

Evaluation of the Implementation of the Physical Program of PT. Ock Athletic Club Phase I in 2024

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Abstract

This research aims to evaluate the Physical Program of PT. OCK Athletic Club Phase I in 2024. The evaluation method used in this research is Context Input Process Product (CIPP) obtained from a qualitative approach and a quantitative approach and explained in descriptive research. The research results show that the basic context and objectives are clear. In terms of the input aspect of the program being implemented, human resources, infrastructure and financial sources are adequate. In the process there were significant obstacles with the training schedule, participant character in body posture, age adjustment, management and organization of the ratio of trainers and participants was not optimal, coaching, more precisely, physical training carried out during that period was aimed at finding out the NAJ results (Final Score Physical) data has been obtained. From the product data, the existing results become a benchmark for Physical Program. PT. OCK Athletic Club Phase I in 2024 to further increase the duties and responsibilities of PT. OCK Athletic Club to improve Physical Program development.

Keywords: *evaluation, CIPP, physical program*

INTRODUCTION

Basically, the activities of PT. OCK Athletic Club provides guidance for physical training, academic and psychological learning to prepare to enter as a member of the TNI, Polri and other civil service schools. One of the programs, namely the Physical Program, is a leading program at PT. OCK Athletic Club which concentrates or focuses on producing ideal and excellent physical and anthropometric abilities (*excellent*) in order to meet the qualification requirements for one of the series of procedures for registering as a member of the TNI, Polri and other civil service schools. In an interview conducted on Wednesday, September 11, 2024 with the founder of PT. OCK Athletic Club, namely AKBP. Ockben Saor Sinaga, SH., M.Si. revealed that the implementation of the Physical Program has been running for 24 years until now, there are many dynamics of changes in the rules and regulations in physical fitness tests or physical tests, both from a series of changing test procedures, the implementation schedule that changes every year, weighting the percentage of values to the use of digital tools to test the physical abilities of participants (candidates) who will register for the TNI, Polri and other civil service schools that are used increasingly modern.

In addition, the level of competition in terms of preparing physical and anthropometric abilities to register as members of the TNI, Polri

and civil service schools is very competitive both individually and in programs in other physical training guidance, therefore PT. OCK Atletik Club always strives to maintain the quality and quantity of guidance results in the Physical Program so that it always remains competitive and tight because the results of the physical fitness test or physical test have measurable values and have norm categories, have projections to meet the standards in order to meet the requirements and achieve good scores on the test when registering as members of the TNI, Polri and other civil service schools.

In other cases, in addition to the results of the physical fitness test or physical test, this is a series of procedural tests in the registration flow to register as a member of the TNI, Polri and civil service schools, it can also be concluded that the results of the scores and their categories can help the cumulative value of both psychological tests, academics and physical fitness tests or physical tests that can determine the final ranking value (Supriyatnak, 2023). Therefore, all aspects that have value must be maximized. This is the focus in terms of one context of the Physical Program in PT. OCK Athletic Club is very substantial. Because it has an impact on the success of the cumulative value in the final ranking.

In the implementation of the PT. OCK Athletic Club Physical Program which took place from August 2024 to March 2025, of course there were many obstacles faced considering that the

process was not short, so an evaluation was needed to identify the quality of performance during the activity in order to increase effectiveness and efficiency so that the PT. OCK Athletic Club Physical Program achieved its goals properly and accurately.

METHOD

The evaluation method used in this study is *Context Input Process Product* (CIPP) from Stufflebeam. This method will identify all components regarding the Evaluation of the Physical Program of PT. OCK Athletic Club Phase I in 2024. The research method used in this study is a descriptive research type, with a qualitative approach and a quantitative approach. Qualitative research is a research method used in natural object conditions, where the researcher is the key instrument, data collection techniques are carried out by triangulation, data analysis is inductive, and research results emphasize meaning rather than generalization (Sugiyono, 2012). Data collection with a qualitative approach is carried out with non-test instruments, namely interviews, observations and documentation. In this study, the researcher used an in-depth interview method (*in depth interview*) to informants who are related to this research (Sugiyono, 2012). The quantitative approach with a physical ability test instrument or physical fitness test with Polri standardization. (Police Headquarters, 2011). Quantitative research aims to describe the variables obtained based on the instruments used. The evaluation method used in this study is *Context Input Process Product* (CIPP) is obtained from qualitative and quantitative approaches and is explained in descriptive research to provide a description and obtain a clear picture and explanation that is useful for answering the formulation of the problem, namely regarding the Evaluation of the PT. OCK Athletic Club Physical Program Phase I in 2024.

