



acpes
2019 THE 5th INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORT, AND HEALTH

PROCEEDINGS

THE 5th INTERNATIONAL CONFERENCE ON
PHYSICAL EDUCATION, SPORT, AND, HEALTH



ASEAN COUNCIL OF PHYSICAL EDUCATION AND SPORT (ACPES)

**“PROMOTING EQUITABLE QUALITY ON PHYSICAL EDUCATION, SPORT, HEALTH
AND ENVIRONMENT FOR SUSTAINABLE FUTURE”**

Semarang City, Indonesia, September 11 - 12, 2019

**FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SEMARANG**



PROCEEDINGS

ACPES 2019

**THE 5th INTERNATIONAL CONFERENCE ON PHYSICAL
EDUCATION, SPORT, AND HEALTH**

**“Promoting Equitable Quality on Physical Education, Sport, Health,
and Environment for Sustainable Future”**



Semarang, Indonesia, September 10-12, 2019

**FACULTY OF SPORTS SCIENCE
UNIVERSITAS NEGERI SEMARANG
INDONESIA**

PROCEEDINGS OF ACPES 2019

THE 5th INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION, SPORT, AND HEALTH

“Promoting Equitable Quality on Physical Education, Sport, Health, and Environment for Sustainable Future”

UTC Hotel, Semarang, Indonesia, September 10-12, 2019

Organizing Committee

Prof. Dr. dr. Oktia Woro K.H., M.Kes.

Dr. Heny Setyawati, M.Si.

Mohammad Arif Ali, M.Sc.

Fajar Awang Irawan, Ph.D.

Anggit Wicaksono, M.Pd.

Fatona Suraya, M.Pd.

Gustiana Mega Anggita, M.Or.

Lukman Fauzi, M.P.H.

Mardiana, M.Si.

Holy Latifah Hanum, S.Sos.

Dr. Widya Hary Cahyati, M.Kes.(Epid)

Billy Casyana, M.S.M.

Dwi Tiga Putri, M.Pd.

Rivan Saghita Pratama, M.Or.

Steering Committee

Prof. Dr. Tandiyo Rahayu, M.Pd.

Dr. Setya Rahayu, M.S.

Dr. Taufiq Hidayah, M.Kes.

International Advisory Board

Prof. Aminuddin Yusof, Ph.D.

Assoc. Prof. Supranee Kwanboochan, Ph.D.

Assoc. Prof. Atchara Purakorn, Ph.D.

Assoc. Prof. Koh Koen Teck, Ph.D.

Assoc. Prof. Dr. Mahenderan Appukutty

Asst. Prof. Dr. Sitha Phongphibool

Dr. Lian Yee Kok

Dr. Rebecca M. Alcuizar

Dr. Chairat Choosakul

Dr. Raymond Ong

Dr. Mawarni Mohamed

Dr. Arpon Pophu

Dr. Mochai Chottidao

Reviewer

Mohammad Arif Ali, M.Sc.

dr. RR. Sri Ratna Rahayu, M.Kes., Ph.D.

Prof. Dr. Tandiyo Rahayu, M.Pd.

Dr. dr. Mahalul Azam, M.Kes.

Dr. Widya Hary Cahyati, M.Kes.(Epid)

Dr. Irwan Budiono, M.Kes.(Epid)

Donny Wira Yudha Kusuma, Ph.D.

Fajar Awang Irawan, Ph.D.

Billy Castyana, M.S.M.

Prof. Frank Jing-Horng Lu, Ph.D.

Dr. Nguyen Tra Giang

Editor

Lukman Fauzi, M.P.H.
Anggit Wicaksono, M.Pd.
Gustiana Mega Anggita, M.Or.

Cover Design

Rofa Ichsandi

Layout

Lukman Fauzi, M.P.H.

ISBN

978-623-7123-30-9

Publisher:

Faculty of Sports Science Universitas Negeri Semarang
Deanery of Faculty of Sports Science, UNNES Sekaran Campus, Gunungpati, Semarang
City, Central Java Province, Indonesia, 50229
Email : fik@mail.unnes.ac.id
Website : <http://fik.unnes.ac.id>
Phone/Fax : +6224 8508007

PREFACE

ACPES (ASEAN Council of Physical Education and Sport) is a council consisting of some universities across ASEAN namely Srinakharinwirot University Thailand, Mahasarakham University Thailand, PESS NIE NTU Singapore, Universiti Putra Malaysia, Mindanao State University - Iligan Institute of Technology Philippines, Kasetsart University Thailand, Chulalongkorn University Thailand, Institute of Technical Education Singapore, Universiti Teknologi MARA Malaysia and Universitas Negeri Semarang Indonesia. The ACPES annually host an International conference in various countries of its members. The 1st conference on 2015 was hosted by UNNES, Indonesia, The 2nd ACPES was hosted by MSUIIT Philippines, the 3rd ACPES was hosted by Kasetsart University Thailand, and the 4th ACPES was hosted by Universiti Putra Malaysia (UPM). This year, from September 10-12, 2019, The 5th ACPES with the name of the 5th International Conference on Physical Education, Sport, and Health, hosted by UNNES, took place at UTC Hotel, Semarang, Central Java, Indonesia.

This conference brings together academic experts and practitioners from South East Asia and beyond to share new knowledge, ideas, and experiences pertaining to Physical Education and Sport. The scientific program of this conference included many topics related to Physical Education, Sports and Public Health as well as those in related fields in order to accommodate more aspirations and expressions of sport's and health communities.

