

Evaluation of the sepak takraw training program in the Student Sports Education and Training Center (SSETC)

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Abstract

This study aimed to evaluate the performance improvement of the sepak takraw athletes training program for Student Sports Education and Training Center West Sumatera using the CIPPO approach (context, input, process, product, outcome). Research on the evaluation of training programs in the sport of sepak takraw is still challenging, so it needs to be done. This study aimed to evaluate the sepak takraw training program in West Sumatra. This study employed a mixed method research. Data was collected through observation, questionnaires, documents, FGD (focus group discussion), inventory checklists, and interviews. Respondents in this study consisted of sepak takraw coaches, sepak takraw athletes, the national sports committee of Indonesia in West Sumatra, the West Sumatra Provincial Government, the Chair and Lecturer of the Faculty of Sport Science, and West Sumatra Student Sports Education and Training Center staff. The evaluation results using a context, input, process, and product approach were analyzed with items and outlined in a narrative that was clarified by presenting tables, graphs, or diagrams. At the same time, the outcome variables were only narrated. The results of the research findings were (1) Context evaluation: already quite practical; (2) Input evaluation: not yet effective enough; (3) Process evaluation: not yet effective; (4) Product evaluation: already quite effective; and (5) Outcome evaluation: already quite effective. Based on the evaluation and effectiveness of the training program, the programs that should be the main priority of West Sumatra Student Sports Education and Training Center was to improve the performance of Sepak takraw athletes and improve supporting facilities and infrastructure, evaluating the process of screening athletes and coaches, evaluating the implementation of training programs, and improving athletes' health services and nutritional needs.

Keywords: Sepak takraw, CIPPO model, program evaluation, training program

Introduction

Sepak Takraw is a combination of three games, namely football, volleyball, and badminton. A basic understanding of playing Sepak takraw is that it is a game played on a rectangular field. The field is limited by a net that is right across the middle of the field. Two teams or groups carry out this game to play takraw balls and return them to each other (Lim, 2023). The team that can enter the ball to the other team and cannot return the ball, then the team that enters the ball gets points. The sepak takraw game generally uses all body parts except the arms. The game begins with a service that is in the service circle. Then, a hitter is in charge of serving using his feet. This player can be called tekong (Bulqini, 2021). The service is declared successful if it passes over the net, then the opposing party can return the ball a maximum of three touches, either by one person or a teammate, to return the ball across the net so that it falls in the opponent's court area. The game of sepak takraw has its own rules that distinguish it from other sports.

Achievement in sports can improve and show the existence of a country against other countries, so many countries, including Indonesia, carry out various policies and programs to continue to excel. Indonesia requires every sports activity in the context of the community's welfare and realizing quality human resources and physical and mental health. This is stated in Law Number 3 of 2005 concerning the National Sports System, which aims to maintain and improve health and fitness, achievement, human quality, moral values and noble character, sportsmanship, discipline, strengthen and foster national unity and integrity, strengthen resilience. At the national level, it elevates the dignity and honor of the nation. Therefore, it is necessary to develop sports that can be implemented through three pillars, namely (1) educational sports, (2) recreational sports and (3) achievement sports. Exemplary achievements will be obtained by evaluating athletes and programs that are carried out (Milovanovic, 2023; Camarasa et al., 2023).

The CIPPO (Context, Input, Process, Product) model was first proposed by Stufflebeam in 1965 due to his efforts to evaluate ESEA (The Elementary and Secondary Education Act). The goal is to form the concept of an

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evaluation, which, in the process of evaluation, is not to prove but to improve (Zia et al., 2022). The CIPPO model refers to the four types of variables or factors described: context, input, process, and product. The four evaluation elements contained in the model are a complete series, but in practice, an evaluator may use only one or a combination of two or three certain elements. So, the CIPPO evaluation model can be used to solve existing problems. Evaluation using the CIPPO model (context, input, process, product, and outcome) is considered capable of identifying problems and finding and implementing fundamental, comprehensive, and integrated solutions. Comprehensive and integrated means to evaluate starting from the basis and objectives of the program, program strategy and design, program implementation, program achievement, and program impacts or benefits for the community. So that it can be known whether the program that has been running can be continued, terminated, or revised. In addition, the CIPPO model was also chosen because it includes a summative evaluation or is carried out after a program is completed and this evaluation model is more comprehensive when compared to other evaluation models (Suganda et al., 2021), making it suitable for evaluating the performance improvement program of the Sepak takraw sport in Indonesia.

