

Patterns of Development of Athletes in Muaythai Sports Pengprov Aceh in Improving Achievement

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Abstract. The coaching pattern is a fixed form of structure, providing stability to a series of elements that describe how a behaviour works. Sports coaching is a pattern that serves as the main guideline and forms the basis for preparing training programs aimed at achieving the highest possible results. The objectives of this study are 1) to find out the coaching pattern of Aceh Provincial Muaythai athletes; 2) to find out the achievements of Aceh Provincial Muaythai athletes; 3) to find out the obstacles faced by Aceh Provincial Muaythai athletes. This research employs a qualitative approach with descriptive methods. The informants in this study included the daily chairman of Pengrov, coaches, and athletes, with data collection techniques employed through interviews. The study's results are as follows: 1) The Pengrov MuayThai Aceh athlete coaching program, which entered the Pelatda preparation stage for PON XXI Aceh-Sumut from 2023 to 2024, involved both central and decentralised athletes. All coaching funds were sourced from KONI, APBN, and APBD. 2) The results of the Coach interview found that according to the coach, the important point that athletes must have is stamina because stamina is the first foundation for an athlete and technique as a body in making movements and mentors as a brain how the brain can respond to every good technical movement in terms of fighting. 3) The results of the Athlete interview revealed that the achievements attained by athletes have been at the National and International levels, including West Java PON in 2016, Papua PON in 2021, and the 2019 SEA Games in the Philippines. Furthermore, the future of Aceh Muaythai athletes depends on the individual, but some have gone on to join the TNI or POLRI.

Keywords: Sports; Coaching Pattern; Achievement; Athletic Achievement.

INTRODUCTION

Sports are a worldwide activity that has become an inseparable part of everyday life for people around the world, as well as in Indonesia. In the development of the times, sports are not just a race or match between two parties. However, at this time, sports have been developed as a means to build character in a nation, thereby becoming a strategic tool to foster self-confidence, national identity, and pride. Sports are not only a means to maintain bodily fitness, but they have also penetrated all sectors of life. Sports achievements can raise human dignity and pride both individually within groups, communities, and countries.

A pattern is a fixed form of structure, the stability of a series of elements of the workings of a behaviour. Sports coaching is a pattern that serves as a basic guideline and forms the basis for preparing training programs aimed at achieving the highest possible results. Coaching is a process that fosters, renews, or guides action, enabling efforts, actions, and activities to be carried out efficiently and effectively to achieve better results. According to [1], coaching is an effort to organise or a way to achieve a goal. In general, coaching involves releasing things that inhibit growth and learning new skills that can improve living standards and enhance work performance. Coaching involves planning, organising, financing, coordinating, implementing, and supervising

a job to achieve a maximum goal. Coaching is an effort or action taken to change a situation properly to achieve the maximum goal [2].

The General Indonesian Dictionary [3] explains that coaching is development or renewal. The coaching activities carried out involve the development and improvement of existing skills, as well as the discovery of new things. According to [4], coaching means effort or actions and activities carried out efficiently and effectively to obtain better results. In this achievement coaching effort, of course, there are intrinsic and extrinsic (supporting) elements needed. These elements include coaches, administrators, infrastructure, training programs, and so on. In addition, another equally important factor is funding, which plays a crucial role in implementing coaching within the organisation. According to [5], factors that must be considered in the preparation of sports achievement coaching programs, among others: 1) clear coaching objectives; 2) systematic training programs; 3) appropriate training materials and methods as well as evaluations that can measure the success of the coaching process; 4) the characteristics of athletes who are coached either physically or psychologically; 5) the ability of the coach; 6) facilities and infrastructure or facilities; 7) environmental conditions of coaching.

Muaythai sport is a relatively new sport that could become a mainstay in Indonesia, which is now popular and favoured by young men and women throughout the country, including Aceh Province. Sports that require skill and the art of self-defence have proven to have a place in the Acehese community. Muaythai, also known as Thai boxing, is a rigorous martial art originating from the Kingdom of Thailand and a derivative of the ancient martial art of Muay Boran (ancient boxing); the word "Muay" is derived from the word "Tai" (meaning "like Thai"). Muaythai is an ancient combat art where opponents exchange blows with each other. Almost all techniques in Muaythai utilise full-body movements, rotating the hips with each kick, punch, elbow, and knee. There are five types of Muaythai techniques: 1) punches (chook); 2) arm elbows (tee sok); 3) kicks (tai); 4) knees (tee kao); 5) leg thrusts (tee).

