

EVALUATION PROGRAM OF REGIONAL TRAINING CENTER (PELATDA) PON XIX SOUTH SULAWESI

Sahabuddin
State University of Makassar
udhinsahabuddin@yahoo.co.id

Abstract

The objective of this research is to evaluate Program Regional Training Center (PELATDA) PON XIX South Sulawesi. This is a qualitative and quantitative research with evaluation approach using Context, Input, Process, and Product (CIPP) model. Methods of collecting data in triangulation using questionnaires, interviews, document studies and observation. The result shows that: (1) Context Evaluation: having strong government policies, objectives and targets are well manifested, with an analysis of conditions that need to be improved, as well as a good strategy. (2) Input Evaluation; Excellent athlete and coach resources while for nutrition and medical teams has not been well implemented, funding, transparency and fund accountability need to be improved, adequate facilities and infrastructure support, and good cooperation between stakeholders and provincial branches of sport. (3) Process Evaluation; The training plan is well executed, the implementation of the training still needs to be improved, the nutritional and medical demands are not maximal, and the implementation of evaluation and monitoring still need to be optimally implemented. (4) Product Evaluation; Increasing physical condition, psychology and athletic health, but the medal achievement on PON XIX in West Java did not reach the target charged by Koni South Sulawesi Province. It can be recommended that Regional Training Center Program (PELATDA) PON XIX South Sulawesi is very disappointing because it does not reach the target of rank VI, so it is advisable to build synergy between the Government, Koni and Board of Sport Branch and Private Parties in improving the maximum Sport Achievement in South Sulawesi Province.

Keywords: Program Evaluation, Regional Training Center (Pelatda), PON XIX

Government Regulation of Republic of Indonesia Number 16 of 2007 on the Implementation of Sport in Article 54 paragraph 2 suggests that the provincial sports committee has the task of (a) proposing to governors of provincial plans and programs on the management and fostering as well as development of sports achievements; (b) coordinating with provincial sports organizations, provincial functional sports organizations, and district / city sports committees in the framework of founding and development of sports achievements; And (c) submitting a work plan, implementing and coordinating activities of provincial sport week and regional sport week in accordance with assignment of governor.

Based on the rank result achieved in last 2 PONs, correspondingly Koni of South Sulawesi reevaluate and reorganize in preparation of PON XIX 2016 in West Java. Koni of South Sulawesi is facing various challenges and opportunities, at least maintaining the results achieved at PON XVII in East Kalimantan, which was rank VI. As the vision of Sulsel Maju II that South Sulawesi achieve rank 6th at PON XIX 2016 in West Java and rank 5th in PON XX 2020 in Papua. Eagerness and seriousness in fostering and preparing athletes for peak performance are showed by KONI South Sulawesi Province by preparing and designing an Achievement Development Program for potential athletes of South Sulawesi Province by establishing a Regional Training Center (Pelatda) South Sulawesi Province. This program is expected to be able to significantly boost and improve the performance of South Sulawesi province athletes and meet the target of KONI South Sulawesi Province by achieving general champion rank VI at the upcoming PON XIX 2016 in West Java. This is in accordance with the slogan of Pelatda which is " On fire, Unite determination Achieved Champion " (*Ewako, Satukan Tekad Meraih Juara*) which

means that eagerness and seriousness of the government resulting in South Sulawesi Province occupy the top 6 positions at PON XIX 2016. This slogan can be a motivation for KONI Board of South Sulawesi Province and all sport officials to be more serious in performance improvement of their athletes.

Daniel L, Stufflebeam and Anthony J. Shinkfield (2007) in Wirawan said that: A program evaluation theory is a coherent set of conceptual, hypothetical, pragmatic, and ethical principles forming a general framework to guide the study and practice of program evaluation. Theory of program evaluation is a set of principles of conceptual, hypothetical, pragmatic and ethical forming a common framework to guide the study and practice of program evaluation. Program evaluation is a series of deliberate activities to see the success of the program. There is some insights of the program itself. Based on some of the concepts mentioned above, it can be concluded, that program evaluation is a systematic activity to collect, process, analyze and present data as input for decision making. Data is a fact, description, or information that can be drawn generally.

