

**PROGRAM EVALUATION OF THE STRENGTH CONDITIONING  
TEAM IN IMPROVING THE PHYSICAL CONDITION OF MEN  
FUTSAL ATHLETES IN TANGERANG REGENCY  
FOR PORPROV V BANTEN 2018**

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**Abstract**

Good physical condition is needed by athletes in any kind of sport, particularly in futsal. KONI of Tangerang Regency has a program name Strength Conditioning that specially design to train main physical component of futsal athletes. Therefore it is necessary to evaluate the strength conditioning program in improving physical component of male futsal athletes in Tangerang Regency at Porprov V Banten 2018 in order to measure the success of the program that being run, This type of research is descriptive qualitative research model that uses the CIPP evaluation model (Context, Input, Process, and Product). This research use observation, interview and documentation to collect data. The population for this research consists of athletes, coaches, AFKAB administrators, and Tangerang official KONI administrators. To verify the validity of the data, this research use triangulation of sources. The data analysis techniques used to analyze this research are data collection, data reduction, data presentation, and drawing conclusions. Result: 1) Context, the main purpose of the futsal's strength and conditioning team program are in line with the KONI Tangerang main goals. 2) Input, human resources of futsal's strength and conditioning team program are already compatible with the qualifications that has been defined at the beginning, however the facilities that suppose to help improve the physical condition of futsal athletes are inadequate. 3) Process, team strength conditioning provide training material base on the training program structure that has been arranged before, team strength conditioning also evaluates the training material regularly by recording the development of the athletes physical condition. 4) Product, the final physical test result obtained that 62% of the physical condition of male futsal athletes from Tangerang regency reached the physical trainer's target of aerobic endurance (VO<sub>2</sub> Max) and the achievement of the male futsal athletes of Tangerang Regency increased. The conclusion of this study is that the strength conditioning team program has full fill the goal, and in line with the needs of futsal athletes, although there are still inadequate factors, KONI Tangerang Regency continues to make maximum efforts.

**Keywords:** *Evaluation Program, CIPP, Strength Conditioning Team, Condition Physical*

## **INTRODUCTION**

Futsal is embracement of soccer, to play this sport technical management and strategic plan are not the only component, having a good physical condition and skill is also needed. Based on that we can conclude that suitable strength training program is needed.

In order to improve the achievement on winning the game good physical condition is very important. Good physical condition is needed by athletes in every sport to support the implementation of technical management and strategic plan. Physical condition is one of many requirements to improve the achievement, good physical condition is also one of the basics component that every athletes should have (Pakan et al., 2021).

To achieve achievement, of course, athletes must have skills in movement and must also have the quality of physical strength that can support the skill abilities of the athletes. One of them is by strengthening strength and conditioning (Pasaribu & Yudhaprawira, 2020).

This can be accomplish through a combination of strength training and

aerobic conditioning, in addition to a variety of further methods. So that strength and conditioning can be done in the form of strengthening exercises.

The strength and conditioning team program is very necessary so that it helps the coach to regulate the readiness of athletes in training and competing so that athletes can provide maximum physical strength and produce athletes who excel as expected by the coaches. For this reason, giving the exercise will have a good impact on the results to be achieved (Pasaribu & Yudhaprawira, 2020).

The components of physical condition as a single unit of components that cannot be separated, both increasing and maintaining it. That every effort to improve physical condition must develop the components of the main physical condition (Andre Nasution, 2014). The main physical condition components include endurance, strength.

The results of interview with the Head of Binpres KONI Tangerang Regency stated that it was necessary to form a special team of strength conditioning or physical trainers because the majority of coaches focused on tactics and strategies, so

special human resources were needed that focused on training the main physical condition components of athletes. This is done in order to support the athlete's ability in terms of technique and tactics.

