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Author Name(s): Puja Sri Syahfitri, Padi Padli, Sri Gusti Handayani, Nuridin Widya Pranoto

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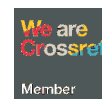
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Assessment of the gymnastics coaching and educational development program



Puja Sri Syahfitri¹, Padi Padli^{2*}, Sri Gusti Handayani¹, Nuridin Widya Pranoto³

¹ Department of Sports Education, Universitas Negeri Padang, Padang, Indonesia

² Department of Sports Coaching, Universitas Negeri Padang, Padang, Indonesia

³ Department of Sports Science, Universitas Negeri Padang, Padang, Indonesia

ABSTRACT

This study aims to evaluate the effectiveness of the gymnastics coaching program in Pekanbaru City using the CIPP (Context, Input, Process, Product) evaluation model. Employing a qualitative descriptive approach, data were collected through interviews, observations, and documentation. Informants selected via purposive sampling included KONI officials, coaches, and athletes. Data were analyzed using triangulation to ensure validity. The findings reveal that while the program aligns with local sports policies and continues to operate, several critical challenges hinder its sustainability. In the context dimension, the program lacks long-term strategic planning and regular competition opportunities. From the input perspective, issues include outdated training facilities, insufficient funding, and weak coach regeneration. The process evaluation indicates the absence of systematic performance monitoring and limited coordination among key institutions. Lastly, the product dimension shows that although some athletes have achieved success, the lack of structured regeneration systems jeopardizes long-term outcomes. These results suggest the need for strategic improvements, including increased funding, upgraded infrastructure, structured talent development, and enhanced institutional collaboration. The study contributes a comprehensive, model-based evaluation framework that can inform future efforts in regional sports program development across Indonesia.

Keywords:

Gymnastics
Development
Evaluation
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Corresponding Author:

Padli Padli,
Universitas Negeri Padang
Email: padli85@fik.unp.ac.id

Introduction

Sports play a vital role in human development, not only in terms of physical fitness but also in fostering discipline, teamwork, and character building (Bakhtiar et al., 2023). In many societies, sports serve as a medium for promoting healthy lifestyles, building social cohesion, and nurturing resilience, especially among the youth. Among various sports disciplines, gymnastics stands out due to its unique combination of strength, flexibility, balance, and artistry. This sport not only enhances physical capabilities but also instills values such as perseverance and concentration, making it a critical element in holistic athletic training and youth development (Welis et al., 2023).

In Indonesia, the long-term athlete development model is increasingly recognized as essential for producing world-class athletes. This model emphasizes early talent identification, systematic training, and structured progression from grassroots to elite performance levels (Wisaka et al., 2023). The success of this approach relies on sustainable and well-organized coaching programs supported by adequate facilities, skilled personnel, and effective management. Unfortunately, many regional sports programs in Indonesia still struggle with limited resources, inconsistent planning,

and insufficient institutional coordination, which undermine the potential of promising athletes (Siregar et al., 2024).

Pekanbaru, the capital city of Riau Province, has demonstrated potential in gymnastics, as evidenced by its athletes' participation in prestigious competitions such as the National Sports Week (Khasanah et al., 2024). However, despite these achievements, the local gymnastics coaching program faces persistent challenges. These include inadequate facilities, limited funding, lack of structured regeneration for both athletes and coaches, and poor coordination among key stakeholders such as KONI (National Sports Committee of Indonesia), Dispora (Youth and Sports Agency), and local clubs. These obstacles hinder the city's ability to nurture and sustain a competitive gymnastics talent pool.

Previous studies on gymnastics development in Indonesia have highlighted similar issues, especially in resource-constrained regions. For instance, research by (He et al., 2018; Khudolii, 2019) revealed that many regional sports programs lack strategic planning and rely heavily on short-term responses rather than long-term development frameworks. Other studies, such as those by (Temürçi et al., 2020; Vargas et al., 2021), have emphasized the crucial role of adequate infrastructure and systematic coaching in ensuring athlete performance and continuity. However, most of these studies have focused on larger urban centers or national-level initiatives, with limited attention given to mid-sized cities like Pekanbaru.

