
EVALUATION OF PHYSICAL EXERCISE PROGRAM OF TABLE TENNIS CLUB IN BENGKULU CITY

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KEYWORDS :

Program evaluation,
Physical exercise
program, table tennis
coaching club

ABSTRACT

The problem in this study is that athletes always experience fatigue when competing in national events, it is due to their poor physical condition. The purpose in this study was to evaluate the physical exercise program of table tennis club coaching. This research was conducted at a table tennis club in the city of Bengkulu. This type of research is qualitative research with the CIPP method through a qualitative approach. CIPP consists of four stages, namely: Context, Input, Process, Product. Data were obtained through observation, questionnaires, interviews and documentation studies. This study uses non-statistical qualitative analysis methods, where the components of data reduction, and data presentation are carried out simultaneously with the data collection process after being collected, the three components analyzed (data reduction, data presentation, conclusions) interact. The results of this study show that (1) The process of eligibility mechanism and qualification of table tennis club coaches and athletes in Bengkulu City includes PTM. Rook, PTM. Post, PTM. Tebeng is already classified as decent. (2) The implementation of the physical training program has not gone well, in the sector of coaches and athletes. (3) The facilities and infrastructure owned by table tennis clubs in Bengkulu City are still categorized as not good because they are only PTM. Posts that have adjusted facilities and infrastructure according to PTMSI standards while PTM. Fortress and PTM. Tebeng still needs to be fixed.

INTRODUCTION

According to Jimbaw, the coach of the 1992 Chinese table tennis team (Kertamanah 2003: 45) said that the higher the quality of technique that must be mastered by an athlete, the greater the physical needs needed. Likewise, the quality of the tournament that will be followed, the greater the physical condition needed by an athlete to achieve achievements in the championship he participates in. There is no doubt that the Chinese team (both the men's team and the women's team) has always dominated the table tennis championships, and it is not unusual for them to become world champions.

In Bengkulu City, there have been many table tennis clubs that have coached achievements from an early age, teenagers, to adults, including clubs that will be the author's research place, namely PTM (Table Tennis Association) Fort, PTM (Table Tennis Association) Post, and PTM (Table Tennis Association) Tebeng. Many athletes who excel in this club even dominate in the championship throughout Bengkulu Province and are always athletes from PTM Benteng, PTM Pos

and PTM Benteng who represent Bengkulu Province at the national level such as: O2SN (National Student Sports Olympiad), POMNAS (National Student Sports Week), and PON (National Sports Week).

But the achievements of athletes fostered by PTM Benteng, PTM Pos, and PTM Tebeng who always dominate the championship in Bengkulu Province are very inversely proportional to the achievements they have achieved at the national level. Athletes who are representatives of Bengkulu Province only as a complement to national events, there are only two athletes who are able to reach the last eight or final competition, namely Al Ikhwan (PTM. Post) and Nanda Gustian (PTM. Rook) during O2SN in 2008 and 2010. The proud thing achieved was that the athlete was able to win 1st place in the men's cadet individual at the 2012 Liga Kasih Bangsa open championship held in Bali Province which was attended by world athletes. Unfortunately, the athlete did not make the club or region proud because he represented his new club, the Ragunan Jakarta club, which had only trained there for six months. However, this is one of the empirical facts that illustrates the low achievement of club-fostered athletes in Bengkulu City. Of course this is a problem for all of us, so the question arises what is wrong with the achievements of athletes in the Bengkulu city achievement coaching club at this time. There may be many factors that cause the problem.

The head coach of athletes representing Bengkulu Province in national events such as O2SN, POMNAS, National Championship (Kejurnas) and PON explained that the main factor that resulted in the Bengkulu Contingent always failing in national events was due to physical fitness problems, because the match time span was so tight that athletes were exhausted and unable to penetrate the preliminary round and follow the next phase. Based on the above problems, That the aspect of achievement coaching will not be separated from the implementation of the training program. According to Harsono (2007: 43) "training or training is a systematic training process that is carried out repeatedly, which is increasing day by day the amount of training load increases". While physical condition is a unity of components that cannot be separated just like that, both improvement and maintenance (Yuyun Yudiana, 2012: 19).

