



Evaluation Of The West Java Karate Team Training Program At Pon Xxi Aceh And North Sumatera In 2024

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Abstract

This study aims to evaluate the effectiveness of the West Java Karate team training program in preparation for the XXI North Sumatra-Aceh National Sports Week (PON) 2024. The evaluation was conducted using the CIPP (Context, Input, Process, Product) model which includes an analysis of the objectives, resources, implementation process, and final results of the training program. The research method used is descriptive qualitative with data collection techniques through observation, interviews, documentation studies, and questionnaires. The population in this study were all members of the West Java Karate team who participated in the XXI North Sumatra-Aceh PON 2024, consisting of 23 people, including athletes and coaches. The sampling technique used was total sampling, where the entire population was used as a research sample to obtain more accurate and representative data. The results of the study showed that the training program had a strong foundation in terms of objectives, regulations, and athlete needs. The input dimension shows that support for human resources, facilities and infrastructure, and funding is quite adequate, although there is still room for improvement. From the process aspect, the program has been running effectively with a balance between training and education for athletes, as well as attention to their welfare. The product dimension evaluation showed that the West Java Karate team managed to win 2 gold medals, 3 silver medals, and 2 bronze medals, reflecting the success of the training program in improving athlete performance. Although the program has been running well, this study recommends improvements in aspects of training facilities, sports science-based coaching methods, athlete welfare, and continuous evaluation and monitoring. The implementation of these recommendations is expected to increase the effectiveness of the training program and support the achievement of more optimal achievements for the West Java Karate team in future competitions.



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INTRODUCTION

Sports are an activity that forms a disciplined and healthy personality, when doing sports activities, the aim is to make the physical condition of the body healthy and fit, because in sports we are taught to get used to a disciplined life, Sports are all systematic activities to encourage, foster, and develop physical, spiritual, and social potential (Padli et al., 2023). Along with the rapid development of sports today, strategic handling and thorough preparation are needed to encourage progress in the field of sports in Indonesia. This effort not only includes improving sports infrastructure and facilities, but also developing human resources, such as athletes, coaches, and other supporting staff (Firdaus, 2021). Therefore, coaching for high-achieving sports is a very important step in producing superior athletes who are able to compete in the national and international arenas. With a systematic, targeted, and sustainable coaching program, it is hoped that Indonesia's sports achievements can continue to increase and make the nation proud in various competition events (Purnama & Raharjo, 2023).

In addition, one of the sports that has great potential to be developed in Indonesia is karate. As a martial art that not only requires physical strength, but also discipline, technique, and strong mentality, karate has become one of the most popular and successful sports at national and international levels (Ayu Nabillah et al., 2022). Karate is a martial art that has also become a sport of achievement. Karate is a hard martial art that uses physical techniques such as punches, kicks, blocks, and dodges with a strong stance (Ferry Stephanus Suwita & Arif R Hakim, 2020). Karate is also a sport that has its own characteristics of movement and technique (Matutu et al.,

2019).

Pendapat lain juga menyatakan that Karate is a hard martial art that uses physical techniques such as punches, kicks, blocks, and dodges with a strong stance (Herlina et al., 2023). So it can be concluded from several expert opinions above that Karate is a hard martial art that emphasizes physical techniques such as punches, kicks, blocks, and dodges supported by a strong stance. As a sport, Karate has unique movement and technique characteristics that distinguish it from other martial arts. Techniques in Karate prioritize strength, speed, and accuracy in attacking and defending. In addition, Karate not only focuses on the physical aspect, but also forms discipline, mental resilience, and toughness in facing opponents.

Karate athlete development must be carried out systematically through structured training programs, starting from early age development to professional achievement levels (Suyono & Monalisa, 2022). Strengthening physical aspects, techniques, competition strategies, and fighting mentality are the main factors in producing strong karate athletes who are ready to compete in various championships. In addition, support from various parties, such as the government, sports federations, clubs, and the community, is needed so that karate can continue to develop and make a real contribution to the progress of sports in Indonesia.

