



Evaluation Of The Achievement Development Program At Trisula Physical Conditioning Athletics Club, Kediri City

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Abstract

This research aims to comprehensively evaluate the achievement development program organized by the Trisula Physical Conditioning (TPC) Athletics Club of Kediri City. A structured achievement development program is key to producing competitive athletes. This study employs an evaluation approach using the CIPP (Context, Input, Process, Product) model. The method used is quantitative descriptive, with research subjects consisting of administrators, coaches, and athletes. The data collection technique involved a questionnaire, and the data were analyzed using descriptive statistics with categorization based on the Median (M) and Standard Deviation (SD). The research findings indicate a high degree of alignment in perspectives among all involved parties. Data analysis from the three respondent groups consistently placed all evaluation aspects Context, Input, Process, and Product in the "Good" category. There was a strong consensus that the program's objectives were clear, available resources were adequate, the training implementation was effective, and the achieved results were satisfactory. The conclusion of this study is that the achievement development program at TPC Athletics Club of Kediri City has been running effectively across all CIPP components, without significant perceptual gaps among the management, implementers, and participants. The recommendation is to maintain the currently effective program and to focus on continuous innovation to enhance achievements.

Keywords: Program Evaluation, CIPP Model, Achievement Development, Athletics, TPC Club

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INTRODUCTION

Indonesia's sports achievements on the international stage are currently unstable, with several sports experiencing a decline influenced by various factors (Muda, 2024). The public is increasingly aware that sports are not only important for health but also as a source of national pride. Elite sports focus on achieving optimal results through planned and systematic training. Law No. 11 of 2022 defines elite sports as all forms of sport aimed at fostering and developing athletes through a planned, systematic, integrated, tiered, and continuous process, with competition as the primary means of achieving excellence (UU No 11 Tahun 2022, 2022)

Athletics is one of the most popular sports in Indonesia. The National Sport Development Index 2023 survey shows that athletics has the highest participation in Indonesia, reaching 24.48% or about 42.3 million people (Kemenpora RI, 2023). Athletics is known as the "mother of sport" because its fundamental movement elements (walking, running, jumping, throwing) are the basic skills for most other sports. The world governing body for athletics is World Athletics (formerly IAAF), founded on July 17, 1912. In Indonesia, the All-Indonesia Athletics Association (PASI) was established on September 3, 1950, tasked with managing, developing, and coordinating athletic activities to improve national and international achievements.

Improving athlete performance requires planned and measurable coaching (Vanagosi & Dewi, 2019). Sports achievement involves the application of sports science and technology for athlete development through directed, measurable, organized, systematic, and routine competitions. Although most children (89.3%) and youth (96%) participate in sports for non-achievement purposes, the development of elite athletes is highly needed and requires support from all parties, including athletes, coaches, facilities, governing bodies, and the government (Kemenpora RI, 2023). The structure of sports achievement can be illustrated through a universal model known as the coaching pyramid, which includes mass participation, talent identification and nurturing, and achievement. (Ritoh Pardomuan, et al., 2017)

Athletic clubs play a significant role in improving athlete performance, as clubs are where athletes' competencies and skills are honed (Rahmat & Irfandi, 2019). Trisula Physical Conditioning (TPC) Club in Kediri City is known for its achievements and active participation in championships. However, observations indicate problems in performance coaching management, such as administration (athlete data collection), ineffective and inefficient program structures, and poorly organized long-term and short-term programs. (Hasyim & Saharullah, 2021). Other obstacles include a lack of bureaucratic support, difficulties in finding operational funds, and a lack of in-depth evaluation. The purpose of evaluation is to examine the alignment of program achievements with initial goals, identify unexpected results, and provide suggestions for improvement (Zulfikar et al., 2024).

Program evaluation becomes a series of structured and continuous processes in collecting, describing, interpreting, and presenting information as a foundation for decision-making, policy renewal, and subsequent program planning (Dicky Artanto et al., 2023). This research uses the CIPP (Context, Input, Process, Product) evaluation model due to its comprehensive nature and the

ability of its results to provide relevant information for decision-making and improvement (Coryn, 2014). This model helps identify program strengths and weaknesses, making sports programs more effective and achieving their goals (Dolopo et al., 2024). Based on the problems identified, this research is interested in using the CIPP evaluation model at the TPC Athletics Club in Kediri City, which is expected to benefit the club in improving athlete performance in the future. The problem identification in this study includes funding and bureaucratic obstacles, as well as the sub-optimal management of athletics athlete performance development in the club, necessitating an in-depth evaluation.

