

## Evaluation of The Physical Training Program of Table Tennis Clubs in Bengkulu City

Al Ilham<sup>1</sup>, Muhammad Faisal Lutfi Amri<sup>2</sup>, June Isnanto<sup>3</sup>, Sulasikin Sahdi Kadir<sup>4</sup>  
<sup>1,2,3,4</sup> Universitas Mercu Buana, Indonesia

Email: [alilham@ung.ac.id](mailto:alilham@ung.ac.id), [muhfaisallutfi@ung.ac.id](mailto:muhfaisallutfi@ung.ac.id), [Sulasikin@ung.ac.id](mailto:Sulasikin@ung.ac.id),  
[juni.isnanto.8@ung.ac.id](mailto:juni.isnanto.8@ung.ac.id)

\*Correspondence: [alilham@ung.ac.id](mailto:alilham@ung.ac.id)

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### KEYWORDS

Program Evaluation;  
Physical Exercise  
Program; Table Tennis  
Coaching Club.

### ABSTRACT

The problem in this study is that athletes always experience fatigue when competing in national events, which is due to their poor physical condition. The goal in this study was to evaluate the physical exercise program of coaching table tennis clubs. This research was conducted at a table tennis club in the city of Bengkulu. This type of research is qualitative research with the CIPP method through qualitative approach. CIPP consists of four stages, namely: Context, Input, Process, Product. Data were obtained through observations, questionnaires, interviews and documentation studies. This study uses a non-statistical qualitative analysis method, where the data reduction component, and data presentation are carried out in conjunction with the data collection process after being collected, the three components are analyzed (data reduction, data presentation, conclusion drawing) interact. The results of this study show that (1) The process of eligibility and qualification mechanisms for coaches and athletes of table tennis clubs in Bengkulu City includes PTM. Fortifications, PTM. Post, PTM. Tebeng is already relatively decent. (2) The implementation of the physical training program has not been running well, in the coach and athlete sectors. (3) The facilities and infrastructure owned by table tennis clubs in Bengkulu City are still categorized as not good because they are only PTM. Posts that have adjusted facilities and infrastructure according to PTMSI standards while PTM. Fortifications and NCDs. Tebeng still needs to be fixed.



### Introduction

According to Jimbaw, the coach of the Chinese table tennis team 1992 (Kertamanah 2003:45) said that the higher the quality of techniques that an athlete must master, the greater the physical needs needed. Likewise, the quality of the tournament that will be participated in, the more difficult the physical condition that an athlete needs to achieve achievements in the championships he participates in. There is no denying that

the Chinese team (both the men's team and the women's team) has always dominated the table tennis championships, and it is not unusual for them to become world champions.

In Bengkulu City, there have been many table tennis clubs that carry out achievement coaching from an early age, adolescence, to adulthood, including clubs that will be the place of the author's research, namely PTM (Table Tennis Association) Benteng, PTM (Table Tennis Association) Post, and PTM (Table Tennis Union) Tebeng. Many athletes who excel in this club are even very dominating in the Bengkulu Province championships and are always athletes from PTM Benteng, PTM Pos and PTM Tebeng who represent Bengkulu Province at the national level such as: O2SN (National Student Sports Olympiad), POMNAS (National Student Sports Week), and PON (National Sports Week).

However, the achievements of athletes assisted by PTM Benteng, PTM Pos, and PTM Tebeng who have always dominated the Bengkulu Provincial Championships are inversely proportional to the achievements they have achieved at the national level. Athletes who are representatives of Bengkulu Province only as a complement to the national event there are only two athletes who are able to reach the round of eight or the finals, namely Al Ikhwan (PTM. Post) and Nanda Gustian (PTM. Fort) i.e. during the O2SN in 2008 and 2010. The proud thing that was achieved was that the athlete was able to win 1st place in the individual male cadet at the 2012 Liga Kasih Bangsa open championship held in Bali Province which was attended by world athletes. Unfortunately, the athlete did not make the club or his region proud because he represented his new club, namely the Ragunan Jakarta club, which had only been training for six months there. However, this is one of the empirical facts that illustrates the low achievements of club-assisted athletes in Bengkulu City. Of course this is a problem for all of us, so the question arises what is wrong with the achievements of athletes in the Bengkulu city achievement coaching club at this time. Perhaps many factors caused the problem.