ANTARA News reported that national table tennis player Muhammad Husein failed at the XXV Laos SEA Games due to an unclear training program. According to Husein, who was interviewed by ANTARA News, "He and several other table tennis athletes joined the flashlight training (TC) in China for about 10 months, but there they did not get total coach guidance. That's because they are trained by coaches who share their concentration with the athletes they scout at the club. Therefore, Husein's achievement, which won a gold medal at the 2005 SEA Games and a silver in 2007 in the men's individual category, was very embarrassing, namely not qualifying in the preliminary round.

The definition of evaluation according to Djali, Mulyono and Ramli (2000) that evaluation as a process of assessing something based on objective standards that have been determined and then decisions are made on the object being evaluated. Meanwhile, according to Wirawan (2006: 23) Evaluation is the process of collecting and presenting information about the object of evaluation, assessing it with evaluation standards and the results are used to make decisions about the object of evaluation. From the definition of evaluation put forward by several experts above, it can be concluded that evaluation is the systematic application of scientific procedures to assess design, then present information in order to make decisions on the implementation and effectiveness of a program. In conducting an evaluation, it must use one of the models that will be used in the evaluation process. According to Widoyoko (2009: 173) there are several models that are popular and widely used as strategies or guidelines in the implementation of program evaluation, namely: 1) Kirkpatrick Model Evaluation, 2) CIPP Model Evaluation, 3) Wheel Model Evaluation, 4) Provus Model Evaluation (Discrepancy Model), 5) Stake Model Evaluation (Countenance Model), 6) Brinkerhoff Model Evaluation. From some of the evaluation models mentioned earlier, researchers

want to use the CIPP model, where according to researchers this model will be able to help in drawing conclusions and can overcome problems to find out the causes and can help find solutions.

RESEARCH METHODS

In accordance with the goal to be achieved, namely to evaluate the physical exercise program of table tennis clubs in the city of Bengkulu using the CIPP model, this study is a qualitative research. Through this research, it can be known how the physical training program of table tennis clubs in the city of Bengkulu. The research was conducted in the city of Bengkulu, namely in the Tebeng table tennis hall, fort and post. According to Spardley in Sugiyono (2009: 298) "samples in qualitative research are not called respondents, but as sources, or participants, informants, friends and teachers in research".

Informant retrieval is based on Snowball sampling. According to Sugiyono (2012: 219) "Snowball sampling is a sampling technique of data sources that initially have a small amount, over time become large. This is done because from the small number of data sources that have not been able to provide satisfactory data, look for others who can be used as data sources.

There are four data collection techniques and procedures in this study: Observation, Questionnaire, Interview and Documentation.

The data analysis technique used in the evaluation of the physical exercise program of table tennis clubs in Bengkulu City is a qualitative technique. This study uses a skinative analysis method, where the components of data reduction and data presentation are carried out simultaneously with the data collection process, after being collected, the three components analyzed (data reduction, data presentation and conclusion pulling) interact. This is to answer research problems. by Sudarwan (2002:27) is as follows:

1. Data reduction: with the condition of data obtained from the field at an unlimited amount, so researchers need to make reductions. It is intended only for the subject matter of themes relevant to the focus of the research.
2. Data presentation: is the presentation of data in the form of short descriptions, with charts, diagrams related to categories and the like. The purpose of presenting data is to make it easier to understand what is happening in the field and plan further work based on what has been understood and allow research data not to be mixed with a number of unprocessed data.
3. Drawing conclusions and verification, is to look for patterns of themes or things that often arise so that a conclusion is obtained, which is getting clearer and clearer as more data is obtained.
4. Data Validity Checker

For the sake of ensuring the accuracy of the data, the researcher will validate the data. Incorrect data will result in drawing wrong conclusions, and vice versa, legitimate data will produce correct research conclusions. Alwasilah in Bachri (2010: 54) explains that "the challenge for all types of research in the end is the realization of the production of valid, valid, correct and ethical science". Truth or validity must be perceived as a demand consisting of three things according to Alwasilah (in Bachri, 2010: 54) "namely: 1) descriptive, 2) interpretation, and 3) theory in qualitative research". To determine the validity of the data, checking techniques are needed. The implementation of data checking techniques is based on a number of certain criteria. According to Bachri (2010: 55) there are 4 (four), namely; 1) Credibility, 2) transferability, 3) dependability, 4) confirmability.