The scope of this research is focused on athlete performance development at the Trisula Physical Conditioning Club, with the information provided in the form of a CIPP (Context, Input, Process, Product) model evaluation. The main research question is: "How is the evaluation of the Trisula Physical Conditioning Athletics Club's performance development according to the CIPP (Context, Input, Process, Product) model?" The objective of this research is to understand the performance development process of the Trisula Physical Conditioning athletics club according to the CIPP (Context, Input, Process, Product) functions. The results of this research are expected to provide theoretical benefits in enriching the knowledge of sports management, as well as practical benefits for club managers, coaches, and the general public in efforts to improve athlete performance.

METHOD

This research is designed with a mixed-methods approach, characterized by the collection and analysis process that combines both quantitative and qualitative data (Justan & Aziz, 2024). The research focuses on the performance development program of the Trisula Physical Conditioning (TPC) Athletics Club in Kediri City. The CIPP (Context, Input, Process, Product) evaluation model was chosen as the framework, with the study focusing on Context (program foundation analysis), Input (various program resources), Process (how the program is implemented), and Product (final results of the program). Research subjects were selected through purposive sampling, based on specific characteristics such as gender, training duration (more than 2 years), and elite athlete status. The research subjects consisted of 2 administrators, 2 coaches, and 8 athletes. This research was conducted at the Trisula Physical Conditioning Athletics Club in Kediri City in May 2025. Considering that the primary goal of the research is to obtain data, this stage is regarded as the most fundamental phase determining the final outcome of the

study(Sugiyono, 2020). The quality of the research heavily depends on the strategic data collection process. Data collection techniques included observation, interviews, documentation studies, questionnaires, and triangulation. This research used a descriptive data analysis technique with a mixed-methods approach. Questionnaire data were analyzed quantitatively using a likert scale. Observation, interview, and documentation study data were analyzed qualitatively.

RESULTS AND DISCUSSION

Result

The evaluation of the Trisula Physical Conditioning (TPC) Athletics Club's development program revealed strengths, weaknesses, and problems in its implementation. The club's development program generally functions well, despite shortcomings in funding, incomplete facilities and infrastructure, and unstructured administrative and organizational issues, in addition to a lack of involvement from sport science. The research subjects consisted of 2 administrators, 2 coaches, and 8 athletes. Documentation results showed that the club's vision and mission were not clearly documented, there was no AD/ART (Articles of Association/Bylaws), and written organizational structures were absent. Furthermore, monitoring and evaluation (monev) were sub-optimal because they were handled by administrators who also served as coaches. Observations showed that coaches consistently led warm-ups, had structured programs, and athletes were enthusiastic, with effective communication and well-maintained facilities. The CIPP evaluation results from the questionnaire consistently placed all aspects—Context, Input, Process, and Product—in the "Good" category.

Table 1. CIPP Evaluation

Aspect	Management	Coach	Athlete	Average	Category
Context	3.25	3.22		3.23	Good
Input	3.26	3.26	3.24	3.25	Good
Process	2.90	3.38	3.10	3.13	Good
Product	3.33	3.25	3.04	3.21	Good

Based on data analysis using the Median (M) as the central value, the evaluation of the achievement development program at the TPC Athletics Club in Kediri City shows very positive and consistent results across all aspects. No significant perceptual gaps were found among administrators, coaches, and athletes. The main conclusion is that the achievement development program at the TPC Athletics Club in Kediri City, when evaluated using the Median method, was

assessed as performing "Good" across all CIPP components (Context, Input, Process, Product) according to the collective view of all involved parties.

