based on the documentation of futsal extracurricular training activities, the process of filling in the questionnaires for coaches, coaches, students and facilities and infrastructure collected by researchers. Development of extracurricular achievements in the less category. The average school has 54.54% due to factors that have not met coaching standards such as licensed trainers, good facilities and infrastructure, and management is supported by the school from funding futsal extracurricular coaching and training programs that are regular and directed and running well. SMA 6 extracurriculars have a very good category, judging from the supporting facilities and infrastructure and the full support from the school in the form of money for extracurricular activities such

as funding to take part in competitions so that it makes the children more enthusiastic about practicing. The number of students participating in the futsal extracurricular is 28 people with 1 trainers and 1 coach and we can see from the condition of the field SMA Negeri 6 in good condition and supported by 6 balls and 2 dozen cones in good condition too of course and also supported by coaches who are competent in their fields so as to make high school extracurriculars Negeri 6 Bengkulu City is the best in Bengkulu City.

Means are anything that can be used as a tool in achieving goals and objectives, requirements, efforts. Facilities and infrastructure are a major support in a training process (Big Indonesian Dictionary, 2008: 127). To achieve the highest achievement, the role of facilities and infrastructure is very important and has a large enough role. Where without adequate facilities and infrastructure, maximum performance will not be achieved.

CONCLUSION

Based on the results of observational data, questionnaires and research documentation that has been described in the previous chapter, it can be concluded that fostering futsal extracurricular achievements in Bengkulu City Public High Schools should receive more attention from the school, such as paying attention to trainer indicators, coaching management, facilities, training methods and achievements. The percentage is 54.54%, so the development of extracurricular futsal extracurricular achievements at Bengkulu City Public High School is categorized as Less. There are still many schools that are declared not to have met the standards for fostering futsal extracurricular achievements because

each of these schools still lacks infrastructure, has coaches who are not yet licensed and financial support is still minimal from schools.

The recommendations given in this study are that in an effort to improve student sports achievement through extracurricular activities, the school should pay more attention and provide support for student achievement in the field of futsal. Some things that must be done by schools in an effort to provide this support are to provide good infrastructure such as providing fields, training equipment and preparing students' needs in training. Then also schools must provide competent human resources such as preparing licensed trainers and coaches who are able to support student training activities. Finally, schools must prepare sufficient budget funds to support student activities in improving achievement in futsal sports through futsal extracurricular activities in their respective schools.

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