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# Sports achievement development in samarinda city at the east kalimantan provincial student sports week

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## ABSTRACT

Sports cover several scopes, including educational sports, competitive sports, and community sports. Competitive sports are among the most popular sports activities in Indonesia and play a significant role for the government in promoting the regions and athletes they develop. The performance of the Samarinda City team at this event declined in 2025, slipping from first place in 2023 to second, which raised questions about how effective its preparation had been. This study therefore aims to examine the strategy of the Samarinda City Youth, Sports, and Tourism Office (DISPORAPAR) in preparing for the Provincial Student Sports Week (POPPROV) in North Penajam Paser Regency. This research used a qualitative descriptive method. Data were collected through interviews, observation, and documentation, which served as the main techniques. The results show that DISPORAPAR Samarinda recruits athletes through a selection process in collaboration with the city branches of the relevant sport federations through championships in each sport. The coaches selected to accompany the Samarinda team were mostly drawn from the clubs they coach. Facilities and infrastructure in Samarinda are generally adequate, although some remain limited due to budget constraints. Factors affecting athlete performance include limited facilities, the small number of coaches who must handle multiple responsibilities, and budget limitations. The study concludes that DISPORAPAR Samarinda employs several strategies in facing the POPPROV championship by recruiting competent coaches and athletes, and conducts evaluation by providing input and motivation to athletes and coaches to enhance future performance.

**Keywords:** sports development, sports achievement, Provincial Student Sports Week

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## INTRODUCTION

Sport holds an important place in national life and is carried out across several scopes, including educational sport, competitive sport, and community sport. Among these, competitive sport attracts wide public interest in Indonesia and plays a strategic role for the government in promoting the regions and developing the athletes they produce. When it is practiced in a structured and disciplined

way, sport also supports physical health, although the type and intensity of activity need to be matched to a person's age and physical capacity (Putra, 2019).

Along with the times, sports are no longer pursued solely for health and enjoyment but also for achievement. Achievement can be obtained through systematic athlete development. Sports development can begin from an early age by designing training programs appropriate to the athlete's age and ability (Maradjabessy, 2020). Through achievement development, individuals can develop their potential, improve skills, build character, overcome mental challenges, and cultivate positive values (Rohman, 2017).

Sports governing bodies conduct development at both central and regional levels by strengthening sports communities, expanding national and regional sports development centers, and organizing competitions in a gradual and continuous manner so that competitive sports can be further developed (Ulfah, 2019). Through this achievement development, athletes are expected to train optimally; however, the most essential factor remains the athlete's own desire to achieve, while management serves as a supporting tool (Putra, 2019). Several factors affect sports achievement, namely internal and external factors. Internal factors are those that come from within the athlete, while external factors come from outside such as training programs, facilities and infrastructure, budget, and others (Yulianto, 2019).

The Provincial Student Sports Week (POPPROV) held in North Penajam Paser Regency is one of the efforts to identify talent and develop competitive sports for students, particularly in East Kalimantan Province. The performance of the Samarinda City team at this championship declined in 2025. Previously, Samarinda ranked first in 2023. However, in 2025 the city's ranking dropped to second place after being surpassed in medal acquisition by Balikpapan City. This decline raised questions about whether the strategies applied by Samarinda City were effective or required improvement.

Building on this problem, the study is guided by three questions: what strategies did DISPORAPAR Samarinda apply for the 2025 POPPROV, what factors influenced the achievement of the Samarinda City team, and what evaluations and improvements were made for future events. Accordingly, the objectives of this study are: (1) to identify the strategies implemented by DISPORAPAR Samarinda at the 2025 POPPROV championship in North Penajam Paser Regency; (2) to identify the factors that influence the achievement of the Samarinda City team at the 2025 POPPROV; and (3) to identify the improvements and evaluations carried out by DISPORAPAR Samarinda to enhance achievement at future events.

## METHOD

This study employed a descriptive qualitative research design. The research aims to describe the sports achievement development carried out by DISPORAPAR Samarinda at the 2025 POPPROV in North Penajam Paser Regency, as well as to produce comprehensive data related to this development process. The research was conducted at the Samarinda City Youth, Sports, and Tourism Office (DISPORAPAR), located at Jl. Dahlia No. 81, Bugis, Samarinda Kota Subdistrict, Samarinda City, East Kalimantan 75121, Indonesia. The focus of this study was the sports achievement development conducted by DISPORAPAR Samarinda at the 2025 POPPROV.