A. Context Evaluation

Table 2. Context Evaluation

Aspect	Context			Average	Criteria
	Indikator	Management	Coach Athlete		
Background	3.30	3.40		3,35	Good
Program Objective	3.38	2.67		3.03	Good
Development Program	3.10	3.31		3.21	Good

Based on the research results obtained through questionnaires, the overall picture is largely positive, but there is one crucial weakness. For the background indicator, there is a very strong alignment in views between Management (3.30) and Coaches (3.40). However, the program objective indicator shows the sharpest perceptual gap, where Management (3.38) and Coaches (2.67) rated differently. This indicates a strategic communication problem: while management feels the targets are clear, field implementers perceive the objectives as unclear, unrealistic, or in need of revision. Furthermore, for the development program indicator, both Management (3.10) and Coaches (3.31) gave a "Good" rating for the design of the development program.

B. Input Evaluation

Table 3. Input Evaluation

Aspect	Input			Average	Criteria
	Indikator	Management	Coach Athlete		
Coach	3.17	3.20	3.80	3.39	Good
Athlete	3.25	3.17	2.72	3.05	Good
Facilities and infrastructure	3.17	3.12	3.25	3.18	Good
Funding	2.92	3.33	2.61	2.95	Poor
Parental Support	3.75	3.50	3.62	3.62	Very Good

Based on the results obtained, it can be seen that the values given by the three respondent groups for the Input Aspect show a divided picture. The program's greatest strengths lie in its social and human capital: athletes highly praised the coaches (3.80, Very Good), management appreciated parental support (3.75, Very Good), and all parties agreed the facilities were adequate (Good). However, there are two main problems. First, funding was rated as insufficient by

management (2.92) and athletes (2.61), although coaches felt it was adequate (3.33). This indicates potential issues in the disbursement of funds. Second, athletes themselves rated the quality of athlete resources as still lacking (2.72), highlighting the need for evaluation of the recruitment system or commitment building.

C. Process Evaluation

Table 4. Process Evaluation

Aspect	Process			Average	Criteria
Indicator	Management	Coach	Athlete		
Program Implementation	2.67	3.33	3.03	3.01	Good
Monitoring	3.25	3.50	3.75	3.50	Good

Based on the data presented, the evaluation of the Process Aspect (program implementation) shows a divided picture. There is one indicator that represents a shared strength and another that reveals a significant difference in perception. The Program Implementation indicator, with an average rating of "Good" (3.01), is the clearest source of perceptual discrepancy in this development program, with coaches (3.33), management (2.67), and athletes (3.03) showing differing views, indicating variations in standards and expectations among those who design, implement, and experience the program. Furthermore, the monitoring indicator is a primary strength within the Process Aspect, with a high average score (3.50). This demonstrates that the functions of oversight, control, and mentorship during the training process are perceived as operating very effectively.

D. Product Evaluation

Table 5. Product Evaluation

Aspect	Product			Average	Criteria
Indicator	Management	Coach	Athlete		
Achievement	3.33	3.25	3.04	3.21	Good

Based on the analysis of the questionnaire data, the results show a "Good" rating for the product aspect. Different scores indicate clear levels of satisfaction regarding the product aspect. Although the Achievement indicator was generally rated "Good" by all respondent groups, a deeper analysis of the scores reveals varying levels of satisfaction. The scores show a gradation, starting from Management (3.33), Coaches (3.25), to Athletes (3.04). This pattern suggests that

the parties most directly involved in competition, namely the athletes, provided a more standard assessment. This can be interpreted as a reflection of their greater ambition to achieve higher performance than currently exists.

Discussion

This discussion section presents an in-depth interpretation of the achievement development program evaluation results at Trisula Physical Conditioning (TPC) Athletics Club Kediri, integrating quantitative findings from questionnaires and qualitative data from observations and interviews. However, more specific findings indicate a significant dissonance in perception regarding 'Program Objectives' between management and coaches. This finding is crucial because a cohesive understanding of program objectives is an essential prerequisite for successful sports program implementation. Research by (Dicky Artanto et al., 2023) also shows that the clarity of the program context significantly influences the sustainability and success of initiatives, which aligns with the finding of a misalignment in perceived objectives at TPC. Comparison with relevant research shows variations in contextual clarity. (Muhammad, 2020) research on the hockey program in East Java indicated adequate national and local policy support regarding the context aspect, but also highlighted variations in funding support. Although TPC has a clear vision, our findings show that the clarity of program objectives is not always aligned among all stakeholders, unlike the Pangeran Timoer swimming club whose vision and mission were clear in the context aspect (Damarjati & Saputra, 2024). Qualitatively, observations and interviews highlighted internal dynamics such as 'unstable athlete commitment', exemplified by fluctuating attendance and athletes' tendency to leave and rejoin the club. As revealed by (Setiawan, A., & Kurnia, 2019) their study on sports psychology concretely explains how these non-technical factors can influence athlete performance and retention, providing theoretical support for observations at TPC.