We would like to express our gratitude and appreciation for all the reviewers who helped us maintain the high quality of manuscripts included in this proceedings. We are very grateful to the International/National advisory committee, session chairs, students' volunteers, and administrative assistants who selflessly contributed to the success of this Conference. Also, we are thankful to all the authors who submitted papers, because of which the conference became a story of success. We would also like to extend our thanks to the members of the organizing team for their hard work.

On the day of completion of this journey, we are delighted to present the proceedings of ACPES 2019 the 5th International Conference on Physical Education, Sport, and Health to the authors and delegates of the event with a high level of satisfaction and aspiration. We hope that you will find it useful, exciting and inspiring. We appreciate that the authors of this conference may want to maximize the popularity of their papers and we will try our best to support them in their endeavors.

Semarang, December 11, 2019
Conference Chair,
Prof. Dr. dr. Oktia Woro K.H., M.Kes.

TABLE OF CONTENTS

COVER.....	i
PROCEEDINGS' IDENTITIY	ii
PREFACE	iv
TABLE OF CONTENTS	v
A. FULL PAPER-ORAL PRESENTATIONS	
Topic 1. Sports Science	
1. Effects of Calisthenics and Pilates Core Muscle Training on Agility of Professional Soccer Players Banjong Singthin, Sonthaya Sriramatr	1
2. The Effect of Circuit Training Methods on the Endurance of Football Players in Logas FC Dupri, Alficandra	5
3. Evaluation of Sport Special Class (SSC) Program in Sleman Regency, Yogyakarta Region Nurhadi Santoso, Tandiyo Rahayu, Setya Rahayu, Sugiharto.....	10
4. Coaching Behavior Mediates Psychological Capital and Satisfaction among Teacher-Coaches Jay 'R C. Basalo, Imelu G. Mordeno	14
5. Sports Promotion through FGTP (FIK Goes to Public) Alma Saske Amidar, Said Junaidi, Fatona Suraya	20
6. "Fun Circuit Training" the Development of Snake Ladder Game for Physical Activity Aprillia Dhara Calista, Sungkowo	24
7. Basketball Game as a Media of Achieving Skill Competence Baskoro Nugroho Putro, Sapta Kunta Purnama.....	26
8. Meditation Influence for Mental Disorders of Athletes Doni Khairul Taradipa, Yudie Wahyu Saputra	30
9. Development Table Tennis Management Information System of PTMSI Jawa Timur Fekie Adila, Aref Vai, Deny Pradana Saputro	32
10. Sport Commitment, Demographic Factors and Sports Participation among Secondary School Students Hasmiza Abdul Majeed, Aminuddin Yusof, Borhannudin Abdullah, Aini Marina Ma'rof	37
11. Effect of Exercise and Endurance Body against Menstrual Pain Response at SMK Students Ignatius Semarang Ika Endah Puspita Sari, Khairul Usman, Ramadan, Ade Evriansyah Lubis, Andi Nur Abady, Devi Catur Winata	43
12. Media Models of Soccer Games for Early Childhood 6-8 Years Nofi Marlina Siregar, Marlinda Budiningsih, Eka Firi Novitasari, Bimawan Cahyo Sektiaji.....	48
13. Coaching Management Athlete Martial Arts Cempaka Putih Putra Budi Kurniawan, Zainul Aziz	54
14. The Effect of 10 Km Inline Skating on Body Fluid Levels Decrease in DKI Jakarta Inline Skate Athlete Ramdan Pelana, Julian Hadiyanto, Iwan Hermawan	58

15. Traditional Sports & Games: Promoting Physical Activity and Cultural Connectedness among Indigenous People	
Rebecca M. Alcuizar	68
16. Connecting Higaonon Culture Through Traditional Indigenous Games	
Rovie Gretchel P. Bucad, Ramon Ferraris, Cherlita C. Cudal, Vanessa S. Maghanoy, Rebecca M. Alcuizar, Harlyn S. Ompoc.....	74
17. Brand Image as a Measuring Instrument for Decision to Purchase Local Sports Shoes Products	
Sandhya Kresnajati, Fajar Awang Irawan	78
18. The Role of Libero in Volleyball Game	
Taufiq Hidayat, Rengga Indrawati, Hari Setijono, Nining Widyah Kusnanik	81
19. Factors Associated with Depression among TB-MDR Patients: A Literature Review	
Yemima Eka Sabat Thania, Lukman Fauzi.....	84
20. Warm-Up Models before Competition based on Games for Badminton Athlete	
Nofi Marlina Siregar, Marlinda Budiningsih, Eka Fitri Novitasari, Dimas Oktarandra ...	90
21. Engineering Measuring Instrument and Training Reaction Time, Coordination Reaction Time, Maximal Power to Muay Thai Sports	
Fathan Al Ghifari, Agus Rusdiana, Nina Sutresna, Reyza AM Natawidjaja.....	94
22. Four Minute to Resolve Overweight	
Atri Widowati, Grafitte Decheline, Mhd. Usni Zamzami Hasibuan.....	97
23. Higaonon Dances: Their Implications to Cultural Identity Peace & Development	
Harlyn Mae Ompoc, Rebecca M. Alcuizar, Corazon Biong, Arlene Reyes.....	100
24. Existential Humanistic Counseling Model to Increase Fencing Athletes' Self-Confidence in a Fencing Club, Tunas Pembangunan University	
Nuruddin Priya Budi Santosa	104
25. Development of Organization Management Web Based Federasi Olahraga Petanque Indonesia (FOPI) Jawa Tengah	
Rivan Saghita Pratama, Sri Haryono, Syahru Romadhoni.....	108
26. Standardization Physical Fitness of Hajj and Umrah Pilgrims 2019	
Sukendro, Fitri Diana, Sugih Suhartini	113
27. Aeropel Exercise Program: Its Effect Towards Dysmenorrhea Pain Level	
Vienna Lou L. Carbonell	118
28. Dejection and Excitement Mediates the Relationship between Behavior Regulation and Mental Toughness in Sports	
Noralie B. Morales, Hannah Joy S. Batucan, Rebecca M. Alcuizar	122
29. Changes in Heart Rate Variability and Post Exercise Blood Pressure from Manipulating Rest Intervals between Sets and Load Intensities of Resistance-Training	
Behzad Alemi, Kok Lian Yee, Chee Chee Soon.....	126
 Topic 2. Physical Education	
30. Identifying Effects of Emotional Factor towards the Mental Health of Malaysian Para-SUKMA 2018 Athletes	
Borhannudin Abdullah, Ahmad Fitri Bin Lias, Roxana Dev Omar Dev, Aminuddin Yusof	131
31. Development of Alphabet Games to Improve Social Skills of Children with Mild Mental Disability in SDLB	
Hedi Ardiyanto Hermawan, Sugiharto, Hari Amirullah Rachman, Setya Rahayu	135