Aceh Muaythai Pengrov athletes are those who are coached under the auspices of Pengprov and are being prepared for the Aceh-North Sumatra PON in 2024. Pengrov Muaythai Aceh has an

athlete mess that is established by Muaythai athletes themselves, in contrast to other sports that do not have their mess. The purpose of placing athletes in the mess is to enable them to follow their training optimally, allowing for proper control and monitoring of their diet, training, and rest. Muaythai sports coaching is one of the key areas of focus for KONI Aceh in preparation for the PON.

The results of Muaythai athletes' achievements at PON XX Papua in 2021 were not impressive, as they were only able to bring home one gold medal and two bronze medals. Based on observations made by researchers by interviewing one of the coaches of the PON Pelatda Muaythai Sports Branch named Coach Jamal, the results obtained that for now, the Aceh Provincial Muaythai sport has a big enough problem where Pengrov lost one of the opportunities to get a gold medal for the departure of a female athlete named Feberlina Nduru, where the athlete died on Monday 04 September 2023 due to suicide by drinking rat poison. The cause of Feberlina's death was stumbling over a dormitory case with her former coach with the initials AN; it is known that AN had a relationship with the athlete before Pengrov Aceh fired AN. For this reason, all parties were very disappointed with Feberlina's departure because she was an outstanding athlete and was predicted to get a gold medal at the Aceh-North Sumatra PON in 2024. Another problem is the cessation of Pelatda due to the insufficient funds owned by KONI Aceh to pay athletes' salaries and provide food, forcing athletes to train independently. As a result, Pengrov Muaythai Aceh is unable to meet the athletes' needs, and Pengrov only provides a makeshift accommodation for athletes without offering food.

METHOD

The approach in this study employs a qualitative method, specifically a descriptive approach, which seeks to describe events, symptoms, or phenomena that exist in the present. According to [6]: "Qualitative research methods are research methods based on the philosophy of post-positivism, which are used to research on natural object conditions, (as opposed to experiments) where in this research the researcher is the key instrument, data collection techniques are triangulated (combined), data analysis is inductive or qualitative, and qualitative research results emphasise meaning over generalisation". To obtain

research data, the author employed an interview-based data collection technique.

RESULTS AND DISCUSSION

Based on the results of the researcher's analysis of the research findings above, it is found that the development of coaching patterns is as follows:

The implementation of Aceh Muaythai Pengrov athlete coaching has only been running again for two years, starting in the 2023-2024 academic year. Aceh Muaythai Pengrov is preparing athletes for PON XXI Aceh-Sumut, but the training was stopped for one month due to budget constraints. The entire coaching budget comes from KONI Aceh, and Pelatda only lasts until PON XXI Aceh-Sumut concludes. This means that then the athletes will be returned to their respective Pengcab.

Aceh muaythai trainers recognise that the factors that influence the achievement of athlete achievement are STM: 1) S is stamina; 2) T is technique; 3) M is mental. So, stamina is the first foundation for an athlete, and technique is the body's movements. Mentally, it is the brain that responds to every movement of good technique in terms of fighting. The training program applied during Pelatda PON XXI consisted of morning physical training until noon, followed by tactical training in the afternoon to improve mental preparedness for fighting. At the end of training, the coach refined the technique and corrected any mistakes made by the athletes during the training sessions.

The training program that Pengrov Muaythai Aceh coaches provide to Muaythai athletes includes circuit training, sparring, interval training, stretching techniques, kicking techniques, and muscle building. Training can significantly impact an athlete's achievements. Notably, the achievements of athletes have been recognised at both national and International levels, including West Java PON in 2016, Papua PON in 2021, and the 2019 SEA Games in the Philippines. Furthermore, the future of Aceh Muaythai athletes depends on the individual; however, some athletes have gone on to join the TNI or POLRI. After the end of Pelatda, athletes will return to their respective Pengcab and resume their activities, such as those who are still in school college, some of whom have even worked, and some have also become Pengcab coaches.

