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Economic Social Cultural Analysis of Sports Coaching Program in East Nusa Tenggara Province

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Abstract: *This study aims to analyze the economic social cultural in sports coaching programs in East Nusa Tenggara Province. This study uses a naturalistic phenomenological approach with qualitative method. The technique used for data collection is observation and in-depth interviews with key informants and is accompanied by documentation. Based on the results of this study concluded that (1) The potential of environmental and socio-cultural resources is a major factor in development of sports in East Nusa Tenggara Province; (2) Cultural values in East Nusa Tenggara Province are determining the pattern of sports development and sports, one of which is the culture of discipline developed by kempo sport and also the existence of traditional games such as "pikul air" (water shoulder) in childhood, because there are movements in the fast way; (3) The basic needs of athletes in achieving sports achievements to show their identity as East Nusa Tenggara society are the clarity of the target to be achieved so that not only the branches of the kempo sport and boxing are superior but other sports such as sepak takraw and silat can develop their achievements; (4) Martial arts and individual sports are the super priority in East Nusa Tenggara is kempo sport and boxing. Synergy is needed between sports stakeholders and all parties sitting together to formulate appropriate policies and programs. It is important for the government to be able to explore more other sports that can be superior in East Nusa Tenggara.*

Key words: *economic; social; cultural; sport coaching; east nusa tenggara*

INTRODUCTION

Achievements by athletes from East Nusa Tenggara province so far, certainly can not be separated from sports coaching conducted by coaches and coaches in the province. One of the achievements of East Nusa Tenggara province is contributing a lot and also to athletic achievement (Natal, 2018). Then, East Nusa Tenggara Province tried to develop sports achievement coaching through a number of achievement coaching pathways such as the Coaching Center and Student Sport Training called PPLP in Indonesia (Wani, 2018). Furthermore, one of the social capital possessed by East Nusa Tenggara Province is culture. Although East Nusa Tenggara Province still experiences limitations in all aspects, but the development and development of sports carried out must still ensure equitable access to sports, health and fitness improvement, it in sports management and performance that is able to face challenges and demands for change (Darmawan, 2012). According to Muhsan (2017) the Regional Government's policy regarding the provision of sports facilities and infrastructure made by the Regional Government of East Lombok Regency still cannot be felt equally by all community members, because the provision of sports facilities and infrastructure is still centralized in the capital city.

The coaching and development are held to give outstanding athletes that cannot be done instantly (Priyono, 2012). Therefore, it requires a long time and process and is carried out in stages, continuously and systematically supported by the application of sports science and technology. From the results of Rawe analysis (2018) the implementation carried out by the management of youth and sports in East Nusa Tenggara Province still has constraints in terms of infrastructure, funding, and human resources that hinder the implementation of sports. On the other hand, athletes' self potential such as genetics, physiology, anatomy, psychological and other scientific disciplines also determine during the coaching process in order to achieve optimal performance (Hidayat, Febriani, Budi, & Listiandi, 2019). Based on the analysis of boxing athletes Karel Muskanan (2015) wrote an increase in the achievement motivation of athletes the Coaching Center and Student Sport Training (PPLP) of East Nusa Tenggara Province for achievement in terms of internal factors through athlete competence, fulfillment of needs, status and responsibilities then what needs to be considered is the synergy of the coaching concept that is implemented in policy.

Furthermore, the support and role of the environment, such as family, community, residence, supporting facilities and infrastructure as well as adequate funds still need attention so that the coaching process will run as expected. Because coaching patterns are needed to improve sports performance (Aji, 2013). The process in which people attempt to improve the sporting performance of an athlete or team in competition, by manipulating the behavior and creating practices that facilitate improvement (Nicholls, 2017: 2). Sports coaching is not the same as terms such as general coaching, teaching, or instruction but it is a generic term that means increasing sports performance (Lyle & Cushion, 2010: 246). In fostering achievement sports, organizations within the Government are the Ministry of Youth and Sports at the central level and the Department of Youth and Sports at the provincial level. In addition, the central National

Sports Committee of Indonesia (KONI), National Sports Committee of Indonesia at the provincial area, National Sports Committee of Indonesia at the city are and Provincial Administrators at the provincial level and district administrators becomes an institution outside the government that professionally provides technical support for the progress and decline of the development of sports achievements in Indonesia.

