

The Role of Trainer and Management of Sport Coaching Achievements of Shorinji Kempo in Yogyakarta City

Bagus Riadi¹, Endang Rini Sukamti¹

¹Universitas Negeri Yogyakarta, Jl. Colombo No. 1 Yogyakarta, Indonesia

Keywords: Role of a trainer, Organisation, Planning training, Facilities, Achievements

Abstract: This research was conducted with the aim to find out more about the sport's development of the Shorinji Kempo in Yogyakarta and martial arts achievements, both in terms of the role of trainers, organisations, implementation of training, facilities, and achievements achieved year after year. This present study employed qualitative research methods. Participants in this study included three athletes, coaches, and managers. Meanwhile, the data collection techniques used in this study were observation, interviews, and documentation. The results of this study showed that: 1) trainers have a vital role in the process of fostering achievement, indicated by each having good abilities in the sport and having a training certificate/license; 2) the function of the organisational structure is not in accordance with the basic standards of the organisation of a sport; 3) the implementation of the exercise has been running according to the designed program; 4) the facilities owned are quite complete but some need to be added and improved; and 5) the achievements obtained are in a good category even if only limited to regional events.

1 INTRODUCTION

In modern life, humans cannot be separated from sports, both as an arena of achievement and as a need to maintain a healthy body condition. Therefore, it is necessary to have efforts to improve sports performance to a higher level and carry out continuous training so that sports achievements can be achieved. One sport that needs to be improved is martial arts.

Martial art is an art that appears as a way for someone to defend themselves. Martial arts include a type of combative sport which means that fighting sports involving full-body contact. One of the famous martial arts in Japan is Shorinji Kempo, or better known as Kempo. Shorinji Kempo is a martial art sport that relies on self-defence techniques with free hands, and uses self-defence methods that can protect themselves from hardness (Ahmad, 2016). One of the sports that shows success is Shorinji Kempo's martial arts branch. Kempo is a martial art sport that always starts with evasive movements or deflects attacks, rather than response. Avoiding Kempo movement is enough to bend the opponent's body parts, or lock, if forced to do the destruction of weak points in the form of kicks, elbows, punches,

and others. The main Shorinji Kempo organisation in the World is WSKO (World Shorinji Kempo Organisation), while the main organisation of Shorinji Kempo in Indonesia PERKEMI (Persaudaraan Beladiri Kempo Indonesia).

The two techniques in the Shorinji Kempo include: 1) soft technique or *juho* which is an avoidance technique, bend and lock the opponent's body; and 2) hard technique or *goho* in the form of kicks, punches, punishment, etc. (Kurniawan, 2012). The divisions of the matches in Shorinji Kempo are called *embu* (harmony technique), and *randori* (individual fights). In *randori* match, the winner is based on the flat techniques that hard contact to the target. There are two targets in *randori*, namely head and body protector (Timbul Thomas Lubis, 2008). Anyone can learn, regardless of gender or age, and can utilize this technique. For now, Kempo's martial arts in the Yogyakarta city became the spotlight by other areas. Considering the achievements that they gained in the international championships and the many events that were joined, Kempo was always superior to both junior and senior matches. It is not detached from the role of coaches as well as good and structured coaching systems.

Physical condition is one of the determining factors to the success of athletes. The whole unity of the components is inseparable, both the increase and the maintenance. A physical component that is indispensable by a flat-body branch is durability, strength, and explosive power (Fenanlampir & Muhyi Faruq, 2015).

Besides the physical condition components, techniques and aspects of psychology of the athlete itself, success is also not detached from parents and caretaker support. Without the support from one of them, it feels that it is difficult to obtain success. Participation in the sport is also positively able to improve the quality of relationships between parents and children based on aspects of trust and communication (Sukys, Lisinskiene & Tilindiene, 2015).