RESULT AND DISCUSSION

A. Description of Table Tennis Clubs in Bengkulu City

Sheltered by table tennis athletes from early childhood to adulthood consisting of various clubs, namely PTM. Fort, PTM Pos, and PTM Tebeng. As the parent organization of table tennis sports and carrying out table tennis sports coaching in Bengkulu City by producing outstanding athletes so that they can make Bengkulu Province proud at national events later.

An achievement will not be maximized except with practice. Training is an activity or exercise activity that is carried out repeatedly, systematically, planning with increasing loads (Suharno HP. 1985: 27). The main goal in training is to improve performance. According to Bompa (1990: 6-8) the objectives of training are 1) To achieve and expand overall physical development, 2) To ensure and improve specific physical development as a predetermined need in sports practice, 3) To polish and perfect the technique of the chosen sport, 4) Improve and perfect strategies that are important and can be obtained by learning the opponent's technique, 5) Inculcate the quality of willpower, 6) Guarantee and secure the readiness of the team automatically, 7) To maintain the healthy state of each athlete, 8) To prevent injuries and 9) To increase the knowledge of each athlete.

Table tennis clubs in Bengkulu City carry out training based on a schedule prepared by the coach without any training programs either short, medium, or long term. Physical quality in the press only at the time of following the championship or approaching the championship. Due to the rarity of table tennis matches in Bengkulu City, there are only official events such as Regional Championships (Kejurda), National Championships (Kejurnas), O2SN (National Student Sports Olympiad), POPKA (City Student Sports Week), POMNAS (National Student Sports Week) and PON (National Sports Week).

B. Evaluation Results

Evaluation of the Physical Training Program of Table Tennis Clubs in Bengkulu City in terms of the Context Component

The first context evaluation includes aspects of coaches, athletes, coaches and infrastructure facilities regarding insights about the physical training program of table tennis clubs in Bengkulu City. While the second contextual evaluation is to realize the importance of the physical training program of the table tennis club in Bengkulu City, the third is the analysis of needs in supporting the physical exercise program in the form of the suitability of facilities and infrastructure in supporting the physical exercise program at the table tennis club in Bengkulu City

a. Physical Exercise Program Insights

The contextual evaluation includes the insights of coaches and athletes regarding physical training programs at achievement coaching clubs in the city of Bengkulu which can be collected by researchers based on open questionnaires, then strengthened by direct interviews and documentation during researchers joining the table tennis club environment, namely "Special physical training programs are indispensable in the development and improvement of athletes' physical condition, But not all clubs achieve the expected goals. Only PTM Pos can understand specific physical training programs that can be seen from the benefits they feel themselves, while PTM Benteng and Tebeng are still far from understanding the implementation of good and effective physical training programs." The statement of the coach of the table tennis club in Bengkulu City was also corroborated by the opinion of athletes, namely: "All athletes explained that they did not really understand how important physical training programs were, it was because they were only told to train without any prior understanding. They are more concerned with technical quality than physicality."

b. Coach and Trainer's Awareness of the Importance of Physical Exercise Programs

Context evaluation which includes the awareness of coaches and coaches on the importance of

physical training programs through the completeness of guidelines documents for the preparation of physical exercise programs, clear funding plans related to the implementation of coaching and has a target purpose of physical exercise programs that can be collected through open questionnaires reinforced by interviews and documentation during the researchers' joining the tennis club environment, namely "coaches' awareness of the importance of physical exercise programs Here it is very visible through the attention to the club they are building, it is revealed from them not knowing at all that the coach who is coaching at his club has a license or not that they know only the coach is good at playing table tennis. So the awareness of the coach here is still very lacking."