The head coach of the athletes representing Bengkulu Province at national events such as O2SN, POMNAS, National Championships (Kejurnas) and PON explained the main factors that resulted in the Bengkulu Contingent always failing in national events due to physical fitness problems, because the time span of the competition was very dense so that athletes were exhausted and unable to break through the preliminary rounds and follow the next phase. Based on the above problems, that the achievement coaching aspect will not be separated from the implementation of its training program. According to Harsono (2007:43) "*training or training* is a systematic training process that is carried out repeatedly, which is increasing every day the number of training loads is increasing". Meanwhile, physical condition is a unit of components that cannot be separated casually, both in addition and maintenance (Yuyun Yudianta, 2012: 19).

ANTARA News reported that national table tennis player Muhammad Husein failed at the XXV Laos SEA Games due to a lack of training program. According to Husein, who was interviewed by ANTARA News " He and several other table tennis athletes were part of the training flashlight (TC) in china for about 10 months, but there they did not get the coach's guidance in total. That's because they are trained by coaches who share their concentration with the athletes they coach at the club. Therefore, Husein's achievements, who had won gold at the 2005 SEA Games and 2007 silver in the men's individual category, were very embarrassing, namely not qualifying in the preliminary round.

The definition of evaluation according to Djali, Mulyono and Ramli (2000) that evaluation as a process of assessing something based on predetermined objective

standards then a decision is made on the object being evaluated. Meanwhile, according to Wirawan (2006: 23) Evaluation is the process of collecting and presenting information about the evaluation object, assessing it with evaluation standards and the results are used to make decisions regarding the evaluation object. From the definition of evaluation put forward by several experts above, it can be concluded that evaluation is the application of systematic scientific procedures for assessing designs, further presenting information in order to make decisions on the implementation and effectiveness of a program. In conducting an evaluation, it must use one of the models that will be used in the evaluation process. According to Widoyoko (2009: 173) there are several models that are popular and widely used as strategies or guidelines in the implementation of program evaluation, namely: 1) Kirkpatrick Model Evaluation, 2) CIPP Model Evaluation, 3) Wheel Model Evaluation, 4) Provus Model Evaluation (*Discrepancy Model*), 5) Stake Model Evaluation (*Countenance Model*), 6) Brinkerhoff Model Evaluation. From several evaluation models mentioned earlier, researchers want to use the CIPP model, which according to researchers this model will be able to help in drawing conclusions and can overcome problems to find out the causes and can help find solutions.

## **Research Methods**

In accordance with the goal to be achieved, namely to evaluate the physical training program of table tennis clubs in the city of Bengkulu using the CIPP model, this study is a qualitative research. Through this research, it can be seen how the physical training program of table tennis clubs in the city of Bengkulu. The research was conducted in the city of Bengkulu, namely in the table tennis hall of tebeng, fortress and post. According to Spardley in Sugiyono (2009: 298) "samples in qualitative research are not named respondents, but as resource persons, or participants, informants, friends and teachers in the study".

Informant retrieval is based on snowball sampling techniques. According to Sugiyono (2012: 219) "snowball sampling is a sampling technique for data sources that were initially small in number, eventually becoming large. This is done because from the small number of data sources it has not been able to provide satisfactory data, so look for other people who can be used as data sources.

### **Data Collection Techniques and Procedures;**

There are four techniques and procedures for data collection in this study: Observation, Questionnaire, Interview and Documentation.

### **Data Analysis Techniques**

The data analysis technique used in the evaluation of the physical training program of the table tennis club in Bengkulu City is a qualitative technique. This study uses a skin analysis method, where the data reduction components and data presentation are carried out in conjunction with the data collection process, after being collected, the three components are analyzed (data reduction, data presentation and conclusion drawing) interact. This is to answer the research problem. by Sudarwan (2002:27) is as follows:

1. Data reduction: with the condition that the data obtained from the field is in unlimited quantities, so that the researcher needs to reduce it. It is intended only for the main points of the themes that are relevant to the focus of the research.
2. Data presentation : is the presentation of data in the form of a brief description, with charts, diagrams related to categories and the like. The purpose of presenting data is to make it easier to understand what is happening in the field and plan the next work

based on what has been understood and allow the research data not to be mixed with a number of unprocessed data.

