

## The Sustainability of Sport-Specific Class in Senior High School 4 of Tegal City

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**Abstract.** The main objectives of research were to understand and to analyze 1) the sustainability of sport-specific class in the 4<sup>th</sup> Public Senior High School (SMA N 4) of Tegal City. This study was a qualitative research with descriptive approach. Data was collected through observation, document analysis, and interview. The results of research were as follows. 1) Sport-specific class was active during 2013-2016 and closed in the fourth year in 2016/2017. Considering the result of research, it could be concluded that sport-specific class has run poorly with some achievements running fairly well for 3 years with after-school achievement building conducted, but it was closed in the 4<sup>th</sup> year due to limited fund and policy changed by the government.

**Keywords:** Class, sport, achievement

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### A. INTRODUCTION

The school is an institution designed for teaching students/students under the supervision of a teacher. In (Law No. 20 of 2003 concerning the National Education System) explained the notion of education is a conscious and planned effort that is incorporated into the goals of national education and education in primary schools, namely, to realize the learning atmosphere and the process of learning activities with the aim that students actively develop his potential to have religious spiritual strength, self-control, personality, intelligence, noble character, and skills needed by himself and society, in the nation and state.

The learning process will be more effective if supported by adequate conditions of facilities and infrastructure, reliable resources and excellent health conditions of students. Improving student health conditions can be supported by several activities, including through regular and correct sports activities. Activities that are more directed to

the learning process have been carried out in schools through programs contained in the curriculum of sports and health physical education subjects.

With the holding of special sports classes in areas ranging from junior high school to high school, the government expects athletes who excel at the city and regency level to develop and achieve maximum performance and become seeds that can be raised but achievement in sports and academics must support each other not happens to an imbalance in achievement. Students' interests or talents can be directed and produce one maximum achievement. Good management, management, and coaching in the classroom especially this exercise will greatly help the regional athlete nursery. Schools that hold sports class programs have activities that are so complex since the planning process that includes the formation of Sports Special Class committees, the selection of candidates for sports classes, curriculum making, the determination

of qualified educators, and the preparation of adequate facilities and infrastructures. well so that the purpose of holding a sports class program can be achieved effectively and efficiently. In the city of Tegal in 2013 the first sports class in Senior High School (SMA N 4) of Tegal City was started which is believed to hold special sports classes because it has more achievements in the field of sports compared to the high schools in Tegal City, it became one of the reasons why Senior High School (SMA N 4) of Tegal City was held Special Sports Class.

In its implementation, approximately 3 years of sports class at Senior High School (SMA N 4) of Tegal City had some improvement in achievement, but in the implementation it also had obstacles so that it was not in accordance with what they wanted, by looking at the decreasing achievements and not receiving more students in special sports classes because of the closing of the program. sports class from the government. Therefore, this research needs to be carried out to find out how to manage sports class programs in Tegal City and the reasons for the closure of sports classes

## **B. THEORITICAL**

### **1. Sports Achievement Development**

Achievements according to KBBI are the results that have been achieved from what has been done, done, and so on. High achievement is a dream or goal for every athlete involved in sports. The reality shows that the achievements achieved by representatives of a country will bring the name of the country and the athletes in it and the coach who handles it. To achieve these achievement goals is not an easy job,

because it requires a long time, a large source of funds and adequate infrastructure. Coaching is an effort to act activities that are carried out efficiently and successfully to improve or obtain better results (A. Mangunhardjana, 1989: 134). Sajoto (1988: 10) argues that "to achieve an achievement in sports, it is an effort that must really be reckoned with a coaching effort, through an early nursery, and an increase through a scientific approach to the related sciences".

### **2. Coaching Sports Performance in Special Sports Classes**

According to Agus Mahendra (2010), a sports class is a coaching model implemented in the target school that involves a group of students who are identified as "talented" sports (having sports excellence) within the scope of schooling. In the guidebook for the implementation of sports classes at the Directorate General of Primary and Secondary Education Management (2010: 4), it is explained that sports classes are co-curricular activities that are expected to increase interest and channel students' talents to become potential athletes in the future.

## **C. METHOD**

This research was conducted at Senior High School (SMA N 4) of Tegal City. This research is a qualitative research and is presented in a descriptive approach. Data is collected by observing, analyzing documents and interviews.

## **D. RESULT AND DISCUSSION**

### **1. Sport Class Program**

A Sport-specific class is a program aiming to improve and to produce high-performing young fledglings in sport field. Sport class activity at Senior High School level is

an activity of creating sport class as a means of developing students' potency in sport field. Sport-specific class in Senior High School 4 has begun in 2013 with the release of Tegal City Government's Decree number 422.1/019 assigning the 4<sup>th</sup> Public Senior High School (SMA N 4) as the organizer of sport class program in Tegal City.

The development and the increasing number of Junior High School athletes interested in being enrolled in sport class enable the Sport class to attract the Junior High School

students' interest successfully in Tegal City and surrounding. In the second and third years, the sport class in Senior High School 4 was on its glory because it became the champion of local student sport week in Tegal City and represented the city in the competition at residency and even province levels. This good achievement makes Senior High School 4 of Tegal City increasingly inherent to its sport class and even called athlete school by surrounding people. The achievement of sport class in local sport week is presented below.