32. Utilizing Different Muscle Contractions of Compound Exercises on Counter Movement Jump Performance to Elicit Potentiation Zulqarnain Nasir, Lian Yee Kok, Haziq Yusni, Borhanuddin Abdullah, Raja Mohammed Firhad Raja Azidin, T. Wahidah	141
33. Ways of Coping Mediate the Relationship between the Light Quartet Traits and Sports Motivation Deljun R. Rodriguez, Jane Sharon Mercado, Imelu G. Mordeno, Lon Go	146
34. Multimedia for Increasing the Learning Result of Basketball Hartati, Silvi Aryanti	155
35. Readiness of Physical Education Students Islamic University of Riau to Become a Teacher Mimi Yulianti, M. Fransazeli Makorohim	158
36. Revitalization of Scouting Course in Strengthening Students' Characters to Face the 4.0 Industrial Revolution Sabar Surbakti, James Tangkudung, Moch Asmawi	163
37. Sports Emotions Mediate the Relationship between Authentic Leadership Style and Sports Engagement in Filipino Coaches Imelu G. Mordeno, Vanessa S. Maghanoy, Sheila Herrero Deocampo, Felix Aque, Ginalyn Araneta	166
38. Conceptual Similarities and Differences: Physical and Core Literacy in Physical and Health Education Wen-Ping Sun, Lian-Yee Kok.....	170
39. Self-Efficacy and Commitment Serially Mediate the Relationship between Authentic Leadership and Performance in Filipino Secondary School Athletes Yasmina S. Alag, Argie D. Butalid, Keziah Mae D. Tayaness, Imelu G. Mordeno	175
40. Smart Ladder Drills Prototype for Agility Juthamas Butcharoen, Chaturong Hemara, Smich Butchareon.....	181
41. Physical Fitness of Senior High School Students in Boyolali Academic Year 2018/2019 Agus Supriyoko, Kodrat Budiyo, Teguh Andiwibowo.....	187
42. Investigating the Mediating Role of Personal Psychological Resources in the Relationship between Sports Engagement and Academic Well-being Brittany R. Colobio, Vanessa Vera R. Colobio, Melanie Grace S. Dacanay.....	191
43. Fitness Level and Academic Performance among Senior High School Students of Iligan City Junah Ramos Lacasan-Nagba.....	194
44. The Development of Learning Achievement on Refusal Skills in Health Education Subject of Computer Assisted Instruction for Matthayom II Students in Health Education Course Wathuaichorakhe Witthayakom School Sirimad Charoensri, Mayuree Tanomsuk.....	202
45. The Effectiveness of Teaching Games for Understanding to Promote Enjoyment in Teaching Games of Physical Education Lesson Zarizi Ab Rahman, Azlan Ahmad Kamal, Mohd Anizu Mohd Nor, Rozita Ab Latif	205
46. Attitudes of Physical Education Teachers towards Inclusion of Students with Disabilities in Physical Education Classes Nur Amalina Ismail.....	212
47. Learning Aquatic Games through Auditory Sandwich Approach on Deaf Student of Dena Upakara Wonosobo Nurul Julinar.....	215