Tabel 1. Futsal's medal achievements in PORPROV V Banten

Nomor Pertandingan	Medali	Kontingen
Putra	Emas	Kota Cilegon
	Perak	Kabupaten Tangerang
	Perunggu	Kota Serang

Sumber: Rekapitulasi Perolehan Medali PORPROV V Banten Tahun 2018

Based on the above data, the achievements of the futsal sport Tangerang Regency's men in PORPROV V Banten were ranked 2nd where the results did not meet the target, namely the first rank, and based on interviews with the Tangerang Regency futsal physical trainers where one of the factors was the physical condition of the Tangerang Regency male futsal athletes as many as 46% of athletes lacked or did not meet target with what the coach expects.

KONI Tangerang Regency has a program called the strength and conditioning team that specializes in training key elements of athlete fitness.

Therefore, in order to measure the success of the program implemented, it is necessary to evaluate the strength training team improving the fitness component of his athlete men futsal in Tangerang province in 2018 at Porpurov V Banten. Evaluation should occur during the programme, not just at the end of the programme (Dzulhani & Anggita, 2022).

### **METHOD**

This program evaluation research uses the CIPP evaluation model (Context, Input, Process, and Product). This research was conducted in Tangerang Regency in November – December 2021. The data collection methods used were observation, interviews, and documentation. The interview technique used is semi-structured. Observation is used in this study to observe all the actual data contexts in the field, such as infrastructure, human resources, activities carried out, and various others. Observation is used in this study to observe all the contexts of the actual data in the field, such as infrastructure, human resources, activities carried out, and various others. This study used a random sampling technique consisting of athletes, coaches, AFKAB

administrators, and KONI administrators in Tangerang Regency. To verify the validity of the data writer use triangulation of sources and methods.

## **RESULT**

This study emphasizes the evaluation of the Strength Conditioning Team (SC) Program in Improving the Physical Condition Components of the Tangerang Regency Futsal Athletes at

PORPROV V Banten 2018 by using the CIPP which consists of Context, Input, Process, and Product. Of the four components focused on Evaluation Context, namely: 1) Legal basis, 2) Program objectives. evaluation Input , namely: 1) Human Resources 2) Facilities and infrastructure. evaluation Process , namely: 1) Process implementation 2) Process evaluation. evaluations Product : 1) athlete's physical condition, 2) athlete's achievement.

Collecting evaluation data on the four components was carried out through interviews, observations, and strengthened by document studies. Based on the evaluation of the four steps of the CIPP which consists of context, input, process, and

productteam of program strength conditioning can be found as follows:

### *A. Context*

Context evaluation, the purpose of strength conditioning team is in line with the goals of KONI Tangerang Regency, which leads to Performance coaching is to assist the main coach of sports in preparing and improving the components of the physical condition of athletes competing in PORPROV V Banten the legal foundations of the strength conditioning.

Tabel 2. Legal Basis for the Strength Conditioning

<b>Dasar Hukum Dan</b>	
<b>No.</b>	<b>Kebijakan Pemerintah</b>
<b>1.</b>	Undang-Undang No 3 Tahun 2005 tentang Sistem Keolahragaan Nasional
<b>2.</b>	Surat Keputusan Komite Olahraga Nasional Indonesia (KONI) Provinsi Banten yaitu Surat Keputusan No. 15/KONI-BTN/SK-PORPROV/I/2018 tentang penetapan cabang olahraga yang

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	diperlombakan
3.	Surat Keputusan Komite Olahraga Nasional Indonesia (KONI) Kabupaten Tangerang yaitu Surat Keputusan No. III/KONI.KAB.TNG Tahun 2018 tentang penetapan tim satuan tugas KONI Kabupaten Tangerang

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### *B. Input*

Input evaluation, the formation of the strength conditioning futsal physically consist of sports graduates preferably majoring in coaching, have a physical trainer certification, and a portfolio of experience training a sport. Overall, the facilities for the strength conditioning are categorized as inadequate, but the infrastructure of the training ground is sufficient to meet the criteria for carrying out strength conditioning exercises optimally the available facilities.

### *C. Process*

Process evaluation, strength conditioning team or coaches are

required to make training strategic plan by utilizing by annual training program or periodization consisting of general preparation, special preparation, pre-competition, competition and transition, then making a macro cycle, namely a monthly exercise program consisting of from a weekly program, and a micro-cycle, which is a weekly exercise program consisting of a daily exercise program, to a training unit, which is the smallest unit of the training structure.

