

Achievements, Ability and Conditions of Psychological PPLP Coach of North Sumatera Province in 2018

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Abstract: *The purpose of this study is to present a profile of sports coaches who train at PPLP in North Sumatra in 2018, the method of this research is descriptive test instruments: documentation, writing tests, interviews and psychological tests, the number of samples is 23 trainers. The data analysis technique used is the percentage. The results showed that: The Coach of the Student Sports Education and Training Center (PPLP) of North Sumatra Province had as many as 6 categories of people (26%), medium categories were as much as 14 people (60.87%) and those with less categories = 3 people (13.04%). Which is assessed based on aspects of achievement, aspects of coaching abilities and aspects of psychology.*

Keywords: Coach Profile

1. Introduction

An athlete's peak performance is determined by many factors including: healthy organization, management, coaches, trainers, training facilities and athletes themselves. The coach factor places the most central position in fostering athletes because the coach is given a great task to be able to create high achieving athletes. The trainer is given the freedom to choose, train and optimize the potential of athletes so that in the hands of the coaches it is determined that the athlete is back and forth. For this reason the capacity of the trainer must be good in pedagogy, the experience of good achievement when he becomes a coach and an expert in producing athletes and is psychologically established. Some trainers' abilities include: (1) leadership, (2) basic ability to train, (3) mastery of training skills and (4) ability to develop and run training programs. In the last two years the School of Sports Recreation / North Sumatra Student Sports Training and Training Center has selected the best trainers in Indonesia to be able to participate and compete to become architects for talented sports athletes. For this reason, the recruitment system carried out by the Department of Youth and Sports of the Province of North Sumatra must be true and accountable. Then the North Sumatra provincial Youth and Sports Office in selecting prospective trainers Student Training and Development Centers / Sports Gifting Schools involves several sports institutions, namely (1) Faculty of Sport Sciences, Medan State University for physical condition tests, (2) North Sumatra Koni for experts, Prodia to test health and the Faculty of Psychology, University of Medan Area for psychological testing. Such is the importance of the selection of trainers so that the hopes are obtained by professional trainers who will be able to print talented young athletes who are able to name North Sumatra and Indonesia in the national and international arena. Then the results of the selection process can be obtained a picture or profile of the coaches of the Sports Gift School / Student Sports Coaching and Training Center who have high integrity.

2. Literature Review

PPLP (Student Training and Training Center) which is currently in various provinces in Indonesia. One of the PPLP is in Medan with the location of the Medan 15 Sunggal High School complex. The Student Sports Training and Development Center (PPLP) of North Sumatra Province was established in 1984 carried out by the Director General of Sports of the Director General of School Education, Youth and Sports Province of North Sumatra and Medan State University, which is oriented towards fostering talented sports students for training in sports and can complete the study well. Agung S, (2003), Sitompul I (2013). The Sports Cultivation School, is a metamorphosis from the Student Sports Training and Development Center which is a program from the Ministry of Youth and Sports managed in the Region. In North Sumatra there are 11 sports managed by the Department of Youth and Sports which are funded by the National and Regional Budgets, the number of students in the Sports Talent School / Student Sports Training and Training Center is 23 people with 104 athletes. (Dispora, 2017).

Trainer

The coach is someone who is tasked with training and fostering a team / athlete who is prepared for something that produces an achievement / target. <https://www.zonapelatih.net/2015/11/pengertian-pelatih.html>. The task is to prepare the physical and mental sportsmen and sports groups to achieve something targeted. Most trainers are former athletes, but some are not. The coach's job is to set tactics, strategies, physical training and provide moral support to athletes. Miftahun Ni'mah Suseno (2009) One of the basic skills that must be mastered by trainers is interpersonal communication skills. According to Pate, RB. Mc.Clenaghan and Rotella (1984). The coach is a professional whose job is to help athletes and sports teams improve and improve their appearance. Because the trainer is a profession, the trainer is expected to provide services in accordance with existing professional standards. The coach is the spearhead in an effort to support the success of

sportsmen's achievements. In order for athletes to achieve well, the coach must master the theory and methodology of training or the principles of training, the basic provision of training is a foundation based on coaching and improving physical conditions, training load, improving skills, techniques, tactics and strategies. Performance indicators (certificates, achievements as athletes, achievement of producing athletes), training indicators (vision and mission as trainers, knowledge of coaching, preparation of training programs) and psychological indicators (leadership, discipline, ability to make decisions, and responsibilities).

3. Method

This research was conducted at the Office of Youth and Sports Agency of North Sumatra Province Jl. Williem

Iskandar and the time of implementation on January 24-26 2018. Descriptive research methods, documentation research instruments, tests, interviews and psychological tests, a sample of 23 people and instruments of data analysis using descriptive and percentage. Weighting each aspect is (achievement aspect = 30%, aspect, Psychology = 35% and ability aspect = 35%). The categories used in determining the ability of trainees are as follows:> 69 less categories(K), 70-79 moderate categories(S), 89 -89 good categories(B) and 90-100 excellent categories(SB).

