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## **Level of understanding of macro exercise programs in the swimming trainer in the province of Dki Jakarta**

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### **Abstract**

This study aims to determine the level of understanding of swimming trainers about macro training programs (long term) in Special Region of Indonesia (DKI) Jakarta. This descriptive study included the swimming coach population registered with Indonesian Swimming Association (PRSI) DKI Jakarta. Pengambilan sample of this study using population sampling which amounted to 16 coaches from 9 club pools in Jakarta. As for data collection using multiple choice tests and descriptions. Existing data analyzed by Vali test ditas, reliability, normality. T eknik item difficulty level analysis and engineering calculations using percentages. Validity Test and item difficulty level using Anates ver 4.0.9 program and reliability test using SPSS 19. Based on the research results obtained swimming trainer understanding in the very high category of 3 trainers (18.75%), high category of 5 trainers (31, 25%), the medium category se lot 2 coaches (12.5%), lower category number 5 coaches (31.25%) and the very low category there is one coach of 6.25%.

**Keywords:** understanding, trainer, swimming, macro training program

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### **Introduction**

#### **Preliminary**

Track swimming is one of the sport of measurable achievements that race for speed. According to Agus and Lismadiana (2013) <sup>[1]</sup>, swimming restoration is a record of time in seconds achieved by a swimmer who exceeds his achievement time (best time) both in training and in a race. In addition to good swimming style technique speed is very supportive to achieve maximum performance. Performance swimming is a swimming sport that is carried out regularly and is programmed to achieve maximum performance.

Achievement of achievement will be maximal in the field of sport determined by many factors one of the well-structured businesses that is through increased achievement and related scientific approaches. According to Agus (2017) <sup>[2]</sup>, the main component in sports to achieve achievement is to combine science with the latest theories so that other components will be maximized such as coordination, flexibility, strength, speed, and endurance. The components of the exercise in swimming must be trained in a balanced and programmed manner in accordance with the training program prepared by the trainer so that achievement can be achieved to the maximum. Performance swimming training is very necessary and gets special attention, especially by the coach. The trainer has the authority to provide training programs in training athletes' biomotor components appropriately. Rusli et al. (2018) <sup>[3]</sup>, explained that the trainers acted as managers of the training program which included planning, implementation, monitoring and assessment activities. Besides talent, an exercise program is an important factor in determining an athlete's training results.

The trainer must also understand the concept of understanding in practicing swimming. David (2016) <sup>[4]</sup>, explains understanding (comprehension) is a person's ability to understand or understand something after something is known and remembered. In other words, understanding is knowing about something and being able

to see it from various aspects. A student is said to understand something if he can provide an explanation or give a more detailed description about it by using his own words. Another prolonged meaning about understanding is one's ability to understand or understand a concept and be able to see it from various aspects. A student is said to understand if he is able to describe it in more detail using his own words. Understanding is generally divided into three, namely: translation comprehension, interpretive understanding, and extrapolation understanding.

The training program is very important and cannot be left behind in the world of coaching. Swimming championship which is held routinely every year is the goal of the coach in compiling an exercise program. The trainer's knowledge in dividing training periods is an important factor in developing a long-term training program. At this time, swimming in DKI Jakarta is already popular in the community and has a lot of young athletes. In addition, there are currently many annual routine swimming championships held in DKI Jakarta. This championship is not only junior or senior level, but began to race athletes-age athletes to participate in the race.

The annual championship that is held requires the coach to prepare athletes to be ready for the championship by developing a long-term training program. This long-term training program is structured so that young athletes do not experience early specialization and are able to reach the peak of achievement in the golden age (golden age). Long-term programs are structured to be carried out within 2 years or more to achieve the specified goals or objectives. Planning can be divided into: long-term plans (2 years or more), medium-term (1 year), and short-term (less than 1 year) (Nossek, 2013) <sup>[5]</sup>.

But in fact according to the results of discussions with several trainers when learning micro swimming which was held on March 6 -1 July 2019 there were still many trainers who did not understand the training program especially the long-term training

program. The trainer has not yet mastered the role of the trainer as the manager of the training program which includes planning, implementation, supervision and assessment activities. Trainers tend to make training programs suddenly when they are in the process of practicing training. The trainer also does not understand that in compiling a training plan, it must apply and refer to the training principles.

The exercise program must be disciplined. According to Sukadiyanto (2012) [6]. in implementing an exercise program, it must apply and refer to the principles of training, so that the process of practicing training can achieve its goals and objectives. Apart from having to refer to the principle of training, the trainer also does not understand the long-term training plan and must also include a training component to achieve maximum sports performance. Trainers who are able to understand the long-term training program are expected to be able to compile an exercise program in accordance with the principles of training and components to achieve maximum performance at the golden age in swimming.

Another similar study conducted by Jaka (2015) [7]. with the title "Understanding of Football Coaches in the Special Region of Yogyakarta Against Sports Psychology " concluded that the understanding of football coaches in the Special Region of Yogyakarta towards sports psychology was good. With this in mind, scientific research has not yet emerged about the level of swimming coach understanding. Seeing from this, a study was conducted to determine the level of swimming trainers' understanding of the long-term training program in DKI Jakarta.

## Method

The design of this research is descriptive research with one variable without using hypotheses. Sampling in this study used population sampling or population research. Descriptive method is designed to gather information about current real conditions, using the survey method. This descriptive research has the intention to find out and find as much information as possible. The variable is the swimming coach's understanding in DKI Jakarta towards the long-term training program (Macro). The population in this study are all swimming trainers who are officially registered in the Indonesian Swimming Association (PRSI) Pengprov in DKI Jakarta. The samples in this study were all swimming trainers from clubs in each city that officially existed in PRSI in DKI Jakarta.