RESULTS AND DISCUSSION

A. Context

The results of the evaluation of the context of the implementation of the PT. OCK Athletic Club Physical Program already have a clear basis for implementation

and objectives. Based on the Risk-Based Business Licensing Standard Certificate 12220024721180004, Based on Law Number 6 of 2023 concerning the Stipulation of Government Regulation in Lieu of Law Number 2 of 2022 concerning Job Creation into Law, the Government of the Republic of Indonesia Issues Standard Certificates to Business Actors, Name: PT. OCK Athletic Club, Business Identification Number (NIB): 1222002472118, Address: JL. Swadaya II NO. 16 B, Manggaral Village/Sub-district, Tebet District, South Jakarta City Administration. DKI Jakarta Province, Postal Code 12850, Indonesian Standard Industrial Classification Code (KBLI): 78429- Other Private Job Training.

1. The basis for its implementation in this case, the activities of PT. OCK Athletic Club are Private Job Training (guidance) which focuses on 2 areas:
 - a) Physical Program for physical exercise (12 Minute Run, *Pull Up/Chinning*, *Sit Up*, *Push Up*, *Shuttle Run*, 25 Meter Swimming and Anthropometry) to prepare participants (candidates) to enter as members of the TNI, Polri and other civil service schools
 - b) Academic Program for academic study (Academic Potential Test Material, Mathematics, General Knowledge, Indonesian, English, National Insight Test and Psychology) to prepare participants (candidates) to enter as members of the TNI, Polri and other civil service schools.
2. The purpose of its implementation is to prepare participants (candidates) who will register for the TNI, Polri and superior and competitive civil service schools.
3. In one of the programs that is the basic area of implementation, in this case the context of the discussion is more emphasized on the Physical Program.

B. Input

Input (input) in the implementation of the PT. OCK Athletic Club Physical Program Phase I 2024 in the form of: Programs being implemented, Human Resources, Facilities and Infrastructure, and Funding Sources

1. The programs provided by PT. OCK Athletic Club that are the mainstays are the Physical Program, Academic and Psychology Program, and the Full Package Program. In this case, the Physical Program is in the form of physical training that aims to train the ability to Run 12 Minutes, *Pull Up/Chinning*, *Sit Up*, *Push Up*, *Shuttle Run*, 25 Meter Swimming and Ideal Anthropometry (body posture). Physical fitness test or physical test in Phase I has been carried out and obtained results, the results are NAJ (Final Physical Value). Evaluation is needed to obtain significant progress in Phase II Test.
2. Human resources in this process (PT. OCK Athletic Club Physical Program Phase I 2024) consist of several components, namely:
 - a) The trainers consist of 1 head trainer, 4 physical trainers, 2 swimming trainers and 2 anthropometry experts. The trainers are recruited based on the qualifications of practitioners and academics supported by official licenses based on their fields of expertise.
 - b) Participants, for participants in 2024, 255 people have been confirmed who are still in school (High School or equivalent) and have graduated from school. In this participant, recruitment is based on interests who want to prepare themselves or the process of registering with PT. OCK Athletic Club and choosing the programs provided.
3. Facilities and Infrastructure in the Physical Program of PT. OCK Athletic Club Phase I in 2024 are good. Sports infrastructure means everything that supports the implementation of a process (business or development). In sports, infrastructure is defined as something that facilitates or

facilitates tasks and has a relatively permanent nature (Aulia & Asfar, 2021) in terms of training equipment it is good, in terms of equipment it is good, and from the training place it is good, it can be seen from the time the training process has met the standards of the needs of coaches and participants. The Phase I Test, namely the physical fitness test or physical test, is in accordance with the procedure at the end of October 2024.

4. The source of funds allocated for the PT. OCK Athletic Club Physical Program Phase I in 2024 is private because it is a company secret of PT. OCK Athletic Club.

C. *Process*

In this process stage there are many dynamics that occur, it can be seen that the activity calendar starts from August 2024 to March 2025 or 8 months. The importance of emphasizing active participation in physical training can help accelerate the progress of achieving training results. (Bompa & Buzzichelli, 2015) Physical training is carried out 3 times and 1 swimming practice a week in the active participation training activities of participants who take part in physical training does not fully run according to schedule, due to various conditions of each participant (candidate).

In addition, in this process there are also obstacles faced, such as trainers must train various participant characters in the sense that each individual has a different body posture. Posture involves mechanical considerations, such as body segment alignment, strength, muscle and joint pressure, and the influence of body weight (Suparman et al., 2022) anthropometric forms (body posture) that are not yet ideal, such as overweight or underweight, underweight, abnormalities in X and O leg posture, scoliosis, kyphosis or lordosis spine abnormalities and various other types of postural abnormalities, but if this can be improved and is projected to reach the eligible category, then they may continue to participate in physical training in the Jamani PT. OCK Athletic Club Program.