The samples in this study were selected using purposive sampling, selecting respondents who were directly involved in the development process and could provide rich and relevant information. A total of 12 respondents took part, consisting of 3 DISPORAPAR staff members, 3 coaches, and 6 athletes who won gold medals at the 2025 POPPROV in North Penajam Paser Regency. This number was considered adequate for a descriptive qualitative study, since the respondents covered the main

roles in the program, namely management, coaching, and athletes, and could speak directly to the questions examined. The main sources of data were interviews, observation, and documentation.

Data collection techniques included observation, interviews, and documentation. Interviews are essential in research because the data and information obtained through them are highly accurate (Herdayati & Syahrial, 2019). The observation process was conducted to obtain information about DISPORAPAR Samarinda's achievement development activities, performed both directly and indirectly. Documentation served as a supplementary data collection technique to provide physical evidence of the research in the form of documents, activity reports, photographs, and videos.

To ensure data validity, the researcher conducted credibility testing through: (1) extending the research duration to verify the accuracy and adequacy of the information obtained; (2) increasing thoroughness and attention to the sequence of obtained data; and (3) triangulation, comparing data obtained from subjects with parallel reference materials or literature. The researcher applied source triangulation, technique triangulation, and time triangulation (Sugiyono, 2016). Before data collection, participants were informed about the purpose and scope of the study, their participation was voluntary, and the confidentiality of their responses was maintained.

Data were analyzed using an interactive model made up of data reduction, data display, and conclusion drawing (Rijali, 2019). In the data reduction stage, interview and observation material relating to the work of staff, coaches, and athletes was selected and organized. In the data display stage, the reduced information was arranged as interview notes and cross checked through triangulation. Conclusions were then drawn from the displayed data and verified against the field evidence gathered during the study.

## RESULTS

### DISPORAPAR Samarinda's Strategy for the Provincial Student Sports Week

Based on interviews with DISPORAPAR Samarinda staff, the athlete recruitment program for the 2025 POPPROV in North Penajam Paser Regency was not limited to athletes from SKOI and SPOBDA, but also drew athletes from sports, clubs, and associations. Athletes who became champions were then entitled to advance to the next level. DISPORAPAR selects athletes through open selection with specific criteria and conducts medical screening together with coaches. Coaches are required to hold a license or certification at least at the national level and must have a training program for their athletes so that both athletes and DISPORAPAR are aware of the targets to be achieved. A total of 238 athletes were sent by Samarinda City to the POPPROV at the provincial level.

Before being selected for the 2025 POPPROV, athletes had to participate first in the Samarinda City Student Sports Week (POPKOT). Athletes who became champions at POPKOT were entitled to represent the city at the provincial stage (POPPROV). Selected athletes were then gathered to attend a training camp (TC) organized by DISPORAPAR Samarinda. The coach recruitment program differed from athlete recruitment, which uses open selection. DISPORAPAR Samarinda works with the relevant sport federations and the organizing committee to appoint coaches. For example, in archery, each athlete has a different coach, so the archery club that contributes the most athletes provides the coach to accompany and develop them at the POPPROV. DISPORAPAR prepares two to three coaches to accompany athletes; however, these coaches handle multiple aspects such as technique, strategy, and mental training.

### POPPROV Coach Recruitment

Athletic achievement cannot be separated from the role of competent coaches, who play a vital part in educating and developing athletes. Coach selection is a routine part of DISPORAPAR Samarinda's preparation for each POPPROV, carried out through the relevant sport federations before the 2025 event in North Penajam Paser Regency.

In archery, accompanying coaches were recommended by the City Management (PengKot) of Perpani (Indonesian Archery Association), which delegated coaches at the national level. Two to three coaches were deployed to accompany several contingents, as archery has three divisions, each with a different coach. DISPORAPAR also provides bonus rewards to coaches and athletes who reach their targets or perform outstandingly, motivating them to achieve higher performance.

### **POPPROV Athlete Recruitment**

POPPROV athletes from Samarinda are developed by the Samarinda City Youth, Sports, and Tourism Office (DISPORAPAR). DISPORAPAR organizes the Samarinda City Student Sports Week (POPKOT) for elementary, junior high, and senior high school students every two years to identify potential student athletes in each sport. Selected athletes are determined based on the local POPKOT championship results and must comply with the rules established by DISPORAPAR Samarinda.

POPPROV athletes from Samarinda are consistently provided with training programs by coaches to support their performance. Coaches develop athletes using their own approaches, including instilling discipline in athletes. Through this process, athletes are shaped to develop the character expected by their coaches.

### **Factors Affecting the Achievement of the Samarinda City Team**

Internal factors are aspects originating from within the athletes themselves. Based on interviews with coaches of the Samarinda City team, psychological factors such as mental strength are essential in supporting achievement. Mental training can be conducted by holding trial matches or by intensifying training. Nutritional needs are also important; POPPROV athletes from Samarinda are supported by a nutritionist so that their nutritional needs are met, although coaches cannot control athletes' food intake at home.