Evaluation of the training program that has been designed is essential because it will provide input on how effective the program is in overcoming a problem. The training program can increase awareness among members to achieve the goals that have been set. This is important because by working together, the program objectives will get more optimal results (Koh et al., 2017). Program evaluation has also been carried out, one of which is on racquet sport, but only sometimes provides positive and significant results. In the results of a study experiment, programs to improve visual ability and motor performance showed no significant improvement after being given treatment in several meetings (Abernethy & Wood, 2001).

A study of sports-based youth development programs reported that participants were happy with the sports activities available, and their character and knowledge developed positively with the program. Their experience undergoing this was very positive and became a happy activity (Whitley et al., 2016). The results of qualitative research in Africa explain that HIV prevention programs integrated with exercise provide good results. Sports can be a tool to maximize the program that is being run. Public awareness is increasing about the dangers of HIV with sports activities integrated into this program (Maleka, 2017).

The ability development of trainers must continue to be developed. This program can improve the ability of trainees, especially their leadership abilities. With this program, Adaya the ability of communists to design the program's vision becomes more directed and developed (Bean, 2012). An evaluation of programs launched by UNESCO related to the provision of nutritional intake for children has also been carried out in India. They found that children not only need additional nutritional intake, but they also need more attention to psychosocial aspects (Siraj-Blatchford, 2003).

An exercise program must be designed and appropriately implemented to be able to be carried out well. Good organizational management is needed because athletes' achievements are not only influenced by coaches, but organizational administrators must also provide maximum support. The training program must be up-to-date and follow the latest scientific developments (Stepyko et al., 2021). Evaluation of the Exercise program is not only carried out to see athletes' technical and physical abilities, but a study has also tried to see the mental abilities of athletes with disabilities. Improving athlete performance is optimized by designing and periodically evaluating training programs that have been made (Larsen, 2014).

Research that evaluates the sepak takraw training program is still challenging to find, so this research is significant. This study aims to evaluate the training program carried out in terms of context, input, process, product, and outcome. This evaluation needs to be done so that the coaches and sports administrators know the weaknesses of the training program they have run so far. With these weaknesses known, it is hoped that the administrators of sepak takraw sports can improve so that athletes' achievements increase in the future. The advantage of this research is that it can be used as a benchmark or reference for other researchers conducting research in similar fields.

The evaluation of the Student Sports Coaching and Training Center will significantly assist the government in knowing the potential of the athletes at the Student Sports Training and Development Center will be, so that if some obstacles or problems arise during the athlete coaching process, then the government will be able to directly handle or improve the system of coaching regional athletes in developing their potential in the sport of sepak takraw which can later be developed again to a higher level, namely by involving athletes at national and international championships.

Method

Study Design and Participant

The design used in this study was an evaluation design for the implementation of the achievement improvement program implemented by the Student Sports Education and Training Center West Sumatra Sepak Takraw sports branch. The participants of this study were 25 athletes in Sumatera Barat, consisting of 15 male athletes and 10 female athletes.

The age range of each athlete consisted of 16-26 years old who take part in sepak takraw, and the criteria for athletes who were used as active samples in participating in training up to regional to national level

championships. The sampling technique in this study was total sampling. The reason for taking the research subject was due to the sub-district has done much learning in the sepak takraw sports branch so that it can be seen that the athlete's achievements can be further improved. Moreover, the researcher also asked sepak takraw coaches, sepak takraw athletes, the national sports committee of Indonesia in West Sumatra, the West Sumatra Provincial Government, the Chair and Lecturer of the Faculty of Sports Science, and West Sumatra Student Sports Education and Training Center staff to obtain a qualitative data for this research.

