

Evaluation of the Existence of Kempo Athletes in Aceh Provincial Sports Committee After the Implementation of PON Aceh-Sumut 2024

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Abstract. Kempo, a rapidly growing martial arts discipline in Indonesia, plays a significant role in Indonesia's national sports culture. The National Sports Week (PON) in Aceh is a key event for Kempo athletes, highlighting the need for comprehensive preparation that combines technical, physical, and mental aspects. While the team emphasises training and togetherness ahead of PON, a lack of centralised training after the event creates discontinuity, reducing athletes' performance. More critically, athletes face psychological strain from competition and financial instability, particularly due to delayed funding and bonuses. This research argues that sustained training programs, personalised psychological support, and timely financial backing are essential to maintaining and improving long-term athlete performance. Using a quantitative approach with descriptive statistics and Likert-scale questionnaires, the study includes all 21 Kempo athletes from Pengprov Aceh who participated in PON Aceh-Sumut 2024, utilising a total sampling design. Results reveal that although training programs are moderately effective, gaps persist in individual athlete adjustment. Psychological readiness is generally high, but motivation and resilience require ongoing support. Financial support remains inconsistent, with a notable proportion of athletes facing hardship. These findings underscore the necessity for integrated, ongoing psychological and financial support to ensure the sustainability of Kempo athletes' careers.

Keywords: Existence; Training Program; Psychological; Financial.

INTRODUCTION

Kempo, a martial art, has grown rapidly in Indonesia and has become an integral part of the national sporting culture. At the Aceh National Games (PON), kempo athletes demonstrated their skill and dedication through structured training sessions that included training camps to build camaraderie, as well as gradually increasing physical training programs to enhance endurance and technique. However, after the PON, many athletes stopped training due to the lack of continued, centralised training, leading to a decline in performance.

The athlete's psychological well-being is also a key concern during preparation, with coaches providing mental support to manage the pressure of competition. Unfortunately, after the PON, many athletes experience a decline in motivation

due to a lack of psychological support, especially if results are unsatisfactory.

Financial support during preparation was strongly considered, despite frequent salary payment delays. However, after the PON, bonus payments were not disbursed, leading many athletes to seek other employment for financial stability.

The lack of follow-up coaching, minimal attention to psychological conditions after the match, and financial problems underscore the need for more in-depth research into the availability of training, psychological, and financial support for Aceh Provincial Kempo athletes after the 2024 Aceh-North Sumatra National Games. This study aims to comprehensively examine these three aspects to support the future development of kempo athletes.

METHODS

This study used a quantitative approach and descriptive statistical methods to analyse questionnaire data. The researchers chose this approach because it can objectively measure aspects of training, coaching, psychological conditions, and financial support for kempo athletes through statistical analysis of numerical data. As explained by the authors [1], *"The quantitative approach allows for objective measurement of these aspects with numerical data that is then analysed using statistical techniques to produce valid and reliable findings."*

The research population was all 21 Kempo athletes on the Aceh PON Team. The sampling technique used was total sampling, taking the entire

population to allow generalisation of the results [2]. The researchers collected data using a Likert-scale questionnaire to measure respondents' attitudes and perceptions systematically. They analysed the data using descriptive statistical techniques to characterise athletes' conditions and characteristics without manipulating variables. Authors [3] assert that: *"Descriptive statistics are an important tool for presenting data systematically and structuredly, thus facilitating understanding of the characteristics of the population being studied."*

This approach provides an accurate picture of the training, psychological, and financial support conditions of athletes after the Aceh PON.

Table 1 – Outline of the Research Questionnaire for the Evaluation of the Existence of Kempo Athletes in Aceh Provincial Sports Committee After The Implementation of PON Aceh-Sumut 2024

Rated aspect	Sub-Indicators	Indicator	Statement Items
Training Program Development	Program Alignment	Training program according to athlete development goals	1
	Coach Guidance	The quality of coaching guidance in improving athletic skills	2
	Effectiveness of Training Program	Effectiveness of the post-PON training program compared to before	3
	Athlete Progress Evaluation	There is a regular evaluation of the athlete's progress	4
	Training Support Facilities	Availability of facilities that support training programs	5
Psychological	Athlete Confidence	The level of confidence of athletes facing competitions after PON	6
	Emotional Support from Coaches	Availability of emotional support to help athletes cope with stress	7
	Motivation to Practice	The level of motivation of athletes to train harder after PON	8
	Mental Support Psychology Program	The existence of a psychology program to support athletes' mental health	9
	The Comfort of Sharing Psychological Problems	Ease and comfort for athletes to share psychological problems with coaches	10
Financial	Adequate Funding	The funds received are sufficient to cover training and competition needs.	11
	The Influence of Financial Support	Financial support helps athletes focus on training	12
	Transparency of Fund Management	Level of openness in athlete fund management	13

Rated aspect	Sub-Indicators	Indicator	Statement Items
	Impact of Financial Support	The Influence of financial support on athlete performance	14
	Scholarship/Financial Assistance Program	There is a scholarship program or financial assistance for high-achieving athletes	15