Evaluation of the Table Tennis Club Physical Training Program in Bengkulu City in terms of the *Input Component*

a. Trainer Qualifications

Evaluation *of inputs* regarding the feasibility and qualifications of tennistable club coaches in Bengkulu City. Based on observations, questionnaires and interviews. The qualifications of trainers are quite good, as can be seen from the existence of national and regional licenses. PTM Benteng trainers already have a national license, followed by coaches who already have a regional license, while PTM Tebeng coaches do not have a license, he coaches based on his experience as a table tennis athlete.

b. Athlete Qualification

Based on open questionnaires and interviews with athletes at table tennis clubs in Bengkulu City that for athlete qualifications are good enough in terms of technique, but not with physical condition. They are always exhausted when competing in National events. PTM Pos coached athletes always dominate the championship in Bengkulu and always represent Bengkulu Province at the national level, followed by PTM Benteng assisted athletes even though they do not dominate, but it is different from PTM Tebeng which has minimal achievements at the regional and national levels.

c. Management and Organization Support for Physical Training Program at Table Tennis Club in Bengkulu City

Based on an open questionnaire reinforced by interviews that the support of the board and other organizations is still less visible from several statements stating that: "All table tennis achievement coaching clubs in Bengkulu City here coaches only expect achievements without looking at the training process or providing supporting factors for physical training programs such as selective supervision in choosing coaches to coach a club. The coach's support for the entire club is very minimal, as can be seen from the facilities and infrastructure used during physical training. Among the three clubs, only PTM Pos has quite complete facilities, while the others are still lacking. The above statement was reinforced by the coach of the table tennis club in Bengkulu City as the one who implemented the training program system, as he revealed:

"PTM. The post built by Ugig Sunaryo, here still needs assistance not only given a field to play but supporting infrastructure is very necessary to run a PTMSI standard training program". (source: PTM Trainer. Post). PTM. The fortress here has no coaches, coaches and coaches become one so it is very difficult to manage the club that is fostered and the lack of facilities and infrastructure from the Bengkulu cab". (source: PTM Benteng Trainer) PTM. Tebeng fostered by samsul, here the assistance or attention given by the Coach is only in the form of a field without other assistance so that special physical training programs are not eliminated". (source : PTM Trainer. Tebeng)

1. Evaluation of the Physical Training Program of Table Tennis Clubs in Bengkulu City in Review of the Process component

Process evaluation includes aspects of training program implementation, quality of control and motivation in table tennis club training programs in Bengkulu City which can be collected by researchers based on observations, open questionnaires, interviews and documentation as long as researchers join the table tennis club environment in Bengkulu City can be seen from the results of open questionnaires and direct interviews by coach informants, as revealed:

"Based on open questionnaires and direct interviews with PTM Pos Al Ikwan coaches, the training schedule is Monday to Saturday with physical training on Wednesday and Friday which is carried out in the Buntar hall building and around the Post table tennis hall. The physical exercise program provided includes aspects of speed, strength, endurance, flexibility, agility, and reaction speed. For endurance training, athletes were told to run as many as 15 around the buntar hall building, strength training is by doing push up exercises and doing shadow movements using weighted beds, while for speed and agility multiball exercises are carried out because in multiball training there are elements of speed, agility and reaction speed. The target of achieving satisfactory athletes' physical condition is seen from fitness tests conducted by coaches once a month. The quality of control is good and the coach's motivation is very good as seen from the rare holidays in training his athletes and trying with sufficient funds (mediocre) to realize the training program can run on target. (Post PTM Trainer). "The training schedule is on Tuesday, Thursday, Friday and Sunday with physical training carried out on Friday. The implementation of the physical exercise program was carried out around the Citadel table tennis hall. The achievement target does not yet exist so it is difficult to evaluate. The quality of control carried out by coaches during program implementation is still lacking, it can be seen from the difficulty of coaches monitoring athletes who lack discipline when doing physical exercise because coaches are not accompanied by assistants. The coach's motivation has been good by always being present during the implementation of the training program. (Fortress PTM Trainer)

