



Journal Physical Health Recreation (JPHR)

Volume 5 Nomor 4 ; September 2025

<https://jurnal.stokbinaguna.ac.id/index.php/JP>

e-ISSN : 2747- 013X

Evaluasi Pembinaan Prestasi Atlet Gulat Di STOK Bina Guna Dengan Pemko

Evaluation Of Achievement Counseling Of Wrestling Athletes In STOK Bina Guna With The City Police

Christopen Gulo¹, Syukur Berkat Anugerah Gulo², Juliarman Gulo³, Deri Satria
Herlambang Harahap⁴, Kendalikan Telaumbanua⁵, Muhammad Ikhsan Alfi⁶

{christopengulo0@gmail.com¹, Syukurberkatanugerahgulo@gmail.com²,
juliarmangulo1@gmail.com³, derisatria82@gmail.com³, kendalikantelaumbanua15@gmail.com⁵,
ekaabdurrahman4@gmail.com⁶}

Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara¹ Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara² Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara³ Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara⁴ Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara⁵ Sekolah Tinggi Olahraga dan Kesehatan Bina Guna, Jl. Alumunium Raya No.77, Tj. Mulia Hilir, Kec. Medan Deli, Kota Medan, Sumatera Utara⁶

Abstract. Evaluation of Wrestling Athlete Achievement Development This study discusses the form of wrestling sports development, the purpose of this study is to understand the form of evaluation of wrestling athlete achievement development. Qualitative research with descriptive methods is a research method to compose descriptive or accurate descriptions of facts and relationships between phenomena investigated by the researcher himself. The subjects in this study were 2 wrestling athletes, 2 coaches and 1 administrator of the Indonesian wrestling association with data collection techniques through investigation, interviews and documentation. (1). The PGSI context has met this SOP, indicated by an increase in the athlete's achievement, but the Vision and Mission of PGSI achievement development planning is not attached in writing, and is made when needed. (2). Input, planning carried out by PGSI is not good enough, both planning in the organization and in achievement development, the insight of administrators and coaches is lacking in mastering development in terms of training and management. Facilities and infrastructure, this can be seen from the training location. (3). process, can be seen from the communication between the management and the coach is not smooth, this can be seen from the lack of cohesiveness, this is indicated because communication is carried out when there is a match or event and something important. (4). The product can be seen from the achievements of senior male athletes but not from junior or female athletes whose

achievements do not develop, this is indicated by athletes who excel with the same person, and training since the Covid19 pandemic has been stopped first. This is because funding at the Indonesian Wrestling Association only relies on aid money from alumni and assistance from the City Government.

Keywords: evaluation, achievement counseling, wrestling athletes

Introduction

Sports development is one of the efforts to develop the quality of Indonesian people, by holding trainings can develop the physical fitness of the young generation of Indonesia so that later it will form the successors of the nation who are physically and mentally healthy, sports illustrate one of the learning facilities for young people, because in sports there are many things that can be taught including aiming to maintain, shape health, fitness, achievement, human quality, instill moral values, human morals, sportsmanship, discipline, strengthen, foster unity, national unity, strengthen national resilience, and increase the dignity, honor and honor of the nation. Furthermore, based on the Republic of Indonesia Law Number 3 of 2005 concerning the National Sports System, it states that: "Achievement sports are an effort to improve the abilities and potential of athletes in forming the dignity and honor of the nation, achievement sports are carried out by everyone who has talent, ability, and potential to achieve achievements."

Wrestling sports coaching, coaches are people who play a very important role in achieving an athlete's achievements. Syafruddin (2011:4) stated that coaches are people who play a very important role in the success of a sport. The victory obtained by a sport cannot be separated from the hands of a coach who has good methods and strategies in training. A coach will never be recognized as a great coach unless he has launched someone, a great coach meets a talented player, then it will create a maximum achievement. Ideally, a sports achievement coaching is coaching that is able to grow the athlete's talent to maximum achievement, in the shortest possible time, with guidance from a coach who is able to fulfill the task by being able to act as a teacher, leader, police, judge, parent, and servant, then the achievement will be achieved maximally. All sports strengthening that aims to form high achievement, requires adequate supporting facilities that must be met. These facilities include factors of talent, health, organization, environment such as society and school, as well as coaching factors, the coach mentioned here who really understands the field of wrestling coaching, and the problem of methods and training systems. Of the several athletes who competed, the Medan City wrestlers failed to contribute medals, resulting in a decrease in ranking or champion in the wrestling branch. Of the several athletes who appeared in the Porprov competition, there were still several athletes who did not master the basic techniques well and several athletes still looked tired when competing. Athletes should have good endurance.

Method

Evaluation research comes from the word evaluation (English). The word is absorbed into the Indonesian vocabulary with the aim of upholding the original word with a slight adjustment of the Indonesian pronunciation to form evaluation. In addition to the meaning of following the

translation, the words contained in the definition also reveal that evaluation activities must be carried out carefully, responsibly, using strategies, and can be accounted for.

Result

1. Context Evaluation

The strengths in each organization are different, the strengths in the Medan City PGSI Wrestling have not been utilized to their full potential because on the one hand the people who run an organization in their respective performances have not been running properly, either due to their ignorance in their respective positions or because they do not care about the organization in fostering achievement.

2. Input Evaluation

In this study, input evaluation channels administrators, trainers and facilities and infrastructure touching on planning, trainer criteria and facilities and infrastructure.

3. Process Evaluation

The process evaluation regarding the implementation of the success of the PGSI Medan City achievement coaching that can be collected by the researcher based on the researcher's fieldwork that can be collected by the researcher based on the results of the information interview with the Secretary General/advisor as follows: The Secretary General explained that the preparation of the trainer must first have a training permit, and prepare a training work program such as daily, weekly, monthly to yearly. If the implementation of the training has not achieved maximum results due to limited time, and lack of direct supervision from the management.