In the contemporary era as it is today, sports activities have a close feel to the economy (Tjahyo Kuntjoro, 2017). This is when seeing sports has become an industry, so that the commercial aspect becomes apparent. Therefore, sport is an important part of community economic activities (Szymanski, 2010). Many people believe that sporting events produce a substantial level of economic development for example in tourism activities (Parzych & Gotowski, 2018). The effect of sport on the economy does not have a direct impact, because exercise reduces the burden of public expenditure on health aspects (Huang, Mao, Kim, & Zhang, 2014). The degree of physical fitness and good health will reduce health care costs, and can even increase work productivity. On the other hand, the context of the problems of the national sports system is inseparable from global political, economic and cultural pressures (Luiz & Fadal, 2011). So that sports culture is inherent in social interaction in the East Nusa Tenggara Province (Kusumawati & Kurniawan, 2018). However, on a national scale the paradigm shift of national development towards decentralization followed by changes in sports coaching policies in the direction of democratization in all fields (Falaahudin & Sugiyanto, 2013).

Sport can play a role as a promotional media and marketing campaign, be it a target, market or commodity (Banda & Gultresa, 2015). This phenomenon should have made the community aware of sport as a prime mover or a driver of the pace of economic growth that opens employment opportunities, opens business opportunities and contributes to the welfare of the community (Gayo, 2010). Based on research by Saputro and Lufthansa (2018), it explains that the research related to descriptive studies on the responses of sports industry players has enough competitiveness in a product. Sports activities have a very broad impact for the perpetrators, not only for physical needs but can guarantee the welfare of the coach, the perpetrator, the sports person and the athlete.

Sport reflects the norms and general cultural values of society, such as in terms of teamwork and teamwork, fair play, sportsmanship, hard work, dedication, compliance with rules, commitment and loyalty (Delaney & Madigan, 2015: 3) . Therefore, sport cannot be separated from social life in society, so it is important to learn in the perspective of sociology. Systematic study of the processes, patterns, issues, values and behaviors found in the institution of sport (Delaney & Madigan, 2015: 8). According to Delaney & Madigan (2015: 5), the sociology of sport is a sociological sub-discipline that focuses on the relationship between sport and society. Meanwhile, sport have connected with culture lives and develops in a variety of environments, one of which is in a work organization, commonly known as culture (Gemar, 2018). The relationship between sports and society and also culture as an integral part of the socio-cultural systems of a particular society, sport activities in a society that is different from sports activities that exist in other communities (Setyaningsih & Yuliandi, 2019). Based on Lumba (2010) research report, the process of talent scouting in the East Nusa

Tenggara Province should be adapted to areas that have cultural movements when the technical properties of the basic motion patterns have in common with sports. That is why coaching in sports is a complex matter and connected with social and cultural system but its success is determined by more factors. For example, in soccer Wang & Straub (2012) identify factors that influence success in the coaching process, including effective leadership, positive discipline and team environment, competitive teams, psychological principles, challenges posed by coaches, athlete development, polite training, and elite coach development. From the results of this study many factors contribute to the athlete's success, which is of course can also be applied to other types of sports.

In addition, Sharma (2015) on the effect of socio-economic status on weightlifting athletes shows that there is a positive influence on that status on the achievements of men's national weightlifting junior sports. The significance of the difference was also observed in sports achievements between male and female national weightlifting athletes with high, moderate, and low socio-economic status. These findings provide a strong indication that in the process of sports coaching can ignore the socio-economic factors of athletes, so it needs the right strategy, especially in fostering athletes from underprivileged families. Research report from Jayanthi, Holt Jr., LaBella, & Dugas (2018) showed that socio-economic factors also influence the level of athlete injury. Athletes with high socio-economic status report excessive injuries that are more serious than athletes with low socio-economic levels. Athletes with high socio-economic status generally also show a higher level of sports specialization, more hours per week playing organized sports, a higher ratio of weekly hours in organized sports for free play, and greater participation in individual sports. And then Chandrasekaran & Anbanandan (2010) concluded that socio-economic status and psychological factors play an important role in sports, especially in developing skills, ensuring the ability to play and improve achievement in order to achieve the goals of players in soccer sports.

