



## Handball Sport Development System In Indonesia

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### ABSTRACT

*Sports coaching and development programs require policies so that competitions are held to grow sports and ultimately become winners. Sports coaching and development must be managed using good management, in the parent sports organization and associations involved in developing professional sports. The purpose of this research is to examine the system of coaching and development of the sport of handball achievement in Indonesia, and to examine the relationship between the coaching and development system and the achievement of handball in Indonesia. This research method is descriptive with a correlational research design. The population of this study was coaches and BINPRES who took part in the XX PON in Papua in 2021 in the handball sport as many as 14 participants. The sampling technique in this study uses total sampling. The conclusion of this study is that the system of coaching and developing handball in Indonesia is very good, and this research shows that the system of coaching and development has a significant relationship with the achievement of handball in Indonesia. This is indicated by the results of a significance of 0.001 and an R of 0.962 or based on the degree of relationship as a perfect correlation.*

**Keywords:** *Coaching System; Development System; Achievement; Handball.*

## INTRODUCTION

Sport can be said to be a cyclical and structured physical activity that involves all members of the body that is carried out repeatedly and aims to increase physical fitness. However, now sport has a wider scope, not only limited to physical activity, but also developed as a tool for development and world peace. Sport for Development and Peace (Sport for Development and Peace) was proclaimed in the 2003 Magglingen declaration promoting sport as a means of social change (Svensson & Cohen, 2020). Sport is not only an achievement in competing internationally, but also enriches welfare, lowers health care costs and provides more efficient and productive workers that benefit society as a whole (Ridpath et al., 2020). As sports players, we must be able to change the paradigm from the development of sport itself (development of sport) to development or

development through sport (development trough sport) (Ha et al., 2016).

In the Indonesian government system, it is still determined by the intervention of a leader who has the authority to formulate existing policies. A democratic national system involves a process of recruiting national leadership. The national leadership has significant authority over the formulation of government policies (Ma'mun, 2019). Through existing policies, the government seeks to improve competition management in several sports to attract interest from academics and practitioners. Even in government, the concepts of relational and contractual governance on inter-organizational relationships have attracted the interest of academics and practitioners over the last few decades, until now comprehensive and systematic efforts have been limited to reviewing, analyzing, and synthesizing the existing literature (Roehrich et al., 2020).

Good governance is a promising concept, as it seems to address three problem areas associated with simple output evaluation (Trommel, 2020). First, governance requires a broader perspective on what will happen (which is desirable), because of the emphasis on values such as participation (stakeholders) and social justice. Bovaird & Löffler (2003) even argue that good governance is essentially about improving the quality of life and achievements in this area should be counted as policy outcomes that need to be evaluated in governance assessments. Second, good governance is also very concerned about public values and their impact on organizational processes.

The urgency in this study is the lack of clarity in governance in the Indonesian handball association where there is no policy or target to compete in multi-event or single-event championships. The key to coaching is competition. If handball wants to pursue multi-events, in reality, such as Popnas, Popwil and Popda are not contested, while for Pomnas there is no continuation. In this case the handball association must be able to determine the direction that will be used as a reference for the governance of the competition system following the International Handball Federation or the Asian Handball Federation. In Indonesia, the goal already exists, but it seems unplanned and unclear. It was proven that after the 2018 Asian games, the players who competed did not continue to compete in the Sea Games and for this year did not participate in the Sea games. If this continues, the results of the competition cannot be used as the basis for selecting players. There is no talent scouting or summons to every provincial administrator but directly contacting each athlete. Things like this must be changed to be better in the future so that every year there is a competition calendar.

## METHOD

The method used in this research is descriptive by using correlational analysis. Larger groups are expected to apply the results called population (Fraenkel & Wallen, 2012). In this study, the population consisted of coaches and BINPRES who took part in the XX PON in Papua in 2021 in the handball sport as many as 14 participants. The sampling technique in this study used a total sampling technique. The sample in this study were all coaches and BINPRES who took part in the 2021 PON XX Papua in the handball sport as many as 14 participants. This sample consists of 7 trainers and 7 Binpres from the Provinces of DKI Jakarta, West Java, East Java, Central Java, East Kalimantan, West Sumatra, and Papua. The reason for selecting this sample is because the trainers and Binpres are the people who serve as supervisors and control development and development at the provincial level.

## RESULTS AND DISCUSSION

### Results

#### Handball Achievement Sports Coaching and Development System in Indonesia

To be able to describe the condition of the ability of the coaching system and development of the sport of handball achievement in Indonesia, the researcher uses classification to determine the criteria for the sports coaching and development system. The researcher gives these 3 limitations because the researcher wants to know more carefully about the classifications of the coaching and development system of handball in Indonesia, using the standard division of categories as shown in Table 1.

**Table 1.**  
 Category Division Standard

Category	Criteria
High	$X > \text{Mean} + 1,5 \text{ Sd}$
Average	$(\text{Mean} - 1,5 \text{ Sd}) \leq X \leq (\text{Mean} + 1,5 \text{ Sd})$
Low	$X < (\text{Mean} - 1,5 \text{ Sd})$

Referring to the formula above, the value categories of sports coaching and development systems are listed in Table 2

**Table 2.**  
 Category of Sports Coaching and Development System Value

Category	Criteria
High	$X > 110$
Average	50 - 110
Low	$X < 50$

By knowing the value category of the sports coaching and development system in Table 2 above, in this study it can be described the results of data collection that has been carried out in Table 3.