3. Drawing conclusions and verification, is to look for patterns of themes or things that often appear so that a conclusion is obtained, which is getting clearer and clearer as more and more data is obtained.

4. Data Validity Checker

In order to ensure the accuracy of the data, the researcher will carry out the validity of the data. Incorrect data will result in the drawing of incorrect conclusions, and vice versa, legitimate data will produce the correct conclusions of the research results. Alwasilah in Bachri (2010:54) explains that "the challenge for any kind of research is ultimately the realization of the production of valid, valid, correct and ethical science". Truth or validity must be perceived as a demand consisting of three things according to Alwasilah (in Bachri, 2010:54) "namely: 1) descriptive, 2) interpretation, and 3) theory in qualitative research". To establish the validity of the data requires a checking technique. The implementation of data inspection techniques is based on a number of certain criteria. According to Bachri (2010:55) there are 4 (four), namely; 1) Degree of trust (credibility), 2) Transferability (transferability), 3) Dependence (dependability), 4) Certainty (confirmability)

## **Results and Discussions**

### **Description of Table Tennis Clubs in Bengkulu City**

It is shaded by table tennis athletes from early childhood to adulthood with a variety of clubs, namely PTM. Benteng, PTM Pos, and PTM Tebeng. As the parent organization of table tennis sports and carry out table tennis sports coaching in Bengkulu City by producing outstanding athletes so that they can make Bengkulu Province proud at national events later.

An achievement will not be optimal except in the presence of practice. Exercise is an activity or training activity that is carried out repeatedly, systematically, planning with increasing weights (Suharno HP. 1985: 27). The main goal in practice is to improve the achievements. According to Bompa (1990:6-8) the purpose of training is 1) To achieve and expand physical development as a whole, 2) To guarantee and improve special physical development as a predetermined need in sports practice, 3) To polish and perfect the chosen sports techniques, 4) Improve and perfect strategies that are important and can be obtained by learning the opponent's technique, 5) Instilling the quality of willpower, 6) Guaranteeing and securing the readiness of the team automatically, 7) To maintain the healthy state of each athlete, 8) To prevent injuries and 9) To increase the knowledge of each athlete.

Table tennis clubs in Bengkulu City carry out training based on a schedule prepared by the coach without any training programs, both short-, medium-term, and long-term. Physical quality in the press is only at the time of participating in the championship or approaching the championship. Because of the rareness of table tennis matches in Bengkulu City, there are only official events such as regional championships (Kejurda), National Championships (Kejurnas), O2SN (National Student Sports Olympiad), POPKA (City Student Sports Week), POMNAS (National Student Sports Week) and PON (National Sports Week).

### **Evaluation of the Physical Training Program of Table Tennis Clubs in Bengkulu City in terms of *Context* Components**

The first valuation context includes aspects of coaches, athletes, coaches and infrastructure regarding insights into the physical training program of table tennis clubs in Bengkulu City. While the second context evaluation is to realize the importance of the physical training program of table tennis clubs in Bengkulu City, the third is the analysis of needs in supporting physical training programs in the form of the suitability of facilities and infrastructure in supporting physical training programs at table tennis clubs in Bengkulu City

### a. Physical Exercise Program Insights

The context evaluation includes the insights of coaches and athletes regarding the physical training program at the achievement coaching club in kota Bengkulu which can be collected by researchers based on an open questionnaire, then strengthened by interviews direct and documentation during the researcher's incorporation into the table tennis club environment i.e. "Special physical exercise programs are indispensable in the development and improvement of the physical condition of athletes, but not all clubs that achieve the expected goals. Only PTM Pos can understand the special physical training program which can be seen from the benefits they themselves feel, in contrast to ptm Benteng and Tebeng which are still far from expectations regarding understanding for the implementation of a good and effective physical exercise program." The statement of the coach of the table tennis club in Bengkulu City was also corroborated by the opinion of athletes, namely: "All athletes explained that they did not really understand how important the physical training program was, it was because they were only told to train without any prior understanding. They are more concerned with technical quality than physical".