The novelty of this research lies in its focused evaluation of a local gymnastics coaching program using the CIPP (Context, Input, Process, Product) evaluation model. Unlike previous studies that primarily examine outcomes or infrastructure in isolation, this study provides a comprehensive and structured analysis of the program's strengths and weaknesses. It integrates stakeholder perspectives, institutional practices, and practical challenges within a unified evaluation framework, offering both diagnostic insights and actionable recommendations (Sepriani et al., 2024). This approach not only addresses existing gaps in regional sports development literature but also contributes a replicable model for evaluating other sports programs across Indonesia.

Therefore, this study aims to assess the effectiveness of the gymnastics coaching program in Pekanbaru using the CIPP model, with a focus on identifying existing barriers and proposing solutions for improvement. By analyzing the program through four dimensions context, input, process, and product this research seeks to inform policy-makers, sports administrators, and coaching staff about key areas that need attention to enhance the sustainability and quality of athlete development. The findings are expected to support more strategic, inclusive, and data-driven efforts in advancing gymnastics at the local and regional levels (Kılıç, 2019; Kılıç et al., 2024).

While sports play a crucial role in promoting physical health, social cohesion, and character development, gymnastics stands out due to its emphasis on strength, flexibility, discipline, and focus (Ambrose, 2021; Artemyeva & Moshenska, 2018; Tanasă et al., 2024). In Indonesia, the implementation of a long-term athlete development model has been recognized as essential for nurturing future champions through structured training, early talent identification, and sustainable coaching systems (Bento-Soares & Schiavon, 2023; Nassib et al., 2020; Örs, 2021; Tustianti et al., 2019). However, many regional programs including those in mid-sized cities like Pekanbaru continue to face persistent challenges such as inadequate infrastructure, limited funding, and poor institutional coordination. Despite some competitive success, Pekanbaru's gymnastics program lacks a comprehensive development framework to ensure long-term athlete and coach regeneration. Addressing these gaps requires a systematic evaluation of existing efforts. Therefore, this study applies the CIPP (Context, Input, Process, Product) evaluation model to assess the effectiveness of Pekanbaru's gymnastics coaching program, with the aim of identifying barriers and proposing actionable strategies for improvement (Gantcheva et al., 2021; Patel et al., 2021; Potdevin et al., 2018; Ramos et al., 2019).

Methods

This study employed a qualitative research approach using the CIPP (Context, Input, Process, Product) evaluation model to assess the effectiveness of the gymnastics coaching program in Pekanbaru. The CIPP model was chosen to provide a comprehensive evaluation framework, covering the relevance of the program's context, adequacy of inputs, quality of implementation processes, and the extent to which desired outcomes have been achieved. The research was conducted at the gymnastics coaching center in Pekanbaru between December 2024 and January 2025. Data collection methods included in-depth interviews, direct observation, and document analysis to gain a holistic understanding of the program's structure and effectiveness.

Participants in this study were selected using purposive sampling and included key stakeholders such as KONI officials, gymnastics coaches, and athletes actively involved in the program. Interviews were conducted to explore their perspectives on the implementation and outcomes of the coaching program. Observations were used to examine training practices and the conditions of facilities, while document analysis provided additional insight into planning, funding, and performance data. Data were analyzed using descriptive qualitative techniques involving data reduction, data display, and conclusion drawing, with triangulation applied to enhance the validity and reliability of the findings.

This study employed a qualitative descriptive approach using the CIPP (Context, Input, Process, Product) evaluation model to assess the effectiveness of the gymnastics coaching program in Pekanbaru. The research was conducted from December 2024 to January 2025 at the city's main gymnastics training center. Data were collected through in-depth interviews, direct observations, and document analysis to obtain a comprehensive understanding of the program. A total of nine informants were selected through purposive sampling, including two KONI officials, three experienced gymnastics coaches, and four active athletes aged 14–18. Interview questions were designed to explore stakeholders' insights on planning, implementation, and outcomes of the coaching program. Observations focused on training activities, coaching practices, and facility conditions, while document analysis reviewed planning reports, funding records, and athlete performance data. Thematic analysis was applied by manually coding the data and organizing findings into categories aligned with the four CIPP components. Triangulation was conducted through cross-verification of information obtained from different sources and methods to enhance the credibility and reliability of the findings.