48. The Influence of Explosive Power of Leg and Motivation of Sprint 100 Meters for Athlete PPLP	
Raffly Henjilito, Sasmarianto	222
49. Improved Learning Outcomes in Dribbling Soccer Games Through the Elementary School Students Playing Approach	
Rinaldi Aditya, Dicky Hendrawan, Boby Helmi, Muhammad Syaleh, Agung Nugroho, Fajar Mugo Raharjo	226
50. Using Game Performance Assessment Instrument (GPAI) to Assess Game Play in Physical Education (PE)	
Roskhaider Bin Mohamed Saat, Mohammad Abdul Halim Bin Rosli	230
51. Physical Education Teacher Education in Singapore	
Shern Meng Tan	236
52. Effects on Aerobics Dance Exercise on Physical Fitness of Elderly Individuals: Current Research Finding	
Siti Belinda bt Mohd Nor	240
53. Development of a 50-Meter Sprint Practice among Grade 8 Students at Sophon Siriraj School	
Methawi Niamraksa, Suporntip Pupanead	242
54. Research and Development of Application Instruction Media on Smart Phone Android Operation System: A Case Study of Skills and Techniques of Teaching Swimming	
Suppawan Vongsrangsap	245
55. An Innovation on Elastic Ball to Develop Basketball Dribbling Skills of Mathayomsuksa 1 Students	
Wisaroot Uaroon, Theeranan Tanphanich, Jukkawan Khemngoen	249
56. Influence of Reciprocal Method on the Squat Long-Jump Learning	
Aslan, Mulyana, James Tangkudung	253
57. Developing Quality Physical Education Delivery System in Myanmar	
Than Min Soe, Yoshinori Okade	256
58. Improvement of Service Learning Results for Volley Balls through Modification of <i>Bola Gebok</i> Traditional Game	
Hermanto, Eka Fitri Novita Sari, Muhammad Yusuf Nur Indrawan	261
59. The Influence of Cooperative Learning Model Type Stad (Student Team Achievement Division) on The Students' Self-Esteem	
Iyan Nurdiyana Haris, Achmad Sofyan Hanif, Samsudin	265
60. The Social and Organizational Resources' Effect on Mental Toughness: Investigating the Role of Personal Psychological Resources in Secondary School Varsity Players	
Jet C. Longakit, Romeo A. Fajardo, Imelu G. Mordeno	270
61. School Culture and the Promotion of Learners' Social Skills	
Josefina M. Tabudlong	277
Topic 3. Health and Environmental Sciences	
62. Physical Activity and Cardiovascular Risk Factors in University Employees: Rationale and Study Protocol	
Febriani Fajar Ekawati, Tri Winarti Rahayu, Hendrig Joko Prasetyo	283
63. Education to Elevate High Risk Pregnant Knowledge	
Khori Halimah, FERIA Kurniawati, Sri Ratna Rahayu, Mahalul Azam, Ari Yuniastuti, Widya Hary Cahyati	287

64. Merpati Putih Breathing Exercise and Brisk Walking Exercise Improve Pulmonary Function in the Elderly	
Rian Kurnia, Hamidie Ronald Daniel Ray, R. Boyke Mulyana, Pipit Pitriani	291
65. The Effectiveness of a Physical Exercise Promotion Program for Strengthening Leg Muscles in Preventing Falls in the Elderly	
Theerapon Phungdee, Nutthakritta Sirisopon, Venus Wattanathamrong	295
66. Factors Enhancing Basketball Culture among Students in University of Suwon, South Korea	
Sarimah Ismail, Siti Maryam Mohammad, Lee Jong Young, Sung-Hee Oh	299
67. UVO CARD: Media to Improve Awareness of Consuming Vegetables and Fruits in Generation Z	
Anggita Nurmallasari, Mardiana	303
68. Factors Related to Unwanted Pregnancy	
Budiarti Agung Saputri, Lukman Fauzi	307
69. Factors Related to Physical Inactivity among Post Stroke Patients: A Literature Review	
Dewi Aliatun Nafiah, Lukman Fauzi	310
70. Students' Performance and the Levels of Assessments on the PE&H 1 Content and Learning Competencies: Basis for Open Senior High School PEH 1 Module	
Ludabella Aurora C. Sanes, Beverly Christine C. Casas	314
71. The Impact of Forest Fires in Indonesia Stunting: A Literature Review	
Mayditania Intan Bunga Pratiwi, Widya Hary Cahyati	321
72. Local Language Pocket Book to Improve Parents' Knowledge about Stunting	
Nieke Cahyaingrum, Mardiana	325
73. Sports Nutrition Development Model	
Ratna Dewi, Ahmad Al Munawar	329
74. Health Risk Factors and Its Implications in the Development of Lifestyle-Related Diseases among Physical Education Teachers	
Vanessa S. Maghanoy	333
75. Cocobers (Corncob Cracker): Healthy Snacks from Corncob Waste in Grobogan Regency	
Wiranto, Mardiana	338
76. Construction of Sport Nutrition Instrument	
Yasep Setiakarnawijaya, Ramdan Pelana	342
77. Empowering Rural Women with Sustainable Livelihood Programs	
Cherlita C. Cudal, Rebecca M. Alcuizar, Genara Trinidad	346
78. Preventive Degenerative Disease through Gym at Sedentary Lifestyle	
Liliana Puspa Sari, Heru Santosa, Kintoko Rachadi, Rahayu Lubis	349
79. Chess Sport Therapy as an Effort to Prevent Alzheimer's Disease in Old Age	
Mirza Arif Ma'dum, Fajar Awang Irawan, Annisa Putri Fatmasari	353
80. The Effect of Socialization on Attitude and Knowledge towards Leptospirosis	
Rini Diah Puspitasari, Eka Ritma Harisa	355
81. The Effect of Love-Kindness Meditation Program on Subjective Well-Being in Upper Secondary Students at a Demonstration School	
Sununta Srisiri, Sununta Manusmongkol	358

B. FULL PAPER-POSTER PRESENTATIONS

Topic 1. Sports Science

- 82. The Effect of Small Sided Game Training on Game Performance based on the Level of Intelligence of Player**
Saeful Abidin, Agus Rusdiana, Nuryadi 365
- 83. Application Method for Psychological Skills Training Relaxation – Imagery Increase Referee in Leading Performance Game Football**
Deni Mudian, Moch. Asmawi, Taufik Rihatno 370

Topic 2. Physical Education

- 84. Physical Activity and Classroom Management in Physical Education**
Eva Julianti P., Firmansyah Dlis, Moch. Asmawi 374

Topic 3. Health and Environmental Sciences

- 85. Effect of Massage Effriction Therapy on Decrease Pain at Shoulder Injury**
Arif Setiawan 379