The implementation of physical training activities in the PT. OCK Athletic Club Physical Program also needs to analyze initial physical abilities based on biological age and chronological age in participating in physical training (sports), which means biological age is the age from birth to the present, and chronological age is the age at which one has begun to recognize and start physical training activities (sports) (Thompson, 2009). This needs to be packaged with good mapping, so that adjustments or adaptations to the provision of physical training programs can be carried out optimally according to that age.

There are other obstacles such as management and organization of the ratio of trainers and participants which are said to be less than optimal, that sports coaching (physical training) which is carried out systematically, diligently and sustainably, is expected to achieve meaningful achievements (Fawaid, 2021), this is due to the factor that in each training group there are those who are still in school (high school or equivalent) and have graduated from school so that adjustments to the training schedule and program during physical training must be adjusted and conditioned (in training sessions not following the full series).

The peak of the physical training process, PT. OCK Athletic Club held a physical fitness test or physical test twice within a period of 8 months. Phase I at the end of October 2024 and Phase II at the end of February 2025. The physical training or Physical Program carried out during this period aims to find out the results of the NAJ (Final Physical Value), this is the provision or initial picture of the participants (candidates) to prepare themselves to enter as members of the TNI, Polri and civil service schools, in the realm of the PT. OCK Athletic Club Jamani Program which can be implemented into the 12 Minute Running ability, *Pull Up/Chinning*, *Sit Up*, *Push Up*, *Shuttle Run*, 25 Meter Swimming and Anthropometry (body posture) with good achievements. (Astuti et al., 2023)

We focus on the implementation of the PT. OCK Athletic Club Phase I Physical Program in 2024, where physical training or the Physical Program has been taking place in August, September and October, meaning that within a period of 3 months, physical training has been carried out and the Phase I Test, namely the physical fitness test or physical test, was carried out at the end of October 2024. Physical fitness tests or physical tests can be a monitoring of the physical condition of participants (candidates) which is very important for improving physical performance, identifying talents, and developing training programs and preventing injuries. Measuring and monitoring different components of physical condition in each participant (candidate) can be achieved objectively (fitness testing). (Doewes et al., 2023). Reviewing these results, an overall evaluation is needed to increase effectiveness and efficiency in order to achieve goals properly and accurately and considering the quality and quantity of guidance results in the PT. OCK Athletic Club Physical Program so that it always remains competitive and tight.

D. Product

In the realization of the implementation of the PT. OCK Athletic Club Physical Program Phase I in 2024, with the gaps that occur in the field, we can obtain the results of this performance, but it does not rule out the possibility that the results obtained will be satisfactory or even less satisfactory, therefore the researcher will provide a description of the data as an explanation as follows:

For the number of participants each year, the Physical Program of PT. OCK Athletic Club Phase I in 2024, the number of participants (candidates) or enthusiasts continues to increase. This increase is evident from the data obtained.



Figure 1. Diagram of the number of participants of PT. OCK Athletic Club, Source: Data from PT. OCK Athletic Club in 2024.

In this case, it can actually be concluded that the trust of participants (candidates) or enthusiasts who follow the PT. OCK Athletic Club Physical Program Phase I in 2024 is good because every year there is an increase in quantity.

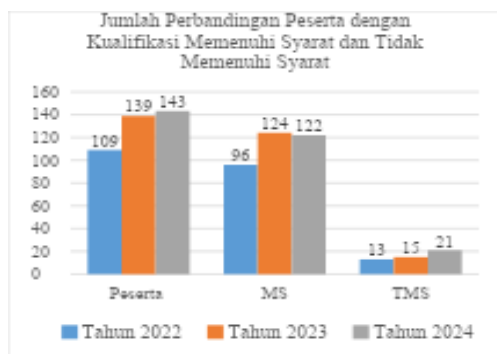


Figure 2. Diagram of the Comparison of the Number of Participants with Qualifications and Not Qualifying, Source: Data from PT. OCK Athletic Club in 2024

In the data comparison results, to provide an overview of the qualifications, it is stated that NAJ (Final Physical Value) with a value of >41 is MS (Qualified) and NAJ (Final Physical Value) with a value of <41 is TMS (Not Qualified). For details related to the 2022 achievement, there were 109 participants with qualifications of 96 MS participants (Qualified) and 13 TMS participants (Not Qualified), continued in 2023 there were 139 participants with qualifications of 124 MS participants (Qualified) and 15 TMS participants (Not Qualified), then in 2024 there were 143 participants with qualifications of 122 MS participants (Qualified) and 21 TMS participants (Not Qualified). If we draw a conclusion in 2024 the level of participants who are TMS (Not Eligible) is very significant, it should be seen from the previous year the results of participants who are TMS (Not Eligible) the ratio is small and not directly proportional to the data obtained in the previous year. Ideally if you want the development of the PT. OCK Athletic Club Physical Program Phase I in 2024 to be said to be good, meaning the level of participants who are TMS (Not Eligible) must be very small or even non-existent if necessary.