The strength conditioning periodically recording all developments in the physical condition of futsal athletes and making reports on the progress of athletes to KONI every month.

### *D. Product*

*Product Evaluation*, strength conditioning team has a main goal to increase the physical condition of futsal athletes especially in endurance factors (VO<sub>2</sub> Max) which is 50 ml/kgBB the measurement method uses a multi stage fitness test (MFT) or bleep test which is commonly known that

Tabel 3. Physical Test Result of Men Futsal Athletes  
Keterangan:

No	Atlet	PU	SU	SB	SR	ST	SP	BU	BT	Total
1.	AA	3	2	5	1	4	4	5	1	25
2.	AB	2	3	5	3	3	5	5	3	29
3.	AC	2	3	4	1	2	3	5	1	21
4.	AD	2	3	5	1	3	4	4	1	23
5.	AE	2	3	4	2	1	3	5	3	23
6.	AF	2	3	5	1	3	3	5	4	26
7.	AG	2	3	4	3	3	4	5	3	27
8.	AH	2	3	3	2	1	4	5	3	23
9.	AI	2	3	4	3	2	4	5	1	24
10.	AJ	2	3	5	4	1	4	4	4	27
11.	AK	2	3	5	2	3	3	4	3	25
12.	AL	2	3	4	3	4	4	5	3	28
13.	AM	2	3	5	3	2	4	5	2	26

PU : Push Up                      SU : Sit Up  
 SB :Standing Broad Jump      SR : Shutle Run  
 ST : Shutle Run                SP : Sprint 20 M  
 BU : Back Up                    BT : Beep Test

From a total of all male futsal athletes in Tangerang Regency who achieved the target of physical trainers on aerobic endurance (VO<sub>2</sub> Max) namely AB Athletes 50.16 ml/kgBB, AE Athletes 51.44 ml/kgBB, AF Athletes 52.02 ml/kgBB, AG Athletes 50.85 ml/kgBB, AH Athletes 51.73 ml/kgBB, AJ Athletes 52.61 ml/kgBW, AK Athletes 50.16 ml/kgBW, AL Athletes 50.85 ml/kgBW.

The achievements of the male futsal athletes from Tangerang Regency who were won in the PORPROV V Banten championship were 2nd place or runner-up, with this the achievements of the futsal sport in the biggest sports week championship in Banten province increased from the results of PORPROV IV Banten which did not qualify for the semifinals. The following is the ranking of the PORPROV IV-V Banten

championships in the men's futsal category:

Tabel 4.Recapitulation of PORPROV IV-V Men's Futsal Sports

No	Nomor Pertandingan	Medali	Kontingen
1	PORPROV IV Banten 2014	Emas	Kota Serang
		Perak	Kota Tangerang Selatan
		Perunggu	Kota Tangerang
2	PORPROV V Banten 2018	Emas	Kota Cilegon
		Perak	Kabupaten Tangerang
		Perunggu	Kota Serang

Sumber: KONI Tangerang Regency

## DISCUSSION

The results of this study indicate that the strength conditioning in improving the components of the physical condition of male futsal athletes in Tangerang Regency at PORPROV V Banten which was formed by KONI Tangerang Regency has taken place effectively resulting in an increase of the physical condition of the male futsal athletes of Tangerang Regency. The improvement in the physical condition of male futsal athletes can be seen by the increase of the initial physical condition test trough the final test.

Theres a significant different on achievements gains between the final

test and preliminary test the number of achwhich shows that the implementation of the strength conditioning is effective.

This research is limited to product research and has not yet reached the impact of the strength conditioning. However, by measuring the product where there has been an improvement in the physical condition and achievement of the athlete, it shows that the strength conditioning is taking place effectively. Based on this, the implementation of the strength conditioning adjusted to the implementation of the Banten Province sports week and the policy makers, namely KONI, Tangerang Regency. After determining the decision on the implementation of PORPROV Banten by KONI of Banten Province, KONI of Tangerang Regency, namely the achievement sector, made the design/decision for the running of the strength conditioning to assist sports coaches in preparing athletes' physical conditions for the Banten Province sports week.