CIPP model evaluation illustrates the context of evaluation, input, process and product evaluation. Evaluation (evaluation results) which is the type / part of the evaluation. Context evaluation identifies and assesses the necessary needs, problems arising, assets that include the expertises possessed in the environment and opportunities. Input assesses alternative approaches that follow ethical and legal standards of program planning and allocation of resources to achieve goals, prioritize, and assess significant results. Process assess the implementation of the plan as a guide to the program to be rolled out. CIPP model evaluates four dimensions: context, input, process and product dimensions. The CIPP model is linear, it means that input evaluation must be preceded by context evaluation, and process evaluation must be preceded by input evaluation. Hereinafter briefly the evaluation component of CIPP model is as follows: (1) Context (Context); The main orientation of the context evaluation is to identify the background of the need to make changes or the emergence of programs from some subjects involved in decision making. Components of the contexts in this study, which will be evaluated are the Government's Policy, goals and objectives, condition analysis, and Regional Training Center Strategy of PON XIX South Sulawesi, (2) Input (Input); Input evaluation is conducted to identify and assess material resource, tool, human and cost capabilities, to implement the selected program. The input components in this study that will be evaluated include: athletes, coaches, nutritionists and medical teams, funds availability, infrastructure, coordination among institutions, (3) Process (Process); Process evaluation aims to identify or predict obstacles in the implementation of activities or program implementation. Evaluation is done by recording or documenting any events in the execution of activities, monitoring potentially hampering activities and causing unexpected difficulties, finding out special information that is beyond the plan; Assessing and explaining the process in actuality. During the evaluation process, evaluators are required to interact with the program implementing staff continuously. Process components in this study that will be evaluated include: training plan, training implementation, nutrition and medical nutrition, monitoring and evaluation of Regional Training PON XIX South Sulawesi; and (4) Products; The main purpose of product evaluation is to measure, interpret and decide the outcomes that have been achieved by the program, ie whether it has been able to meet the needs in accordance with the expected goals or not. From the statement, the purpose of product evaluation is to identify and assess expected and unwanted results both in short and long term. Product component in this research that will be evaluated is the level of athlete's condition and achievement of athletes at PON XIX in West Java.

METHODS

This study uses approach of program evaluation with descriptive method, that is describing the implementation of Regional Training Center (Pelatda) PON XIX Sulawesi. The design of this program evaluation study refers to CIPP model. The research design of the evaluation of Regional Training Center Program (Pelatda) PON XIX South Sulawesi can be seen in figure 1 below :

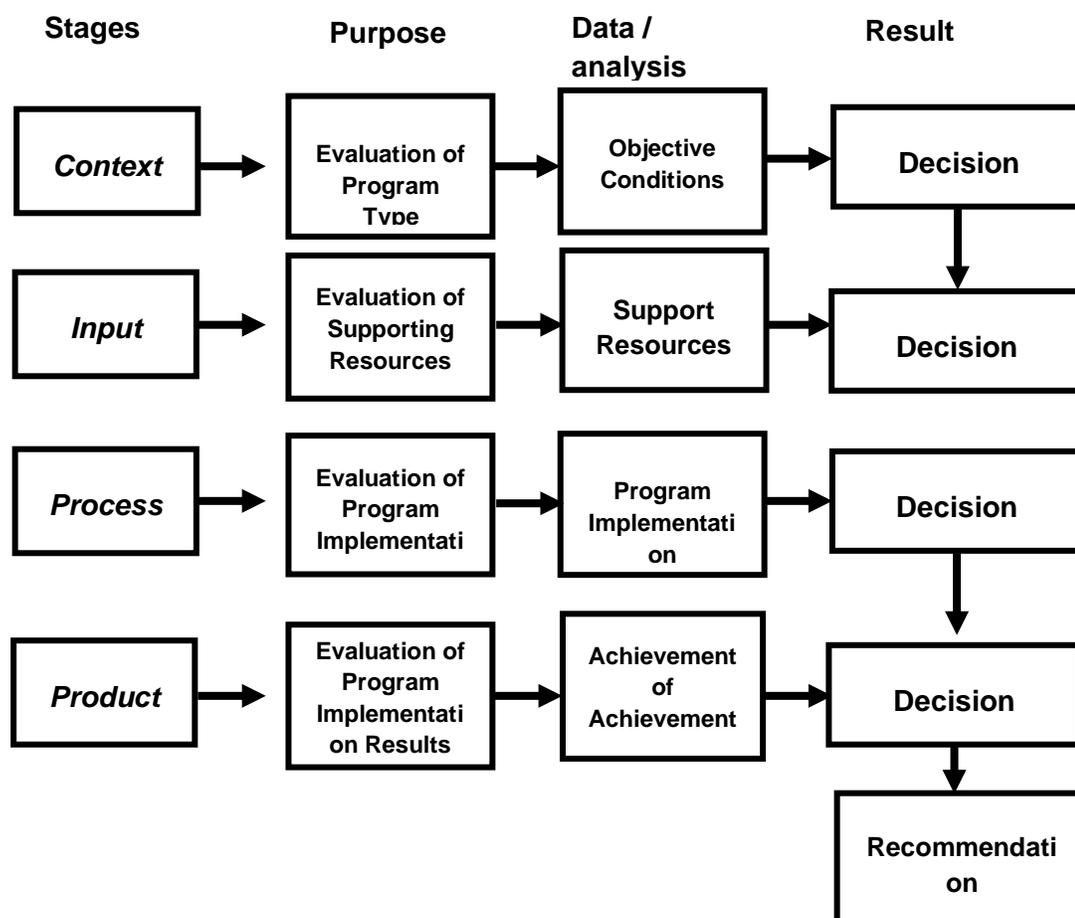


Figure 1. Model CIPP Evaluation Design

In order to gather more in-depth information, researcher chose the informant involved in PON XIX Pelatda South Sulawesi. To obtain the data needed about the implementation of Pelatda Program PON XIX South Sulawesi, it is necessary to have techniques and procedures for data collection. The technique of retrieving research subject is purposive, which is subject is taken based on people who know, related or become perpetrator of an activity. In this case the subject is Koni Board, Monev Team, Condition Training (CT) supervisor, Coach and athletes of Pelatda PON XIX South Sulawesi. To use the predetermined methods (interviews, documentaries, and questionnaires) required tools used to collect data. The tool is called research instrument. To use the prescribed means, in this case the researcher himself or with the help of others is the primary data gathering tool. Interviews as data gathering tools used to extract more in-depth information directly from the source in accordance with the evaluation program components of the implementation, so as to reveal the answers in depth. Interviews can be adapted according to needs, can be used for a variety of respondents. Interview technique is a structured

