

The Achievements of the Popda of Contingent Southeast Aceh Regency In 2018

Ladipin¹, Zulfikar², YeniMarlina³, Syamsulrizal⁴, Dr.Nyak Amir⁵

¹Universitas Syiah Kuala, Banda Aceh, Indonesia

²Universitas Syiah Kuala, Banda Aceh, Indonesia

³Universitas Syiah Kuala, Banda Aceh, Indonesia

⁴Universitas Syiah Kuala, Banda Aceh, Indonesia

⁵Universitas Syiah Kuala, Banda Aceh, Indonesia

Abstract

The research entitled " The Achievements of The POPDA Of Contingent Southeast Aceh Regency". The process of getting potential athletes requires coaching and achievement development at productive age, namely the school age level. Sports coaching in Indonesia should always be improved along with the application of various developments in sports science and knowledge. The objective of the research is (1) to find out which sports the contingent of Southeast Aceh regency participated in the POPDA event. (2) to map the sports that have won medals at the POPDA event (3) to determine the extent of the achievements of the Southeast Aceh POPDA contingent in participating in the 2014, 2016 and 2018 POPDA events. The subjects in this study were the Head of the Service, Head of District, coaches, athletes where a total of 6 subjects. The instrument used to collect data by interview and documentation. The research method is descriptive qualitative. Research Results The participation of the Southeast Aceh POPDA contingent in the biennial Sports event where POPDA XIII from the six sports that participated won one silver medal, one bronze medal, POPDA XIV from seven sports that participated won four bronze medals and at POPDA XV won two silver medals from nine sports that were included. The Southeast Aceh POPDA contingent achievement was only able to win three silver medals and five bronze medals during three participations in the POPDA event. The contribution of the Southeast Aceh Contingent's medals in POPDA XIII, XIV and XV is still far from the expectations of the Tourism, Youth and Sports Office of Southeast Aceh Regency, where in three biennial student sports weeks, the medal rankings are always outside the top 20.

Keywords: Achievements, POPDA.

Date of Submission: 09-10-2020

Date of Acceptance: 24-10-2020

I. Introduction

Sports are all physical activities that are carried out deliberately and systematically to encourage, foster and develop physical, spiritual and social potential (Toho and Ali, 2007: 2). Sport is a positive physical activity that can be physically and mentally healthy and can encourage, fostering, and developing physical, spiritual, and social potential. Therefore sports should be carried out by mankind, and the government must play a role in making sports a place for competition and achievement. The development of sports achievements should be carried out systematically, tiered and sustainably. As stated in Law number 3 of 2005 concerning the National Sports System, article 20 paragraphs 3, which reads. "Achievement sports are carried out through a planned, tiered and sustainable development and development process with the support of sports science and technology".

To get potential athletes, it is necessary to have coaching and achievement development in productive age, namely school age level. Sports coaching in Indonesia should always be improved along with the application of various developments in science and knowledge in the field of sports. In a large competition, to achieve maximum performance, it is necessary to have a determining aspect and a supporting aspect that must not be overlooked in achieving maximum results in sports.

The Regional Student Sports Week (POPDA) of Aceh Province is part of the achievement sports coaching system which is carried out gradually and continuously, besides that the Regional Student Sports Week (POPDA) of Aceh Province is also a means of following up on the results of coaching carried out starting at the school level, club Student Sports, District, and Regency / City level. The best student athletes who are selected through competitions or selection at the school or inter-district level will become representatives of the Regency / City to the Provincial level, while the best and potential athletes who are monitored at the Provincial level are prepared to participate in activities at the Regional or National level. The implementation of the XV

Regional Student Sports Week (POPDA) in Aceh Province 2018 is an integral part of the National Sports coaching system.

Southeast Aceh Regency is one of the districts in Aceh Province which has its capital in Kutacane. This regency is located in a mountainous area with an altitude of 1,000 meters above sea level, which is part of the Bukit Barisan mountains. Gunung Leuser National Park, which is the largest national reserve area, is located in this district. Basically the area of Southeast Aceh Regency rich in natural tourism potential, one of which is the Alas River which is widely known as a very challenging river rafting sport.

