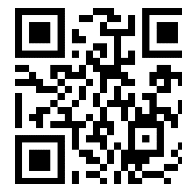


The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic



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ABSTRACT: This study aims to determine (1) the constraints of trainers in managing archery training in Pati Regency during the Covid-19 pandemic. (2) The trainer's efforts in managing the archery training of Pati Regency during the Covid-19 pandemic. This research is a mixed method (*mixed methods*). The population in this study were 3 coaches and 16 athletes in Pati Regency. The samples used are 3 coaches and 16 athletes based on *total sampling*. The instruments in this study, namely interviews and questionnaires. Data analysis used descriptive qualitative and quantitative. The results showed that (1) the trainer's obstacle in managing archery training in Pati Regency during the Covid-19 pandemic was adaptation related to the use of available technology to support the training process a form of archery training carried out during the Covid-19 pandemic, the coach used *online* and offline media (face to face). The problem that occurs is the availability of quotas that require a fairly high price to facilitate the need for online training. The quota purchased for internet needs is increasing and many parents are not ready to increase the budget in providing internet networks. (2) The efforts of the trainers in managing the archery training in Pati Regency during the Covid-19 pandemic were quite good. Based on the results, it shows that the indicator of the exercise schedule is the highest at 3.00 in the good category, while the lowest indicator is the exercise program at 2.53.

KEYWORDS: the efforts of the coach, managing the exercise, the Covid-19 pandemic

INTRODUCTION

The worsening of the Covid-19 virus outbreak in Indonesia requires the government to take a stand. Governments around the world are taking various measures to contain and stop the spread of this virus. In Indonesia, the government is doing various ways to avoid Covid-19, starting from social distancing, lockdown, PPKM level 1 to PPKM level 3 which resulted in various activities in Indonesia being hampered such as politics, economy, social, culture (Khoirunurrofik et al., 2022).

The policies carried out by the government in education are carried out online, the government also implements policies regarding physical distancing, namely maintaining distance. This policy causes all activities to be hampered. In daily activities it becomes hampered and becomes not conducive. This includes physical activities such as sports. Sport is a daily activity carried out by humans with the aim of forming a healthy body and spirit (Griban et al., 2020).

Sport is currently proven to improve a person's health and physical fitness (Fletcher et al., 2018). Someone who has a healthy and excellent body fitness can carry out sports activities to the maximum and not get tired easily and have energy reserves that can do other activities (Cheval & Boisgontier, 2021). In Indonesia, every region also feels the impact of this policy, including Pati Regency. With this policy, all sports activities, especially archery, cannot be carried out.

Seeing the situation and the pandemic phenomenon in Pati Regency, which is a red zone, trainers can perform various forms of exercise that can adapt to existing conditions. Based on observations, in doing virtual exercises from home, nutritional assistance, virtual theory exercises and even mental (psychic) exercises. Virtual training must be able to be carried out by trainers in order to maintain the optimal performance of an athlete during the current Covid-19 pandemic.

Routine training was stopped because the Large-Scale Social Restriction (PSBB) policy prohibited crowding activities at the time when Covid-19 was declared a pandemic. Athletes must exercise independently with reduced exercise intensity considering that WHO advises all citizens of the world to maintain immunity and reduce excessive activity so that they are not susceptible to disease, especially Covid-19. Independent training activities make athletes feel bored because their implementation cannot be

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

supervised by coaches. Coaches simply provide training programs and doses through a group of social networking applications and evaluate them with the results at a glance the training records documented by athletes during self-training.

Coaches still find it difficult because they have to adapt to new situations. The training process must continue to be carried out because athletes have a responsibility to practice and maintain their appearance or performance with the aim of still being able to produce their best performance. In the implementation process, of course, athletes experience various conditions that affect the training process, both psychologically and physiologically. As a coach, it is very important to pay special attention to the talents of an athlete with the aim of achieving their maximum potential. Before the pandemic, coaches provided very routine and high-intensity training aimed at supporting the performance of a good athlete. In the current pandemic, coaches are very constrained in providing training in terms of physical, technical, and mental exercises which are carried out regularly with a moderate volume of exercise.

