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## EVALUATION OF THE ATHLETE DEVELOPMENT PROGRAM FOR ROWING IN WEST BANDUNG REGENCY

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### Abstract

This study aims to evaluate the rowing athlete development program in West Bandung Regency, particularly focusing on the canoeing team, using the CIPP (Context, Input, Process, and Product) evaluation model. This research applied a descriptive qualitative approach with data collection techniques including interviews, observation, documentation, and questionnaires. The evaluation results show that in the context aspect, there is strong community support and awareness of the importance of early athlete development. In the input aspect, the coach has adequate qualifications, but training equipment and facilities, such as boats and gym tools, remain insufficient. In the process aspect, training activities are well structured, but athlete participation is not yet optimal. In the product aspect, the development program has had a positive impact on athletes' physical, technical, and mental skills, as well as their discipline. The study concludes that the program is running fairly well but needs improvement, particularly in facility provision and increasing athlete engagement in training.

**Keywords:** Evaluation, Athlete Development, Rowing, CIPP Model.

Sports Achievement Development is a way to improve and get achievements through various certain ways, in the process this achievement coaching cannot be done in a careless and unplanned way so that a qualified coach is needed in his field. Achievement in the world of sports is the fruit of a coaching process that is carried out in a sustainable, planned, and purposeful manner. The success of the coaching program is inseparable from the support of competent human resources, systematic training program planning, the availability of adequate facilities and infrastructure, and the implementation of regular program evaluations (P.Citra Permana Dewi, 2019).

According to Law Number 3 of 2005, "the definition of achievement sports is a sport that fosters and develops sportsmen in a planned, tiered, and sustainable manner through competitions to achieve achievements with the support of science and sports support" (M. Jihad, 2021). Success in coaching sports achievements is greatly influenced by various factors, one of which is the implementation of effective management. In the context of sports achievement coaching management, there are five main components that need to be

managed optimally, namely: human resources, financial strength, cooperation in the internal environment, availability of facilities and infrastructure, and methods used. These five managerial aspects form an inseparable unit, because each is interrelated, supportive, and plays an important role in determining the success of the program. Therefore, it is necessary to carry out an evaluation because a field of work can be done well or badly if a coaching evaluation has been carried out (B. Wani, 2018).

Evaluation is a process that aims to provide information that can be used as a basis for assessing the achievement of goals, planning, implementation, and impact of a program. Evaluation plays a role in supporting decision-making, strengthening accountability, and increasing understanding of a phenomenon (N. N. Ufairah, 2020).

Through the observations made by the researcher and the approach that the researcher took on the rowing coach of the West Bandung Regency canoeing team, the researcher obtained information that the ability of the West Bandung Regency rowing team has not shown maximum results, as seen from the sports achievements at PORPROV 2022, it is proven that there are still many match numbers that have not succeeded in winning the medal.

There are still many rowing facilities and infrastructure in West Bandung Regency that are inadequate. Such as training facilities, namely boats, paddles, gyms and equipment, which are tools and places for training. Boats and paddles that are the main facilities for rowing sports themselves are still in poor condition judging from the number of leaking boats and fragile rowing due to the age factor that has been too long. There is no dedicated gym training place and incomplete gym equipment.

So that from several existing problems, it is necessary to evaluate to be able to improve and improve, give direction to the sports coaches of achievement in this case, especially the administrators, coaches and rowing athletes of West Bandung Regency so that they can provide recommendations for improvement and correction to be better in the future.

## **METHODS**

This type of research is qualitative research with a descriptive method. Qualitative research with a descriptive method is a research method that aims to create an existing and accurate picture of real information and the relationship between the phenomena being investigated (A. Saputra, 2020). By using the CIPP evaluation model. This model includes four main components, namely Context, Input, Process, and Product.

The research process is carried out in a natural environment, involving direct experience, interpretation by researchers, and in-depth interaction between researchers and

informants. Various data collection methods are used, such as in-depth interviews, observations, document studies and questionnaires as well as experiential reflections that describe the reality and meaning of life of individuals or groups. The main focus in qualitative research is on an in-depth understanding of the meaning, perception and context that involves participants in the situation being studied (R. Pianda, 2024).