Surely the role of a trainer is also an important part of this, always providing support both in terms of technical and psychological aspects. Because without coaches there will be no emergence of a champion. Proper training of athletes is also able to improve the performance of athletes (Chuan, Yusof, & Shah, 2013), which ultimately affects their achievement. Besides, athletes guided by coaches who earn a certificate in sports programs have better personal and social skills compared to athletes guided by coaches who do not get training (MacDonald, Cote, & Deakin, 2010). The effort to optimize the achievement of an athlete is influenced by how the implementation and training programs are given, which is guided by the principles of good practice and appropriate in its essence.

The importance of a management is implemented in an organisation, because it is essentially a limited human ability (physical, knowledge, time, and attention) while its needs are not limited (Hasibuan, 2009). Efforts to meet the needs and limited ability to do the work encourage human beings to divide work, duties and responsibilities. With this division of work, duty, and responsibility, the difficult and hard work will be resolved properly and the objectives can be achieved. While the weakness of management itself is the occurrence of misuse of position (duplicate positions), the system is too complicated that it takes a long time to do so, and often corruption occur in an organisation under a guided management system. Based on the explanation above, researchers are interested to identify how the role of the trainer, implementation of training, organisation, facilities and infrastructures that exist in the sports, and the events that exist in the field to deliver the expressions to peak achievements.

2 METHOD

This is a qualitative study. Qualitative research is a study that intends to understand the phenomenon of what is experienced by the research subject, for example: attitudes, perception, motivation, sleep and others; and by way of description in words and language, a special context that is natural and by utilizing various natural methods (Barlian, 2016). Qualitative research was chosen because the research was orientated to explore deeper problems (Creswell, 2007). The qualitative approach used in this study is phenomenology to get the essence of the trainer's experience in building athletes' achievements. Research using qualitative methods is conducted through observation, interviews, and documentation.

3 DATA SOURCES

The primary data in this study were gained from three respondents consisting of coaches, managers, athletes, parents, and martial arts of Yogyakarta city. They were interviewed with open questions, and were observed with direct observation. While secondary data is obtained from the data documentation obtained from data collection.

4 RESULTS

4.1 Role of Coach

Achieving an achievement is not easy because before the athletes join the game, there are many preparations to be done both by athletes and coaches. A trainer is a person who has the professional ability to help develop potential athletes into real-life abilities optimally in a relatively short period (Sukadiyanto, 2005). What the trainer needs to prepare is to first look at the championship calendar that the athletes will participate. For example, the events between clubs, or national events; and then the trainer prepares suitable exercises so that athletes can play well in those matches.

The personality of the coach can also help shape the personality of the athlete he has trained. The trainer must be aware that he or she can influence the development of the character and personality of the athletes, especially young athletes. This influence can be positive and negative; and can

improve or damage (Hadi, 2011). Therefore, the trainer needs to know his or her own personality, strengths, weaknesses, motives, desires, and encouragement.

Similarly, with the construction in the Yogyakarta city, coaches certainly have an important role in this, always provide support both in terms of technical and psychological aspects. The appropriate coaching method is also able to positively impact the performance and achievement of the athletes (Chuan, Yusof, & Shah, 2013). The existing trainers have been equipped with enough experience and have obtained a certificate in sports programs. These conditions certainly have a significant impact on the development of athletes. They have better personal and social abilities than coaches who do not get training (MacDonald, Cote, & Deakin, 2010).

The following table contains the name of the trainers and the specifications that are incorporated in the organisation of the Training Centre of Sports branch of the martial arts Kempo Yogyakarta.

Table 1. Profile of research respondents

Name	RM Darundyo	Ossa Candra	Paulus	Bagus Riadi
Sex	Men	Men	Men	Men
Age	56	47	42	25
Level	5DAN	2DAN	2DAN	1DAN
Certificate	√	√	√	√
Duration trainer	28 year	15 year	5 year	2 year

From the results of the study, the trainers who were given the responsibility to train athletes were trainers who had good abilities in sports. Each of them had a training certificate or license. They also had a trainer license issued by a coach, a regional coach license, a national trainer, and a national referee certificate. Besides, they were also former national athletes.