interview technique. This means that interviews conducted are arranged according to interview guidelines, where researcher used interview guidelines that have been arranged in systematic and complete form for data collection. Documentation is a data search in the form of documents related to components required in the study. Documentation study, conducted to obtain data and activity reports, funding reports of activities, facilities and infrastructure and photographs related to the process at the time of training. Documents are collected and analyzed in accordance with the established standard criteria. Questionnaire, used to obtain data about informant statement responses to Regional Training Center Program PON XIX South Sulawesi. Questionnaires are arranged on a Likert scale. Informants determined their agreement to a statement by selecting one of the available options. Data analysis is a step taken after data collection. Broadly speaking, data analysis is done according to the stages as follows: (1) Data Collection, ie collecting data, (2) Data reduction and information about recruitment management, Program planning, infrastructure and finance Program Pelatda PON XIX South Sulawesi, (3) Display Data, ie organizing and classifying data or making systematic summaries of research findings, data in accordance with the focus of research, and (4) Conclusions and verification, is an attempt to find patterns, themes or things that often appear to obtain a conclusion, which becomes clearer as more data collected to support a conclusion.

RESULT AND DISCUSSION

A. Evaluation Results

1. Context Evaluation

The result of frequency distribution of sub indicators of context evaluation indicator that has been described, it can be summarized as a whole from 4 sub indicators namely government policy, objectives and targets, condition analysis, and strategy to implementation of PON XIX Pelatda South Sulawesi with 23 items of disseminated statement to respondents to see the extent of the evaluation of regional training center (PELATDA) PON XIX South Sulawesi. The dissemination of evaluation values of regional training program (PELATDA) PON XIX South Sulawesi, shown in figure 1, data cycle diagram of the context evaluation category is shown as follows:

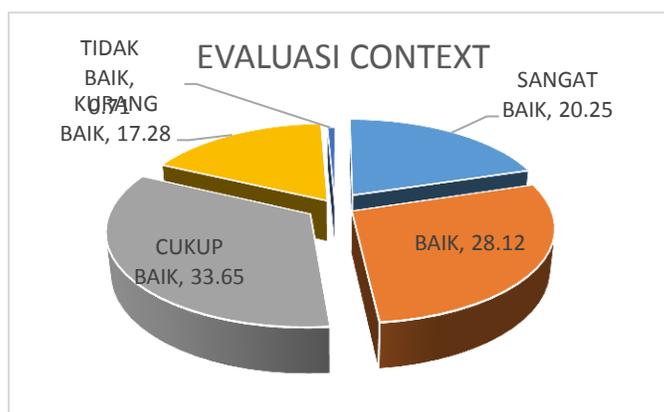


Figure 1. Frequency Distribution of Context Evaluation of Regional Training Center Program (Pelatda) PON XIX South Sulawesi

2. Input Evaluation

The result of frequency distribution figure of sub indicators of input evaluation indicator that has been described, it can be summarized as a whole, researcher gives 6 sub indicators with 51 items of statement distributed to respondent to see the extend of the evaluation of regional training enter (PELATDA) PON XIX South Sulawesi. The dissemination of evaluation values of regional training center program (PELATDA) PON XIX South Sulawesi, shown in figure 2, data cycle diagram of the context evaluation category is shown as follows :

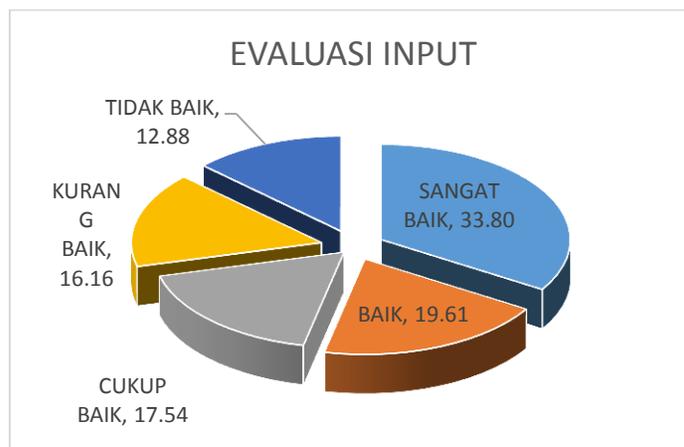


Figure 2. Frequency Distribution of Input Evaluation of Regional Training Center Program (Pelatda) PON XIX South Sulawesi

3. Process Evaluation

The result of the frequency distribution figure of the sub-indicators of the process evaluation that have been described, it can be summarized as a whole, researcher gave 4 sub indicators with 46 items of statement distributed to the respondent to see the extend of the regional training center program of PON XIX South Sulawesi. The dissemination of evaluation values of regional training program (Pelatda) of PON XIX South Sulawesi, shown in figure 3, diagram of data cycle process evaluation categories is shown as follows :