In this study, an evaluation was carried out on the canoeing team rowing athlete coaching program in West Bandung Regency. By using the CIPP evaluation model. This model includes four main components, namely Context, Input, Process, and Product. This evaluation is used to obtain a comprehensive overview of the implementation and coaching program, as well as to provide input to improve the effectiveness of the program.

### **SAMPLE POPULATION AND SAMPLING**

The population in this study is the rowing sport of West Bandung Regency which consists of 12 coaches/administrators, 26 rowing athletes and 30 canoeing rowing athletes. The samples taken in this study were 1 canoeing coach and 30 canoeing rowing athletes. By determining the sample using the Purposive Sampling technique, the selection of subjects is based on certain criteria that have been set by the researcher.

### **DATA COLLECTION TECHNIQUES**

The data collection techniques used in this study were interviews, observations, documentation and questionnaires.

### **DATA ANALYSIS TECHNIQUES**

The data analysis technique used in this study is descriptive analysis to obtain information from coaches and narrative analysis to obtain information from athletes.

Interviews, documentation and observations were analyzed using descriptive analysis techniques. Descriptive analysis is to describe and interpret the data from each aspect that is evaluated, to support the descriptive process, in this study data from the trainer is collected through interviews using the guidelines that have been designed.

The questionnaire was analyzed using narrative analysis. Narrative analysis is compiling and integrating data in the form of stories or descriptions that are structured based on each aspect evaluated, the data obtained is processed with qualitative narrative techniques, to support the narrative process, in this study data from athletes is collected through questionnaires using questionnaire guidelines that have been designed.

### **RESULTS AND DISCUSSION**

This study aims to evaluate the coaching program of rowing athletes in West Bandung Regency in the canoeing rowing team using the CIPP model. The evaluation of the West

Bandung Regency rowing athlete development program is carried out through the presentation of evaluation data from the results of the evaluation which is categorized into four parts, namely:

### 1. Context Evaluation

Context evaluation is a way to identify the suitability of the coaching program with the needs of rowing sports and environmental factors that affect the success of the West Bandung Regency rowing athlete coaching program.

Based on the results of the interviews that have been conducted, information was obtained that the rowing athlete coaching program in West Bandung Regency departs from the importance of coaching athletes from an early age to achieve maximum achievement and be able to compete. The rowing sport is one of the branches that has great potential in achieving achievements, both at the regional, national, and international levels.

The coach also said that the coaching program is supported by community participation around the rowing practice area is very high. This is due to the positive perception of the public towards rowing, which is considered to have opportunities both as a path of achievement and as a career in the future. The enthusiasm of the community can be seen from the support given, both in the form of enthusiasm transmitted to the younger generation to participate in rowing sports activities. Therefore, in the need to coach athletes from an early age as a relevant solution to meet these needs, helping rowing athletes to achieve maximum achievements so that they can participate later in various competitions.

The coaching program carried out is conducting basic technique training on land, conducting exercises in the water, running exercises, and gyms. Coaches will always conduct tests every 1 or 3 months to see the progress of athletes and to train athletes' mentality to compete.

### 2. Input Evaluation

#### a. Canoeing Coach Background

Based on the results of data collection, information was obtained about the background of the canoeing team coach in West Bandung Regency which is presented in the table.

**Table 1 Observation Sheet Trainer Background Documentation**

Yes	Documents	Existence		Description
		Yes	No	
1.	Coaching Certificate	√		Conform
2.	International Level Achievements	√		Conform
3.	National Level Achievements	√		Conform
4.	Provincial Level Achievements	√		Conform

From the table, it can be seen that coaches already have coaching certificates and achievement awards ranging from the Provincial, National, to International levels.