On the other side, research report by Zehntner & McMahon (2015) showed that the use of narration as an integral element in trainer education can be strong in terms of deconstructing cultural ideologies and in building sustainable training identities. The combination of these two components is very powerful in terms of enabling training identities to develop. It is therefore recommended that the development of a sustainable mentor-mentor relationship is closely related to narrative expression and critical reflection on the same thing. This ideal sport training and development picture has been carried out by sports activists in this province, although it is still limited by all limitations (Ha, Lee, & Ok, 2015). The results of his coaching, appear on international achievements in taekwondo and kempo sports. However, the condition of East Nusa Tenggara Province athletes to excel at the international level has become increasingly rare and has continued to decline since the decade of 2005 until now. As we know, other factors that support the success of an athlete are; family background, economic factors, social environment, culture, school location, geographical conditions and topography of the athlete's residence and the most important is the athlete's personal or internal factors. These factors are very influential on the results of sports coaching there. However, since 2005 the achievements of East Nusa Tenggara athletes have continued to decline

dramatically. This phenomenon is the main attraction of the author to conduct an analysis of Economic Social Cultural Analysis of Sports Coaching Program in East Nusa Tenggara Province.

METHOD

This study uses a naturalistic phenomenological approach. Phenomenology means the study of appearance, and specifically the appearance structure of various domains, be it the physical, mathematical, cultural, aesthetic, religious, or other domains (Moran & Mooney, 2002: 5). Phenomenological research is more directed towards philosophy and attitudes towards human existence compared to specific research methods or a series of techniques or procedures specified (Sparkes & Smith, 2014: 38). The training process is characterized by three skills, namely: planning, delivery, and management. The delivery element refers to a direct intervention program between athletes and coaches. Submission can be further divided into implementation, monitoring and regulation. Implementation consists of a series of skills based expertise. Expertise skills and arrangements are facilitated by management skills. The regulatory element is important because it is incorporated into the planning and delivery elements that are ongoing. At the same time as the delivery process is a management function relating to available resources, both human and material. In another model, a number of factors must be considered in the coaching process to identify peak performance, as shown in Figure 1

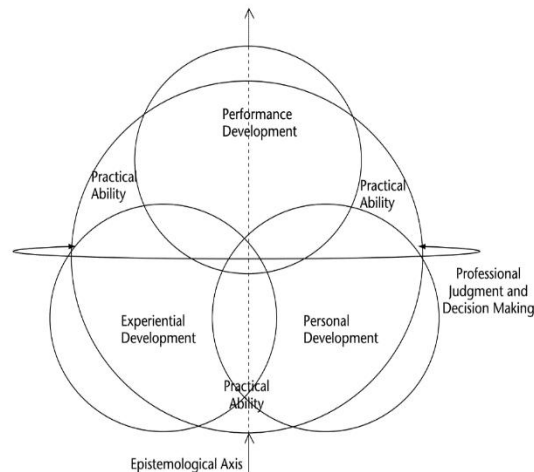


Figure 1. Conceptual Model of Sports Coaching

Source: Collins & Collins (2015)

Figure 1 explains the existence of several important components in the process of sports coaching, starting from practical abilities, which are then followed by the development of experience, personal development, and achievement development. After the components are carried out, the next step is professional judgment and decision making. This is certainly closely related to the determination of an athlete's career, so that it can

rise to the professional level or not after various assessments. Therefore, sports coaching is a fundamental step that needs to be considered at each stage, in order to provide optimal performance for athletes. Data collection is done by conducting observations to observe, collect data and describe the roles of coaches, actors, sports personnel and athletes, parents, families, communities and the environment during the coaching process. The participants are two athletes race walking, two athletes kempo, representatives of the Central National Sports Committee of Indonesia, two of representatives of Central National Sports Committee of Indonesia in the East Nusa Tenggara Province, a kempo trainers and representatives of the Department of Youth and Sports of East Nusa Tenggara Province.