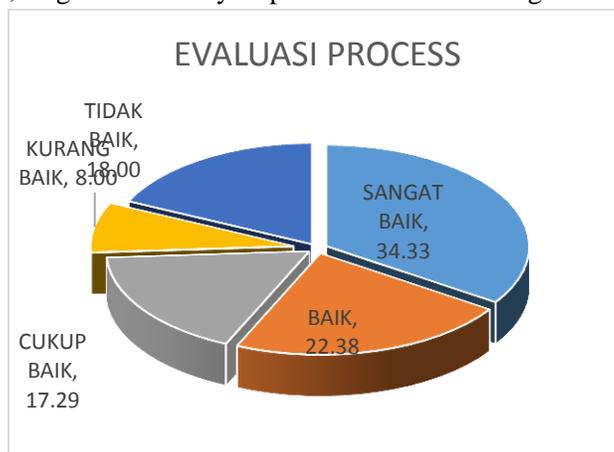


Figure 3. Frequency Distribution of Process Evaluation of Regional Training Center Program (Pelatda) PON XIX South Sulawesi

4. Product Evaluation

The result of the frequency distribution figure of the sub indicators of product evaluation that have been described, it can be summarized as a whole. Researcher gave 2 sub indicators with 8 items of statement distributed to respondents to see the extent of product evaluation of regional training center program (Pelatda) PON XIX South Sulawesi. The dissemination of evaluation values of regional training program (Pelatda) of PON XIX South Sulawesi, shown in figure 4, diagram of data cycle of product evaluation category is shown as follows :

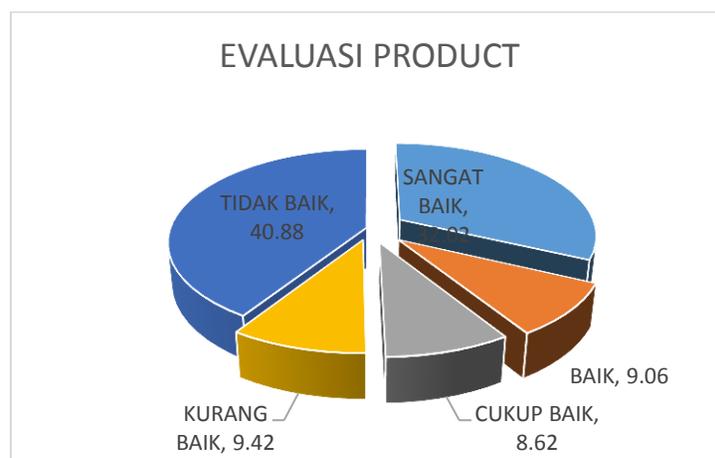


Figure 3. Frequency Distribution of Product Evaluation of Regional Training Center Program (Pelatda) PON XIX South Sulawesi

DISCUSSION

1. Context Evaluation

- a. Government Policy and Government Regulation on Pelatda Program PON XIX South Sulawesi; The basis of government policy and government regulation is still based on Law no. 3 2005 on National Sport System and Government Regulation no. 16, 17 and 18 2007. However, things to note are full support of Government Institutions (Provincial Government, City Government and Pengkap), Educational Institutions (UNHAS, UNM and Kopertis, and BUMN (BPD, PT Semen Tonasa, Bosowa) and Other private parties in dispensing to athletes and coaches from the beginning of PON Pelatda implementation until the completion of PON is delivered openly, in order for athletes and coaches are able to focus and concentrate more in carrying out their duties and responsibilities in training and competition.
- b. Aims and objectives; The existence of written formulas, a description of the quality of short, medium and long term achievements, the synchronization between aims and objectives, and the delivery directly to coaches and athletes. However, because the conditions are only presented at the initial meeting between the administrators of Koni, Coach, and Pelatda Committee. Based on data checks between document studies, questionnaires, and interview results, it can be concluded that the aims and objectives of PON XIX Pelatda implementation, short-term, medium, and long-term outlook quality are not well implemented, especially towards athletes.
- c. Condition analysis; SWOT analysis method can be regarded as the most basic method of analysis, useful for viewing a topic or a problem of four different sides. The results of the analysis are usually

directives or recommendations to maintain strength and to add advantage in terms of existing opportunities, while reducing shortcomings and also avoiding threats. If used correctly, this analysis will help to see the forgotten or invisible sides so far. The existence of written formulation of strengths, weaknesses, opportunities and challenges or threats, and delivery directly to coaches and athletes. However, because the conditions are only exposed at the initial meeting between the board of Koni, Coach, and Pelatda Committee, hence it can not be made in written form or ignored. Based on data checking between document studies, questionnaires, and interview results, it can be concluded that the implementation of Pelatda PON XIX South Sulawesi has an analysis of the conditions contained in the form of SWOT analysis. But in detailed delivery to coaches and athletes has not been well implemented.

- d. Strategy; The existence of written strategy on the form of cooperation being conducted, implementation of priority system on sport branch that has a medal tradition, the continuous coaching of each sport with the target to gain athlete achievement, and improving the welfare of athletes and coaches. However, conditions that occur in the implementation of Pelatda PON XIX South Sulawesi, the concept of strategy is only presented at a meeting between the board of Koni, Coach, and Pelatda Committee. Based on data checking between document studies, questionnaires, and interview results, it can be concluded that the strategy of Pelatda PON XIX South Sulawesi has a clear but not standardized formula in the form of book report and the direct conveying of the strategy to athletes is not maximal.