In an interview, one of the coaches explained that he had participated in three coaching seminars/training. The first is (National level coaches in 2024 in Palembang), the second (coach training in West Java) and the third (coach training in West Bandung Regency). For experience, coaches have participated in many competitions such as: in Asian, ASEAN, Sea Games, PON, PORPROV and others.

### b. Facilities and Infrastructure

The facilities and infrastructure referred to in this study are the suitability of training facilities and infrastructure.

Based on the results of the research, data obtained through observations carried out, data information can be seen in the table.

**Table 2 Observation Sheets of Training Facilities and Infrastructure**

Yes	Facilities and Infrastructure	Existence		Conditions		Quantity	Compatibility
		There	No	Good	Not Good		
1.	Size of the training ground	√		1	-	1	Conform
2.	Kayaking Boats	√		3	14	17	Conform
3.	Kayaking	√		2	12	14	Conform
4.	Cano Boat	√		2	4	6	Conform
5.	Cano Paddle	√		2	2	4	Conform
6.	Perahu Dragon Boat	√		2	-	2	Conform
7.	Dragon Boat Paddle	√		8	4	12	Inappropriate
8.	Gym Venue		√	-	-	-	-
9.	Gym Equipment	√		-	-	-	Inappropriate
10.	Storage	√		-	-	-	Conform

In this study, the aspect of facilities and infrastructure is one of the important components that is evaluated to find out the extent to which the available facilities support training programs for canoeing rowing athletes in West Bandung Regency. Based on the results of direct observation, most of the rowing training facilities in West Bandung Regency are close to the required standards, but many of them are in less than suitable conditions. Meanwhile, the infrastructure of the training venue in general is adequate, but there is no special area for fitness training (gym), because the rowing sports branch in the area does not have a special gym place provided.

### 3. Process Evaluation

Based on the results of the observations made, the implementation of coaching programs such as training has run in accordance with the program designed by the coach, the training program is well implemented by the athletes. In addition, evaluations are also carried out both during the training process and after the training program is completed.

This evaluation aims to assess the effectiveness of the program, identify shortcomings, and provide input for improving and developing athletes' abilities in the future.

#### **4. Product Evaluation**

The evaluation at the product stage aims to assess the extent to which the implementation of the coaching program has a real impact on improving the physical, technical, and mental abilities of athletes to be ready to compete. This assessment is carried out through a data triangulation approach, namely in-depth interviews with coaches, direct observation in the field, and analysis of questionnaire data distributed to athletes. The research was focused on canoeing team rowing athletes.

##### **a. Interview Results**

Interview with one of the coaches Canoeing revealed that the coaching program that is carried out regularly has given significant and measurable results to the physical performance of the athletes. One of the main indicators can be seen from the increase in time when performing tests in water.

"Alhamdulillah, every athlete achieves a better test time than what was done before and the gym rep force increases, for the results of increasing time and adding athlete reps can be seen from the results of tests that are always done once every 1 or 3 months".

Furthermore, the coach said that the impact of this program is not only physical, but also affects the mental attitude and character of athletes. Through regular training, rowing athletes become more disciplined, responsible, and do not panic easily when facing matches.

"Alhamdulillah, the coaching program in addition to helping the physical strength and endurance of athletes, also makes them responsible and disciplined in training, maintaining the quality of sleep and eating. If athletes who have practiced with maximum athletes will feel PD in facing the match".

These findings reinforce the assumption that training coaching programs are not only a means of physical improvement, but also serve as a medium for character building, confidence and readiness to face matches.

##### **b. Questionnaire Results**

As a complementary quantitative instrument in evaluating the results of the coaching program, the researcher distributed a coaching program assessment questionnaire to 30 canoeing rowing athletes. This questionnaire consists of 10 closed statements with a Likert Scale (Strongly Agree-Strongly Disagree). The goal is to measure athletes' perceptions of the effectiveness of the coaching program that has been implemented, both in terms of increasing physical strength, confidence and changes in behavior and discipline.