RESULT AND DISCUSSION

To improve sports achievements in East Nusa Tenggara a coaching process is needed by utilizing existing facilities. Based on the results of interviews with two informants who came from Central National Sports Committee of Indonesia in East Nusa Tenggara explained that "What is the process of sports coaching in East Nusa Tenggara?":

"...The development process is based on policies made by Department of Youth and Sports so that it refers to policy lines from the center or the Ministry of Youth and Sports. Furthermore, it involves other organs such as Central National Sports Committee of Indonesia and other parties such as Coaching Center and Student Sport Training. However, in my opinion, a planned activity plan is arranged regularly and is expected to involve sports stakeholders in East Nusa Tenggara. I hope there will be guidance starting from the planning stage to the evaluation so that I can see the effectiveness of sports coaching in East Nusa Tenggara." (CNCI 1, 2019)

"Actually, the process of sports coaching in East Nusa Tenggara has no clear and written grids in the management process of sports coaching in East Nusa Tenggara. So, the coordination tends to be less and the results less measurable. For this reason, I think it is necessary to make a strategic plan for sports coaching in East Nusa Tenggara by the Department of Youth and Sports, so that there are systematic and planned steps and synergies in every sports field activity In EAST NUSA TENGGARA." (CNCI 2, 2019)

The statements of the two informants above indicate that in the process of coaching and developing sports in East Nusa Tenggara it has not been said to be good. There are some shortcomings related to an unsystematic and strategic management process. Resulting in coordination that tends to be lacking and not measured properly. In addition, the development of sports achievements is only at the national level but has not been able to improve performance at the Asian and international levels. On the other hand, the results of researchers' interviews with informants regarding "what factors support the sports coaching process?"

"There are many things that support for sports coaching activities, especially from all sports stakeholders, such as from Department of Youth and Sports, Central National Sports Committee of Indonesia, Coaching Center and Student Sport Training, athlete, trainers, and also the community itself. All of them support the progress of sports in East Nusa Tenggara so that is more widely known for its sporting achievements. Yes indeed, to realize that achievement is not easy, it requires cooperation from all parties, and especially the strong determination of the athlete itself. And it cannot be denied that at this time the development of technology has more or less influenced sports coaching" (CNCI 2, 2019)

"Positively, technological advances can be utilized by athletes and coaches to learn the latest techniques according to the sports that are occupied. But on the other hand, can also be inhibited when people, especially athletes are not wise to use it. Because when someone is gaining this gadget will also affect his achievement, because it can be a cause of laziness in practice and not focus. So, education is very important for the community to be able to use gadgets in a positive manner so as not to interfere with athlete achievement ". (CNCI 1, 2019).

Based on the interview above shows that sports coaching has been done by the government to be able to improve performance. It's just to realize this is not easy. Moreover, technological advances that should have a positive impact to facilitate athletes but due to addiction to the use of technology make some athletes become lazy in training and not focused. The government has tried to do coaching one of them Department of Youth and Sports researchers interviewed related "How do you assess the policies that have been determined by Department of Youth and Sports related to sports coaching?"

"In general, it's good. It's just as I said earlier in this coaching process there has not been a clear blueprint for developing sports in East Nusa Tenggara. Though it is very important to have a reference about what targets should be achieved, how much use of the budget needed, what strategies are needed, and how to evaluate it. Synergy between sports stakeholders must also be strengthened so that it does not appear alone in developing sports. So, this is what I think needs to be considered in the process of sports coaching in East Nusa Tenggara. All parties need to sit down together to formulate the right policies and programs to coaching sport. " (DYS 1, 2019)

Judging from the results of interviews conducted, a statement from one of the Department of Youth and Sports East Nusa Tenggara shows that the existing policies are good but the development process has no clear blueprint or clear targets. Synergy is needed between sports stakeholders and all parties sitting together to formulate appropriate policies and programs. However, one of the brisk athletes interviewed by the researchers gave his opinion regarding the role of Central National Sports Committee of Indonesia and Department of Youth and Sports in the process of sports coaching.