C. ABSTRACT ONLY-ORAL PRESENTATIONS

Topic 1. Sports Science

- 86. Conservation of Cultural Achievement through Atlet Community Program in FIK Goes to Public**
Soedjatmiko, Rivan Saghita Pratama, Joko Hartono 384
- 87. Differences in Ball Velocity and Accuracy between Jump Shot and Standing Shot among Handball Players**
Nur Asmidar A Halim, Norazwan Mohamed, Raihana Sharir 385
- 88. Effectiveness of Sport News Presenter Training**
Tri Rustiadi, Dwi Gansar Santi Wijayanti, Billy Castyana, Heny Setyawati 386
- 89. Does Fatigue Influence Jump-Landing Mechanics and Functional HQ Ratio in Youth Soccer Players? Implications for Anterior Cruciate Ligament Injury Risk Assessments**
Raja Mohammed Firhad Raja Azidin, Saiful Adli Bukry, Maria Justine, Haidzir Manaf, Hosni Hasan, Hashbullah Ismail 387
- 90. Clarifying Terminology in Movement Classifications: Fundamental Versus Functional Movement**
Jacklyn Anak Joseph, Lian-Yee Kok 388
- 91. Development of Android Based Petanque Sports Score Recording System**
Sri Haryono, Rivan Saghita Pratama, Syahru Romadhoni, Anggit Wicaksono 389

Topic 2. Physical Education

- 92. The Difference of Gross Motor Development among Martial Arts**
Nur Alyaa Athirah Binti Roslan 390
- 93. The Use of ICT to Enhance Learning via the Repricoral Teaching Style**
Chua Wei Guang 391
- 94. Sitting is the New Smoking**
Soh Kim Geok 392
- 95. Perceived and Observed Competence of Pre-Service Teachers in Teaching PE in Singapore Primary Schools**
Ang Wee Bon 393

Topic 3. Health and Environmental Sciences

96. Community Perception toward Implication of Green Infrastructure of Sports Facilities in Semarang City	
Tandiyo Rahayu, Rudatin Windraswara, Billy Castyana, Dwi Gansar Santi Wijayanti.	394
97. Effect of Community-Based Exercise on Blood Pressure in Workplace: A Retrospective Study	
Noor Fatimah Ilias, Muhammad Ashraf Hasnun Kamal, Mazlifah Omar, Raihana Sharir, Hashbullah Ismail.....	395
98. Knowledge, Attitude and Practice of E-Cigarette among FSR Students	
Sarina Md. Yusof, Mimi Suhaida Mahat.....	396
99. Immediate Effects of Foot Massage on Renal Blood Flow and Heart Rate Variability in the Elderly	
Thanarat Sripongngam, Kukiati Tudpor, Jaturat Kanpittaya, Wittawat Takong.....	397

Evaluation of Sport Special Class (SSC) Program in Sleman Regency, Yogyakarta Region

Nurhadi Santoso
Universitas Negeri Semarang
Semarang, Indonesia
nurhadi_santoso@uny.ac.id

Tandiyo Rahayu
Universitas Negeri Semarang
Semarang, Indonesia
tandiyorahayu@mail.unnes.ac.id

Setya Rahayu
Universitas Negeri Semarang
Semarang, Indonesia
setyarahayu@mail.unnes.ac.id

Sugiharto
Universitas Negeri Semarang
Semarang, Indonesia
SGH@mail.unnes.ac.id

Abstract— Establishment of SSC by the Department of Education aims to accommodate and develop students who have special talents in the field of sports. This research was program evaluation at SSC in high school level in Sleman Regency, Yogyakarta with the CIPP model. Research data was obtained through interviews, observations, and documentation. Research subject was school principal, teacher in charge of implementing the SSC, and coaches. Data analysis technique was done by data triangulation. Implementation of SSC based on decree from the Dinas Pendidikan Pemuda dan Olahraga, Sleman Regency. The budget for organizing the SSC still relies on the provincial budgeting, School Operating Fund, and school committees. Availability of equipment conditions is still limited. The field facilities used are owned by the school and there are those who rent other parties. Coaches who handle sports in the SSC are mostly players in the sport they are training. The learning process to support academic achievement for SSC students using the same curriculum with regular classes sourced from the Education Department. The process of developing talents and sport achievements, schools allocate 2 and 4 times a week's training depending on their respective schools. Each school has budgeted for a match trial activity with other schools, both schools in the neighbourhood and schools outside Special Region of Yogyakarta that have good sport achievements. Many sport achievements achieved by students in SSC at the district level can always be champions I, II and III, and the provinces always have representatives, and some can reach national level. Academic achievement based on academic report cards is not much different from the regular class.

Keywords— *evaluation, sport special class (SSC)*

I. INTRODUCTION

Basically, the condition of sports achievement in the Special Region of Yogyakarta and the national level is because training in sports at the school level has not been carried out correctly, optimally, and programmed. Students need a forum to develop sports achievements in order to improve quality and empower schools need to be supported with a program that can accommodate these activities in the form of sports classes so that schools can conduct sports coaching better and continuously [1]. Further explained, sports class activities are

activities in schools that can be used as a means for fostering student activities in sport fields.