The Input aspect of the program was rated "Good" overall. The main strength lies in the quality of human resources, particularly the coaches who were rated 'Very Good' by the athletes. The quality of coaches, as emphasized by (Harsono, 2017) plays a vital role in program planning, implementation, and evaluation to optimize athlete potential. Nevertheless, two significant weaknesses were identified in the Input component. First, 'Funding' emerged as a crucial issue with ratings tending to be low from both management and athletes. This condition reflects a

common challenge faced by amateur sports clubs in Indonesia, as reviewed by (Hasyim & Saharullah, 2021), who identified funding difficulties as one of the obstacles in sports development management. Despite claims of 'diverse athlete recruitment strategies,' the athletes themselves provided less optimal ratings for the quality of athlete resources. This indicates that the athlete recruitment system or the process of building athlete commitment needs to be re-evaluated to ensure the consistency and quality of talent entering the program, an aspect also touched upon in the context of gifted athlete identification.

The evaluation of the Process aspect showed that the program was performing "Good" overall. Coaches were rated as very effective in delivering training programs, and athletes showed positive responses to program objectives. However, the 'Program Implementation' indicator revealed a marked difference in perception among coaches, management, and athletes. This variation in views highlights differing standards or expectations among stakeholders regarding how the training process should be conducted. Coaching methods that tend to be 'traditional' and minimal utilization of technology, such as video analysis for precise technical feedback, hinder the optimization of athlete performance. 'Minimal involvement of sports science' is also a significant weakness in program implementation. In fact, systematic and scientifically-based periodization planning, as emphasized by (Bompa, T. O., & Haff, 2015), is essential for optimizing physiological and psychological adaptation, achieving peak performance, and preventing overtraining and injuries.

The Product aspect of the achievement development program was rated "Good" overall. This is supported by the success of the TPC Club in winning medals at the provincial level and the improvement in personal bests for several athletes, consistent with the objective of product evaluation. The study by (Ardana, A. W., & Junaidi, 2025) also emphasized that product evaluation is crucial for assessing whether program objectives are achieved, which in TPC's case shows positive achievements at the regional level. Inconsistency in national-level achievements and the unfulfilled physical standards of elite athletes indicate that the program's outcomes are not yet fully optimal for competing at a higher level. This contrasts with some programs that may show higher national-level consistency, or aligns with Laela Sri Kusumawati's at (Damarjati & Saputra, 2024) findings stating that the program's product was not yet optimal. These limitations can be directly linked to the weaknesses identified in the Input and Process components. Similarly, coaching methods that do not optimally utilize technology and sports science can hinder the

physical and technical development of athletes to reach the standards required for consistency at the elite level. This is consistent with research by (Vanagosi & Dewi, 2019) emphasizing that improving athlete performance requires planned and measured development, and (Zulfikar et al., 2024) who discussed the need for in-depth evaluation to identify areas for improvement in sports achievement development.

CONCLUSION

Overall, the evaluation of the achievement development program at Trisula Physical Conditioning (TPC) Athletics Club in Kediri City using the CIPP model shows generally "Good" results across all components (Context, Input, Process, Product), with a high alignment of perception among administrators, coaches, and athletes. Nevertheless, there are crucial areas for improvement, particularly in the formalization of the organizational structure and funding, which still relies on athlete fees. Optimization of process implementation is also needed through the integration of sports science and digital monitoring systems. The club's achievements at the provincial level and the improvement in athletes' personal bests are good, but consistency at the national level and meeting elite athlete physical standards still require further attention to compete at a higher level.

ACKNOWLEDGMENT

I would like to express sincere gratitude to all parties who have contributed to the completion of this research.. I appreciation to all paragliding management, coach, and athletes who participated in the study and willingly provided the necessary data. Your contribution was essential to the success of this research. Lastly, heartfelt thanks to family and close friends for their continuous motivation, encouragement, and understanding during the writing of this journal.

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