Aceh Southeast is one of the districts in Aceh Province where every POPDA championship is always participated in the hope that the local government can improve the sports achievements of students at the Aceh level, even though the results of the reality in the field do not match what is expected where every participation in the POPDA event has never been entered into. In the top 10, where the last results at POPDA to XV in 2018 Central Aceh, the Southeast Aceh student contingent was only able to win two silver medals from all sports, placing the Southeast Aceh student contingent in second from bottom. The Office of Tourism, Youth and Sports has tried their best in selecting athletes for POPDA preparation where the service has coordinated with teachers and coaches starting from the socialization, the selection stage and the training stage, in order to achieve maximum achievement. Based on the results of the description above, the researcher intends to examine "Achievements of the 2018 Southeast Aceh POPDA Contingent".

A. Research objectives.

In accordance with the problem formulation that has been stated above, the research objectives to be achieved from this research are:

1. To describe the sports that the contingent of Southeast Aceh Regency participated in the POPDA event in 2014, 2016, 2018
2. To record the sports that has won medals at the POPDA 2014.2016.2018 events
3. To find out the achievements of the Southeast Aceh POPDA contingent in participating in the 2014, 2016 and 2018 POPDA events

II. Research Methods

This research is in accordance with the problems and objectives of evaluation research with the method used are descriptive through a qualitative approach. According to Arikunto (2006: 245), the qualitative descriptive method is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behavior. Qualitative descriptive research is a non-hypothesis research, so that in the research steps there is no need to formulate a hypothesis. While

3. Taking Conclusions and Verification

The verification stage is the stage of in-depth study as well as drawing conclusions. The decision to make a standard conclusion is the result of a systematic analysis using the relevant method. This test is intended to make comparisons between theoretical truths and conditions that occur in the field, therefore the verification stage is a very decisive stage in generating significant conclusions. Data verification steps, namely:

- a. Examine the conclusions that have been drawn to compare with actual theories.
- b. Carry out a double-checking process, to test the correctness of the data and the results of the analysis starting from the survey implementation stage, interviews, observation of data and other information presented by the research subject.

Make a conclusion that is the result of the entire initial research process up to the summary of the research data.

III. Research Result

The research data were obtained through documentation and interviews with the Head of the Tourism, Youth and Sports Office of Southeast Aceh Regency after taking the research mandate, then processing the raw data. In this step, the research data obtained has meaning and conclusions. Then the data needs to be processed and analyzed. The presentation of data in the form of tables and descriptions aims to explain each research result on the achievements of the POPDA contingent of Southeast Aceh Regency at the biennial student level sports in Aceh Province, which has been analyzed by researchers so that in the future it can make it easier for readers to review the results of the research that has been done. Before the presentation in the following table form will be presented the results of the recapitulation of the answers to the results of the analysis of the medal achievements of the Southeast Aceh Regency contingent at POPDA in Aceh Province in 2014-2018, as well as the sports that participated from the Southeast Aceh Regency Student contingent and describe the superior branches medal sports. Descriptive research is related to research aimed at investigating human activities and the results of these studies can provide recommendations for future needs (Nazir 2003: 71). In this study, the main thing that was

studied was the distribution of the achievements of the POPDA contingent of Aceh Southeast Regency from 2014, 2016 and 2018.

This study uses a survey research method. Survey research method is research conducted on large or small populations, but the data studied is data from a sample taken from that population. In this study, the survey was conducted on the achievements of participants from the achievements of the POPDA contingent of Southeast Aceh Regency from 2014, 2016 and 2018. While these achievements refer to the achievements in the period 2014 to 2018 to get maximum achievements in the sports field. This research was conducted in 3 (three) stages.

1. Data Reduction

Data reduction is an initial step in analyzing data, where the data that has been obtained summarizes it, selects the main things, and focuses on things that are important data from observations, interviews with the Southeast Aceh POPDA Contingent in 2018, this activity aims to facilitate understanding of the data that has been collected .,

2. Display Data

The display stage is the stage of systematically compiling research data with narrative text. This stage can be done by making a provisional conclusion or summary of the meaning of the process of achieving the achievements of the Southeast Aceh POPDA Contingent. The process of reviewing the results of observations can be carried out through a systematic and descriptive summary, so that the subject matter does not deviate from the basic objectives of the study. In addition, the summary also implies that the study material is in accordance with the main indicators of the theme discussed.