Table 1. The achievement of Sport-Specific Class

School Year	MEDAL			Note
	I	II	III	
2013/2014	14	8	12	Runner Up
2014/2015	20	8	8	Overall Champion
2015/2016	19	6	11	Overall Champion

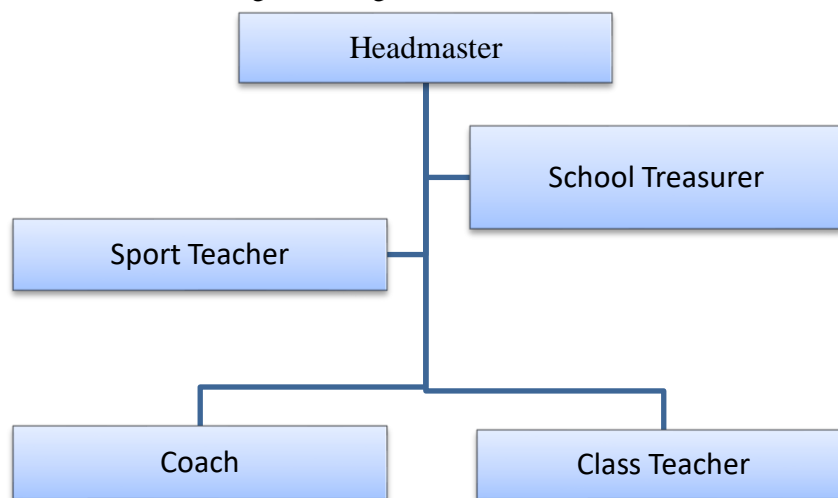
Sport class has one class in each generation, consisting of 30-36 students annually. This number is much smaller compared with many sport branches existing in a sport class including soccer, futsal, volley ball, basket table tennis, field tennis, swimming and some other sport branches. With those many sport branches, Senior High School 4 of Tegal City collaborated with practicing club/center existing in Tegal City to entrust the sport class students in routine practicing process using facilities provided by the SMA (Senior High School) and Tegal City government to support the process of practicing sport class students/athletes.

The sport class could not hold out in its peak achievement period because of the closing of sport class in Senior High School 4 of Tegal City rather than its decreased achievement

in the 4<sup>th</sup> years of its establishment, exactly in the school year of 2016/2017 in which this school no longer admitted students in sport-specific class and automatically the students remained in sport class were transferred into regular class with Social Science major. The closing was conducted by the school because of limited fund deriving from government inconsistent with the sport class's need due to the change of regulation or policy about the transfer of supervisory and responsibility authority for senior high schools from city education service to provincial education service in 2016/2017.

The sport-specific class in Senior High School 4 of Tegal City has organizational system not much different from that in other schools in general, in which Headmaster is the supreme ruler or the responsible one as shown in the figure below.

Figure 1. Organizational Structure



It is as suggested by Mr. Supriyono:

“Sport class system is governed by the school itself and all of decisions are made by headmaster as the supreme ruler, and the financial affairs are dealt with by school treasurer”.

The system in sport-specific class is similar to that in regular class, the difference lies on the one controlling students, in which students are controlled by the coaches out of the class or during practicing.

## 2. Achievement Building

In sport-specific class in Senior High School 4 of Tegal City, achievement building is conducted in the evening after the students have attended the lesson hour completely and on Saturday or Sunday. All activities in achievement building in sport-specific class are conducted by coaches, as specified by local-level standardized or licensed school to support the activities in this achievement building process.

The activity conducted in sport class is similar to that in regular class, the difference lies in the after-school activity, in which the sport class students attend the practice program in the evening distinguished into several different

extracurricular activities at different time and with different coaches. In sport class, all athletes attend collective physical exercise obligatorily once a week.

The coaches of sport-specific class consist of one physical coach and 5 sport branch coaches contracted directly/engaged with in sport-specific class including futsal, soccer, basket, volley ball, swimming, and field tennis coaches. In addition to those five sport branches, the school also cooperates with the clubs existing in Tegal City. It is in line with Mr. Supriyono stating that:

“There are only 6 coaches contracted directly by SMA N 4: 1 physical and 5 sport branch coaches for basket, volleyball, soccer, futsal, and field tennis, while the rests attend the clubs existing in Tegal with fund deriving from the school as long as the students are enrolled in the sport class”.

In KKO, the material number in sport learning is larger than that in regular class; therefore there is an addition of learning hour more than that in regular class in rescheduling. It is suggested by Mrs. Gandes:

“The form of KKO schedule is similar to that in regular class, but

there is an addition of lesson hour for evening and weekend sport”.

The learning activity for sport-specific class is implemented after the learning hour of regular class has been completed. It consists of 8 lesson hours a week and is conducted in 2 meeting a week, added with 2 lesson hours in 1 meeting (regular class sport subject) and 2 physical building hours weekly conducted collective in the weekend.

### E. CONCLUSION

The conclusions of research are as follows:

1. Sport-specific class lasts for 3 school year period: 2013-2016 with several fairly good achievements. However, in the 4<sup>th</sup> period, the sport-specific class no longer admitted students, because of limited fund inconsistent with the sport class's need and the change of government policy transferring the supervision and responsibility for Senior High School from City Education Service to Provincial Education Service in 2016/2017.
2. Achievement building system is conducted in the evening using infrastructure existing and there are 5 coaches practicing respective sport branches.

From the conclusions above, the author recommends:

1. Government to reactivate the sport-specific class in order to be good building program at student levels.
2. Government to be more prepared for building sport class, in the term of budget, infrastructure and coach resources.

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