

Pola Pembinaan Olahraga Atletik Di PASI Buleleng Bali

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui proses pola pembinaan olahraga atletik PASI Buleleng Bali. Penelitian ini adalah penelitian deskriptif kualitatif dengan jenis penelitian survei. Populasi penelitian adalah pengurus, pelatih, dan atlet nomber jalan, lari, lempar, dan lompat pada olahraga atletik di PASI Buleleng Bali dengan jumlah keseluruhan 43 orang terdiri dari pengurus (9 orang), pelatih (4 orang), dan atlet (30 orang). Sampel dalam penelitian menggunakan kuesioner pendataan dan kuesioner pertanyaan". Intrumen penelitian menggunakan observasi, kuesioner angket, dan dokumentasi. Hasil penelitian ini tentang pola pembinaan prestasi atlet pada olahraga atletik di PASI Buleleng Kabupaten Buleleng adalah : (1) Pelaksanaan pola pembinaan diarahkan pada proses latihan yang sesuai dengan kebutuhan peningkatan prestasi atlet, hal ini dibuktikan dengan adanya penyusunan program latihan yang dibuat para pelatih dalam siklus mikro (mingguan) namun untuk program latihan nomor lempar masih kurang berkesinambungan diterima atlet. (2) Penyusunan organisasi telah terstruktur dibawah naungan (PASI) Provinsi Bali. (3) Sarana dan prasarana untuk menunjang pencapaian prestasi atlet meraih prestasi maksimal walaupun masih perlu adanya sedikit pembenahan. (4) Pendanaan yang diberikan sumber dana di PASI Buleleng Kabupaten Buleleng berasal dari anggaran (KONI) Kabupaten Buleleng untuk kelancaran proses pembinaan prestasi atlet di PASI Buleleng. (5) Prestasi atlet pada olahraga atletik di PASI Buleleng merupakan pembinaan atlet yang dikategorikan beberapa usia meliputi usia dini yang memasuki Sekolah Dasar (SD), usia remaja memasuki antara Sekolah Menengah Pertama (SMP) dan memasuki usia Sekolah Menengah Atas (SMA). Saran dari penelitian untuk pengurus, pelatih, dan atlet pembinaan perlu dimalsimalkan melalui pembinaan *continue* dan peningkatan program pelatihan secara intens agar dapat menciptakan bibit atlet yang berprestasi lagi ditingkat nasional. Selain itu, perlu lebih ditingkatkan dalam sistem monitoring pengurus dan lebih sering memberikan sebuah motivasi, dorongan semangat, dan bonus.

Kata kunci: pola pembinaan, olahraga atletik, PASI Buleleng-Bali

ABSTRACT

This study aims to determine the process of coaching patterns of athletic sports at PASI Buleleng Bali. This research is a qualitative descriptive research with the type of survey research. The research population is administrators, coaches, and athletes with walking, running, throwing, and jumping numbers in athletic sports at PASI Buleleng Bali with a total of 43 people consisting of administrators (9 people), coaches (4 people), and athletes (30 people). . The sample in the study used a data collection questionnaire and a question questionnaire. The research instrument used observation, questionnaire, and documentation. The results of this study regarding the pattern of coaching athlete achievement in athletic sports at PASI Buleleng, Buleleng Regency are: (1) The implementation of the coaching pattern is directed at the training process in accordance with the needs of improving athlete achievement, this is evidenced by the preparation of training programs made by coaches in the cycle micro (weekly) but for the throwing number training program it is still not received by athletes continuously. (2) The organizational structure has been structured under the auspices of (PASI) of the Province of Bali. (3) Facilities and infrastructure to support the athlete's achievement in achieving maximum performance although there is still a need for a little improvement. (4) The funding provided by the source of funds at PASI Buleleng, Buleleng Regency, comes from the budget (KONI) of Buleleng Regency for the smooth process of fostering athlete achievement at PASI Buleleng. (5) Athletes' achievements in athletic sports at PASI Buleleng are athletes who are categorized by several ages including early age entering elementary school (SD), teenagers entering between junior high school (SMP) and entering high school age (SMA). Suggestions from research for administrators, coaches, and coaching athletes need to be maximized through continuous coaching and intense training program improvements in order to create more outstanding athletes at the national level. In addition, the management monitoring system needs to be improved and provide more motivation, encouragement, and bonuses.

Keywords: coaching pattern, athletic sports, PASI Buleleng-Bali