Coaching is one of the efforts or activities undertaken to improve or achieve better results. To achieve maximum athlete potential, a talent scouting system is necessary, meaning that the process of scouting athlete talent from the recruitment stage to the final stage of coaching implementation has been programmed, sustainable, and supported by adequate resources.

The planned achievement coaching program is arranged by having good management, starting with a clear organisational structure and clear coaching planning; the coach also has a good training period according to the objectives of Pengprov Muaythai Aceh in improving achievement coaching; from these results, the training program carried out has been carried out very well by the ability of the coach and the standards applied to achieve achievement.

According to [7], "achievement is the result obtained by a person from one period to another which shows a change towards ability". The coaching program will be carried out effectively to the greatest extent possible, aiming to improve achievement. In achievement coaching, "efforts to achieve achievement need directed planning, using a pyramid system whose components are from problems, breeding, coaching to reach peak achievement". So far, Aceh Muaythai athletes have also won medals at the 2019 SEA Games in the Philippines and are now preparing for the National Seleknas at the upcoming SEA Games. The quality possessed by Aceh Muaythai athletes is very good because they have been able to play in the international frame.

It is hoped that Pelatda can be a lasting solution to the progress of coaching, not just a temporary one. So far, Pelatda is only intended for PON preparation. The main hope of the speakers is that there will always be financial support from the Diaspora and KONI, who work together to fulfil infrastructure facilities. Additionally, athletes' pocket money will not only be provided during Pelatda PON but also for all national events. Several factors can affect an athlete's achievement, including full support from parents, government support, and support from Pengrov Muaythai Aceh itself, as well as the provision of facilities and infrastructure that will support the success of Aceh athletes' training.

CONCLUSIONS

Based on the results of the interviews obtained, it can be concluded as follows:

Athlete coaching carried out by Pengprov Muaythai Aceh has entered the stage of Pelatda preparation for PON XXI Aceh-Sumut, starting from 2023 to 2024. However, Pelatda PON XXI Aceh-Sumut was halted for one month due to budget constraints. All coaching funds come from KONI, APBN and APBD. Athletes have facilities that include lodging, breakfast, and necessary supplements, all of which are provided by Pengprov Muaythai Aceh. This support also extends to decentralised athletes who are not covered for lodging and meals by KONI Aceh. Therefore, the management has a policy to provide for all athletes' needs, including covering all shortages and ensuring facilities such as electricity, water, and Wi-Fi are available at the Aceh Muaythai mess. This Pelatda only lasts until PON XXI Aceh-Semut; then, athletes will be returned to their respective Pengcab. Athletes will be called back when there is coaching on the next PON, with KONI writing to Pengrov Muaythai Aceh.

Stamina is the first foundation for an athlete, and technique is the body in motion, while the mentor is the brain, which responds to every good technical movement in terms of fighting. The training program applied during Pelatda PON XXI consisted of morning physical training until noon and afternoon tactical training to improve mental

preparedness for fighting. At the end of training, the coach refined the technique and corrected any mistakes made by the athletes during the training sessions. The training program provided by the Aceh Muaythai Pengprov coach to Muay Thai athletes includes circuit training, sparring, interval training, stretching techniques, kicking techniques, and muscle-building exercises.

Training can significantly impact an athlete's achievements. Notably, the achievements of athletes have been recognised at both national and International levels, including West Java PON in 2016, Papua PON in 2021, and the 2019 SEA Games in the Philippines. Furthermore, the future of Aceh Muay Thai athletes depends on the individual; however, some athletes have gone on to join the TNI or POLRI. After the end of Pelatda, athletes will return to their respective Pengcab and resume their activities, such as those who are still in school or college, while some have even worked and some have also become Pengcab coaches.

To Pengprov Muaythai Aceh, to further improve coaching by providing proper facilities for athletes and recruiting high-quality trainers.

To other researchers, this research can be continued in a broader context with a larger sample size, contributing ideas to coaches, teachers, and students to improve achievement in Muay Thai sports.

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