

## **An Analysis of the Guidance of Futsal Extracurricular Achievements at the Bengkulu City State High School Level**

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**Abstract:** This study aims to determine the guidance of futsal extracurricular achievements in Bengkulu City State Senior High Schools. This study used qualitative descriptive method to adjust the opinions between researchers and informants. The subject of this research are 11 State Senior High Schools in Bengkulu City. The instruments used are observation, questionnaires, and documentation. Based on the results of the data obtained, the development of futsal extracurricular achievement at the Bengkulu City high school level is categorized as still not good with a percentage of 54,54%, from 11 schools there are 5 schools that can be stated to meet the standards of futsal extracurricular achievement guidance while 6 schools did not meet the futsal extracurricular achievement standards. Based on the results of this study, it can be concluded that the extracurricular achievement guidance of these 5 schools meets the standards of achievement guidance due to many factors, that is good coaching supported by a good training program, support from the school, having competent trainers, having adequate equipment facilities and having clear targets, while 6 schools have not met the standards of achievement guidance because these factors have not been fulfilled.

**Keywords:** Achievement guidance, Extracurricular, Futsal.

### **INTRODUCTION**

Education is a very important factor in human life because with education it is hoped that humans can develop their knowledge, skills and creativity. Success in the field of education is largely determined by success in the learning process. Sport has become a necessity in human life and has even become an activity or daily activity, sport is a series of movements carried out to maintain and maintain physical, spiritual and social fitness (Arifianto & Raibowo, 2020; Kholis, 2021; Rejalestio, Defliyanto, & Sugihartono, 2023). because with sports we get pleasure and satisfaction both physically and mentally, therefore with regular and proper exercise can make humans healthy and strong, both physically and spiritually.

Many people think that exercising is a good activity for the physical and mental formation of the nation's children and youth. By exercising regularly and regularly, it will strengthen the human body, in the sense of physical formation.

Meanwhile, mental formation through sports will create a sense of sportsmanship, success, cooperation and a high sense of responsibility (Prabowo & Wimanadi, 2017). Coaching is “an activity that is carried out efficiently and effectively with the aim of getting better results. One of the supporting factors for achieving maximum sports achievement is from the coaching and development itself.

The success of a coaching is largely determined by the quality of the human resources (students and trainers) who are fostered and who coach or train. Where what I have seen in the field is that there is still a lack of human resources (students and trainers) owned by schools in Bengkulu city, supporting factors such as facilities and infrastructure, professional management factors make sports coaching must be held by people who have competence (Rumini, 2015). The development of sports achievements is also the result of a combination of physical technical abilities, tactics, athlete mentality, and personality obtained through the right coaching process (Novriansyah, 2021). Where almost every school is still lacking achievement coaching management, it is still not good in the training program which can be seen from the ineffectiveness of the existing training program seen from the training process which is not optimal because there are no coaches who come during the training process so that when recruiting futsal players at Bengkulu City Public High School it is still not optimal so that success achievement in futsal sports is still not optimal.

All futsal sports activities in the futsal extracurricular still really need attention in special coaching, both in an effort to find new seeds and in an effort to improve student achievement, the training factor is one of the reasons for the achievements that will be achieved by students in extracurricular activities a coach must able to compile a training program that is able to be easily absorbed by each student. Competition in futsal sports is now very tight so that every school must really develop the futsal team in their school in order to achieve maximum performance. In a futsal team, it is not only facilities and infrastructure that meet the standards that are needed, but also require good coaches and players and good and structured coaching.

One of the supporting factors for achieving maximum sports achievement is the coaching and development of the sport itself (Irmansyah, 2017). So to achieve maximum performance, good and structured coaching is needed. Without good and structured coaching, it will be very difficult to achieve maximum performance. That in futsal games tend to be more dynamic because of fast movements. In futsal games, players must have qualified basic techniques, such as; passing, receiving, chipping, dribbling, shooting and heading. Futsal is a team sport that requires good teamwork. Therefore it takes teamwork to achieve the highest achievements in a futsal team. As for what we

often see, winning and losing happen in all sports. There are no players most meritorious in a team, what is there is a good team that will make a player a star.

The way to play futsal is almost the same as soccer, it's just that the rules in playing futsal are slightly different from soccer. The rules in the game of futsal are quite clear and firm, including no body contact, not using offside, and playing indoors. This is the hallmark of futsal games which are not found in soccer games.

The purpose of extracurricular activities in general is to develop students' talents according to their interests. In addition, extracurricular activities are also used to fill children's free time in positive activities and can further enrich skills, broaden horizons, creativity, sportsmanship, increase self-confidence, and so on. It would be even better if students were able to give brilliant achievements outside of school so that they could make the school proud.