2. Input Evaluation

- a. Athlete; An athlete is a person who wrestle and effectively do the training to depends on athletes and coach as well as many factors which must be considered, including funds and facilities, programs, organizations, and environment. High achievement, can only be achieved by a truly talented athlete, the system to select talented athletes is to conduct intensive talent scouting, aspects that should be measured and observed in the talent of athlete. It was found that those who have focus in training, are the ones who pass PrePON either they get the medals or just qualify from the rankings as well as high commitment to duties and responsibilities during training.
- b. Coaches; Coach is a profession. Coaches are expected to provide services in accordance with the standards / professional sizes available. One of the defining profession standards is that coaching services should be provided in accordance with the latest developments in the field of knowledge. So, it is important for the coach to be an active consumer of research produced by sport scientists. A professional coach is a coach who has the following requirements : (1) skill in the sport that he or she is interested in obtaining through an adequate educational process, (2) the existence of peers in coaches profession, (3) carrying out his duties with full responsibility, 4) Quality and dignity. The existing coaches in every sport in Pelatda PON XIX South Sulawesi, are those who have criteria set by board of Koni South Sulawesi. However, every sport should have a physical condition coach (SC) to handle specific physical training conditions.
- c. Nutrition and medical team; A nutritionist is a person who has attended and completed an academic education in the field of nutrition under applicable rules, has full duty, responsibility and authority to perform activities in the field of nutrition, food and dietetic services in the community, individual or hospital. A nutritionist has the ability to be a manager of daily activities, such as in the areas of planning, procurement, production, distribution or in the field of quality control. In addition, nutritionists also play a role in providing consultation and counseling about a good diet in order to prevent or cure degenerative diseases. While the medical team is a group of people who have

common goals and objectives in terms of health, which is determined by the needs of the community, towards the achievement in which each member takes part, in accordance with the ability and skill and in coordination with the functions of others. Medical team is provided for Pelatda PON XIX South Sulawesi. Based on results of interview data collection, document studies and questionnaires it was found that the medical teams in Pelatda PON XIX South Sulawesi are a trusted medical team from earlier PON, because this medical team has understood the injury problems experienced by athletes and drugs that can be consumed during Training and competitions. Another thing that has not been well conducted or very bad is the need of medical teams in every sport and there is no expert or team of nutrition in Pelatda PON XIX South Sulawesi to measure the nutritional needs of athletes according to their sport branches.

- d. **Funding;** Funding management is how managers manage fundraising to allocate these funds to support the existence and achievements of PON XIX in West Java. Assessment of success of input evaluation criteria on sub-funding indicators of PON XIX Pelatda South Sulawesi is Pelatda PON XIX South Sulawesi's funds are provided by APBD, as well as support from Provincial Board of Sport Branch and BUMN and private parties. In addition, application of transparency and accountability funds, the availability of budgets to adjust the needs of sports, and quick disbursement of budget during Pelatda PON XIX South Sulawesi. Based on the results of data collection of interviews, document studies and questionnaires, it was found that the source of funds used at Pelatda PON XIX South Sulawesi was from APBD and BUMN and private. However, the availability of the budget has not met the needs of sports, the absence of transparency and accountability of amount and use of budget, and the disbursement of budget has not been punctual at Pelatda PON XIX South Sulawesi.
- e. **Facilities & Infrastructure;** Facilities and infrastructure are supporting tools to obtain success in development of sports achievement, because if both of these are not available then all activities undertaken will not be able to achieve the expected results in accordance with the plan. One effort to achieve good achievement in sports is to equip good facilities and infrastructure. Facilities and infrastructures have very important role in improving sports achievement, because both are tools needed in training and in competitions. Assessment of achievement of criteria on input evaluation on sub-indicator of infrastructure facilities at Pelatda PON XIX South Sulawesi are (1) national standardized or appropriate infrastructure facilities at PON in West Java, (2) reachable location of training from hotel, (3) availability of weight training facility, (4) Provision of test parameters, (5) availability of vehicles from the government or koni for training, (6) hotel availability, (7) Provision of medical vehicles per hotel, and (8) availability of hospitals as reference places for contingents Pelatda PON XIX South Sulawesi. Based on the results of interview data collection, document studies and questionnaires, it was found that the national-standard facilities for training were only available for a few branches of sport, the provision of weight training facilities and test parameters were excellent, as well as the hotels were a very comfortable resting place for athletes and coaches. But the main obstacle is that some sports have a great distance from training site to hotel, the absence of conveyor or government vehicles for athletes and coaches mobility to training site. The availability of medical vehicles in every hotel has not existed and the absence of referral hospital for contingents Pelatda PON South Sulawesi.
- f. **Coordination between agencies;** Coordination is a process of collective bargaining that binds different activities or elements in such a way that on one hand all activities or elements are directed to the achievement of a predetermined goal and on the other hand the success of one does not undermine

the success of other activities . The objectives of coordination are as follows: (1) To create and maintain the highest possible organizational effectiveness through synchronization, harmonization, togetherness and balance between the various activities of an organization's dependencies, (2) To prevent conflicts and create highest efficiency in every different interdependent different activity through agreements that bind all parties concerned, (3) To create and maintain anticipatory responsive and climate responses among different interdependent and independent work units so that the success of one work unit does not undermine the success of other work units, through effective information and communication networks. Based on the results of data collection interviews and questionnaires it was found that coordination of various parties have been running well and cooperation of Provincial Board of sports can synergize and all related components in the implementation of Pelatda PON XIX South Sulawesi can be responsible according to their respective duties.

