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Indonesian Sport
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THE IMPORTANT OF TALENT GUIDING IN THE EFFORT OF GYMNASTIC ACHIEVEMENT

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ABSTRACT

Gymnastic is the one of sport that has been competed nationally and internationally. There many factors to get high achievement, such as: seeking good athlete, guiding process, coach, facilities, and others. To reach high achievement needs sport guiding from early started from seeking talented athletes, seeding, education, and training based on the knowledge and the technology efficiently and effectively. It needs increasing in organization quality both nationally and district. (Dikjen Dikti Depdikbud, 1994:144. The right guidance results physical ability, technique, tactics, athlete mental that will influence the achieving development. The gradual of children age level determines the achievement. The highest achievement is reached by continue practice, step by step and regular. It will effect in the confidence feeling and the growing. The highest achievement comes from a good guiding.

Keywords: *Talented guiding, Achieving gymnastic*

INTRODUCTION

Gym is a physical activity which optimizes the kid's growing. Gym movement is suitable to help the important basic movement, especially in controlling posture and movement effectively and efficiently.

Gym exercise has meaning and goal. There are many definitions, as though it can be meant as the idea maker want to. It is a great reality. But it will have bad affect – the direction and the goal – if it has no guiding and directing (Sayuti,S,2002 :13). According to FIG gym is divided into 6 groups: artistic gym, sportive rhythmic gym, acrobatic gym, aerobic, trampoline, and general gym (Agus Mahendra, 2001:16).

Senam is competed from district to national. There are many factors to get high achievement, such as: seeking good athlete, guiding process, coach, facilities, and others.

There are three main jobs in gym are: (1) Basic gym: toward natural movement; (2) Special gym: toward preparing exercise for certain technique elements; (3) Achieving gym: gym as sport branch.

Achievement is determined by some factors which are related each other and have its own rule, they are: athlete, practicing quality, and others.

Athlete factor is about appearing some quality that must be managed, such s physic, motorist, mental, emotion, and anthropometric. Those factors determine the success in guiding and athlete measurement.

Maximal achievement begins from early till athlete is able to have the optimal achievement. It's held for long time and continually. It needs long time and process to hold high result. There are many things that must be through by athlete in guiding process. It will produce visible and invisible result. The invisible such as: psychology factor, maturity, character, etc.

Talented identification must be supported by equal resources, fund from government, instrument and facility, and also among discipline approach. Good evaluation and measurement, instrument to predict one's achievement will support us to work effectively in selecting talented athlete.

Many factors determine the achievement; they are internal factor such as: physical and mental; and external factor, such as: environment and instrument. Internal factor comes from the talented athlete who has n ability to do job in a sport. It will be developed to hold the highest achievement. Experience proves that talented and practiced athlete will hold great result. Achievement comes from guiding program which combines some practicing process. It is created systematically, gradually, and continually.

DISCUSSION

Talent identification is an effort to identify one's potential in sport systematically, so he can be predicted to reach peak achievement (Cholic Mutohir, 2002).

Talent is one's hidden ability that he has since he was born. It becomes his real ability. The division of talent is: general talent, everyone has it in different level, called intelligence. Certain talent; every body doesn't have it. Game talent is a basic movement (motor performance) and a combination of some ability with one's posture. Basically there are 2 basic methods: (1) Natural selection. It is a normal/natural way to develop athlete ability in sport. It assumes that an athlete lists in a sport

because of local influence (school tradition, parent's desire, or mates). Natural selection determines the athlete evolution; he has a fortune to choose a correct sport as his talent. In fact, the athlete development gets slower because of unsuited between sport and his talent; (2) Science selection. Coach uses this method to select prospective children who have showed their natural talent of a sport. The high achievement needs shorter time than the natural selection. It is needed in some sports which demand certain weight and height (basketball, football, rowing, throwing), speed, reaching time, coordination, and power (judo, sprint, hockey, athletic). Those qualifications will be detected by sport scientist. Science test results people who will be directed in suitable sport. These are 2 selections are also used in gym.