In addition to coaches, athletes also admit that they are not familiar with managing training programs during the current pandemic, not only that they also do not have high motivation, the technology used is also not too adequate, so the planned training program cannot be carried out optimally. When doing direct training, a coach only does exercises just to maintain the athlete's performance without considering the training objectives to be achieved. Therefore, a trainer must play an active role in conditions like this so that the program they run can be carried out according to the desired target.

Coaching really needs to be done during training which is an important stage in achieving sports achievements (Nikander et al., 2022); (Aldapit & Suharjana, 2019); (Hosek & Man, 2021). During the Covid-19 pandemic, many sports clubs did not pay much attention to this, the sports coaching system in Indonesia is talent scouting. So to achieve a high level of achievement, a good training system is needed during the current pandemic. coaching in schools, clubs, and communities that aim to achieve a desired achievement.

METHOD

This research uses mixed research methods (*mixed methods*). (Schoonenboom et al., 2018) states that the combined research method (*mixed methods*) is a research method that combines or combines quantitative methods with qualitative methods to be used together in a research activity, in order to obtain more comprehensive, reliable, objective data, and valid. The mixed method used in this study is a concurrent *mixed method*, which is a study that combines quantitative data and qualitative data at one time. The data collection technique in this study used an instrument in the form of a closed questionnaire through a *google form*. The population in this study are 3 trainers and 16 athletes in Pati Regency. The sampling technique is total sampling, meaning that the entire population is taken as a sample. Instruments or tools used in the form of interviews and closed questionnaires. A closed questionnaire is a questionnaire that is presented in such a way that the respondent only needs to put a checklist (v) in the appropriate column or place, with a direct questionnaire using a multilevel scale. The detailed questionnaire instrument can be described in the research instrument grid which can be seen in Table 1:

Table 1. Questionnaire Grid

| Variable | Indicator | Item Number | |
|---|-------------------------------|-------------------------|-------------|
| | | Favorable | Unfavorable |
| Trainer's Efforts in Managing Pati Regency Archery Training | Training schedule | 1, 2 | 3, 4 |
| | Exercise program | 7, 8, 9, 10, 11, 13, 14 | 5, 6, 12 |
| | Facilities and infrastructure | 15, 16, 17, 18, 19, 20 | 21, 22 |
| | Athlete | 23, 24, 26 | 25, 27 |
| | Performance | 29, 30 | 28, 31, 32 |
| Amount | | 32 | |

The instruments in this study have been validated by expert lecturers. There are two data analysis techniques in this study, namely quantitative and qualitative. Quantitative data analysis technique uses arithmetic mean. The steps are as follows: (1) Summing up the answer scores of each respondent. (2) The number of respondents' scores divided by the number of question items. (3) Summing up the average score of each respondent. (4) The average number of scores divided by the number of samples. The interval table based on the arithmetic mean is presented in table 2 as follows:

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

Table 2. Norms Based on Arithmetic Means

| No. | interval | Criteria |
|-----|-----------|------------|
| 1 | 3.26-4.00 | Very good |
| 2 | 2.51-3.25 | Well |
| 3 | 1.76-2.50 | Not enough |
| 4 | 1.75-1.00 | Very less |

Activities in qualitative data analysis are carried out interactively and take place continuously until complete, so that the data is saturated. Activities in data analysis, namely *data reduction*, *data display*, and *conclusion drawing/verification*. This research uses two types of technique triangulation and source triangulation. Both are used together with the aim that the resulting data can be trusted. In triangulation, the researcher combines the data from observations and interviews. In triangulation of sources, researchers combine data from various sources including research subjects, namely coaches and athletes.