SSC are classes specifically for students who have special excellence or talents in sports. Students in sport special classes will be developed in sport achievements to achieve optimal performance. The country of Australia since 1990, has more than 200 sports schools established internationally [2]. This sports school offers a unique and exclusive pathway through secondary education, which specializes in teaching and training youth who aspire to reach elite sport levels. states that elite sport schools in Germany are promotional facilities, in which collaborating with competitive sports, schools and all accommodation must ensure conditions that support top sports in the future while maintaining opportunities for primary and secondary education for students assessed very talented [3]. talent scouting from an early age is done to estimate or predict the chances of a talented athlete, in order to succeed in carrying out training programs so as to be able to reach peak performance [4]. Development and development of sports achievements are carried out and directed to achieve sports achievements at the regional, national and international levels [5]. Sports coaching efforts are directed at improving physical, mental, and spiritual health and are aimed at the formation of personality, high discipline, and sportsmanship as well as to enhance achievements that can boast nationally[6]. Achieving peak performance needs to be elaborated in comprehensive concept in tiered development system [7].

Preparation of training program that is good and measurable by trainer will enable the training process to succeed well. If the opposite occurs, sport specialties associated with training with high volume can result in psychological stress and excessive injury [8]. Malisoux, L, et al. (2012: 1) On the other hand, high volume and intensity in sports activities make young athletes at higher risk of injury [9]. Coaches of sport special class (KKO) at high school level must be able to develop an exercise program according to development and inherent characteristics in sport special class students (athlete students) they train.

Special education for participants who have special sports talent students is formal education that is organized and managed to provide educational services to students who have

special talent in the field of sports in order to be able to actualize the potential of special talents that exist in themselves so that it becomes an optimal real achievement [10]. SSC a class intended specifically for students who have excellence or special talents in the field of sport.

Coaching and training for students in SSC in the Yogyakarta Special Region need to be evaluated, to see the extent to which students of SSC are able to contribute sports achievements to the Special Region of Yogyakarta. The process of fostering sports achievements in special sports classes needs to be evaluated, because a coaching process can be said to be good or bad if an evaluation has been carried out.

II. MATERIALS AND METHODS

This research was program evaluation type. The program evaluation was focused on overall process of implementing SSC and achievements produced by SSC students at high school level in Sleman Regency, Yogyakarta. This program evaluation research referred to CIPP model which was approached qualitatively. The main instruments in this research were the researchers themselves, in addition to using interview guidelines, and observation sheets. Research data was obtained through interviews, observations, and documentation. Research subjects were school principals, teachers responsible for implementing special sport classes, and coaches totalling 16 people. Data analysis technique of the research employed data triangulation.

III. RESULTS AND DISCUSSION

Implementation of SSC at SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik in Sleman, Yogyakarta Regency based on the Decree of the Dinas Pendidikan Pemuda dan Olahraga of Sleman District No: 154 / KPTS / 2013 concerning Appointment of Special Sports Class Organizers at Junior and Senior High School Level in Sleman Regency Academic Year 2013/2014 as the basis for the appointment to hold and implement sport special class. The implementation of the SSC at high school level in Sleman Yogyakarta Regency has not been specifically written for books from the Department of Education and Culture and the Ministry of National Education related to the book "Guidelines for the Implementation of Sport Class Programs" at Senior High School level. Therefore, implementation of program activities is according to the conditions and abilities of every school. The vision and mission in the SSC at the high school level in Sleman Regency are still integrated with the school's vision and mission in general.

Decree issued by the agency owned by the highest leadership, which contains a decision on something related to regulations or the formation of activities in schools, has a strong position to be implemented properly. Decree issued by the agency or government agency or government agency has a function for the appointee. The function of the decree (SK) is: [11]

- 1) To determine / change the status / position of a person / employee / or goods / materials.
- 2) To authorize the validity of a rule.
- 3) To form / change status / dissolve a company.
- 4) To surrender certain authority, to an official (delegation).
- 5) To authorize a government directive or law.

Selection of new students in SSC through two stages: 1) administrative selection conducted by the school; 2) selection of sport skills and skills tests done in Faculty of Sport Sciences Universitas Negeri Yogyakarta by lecturers of Sport Coaching Education Study Program. Budget for operational implementation of SSC comes from provincial budgeting, School Operational Support, and school committees that are common operational budget for schools. SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik in Sleman Regency, Yogyakarta, they strive to obtain operational funds to organize SSC by withdrawing funds voluntarily to the community of parents of SSC students. School financial management (BOS, APBN, APBD, and Community) is important to be carried out so that the funds obtained can be used effectively and efficiently [12]. Schools that specifically make details of the budget for the implementation of SSC within a year are submitted to the parents of student parents/guardians to assist operational funds for activities, the amount of which is up to the ability of each student parents.

Availability or existence of SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik equipment's to support the training process to improve sports performance, which is sufficient for several sport teams (football, basketball, volleyball and futsal), but for individual sport equipment and facility are strongly supported by the availability of clubs and students themselves. Sports facilities and infrastructure which have a standard size and are in accordance with each branch of sport are resources in fostering sports achievements both in clubs and schools. Sports facilities and infrastructure are supporting resources consisting of all forms and types of equipment and tools used in sports activities that cover all fields and buildings of sports and equipment with an indicator of basic infrastructure principles, and infrastructure completeness [13].

TABLE I. SURFACE AREA CONDITION OF SCHOOLS ORGANIZING SSC IN SLEMAN

No	School Name	Surface Area
1	SMA Negeri 1 Seyegan	30.570 m ²
2	SMA Negeri 2 Ngaglik	31.400 m ²

TABLE II. FIELD FACILITIES OWNED BY SCHOOL

No	School Name	Field Type	Total
1	SMA N 1 Ngaglik	1. Football Field	1
		2. Basketball Field	1
		3. Volleyball Field	1
		4. Futsal Field	1
2	SMA N 1 Seyegan	1. Futsal Field also Used as Basketball Field	1

	2.	Football Field	1
	3.	Volleyball Field	2
	4.	Badminton Field	1

The factors that have a big role in actualizing talents and abilities into optimal performances and achievements are the presence of adequate facilities [14]. Achievement of better sports achievements needs to be supported by adequate supporting infrastructure and facilities [15].