4.2 Organisation

An organisation that is considered to be good is the one that has the following characteristics: 1) has clear objectives, 2) has goals that must be understood and accepted by each member, 3) has unity of direction and unity of the government, 4) has the division of tasks and balanced between authority and responsibility, 5) has simple organisational structure and permanent organisational pattern, 6) has a guarantee of position

and reciprocity of services given accordingly, and 7) place people according to their expertise (Harsuki, 2012).

The organisational structure of the management at Shorinji Kempo Yogyakarta consists of only three managers. Ideally, to carry out management functions in an organisation it is necessary to carry out its duties such as planning, organizing and supervision. Although its management has not used the service period, the human resources that were joined are still lacking so that there were administrators who sometimes did others' job, worked with each other and helped for the achievement of common goals each member instils. Organisers and trainers always communicated and coordinated about the training program, athlete's condition and athlete's achievements.

4.3 Facilities

The facilities were already complete enough, but some were getting damaged and needed to be added. Ideally the needs of facilities and infrastructures needed to pay attention to two factors: 1) quality, and 2) quantity. The facilities and infrastructures should be successful supporting the success factor of sports coaching, which should be available for every effort to improve performance as a main purpose of sports coaching (Muslimin & Hidayat, 2016). The following lists were the facilities and infrastructure owned by the organisation:

- a. Sports Hall Kridosono which is rented annually;
- b. one set of mattresses amounted to 64 pieces;
- c. six sets of body protectors;
- d. two pieces of target kicks;
- e. two pieces of target punch;
- f. one piece of standard punch bag; and
- g. four pieces of hand gloves and head protector.

4.4 Exercise Practices

In drafting a training program, coaches created programs and were approved by their fellow coaches and managers. Then, they prepared athletes for a one-year period by looking at the competition in one year and dividing it into several phases, which included the adaptation phase, general preparation, special preparation, pre-competition preparation and competition.

The training method they used was a fun method where athletes were given a variety of exercises so as not to be saturated with the exercises given. Examples of exercises given to athletes were weight training on the hands and feet. Then, they took as

many kicks and punches as determined by the 50 left and 50 right coaches. Meanwhile the principle applied by the coach to his athletes was the principle of awareness and honesty in training. Therefore, if there was an absence of athlete, the coaches kept training other athletes with the existing training program.

The practice was conducted five times a week at the stage of coaching or concentration training for matches, with a duration of approximately two hours for each practice. The frequency of training depended on the ability of the athlete as a whole. In addition, the better the athlete's achievement ability, the more frequency of exercise that could be increased regularly (Letzelter in Syafruddin, 2011). In general, it might be said that the training program is good enough.

Evaluation in the making of an exercise program was carried out every time from the match or a try-out. However, for technical training, they conducted evaluations in every week. In addition, the trainer also applied the most important motivation for the athlete, namely intrinsic motivation, or motivation from within himself not from the coach. Because after all the trainer provided various forms of variations in the exercise if there was no motivation in the athlete, then it would never get good results.

4.5 Achievement of Athletes Yogyakarta

The achievements of Shorinji Kempo Yogyakarta athletes might be categorised into the good category. This could be seen from the results of achievements over the past few years, for example athletes that have been able to win the POMDA event and the Yogyakarta City Championship held in 2018. PERKEMI of Yogyakarta City also successfully won the overall PORDA from 2009 to 2012.

However, there were not many national-scale events that have been joined due to funding problems. At present PERKEMI of Yogyakarta City is determined to return the overall title of PORDA which will be held at the end of 2019.

5 CONCLUSIONS

Coaches have a vital role in the performance coaching process. Almost every movement of the coach will always be observed by his students and the community. Especially young athletes often identify themselves with behaviour. Their attitude, style and manner of speaking often duplicate the coaches'. Therefore, a good appearance and attitude must always be reflected in every coach. The coach must be a dynamic individual, who can lead and provide motivation to foster the athletes' performance.