3. Process Evaluation

- a. Training plan; The training plan process shows an orderly, methodological and scientific work. Planning is therefore a very important tool used by a coach in his efforts to direct a well-organized training program. To streamline the planning effort, a coach must have professional expertise and extensive experience. The training plan should be objective and based on the actual performance of the athlete in tests and matches. Furthermore an training plan should be simple, stimulating and should be flexible in content and can be modified according to the speed of progress of the athlete and improvement of methodological knowledge of coaches. When a trainer develops an training plan, he / she must follow certain requirements that indicate the basics of the planning process. The effectiveness of the training is directly related to a coach's ability to organize and use appropriate planning tools. Some training plans are as follows : plan time of practice, micro cycle, macro cycle, and annual plan. Assessment of success of process evaluation sub-indicators training plan on Pelatda PON XIX South Sulawesi is the planning of the training program in which there are microcycles, macro and training principles, suitability of training program and athlete needs, try out planning, daily training program planning, And the purpose of the training delivered to the athlete, and guide for athletes in the regional training center (Pelatda) PON XIX South Sulawesi. Based on data checks between field studies and interview results it can be concluded that the training plan of coach has been done well. The bottleneck is that the planning of the training program is not delivered to athletes and there is no guide for athletes about training plan to be undertaken.
- b. Implementation of the training; Training is a process of completion or maturity of the athlete consciously achieving the maximum achievement quality by being given physical and mental loads regularly, directed, increased and repetitive. Engineering, physical, tactical and psychic trainings to improve sports performance can not be achieved in a short time. Therefore it is necessary to divide the period of training. Within a year the division of training periods in different training programs, depending on the coaches. These four aspects must be trained simultaneously and none can be made up. These four aspects must also be trained in the correct way or method, so that every aspects can be developed as much as possible, so that the high performance improvement will be achieved as expected. Evaluation of success of process evaluation criteria sub-indicators training implementation at Pelatda PON XIX South Sulawesi is the implementation of the exercises, the utilization of weight training, the implementation of parameter tests, communication and uniformity of athlete's training, try out, the Strength Conditioning (SC) coach and the Condition Control supervisor, Implementation of evaluation and training report, and monev attention to the implementation of exercises in the

regional training center (Pelatda) PON XIX South Sulawesi. Based on data checking between field study and interview result, it can be concluded that the implementation of training at Pelatda PON XIX South Sulawesi is the absence of Strength Conditioning (SC) coach or physical trainer in every sport, but at the time of execution the physical condition is only supervised by Condition Training (CT) Supervisor, not all sports are given the opportunity to carry out try outs, the trainer's attention to reporting on daily exercises, and the money team's ineffectiveness in monitoring the course every day.

- c. Nutritional and medical needs; Good food for sportsman is a balanced diet. Foods that in the preparation is not only tailored to the energy needs in the form of calories alone, but also must be considered the composition of foods. Factors that affect energy sources during training, one of which is the intensity of training. Rest and exercise with low intensity, most of the body energy is generated through fat metabolism. But as the intensity of exercise increases, carbohydrates become an increasingly important source of energy. Changes in carbohydrate use at higher work intensities is very important, because carbohydrate metabolism requires less oxygen than fat metabolism, so as not to suppress the working system of the lungs and heart. Duration of exercise is another factor that affects the ratio of fats and carbohydrates used for muscle work. Good food composition for athletes is food with a protein ratio of 10% -20%, carbohydrates 50% -55% and fat 30-35%. If calculated calories for athlete's food, fat content should not be too much, because although theoretically fat produces the most calories but fat is difficult to digest. So a balanced diet is a menu arrangement that can achieve the following objectives: enough calories to meet daily energy expenditures; enough rotein to meet the body's needs in growth and maintenance; enough fat for body's need for unsaturated fatty acids and for the digestion of fat-soluble vitamins; Enough vitamins and minerals. After the match it is necessary to pay attention to the food, food should be served approximately 1-2 hours after the competition is over. Should not be given a drink that contains coffee or other stimulants. Assessment of success criteria process evaluation sub nutritional and medical needs of Pelatda PON XIX South Sulawesi is to see the appropriate nutritional needs of athletes' sports, food menu management, vitamin needs and periodic health checks, provision of nutrition consultancy services, medical teams and sport masseur at Pelatda PON XIX South Sulawesi. Based on data checking between field study and interview result, it can be concluded that the nutrition and medical needs of Pelatda PON XIX have not match with the needs of sport. They provided the same food menu, still ignoring the caloric intake needs of every sport. The management of the menu is handled by Koni Sulsel through a third party using the catering system. The absence of nutrition consultancy services and sports masseur and unavailability of medical team at every athletes' hotel.
- d. Implementation of monitoring and evaluation; Monitoring activities focus more on the activities being carried out. Monitoring is done by digging information regularly based on certain indicators, with the intention of knowing whether the ongoing activities are in accordance with the planning and procedures that have been agreed. Monitoring indicators include the essence of activities and targets set in program planning. If monitoring is well done it will be useful in ensuring that the activities are kept on track (as per program guidelines and plans). It also provides information to program managers in case of obstacles and irregularities, as well as an input in the evaluation. In principle, monitoring is done while the activity is in progress to ensure whether the process and the achievement are according to plan or not. If irregularities or inactions are found then it should be fixed immediately so that activities can run according to plan and target. Thus, the results of monitoring become input for the next process. While the evaluation is done at the end of the activity, to know the results or the final achievement of the activity or program. Evaluation results are useful for the same program