Field facilities owned by these two schools have been somewhat supportive, even though the quality of the field is far from good category for developing sport achievements. There are field facilities that are rent from privates to support better training. For athletics, the field facilities for training use Indonesian Athletics Association of Sleman Regency.

Coaches who handle sports in sport special class are mostly former players in the sport they master in. Some coaches have coach certificate. All coaches who handle sports in State Senior High School 1 Seyegan and Ngaglik 2 are graduates of Faculty of Sport Sciences. Training or coaching is a science or science, because without the support of the sciences that are closely related to training and training, coaches will not be able to help their athletes to the fullest and even athlete's achievements will be difficult to increase [16]. The coach is one of the human resources in sports that plays a very important role in the achievement of the athlete he trains [17]. The trainer should always try to be professional by increasing knowledge and skills related to the sport that is being trained. The trainer is a person who can professionally help athletes achieve maximum performance, by making training plans in accordance with predetermined targets and targets and making evaluations of training programs that have been run [18].

Academic achievement development for SCC students apply the same curriculum with regular class students sourced from the Education Department. Thus, the subject matter and the number of hours of training received by SCC students and regular class students are no difference. Students in SSC are in social science program class. Talent development training and sport achievements for SSC students at SMA Negeri 1 Seyegan are held four times a week, while in SMA Negeri 2 Ngaglik are held twice a week. The training process to develop sports performance in special sports classes should be 10 to 16 hours per week [1]. The process of training in improving sports performance for students of special sports classes in Sleman Regency is very lacking, considering that only one to four times a week is training each week. The implementation of the training process is very dependent on the school's commitment to improve the achievement and financial condition of the school.

Match trials can be performed at the initiative of the coaches themselves or by the school for all sports in the SSC. Away try outs managed by schools for all sports are done with SSC schools in Yogyakarta Special Region and those outside Yogyakarta. More trial matches are conducted at the initiative of the coaches themselves to see the abilities of the students they train. Sports rarely perform trials, are such as athletics,

martial arts (karate, taekwondo, pencak silat), and archery. According to athletic and martial arts coaches, trials were done in the form of sparring partners and participating in championships that are not official agenda as a venue for trials.

After interviewing with the SSC management teachers and the coaches, it is found that they argue that they made annual training program. The results of the training program document study made by the coaches are not available for the management of the SSC as school documents. Obligations and demands of a coach is to make an exercise program for athletes [19]. The results of sports achievements are largely determined by the planning and implementation of a good training program [20]. Benefits of planning / training programs, among others: 1) as an organized guideline for achieving peak performance, 2) avoiding accidental factors in achieving achievement, 3) saving time, biata, and energy, 4) know the obstacles as early as possible, and 5) clarify the direction of achievement development [21].

Many sports achievements are achieved by students in sport special classes, especially at the district level, which always win 1st, 2nd and 3rd place. Provincial level always have representatives and there are those who won 1st, 2nd and 3rd place. A small percentage of achievements made by students of SSC both SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik can go to national level representing Yogyakarta Special Region. Physical condition as an absolute requirement needed in achieving sports performance, therefore, every student / athlete must have physical excellence to be able to excel [22]. During exercise, it is necessary to pay attention to the quality of the training which includes: training objectives, selection of training models, use of training facilities, and more importantly, measurements or the dose of exercise described in the concept of FIT (Frequency, Intensity, and Time) [23].

Students who are accepted in SSC automatically come in the social science program. This is based on NEM (National Examination) grade in which SSC students are below the NEM grade of students in the regular class. Academic achievement is based on report card documents obtained in the first semester in previous school year, the grade is not much different from the regular class. Graduates from SSC at SMA Negeri 1 Seyegan and SMA Negeri 2 Ngaglik are mostly accepted in public and private universities.

IV. CONCLUSION

The implementation of sport special class is based on the decree from the Dinas Pendidikan Pemuda dan Olahraga, Sleman Regency. The vision and mission specifically for sport special class do not yet exist and are still included in schools' vision and mission in general. The general objective is held for SSC which are able to contribute to sport achievements at district, provincial and national levels. The budget for organizing SSC still relies on the provincial budget, School Operational Support, and school committees. Conditions for availability of equipment are sufficient and only meet the minimum standards for the training process. The field facilities owned by the schools are still in minimal quality for improving

process of sports performance better. Many coaches do not have coach certificate, and not from sports coaching graduates. Increased academic achievements for SSC students apply the same curriculum with regular classes sourced from the Education Department. The process of developing talents and sports achievements with time allocation is still around 4-8 hours per week. Each school has budgeted for the try-out and try-in activities for sport special trial matches with other schools both in Yogyakarta Special Region and schools outside the Region that have good sports achievements. Many sports achievements achieved by students in SSC at district level can always be first, second, and third place winners, and provinces always have representatives, and a small number can reach national level. Academic achievement based on academic report is not much different from regular class.