Instrument

Data was collected through observation, questionnaires, documents, FGD (focus group discussion), inventory checklists, and interviews. Data collection in this study was carried out using questionnaires, interviews, observations, and documentation. More details about the use of instruments using the CIPPO approach can be seen in the following matrix:

Table 1. CIPPO Data Collection and Analysis Stage Matrix

Evaluation Stages	Aspect Evaluated	Data Source	Data Collection Technique	Data Analysis
Context	<ul style="list-style-type: none"> - Formal Foundation - SSETC Strengths and Weaknesses - Opportunities and Needs - Feasibility of SSETC 	<ul style="list-style-type: none"> - Archives - SSETC Strategic Plan - Sports Society 	<ul style="list-style-type: none"> - Documentation - Questionnaire - Interview - Test and Measurement - Document Study - Questionnaires 	<ul style="list-style-type: none"> - Legalization - Description
Input	<ul style="list-style-type: none"> - Athlete Recruitment - Coach Recruitment - SSETC Organizing Strategy 	<ul style="list-style-type: none"> - Athlete Track Record - Coach Track Record 	-	<ul style="list-style-type: none"> - Categorization - Percentage
Process	<ul style="list-style-type: none"> - Manager Performance - Exercise Implementation - Athlete Activity 	<ul style="list-style-type: none"> - SSETC Management - Coaches - Athletes - Training Program 	<ul style="list-style-type: none"> - Questionnaire - Observation 	<ul style="list-style-type: none"> - Percentage - Categorization - Description
Products	<ul style="list-style-type: none"> - Sports Achievement 	<ul style="list-style-type: none"> - Sportsman 	<ul style="list-style-type: none"> - Match Results 	<ul style="list-style-type: none"> - Description
Output	Products	<ul style="list-style-type: none"> - Community - SSETC West Sumatra - Institution 	<ul style="list-style-type: none"> - Interview - Questionnaire 	<ul style="list-style-type: none"> - Description

Data analysis

This study used quantitative data analysis with SPSS 25 to find descriptive statistics. Descriptive statistics included sorting data by size, entering data in tabular form, presenting data in graphical form, and so on, and descriptive statistics are an essential part of biometric analysis and a prerequisite for understanding further statistical evaluations, including concluding (Brühl & Reichert, 2021). This study administered a survey or questionnaire to a small group of people (called a sample) to identify tendencies in attitudes, opinions, behaviors, or characteristics of a large group of people (Plano Clark & Creswell, 2008). Then, proceed with conducting interviews, which were intended to strengthen the results of quantitative data.

Result

Context

Quantitatively, based on the level of respondents' achievement of the West Sumatra Student Sports Education and Training Center context indicator, the tendency of the context level was classified as appropriate. From the results of the data analysis, 23 respondents (46.00%) were classified as appropriate, 17 respondents (34.00%) were classified as less appropriate, and 10 respondents (20.00%) were classified as very appropriate.

In addition to using a questionnaire, context evaluation was also carried out through observations and interviews. Table 1 shows the evaluation results regarding the purpose and foundation of the program, which was assessed based on the distribution of information about the Student Sports Education and Training Center program through schools, electronic media, and mass media.

Table 1. Context Evaluation Results

No	Aspect	Achievement			Information
		Good	Moderate	Poor	
1	Dissemination of information: a. Through the school b. Through electronic media c. Through mass media	V V V			It has been well implemented.
2	Availability of facilities and infrastructure: a. Availability of training venue b. Availability of dormitories	V		V	If it provides information to schools through letters, electronic media through the web, and mass media through local newspapers.
3	Government and community support: a. Government support in the form of funds b. Community support	V V			It is owned by the Provincial Government and managed by DISPORA.
4	Availability of human resources: a. Availability of athletes b. Availability of coaches c. Availability of support personnel	V V V			It is good because the Sepak Takraw got funds not only from the APBN (national funding) but also from the APBD (regional funding).

Qualitatively, the results of the interviews showed that the most significant obstacles and those that must be evaluated are related to facilities and infrastructure to support training, dormitory conditions, nutritional needs, and others or supporting personnel. Support personnel for health checks for athletes every month still needed to be created, even though it is an important part that the athlete's condition remains healthy and in prime condition. The availability of human resources, both from coaches and athletes, has shown supportive things because it has been selected with the standards set.