RESULTS

Constraints of coaches in managing athletic training in Pati Regency Archery during the Covid-19 pandemic

Based on the results of interviews with archery coaches at the Pati Training Archery Club, it was stated that athletics was still being carried out during the Covid-19 pandemic (P1/1/5/2022), but its implementation was not optimal (P2/3/5/2022). Based on the results of the study, the form of athletic training carried out during the Covid-19 pandemic, coaches used online and offline media (face to face). The online media used are Whatsapp, Zoom Meeting, Google Meet, Google Classroom, Youtube. Offline exercise is also done if possible with strict health rules or protocols. Exercise is carried out by checking body temperature, always wearing a mask or face shield, washing hands before and after exercise or using a hand sanitizer, maintaining distance or minimizing direct contact, maintaining cleanliness and reducing exercise duration. Coaches are also quite difficult in managing training schedules because they have to be adjusted to the changes that occur during the pandemic. The exercise program also cannot run optimally. The online training system (on the network) is a training system without face to face directly between the trainer and the trainees but is carried out online using the internet network (Rabbani et al., 2022); (Sebastian et al., 2022). The implementation of archery training, especially online training during the Covid-19 pandemic, encountered several obstacles. The problem that occurs is the availability of quotas which require a high enough price to facilitate online training needs. The quota purchased for internet needs has soared and many parents are not ready to increase their budget in providing internet networks. This is also a very important issue for trainers and trainees when archery training is carried out.

Coach's Efforts in Managing Archery Training at the Pati Regency Archery Club during the Covid-19 Pandemic

The coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic were known by using a questionnaire totaling 32 items, and divided into 5 indicators, namely training schedules, training programs, facilities and infrastructure, athletes, and achievements. The results of the analysis of the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic are explained as follows:

Table 3. Results of the Coach's Efforts in Managing Archery Training at the Pati Regency Archery Club during the Covid-19 Pandemic

| Respondent | Arithmetic Mean | Information |
|------------|-----------------|-------------|
| Trainer | 2.53 | Well |
| Athlete | 2.33 | Not enough |

Based on Table 3 above, shows that the coach's efforts in managing athletic training at the Pati Regency Archery club during the Covid-19 pandemic were based on the coach's assessment of 2.53 in the good category, while based on the athlete's assessment of 2.33 in the poor category. Based on these results, it shows that the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic have been quite good.

Training Schedule Indicator

The results of the analysis of the coach's efforts in managing archery training at the Pati Regency Archery club during the Covid-19 pandemic based on the training schedule indicators are explained as follows:

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

Table 4. Results based on Training Schedule Indicators

| Respondent | Arithmetic Mean | Information |
|------------|-----------------|-------------|
| Trainer | 3.00 | Well |
| Athlete | 2.53 | Well |

Based on Table 4 above, shows that the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic based on the training schedule indicator for the coach's assessment of 3.00 in the good category, while based on the athlete's assessment of 2.53 in the good category. Based on these results, it shows that the coach's efforts in managing athletic training at the Pati Regency Archery Club during the Covid-19 pandemic based on the training schedule indicators are good.

Exercise Program Indicator

The results of the analysis of the coach's efforts in managing athletic training at the Pati Regency Archery club during the Covid-19 pandemic based on the training program indicators are explained as follows:

Table 5. Results based on Exercise Program Indicators

| Respondent | Arithmetic Mean | Information |
|------------|-----------------|-------------|
| Trainer | 2.53 | Well |
| Athlete | 2.41 | Not enough |

Based on Table. 6 above, shows that the coach's efforts in managing athletic training at the Pati Regency Archery club during the Covid-19 pandemic were based on the training program indicators for the coach's assessment of 2.53 in the good category, while based on the athlete's assessment of 2.41 in the poor category. Based on these results, it shows that the coach's efforts in managing athletic training at the Pati Regency Archery Club during the Covid-19 pandemic based on the training program indicators are quite good.

Facilities and Infrastructure Indicators

The results of the analysis of the coach's efforts in managing archery training at the Pati Regency Archery club during the Covid-19 pandemic based on facilities and infrastructure indicators are explained as follows:

Table 6. Results based on Facilities and Infrastructure Indicators

| Respondent | Arithmetic Mean | Information |
|------------|-----------------|-------------|
| Trainer | 2.54 | Well |
| Athlete | 2.30 | Not enough |

Based on Table. 7 above, shows that the coach's efforts in managing athletic training at the Pati Regency Archery club during the Covid-19 pandemic were based on the training program indicators for the coach's assessment of 2.54 in the good category, while based on the athlete's assessment of 2.30 in the less category. Based on these results, it shows that the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic based on facilities and infrastructure indicators are quite good.