The existing organisational structure functions were not following the basics of a sports organisation's standards. It might be seen by the formulation of an organisational structure consisting of only three administrators, namely the chairperson, secretary, and treasurer. Funding in management was also an important problem that must be resolved so that the management could complete the training to improve performance.

Implementation of the exercise has been running following the program designed, both in the preparation of the training program, the training methods used and the preparation of the training schedule have followed the guidelines for making an exercise program. The phases and stages preparation included the adaptation phase, general preparation, special preparation, pre-competition preparation, and competition.

The facilities were already good enough but there were still some parts that needed to be added and equipped to optimize the existing training programs. It was considered that facilities were also important for the creation of an achievement.

The achievements have already been in the categories both at the regional and national levels. The closest target of the management and coach is to become the champion of PORDA DIY in 2019.

ACKNOWLEDGMENT

The author would like to thank all those involved and contributing to this research study. The author also thanked all the colleagues from the Faculty of Sports Science at the Postgraduate Program, Yogyakarta State University.

REFERENCES

- Sofyan hanif, A., 2017. Falsafah Pengukuran dan Teknik Dasar Shorinji Kempo. Jakarta: Rajawali Pers
- Kurniawan, F., 2011. Buku Pintar Pengetahuan Olahraga. Jakarta: Laskar Askara
- Thomas lubis, T., 2008. Organisasi Manajemen Administrasi PERKEMI. Jakarta: PB PERKEMI
- Fenanlampir, A., & Muhyi faruq, M., 2015. Tes Pengukuran dalam Olahraga. Yogyakarta: CV Andi Offset
- Chuan, C., Yusof, A., Shah, P. M., 2013. Sport Involvement and Academic Achievement: A Study of Malaysian University Athletes. *International Education Studies*. 6 (2), 12-21. Doi: 10.5539/iesv6n2p12
- MacDonald, D. J., Cote, J., & Deakin, J., 2010. The Impact of Informal Coach Training on the Personal Development of Youth Sport Athletes. *International Journal of Sport Science & Coaching*. 5(3), 363-372. Doi: 10.1260/1747-9541.5.5.3.363
- Hasibuan., 2009. Manajemen Dasar Pengertian dan Masalah. Jakarta: Bumi Aksara
- Sukys, S., Lisinskiene, A., & Tilindiene, I., 2015. Adolescent' Participation in Sport Activities and Attachment to Parents and peers. *Social Behavior and Personality*, 43 (9), 1507-1518. Doi:10.2224/sbp2015.43.9.1507
- Barlian, E., 2016. Metodologi Penelitian Kualitatif, Padang: Sukabina Press
- Creswell, J. W., 2007. *Qualitative Inquiry and Research Design: Choosing Among Approaches* (2nd Ed). Thousand Oaks: Sage Publications, Inc
- Hadi, R., 2011. Peran Pelatih dalam Membentuk Karakter Atlit. *Jurnal Media Ilmu Keolahragaan Indonesia*. Volume 1. Edisi 1. Juli 2011. ISSN 2088-6808. Universitas Negeri Semarang.
- Muslimin., & Hidayat, A., 2016. Evaluasi Program Pembinaan Tim Sepakbola Sekolah Olahraga Negeri Sumatera Selatan. *Jurnal Sport Area* 2(2)
- Sukadiyanto., 2005. Pengantar Teori Metodologi Melatih Fisik. Yogyakarta: Fakultas Ilmu Keolahragaan. Universitas Negeri Yogyakarta.
- Syafrudin., 2011. Ilmu Kepelatihan Olahraga. Padang: UNP Press
- Harsuki., 2012. Pengantar Manajemen Olahraga. Jakarta: PT Rajagrafindo Persada.