Based on the results of observations and direct interviews with the Secretary General and trainers, it can be concluded that there is a lack of response from other administrators in preparation for achievement coaching, be it preparation of trainers, implementation of the materials provided and supervision, so that maximum results cannot be achieved in achievement coaching.

4. Product Evaluation

The results of the product evaluation show that the achievement coaching of PGSI Medan City that has been implemented is not good, of course in this case it is seen from the success of the Coaching carried out by PGSI Medan City in participating in the Porprov event every year in participating in the competition.

Discussion

The discussion in this study is based on the existing theoretical studies. Evaluation comes from the word evaluation (English). The word is absorbed into the Indonesian vocabulary with the aim of guarding the original word with a slight adjustment of the Indonesian pronunciation to evaluation. In addition to the meaning based on the translation, the words contained in the definition also prove that evaluation activities must be carried out carefully, responsibly, require

strategy, and can be accounted for. According to Ishak Aziz (2010:55) Evaluation is a process to test an object or activity with certain criteria for the purpose of making decisions.

Wrestling is a martial art that is body contact. Therefore, a wrestler must have maximum condition. This is reinforced by Kurniawan (2012:125), "wrestling is a physical contact between two people, where one of the wrestlers must knock down or be able to control their enemy". Meanwhile, according to Welker (2010:32) that "the main goal of wrestling is to knock down the opponent, so their actions in the match will be more interesting for the audience".

Achievement sports coaching is sports coaching that is carried out with the aim of achieving a sports achievement. This means coaching sports branches that are aimed at facing competitions/matches/competitions starting from the lowest level to the international level (Syafudin, 2012:4). The evaluation model forms an evaluation design developed by evaluation experts, which is usually named the same as its maker or evaluation stage (Widoyoko, 2016: 172).

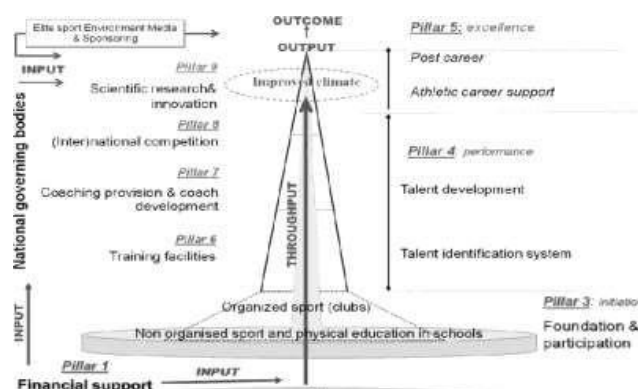


Figure 1. Pillars in the sports achievement coaching system
Source: Rusli Lutan (2013: 34)

The subjects in this study were 2 wrestling athletes, 2 coaches and 1 administrator of the Indonesian wrestling association with data collection techniques through observation, interviews and documentation. (1). Context, in terms of context, PGSI Medan City has fulfilled this SOP, indicated by an increase in the athlete's achievements, but the Vision and Mission of PGSI Medan City's achievement development planning is not attached in writing, and is made when needed. (2). Input, in terms of input, the planning carried out by PGSI Medan City is not good enough, both in terms of planning in the organization and in achievement development, the insight of the administrators and coaches is lacking in mastering coaching in terms of training and management. The facilities and infrastructure owned by PGSI Medan City are inadequate, this can be seen from the training location. (3). Process in terms of process, it can be seen from the communication between the administrators and coaches is not smooth, this can be seen from the lack of cohesiveness, this is indicated because communication is carried out when there is a match or event and important things. (4). Product, in terms of product, it can be seen from the achievements of senior male athletes but not from junior or female athletes whose achievements have not developed, this is indicated by athletes who excel with the same person, and training since the Covid19 pandemic has been stopped first. This is because funding at the Indonesian Wrestling Association in Medan City only relies on aid money from alumni and assistance from the City Government, so it is not sufficient to meet coaching needs.

Conclusion

In terms of context, PGSI Medan City has fulfilled this SOP, indicated by the increase in the athlete's achievements, however, the Vision and Mission of PGSI Medan City's achievement development planning is not attached in writing, and is made when needed. In terms of input, the planning carried out by PGSI Medan City is not good enough, both in terms of planning in the organization and in terms of achievement coaching, the insight of the management and coaches is lacking in mastering coaching in terms of training and management. The facilities and infrastructure owned by PGSI Medan City are inadequate, this can be seen from the training venue.

In terms of the process, it can be seen from the communication between the management and the coach that it is not smooth, this can be seen from the lack of cohesiveness, this is indicated because communication is carried out when there is a match or event and something important. In terms of products, it can be seen from the achievements of senior male athletes but not from junior or female athletes whose achievements have not developed, this is indicated by athletes who achieve with the same people, and training has been stopped since the Covid-19 pandemic.

References

- Lutan, Rusli. 2018. *Pedoman Perencanaan Pembinaan Olahraga*. Bandung. PT Remaja Rosdakarya.
- Moleong.2016. *Metodologi Penelitian Kualitatif Edisi revisi*. Bandung: PT Remaja Rosdakarya.
- Patton. 2019. *Metode evaluasi kualitatif*. Pustaka Pelajar Offside: Yogyakarta
- Syafruddin.2018, 2019.*Ilmu Kepelatihan Olahraga*. Padang: UNP Press Padang
- Wahyu Utomo, Arif. 2018. *Analisis Strength, Weaknesses, Opportunities, And Threats(Swot) Pembinaan prestasi Atlet Panahan Di Mayangkara*. Archery Club Lamongan.e-journal. Universitas Negeri Surabaya