Athlete Indicator

The results of the analysis of the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic based on athlete indicators are explained as follows:

Table 7. Results by Athlete Indicator

| Respondent | Arithmetic Mean | Information |
|------------|-----------------|-------------|
| Trainer | 2.53 | Well |
| Athlete | 2.26 | Not enough |

Based on Table 7 above, shows that the coach's efforts in managing archery training at the Pati Regency Archery club during the Covid-19 pandemic based on the training program indicators for the coach's assessment of 2.53 in the good category, while based

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

on the athlete's assessment of 2.26 in the poor category. Based on these results, it shows that the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic based on athlete indicators are quite good.

Performance Indicator

The results of the analysis of the coach's efforts in managing archery training at the Pati Regency Archery Club during the Covid-19 pandemic based on achievement indicators are explained as follows:

Table 8. Results based on Achievement Indicators

| Respondent | Arithmetic Mean | Information |
|-------------|-----------------|-------------|
| Trainer | 2.60 | Well |
| Performance | 2.13 | Not enough |

Based on Table 8 above, shows that the coach's efforts in managing athletic training at the Pati Regency Archery club during the Covid-19 pandemic were based on the training program indicators for the coach's assessment of 2.60 in the good category, while based on the performance assessment of 2.13 in the poor category. Based on these results, it shows that the coach's efforts in managing athletic training at the Pati Regency Archery Club during the Covid-19 pandemic based on performance indicators are quite good.

Researchers also conducted interviews with athletes for triangulation data, based on the results of interviews with athletes stating that with changes in the training schedule that often fluctuates, athletes feel uncomfortable during exercise. This is because the athlete is still a student, so the training schedule must be adjusted to the school schedule and other activities. The training process must continue to be carried out because athletes have a responsibility to practice and maintain their appearance or performance with the aim of still being able to produce their best performance. In the implementation process, of course, athletes experience various conditions that affect the training process, both psychologically and physiologically.

DISCUSSION

Trainers' Obstacles in Managing Archery Training in Pati Regency during the Covid-19 Pandemic

Every exercise is carried out there will be athletes who do not attend the training. This is because the club urges its athletes not to go to training when the body is not feeling well or sick. The coach stated that parents have high concerns when their children take part in training, there are even athletes who are prohibited from participating in training during the Covid-19 pandemic.

Based on the results of the study, the form of archery training carried out during the Covid-19 pandemic was the trainer using *online* and *offline* media (face to face). The *online* media used are *Whatsapp*, *Zoom Metting*, *Google Meet*, *Google Classroom*, *Youtube*. Offline exercises are also carried out if possible with health rules or protocols. Exercise is carried out by checking body temperature, always wearing a mask or *face shield*, washing hands before and after exercise or using a *hand sanitizer*, maintaining distance or minimizing direct contact, maintaining cleanliness and reducing exercise duration.

These various *platforms* can be used to support knowledge transfer supported by various discussion techniques and others. *Online* learning is effective for carrying out learning even though educators and trained children are in different places (Ferri et al., 2020); (Churiyah et al., 2020); (Suryaman et al., 2020). The variety of *platforms* and available resources help support the training process during the Covid-19 pandemic. Online training is a new way in the training process that utilizes electronic devices, especially the internet, in delivering training (Noor et al., 2020); (Elfaki et al., 2019). Online training, completely dependent on internet network access (Sadeghi, 2019).

This is in accordance with the Minister of Education and Culture of the Republic of Indonesia regarding Circular Letter Number 4 of 2020 concerning the Implementation of Education Policies in the Emergency Period for the Spread of Corona Virus Disease (Covid-19). Circular Letter Number 3 of 2020 on Education Units and Number 36962/MPK.A/HK/2020 concerning the Implementation of Education in the *Coronavirus Disease* (Covid-19) Emergency Period, learning activities are carried out online in the context of preventing the spread of *coronavirus disease* (COVID-19) (Minister of Education, 2020).