The National Sports Week (PON) is a prestigious event for Indonesian athletes to show their best achievements. West Java, as one of the provinces with a strong sporting tradition, has a great responsibility to prepare its athletes, including in the sport of karate. Karate itself is one of the sports that has high medal potential in PON, considering the popularity and rapid development of this martial art in Indonesia. However, the

success of athletes in achieving achievements cannot be separated from systematic, structured, and measurable training programs..

Evaluation of the training program is important because it determines the extent to which the West Java karate team is prepared to compete at the national level. With the 2024 PON being held in North Sumatra and Aceh. Evaluation of the training program is essential to measure the effectiveness of the strategies implemented by the coaching team in building athlete readiness (Wani, 2018). Some of the main reasons underlying this study are the Importance of Optimizing the Training Program, the training program implemented must be able to maximize athlete performance (Vanagosi & Dewi, 2019). This evaluation is needed to assess whether the training methods implemented are in accordance with international standards and the specific needs of West Java karate athletes. Increasingly Tight Competition In the last few editions of PON, competition in the karate sport has become increasingly tight. Other regions such as DKI Jakarta, East Java, and North Sumatra have shown significant improvements in performance. Therefore, West Java must ensure that its training program remains superior and is able to compete at the national level. Investment and Resource Allocation The West Java Provincial Government and the Indonesian National Sports Committee (KONI) have allocated large resources for athlete development. This evaluation is important to ensure that the investment is used effectively and has maximum impact on athlete performance.

This research has significance which is great for various parties, including coaches, athletes, and sports policy makers in West Java. By conducting a comprehensive evaluation, the results of this study can be used to improve training

methods, both in physical, technical, and psychological aspects. for KONI and the coaching team in compiling more effective training programs. Supporting the development of sports policies at the regional level so that athlete development is more sustainable and data-based and can create a better sports development system for the long term.

METHODS

This type of research is evaluative research. According to (Arikunto, 2016) evaluative research requires requirements that must be met, namely the existence of criteria used as a comparison of the data obtained, after the data is processed and is the real condition of the object being studied. This evaluative research uses the CIPP (Context, Input, Process, Product) model developed by Stufflebeam. According to (Aldapit, 2019) Evaluation is an important part of an activity or program that has been planned and has been implemented through a series of processes to achieve goals. The evaluation results will be influenced by the plan and process of activities or programs. The CIPP model was chosen because this model is complete enough to evaluate a physical education learning program and makes it easier for researchers to classify program components in the form of context, input, process, and product so that components that have not met the criteria can be identified. This study focuses on evaluating the West Java Karate Team Training program at PON XXI Aceh-SUMUT in 2024.

Participants

Population is the entire object of the population being studied. Population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are determined by researchers to be studied and then conclusions are drawn.

According to (Sugiyono, 2016) "population is a generalization area consisting of objects/subjects that have certain qualities and characteristics that are determined by researchers to be studied and then conclusions are drawn" The population in this study was the West Java Karate Team at PON XXI Aceh-SUMUT in 2024 consisting of 23 coaches and athletes.

Sampling Procedures

Samples are some objects in the population to do what will be studied. According to (Sugiyono, 2016) Samples are part of the number and characteristics possessed by the population. If the population is large and it is impossible to study everything in the population, for example due to limited funds, manpower, and time, then the sampling technique used is total sampling is a sampling technique where the number of the population is used as a sample. (Candra Susanto et al., 2024) a sample is part of the number and characteristics possessed by the population. in other words, the sample is smaller than and in this study the sample used was the West Java Karate Team at the 21st PON Aceh-SUMUT in 2024 which consisted of 25 coaches and athletes.

Materials and Apparatus

Every researcher certainly uses instruments or tools for data collection, instruments are tools used to collect data. According to (Maulana, 2022) research instruments are tools or tests used to collect data to support the success of a study. Instruments are tools when research uses a method. With a test, educators can obtain accurate data. The most important instrument in this study is the researcher himself or with the help of others. One of the instruments used in this study is the form of an interview containing open-ended research questions.

According to (Syafriada Hafni Sahir, 2022) In qualitative research, researchers themselves collect information by coming to the field to ask the informants directly, or can ask for help from people in collecting data with the same procedure. To collect information from informants, the following tools are needed: 1. In-depth interview guidelines in the form of a list of information to be collected. 2. Voice recorder There are several benefits of research instruments, namely: a) As information obtained by researchers in completing research b) As a tool in interviewing informants.