External factors include facilities, infrastructure, and budget. Facilities and infrastructure are key supporting factors for the success of achievement development. Based on observations, facilities and infrastructure in the Samarinda City team are still considered insufficient. When one sport uses a facility, other sports must wait because no alternative facilities are available. The budget provided by the central government is also still inadequate for the needs of the Samarinda team at the 2025 POPPROV, requiring each sport to optimize the available funds.

### **Evaluation and Improvement**

DISPORAPAR Samarinda carries out evaluation at the end of each activity, reviewing both athletes and coaches against the targets that were set. The evaluation stresses making the best possible use of whatever budget is available and strengthening the development pathway as a whole, from massification and talent identification through to final preparation, so that the resources invested translate into better competitive results. Weaknesses identified during the process, such as limited facilities and the heavy workload carried by a small number of coaches, then become the basis for improvement in the following cycle.

## DISPORAPAR Samarinda Strategy for POPPROV 2025

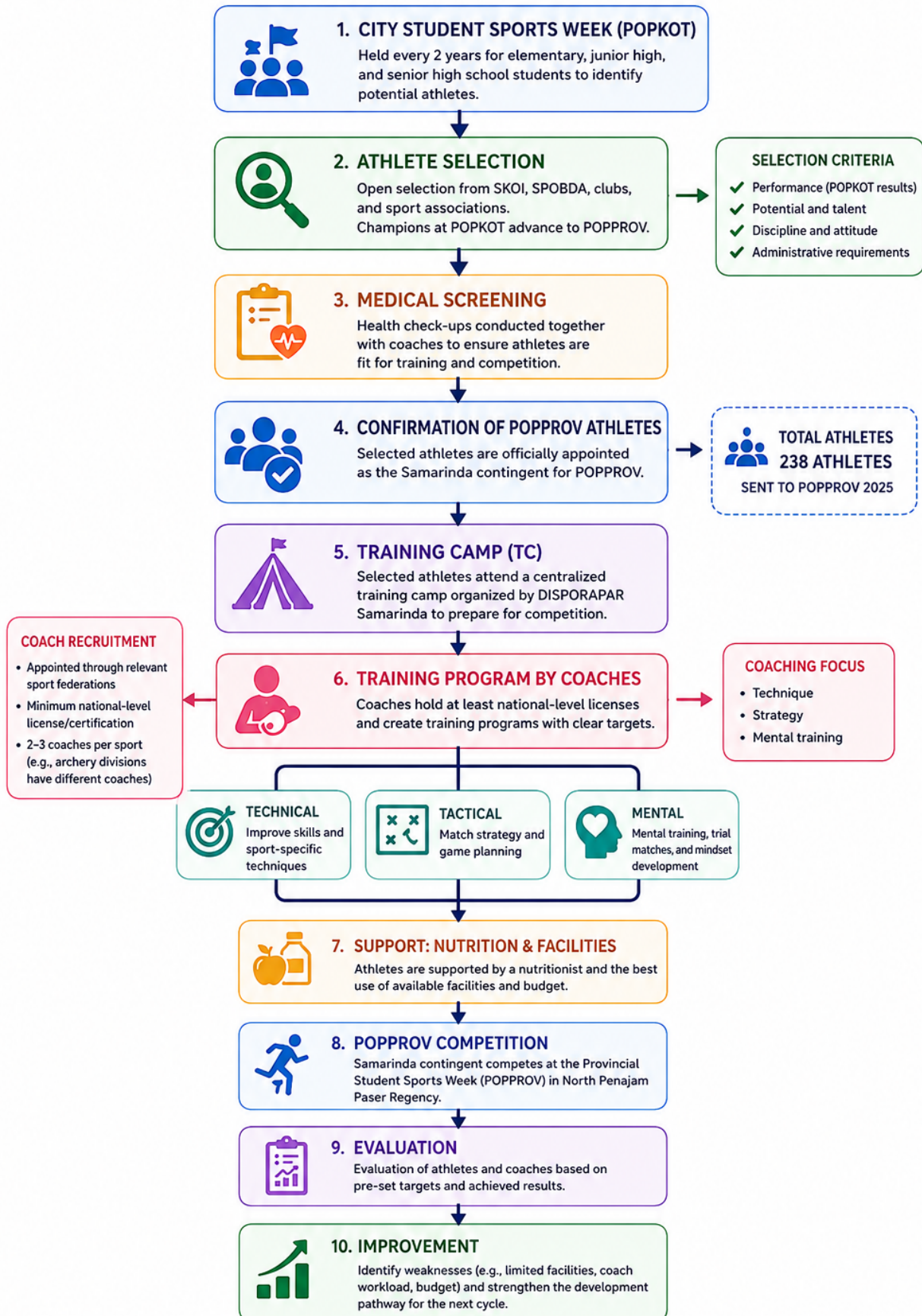


Figure 1. Athlete Development Flowchart

## DISCUSSION

### DISPORAPAR Samarinda's Strategy in the 2025 POPPROV

DISPORAPAR Samarinda has prepared several strategies to compete in the 2025 POPPROV. DISPORAPAR recruits athletes through the Samarinda City Student Sports Week (POPKOT) first, and athletes who become champions then progress to the next level, namely the provincial POPPROV. DISPORAPAR also strengthens its Special Sports Class (KKO), SKOI, and SPOBDA programs. Athletes from KKO, SKOI, and SPOBDA are developed to participate in regional, provincial, national, and international events.

DISPORAPAR Samarinda also collaborates with physical education teachers, coaches, and universities to assist in selecting athletes and recruiting physical education teachers, so that sports become more widely recognized among students in schools. In this championship, DISPORAPAR Samarinda has set a high target, and all preparations have been carefully arranged. DISPORAPAR develops sports to achieve maximum performance at the POPPROV and to sharpen the abilities of students in East Kalimantan Province. Each school typically has sports extracurricular activities, which serve as the initial talent pool for athlete development.

### Factors Affecting the Achievement of POPPROV 2025 Athletes

The sports achievements obtained by athletes are influenced by several factors in their development. The availability of facilities and infrastructure is one of the most important factors. With adequate facilities, infrastructure, and equipment, athletes' performance can be supported, fostering enthusiasm and confidence to perform at their best. The situation in Samarinda echoes Gunawan, Mahendra, and Hidayat (2021), who argue that well managed facilities and infrastructure are a key support for achievement development. Here, the need for one sport to wait while another uses a venue shows what happens when that condition is only partly met.