1. Interview data of the Head of the Tourism, Youth and Sports Office of Southeast Aceh

Based on the interview data from the head of the POPDA preparation process department, the preparation was carried out by the POPDA contingent of Southeast Aceh Regency for 2 months, starting from the selection stage to the preparation stage for the Training Camp (training) and there was no athlete quarantine during the preparation process. The results of the interview regarding the coaching process show that all athletes involved in the POPDA Southeast Aceh contingent have carried out a continuous preparatory selection program for 2 full months ahead of the 2018 Student Sports Week championship.

The process of selecting athletes for POPDA XV involves all elements of PJOK teachers in terms of socializing POPDA readiness and the data collection process for athletes who will all be selected in the data by each PJOK teacher in each school, besides the problem of psychologists in sports, specifically We don't provide it, but in general we have communicated with teachers and trainers about psychologists because the results of our data collection, the trainers and teachers involved are graduates of Sports Coaching who have a mental basis.

The Southeast Aceh Youth and Sports Tourism Office have prepared a better program in the future in facing the XVI POPDA event in Sabang City with a target of achievement in the top 20. In 2019 the Youth and Sports Office of Southeast Aceh Regency has prepared Pre-POPDA preparations, specifically for sports that are competed at POPDA, budgeting special autonomy funds for athlete preparation, with high hopes that the Southeast Aceh POPDA team will get 4 gold medals, especially from the branch. sports Karate, Pencak Silat Table tennis and athletics, these are the leading sports in Southeast Aceh.

2. Results of interviews with the Head of the Tourism, Youth and Sports Department.

The POPDA preparation process has been carried out well, starting from the invitation that was distributed to every school in Southeast Aceh Regency to the preparation for selection for POPDA preparation, after that the selected athletes did training for 2 months where the athletes made training preparations for 4 times a week. During the preparation process, we require all trainers to create a training program as an initial requirement for training, our name from the service gets obstacles from 11 sports where only 5 sports have a certified trainer and there is a good training program in our opinion while 6 other sports are coaches. do not have a certificate and the training program is still not perfect. In the initial preparation process we involved the teacher because during the process of sending the names who would take part in the selection for the final stage were athletes who had been selected by teachers of physical education, sports and health.

3. Results of interviews with the Financial Transaction Analysis Reporting Center

PPATK officials were one of the research samples, but when in the field based on the results of the research it turned out that the implementation process of POPDA Kabuten Aceh Southeast did not involve PPAT parties and was directly carried out by the Head of the Division of the Tourism, Youth and Sports Office.

4. Results of the Interview with the Sports Trainer

Preparation poses from the trainer are still not maximal where only 2 months are given in which with a very short grace period it is very difficult for the coaching team to prepare the XV POPDA preparation training program held in Central Aceh district, the Southeast Aceh District Contingent has prepared athletes from the

start according to with instructions from the Dinas, the team of trainers has worked in accordance with the direction mandated by the Dinas although there are still many obstacles, especially the problem of too short a time for training and the lack of sports infrastructure and facilities. The training program that the coaching team does is in accordance with each sport that will be included in POPDA to XV. The results of the achievement at POPDA XV in Southeast Aceh Regency have not met the expectations of the Southeast Aceh Regency government, where the overall results of the medals are ranked 22 out of 23 City Districts.

5. Results of interviews with POPDA athletes in Southeast Aceh

The POPDA preparation process for athletes only carries out a training process for 2 full months, where according to the athletes it has not been maximal to achieve an achievement or take part in a championship as big as POPDA, besides that the athlete has never carried out a trial during the preparation process, another obstacle that athletes have had before they were there walking less actively in the training process due to living places that are far from the district capital, lack of training sites, and the lack of trainers who have a coaching license.

6. Documentation Data for POPDA Aceh Southeast Sports

Regional Student Sports Week (POPDA) at the regional level of Aceh Province in 2014-2018 had 11 sports to be contested. In 2014 only six sports participated, Athletics, Football, Volleyball, Table Tennis, Karate, Pencak Silat, in 2016 only seven sports participated, Athletics, Football, Volleyball, Table Tennis, Taekwondo, Pencak Silat, Badminton, and in 2018 nine, participating sports, Athletics, Football, Volleyball, Table Tennis, Karate, Pencak Silat, Badminton, Basketball, Sepak Takraw.