The measurement of understanding is this research uses a test in the form of a double choice and a description of the question that contains an understanding of the long-term training program. Problem description consists of two types, namely, answering questions from questions and giving reasons for multiple choice answers. The instrument lattices in this study refer to the long-term planning theory from Bompa (1994), the theory of training principles from Sukadiyanto (2012) [6], and the long-term training program theory from Josef Nossek (2012).

## Results and Discussion

Analysis of the calculation of the trainer's categorization of test results in this study using the Microsoft Office Excel 2010 program. From calculations using the program it is known Mi (Mean ideal) 7.5 and SDi (Ideal standard deviation) 2.50. The results of the analysis of the calculation of trainer categorization are as follows:

**Table 1:** Categorization of Swimming Trainer Understanding of the Long-Term Training Program in DKI Jakarta

NO	Normal Curve Category	Category	Frequency	Percentage
1	$11.25 < X$	Very high	3	18.75%
2	$8.75 < X \leq 11.25$	High	5	31.25%
3	$6.75 < X \leq 8.25$	Is	2	12.5%
4	$3.75 < X \leq 6.25$	Low	5	31.25%
5	$X \leq 11.25$	Very low	1	6.25%
Total			16	100%

Based on Figure 1 above, information is obtained that the categorization of swimming trainers' understanding of the long-term training program in DKI Jakarta is divided into 5 categories namely, very high, high, medium, low, and very low. From the graphs 1 and 2, it can be seen that the swimming trainer's understanding of the long-term training program in the very high category is 18.75%, the high category is 31.25%, the moderate category is 12.5%, the low category is 31.25%, and very low categories of 6.25%.

From the results of the analysis of the calculation of the categorization of trainers' understanding the result is that trainers' understanding in the very high category is 18.75% consisting of 3 trainers, trainers' understanding in the high category is 31.25% consisting of 5 trainers, the trainer's understanding in the medium category is 12.5% consisting of 2 trainers, understanding of the trainers in the low category by 31.25% consisting of 5 trainers, and understanding of the trainers in the very low category by 6.25% consisting of 1 trainer. From this analysis the researcher can conclude that swimming trainers' understanding of the long-term training program in DKI Jakarta is included in the high and low categories because both have the same percentage of 31.25%. The trainers in the very high category consist of 3 trainers. All three trainers have undergraduate coaching education backgrounds. In addition, all three also have trainer licenses, namely, 2 National B licensed trainers and 1 licensed A trainer. In addition, the three are trainers who have scored many outstanding athletes in the region and nationally. It is therefore natural that the three coaches tersebut have a very high understanding of long-term exercise program.

The trainers in the high category consist of 5 trainers who fall into that category. The five trainers have different educational backgrounds and licenses. The trainers in this category who have a bachelor training background consist of 3 trainers who all have licenses, 2 licensed B trainers and 1 licensed trainer A. If viewed from an educational background and the third license the trainer should be included in the very high category. But because the understanding of the three trainers is still lacking, so it only falls into the high category. While the two coaches others have a background bell 0 akang undergraduate education from the department of Physical Education Health and Health ( PJKR and IKOR (Sport Sciences) are still the subject of Sport Sciences have knowledge and a good understanding of the exercise program long term because in the category ting gi.

The trainers included in the medium category consisted of 2 trainers, both of whom had different educational backgrounds namely, undergraduate coaching and scholars from the PJKR study program. Trainers with undergraduate backgrounds from PJKR study programs are reasonable if they fall into the medium category due to the trainer's lack of knowledge about long-term training programs. While the trainer with a background in

knowledge and understanding of coaching is lacking because the trainer also has an A license.

There are 5 trainers in the low category in that category. The five trainers have educational background from 2 coaching trainers, 2 from PJKR study program and 1 trainer from sports education degree. One in two coaches with a bachelor's degree has a C license, but their understanding of the long-term training program is still lacking. Two trainers who graduated from PJKR study program were reasonable if they had low understanding because they did not get training program material while still in college. However, one sports education graduate trainer has a B license but his understanding and knowledge of each training program is very lacking.

Very low internal trainers consist of one trainer, namely an undergraduate education background from the PJKR study program. The trainer already has a C license, but because his understanding and knowledge of the long-term training program is still lacking the trainer is only included in the very low category. Differences in swimming trainer's understanding of the long-term training program in the Yogyakarta Special Region are different from one another in research this is because most of the educational factors and experience in the field in implementing training programs and trainers' knowledge of the long-term training program itself. Educational factors almost all trainers have educational background of graduates from the Faculty of Sports and Science.

from the coaching study program, but also from other study programs such as PJKR, IKORA, and Physical Education. According to Sugiyanto (2016) the main task of a coach is to foster and develop athlete talent to achieve achievement and a good trainer should make an exercise program, so it is expected that coaches who have an understanding in the categories are very high, high, and are able to create training programs, especially long-term programs for coaching and developing athlete talent.

## Conclusion

As the results and discussion above can be concluded that the swimming trainer's understanding of the long-term training program in DKI Jakarta is in the very high category of 18.75% because the trainer has an educational background and has a license, the high category is 31.25% due to 3 of the 5 trainers educated with coaching and licensed, the medium category was 12.5% because the trainers from coaching education had less understanding, the low category was 31.25% due to lack of knowledge and understanding, and the very low category was 6.25% because the trainer was a graduate not from coaching and knowledge and understanding is still lacking.

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