The advantages of talent identification: (1) Substantially, it needs less time to reach peak ability by selecting talented athlete; (2) Reduce coach's energy and work time. Coach and athlete have same affectivity; (3) Increasing competitive atmosphere, involved athlete, and high ability. And the result is homogenous and strong national team for international performance; (4) Athletes are nit through selection process. It increases their confident because they have better performance than others athlete at the same age; (5) Give motivation in science training application, coach assistant is motivated to observe the training.

TALENT IDENTIFICATION STAGE

One's talent in sport is related to posture and body shape. There are some stages in talent identification: (1) Doing a complete analysis from physic to mental according to th sport characteristic; (2) A selection of special identification using instrument from the sport; (3) Doing selection based on anthrometric and physical ability according to the physical development stage; (4) Evaluating based on comprehensive data by observing every children in or out o school. It can not be done fast but needs many years. And the stages are: (a) First stage. It started in pre-maturity period (3-0 years old). It is dominated by healthy check, general physical development to identify disease, and disorder. Biometric focuses on: find physical disorder that will border effort in sport, determined physical development level in simple way such as comparative between weight and height, detect dominant genetic to direct his special sport in next age. Although comprehensive training has been done from early in some certain sport like; gym and swimming, this first stage must be done carefully and accurately. (b) Second stage. It is done in maturity period (9-0 years old) especially in gym (Dragan, 1979). It is the most important stage of selection. It's done by experienced-athlete in organized training. (c) Third stage. It's related in specification and sport-need. Main factor is checking the health, psychology adaption for training and competition to overcome stress and to develop higher performance. It is facilitated by medical team, logical and regular training. The noted data is used to illustrate the dynamic from primary till the end of carrier.

GBHN 1993 directs national sport achievement, that: To reach high achievement needs sport guiding from early started from seeking talented athletes, seeding, education, and training based on the knowledge and the technology efficiently and effectively. It needs increasing in organization quality both nationally and district. (Dikjen Dikti Depdikbud, 1994:144). Then GBHN (1993 108 said that "the development and the identification of sport increases Indonesian people quality. It is directed to improve the physical, mental, and spiritual health; to guide the character, disiplin, and wise attitude; and to increase achievement in order arisen the national pride".

From the explanation above, government develops all aspects to shape character and wise attitude for people who do sport. Achievement is a combination between training result and physical and mental because athlete is a complex psycho-mental system. These come from right guidance process. It is determined by the training rank based on the age level. It also needs continue and regular training.

Gym is also through those un-separated stage to reach high achievement. An experienced athlete will rise his confident because he has participated in many tournaments. Every game must follow rule – code of point – which is used as a basic in a game both for athlete and for committee. It is also used by referee and coach.

Athlete will appreciate and obedient the rule in other word he will do wise attitude. This behavior has been planted from earlier. Wise attitude will be done because of many aspects, such as: individu, environment, facilities, coach, etc.

Athlete must do gradual, continue, and long time training to reach highest achievement. It is about 10 – 12 years. This long cycle is divided into: (1) Preparing stage or multilateral development and introducing to some sports such as: gym; (2) Resolute stage of specialization focuses on certain sport based on interest and talent; (3) Reaching peak achievement in his specialization. (M. Yunus, SB, 1998:126).

There are some stages in gym identification. The first is multilateral preparation. The children have been developed to form characteristic. If a child has deep impression from the beginning he will keep practice and appear a motivation from inside.

High achievement will grow confident. So, a gym athlete who has reached his peak achievement, he must have wise attitude and good confident. A better athlete is more confident and has wise attitude.

CONCLUSION

Gymnastic is the one of sport that has been competed nationally and internationally. There many factors to get high achievement, such as: seeking good athlete, guiding process, coach, facilities, and others. To reach high achievement needs sport guiding from early started from seeking talented athletes, seeding, education, and training based on the knowledge and the technology efficiently and effectively. It needs increasing in organization quality both nationally and district. (Dikjen Dikti Depdikbud, 1994:144). The right guidance results physical ability, technique, tactics, athlete mental that will influence the achieving development. The gradual of children age level determines the achievement. The highest achievement is reached by continue practice, step by step and regular. High achievement will grow confident. A gym athlete, who has reached his peak achievement, should be begun from good guiding and talent identification. It will help to reach optimal achievement.

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