### b. Coaches' and Coaches' Awareness of their Physical Training Program

Evaluation of context which includes the awareness of coaches and trainers of the importance of physical exercise programs through the completeness of the guideline documents for the preparation of physical exercise programs, clear funding plans related to the implementation of coaching and having target goals of physical exercise programs that can be collected through an open questionnaire strengthened by interviews and documentation during the researcher's joining the tennis club environment, namely " the coach's awareness of the importance of the physical latihan program here is very visible through the attention to the club they are fostering, it is revealed from them not knowing at all that the coach who is coaching at his club is licensed or not all they know is that the coach is good at playing table tennis. So the awareness of the coach here is still very lacking."

## **Evaluation of the Physical Training Program of Table Tennis Clubs in Bengkulu City in terms of *Input* Components**

### **a. Coach Qualifications**

Evaluation of *inputs* regarding the eligibility and qualifications of the coach of the tenis meja club in Bengkulu City. Based on observations, questionnaires and interviews. The qualifications of the coaches are quite good, as can be seen from the existence of national and regional licenses. For PTM Benteng coaches already have a national license, followed by Coaches who already have regional licenses, while PTM Coach Tebeng does not have a license, he trains based on his experience so far as a table tennis athlete.

### **b. Athlete Qualifications**

Based on open questionnaires and interviews with athletes at table tennis clubs in Bengkulu City, the qualifications of athletes are quite good in terms of techniques, but

not with physical conditions. They are always exhausted when competing in National events. PTM Pos-assisted athletes have always dominated the championships in Bengkulu and have always represented Bengkulu Province at the National level, followed by Athletes assisted by PTM Benteng although they do not dominate, but it is different with PTM Tebeng which has minimal achievements at the regional and national levels.

### **c. Management and Organizational Support for Physical Training Programs at Bengkulu City Table Tennis Club**

Based on an open questionnaire strengthened by interviews, the support of the board and other organizations is still less visible from several statements stating that: "All table tennis achievement coaching clubs in Bengkulu City here coaches only expect achievements regardless of the training process or provide supporting factors for physical training programs such as selective supervision in choosing coaches to coach a club. The support of the coach for the entire club is very minimal as can be seen from the facilities and infrastructure used during physical training. Among the three clubs, only PTM Pos has quite complete facilities, while the others are still lacking. The above statement was reinforced by the coach of the table tennis club in Bengkulu City as the one who implemented the training program system, as he revealed:

"PTM. The post fostered by Ugig Sunaryo, here still needs help not only given a field to play but supporting infrastructure is very necessary to run a training program that is PTMSI standard". (source: PTM trainer. Post). PTM. There is no Coach, coach and Coach here as one so it is very difficult to manage the club being built and the lack of facilities and infrastructure of the Bengkulu club". (source : Fort PTM Trainer) PTM. Tebeng fostered by samsul, here the assistance or attention given by the Coach is only in the form of a field without other assistance so that the special physical training program is not eliminated". ( source : PTM trainer. Tebeng)

#### **1. Evaluation of the Physical Training Program of Table Tennis Clubs in Bengkulu City is reviewed from the Process component**

The process evaluation includes aspects of the implementation of the exercise program, quality of control and motivation in the table tennis club training program in Bengkulu City which can be collected by researchers based on observations, open questionnaires, interviews and documentation as long as researchers join the table tennis club environment in Bengkulu City can be seen from the results of open questionnaires and direct interviews by coach informants, as revealed:

"Based on the open questionnaire and direct interview with PTM coach Pos Al Ikwan that the training schedule is on Monday to Saturday with physical training on Wednesday and Friday which is carried out in the buntar hall building and around the Post table tennis hall. The physical exercise program provided includes aspects of speed, strength, endurance, flexibility, agility, and reaction speed. For endurance training, athletes are told to run as much as 15 around the buntar hall building, strength training is by practicing push ups and doing shadow movements using a laden bed, while for speed and agility, multiball training is carried out because in multiball training there are elements of speed, agility and reaction speed. The target of achieving the physical condition of athletes is satisfactory judging from fitness tests conducted by coaches once a month. The quality of control is good and the coach's motivation is very good, judging from the rare holidays in training his athletes and trying with sufficient funds (mediocre) to realize that the training program can run according to the target. (Postal PTM Coach). "the training schedule is on Tuesdays, Thursdays, Fridays and Sundays with physical training being carried out on Fridays. The