"To my knowledge so far it has been played quite well from the Central National Sports Committee of Indonesia and Department of Youth and Sports in the process of coaching athletes. From the Central National Sports Committee Of Indonesia in general, it has carried out training and training activities well. From the Department of Youth and Sports as the policy maker also has policies to support the progress of sports in East Nusa Tenggara."(race walking, 2019).

The interview results show that the government already has a pretty good role in developing and training athletes. For this reason, it requires the cohesiveness of various management organizations in the field of sports such as Central National Sports Committee of Indonesia, Provincial Administrator and Department of Youth and Sports. Based on BPS data (2019) related to East Nusa Tenggara Province in 2019 shows that in 2018 the number of poor people has decreased to 21.35 percent or as many as 1.14 million people with a poverty line of Rp 354,898 per capita per month. Even though poverty is considered to have decreased, this economic factor influences the development of sports in East Nusa Tenggara. One trainer at Kempo East Nusa Tenggara stated that

"In my opinion, a difficult economy does not discourage me. In 1996 I won the National Sports Event. In the past I was trained by my brother and practiced by myself in Kupang with the condition that there were no people. I feel that even though there are bonuses for winners in events like the ASEAN Games, it has no effect on the development of sports achievements in East Nusa Tenggara. Although only a few, but those who have the intention to become athletes usually have self-motivation."(Former athlete, 2019)

"In my statement, the economic factor is important in the process of fostering sports, especially in East Nusa Tenggara. However, to deliver outstanding athletes, adequate facilities are needed, and to provide adequate facilities, there is also sufficient financial support" (Athletes, 2019)

Starting from the results of Central National Sports Committee Of Indonesia data which shows that boxing and athletics are the first sports that produce achievements. However, from year to year there are branches of sport that show a decline in achievement. The presence of Kempo sports provides new hope for East Nusa Tenggara in developing sports achievements.

"I think it is appropriate, because it has been proven that sports and boxing have produced many outstanding athletes. The selection of the sport is also in accordance with the character of the community in East Nusa Tenggara, which is famously hard, thus forming a mental fighter as an important basis in boxing and martial arts. But it is also important to explore other sports that can be excellent in East Nusa Tenggara, so that they do not only rely on boxing and

defending sports. Social and cultural factors must be explored to see the potential that can be developed in other sports." (Boxing Athlete, 2019)

During this time the martial arts and boxing can give birth to many outstanding athletes. The selection of the sport is also in accordance with the character of the community in East Nusa Tenggara, which is famously hard, thus forming a mental fighter as an important basis in boxing and martial arts. Even so, boxing athletes also suggest that the government provides opportunities for other sports to be seeded. The selection of superior sports in East Nusa Tenggara is adjusted to the characteristics of the people and culture.

DISCUSSION

From the results of interviews with Central National Sports Committee Of Indonesia CNCI 1 and CNCI 2 who stated that the government already has a pretty good role in developing and training athletes. In line with Irmansyah (2017) statement, sports coaching is a generic term that can improve sports achievements especially in East Nusa Tenggara. In addition, Irmansyah also explained that the program evaluation had positive and negative aspects. For this reason, the training is carried out by the government, sports organizations and trainers in accordance with the existing strategies. Based on Central National Sports Committee Of Indonesia statement in coaching and developing sports in a planned, systematic, tiered and sustainable manner, which starts with culture, pemassalan, nursery, and achievement improvement. In line with this Mesnan and Antonius (2019) also provide that there is a positive relationship between sporting performance and Central National Sports Committee of Indonesia.