"Training schedules on Tuesdays, Thursdays, Fridays and Sundays with special physical training schedules do not exist. Target physical condition achievement does not exist. The quality of control is already good in training because it uses assistants. The coach's motivation is very less visible than the coach's lack of discipline in training time and attendance". (PTM Tebeng Trainer).

2. Evaluation of the Physical Training Program of table tennis clubs in Bengkulu City is reviewed from the Product component .

a. Physical Quality Achieved

The first product *evaluation regarding physical quality and comparison of athletes' physical quality with PTMSI's physical standards at the table tennis achievement coaching club in Bengkulu City* "The physical quality of athletes is very influential from the training program that is carried out systematically referring to PTMSI guidelines, it can be seen from the physical quality taken through athlete data documents from coaches so that physical quality is very prominent in PTM. The post is followed by PTM. Fortress and PTM. Tebeng".

In this study, *product evaluation includes the results of the physical quality of athletes in the coaching club of tennis achievements in Bengkulu City*. Based on the results of observations, questionnaires and direct interviews and strengthened documentation during the study, the results of: Physical quality of athletes were obtained from data from all PTM clubs. The post is very good in the physical quality of athletes because the facilities and infrastructure supporting the physical training program have been able to adjust the physical training guidelines provided by PTMSI, followed by PTM. A fortress with physical quality that is quite good even though there are still many things that need to be improved, PTM Tebeng is the lowest achievement coaching

club that must be addressed in all aspects because there is indeed no physical training program when the training process is all combined during technical training.

b. Achievements Achieved

Product evaluation, "PTM table tennis club. Pos is a dominating club and is a club that is able to produce maximum prestige as seen from documents in the form of charters of outstanding athletes even though the national arena is still unable to compete fully. Followed by PTM achievements. The fortress in second place is able to produce decent achievements but still cannot be categorized as good because the supporting factors of the training program still cannot be met. PTM. Tebeng is a club that has not been able to produce maximum achievements because the training program has not been implemented systematically".

Discussion

Table tennis clubs in Bengkulu City consisting of PTM Benteng, PTM Pos, and PTM Tebeng were originally only clubs for table tennis athletes to learn and direct athletes to continue to enter the Bengkulu PTMSI training center or training to get more programmatic performance coaching. The implementation of training in all table tennis clubs is carried out for all levels both early age, teenagers, to adults with a duration of 4-6 times a week depending on each club. They practice after school with a duration of one practice, which is 3-4 hours with a game at the end of practice. At the time of club physical training, only PTM Pos has sufficient training quality, leading from the central PTMSI guidelines, followed by PTM Benteng and PTM Tebeng which are still far from the PTMSI guidelines.

Being a coach and assistant coach at a table tennis club in Bengkulu City can only be through the coach's experience when he was a table tennis athlete in the past without any coach upgrading first. Meanwhile, one of the requirements to become a trainer by KONI must follow the training of trainers with regional licenses first and can be continued to the National, because through training, trainers get important methods from resource persons so as to minimize errors in the training process, both physical training and technical training. According to Kertamanah (2015: 49) "Efforts to improve the quality of training are to provide full opportunities for the role of trainers". So the role of the coach is very important in improving the performance of table tennis athletes.

1. Context

a. Insights of coaches and athletes about physical training programs in table tennis clubs in Bengkulu city.

The insights of coaches and athletes on physical training programs at achievement coaching clubs in the city of Bengkulu are:

- 1). There are still many coaches and athletes in the table tennis club in Bengkulu who still do not understand the importance of an effective and efficient physical training program
- 2). There are many athletes in the table tennis pretation coaching club in Bengkulu who still do not understand the purpose and benefits of the table tennis physical training program.