Results And Discussion

This study aimed to evaluate the gymnastics coaching program in Pekanbaru using the CIPP (Context, Input, Process, Product) evaluation model. The analysis involved coaches, athletes, and sports stakeholders to assess the effectiveness and quality of the program. The findings are presented in the following tables with comprehensive explanations.

Table 1. Evaluation of the Gymnastics Coaching Program Using the CIPP Model

| Component | Category | Score (Mean) | Criteria Description |
|-----------|-----------|--------------|---|
| Context | Very Good | 88.89 | Vision, mission, and program objectives are in line with needs. |
| Input | Good | 79.64 | Facilities, infrastructure, human resources are adequate. |
| Process | Good | 77.41 | Implementation follows a structured coaching process. |
| Product | Good | 76.85 | Achievement outcomes are in line with set goals. |

The evaluation of the gymnastics coaching program using the CIPP model revealed that the context component scored the highest, with a mean of 88.89, which falls into the "very good" category. This indicates that the program's goals and planning are highly relevant and well-aligned

with the developmental needs of athletes in Pekanbaru. The input component received a score of 79.64, categorized as "good," suggesting that while the facilities, equipment, and availability of qualified coaches are generally sufficient, there is still room for improvement in terms of resource quality and availability. The process component attained a score of 77.41, also in the "good" category, indicating that the coaching process, including training methods and athlete development, is implemented in a structured manner, although certain aspects still require enhancement. Finally, the product component scored 76.85, which is again categorized as "good." This demonstrates that the program has achieved most of its intended outcomes, particularly in improving athlete performance and increasing participation in competitions, though further systematic follow-up is needed to ensure sustainable long-term results.

Table 2. Evaluation Results Based on CIPP (Context, Input, Process, Product) Model

| CIPP Component | Findings | Identified Challenges |
|----------------|--|--|
| Context | Pekanbaru has produced national-level gymnasts. | No structured system for athlete and coach regeneration. |
| Input | Existence of human resources (athletes, coaches), institutional support from KONI and Dispora. | Limited training facilities, outdated equipment, and weak funding. |
| Process | Training is conducted regularly by dedicated coaches. | Lack of coordination between KONI, Dispora, and clubs; absence of clear development plans. |
| Product | Athletes still compete in various events; some achieve good results. | Program continuity is uncertain due to lack of systematic regeneration and development. |

Based on the CIPP model evaluation, the gymnastics coaching program in Pekanbaru is found to be running but constrained by several structural weaknesses. In the context component, although there is historical success at the national level, there is no structured regeneration process for athletes and coaches. From the input aspect, the availability of human resources is not matched by adequate facilities and financial support. The process evaluation reveals that regular training exists but lacks integrated planning and collaboration among institutions. As for the product, while some athletes continue to achieve results, the absence of a long-term system threatens the sustainability of the program.

Table 3. Stakeholder Perspectives on Program Implementation

| Stakeholder | Observed Roles | Expressed Concerns |
|----------------|--|--|
| KONI Officials | Provide general support and oversight. | Need stronger institutional synergy and stable funding mechanisms. |
| Coaches | Actively train athletes despite constraints. | Require professional development and facility improvement. |
| Athletes | Participate in training and competitions. | Concerned about safety and quality of training environments. |

Interviews with stakeholders provide deeper insights into the program's operational challenges. KONI officials recognize the importance of the program but emphasize the need for better coordination and more consistent funding. Coaches are dedicated to developing athletes, yet feel limited by a lack of professional development opportunities and poor training infrastructure. Athletes express motivation to compete but are worried about their safety and the lack of proper equipment. These concerns reflect broader systemic issues that require collaborative efforts to ensure the future growth and safety of gymnastics coaching in Pekanbaru.

The overall implementation of the gymnastics coaching program in Pekanbaru is categorized as "Good" based on the evaluation using the CIPP model. The program's main strengths lie in its

contextual alignment and well-structured design, which demonstrate a clear understanding of the developmental needs of athletes. However, the input and process components require targeted improvements, particularly in areas such as upgrading training equipment, enhancing systematic monitoring of training activities, and conducting regular evaluations. Although the product component shows that athlete achievements are progressing, more structured follow-up actions and performance reviews are needed to support sustainable long-term development. These findings suggest that while the foundational structure of the gymnastics coaching program is solid, continuous efforts in quality improvement and strategic investment are essential to ensure optimal outcomes and sustained athlete growth.