implementation of the physical exercise program was carried out around the Fort's table tennis hall. The achievement target is not there yet, so it is difficult to evaluate it. The quality of control that coaches carry out when the implementation of the program is still lacking, it can be seen from the difficulty of coaches monitoring athletes who lack discipline when doing physical training because the coach is not accompanied by an assistant. The coach's motivation has been good by always being present during the implementation of the training program. (Fort PTM Coach)

"Training schedules on Tuesdays, Thursdays, Fridays and Sundays with special physical training schedules are non-existent. Targrt's physical condition achievements are non-existent. The quality of control is already good in training because it uses assistants. The coach's motivation is very less noticeable than the coach's lack of discipline in training time and attendance". (PTM Tebeng Coach).

## **2. Evaluation of the Physical Training Program of table tennis clubs in Bengkulu City in terms of *product components*.**

### **a. Physical Qualities That Have Been Achieved**

The first *product* evaluation regarding physical quality and comparison of physical quality of athletes with PTMSI physical standards at table tennis achievement coaching clubs in Bengkulu City "The physical quality of athletes is very influential from the training program which is carried out systematically referring to PTMSI guidelines as seen from the physical quality taken through athlete data documents from coaches so that physical quality is very prominent in PTM. The post was followed by PTM. Fortifications and NCDs. Tebeng".

In this study, *product* evaluation includes the results of the physical quality of athletes of the tennis achievement coaching club athletes in Bengkulu City. Based on the results of observations, questionnaires and direct interviews and strengthened documentation during the study, the results of the athletes were obtained: Physical quality of athletes from data from all PTM clubs. Excellent post in the physical quality of athletes because the facilities and infrastructure supporting the physical training program have been able to adjust the physical training guidelines provided by PTMSI, followed by PTM. Fortifications with physical quality that is already quite good although there is still a lot that needs to be addressed, PTM Tebeng is the bottom achievement coaching club that must be addressed in all aspects because there is indeed no physical training program during the training process all combined during technical training.

### **b. Achievements Achieved**

*Product evaluation*, "PTM table tennis club. Pos is a dominating club and is a club that is able to produce maximum achievements as can be seen from the documents in the form of charters of outstanding athletes even though the national arena is still unable to compete fully. Followed by the achievements of PTM. The fortress in second place that was able to produce decent achievements but still cannot be categorized as good because the supporting factors of the training program still cannot be met. PTM. Tebeng is a club that has not been able to achieve maximum achievements in the planned training program has not been implemented systematically".

## **Discussion**

Table tennis clubs in Bengkulu City consisting of PTM Benteng, PTM Pos, and PTM Tebeng were originally only clubs where table tennis athletes to study and direct athletes to be able to continue to enter the pusdiklat or PTMSI Bengkulu plate to get more

programmatic achievement coaching. The implementation of training in all table tennis clubs is carried out for all levels, both early childhood, adolescents, to adults with a duration of 4 -6 times a week depending on the respective club. They train after school with a duration of one practice, which is 3-4 hours with the game being played at the end of the practice. At the time of physical training the club only PTM Pos had sufficient training quality leading from the central PTMSI guidelines followed by PTM Benteng and PTM Tebeng which were still far from the PTMSI guidelines.

Being a coach and assistant coach at the Bengkulu City table tennis club can only be through the experience of the coach when he was a table tennis athlete first without any coach's upgrade first. Meanwhile, one of the requirements to become a coach by KONI must be to follow the upgrading of the trainer with a regional license first and can be continued to the National, because through upgrading, the coach gets important methods from the resource person so that it can minimize mistakes in the training process, be it physical training or technical training. According to Kertamanah (2015:49) "The effort to improve the quality of training is to provide full opportunities for the role of the coach". So the role of the coach is important in improving the achievements of table tennis athletes.