The implementation of archery training, especially online training during the Covid-19 pandemic, experienced several obstacles. The problem that occurs is the availability of quotas that require a fairly high price to facilitate the need for online training. The quota purchased for internet needs has soared and many parents are not ready to increase the budget in providing internet networks. This is also a very important problem for coaches and trainees when archery training is carried out.

The impact of the Covid-19 pandemic has forced all training activities to be adjusted. The government has banned face-to-face activities for a certain period of time, because it has the potential to transmit the virus (Lou et al., 2022); (Ali, 2020). Likewise, archery training activities, must make a lot of restrictions and adjustments. Apart from the delay in major events in the world of

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

sport, WHO prepares steps or protocols that must be adhered to when holding a mass meeting, (Keshkar et al., 2021); (Ludvigsen & Parnell, 2021). (Ebrahim et al., 2020) identifies the steps that must be carried out, namely: this disease en masse, implementing *physical distancing* to reduce direct contact, travel restrictions, including the reduction of flights and public transportation as well as route restrictions without reducing essential services, quarantine at home. Of course this has an impact on sports activities that usually involve many people. Whether it's match activities or training activities in sports clubs.

Entering the *New Normal period*, a number of activities can already be carried out with rules or health protocols that must be obeyed by people who will carry out activities. The importance of following the health protocol rules that must be implemented is to reduce the spread of the Covid 19 virus (Maemunah, 2021). Always wearing a mask when outside the home, diligently washing hands and maintaining distance, are health protocols that must be obeyed by everyone who does activities outside the home. The government is preparing scenarios for the recovery of economic activities, schools and other activities (Yulistiana et al., 2022); (Hasanah et al., 2022).

Coach's Efforts in Managing Pati Regency Archery Training during the Covid-19 Pandemic

Based on the results of the analysis, it was shown that the coach's efforts in managing archery training in Pati Regency during the Covid-19 pandemic were quite good. The main task in training is to explore, compile, and develop the concept of practicing to train by combining practical experience and scientific approaches, so that the training process can take place precisely, quickly, effectively, and efficiently. A coach is a professional whose job is to help athletes achieve high performance (Purcell et al., 2019). The coach (*coach*) is someone who is in charge of helping athletes to improve perfection. The perfection of an athlete involves 4 (four) dimensions, namely: physical aspects, healthy and fit, skilled, and biomotor (Burhanuddin et al., 2021). Spiritual aspects concerning personality, motivation, self-confidence, discipline, independence and honesty. Social aspects include cohesiveness, tolerance, obeying the rules, and respecting others. The religious aspect includes piety, winning or losing because of the pleasure of Allah SWT.

Adaptation ability refers to the characteristics in building the environment (Pinder & Renshaw, 2019). Adaptive individuals will anticipate problems and develop alternative solutions for various possibilities in assessing and responding to a changing environment (Boylan & Turner, 2017). According to (Smith & Webster, 2018) increasing adaptability can lead individuals to sell innovative ideas effectively through self-confidence. In other words, self-perception of adaptability will lead individuals to act in innovative ways so as to motivate themselves to succeed in justifying the resulting innovations for others. Adaptability will increase exposure to various tasks, experiences and to other people around which will later increase the ability of individuals in situations where individuals have to develop new strategies and skills.

Based on the results, it shows that the coach's efforts in managing archery training in Pati Regency during the Covid-19 pandemic based on the training schedule indicators are quite good. Paying attention to the existing sports coaching system and pathways, the centralization of sports coaching must be carried out in a fundamental, systematic, efficient, and integrated manner starting from an early age, and leading to one goal. Sports coaching is inseparable from a structured system.