This culture can be seen from the sport of upholding that upholds discipline. From the results of the interview expressed by the Kempo trainer, all Kempo athletes are responsible heirs. This means that every game in the Kempo, Kempo athlete or Kempo member is an heir who will continue the Kempo forward. This heir must have the ability to think how to deflate forward better than today. The management side must also be transparent, accountable. This kempo organization is neatly organized, this shows that the management of the organization can be held accountable. In line with MacIntosh, Lauren and Spence explained that the challenges of delivering international sports and development programs need strict control and be able to be accounted for (MacIntos, Couture, & Spence, 2015). From the conceptual model Collins and Collins (2015) are in accordance with the process of sports coaching, especially the kempo sports in East Nusa Tenggara because it is based on the development of experiences gained through social, cultural and economic factors. Then the personal development by cultivating a disciplinary attitude then the development of achievements that continue to be realized by the Kempo team on National Sports Event championship.

In line with Szymanski (2010), sport is an important part of community economic activities. According to Liu and Wilson (2014) explain that society through promotion, economy is also one of the factors athletes struggle to be able to achieve. Sociologically, the concept of four characteristics developed by Delany and Madigan shows that there is a ranking or hierarchy in the ranking system. Kempo sports in East

Nusa Tenggara show that by increasing the achievements, the government favored the sport. The role of the athlete is determined by the role of a person in the hierarchy as well as the coach. The social control that is developed by the kempo branch related to heirs is a form of mechanism designed to maintain appropriate behavior (Liu, 2016). Kempo also has strong discipline rules so as to avoid social conflict and run systematically. So that these findings show that the development and coaching of sports in East Nusa Tenggara is quite good and in accordance with existing concepts. This is in line with the analysis of Putra, Kiyatno and Siswandari (2016) that psychomotor factors are also dominant in influencing sports performance in coaching. The role of the academic community is also important in fostering achievement sports in each region (Wahyuniati, Sukanti, & Siswantoyo, 2016). This achievement is inseparable from the collaboration between the government, sports organizations and coaches in supporting athletes ranging from facilities and other basic needs. Even so economic, social and cultural factors become influences in coaching and developing sports in East Nusa Tenggara. However, evaluations are needed regarding training systems in other sports (Wibowo & Hidayatullah, 2017). Because there are only two sports that are favored because of cultural factors in East Nusa Tenggara.

CONCLUSION

From the results of this study concluded that the potential of environmental and socio-cultural resources is a major factor in the development and development of sports in East Nusa Tenggara. One of them is the East Nusa Tenggara region which is close to the beach, making it easy for athletes to practice, for example in the brisk walking sport. culture is diverse and has the distinctiveness of each region. Likewise with East Nusa Tenggara, there are many cultural values not possessed by other regions, for example, a war dance that illustrates that life that is notoriously hard in East Nusa Tenggara has formed a strong mental and physical, giving rise to a strong fighting spirit among athletes. Cultural values in East Nusa Tenggara in determining the pattern of sports development and sports, one of which is the discipline culture developed by Kempo and also the existence of traditional games such as "*pikul air*" water shoulder in childhood, because there are movements found in the fast way. So that the most powerful cultural factor, because it is embedded in the community so that it creates a spirit and a stronger bond. The basic need for athletes in achieving sports achievements to show their identity as East Nusa Tenggara people is the clarity of the target to be achieved so that not only the branches of the kempo and boxing are superior but other sports such as sepak takraw and silat can develop their achievements. Martial arts and individual sports are the super priority in the development and development in East Nusa Tenggara is kempo and boxing. That is because the selection of sports is also in accordance with the character of the community in East Nusa Tenggara, which is famously hard, so that forming a mental fighter as an important basis in boxing and martial arts such as a joint. The management side must also be transparent, it can be accounted for that makes the Kempo a superior sport.

The challenge now is to start waning cultures in the community that are being displaced by the introduction of technology, so that many East Nusa Tenggara children now do not know their own culture, let alone to practice and preserve it. This certainly becomes an arduous task to preserve East Nusa Tenggara traditional cultures, so collaboration between parents, teachers in schools, and also local governments is needed in developing sports in East Nusa Tenggara. It is important for the government to be able to explore other sports that can be excellent in East Nusa Tenggara, so that they do not only rely on boxing and defense from. Social and cultural factors must be explored to see the potential that can be developed in other sports.

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