### **1. Context**

#### **a. The insights of coaches and athletes about the physical training program at the Bengkulu city table tennis club.**

The insights of coaches and athletes towards the physical training program at the achievement coaching club in the city of Bengkulu are :

- 1). There are still many coaches and athletes in the environment of the Bengkulu city table tennis club, yesng still do not understand the importance of an effective and efficient physical training program
- 2). The number of athletes in the environment of the Bengkulu city table tennis pretation coaching club who still do not understand the purpose and benefits of the table tennis physical training program.

Based on this explanation, it can be analyzed to become a tennis achievement coaching club, coaches and athletes must have insight into the importance of the training program to be run. According to Dwijowinoto (1993:5) said that "the characteristics of a scientifically insightful trainer are the ability to accept new ideas, look for magical answers, evaluate new techniques, and in making decisions are always based on data". Many coaches and athletes of achievement coaching clubs in Bengkulu City do not have special insight into physical training programs due to the lack of attending seminars and national-level training. Therefore there is only one coach who is Nationally licensed who is able to provide understanding to the athletes being coached, while others are still regional licenses and some are not licensed.

#### **b. Coaches' and coaches' awareness of the importance of table tennis physical exercise programs.**

A player must have excellent physical fitness qualities to be able to survive the demands of a heavy table tennis game. According to Kertamanah (2015:49) "Many Chinese players, both senior and junior, have poor physical conditions, so they often cause shortcomings in terms of their technical appearance. Zhang Xielin, the chief coach of the China women's national team, has repeatedly emphasized the need for intensive physical training".

**c. facilities and infrastructure supporting physical exercise programs.**

Facilities and infrastructure are the main requirement for supporters to produce outstanding athletes, table tennis achievement coaching clubs in Bengkulu City consisting of PTM Benteng, PTM Pos, and PTM Tebeng all clubs do not have sufficient infrastructure facilities to support physical training programs. Here only PTM Pos has sufficient facilities and infrastructure according to PTMSI standards while PTM Benteng and Pos still do not have complete facilities and infrastructure to support the improvement of the physical condition of their athletes.

**2. Input**

**a. Coach Qualifications**

Harsono (2007) stated that there are three things that support the success of a coach:

- 1) Educational background in the sciences closely related to sports
- 2) Experience in sports, both as an athlete and as a coach
- 3) Motivation to constantly enrich yourself with science, which is up to date on sports.

In accordance with the pendapat above, to support the achievements of athletes, a competent coach is needed so that an understanding of the physical training program can be conveyed, but in fact it is not supported by the silverware in the field during the training process and the eligibility or qualifications of the City table tennis coach Bengkulu only two coaches have a coach certificate and still very rarely attend mengenai trainings on the physical condition of table tennis athletes.

**b. Athlete Awareness to excel**

An athlete must have a willingness to carry out physical training programs and techniques provided by the coach. An understanding of the athlete's awareness regarding the physical training program given can be said that all athletes do not yet understand how important physical exercise is to improve achievement. They only follow the direction of the coach in the training process without any theoretical understanding to the athlete before or after carrying out physical training, it is automatically that there is no evaluation of the coach's antara with athlete. Low awareness of athletes is seen when the number of athletes is very small compared to the number of athletes present at technical training or during games.

**c. Facilities and Infrastructure**

Facilities and infrastructure are the main supporting requirements to produce outstanding athletes, table tennis clubs in Bengkulu City still really need facilities and infrastructure to support the club's physical training. Here only PTM Pos already has adequate infrastructure but still needs improvement, while PTM Benteng and Tebeng still lack facilities and infrastructure to support physical training.

**d. Board and Organizational Support**

The support of administrators and other organizations greatly affects the sustainability of the physical training program. Because with the support of the complainant, the coach only thinks about the program without thinking about funds or infrastructure for support. According to Kertmanah (2015: 219) that the success

of the Swedish team in the world table tennis scene is by the cooperation between coaches and administrators and other organizations.

### **3. Process**

Aspects of coaches and athletes regarding the implementation of training programs, training targets, quality of control and motivation in the training of table tennis achievement coaching clubs in Bengkulu City. According to Kertamanah (2015: 41) the physical training process is very necessary for table tennis players so that they can step quickly in a narrow area, so they need to practice *speed, agility, strength, and endurance*.