Table 1. NAJ (Final Physical Value) result categories each year. Source: PT. OCK Athletic Club Data 2024

Year	Participant	BS (82-100)	B (61-81)	C (41-60)	Q1 (21-40)	K2 (0-20)
2022	109	4	73	19	10	3
2023	132	6	80	31	13	2
2024	143	15	85	22	15	6

Although the qualification results were less than satisfactory due to the large TMS (Not Meeting Requirements) ratio (21 people), in terms of the NAJ category results (Final Physical

Value) obtained is inversely proportional to the previous year. From year to year the quality of progress of the BS and B categories of achievement continues to increase, but in

category C with a value of 41-60, category K1 with a value of 21-40 and category K2 with a value of 0-20 based on existing data becomes the task and responsibility PT. OCK Athletic Club to improve the coaching of the Physical Program better which is reviewed from several existing problems so that the ratio of category C, K1 and K2 values becomes smaller, with the hope of obtaining more BS and B category values.

CONCLUSION

The conclusion illustrates all components regarding the Evaluation of the Physical Program of PT. OCK Athletic Club Phase I in 2024 are:

1. In the training activities, the active participation of participants in physical training did not fully go according to schedule, there were obstacles. from such as trainers must train various participant characters in the sense that each individual has different physical abilities, anthropometric forms (body posture) that are not yet ideal, it is necessary to analyze initial abilities based on biological age and chronological age in participation in physical exercise (sports) can be adjusted, management and organization of the ratio of trainers and participants which is said to be not yet optimal, coaching is carried out within a certain period of time with the aim of finding out the results of the NAJ (Final Physical Value) which is expected to be more optimal and an overall evaluation is needed to increase effectiveness and efficiency in order to achieve goals properly and accurately.
2. Results of the number of participants each year, PT. OCK Athletic Club Physical Program Phase I 2024, the number of participants (candidates) or enthusiasts continues to increase with the achievement in 2022 there were 109 participants with qualifications of 96 MS participants (Eligible) and 13 TMS participants (Not Eligible), continued in 2023 there were 139 participants with qualifications of 124 MS participants (Eligible) and 15 TMS

participants (Not Eligible), then in 2024 there were 143 participants with qualifications of 122 MS participants (Eligible) and 21 TMS participants (Not Eligible), in terms of the results of the NAJ (Final Physical Value) category obtained inversely proportional to the previous year. From year to year the quality progress of BS and B categories achievement continues to increase, however in category C with a value of 41-60, category K1 with a value of 21-40 and category K2 with a value of 0-20 based on existing data it is the duty and responsibility of PT. OCK Athletic Club to improve the coaching of the Physical Program better.

SUGGESTION

The suggestions that researchers can provide to build the achievements of PT. OCK Athletic Club to be better are as follows:

1. The training schedule in PT. OCK Athletic Club's physical training activities must find a solution or be rescheduled to provide a bright spot with the aim of maximizing participation in physical training activities.
2. Regarding the problem of anthropometric form, it must be sorted out properly, providing therapeutic suggestions and improvements during the physical training process to achieve an ideal body posture.
3. Trainers and participants must communicate with each other regarding biological age and chronological age constraints so that the program created by the trainer can be carried out and implemented by the participants in their respective portions.
4. There must be a clear classification regarding participants who are still in school (high school or equivalent) and have graduated so that the management and organization of the ratio of trainers and participants can be arranged properly.
5. Re-schedule all components of the PT. OCK Athletic Club Physical Program Phase I 2024 with the parties involved to solve existing problems or obstacles so that the PT. OCK

Athletic Club Physical Program Phase II 2025 is better.

6. Based on the existing results data, it is a benchmark for the Physical Program of PT. OCK Athletic Club Phase I in 2024 to further improve the duties and responsibilities of PT. OCK Athletic Club to improve the coaching of the Physical Program and in addition, there is a need for awareness from participants and trainers that input or *output*. In this case, it cannot be separated from good cooperation to obtain maximum, even significant, results.

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