Input

Based on respondents' achievement level from the input indicator, the tendency of the suitability level was classified as less suitable. From the results of the data analysis, it can be explained that 29 respondents (58.00%) were classified as less suitable, 11 respondents (22.00%) were classified as suitable, 7 respondents (20.00%) were classified as very suitable, and three respondents (6.00%) were classified as not suitable.

Table 2. Input Evaluation

No	Aspect	Achievement			Information
		Good	Moderate	Poor	
1	Sportsman selection: a. Biomotor components b. Achievement c. Age d. Potential e. Physical f. Academic test/school report	v v v v v v			Academic tests are taken based on the results of the athlete's report card at school
2	Coach selection: a. Formal education b. Health score c. Coaching certificate d. Coaching experience	v v v v			The selection of coaches has been done well in terms of academics, health, licenses, and experience.
3	SSETC Implementation Plan a. Facilities and infrastructure b. Financing		v v		It has been planned but needs evaluation because it still needs to meet the standards fully.

The interview results explained that a coach must be licensed, have attended education to become a Junior Level Coach, attended a coaching workshop, attended an upgrade on Making Training Programs, and have had various achievements when he was an athlete. Holding this coach selection, it was hoped that quality coaches who were highly dedicated and eager to compete at the national and international levels can be produced. The next aspect assessed in the evaluation component is the plan for organizing the Student Sports Education and Training Center. The criteria for planning the implementation of the Student Sports Education and Training Center included aspects of minimum facilities infrastructure and financing. Planning regarding facilities and

infrastructure has achieved sufficient results but still needs more attention, especially training facilities, athlete housing, and supporting infrastructure. The financing aspect that comes from the region and the center was sufficient for the needs of athletes, coaches, and managers of the West Sumatra Student Sports Education and Training Center.

Process

From the results of the data analysis, 28 respondents (56.00%) were classified as less suitable, 14 respondents (28.00%) were classified as suitable, 6 respondents (12.00%) were classified as very suitable, and 2 respondents (4.00%) were classified as not suitable.

Table 3. Process Evaluation Results

No	Aspect	Achievement			Information
		Good	Moderate	Poor	
1	Implementation of the training program: a. Control of exercise execution b. Try Out c. Structured training program d. Training program based on initial ability e. Exercise program evaluation f. Athletes participate in POPWIL g. Athlete joins POPNAS h. Coach participates in National Championship i. Athlete participates in the National Championship j. Dormitory rules	V V V V V V V V		V	Everything has been done according to the standard other than tryouts.
2	Promotion and degradation system: a. Promotion of athletes b. Coach promotion c. Degradation of athletes d. Coach relegation e. Promotion and relegation of athletes every year	V V V V V			It has been done well.
3	Consumption: a. Service b. Food menu			V V	In terms of service and food menu variations, the quality is still mediocre.
4	Coordination: Inter-agency coordination	V			Well established
5	Welfare: a. Athletes b. Coaches c. Support personnel		V V V		Still mediocre
6	Transportation: a. Athletes to school b. Coach	V	V		Athletes are transported to school by bus and minibus UPTD PPLP West Sumatra Province
7	Existence of support staff	V			While coaches use private vehicles.

According to the results of interviews with the field of education and training, the problem of promotion and degradation of athletes has been carried out according to procedures and as transparently as possible. Furthermore, consumption aspects related to the nutritional needs of Sepak takraw athletes are also a concern of the Student Sports Coaching and Training Center in West Sumatra. From the results of interviews conducted with coaches, it was known that the nutritional needs provided still need to be improved and balanced between the energy that entered their bodies and the energy that comes out.

Product

Based on respondents' achievements from the West Sumatra Student Sports Education and Training Center product indicators, the tendency in product evaluation needs to be more appropriate. The results of the data analysis can be explained: 23 respondents (42.00%) classified as less suitable, 15 respondents (34.00%) classified as suitable, 8 respondents (16.00%) classified as very suitable, and 4 respondents (8.00%) classified as not suitable.