implementation plan at other times and places. Monitoring aims to gain feedback on the needs of ongoing programs, to determine the gap between planning and targeting. By knowing these needs the implementation of the program can make adjustments by utilizing the feedback. The gap that becomes the need may include cost factors, time, personnel, tools, and so forth. Evaluation of success criteria process evaluation sub indicators monitoring and evaluation at Pelatda PON XIX South Sulawesi is the implementation of monitoring, test execution and monitoring team reports on regional training center (Pelatda) PON XIX South Sulawesi. But the monitoring process is not working as expected. Based on data checks between document studies, questionnaires, and interview results, it can be concluded that the monitoring and evaluation of Pelatda PON XI, the implementation of the parameters, psycho, health and evaluation tests used in accordance with the sport, and the meeting between Koni, Monev and The trainer goes well. However, the monitoring of each sport is not maximized because the number of sports to be monitored is too much and the distance to the training site is far away, and not all monitoring teams require progress reports of athletic training in writing, and no written reports are made by the monitoring team. However, the evaluation team accommodates the monitoring team's report by reporting each month, but not informed to the athletes.

4. Product Evaluation

- a. Athlete's condition. Condition is a requirement. Conditions are situations or circumstances that exist in the individual both inside and outside him. Conditions reveal the relationship between the object and the surrounding phenomenon. In this connection, the object is limited. Physical ability is the ability to activate organs in physical activity. Physical ability is essential to support the development of psychomotor activity. Physical condition is a unity of the whole components that can not be separated just like that, whether there is an increase or maintenance. This means that in an effort to improve the physical condition of other components must be developed. Physical state status will be achieved optimally if started from an early age and carried out continuously and sustainably based on the basic principles of exercise. Status of a person's physical condition can be determined by assessment of ability test. Good physical condition has a number of advantages, including not easily tired during practice. A training program that can be completed without too many obstacles. Physical condition is needed by an athlete, because without being supported by the prime condition then the achievement of the peak of achievement will experience many obstacles, and impossible can be done. Based on data checking between document study, questionnaire, and interview result, it can be concluded that the condition of athletes of Pelatda PON XIX South Sulawesi shows very good category.
- b. Athlete's Achievement; Achievement is something earned or obtained by a person or group that has a positive value and can bring a sense of pride and happiness. A person who gains the ability to make an achievement in the field of sports can be said to be a person who has achieved achievement in the field of sports. Sports achievement is the actualization of the accumulated results of the exercise process displayed athletes in accordance with the ability they have. In order to be successful one has to go through a process of practice that lasts for years and expend a lot of sacrifices both energy, cost and time. An athlete is susceptible to deterioration in achievement and worse if his physical and mental condition deteriorate further. The difficulty of coaching achievement from the athlete factor usually occurs on the physical aspect such as skill, health (physical fitness), while from mental aspect such as discipline, motivation, creativity and athlete self-confidence. Sports achievement is the result of maximal effort achieved by an athlete or group of people (team) in the form of ability and skill in completing tasks, both in practice and in competition by using clear and rational evaluation

parameters. Sport Achievements by Law no. 3 of 2005 on the National Sport System is a sport that fosters and develops sportsmanship in a planned, tiered, and sustainable manner through training and competition to achieve achievement with the support of science and technology of sports. So from the above data it can be concluded that sport achievement is a sport that fosters and develops athletes systematically, tiered, and sustainable through training and competition supported by science and technological sports to achieve the best or highest achievement. Sport achievement is a result that athletes can achieve, and sports achievements are the types of sports performed by athletes.

CONCLUSIONS

1. Context Evaluation

- a. PON XIX South Sulawesi is strong because it is based on 1) Ideology Platform that is Pancasila, 2) Constitutional Platform: Constitution 1945, 3) Operational Basis include : Law No. 3/2005 on the National Sports System, 4) Government Regulation No. 16 of 2007 on Sports Implementation, 5) Government Regulation No. 17/2007 on Implementation of the Week and the Sports Championships; 6) Government Regulation No. 18/2007 on Sports Funding, 7) Presidential Regulation No. 22/2010 on Gold Indonesia Program, 8) Articles of Association and Bylaws of 2015, and 9) Decree of Koni Number 78 of 2015 on Principles of PON XIX Operation in West Java Province.
- b. Program Pelatda PON XIX South Sulawesi has a fairly clear goals and objectives, but the formula is not in the form of book reports so that the delivery is only limited on oral and not detailed. Organizational goals are quantitative targets and measures of organizational performance achievement. While the goal is a translation of the goal, namely what will be achieved or produced by the organization within a certain time. Goals should be specific, measurable, clear criteria, have detailed indicators so they can be achieved effectively and efficiently.
- c. Program Pelatda PON XIX South Sulawesi has an analysis of the conditions contained in the form of SWOT analysis. However, detailed delivery for coaches and athletes has not been well implemented.
- d. Program Pelatda PON XIX South Sulawesi has a clear strategy but not standardized in the form of book reports and direct delivery of the strategy for athletes are not maximized.