Based on the results, it shows that the trainer's efforts in managing archery training in Pati Regency during the Covid-19 pandemic based on the training program indicators are quite good. Exercise is basically a load (motor stimulation) on the body so that it causes the body's response in the form of response and adaptation. Response is the body's immediate response during the training process which is temporary. Adaptation is the body's response to training loads that occur in a relatively long period of time and are relatively permanent (Paquette et al., 2020). Training is a process of systematically preparing the athlete's organism to achieve maximum performance quality by being given regular, directed, increasing and repeated physical and mental loads (Doewes et al., 2020); (Wijaya et al., 2020). The competition is the culmination of the process of training in sports, with the hope that athletes can perform optimally. To get optimal performance, an athlete cannot be separated from the training process.

Exercise is a type of physical activity that requires planning, is structured, and carried out repeatedly with the intention of improving or maintaining one or more components of physical fitness (Wolf et al., 2021). The training environment also has a direct or indirect effect on the success or achievement of athletes. The training environment as "direct or indirect, internal or external to the team/athlete, situational, social, sporting or physical conditions that affect coaching process, coaching performance and results" (Wergin et al., 2018).

Based on the results, it shows that the trainer's efforts in managing archery training in Pati Regency during the Covid-19 pandemic based on facilities and infrastructure indicators are quite good. Sports facilities and infrastructure are very fundamental in the implementation of sports, without adequate facilities, it is impossible for athletes to channel their talents in training to the fullest. Sports coaching needs to be supported by improving sports facilities and infrastructure and competent human resources.

The availability of proper and adequate sports infrastructure and facilities, periodic tests and measurements of the physical and psychological health conditions of athletes cannot but be carried out and held to support achievement. This, of course, requires a

The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

large budget and cannot be imposed on only one or two parties. Therefore, in the development of sports achievements, it is necessary to have good and synergistic collaboration and cooperation between related parties, both athletes, coaches, coaches, sports branch managers, KONI and the Regional Government or other parties who want or are willing and able to help (support) in the development of sports achievement.

The results show that the coach's efforts in managing archery training in Pati Regency during the Covid-19 pandemic based on athlete indicators are quite good. Athlete must have special talents, strong motivation, and a desire to work hard, all of which are characteristics of a successful athlete. To achieve maximum performance, starting with the selection of athletes, the selection must prioritize several variables that are carried out carefully and precisely. Some of the variables in the selection of athletes include interest, potential (talent), body posture, and biomotor components.

A good personality must be possessed by an athlete because, it can be used as a determinant of achievement for sports and can be used for every individual to help according to certain types of sports. Sports psychology, especially the emotional mentality of good athletes is also an increasingly decisive contributor in the process of coaching and improving athlete performance. The development and preparation of an athlete's mental control is very much needed to support his appearance when competing. Finding specific individuals and encouraging them to pursue their talents to the fullest is a challenge. Athletes must implement in order to be successful in developing their abilities to a higher level.

Based on the results, it shows that the coach's efforts in managing achievement training during the Covid-19 pandemic based on performance indicators are quite good. Sports achievements cannot be obtained easily and instantly. To achieve achievement in sports requires maximum effort from various parties involved and a long time. Efforts to achieve optimal performance are influenced by the quality of training, while the quality of training is determined by various supporting factors, including: the ability and personality of the coach, facilities and equipment, research results, competitions and athletes' abilities which include talent and motivation, as well as the fulfillment of nutrition and style athlete's life.

CONCLUSION

Based on the results of data analysis and discussion, it can be concluded that (1) the trainer's obstacle in managing archery training in Pati Regency during the Covid-19 pandemic is adaptation related to the use of available technology to support the training process. The form of archery training carried out during the Covid-19 pandemic, the coach used *online* and offline media (face to face). The problem that occurs is the availability of quotas that require a fairly high price to facilitate the need for online training. The quota purchased for internet needs has soared and many parents are not ready to increase the budget in providing internet networks. (2) The efforts of the trainers in managing the archery training of Pati Regency during the Covid-19 pandemic were quite good. Based on the results, it shows that the indicator of the exercise schedule is the highest at 3.00 in the good category, while the lowest indicator is the exercise program at 2.53.

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The Effort of the Trainer in Managing Arrow Training In Pati Regency during the Covid-19 Pandemic

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