Table 4. Product Evaluation Results

Aspect	Achievement			Information
	Good	Moderate	Poor	
The success of the training program: Sports achievement a. Regional b. National c. International	V	V	V	

According to one of the coaches, the achievements shown by athletes from the West Sumatra Student Sports Education and Training Center are because the Student Sports Education and Training Center has good discipline and good coach resources, so it is not uncommon to produce proud athletes. However, the lack of motivation and enthusiasm of athletes can also affect athletes' achievements, so the coach must be able to better understand and motivate them to be enthusiastic about training and continuing learning. In addition, talking about achievement, the problem of breeding and training sportsmen/athletes becomes the center of attention with all its supporting components, which are interrelated units.

Output

The evaluation results for the outcome aspect showed that from interviews with PPLP coaches and managers, institutions or institutions, and community recognition, the Sepak Takraw athlete achievement improvement training program successfully creates different values for its alumni. The achievement of the benefits of the sepak takraw athlete training program for the Student Sports Education and Training Center was suitable for institutions in particular. At the same time, it is still sufficient among the community. Table 5 showed that alumni of the West Sumatra Student Sports Education and Training Center for Sepak Takraw Sports are generally successful and able to compete in work, as seen from the work obtained and its location.

Table 5. Outcome Evaluation Results

Aspect	Achievement			Information
	Good	Moderate	Poor	
Program Benefits and Impact a. SSETC West Sumatra b. Institution c. Community	V	V V		

Discussion

The Student Sports Education and Training Center is a place where regional and national athletes are trained. This place develops talented athletes in sports, and its program must be evaluated to know its weaknesses. This study evaluated the context using item analysis, observation, and interviews. This context evaluation includes an analysis of the activity's strengths and weaknesses. The item analysis results show that the program's objectives and foundation are generally appropriate. However, the objectives of the Student Sports Education and Training Center in West Sumatra are following the need for achievement and feasibility in producing sepak takraw athletes who excel nationally and internationally, which are still classified as lacking and inappropriate. This is due to a lack of existing facilities and infrastructure and the poor quality of the Student Sports Education and Training Center's human resources in west Sumatera, particularly in the sepak takraw field. This is in line with a study that explains that coaches and all workers in an organization need not only financial welfare but also psychological welfare. This psychological welfare can be improved by giving them the trust to manage matters related to their work (Schuetz et al., 2022). The role of a leader in an institution in providing attention to workers can also improve their performance (Svensson et al., 2021). The use of buildings that are still used interchangeably with other sports and supporting equipment, such as balls for training that still need to be improved, demonstrate the lack of existing facilities and infrastructure, and the dormitory conditions are not suitable for occupancy. With the condition of the dormitory environment, which is frequently flooded, mosquitoes proliferate and become one of the factors that disrupt the athletes' comfort. Even though the comfort of one's living environment is one factor that influences motivation, athletes can still practice to achieve their goals. A literature review study also revealed that available sports facilities affect the level of participation of children who play sports, and good equipment increases their participation in sports. The study also revealed that, in general, the availability of sports facilities is moderate (Hanlon et al., 2019).

Input evaluation is a process that analyzes five aspects: athlete selection, trainer and assistant coach selection, Student Sports Education and Training Center implementation plans, facility and infrastructure feasibility, and training program implementation. The results showed that there is still a lack of availability of existing sports equipment; sports facilities are essential to support athlete training (Borena et al., 2020). Athletes who will enter the Student Education and Training Center are students who are thought to have the potential to be developed to achieve better results in the future and to support the national sports development pyramid. Based on the results

of the interview, the sport of sepak takraw in West Sumatra has received a pretty good distribution of achievements. Indonesian National Sports Committee in west Sumatra, coaches, and sepak takraw athletes themselves provide significant information regarding the athlete's development. Then, the sport of sepak takraw is quite in demand by the community in west Sumatera. This can be seen from the players' enthusiasm in being committed and working hard during the practice of sepak takraw itself to get good results, too.