To meet its targets, DISPORAPAR Samarinda implements training programs for athletes and conducts a training camp (TC) of at least two weeks so that athletes can focus on the training given by the coaches of their respective sports. This is in line with Donie (2016), who stresses that developing young athletes depends on systematic and continuous training, although the short duration of the camp may limit how far that benefit extends.

### Improvement and Evaluation

DISPORAPAR Samarinda ranked second at the 2025 POPPROV in North Penajam Paser Regency. The results obtained by DISPORAPAR Samarinda require evaluation and improvement. DISPORAPAR conducts evaluations at the end of every activity, and improvement is necessary because Samarinda dropped to second place after previously ranking first at the 2023 POPPROV in Paser Regency. Athletes and coaches need to be evaluated to achieve the targeted performance. The evaluation conducted for athlete recruitment is a selection test. Read together with the findings, the fall from first to second place appears linked less to the recruitment system itself than to the conditions around it, in particular the limited and shared facilities, the small number of coaches who each handle several roles, and the tight budget. Strengthening these areas is therefore central to regaining the top position in future events.

In this context, evaluation works as a managerial tool for judging how far the targets were met, gauging the effect of the program on athletes and coaches, and surfacing other issues that emerge along the way. For DISPORAPAR Samarinda, this means reviewing the selection of athletes and

coaches, the training schedule, and the use of facilities after each event, and feeding those lessons into the next cycle of preparation.

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## CONCLUSION

Based on the research findings and discussion, several conclusions can be drawn. First, the strategies implemented by DISPORAPAR Samarinda in preparing for the POPPROV are: (a) DISPORAPAR Samarinda conducts open athlete recruitment, while coaches are either appointed or selected based on competence; (b) DISPORAPAR collaborates with physical education teachers in schools for sports massification, as well as with sports clubs and sport federations; and (c) DISPORAPAR partners with universities for athlete selection and development. Second, several factors affect the achievement of POPPROV 2025 athletes in North Penajam Paser Regency, namely facilities and infrastructure that are adequate but not fully supportive or standardized, the small number of coaches who each carry several roles, and a limited budget, alongside the support provided by coaches, parents, and DISPORAPAR Samarinda. Third, the evaluation conducted by DISPORAPAR Samarinda at the 2025 POPPROV in North Penajam Paser Regency is performed by improving the recruitment system for athletes and coaches, as well as restructuring training schedules to be more organized, with the aim of achieving optimal results at future POPPROV championships. As part of this, DISPORAPAR also gives rewards to athletes and coaches who reach their targets and conducts regular evaluation and improvement for the athletes and coaches under its supervision.

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## CONFLICT OF INTEREST

The authors declare that there is no conflict of interest in this study.

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