Data collection instruments in the evaluation research of the West Java Karate Team program at PON XXI Aceh-SUMUT in 2024 include interview guidelines, documentation observations, and observation sheets. Researchers determine the criteria for each component, then the instrument will be tested for validation and reliability of the instrument.

Design or Data Analysis

Data analysis in evaluation research through a descriptive approach is carried out using qualitative data analysis. Qualitative data analysis is analyzing data and information from research results using words rather than numbers. The data analysis procedure used in this study for qualitative data as stated by Emzir, that "The analysis process begins with assembling/assembling raw materials and taking an in-depth goal or total picture of the entire process. Meanwhile, according to Sugiono, "which activities in qualitative data analysis are carried out interactively and continue continuously until complete, so that the data is saturated" (Jamalong, 2014). For more details, the theory is described as follows: 1. Data Reduction (Data reduction), namely: summarizing, selecting the main points and focusing on the important things.

2. Data Display (data presentation), namely; data presentation begins with organizing and classifying data or summarizing research findings systematically or gradually.
3. Conclusion Drawing (drawing conclusions and verification), namely: efforts to find patterns, themes or things that often appear so that a conclusion is obtained, which over time becomes clearer along with the increasing amount of data obtained so as to support the conclusion.

RESULT

The evaluation results of each evaluation dimension are as follows:

1. Context Dimension Evaluation

Covers issues related to the scope of the program that has been implemented. The context dimension evaluation includes three aspects, namely: 1) program objectives; 2) legal basis for the program; and 3) analysis of program needs :

Table 4.1 Context Dimension Evaluation

NO	Frequency		Category
	Absolute	Presentation	
1	0	0%	Strongly Disagree
2	0	0%	Don't agree
3	0	0%	Doubtful
4	69	35%	Agree
5	129	65%	Strongly agree
	198	100%	

Based on table 4.1 Results of the context dimension evaluation of 18 respondents, those who stated strongly disagree nil (0%); meaning that respondents who stated strongly disagree with the criteria for the success of the context dimension evaluation on the indicators; program objectives, legal basis for the program, and analysis of

program needs amounted to 0%. Stating disagree nil (0%); meaning that respondents who stated disagree with the criteria for the success of the context dimension evaluation on the indicators of objectives, legal basis for the program, and analysis of program needs amounted to 0%. Stating doubt nil (0%); meaning that respondents who stated doubt with the criteria for the success of the context dimension evaluation on the indicators of program objectives, legal basis, and data analysis of program needs amounted to 0%. Stating Agree with an absolute value of 69 (35%) means that respondents who stated agree with the criteria for the success of the context dimension evaluation on the indicators of program objectives, legal basis, and analysis of program needs amounted to 35%. Stating Strongly Agree with an absolute value of 129 (65%) stated strongly agree with the success of the context dimension evaluation on the indicators of program objectives, legal basis for the program, and analysis of needs amounted to 65%. Thus it is concluded that 65% of athletes strongly agree with the success of the evaluation of the context dimension in the program objective indicators, the legal basis for the program.

For further details, the results of the context dimension program evaluation are described as follows :

a. Program Objectives

Berdasarkan studi dokumentasi conducted, data was obtained that the West Java karate team training program in preparation for the 2024 North Sumatra PON has a very important role in evaluating the results of training and athlete achievements in competition. Viewed from a theoretical perspective, there are several main factors that influence athlete performance, including training categories and training duration. These two aspects have been proven to

have a significant influence in improving the competitive abilities of athletes.

b. Legal Basis

Based on the results of observations, interviews, and documentation studies, data was obtained that the Coaches and Trainers considered the legal basis for the objectives of the West Java karate team training at the 2024 North Sumatra PON to be strong enough. This is because the implementation of the West Java karate team training is supported by the West Java Indonesian National Sports Committee (KONI) and the Indonesian Karate-Do Sports Federation (FORKI) as institutions responsible for coaching, supervising, and developing athlete achievements.

c. Needs Analysis

This evaluation shows that the training implemented has considered the specific needs of athletes, starting from increasing physical endurance, speed, agility, to strengthening match strategies that are adjusted to the opponent's playing pattern. Thus, this training program has high relevance in supporting the achievement of the West Java karate team's achievement targets at the 2024 North Sumatra PON.