Based on this explanation, it can be analyzed to become a club coaching table tennis achievements, coaches and athletes must have insight into the importance of the training program to be carried out. According to Dwijowinoto (1993: 5) said that "the characteristics of scientifically minded trainers are the ability to accept new ideas, look for magic answers, evaluate new techniques, and make decisions always based on data". Many coaches and athletes of achievement coaching clubs in Bengkulu City do not have special insight into

physical training programs due to the lack of attending seminars and training at the national level. Therefore there is only one coach who is nationally licensed who is able to provide understanding to the athletes being coached, while the others are still regionally licensed and there are also those who do not have a license.

b. Coaches and coaches are aware of the importance of table tennis physical exercise programs.

A player must have excellent physical fitness qualities to be able to survive in the demands of a heavy table tennis game. According to Kertamanah (2015: 49) "Many Chinese players, both senior and junior, have poor physical condition, so they often cause deficiencies in terms of technical performance. Zhang Xielin, the head coach of China's women's national team, has repeatedly stressed the need for *intensive physical* training.

c. Facilities and infrastructure supporting physical exercise programs.

Facilities and infrastructure are the main requirements for supporters to produce outstanding athletes, table tennis achievement coaching clubs in Bengkulu City consisting of PTM Benteng, PTM Pos, and PTM Tebeng all clubs do not have sufficient infrastructure to support physical training programs. Here only PTM Pos has sufficient facilities and infrastructure according to PTMSI standards while PTM Benteng and Pos still do not have complete facilities and infrastructure to support the improvement of the physical condition of their athletes.

2. Input

a. Trainer Qualifications

Harsono (2007) suggests that there are three things that support the success of a coach:

- 1) Educational background in sciences closely related to sports
- 2) Experience in sports, both as an athlete and as a coach
- 3) Motivation to always enrich yourself with the latest knowledge about sports.

In accordance with the above opinion, to support the achievements of athletes, a competent coach is needed so that an understanding of the physical training program can be conveyed, but in fact it is not supported by silvertex on the field during the training process and the feasibility or qualification of table tennis coaches in Bengkulu City, only two coaches have coach certificates and still very rarely attend trainings on the physical condition of table tennis athletes.

b. Athlete Awareness to Achieve

As an athlete must have the will to carry out the physical training program and techniques given by the coach. Understanding the awareness of athletes regarding the physical training program provided can be said that all athletes do not understand how important physical exercise is to improve performance. They only follow the coach's direction in the training process without any theoretical understanding to the athlete before or after carrying out physical training, it is automatically no evaluation between the coach and the athlete. Low athlete awareness is seen when the number of athletes is very small compared to the number of athletes present at technical training or during games.

c. Facilities and Infrastructure

Facilities and infrastructure are the main supporting requirements to produce outstanding athletes, Table tennis clubs in Bengkulu City are still in dire need of facilities and infrastructure to support club physical training. Here only PTM Pos already has adequate infrastructure facilities but still needs improvement, while PTM Benteng and Tebeng still lack facilities and infrastructure to support physical training.

d. Admin and Organization Support

The support of the board and other organizations greatly affects the sustainability of the physical exercise program. Because with the support of the guru, the trainer only thinks about the program without thinking about funds or infrastructure to support. According to Kertmanah (2015: 219) that the success of the Swedish team in the world table tennis scene is due to the cooperation between coaches and administrators and other organizations.

3. Process

Aspects of coaches and athletes regarding the implementation of training programs, training targets, quality of control and motivation in the training of table tennis achievement coaching clubs in Bengkulu City. According to Kertamanah (2015: 41) the process of physical training is very necessary for table tennis players so that they can step fast in a narrow area, so it needs speed training, agility, *strength*, and endurance.