Of the 11 sports competed. In 2014 the sports that were not included were basketball, badminton, tennis, karate, football takraw and taekwondo, while in 2016 basketball, soccer field tennis and karate and 2018 sports that were not included were basketball and tennis.

In the achievements of student athletes from Southeast Aceh Regency in 2 (two) annual sports events starting from POPDA to XIII in Lhokseumawe City, POPDA to XIV in Langsa City and POPDA to XV in Central Aceh Regency in 2018, the achievements obtained are still far from being achieved. maximum achievement where at the three times the POPDA championship event, Southeast Aceh Regency was only able to win three silver and five bronze medals in total and has not been able to present a gold medal and has not been able to get into the top 20 of the three in POPDA.

IV. Conclusion

Based on the results of observations, interviews and documentation that have been carried out by researchers, some conclusions and implications and findings that have been obtained on the 2018 Southeast Aceh District POPDA Contingent Achievements, from the findings and analysis of research data related to the achievement of the POPDA Contingent in Aceh Regency In general, it can be concluded that POPDA has achieved the following:

1. Participation of the Southeast Aceh POPDA Contingent in the biennial Sports event where POPDA XIII from the six sports that participated won one silver medal, one bronze medal, POPDA XIV from seven sports that participated won four bronze medals and at POPDA XV won two silver medals from nine sports that were included.
2. The achievements of the Southeast Aceh POPDA contingent were only able to win three medals and five bronze medals during the three times participation in the POPDA event and have not been able to get into the top twenty overall.
3. The contribution of the Southeast Aceh Contingent's Medal in POPDA XIII, XIV and XV is still far from the expectations of the Southeast Aceh Regency Tourism, Youth and Sports Office, where in three annual student sports weeks the medal ranking is always outside the top 20.

References

- [1]. Amirullah. (2015). Pengantar Manajemen. Jakarta: Mitra Wacana Media.
- [2]. Arikunto, S. (2006). Prosedur Penelitian: Suatu Pendekatan Praktik. Jakarta: Rineka Cipta.
- [3]. Djamarah. (1994). Prestasi Belajar dan Kompetensi Guru. Surabaya : Usaha Nasional
- [4]. Djoko Pekik Irianto. (2002). Dasar Kepelatihan. Yogyakarta : FIK UNY
- [5]. Furqon, M. (2002). Pembinaan Olah Raga Usia Dini. Surakarta: Pusat Penelitian dan Pengembangan Keolahragaan (Puslitbang-OR) Universitas Sebelas Maret.
- [6]. Harsono, (1988), Coaching dan Aspek Aspek Psikologi Dalam Coaching, Jakarta, CV.Kesuma.
- [7]. Hasan, A. dkk. (2005). Kamus Besar Bahasa Indonesia. Jakarta: Departemen Pendidikan Nasional Balai Pustaka.
- [8]. Hidayat, Y. (2008). Pengantar Psikologi Olahraga. Bandung: FPOK-UPI.
- [9]. Kosasih, E (1993). Olahraga, Teknik dan Program Latihan, Akademika Presindo, Jakarta.
- [10]. KONI, (2000). Garuda Emas Pemanduan dan Pembinaan Bakat Usia Dini. KONI: Jakarta
- [11]. Kusmaedi, N. (2002). Olahraga Lanjut Usia. Bandung: Fakultas Pendidikan Olahraga dan Kesehatan Universitas Pendidikan Indonesia.

- [12]. Mutohir,T.C dan A. Maksum. (2007). Alternatif Baru Pembangunan Keolahragaan. Jakarta: Cerdas Jaya.
- [13]. Ruslan. (2010). Evaluasi Program Pembinaan Altet Olah Raga Sepak Takraw di PPLP Gorontalo. Jurnal Health & Sport, Vol. 1, No. 1, Juli 2010, 55-66.
- [14]. Sugiyono. (2008). Metode Penelitian Kuantitatif Kualitatif dan R&D. Bandung: Alfabeta.
- [15]. Undang-Undang Nomor 3 Tahun 2005,(Jakarta: Menegpora,2005)

Ladipin, et. al. "The Achievementsof the Popda of Contingent Southeast Aceh Regency In 2018." *IOSR Journal of Sports and Physical Education (IOSR-JSPE,)* 7(5) (2020): 22-26.