In the city of Bengkulu, extracurricular activities are not new, starting from elementary school to university. Extracurricular activities are additional activities carried out outside of school hours which can be carried out at school or outside of school which aim to gain additional knowledge, skills or insights and help shape the character of students according to their individual interests and talents. One of the objectives of Physical Education for Sport and Health is to increase students' basic movement in playing skills. So sports extracurriculars are one of the vehicles to be able to achieve the goals of Physical Education. One of the sports that is usually carried out in extracurricular activities is the sport of futsal, Extracurricular futsal is a favorite extracurricular activity and is in great demand by students.

Futsal extracurricular activities in every Bengkulu City Public High School already exist. Therefore, there are so many things that need attention, namely full support from the school, giving rewards to outstanding players, financing the budget for futsal extracurricular needs, facilities adequate infrastructure, a trainer program with good training, and the quality of talent from students can be managed properly. However, the application, starting from coaching, extracurricular futsal at Bengkulu City Public High School is still not optimal.

Therefore, based on the observations I made of public high schools in the city of Bengkulu, several deficiencies were found that neither the school nor the coaches had realized. The development of futsal extracurricular activities at the Bengkulu City Public High School needs special attention, including the lack of good coaching of students in the futsal extracurricular activities themselves.

The inhibiting factors for futsal extracurricular development in Bengkulu City Public High Schools, among others, lie in the absence of full support from the school itself, the lack of facilities and infrastructure, the lack of consistency in the training that is formed, and the lack of budget financing for futsal extracurricular

needs. Thus the authors are interested in research with the title: "Analysis of futsal extracurricular achievement development at the Bengkulu City State High School level.

## **RESEARCH METHODS**

This research uses a type of qualitative descriptive research. The qualitative descriptive method adjusts the opinion between the researcher and the informant. The choice of this method was carried out because the analysis cannot be in the form of numbers and the researcher describes more clearly all phenomena that exist in society (Sugiyono, 2016).

According to Sugiyono (2016), data collection is carried out in natural conditions, primary data sources, and more on participant observation, in-depth questionnaires and documentation. Types of data collection carried out in this study were observation, questionnaires and documentation. This type of data collection is expected to complement each other so that the information needed is in accordance with the research. Miles and Huberman (1994) stated that data analysis techniques in qualitative research include.

### **Data collection**

Process and prepare data for analysis. This step involves interview transcripts, scanning material, typing up field data or sorting and organizing the data into different types depending on the source of the information.

### **Data reduction**

Data reduction is a form of analysis that classifies, directs, discards unnecessary and organizes reduced data to provide a sharper picture of the observations into themes.

### **Data presentation**

Presentation of data is an analysis in the form of a matrix, network, card, or graphics. In qualitative research, data presentation is done in the form of brief descriptions, tables, charts and relationships between categories. Through the presentation of these data, the data is organized and structured so that it will be easier to understand.

### **Technique of drawing conclusions**

Conclusion is drawing conclusions and verification. The initial conclusions put forward are still temporary, and will change if strong evidence is not found to support the next stage of collection. Conclusions in qualitative research can

answer the formulation of the problem that was formulated from the start.

Data analysis techniques in this study used descriptive analysis techniques. Calculations in the questionnaire use descriptive percentages. In this study logical validation was carried out by experts. The researcher manages the questionnaire result data using the percentage formula.

## RESULT AND DISCUSSION

This research was conducted at Bengkulu City Public High School by conducting research using observation, questionnaires to respondents related to achievement coaching in this study included observation data, questionnaires to coaches, coaches and students and followed with documentation in every futsal extracurricular at the State High School level in Bengkulu City.

Table 1. The achievement coaching

Score	Category	Frekuensi	Persentase
Observation data results			
9 – 10	Very good	3	27,27%
7 – 8	Good	2	18,19%
5 – 6	Sufficient	-	
3 – 4	Not Enough	6	54,54%
2 – 1	Very Less	-	
Futsal trainer questionnaire			
9 – 10	Very Good	2	18,19%
7 – 8	Good	9	81,81%
5 – 6	Sufficient	-	
3 – 4	Not Enough	-	
2 – 1	Very Less	-	
Student questionnaire			
9 – 10	Very Good	5	45,46%
7 – 8	Good	3	27,27%
5- 6	Sufficient	3	27,27%
3- 4	Not Enough	-	
2 – 1	Very Less	-	
Results of the supervisor questionnaire			
9 – 10	Very Good	5	45,46
7 – 8	Good	3	27,27
5- 6	Sufficient	3	27,27
3- 4	Not Enough	-	
2 – 1	Very Less	-	

Based on Table 1, it is known that: (1) on the observations, the futsal extracurricular achievement development at the Bengkulu City State High School

level is "very good" in 3 schools, "good" in 2 schools, and "poor" in 6 schools; (2) on the results of the questionnaire, there are 2 "very good" trainers and 9 schools with "good" trainers; (3) on the results of the questionnaire, there are 5 "very good" students, 3 "good" schools, and 3 "good" schools; (4) on the results of the supervisor questionnaire, the futsal extracurricular coaches at the Bengkulu City State High School level had "very good" totaling 5 schools, "good" totaling 3 schools, and "sufficient" totaling 3 schools.