2. Input Dimension Evaluation

Input dimension analysis includes the availability of program plans and basic program support resources. Indicators in the input dimension evaluation consist of: 1) availability of program plans, 2) availability of human resources, 3) support from implementing organizations, 4) availability of facilities and infrastructure, and 5) availability of funds..

Table 4.2 Input Dimension Evaluation

No	Frequency		Category
	Absolute	Absolute	
1	0	0%	Strongly Disagree
2	15	3%	Don't agree
3	20	5%	Doubtful

4	145	34%	Agree
5	252	58%	Strongly agree
	305	100%	

Based on table 4.2 Results of the evaluation of the context dimension of 18 respondents, who stated strongly disagree nil (0%); meaning that respondents who stated strongly disagree with the criteria for the success of the input dimension evaluation were 0%. Stating disagreement with an absolute value of 15 (3%); meaning that respondents who stated disagree with the criteria for the success of the input dimension evaluation were 3%. Stating doubt with an absolute value of 20 (5%); meaning that respondents who stated doubt with the criteria for the success of the input dimension evaluation were 5%. Stating Agree with an absolute value of 145 (34%) means that respondents who stated agree with the criteria for the success of the input dimension evaluation were 34%. Stating Strongly Agree with an absolute value of 252 (58%) stated strongly agree with the success of the input dimension evaluation, and needs analysis of 58%. Thus it is concluded that 58% of Athletes Strongly agree with the success of the input dimension evaluation.

For further details, the results of the context dimension program evaluation are described as follows :

a. Program Limitations

Based on the results of observations, interviews, and documentation studies that have been conducted, it can be concluded that the West Java karate team training program in preparation for the 2024 North Sumatra PON has a clear program plan and program guidelines. The success criteria in the input aspect of the program plan availability indicator are marked by the existence of complete planning documentation and systematically arranged program

guidelines..

b. Availability of Human Resources

Based on data checking through observation results, interviews with related parties, and documentation studies conducted, it can be concluded that there is a match between the training program and the existence of coaches and trainers who have met the requirements for implementing the program. The coaches involved in this program have a strong coaching background, both in terms of licenses, experience, and understanding of effective training methods. In addition, the trainers also have the competence to build the mental and physical athletes to face competition in the 2024 North Sumatra PON event.

c. Support from the Organizing Organization

Based on the results of observations, interviews, and documentation studies that have been carried out, it can be concluded that the implementation of the West Java Karate Team Training Program in preparation for the 2024 North Sumatra PON is running well in terms of organization. The organizational aspect of a training program has a very important role in ensuring the smoothness and effectiveness of the implementation of activities, from planning to evaluation. The success criteria for the input evaluation on the organizational support indicator for the organizer are marked by strong synergy between the sections involved in this program. Full support from all elements involved, including team management, coaches, trainers, athletes, and other related parties, is the main factor in maintaining the continuity and success of the training program.

d. Availability of Facilities and Infrastructure

Based on the results of observations, interviews, and documentation studies that have been carried out, it can be concluded that the West Java Karate

Team Training Program at the 2024 North Sumatra PON has training facilities and infrastructure that support the implementation of the program. The availability of facilities and infrastructure is an important factor in supporting the effectiveness of training, both in terms of main facilities such as dojos (training places), mats, training aids, to other supporting facilities needed to support athlete fitness and recovery..

e. Availability of Funds

Thus, it can be concluded that the West Java Karate Team Training Program at the 2024 North Sumatra PON has received adequate financial support. The availability of a budget that has been budgeted according to needs shows that the financial aspects of this program have been well planned, allowing the implementation of the program to run effectively and contribute to achieving maximum achievements at the 2024 North Sumatra PON

3. Process Dimension Evaluation

Process dimension analysis includes the implementation of indicators in the input dimension evaluation consisting of: 1) Academy Program, 2) Welfare.