2. Input evaluation

- a. Potential athletes Program Pelatda PON XIX South Sulawesi has the appropriate criteria set by Koni South Sulawesi and they are athletes who passed PraPON either get a medal or only get rankings and sport that passes athletes for PON XIX in West Java and high commitment to his duties and responsibilities during the training.
- b. Coach Program Pelatda PON XIX South Sulawesi has appropriate criteria set by Koni South Sulawesi. However, every sport should have physical condition coach (SC) that specializes in physical training.
- c. Nutrition and Medical Team Program Pelatda PON XIX South Sulawesi has no criteria. The medical team at PON XIX Pelatda South Sulawesi is a trusted medical team from earlier PON, because the medical team has understood the injury problems experienced by athletes and drugs that can be consumed during training and games. Another thing that has not been done well or very bad is the medical team in every sport and there is no team of nutrition experts in Pelatda PON XIX South Sulawesi to measure the nutritional needs of athletes according to their sports. National standardized training facilities for training are available only for a few sports, providing weight training facilities and excellent test parameters, as well as very comfortable hotel breaks for athletes and coaches. However, the main obstacle is that some sports have far-reaching training distance with hotels, the

absence of conveyor or government vehicles for mobility of athletes and trainers to training site. The availability of medical vehicles in every hotel has not existed and the absence of referral hospital for contingent Pelatda PON South Sulawesi.

- d. The availability of funds Program Pelatda PON XIX South Sulawesi is quite adequate. Source of funds used in the implementation Pelatda PON XIX South Sulawesi sourced from APBD and BUMN as well as private. However, the availability of the budget has not met the needs of sports, lack of transparency and accountability of the amount and use of the budget, and the disbursement of the budget has not been timely on Pelatda PON XIX South Sulawesi.
- e. The availability of infrastructures of Pelatda PON XIX South Sulawesi is sufficient. National standard training facilities for training are available only in some sports, weight training facilities and test parameters are excellent, as well as a hotel that is a very comfortable break for athletes and coaches. But the main obstacle is that some sports have a great distance for practice from hotel, the absence of conveyor or government vehicles for athlete's and trainer's mobility to the training site. The availability of medical vehicles in every hotel has not existed and the absence of referral hospital for contingent Pelatda PON South Sulawesi.
- f. The continuous coordination between the agencies in Pelatda PON XIX South Sulawesi can run well and the cooperation of the Provincial Board of sport can synergize and all related components in the implementation of Pelatda PON XIX South Sulawesi can be responsible according to their respective duties.

3. Process Evaluation

- a. Training Plan of Pelatda PON XIX South Sulawesi is well executed. The bottleneck is that the planning of the exercise program is not clearly delivered to athletes and there is no guidance for athletes about training plan to be undertaken.
- b. The implementation of Pelatda PON XIX South Sulawesi has not been maximized because of the absence of a Strength Conditioning (SC) trainer or physical trainer in every sport, but the exercise of physical condition is only supervised by the Condition Control Supervisor (CT), not all sports are given the opportunity to Carry out try outs, the trainer's attention to making reports on the exercises being performed on a daily basis, and the money team's ineffectiveness in monitoring the course of the training every day.
- c. The nutritional and medical needs of Pelatda PON XIX South Sulawesi is inadequate. The nutritional and medical needs of Pelatda PON XIX has not been in accordance with the needs of sports. The food menu provided are always the same, still ignoring the caloric intake needs of every sport. The management of the menu is handled by Koni Sulsel through a third party using the catering system. And the absence of nutrition consultancy services and sports masseur and unavailability of medical team at every athletes hotel.
- d. Implementation of monitoring and evaluation on Program Pelatda PON XIX South Sulawesi has not been effective. Monitoring of each sport is not maximal because there are too much sports that must be monitored and the distance from the practice site is far apart, and not all monitoring teams requested progress reports of athletes training in written form, and the absence of written reports made by the monitoring team. However, the evaluation team accommodates the monitoring team's report by reporting each month, but not informed to athletes.

4. Product Evaluation

- a. The condition of athletes Pelatda PON XIX South Sulawesi experienced a significant increase in terms of physical condition, psychology and health. The athletes feel the improvement. If an athlete is

implementing a good workout program, then the belief in the improvement of that component is sure to happen.

- b. Achievement of athletes Pelatda PON XIX South Sulawesi experienced a significant decrease. With the results achieved on the PON XIX in West Java, the targeted sport which expected to earn medals in fact is very minimum, so the target of South Sulawesi contingent to reach rank VI is far from expectations. However, there are still some sports that still show consistency in medal achievement which are dance sport, karate, fencing, and sailing.

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