Based on the results of the research, data obtained through the questionnaire conducted, data information can be seen in table 4.3 below:

**Table 3 Questionnaire Results**

Yes	Sekala Liket	Frequency	Remarks
1.	Strongly agree	14	Thus, statement no. 1 shows that the coaching program is able to improve basic technical skills in rowing, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	16	
	Disagree	-	
	Strongly Disagree	-	
2.	Strongly agree	13	Thus, statement no. 2 shows that the coaching program is able to increase physical strength, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	17	
	Disagree	-	
	Strongly Disagree	-	
3.	Strongly agree	13	Thus, statement no. 3 shows that the coaching program is able to make them more confident when participating in the competition, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	17	
	Disagree	-	
	Strongly Disagree	-	
4.	Strongly agree	11	Thus, statement no. 4 shows that the coaching program is able to improve the results of the physical test, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	19	
	Disagree	-	
	Strongly Disagree	-	
5.	Strongly agree	10	Thus, statement no. 5 shows that the coaching program is able to significantly improve performance within 6 months, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	20	
	Disagree	-	
	Strongly Disagree	-	
6.	Strongly agree	13	Thus, statement no. 6 shows that the coaching program is able to make athletes aware of the importance of maintaining diet and health, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement.
	Agree	17	
	Disagree	-	
	Strongly Disagree	-	
7.	Strongly agree	11	Thus, statement no. 7 shows that the coaching program is able to teach the importance of teamwork, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement
	Agree	19	
	Disagree	-	
	Strongly Disagree	-	
8.	Strongly agree	10	Thus, statement no. 8 shows that the coaching program is able for athletes to be more responsible for the training schedule, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement
	Agree	20	
	Disagree	-	
	Strongly Disagree	-	
9.	Strongly agree	13	Thus, statement no. 9 shows that the coaching program is able to open opportunities for athletes to compete at the national/international level, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement
	Agree	17	
	Disagree	-	
	Strongly Disagree	-	
10.	Strongly agree	14	Thus, statement no. 10 shows that the coaching program is able to convince parents to support their children because they see positive things, all respondents choose 'Strongly Agree' or 'Agree' without any disagreement
	Agree	16	
	Disagree	-	
	Strongly Disagree	-	

These findings show that all athletes have a very positive perception of the coaching program. This indicates that the program is not only well received, but also felt the impact and physical improvement by canoeing rowing athletes. They feel more confident and ready for the match.

Thus, based on the results of this questionnaire, it can be concluded that the coaching program has a positive impact on the physical condition, discipline or responsibility and readiness of athletes in facing competition.

## **CONCLUSION**

Based on the results of the research conducted using the CIPP (Context, input, Process and Product) evaluation model, it can be concluded that the canoeing team rowing athlete coaching program in West Bandung Regency has made a positive contribution to the development of athletes' abilities, although there are still aspects that need to be improved.

### **1. Context Aspects**

The coaching program has been in accordance with the needs of the region and has received strong support from the social environment, including the high enthusiasm of the surrounding community for rowing sports. This shows that the program has a good relevance to the potential and local conditions.

### **2. Input Aspects**

The coaches involved have relevant educational backgrounds and experience of achievement at the national to international levels. However, training facilities and infrastructure, especially equipment such as boats, paddles, and gym facilities, are still not fully adequate and are in poor condition, potentially hindering the effectiveness of the training process.

### **3. Process Aspects**

The implementation of the coaching program has been carried out according to plan and is carried out in a structured manner, including physical exercises, techniques, and periodic evaluations of athlete development. However, obstacles such as irregular attendance of athletes in training sessions are obstacles that need further attention.

### **4. Product Aspects**

The coaching program has shown a significant impact in improving technical ability, physical strength, as well as the formation of athletes' character and discipline. The results of interviews and questionnaires show that the athletes feel an improvement in performance and have better readiness to face the competition.

Overall, the rowing athlete development program in West Bandung Regency is considered quite successful in developing athlete potential, but efforts are needed to improve training facilities and infrastructure as well as strengthen athlete attendance management so that the program can run optimally and sustainably.

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