The training program carried out by the PTM Pos Coach runs smoothly athletes by seriously following the training program provided by training, the target of achieving the physical condition of athletes is satisfactory as can be seen from the physical fitness test which is carried out once a month. The motivation of athletes here is very good because it is rare to have a training holiday unless there is a very important matter. For PTM Benteng the training process went quite smoothly, but here the coach is concerned with monitoring the child. Ptm Pos coaches do not have assistants so when the coach gives an exercise program to one child, the other child is engrossed in doing his own activities. Meanwhile, ptm pos coaches combine physical training programs into techniques, namely by using a lot of ball training or Mulltibal.

### **4. Product**

In this study, *product* evaluation includes aspects of athletes regarding physical quality with PTMSI standards and achievements in the success of physical training programs obtained by table tennis clubs in the city of Bengkulu including the following:

#### **a. Physical qualities**

Physical quality and comparison of the physical quality of athletes with PTMSI physical standards in table tennis clubs in Bengkulu City, namely: The physical quality of athletes from the data of all PTM clubs. Excellent post in the physical quality of athletes because the facilities and infrastructure supporting the physical training program have been able to adjust the physical training guidelines provided by PTMSI, followed by PTM. Fort with a physical quality that is already quite good although there is still a lot that needs to be addressed, PTM. Tebeng is the bottom achievement coaching club that must be addressed in all aspects because there is indeed no physical training program during the training process all combined during technical training.

#### **b. Achievement**

According to R&D KONI Center (2006) that ada component supporter main program exercise physical that menentukan Achievement achievement tall deep sport achievement that is : condition technical equipment/means - infrastructure sport. "Club Tennis Table PTM. Pos be club that Dominate and be club that can produce pretation that maximum visible from document Form charter-charter athlete Excel in spite of dikancah national still not yet can compete in a full. Followed by achievement PTM. Benteng of place second that can produce achievement that Passable but still not yet can Categorized good Because factors Support program exercise still not yet can Fulfilled. PTM. Tebeng be club that not yet can result in achievement maximum because program exercise Indeed not yet implemented in a methodical".

## Conclusion

Based on the discussion about the physical training program of table tennis clubs in Bengkulu City, it can be concluded, namely: 1) In terms of *Context* : The insight and understanding of all coaches on the importance of a special physical training program for table tennis is good, because they think how important special physical training is table tennis which is very necessary for the improvement of Bengkulu table tennis achievements, although in its implementation there are many obstacles. Coaches' awareness of the importance of physical training programs for table tennis is very lacking, they only demand achievements without any material or non-material assistance. Meanwhile, the trainer can only do a physical training program using makeshift equipment.

The analysis of the needs required for the table tennis physical training program is still lacking, it seems that only PTM Pos has sufficient facilities and infrastructure towards PTMSI standards while others are still very far away. 1) In terms of *Input*. a. The availability of qualified coaches in supporting the physical training program of table tennis clubs in Bengkulu City, namely fort PTM coaches with National licenses, PTM Pos coaches with regional licenses, only PTM Tebeng who does not yet have a license but former table tennis players. b. The quality of the players involved is very good in regional events as can be seen from the achievements obtained by PTM Pos athletes who always dominate, followed by PTM Benteng which also has potential athletes while PTM Tebeng still needs improvement to produce outstanding athletes. c. The availability of adequate facilities and infrastructure in order to support the physical training program is quite good even though it is still incomplete, while the Benteng PTM is still lacking and the Tebeng PTM has no supporting facilities and infrastructure for the physical training program at all. d. The support of administrators and other organizations in preparing a table tennis physical training program in Bengkulu City is very minimal. 2) In terms of *Process*. The preparation for the implementation of the physical training program for the table tennis club in Bengkulu City in writing is quite good, while the implementation of the physical training program consisting of physical components, namely endurance, strength, speed, flexibility, coordination of reaction speed is in accordance with the established guidelines even though it is still not fully implemented. 3) In Terms of *Product*. The achievement of the quality and quantity of players after participating in the physical training program of table tennis clubs in Bengkulu City is good enough to be at the regional level, as can be seen from the achievements and results of the evaluation data of their respective coaches but need to be addressed to compete in the national arena.

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