4. Results and Discussion

The results of the study from three aspects, namely achievement, ability and psychology and weighting of each aspect can be seen in the following table:

Table 1: Data on achievement, ability and psychology and weighting conversions

No	Name of prospective coach	Sport	Achievements (30%)	Abilities (35%)	Psychology (35%)	Total	Category
1	Sumardi	football	69,44 (27,50)	90 (31,50)	80 (28)	87,00	B
2	Supriono	football	75 (22,50)	90 (31,50)	75.8 (27,13)	81,13	B
3	Julio Roberto S.Pd	football	66,66 (20,00)	80 (28,00)	44.1 (26,53)	74,53	S
4	Suk Raj Singh	Athletic	69,44 (27,50)	83,33 (30,92)	75.8 (26,53)	84,94	B
5	Lilik Herianto S.Pd	Athletic	75 (22,50)	86,66(30,33)	81.6 (26,53)	79,56	S
6	Nurhasim S.Pd	Athletic	75 (22,50)	78,33 (27,42)	74.1 (27,41)	77,32	S
7	Brian Howard, SH	Swimming	69,44 (27,50)	91,66 (32,08)	65 (25,94)	85,52	B
8	Santi Rmadani S.Pd	Swimming	75 (22,50)	83,33 (29,17)	77.5 (25,94)	77,60	S
9	Pedomanta Keliat	Pencak Silat	75 (22,50)	86,66 (30,33)	74.1 (26,66)	78,49	S
10	Suprpto	Pencak Silat	75 (22,50)	81,66 (28,58)	70.8 (25,94)	77,02	S
11	Darwin S.Sos	Gulat	75 (22,50)	78,33 (27,42)	75.8 (24,50)	74,42	S
12	Jan Bobby N. Barus	Gulat	75 (22,50)	81,66 (28,58)	78.3 (25,06)	76,14	S
13	Basuki Nugroho	Taekwondo	83,33 (25,00)	91,66 (32,08)	71.6 (27,13)	84,21	B
14	Bibi Wijaya	Taekwondo	58,33 (17,50)	83,33 (29,17)	70 (24,19)	70,85	S
15	Elfian	Volley Ball	75 (22,50)	86,66 (30,33)	74.1 (26,66)	81,39	B
16	Syahrizal	Volley Ball	66,66 (20,00)	76,66 (26,83)	70.8 (22,79)	69,58	K
17	Asnawi	Lifting Iron	75 (22,50)	80 (28,00)	78.3 (25,06)	77,91	S
18	Udi Peramulia	Lifting Iron	75 (22,50)	78,33 (27,42)	75 (26,25)	76,17	S
19	Hotma D.Purba S.Pd	Wushu Sanda	83,33 (25,00)	80 (28,00)	74.1 (26,66)	78,94	S
20	Immanuel Sirait	Wushu Sanda	66,66 (20,00)	73,33 (25,67)	63.3 (22,16)	67,82	K
21	Pulungan Sihombing	Karate	75 (22,50)	88,33 (30,92)	76.6 (26,53)	79,95	S
22	AndreasYus	Judo	75 (22,50)	86,66 (30,33)	73.3 (25,66)	78,49	S
23	Risky	Judo	58,33 (17,50)	83,33 (29,17)	66.6 (23,31)	69,98	K

Source: Department of Youth and Sports of North Sumatra province, 2018

5. Discussion of Research Results

The coach profile of the North Sumatra Student Training / Training Center / Special School for Sport is assessed based on: (1) aspects of achievement which consist of (certificates, achievements as athletes, achievement of producing athletes). The certificate is weighted according to its level, whether the trainer has national or international certificates, the achievement of the former as an athlete is given the weight according to the level of achievement, as well as the achievement in producing athletes namely in terms of number and achievement level). (2) aspects of ability (vision and mission as trainers, knowledge about coaching, preparation of training programs). The vision and mission as a trainer are given the weight according to the exposure presented in front of the assessment team, the interpretation of the training is given a written test and an in-depth interview is carried out on the ability to base training and the ability to arrange an exercise program for each athlete and achievement target. (3) aspects of psychology (leadership,

discipline, ability to make decisions, and responsibilities) have a unified whole that must be owned by a trainer who is assessed by psychologists both written tests and in-depth interviews. Based on data from the research results stated above, these aspects are weighted according to what should be on the coach and will be summed in total and given a predetermined category. From these results it can be concluded that the trainer has a very good category of 0 people (0%), both as many as 6 people (26%), moderate as many as 14 people (60.87%)., And less than 3 people (13.04%). In relation to the coach's profile, it will have implications for the ability in preparing and running an training program for each athlete and in the end it will be obtained by athletes who will perform both nationally and internationally. The evaluation results that the athlete's contribution to the Student Training and Training Center for the national team has not been significant with the many presence of the Student Sports Training and Development Center itself, Achmad Sofyan Hanif (2011), Insan Aji Subekti (2014), Imam Agus Faisol (2016), Rosbin Pakaya,

Tandiyo Rahayu, Soegiyanto KS (2012), Habibie H. (2016). This is inseparable from the role of the trainer in the Student Training and Training Center / School of Sports Recreation in creating the achievements of student athletes in Indonesia. An interesting finding from this study is the lack of trainers in North Sumatra who have national and international qualifications, only 38 trainers who took part in the selection as trainers for the Student Sports Training and Development Center and received as many as 23 people. Even the athletic branches needed 3 people who registered also 3 people, karate needed 2 people who register 1 person and weightlifting needed 2 people who register 2 people. This phenomenon is also interesting to study and a concern for managers of Student Training and Training Centers to find the cause. Because it cannot be denied that there are still trainers who are still less likely to be accepted as trainers at the Sports Gift School in North Sumatra. The less category can be explained that the value of the certificate has not been maximized, but the trainers are ex-athletes who have national and international achievements.

6. Conclusion

Student profile of Central North Sumatra Student Sports and Training Center with good category of 6 people, medium category of 14 people and less category of 3 people.

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