REFERENCES

- [1] Kementerian Pendidikan Nasional, "*Panduan Pelaksanaan Program Kelas Olahraga*," Jakarta, 2010.
- [2] O. Knowles, P. B. Gustin, & P. Kremer, "Time Use and Health and Wellbeing Outcomes of Sport School Students in Australia," *Journal Sport Sci Health*, 2017
- [3] E. Emrich, M. Fröhlich, M. Klein, W. Pitsch, "*Evaluation of the Elite Schools of Sport: Empirical Findings from an Individual and Collective Point of View*," Article in *International Review for the Sociology of Sport*, 44/2-3 151-171, 2009.
- [4] D. S. Pratama, T. Rahayu, & D. W. Y Kusuma, "Pengaruh Metode Latihan dan Panjang Tungkai Terhadap Hasil Servis Pada Atlet Sepaktakraw Kabupaten Demak," *Journal of Physical Education and Sport*, vol 6 no. 3, pp 236 – 240, 2017.
- [5] R. Pakaya, T. Rahayu, & K.S. Soegiyanto, "Evaluasi Program Pada Klub Bola Voli Kijang di Kota Gorontalo," *Journal of Physical Education and Sport*, vol 1, no. 2, pp 139-145, 2012.
- [6] J. R. Allung, Soegiyanto, & D.W.Y. Kusuma, "Evaluating Coaching Achievement Taekwondo Sports Branch of Students Development Center and Sport Training NTT," *Journal of Physical Education and Sports*, vol 8 no 2, pp 116 – 120, 2019
- [7] M.H. Satria, T. Rahayu, & K.S. Soegiyanto, "*Evaluasi Program Pembinaan Olahraga sepakbola di Sekayu Youth Soccer Academy (SYSA) Kabupaten Musi Banyuasin Sumatera selatan*". *Journal of Physical Education and Sports*, vol 1 no 2, pp 161 – 167, 2012.
- [8] T. A. McGuine, "A Prospective Study on the Effect of Sport Specialization on Lower Extremity Injury Rates in High School Athletes" *The American Journal of Sports Medicine*, Vol. XX, No. X, 2017.
- [9] L. Malisoux, "*Injury incidence in a sports school during a 3-year follow-up*," *Jurnal Sports Medicine*, DOI 10.1007/s00167-012-2185-1, 2012.
- [10] K. Khodari, "Evaluasi Program Pendidikan Kelas Khusus Olahraga Sekolah Menengah Atas Negeri 1 Sewon Bantul Yogyakarta" *Jurnal Pendidikan Jasmani dan Olahraga*, vol 15, no 2, pp 123- 132, 2016.
- [11] L.S. Simmamora, Surat Keputusan (SK), 2015 <https://www.smkdamosdiary.com/2015/05/surat-keputusan.html>. (downloaded, 11 Juni 2019).
- [12] A. Fitri, "Pengelolaan Dana Bantuan Operasional Sekolah (BOS) Sekolah Dasar Negeri Kecamatan Mandiangin Koto Sselayan Kota Bukittinggi," *Jurnal Administrasi Pendidikan*, vol 2, no 1, pp33 – 39, 2014.
- [13] W Wicaksono, T. Rahayu, & Rumini, "The Development of Gating Drill Tool of Woodball Sports Branch on Central Java Woodball Athlete," *Journal of Physical Education and Sports* vol 7 no 3, pp 246 – 249, 2018.
- [14] A.A. Ahmad, & D. Nurhikmahyanti, "Hubungan Motivasi Belajar Olahraga dan Sarana Prasarana Keolahragaan Terhadap Prestasi Belajar Siswa Cabang Olahraga Voli Pantai di UPT SMA Negeri Olahraga Provinsi Jawa Timur," *Jurnal Inspirasi Manajemen Pendidikan*, Vol. 3, No. 3, pp 66-71, 2014.
- [15] A. R. Nugraheni, S. Rahayu, & O. W. Kasrini Handayani, "Evaluasi Pembinaan Olahraga Prestasi Bola Voli Pantai Puteri Klub Ivojo (Ikatan Voli Ngembalrejo) di Kabupaten Kudus Tahun 2016," *Journal of Physical Education and Sport*, vol 6, no 3, pp 225-231, 2017.
- [16] Harsono, "Kepelatihan Olahraga Teori dan Metodologi," Bandung, 2015.
- [17] H. Mashuri, "*Hakikat Pelatih*," 2013 <http://ndrakbar.blogspot.co.id/2013/12/hakekat-pelatih.html>. Diakses jam 21.20 WIB, Tanggal 25 April 2018
- [18] P Ghozali, Sulaiman & H. Pramono, "Pembinaan Olahraga Sepakbola di Klub Indonesia Muda Purwokerto Kabupaten Banyumas," *Journal of Physical Education and Sport* , vol 6 no 1, pp 76-82, 2017.
- [19] Rumini, "Manajemen Pembinaan Cabang Olahraga Atletik di Pusat Pendidikan dan Latihan Pelajar (PPLP) Provinsi Jawa Tengah," *Journal of Physical Education, Health and Sport*, vol 2 no 1, pp 20-27, 2015.
- [20] E Wijayati, Soegiyanto, & S. Rahayu, "Evaluasi Program Pembinaan Olahraga Sepaktakraw Pengurus Persatuan Sepaktakraw Indonesia Kabupaten Jepara," *Journal of Physical Education and Sports*, vol 4, no 1, pp 93 – 98, 2015
- [21] D.P Irianto, "*Dasar Keplatihan*," Yogyakarta, 2002.
- [22] M. Nur, Sugiharto, & H. Hidayah, "Pengaruh Metode Latihan dan Power Otot Tungkai Terhadap Kelincahan," *Journal of Physical Education and Sports* vol 6, no 3, pp 279 – 285, 2017
- [23] G. N. Panggraita, Sugiharto, & T. Soenyoto, "Pengaruh Latihan Hatha Yoga dan Kapasitas Vital Paru terhadap Penurunan Lemak Tubuh," *Journal of Physical Education and Sport*, vol 6 no 1, pp 29 – 35, 2017.