Table 4.3 Process Dimension Evaluation

No	Frequency		Category
	Absolute	Absolute	
1	0	0%	Strongly Disagree
2	0	0%	Don't agree
3	0	0%	Doubtful
4	25	31%	Agree
5	56	69%	Strongly agree
	81	100%	

Based on table 4.3 Results of the evaluation of the context dimension of 18 respondents, who stated strongly disagree nil (0%); meaning that respondents who stated strongly disagree with the criteria for the success of the Process dimension evaluation were 0%. Stating disagreement with an absolute value of

15 (3%); meaning that respondents who stated disagree with the criteria for the success of the Process dimension evaluation were 3%. Stating doubt with an absolute value of 20 (5%); meaning that respondents who stated doubt regarding the criteria for the success of the Process dimension evaluation were 5%. Stating Agree with an absolute value of 145 (34%) means that respondents who stated agree with the criteria for the success of the Process dimension evaluation were 34%. Stating Strongly Agree with an absolute value of 252 (58%) stated strongly agree with the success of the Process dimension evaluation, and needs analysis of 58%. Thus it is concluded that 58% of Athletes Strongly agree with the success of the Process dimension evaluation.

For more details, the results of the Process dimension program evaluation are described as follows :

a. Implementation Program

This program also helps in long-term career development, so that athletes have better future opportunities after their sports career ends. With a flexible system and support from various parties, the balance between training and education can be maintained optimally

b. Welfare

The guarantee of the athlete's future is also part of the welfare evaluation, where there are efforts to provide post-athlete career opportunities, such as coaching or sports management paths. Based on the results of observations, interviews, and documentation studies, it can be concluded that the welfare of athletes in the West Java Karate Team Training Program at the 2024 North Sumatra PON has been well guaranteed, although improvements are still needed in several aspects to be more optimal.

4. Product Dimension Evaluation

The evaluation of the success of the West Java Karate team training program in the 2024 North Sumatra PON is not only measured by the effectiveness of the training, but also by the achievement of achievements in the form of medals. The following is an analysis of the dimensions of achievement products in the context of medal wins.

Table 4.4 Product Dimension Evaluation

No	Frequency		Category
	Absolute	Absolute	
1	0	0%	Strongly Disagree
2	0	0%	Don't agree
3	0	0%	Doubtful
4	11	12%	Agree
5	79	88%	Strongly agree
	90	100%	

Based on table 4.4 Results of the evaluation of the context dimension of 18 respondents, who stated strongly disagree nil (0%); meaning that respondents who stated strongly disagree with the criteria for the success of the Product dimension evaluation were 0%. Stating disagreement with an absolute value of 15 (3%); meaning that respondents who stated disagree with the criteria for the success of the Product dimension evaluation were 3%. Stating doubt with an absolute value of 20 (5%); meaning that respondents who stated doubt about the criteria for the success of the Product dimension evaluation were 5%. Stating Agree with an absolute value of 145 (34%) means that respondents who stated agree with the criteria for the success of the Product dimension evaluation were 34%. Stating Strongly Agree with an absolute value of 252 (58%) stated strongly agree with the success of the Product dimension evaluation, and needs analysis of 58%. Thus it is concluded that 58% of Athletes Strongly agree with the

success of the Product dimension evaluation.

Evaluation of the achievements of the West Java karate team at the 2024 North Sumatra PON is an important step in assessing the effectiveness of the training program that has been implemented. Of the 18 athletes sent, the West Java karate team managed to win 2 gold medals, 3 silver medals, and 2 bronze medals. These results are a benchmark for the extent to which the training program is able to improve athlete performance and whether the strategies implemented are in accordance with the needs of national-level competitions..

DISCUSSION

The evaluation of the West Java karate team training program was carried out using four main dimensions, namely context, input, process, and product. Each dimension has indicators and evaluation results that serve as a reference in assessing the success of the program as a whole.

1. Context Dimension Evaluation

The context dimension evaluation covers three main aspects:

- a. Program objectives, which emphasize that the training aims to develop athletes' technical, strategic, physical, and mental skills towards the 2024 North Sumatra PON. The majority of respondents (65%) strongly agree that the program has succeeded in achieving its goals.
- b. Legal basis, which shows that the training program has clear regulations from KONI and FORKI, ensuring regularity in implementation.
- c. Needs analysis, which emphasizes that the training program is designed based on the needs of athletes in physical, strategic, and mental aspects.