In general, from the process aspect, there are not many obstacles, but several things need attention so that the Exercise program process can run smoothly. The results showed that the athletes' tryout program and the nutritional aspects of athletes who have not been fulfilled have not gone well. This study's results align with a study that explains that athletes will experience boredom if there is no variation in training and a change in the training atmosphere. Tryout before the match will provide a new atmosphere and new challenges for the players to eliminate this boredom and evaluate their current abilities (Bowles & O'Dwyer, 2020). Athletes who often conduct trials competing with various ages will feel valuable experience; they will feel various pressures that will strengthen them when facing real matches (Goldman et al., 2022). Athletes need to get good nutrition to support their performance (Tam et al., 2020; Bentley et al., 2019). A study revealed that elite and non-elite athletes have similar nutritional knowledge. However, athletes who have been educated about nutrition have better knowledge than athletes who have never learned about the role of nutrition during exercise (Mitchell et al., 2022).

From the product aspect, the research results showed that the achievements of sepak takraw athletes at the regional and national levels are sufficient. However, at the international level, they are still not satisfactory, so they need to be improved in the future. A study explains that there must be precise planning and proper formulation to produce athletes who can excel at the international level (Patatas et al., 2022). The government and organizational management must discuss and think together so that the right strategy is born to improve athlete performance in the future. Collaboration with various parties needs to be pursued so that the solution to a problem can be seen from various perspectives (Manspeaker & Hankemeier, 2019).

The output produced by the Student Sports Coaching and Training Center in West Sumatra is quite good. This can be seen from the distribution of jobs obtained from the average alumni who have found decent jobs. Some retired athletes work as teachers, coaches, and office staff. This is in line with research conducted by (Chroni et al., 2020), who revealed that retired athletes usually work as coaches. Clubs prefer to hire coaches who are former professional athletes because they already have much experience when they were athletes and know many aspects of achieving peak athlete performance. The coach's role is to guide and lead the athletes after they retire so that they are relaxed by reducing their activities than usual (Rich et al., 2022).

This research implies that by conducting or evaluating the Student Sports Coaching and Training Center in Indonesia, particularly in the west Sumatera section of the sepak takraw, the central and local governments will significantly assist in determining their potential. Athletes who have received guidance at the Student Sports Coaching and Training Center to compete in existing national and international championships to make the region, nation, and state proud.

The limitation of this study was that researchers are only limited to conducting evaluation research in west Sumatra, while what we know in Indonesia are many other areas. This research only reached the CIPPO evaluation model, and there are still many human resource evaluation models that can be used to enrich the human resource management repertoire of Student Sports Education and Training Center West Sumatra further.

Conclusion

To improve the achievements of West Sumatra Student Sports Education and Training Center athletes in Sepak Takraw, it is necessary to immediately make improvements to facilities and infrastructure, improve the quality of athletes and coaches, update training programs, and improve the quality of health and nutrition services. West Sumatra Student Sports Education and Training Center needs to update the training program to improve Sepak Takraw's achievements. When planning the initial sports coaching program, the Student Sports Education and Training Center management should pay attention to the availability of funds, facilities, and infrastructure for the smooth running of the coaching process. Student Sports Education and Training Center administrators and the government need to improve coordination and pay attention to the welfare of athletes, coaches, and other supporting staff. The central and regional governments are expected to provide adequate facilities, according to standards, because it will affect the quality of sports achievements and progress. It is recommended that the management of the West Sumatra Student Sports Education and Training Center conduct periodic CIPPO evaluations so that the strengths and weaknesses of the Student Sports Education and Training Center can be addressed immediately. This research also provided a theoretical understanding of the importance of the role of good training program design and is accompanied by supporting resources. Besides that, the results of this study provided a deeper understanding of what is needed to build a training ground that can produce outstanding athletes. Not only that but practically, the results of this research had impact on all resources in the Student Sports Education and Training Center. Coaches must not be satisfied with the abilities they have now. They must continue to improve their abilities so that their methods and ways of training can be better. The

administrators also had to start thinking about many things that still need to be improved, such as funding, improving facilities, and nutritional aspects for athletes who are training.

Future research should investigate local and central government policies related to sports funding in the regions because, with sufficient funding, it will be easier to maintain the training spirit of athletes, the fighting spirit of coaches, and that of other supporting staff. Future research is also recommended to examine sponsorship and its mechanisms in Indonesia; the role of sponsors is the fastest option that can overcome the issue of the lack of regional sports finance, as well as the issue of how financial management can be carried out cleanly, and away from the values of irregularities.

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