**Table 3.**  
 Description of Data Value of Handball Sports Coaching and Development System in Indonesia

No	Provinsi	System Development	Categori
1	ABTI DKI Jakarta	175	High
2	ABTI Jawa Barat	170	High
3	ABTI Jawa Tengah	164	High
4	ABTI Jawa Timur	125	High
5	ABTI Kalimantan Timur	168	High
6	ABTI Papua	153	High
7	ABTI Sumatera Barat	116	High
<b>Average</b>		153	High

In Table 3 describes the results of the mental value system for coaching and developing handball in Indonesia, the number of provinces participating in this research is 7 provinces. Of all the samples that took part in this study, there were provinces that scored 175 as the highest score, and the lowest score was obtained by provinces that scored 125, while the average value of the coaching and development system for handball in Indonesia is 153. in the value category, all provinces have a high category, and on average the system of coaching and development of handball in Indonesia gets a high category.

### The Relationship between the Coaching and Development System and Handball Achievement Results in Indonesia

**Table 4.**  
 Pearson Correlation Test

		System	Achievement
System Develompent	Pearson Correlation	1	<b>0,962**</b>
	Sig. (2-tailed)		<b>0,001</b>
	N	7	7
Achievement Handball Indonesia	Pearson Correlation	<b>0,962**</b>	1
	Sig. (2-tailed)	<b>0,001</b>	
	N	7	7

Based on Table 4 shows sig. of  $0.001 < 0.05$ , thus there is a significant relationship between the coaching and development system and the achievement of handball in Indonesia. The degree of person correlation relationship contained in Table 4 shows a result of 0.962. When referring to the existing guidelines for the degree of correlation,

with the result of 0.962, it is in the degree of perfect correlation.

## Discussion

The results of this study indicate that the system of coaching and developing the sport of handball achievement in Indonesia has a high value. With these results, it is enough to show the seriousness of every province in Indonesia in conducting coaching and developing handball sports. The system of coaching and developing the sport of handball achievement is not just an improvement in the training process in the field, more than that, every parent organization of handball must have a more structured coaching and development program.

One of the important factors in building a coaching system in sports is competition. The more competitions that are held, the more athletes will be involved (Ridpath et al., 2020). Sports coaching and development programs require policies so that competitions are held to grow sports and ultimately become winners (Ridpath et al., 2020). If there is no competition, coaching will not work. During the process of coaching and developing sports, one of the benefits for athletes is that they can improve their abilities and achieve the goal of overcoming opponents (Gómez-López et al., 2019). Another explanation related to the importance of competition in the process of coaching and sports development, has been said by Carney et al. (2012) that the development of an integrated domestic and international competition system for all age groups and types of players is very important. Facilities for holding competitions under adequate conditions at each of the same levels are highly recommended for athletes at their various levels of competition (Ridpath et al., 2020). The role of sports organizations is very competitive, especially competing with professional leagues which provide a clearer structure and sequence of competitive programs (Harenberg et al., 2019).

The findings in this study indicate that there is a significant relationship between the coaching and development system and the achievement of handball in Indonesia. Thus, we can know that this system of coaching and development really needs to be carried out by the parent organization as a whole in each region to improve the performance of handball in Indonesia.

The importance of this guidance and development must be the integration of programs between the central and regional handball organizations. This is because sports coaching and development will not be able to run independently without collaboration. The need for quality and continuous competition throughout the year, and forming an

integrated team of talent seekers to be fostered in coaching centers in districts and sub-districts building coaching centers for students, university students and the general public spread throughout the region starting at the sub-district level , district/city, provincial to national level according to national needs as well as the comparative & competitive advantages of each district, will be very helpful in coaching and developing sports (Soan, 2017). Furthermore, Soan (2017) explained that regional sports development must be in line with and refer to national sports policies in order to produce maximum sports achievements.

Referring to several previous studies, it is very important the role of the parent organization in carrying out coaching and development programs in order to help athletes achieve the highest achievements at national and international levels. De Bosscher et al. (2006) explain that the success of an athlete or team increasingly depends on the performance capacity of the national coaching system and its effectiveness in using all relevant resources for the benefit of elite sport. K. (Popi) Sotiriadou & Shilbury (2009) provide another input for the development of elite athletes, namely talented juniors who are screened into elite programs through a talent identification process. Like the parent organization, every sport in Australia regards harnessing talent as critical to securing the future of their sport, replacing retiring elite athletes, building excellent national teams and ensuring continued achievement and better performance (Sotiriadou & Shilbury, 2009). In fact, Martin et al. (2021) argue that elite athlete development in Australia is based on a systematic talent identification system that selects and develops individuals. Thus, in the process of coaching and developing sports, it is very clear that talent identification really needs to be carried out by the parent sports organization, not least in the sport of handball.

## CONCLUSIONS

**Conclusions** of this study The system of coaching and developing the sport of handball achievement in Indonesia based on the results of this study shows that it has a high value. This is evidenced by the average value of the coaching system from each province participating in the XX PON in Papua in 2021 in the handball sport getting a score of 153. This is in line with the results of this study which found that the coaching and development system had a significant relationship with handball achievement in Indonesia. This is indicated by the results of a significance of 0.001 and an R of 0.962 or

based on the degree of relationship as a perfect correlation. Referring to these results, it can be concluded that the coaching and development system has a relationship with handball achievement in Indonesia.

**Suggestions** of this research for the parent organization of the Indonesian handball sport to increase the number of events on the calendar of events, because the large number of matches will keep the coaching system in each region running. The parent Indonesian handball organization is also expected to continue to be active in sending athletes and coaches to take part in junior and senior handball events at the international level.

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