Based on this, the policies that have been taken have brought changes in the form of improving the physical condition of athletes in an effort to

increase achievement.necessary to understand the head coach of sports, especially men's futsal, that strength conditioning is needed for athletes, therefore the main coach is expected to focus also on improving the physical condition of athletes. According to the components that being evaluated, this study shows quite effective results from each component, namely:

#### *A. Context*

The assessment on the context of the strength conditioning, shows thatteam strength conditioning that was formed is quite relevant to the needs of athletes and sports, especially futsal. son. Likewise, the purpose of forming a strength conditioning is in in line with the goals of KONI Tangerang Tangerang Regency in fostering achievements is refering to the needs of athletes, especially male futsal athletes. In the context of curriculum development according to McNeil in Sanjaya that the need is basically a gap between what is available and what is expected, and nec assessment is a process of gathering information about gaps and determining priorities for gaps to be solved (Septiana et al., 2020). Therefore, according to the criteria for success in context evaluation, the

organizer of the strength conditioning is said to be successful if there is a match between the goals of the strength conditioning team goals of the Tangerang Regency KONI and has a strong legal basis.

#### *B. Input*

The result of the research conducted at the input stage showed that the implementation of the strength conditioning team had gone through planning and for the implementataion of the exercise on the infrastructure of the strength conditioning team was inadequate, where there is no fitness center infrastructure. And for the facilities needed to improve physical condition, especially strength such as stall bars, dumbbells, medicine ball, barbels, dan resistance band (Scheunemann, T., Matias Ibo, 2014). Facilities and infrastructure are one of the very crucial factor in the accomplishment of athletes' achievements. According to (Hallmann et al., 2012) that Insufficient infrastructure can restrict sport participation, inadequate facilities and infastructure can be limited in the sports enforcement . therefore, the availability of the facilities and infrastructure in the strength conditioning team program in

improving the physical condition component of the men's futsal athletes of tangerang regency must be fully supported for the accomplishment of achievements.

Each strength conditioning team program that will be held is managed professionally with people who are experienced in their fields, through planning in accordance with the qualifications determined by KONI Tangerang Regency. This is in accordance with the criteria for successful evaluation of human resources. However, there are shortcomings in the evaluation of the facilities and infrastructure of the strength conditioning team that are not in accordance with what is needed by athletes in carrying out strength conditioning training, but the infrastructure of the training ground has met the criteria and can be maximized in carrying out strength conditioning training.

#### *C. Process*

The results of the research at the process stage showed that in general the process of implementing the strength conditioning team went well and effectively. The utilization of training facilities and infrastructure is adjusted

to the needs and characteristics of the training materials listed in the exercise program. In the process of implementing strength conditioning exercises, it shows that the training process has run in accordance with the training program that has been made by the physical trainer. According to Bowers and Fox in (Scheunemann, T., Matias Ibo, 2014) there are 4 principles that must be considered in making an exercise program to improve physical condition, namely the principle of overload principle, the principle of gradual improvement (progressive principle), the principle of training regulation, and the principle of specificity. According to (Swadesi & Kanca, 2020) the training program is one of the important factors to be able to improve optimal abilities in the achievement of athlete performance. In addition, guided by an exercise program can help to streamline the athlete's strength conditioning training process. This is in accordance with the criteria for successful evaluation of the implementation of the process.

In the evaluation process, the strength conditioning team makes a record every month regarding the development of the athlete's physical

condition, in other words, the internal evaluation is carried out as a control and improvement in the strength conditioning program. This is in line with Purwanto who said that the evaluation of the program was carried out for the improvement of the program and decided whether the program was continued or stopped (Pateda et al., 2020). This is also done by the monitoring team formed by KONI Tangerang Regency by observing the obstacles or problems encountered during the program which is carried out by a special team called the monitoring team. Based on this, the process evaluation is in accordance with the criteria for successful process evaluation.