Discussion

The evaluation of the gymnastics coaching program in Pekanbaru using the CIPP model revealed several key findings. The context component showed that the program aligns well with existing policies and is supported by institutions such as the local sports authority (Dispora), KONI, and PERSANI. However, while policies are in place, their implementation is hindered by limited facilities and funding. The absence of structured long-term strategies and a lack of local competitions further weaken the program's impact, as athletes have fewer opportunities to apply their skills in competitive settings (Hambali et al., 2021; Mulyanto et al., 2024).

Regarding the input, the selection process for athletes is relatively transparent and involves key stakeholders. However, challenges remain, particularly in the regeneration of coaches and the inadequacy of training facilities. Many pieces of equipment are outdated, which affects training quality and increases the risk of injury. Funding issues also persist, as current financial resources are insufficient to cover essential needs such as athlete nutrition, competition transportation, and equipment upgrades. These shortcomings are consistent with previous research in similar contexts (Faisal et al., 2023).

The process evaluation found that although periodization principles are applied in training, there is no clear evaluation system for tracking athlete development. The lack of structured performance monitoring and limited competitive exposure restrict athletes' growth. Without regular competitions, athletes struggle to develop mental resilience and technical consistency, which are critical for high-level performance. This also impacts their readiness for regional and national competitions (Hambali et al., 2021).

The product component indicates that while the program has produced several successful athletes, the lack of a systematic regeneration system and limited competition opportunities hinder long-term sustainability. Without a pipeline of younger athletes and new coaches, the success of the current generation cannot be guaranteed. This finding aligns with previous studies emphasizing the importance of structured succession planning in sports development (Risman et al., 2023).

To address these challenges, several strategic steps are necessary. These include increasing funding allocation, improving training infrastructure, establishing a clear system for talent and coach regeneration, and expanding the number of local competitions (Faisal et al., 2023; Jufrianis et al., 2021). Collaboration among government agencies, sports organizations, and private stakeholders is essential to support long-term development. By implementing a more systematic and integrated approach, Pekanbaru has the potential to enhance the effectiveness and sustainability of its gymnastics coaching program and produce athletes who can compete successfully at the national and international levels (Erol, 2022; Madić et al., 2018; Vangrunderbeek et al., 2022; Wilczyńska et al., 2021).

The evaluation of the gymnastics coaching program in Pekanbaru using the CIPP model reveals interconnected weaknesses that collectively hinder the program's long-term sustainability. Although policies are in place and supported by key institutions, limited funding and outdated facilities (input) negatively affect the training process, leading to inadequate athlete monitoring and development (process), which in turn results in inconsistent performance outcomes and weak athlete regeneration (product). The lack of a structured system for coach development further

exacerbates this issue, suggesting that the problem is not isolated but systemic (Ávalos et al., 2020; Bobo-Arce et al., 2021; Farana et al., 2023; Kerr et al., 2019). These findings underscore the importance of integrating policy, resource planning, and performance evaluation within a unified development framework. Academically, the study highlights the relevance of using the CIPP model not only as an evaluative tool but also as a diagnostic lens to identify root causes of stagnation in local sports programs. Practically, the results point to four strategic priorities: (1) strengthening inter-agency governance and planning, (2) increasing investment in facilities and athlete support services, (3) developing structured pathways for athlete and coach regeneration, and (4) expanding regular competitive opportunities. By addressing these interconnected areas, Pekanbaru can move toward a more effective, resilient, and future-oriented gymnastics development system.

Conclusion

Based on the findings of this study, it can be concluded that the gymnastics coaching program in Pekanbaru has been implemented with a solid foundation, particularly in terms of policy alignment and stakeholder involvement. However, the program still faces significant challenges that hinder its long-term effectiveness and sustainability, including limited infrastructure, insufficient funding, weak coach and athlete regeneration systems, and a lack of regular competitions. These issues must be addressed through strategic improvements to ensure that the program achieves its intended goals of developing high-performing athletes in a structured and sustainable manner. This conclusion aligns with the research objective of evaluating the effectiveness of the gymnastics coaching program using the CIPP model and identifying key areas for improvement to enhance the quality and continuity of athlete development in Pekanbaru.

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