The training program carried out by the PTM Pos Coach runs smoothly, athletes seriously follow the training program given training, the target of achieving satisfactory athletes' physical condition can be seen from the physical fitness test which is carried out once a month. The motivation of athletes here is very good because they rarely take a break from training unless there is a very important business. For PTM Benteng the training process went quite smoothly, but here the trainer is slow in monitoring children. PTM Pos trainers do not have assistants, so when the coach gives an exercise program to one child, the other child is engrossed in doing his own activities. While the PTM Pos Coach combines physical training programs into techniques, namely by using a lot of ball training or Mulltibal.

4. Product

In this study, *product evaluation* includes aspects of athletes regarding physical quality with PTMSI standards and achievement in the success of physical training programs obtained by table tennis clubs in the city of Bengkulu including the following:

a. Physical qualities

Physical quality and comparison of athletes' physical quality with PTMSI's physical standards in table tennis clubs in Bengkulu City are: Physical quality of athletes from data from all PTM clubs. The post is very good in the physical quality of athletes because the facilities and infrastructure supporting the physical training program have been able to adjust the physical training guidelines provided by PTMSI, followed by PTM. A fortress with physical quality that is quite good although there are still many things that need to be improved, PTM. Tebeng is the lowest achievement coaching club that must be addressed in all aspects because there is no physical training program during the training process all combined during technical training.

b. Achievement

According to the R&D of KONI Center (2006) that there are main supporting components of physical training programs that determine the achievement of high achievement in sports achievements, namely: the state of engineering equipment / sports infrastructure. "PTM Table Tennis Club. Pos is a dominating club and is a club that is able to produce maximum prestige as seen from documents in the form of charters of outstanding athletes even though the national arena is still unable to compete fully. Followed by PTM achievements. The fortress in second place is able to produce decent achievements but still cannot be categorized as good because the supporting factors of the training program still cannot be met. PTM. Tebeng is a club that has not been able to produce maximum achievements because the training program has not been implemented systematically".

CONCLUSION

Based on the discussion of the physical training program of table tennis clubs in Bengkulu City, it can be concluded, namely:

- 1) In terms of *Context*
 - a. The insight and understanding of all coaches on the importance of a special physical training program for table tennis is good, because they think how important physical training specifically for table tennis is very necessary for improving Bengkulu's table tennis performance, even though in its implementation there are many obstacles.
 - b. Coaches' awareness of the importance of physical training programs for table tennis is very lacking, they only demand achievements without any assistance in terms of material or non-material. While trainers can only do physical exercise programs using makeshift equipment.
 - c. The analysis of the needs needed for the table tennis physical exercise program is still lacking, it can be seen that only PTM Pos has sufficient facilities and infrastructure towards PTMSI standards while others are still very far away.
- 2) In terms of *Input*
 - a. The availability of qualified coaches in supporting the physical training program of table tennis clubs in Bengkulu City, namely PTM Benteng coaches with a National license, PTM Pos coaches with regional licenses, only PTM Tebeng who does not yet have a license but is a former table tennis player.
 - b. The quality of the players involved is very good in regional events as seen from the achievements obtained by PTM Pos athletes who always dominate, followed by PTM Benteng which also has potential athletes while PTM Tebeng still needs improvement to produce outstanding athletes.
 - c. The availability of adequate facilities and infrastructure in order to support the physical exercise program is quite good even though it is still incomplete, while PTM Benteng is still lacking and PTM Tebeng has no facilities and infrastructure to support the physical exercise program at all.
 - d. The support of the board and other organizations in preparing a table tennis physical training program in Bengkulu City is very minimal.

- 3) In terms of *Process*

The preparation for the implementation of the physical training program of the table tennis club in Bengkulu City in writing is quite good, while the implementation of the physical training program consisting of physical components, namely endurance, strength, speed, flexibility, coordination of reaction speed is in accordance with the established guidelines even though it is still not fully implemented.

- 4) In terms of *Products*

The achievement of the quality and quantity of players after participating in the physical training program of table tennis clubs in Bengkulu City is good enough at the regional level, as can be seen from the achievements and results of the evaluation data of each coach but needs to be addressed to compete in the national arena.

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