Analysis is the process of expressing something scientifically based on certain studies. In this study, the data will be discussed based on observation results, questionnaire results, and results of documentation of futsal extracurricular achievement development at Bengkulu City State High School. The following is a discussion of the research that has been conducted. Based on the results of observations obtained from 11 schools, there were 3 schools that could be declared in the very good category at 27.27%, namely SMA Negeri 3 Bengkulu City, SMA Negeri 6 Bengkulu City, SMA Negeri 7 Kota while schools which were declared in good category were 18.18%, namely SMA Negeri 1 Bengkulu City, Bengkulu City 2 Public High School was declared to have met coaching standards having fulfilled coaching standard factors such as licensed coaches, good facilities and infrastructure, and management supported by the school from extracurricular futsal coaching funding and regular and directed training programs as well as went well, while 6 schools were declared unfavorable 54.54% because they did not meet the standards for fostering futsal extracurricular achievements, namely Bengkulu City 4 State Senior High School, Bengkulu City 5 State Senior High School, Bengkulu City 8 State Senior High School, Bengkulu City 9 State High School, Bengkulu City 10 State Senior High School Bengkulu, Bengkulu City 11 Public High School based on the percentage, the development of futsal extracurricular achievements in Bengkulu City is still lacking in the category caused by these factors not being fulfilled.

The above statement is supported by relevant research conducted by Siregar, Yarmani, and Ilahi (2018) the development of futsal extracurricular activities in Bengkulu City Public High Schools needs special attention, including coaching the extracurricular activities themselves. In particular, SMA Negeri 3, SMA Negeri 7, SMA Negeri 8 and SMA Negeri 10 need to get more attention on futsal extracurricular activities which have good futsal achievements compared to other public high schools in Bengkulu City. There is good coaching Futsal extracurriculars in every Bengkulu City Public High School can develop, and make the Bengkulu City High School futsal team have the quality and skills that the team has to be competitive. so that it will be seen in every futsal tournament between students, every futsal team between Bengkulu City Public High Schools can get the chance to be a winner. The existence of good coaching, the equal

quality of the team makes futsal extracurriculars at the Bengkulu City State High School level more and more in demand and growing. Weaknesses of a futsal extracurricular coaching, among others, lies in whether or not there is full support from the school itself, the consistency of the training that is formed, and the budget financing for futsal extracurricular needs.

The results of the questionnaire for supervising futsal extracurricular achievement at the Bengkulu City State High School level were in the very good category 45.46%, schools that had a good category were 27.27%, while those in the "enough" category were 27.27%. So it can be concluded that fostering futsal extracurricular achievement at the public high school level Bengkulu City is categorized as very good. In extracurricular coaching, there are 5 schools categorized as very good, namely Bengkulu City 1 Public High School, Bengkulu City 2 Public High School, Bengkulu City Public High School 3 Bengkulu City, Bengkulu City 6 Public High School, Bengkulu City 7 Public High School. The guidance from these 5 schools is very good because the facilities and infrastructure are very good and there is support from the schools such as funding for the extracurricular itself and funds for students to take part in each competition supported by very good coaching for students.

The coach is someone who has a good position in the non-academic realm which is carried out outside of class hours. as well as extracurricular activities carried out at Bengkulu City Public High School. The role of the coach in this futsal extracurricular is to increase students' interest in talent and students can interact with other students. The purpose of this futsal extracurricular is to create achievements and create new seeds so that students can excel in non-academic fields. Achievements in a sport have different coaching characteristics according to the demands or portion of each sport (Zulva & Raharjo, 2022). Based on the documentation of futsal extracurricular training activities, the process of filling in the questionnaires for coaches, coaches, students and facilities and infrastructure collected by researchers. Development of extracurricular achievements in the less category. The average school has 54.54% due to factors that have not met coaching standards such as licensed trainers, good facilities and infrastructure, and management is supported by the school from funding futsal extracurricular coaching and training programs that are regular and directed and running well.

## **CONCLUSION**

Based on the results of observational data, questionnaires and research documentation which have been described in the previous chapter, it can be

concluded that fostering futsal extracurricular achievements in Bengkulu City Public High Schools must pay attention to indicators of trainers, management, facilities, training methods and achievement. then it is categorized as fostering futsal extracurricular achievements in Bengkulu City State High School in the Less category with a percentage of 54.54%. Of the 11 schools declared to have met the standards for fostering futsal extracurricular achievements, there were 5 schools namely SMA Negeri 1 Bengkulu City, SMA Negeri 2 Bengkulu City. Bengkulu City 3 Public High School, Bengkulu City 6 State Senior High School, Bengkulu City 7 State Senior High School and 6 schools were declared not to have met the futsal extracurricular achievement development standards. This is because the indicators that support the achievement development process are still not fulfilled.

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