#### *D. Product*

The results of research at the product stage show that the formation of a strength conditioning team has run effectively and has an effect in improving the components of the athlete's physical condition significantly, based on this there is a process of changing the components of the physical conditioning of athletes before and after participating in the strength conditioning team training program. According to (Pasaribu &

Yudhaprawira, 2020) Strength conditioning exercises are very important, namely to improve physical condition or individual ability in training or achieving achievements. According to (Saputra & Aziz, 2020) to achieve optimal achievements good physical condition is very important. Achievement is also supported by other factors, namely facilities and infrastructure, regular and continuous competitions, the quality of trainers and supported by scientific and scientific research (Ruslan, 2011). And KONI Tangerang Regency by forming a strength conditioning team or physical trainer has done and proven it that the achievements of the Tangerang Regency men's futsal sport in the PORPROV Banten championship have increased.

The improvement of the physical condition component of athletes and the improvement of athletes' achievements are shown by the output results of male futsal athletes in Tangerang Regency which increased significantly from the results of the initial physical test with the final physical test. In addition, the achievements of men's futsal athletes in Tangerang Regency have also increased. This means that the

implementation of the strength conditioning team program is considered effective because in addition to improving the physical condition component of athletes while participating in the program, and also followed by an increase in the achievement of achievements of male futsal athletes in Tangerang Regency at the PORPROV Banten event. This is in line with the criteria for successful product evaluation.

## **CONCLUSION**

As from the results of research and discussions carried out using the Context, Input, Process, and Product (CIPP) model, it can produce several conclusions, namely as follows:

1. Context
  - a. The clear program objectives are in line with the goals of policymakers, that is achievement coaching and as a guideline for the strength conditioning team in implementing the program.
  - b. The legal basis of the strength conditioning team program is based on Law No. 3 of 2005 concerning the National Sports System. And based on the Decree of the Indonesian National Sports

Committee Keputusan Komite Olahraga Nasional Indonesia (KONI) of Banten Province regarding the determination of sports branches stipulated in PORPROV V Banten and the Decree of the Indonesian National Sports Committee Keputusan Komite Olahraga Nasional Indonesia (KONI) of Tangerang Regency concerning the determination of the KONI task force team of Tangerang Regency. Thus the strength conditioning team has a fairly strong legal basis and legal foundation.

## 2. *Input*

- a. Human Resources strength conditioning team through open selection by having qualifications that have been determined by policymakers, that is KONI Tangerang Regency. The criteria set by KONI Tangerang Regency include physical and spiritual health, S1 sports graduates are prioritized to major in coaching, have a physical trainer certification, and a portfolio of experience coaching a sport and for physical trainers futsal sports are in accordance with or meet all the

qualifications set including having a physical trainer certification.

- b. The facilities and infrastructure used by the strength conditioning team in improving the physical condition component of the men's futsal athletes in Tangerang Regency can be said to be inadequate, because they do not have a fitness center or fitness equipment. However, it has the appropriate training ground facilities in carrying out strength conditioning exercises.

## 3. *Process*

- a. The process of implementing the strength conditioning team program in improving the physical condition components of the men's futsal athletes of Tangerang Regency is as planned based on the training program, starting from the general preparation structure, special preparation, pre-competition, competition to transition.
- b. The strength conditioning team conducts periodic evaluations and makes reports every month and KONI Tangerang Regency forms a monitoring team to monitor the development and process of

implementing the strength conditioning team training for evaluation or reference materials for the re-implementation of the strength conditioning team program in futsal sports.

#### 4. Product

There was an improvement in the physical condition of the men's futsal athletes of Tangerang Regency from the results of the initial physical condition test with the results of the final physical condition test, however, there were some athletes who were components of the physical condition of aerobic endurance (VO<sub>2</sub>Max) who didn't reach the coach's target.

There was an increase in results of the The achievements that achieved by the men's futsal athletes of Tangerang Regency at the PORPROV V Banten championship when compared to the implementation of the PORPROV IV Banten championship.

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