- d. The evaluation results show that the majority of respondents agree and strongly agree with the success of the context dimension, indicating that the program's goals, regulations and needs are in line with expectations.

2. Input Dimension Evaluation

The input dimension analyzes the availability of resources in program implementation, including:

- a. Program planning, which has been well prepared, including training schedules, targets, and coaching methods.
- b. Human resources, which assess the competence of coaches and trainers in guiding athletes towards maximum performance.
- c. Organizational support, which highlights the synergy between coaches, trainers, and management in ensuring the success of the program.
- d. Facilities and infrastructure, which are quite adequate although there are still shortcomings in terms of quantity and completeness.
- e. Availability of funds, which have been well planned to support all aspects of training. Most respondents (58%) strongly agree that input factors have supported the success of the program, emphasizing the readiness of resources to support training.

3. Process Dimension Evaluation

This evaluation highlights the implementation of the training program with a focus on :

- a. Academic program, which helps athletes balance between education and training, including schedule flexibility and academic support.
- b. Athlete welfare, which includes financial support, health, education, and future security.

The program has provided health facilities and scholarships, but there is still room for improvement. The evaluation results showed that 69% of respondents strongly agreed that the program implementation was going well, indicating the effectiveness of the system implemented.

4. Product Dimension Evaluation

This dimension assesses the final results in the form of athlete achievements at the 2024 North Sumatra PON. Of the 18 athletes who competed, the West Java karate team won 2 gold medals, 3 silver medals, and 2 bronze medals. This achievement is an indicator that the training program has had a positive impact, although there are still aspects that need to be improved such as training strategies and athlete mental development. Overall, the evaluation shows that the West Java karate team training program has a strong foundation in the context of goals, resources, processes, and results. However, several aspects such as completeness of facilities, athlete welfare, and training strategies can still be improved to achieve better performance in future competitions.

CONCLUSION

Based on the results of the evaluation that has been carried out on the West Java Karate team training program in preparation for the 2024 North Sumatra PON, the following conclusions were obtained :

1. Evaluation of Context Dimensions

- a. The training program has been designed with a clear objective, namely to develop the technical skills, competition strategy, physical, and mental of athletes towards the 2024 North Sumatra PON.

- b. The legal basis of the program is strong, supported by regulations from KONI and FORKI which ensure regularity in implementation.
- c. The training program has been prepared based on an analysis of athlete needs, covering physical, strategic, and mental aspects, with the majority of respondents (65%) strongly agreeing with the success of the evaluation of the context dimension.

2. Input Dimension Evaluation

- a. The program has good planning, including training schedules, target achievements, and coaching methods.
- b. The available human resources, including coaches and trainers, have adequate competence in guiding athletes.
- c. Strong organizational support has created good synergy between coaches, trainers, and management in ensuring the success of the program.
- d. The available facilities and infrastructure are quite adequate, although there are still shortcomings in the number and completeness of training facilities.
- e. The availability of funds has been well planned and sufficient to support all aspects of training

3. Process Dimension Evaluation

- a. The academic program has been designed to help athletes balance education and training, with schedule flexibility and academic support.
- b. Athlete welfare has received attention, including financial support, health, education, and future security, although there is still room for improvement.
- c. The evaluation results showed that 69% of respondents strongly agreed that the program implementation was running well and effectively.

4. Product Dimension Evaluation
 - a. The success of the training program can be measured from the achievements of athletes at the 2024 North Sumatra PON, where the West Java Karate team won 2 gold medals, 3 silver medals, and 2 bronze medals.
 - b. This achievement is an indicator that the training program has had a positive impact, although there are still aspects that need to be improved, such as training strategies and athlete mental development.
 - c. Overall, the evaluation shows that the West Java Karate team training program has a strong foundation in the context of goals, resources, processes, and results. However, several aspects such as completeness of facilities, athlete welfare, and training strategies can still be improved to achieve more optimal performance in future competitions

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