Table 2 – Statement Items

Research Aspects	Statement	Statement Items	Source
Training Program Development	1) In my opinion, the training program implemented after the PON aligns with the goal of athlete development. 2) I hope the coach provides adequate guidance to improve the athlete's skills. 3) I feel that the post-PON training program is more effective than before. 4) In my opinion, coaches and sports administrators should regularly evaluate athletes' progress after the PON. 5) I want the available training facilities to support the implemented training programme.	Items: 1, 2, 3, 4, 5	[4]
Psychological	6) I feel more confident in facing competitions after PON. 7) I hope emotional support from coaches can help athletes cope with stress. 8) I feel motivated to train harder after PON. 9) I think there are psychological programs that support athletes' mentality. 10) I feel comfortable sharing psychological problems with the coach.	Items: 6, 7, 8, 9, 10	[5]
Financial	11) I think the funds athletes receive are sufficient to cover training and competition costs. 12) I feel that the financial support available helps athletes focus on training. 13) I want transparency in the management of funds received by athletes. 14) I feel that financial support has a positive impact on athlete performance. 15) I think there should be a scholarship program or financial assistance for high-achieving athletes.	Items: 11, 12, 13, 14, 15	[6]

Table 3 – Norm Reference Assessment (PAN)

No	Interval	Category
1	M + 1.5 SD	Very high
2	M + 0.5 SD	Tall
3	M – 0.5 SD	Currently
4	M – 1.5 SD	Low
5	M – 1.5 SD	Very Low

Table 4 – Likert Scale [7]

Alternative Answers	Weight of Value	
	(+)	(-)
SS (Strongly Agree)	5	1
S (Agree)	4	2
R (Hesitant)	3	3
TS (Disagree)	2	4
STS (Strongly Disagree)	1	5

The researchers analysed the data by calculating (1) Likert-scale scores.

RESULTS AND DISCUSSION

The purpose of this study is to evaluate the performance of Kempo athletes from the Aceh Provincial Government following the 2024 Aceh-North Sumatra National Games (PON), focusing on three main aspects: training programs, psychological well-being, and financial well-being. The results of the descriptive statistical analysis provide a clear picture of the athletes' condition across these aspects.

The results of the descriptive statistical analysis and distribution of assessment norms provide a comprehensive picture of the status of Kempo athletes in the Aceh Provincial Government after the 2024 Aceh-North.

Sumatra National Games, particularly in the training program development aspect. The data show that, of the 21 respondents, the average (mean) score was 19.7, with a median of 20 and a mode of 20. The consistency of the mean, median, and mode values, which are close together, indicates a symmetrical distribution, highlighting the homogeneity of the athletes' responses to the provided training program. The standard deviation of 2.6 confirms that the score variation is relatively moderate, indicating a level of data spread that is not too extreme around the average. The score range of 14 (minimum) to 24 (maximum) further underscores individual variation, but overall, the pretty good score consistency indicates the effectiveness of the training program in achieving the stated goals.

The majority of athletes (28.3%) fell into the "Medium" category, followed by "High" (26.1%) and "Low" (21.3%) categories. While there were significant proportions in the "Very High" (17.1%) and "Very Low" (7.2%) categories, the dominance of the "Medium" to "High" categories (a total of 54.4%) indicates that the implemented training program has achieved a moderate to good level of effectiveness in maintaining athletes' performance after major competitions. This condition implies that, while the training program has successfully established a solid foundation for most athletes, there is still room to encourage more athletes to reach the "Very High" performance category.

These findings align with previous literature that emphasises the importance of post-competition training program continuity in maintaining athlete performance and motivation [10]. Furthermore, authors [11] state that: *"The quality of a*

structured and measurable training program is a crucial factor in maintaining the long-term presence of athletes."

The consistency of scores observed in this study can be interpreted as an indicator of success in maintaining training routines and athletes' physical adaptation after peak performance at the PON.

However, the variations observed, particularly in the "Low" and "Very Low" categories, warrant further attention; this may be due to various individual factors such as post-competition motivation, injury management, or lack of ongoing support [12]. Therefore, although the Aceh Provincial Government's Kempo training program has demonstrated considerable effectiveness, these results imply the need to evaluate and adjust coaching strategies.

Efforts can focus on increasing the intensity of training programs, personalising coaching approaches to address the individual needs of athletes in lower categories, and strengthening post-competition motivation to prevent performance decline. Integrating psychological approaches into training programs can also help ensure sustained motivation and resilience in athletes [13].

Psychological Aspects. Descriptive statistics show that among the 21 respondents, the average score for the psychological aspects of Kempo athletes was 21.8, with a median of 22 and a mode of 25. This relatively high uniformity in median and mode values indicates that most athletes showed a high level of mental readiness after implementing PON. The standard deviation of 3.1 suggests that the variation in psychological aspect scores between athletes is moderate. In contrast, the relatively wide range of scores between 13 and 25 indicates differences in individual psychological conditions that require special coaching attention.

The majority of athletes (47.9%) fall into the very high category, followed by the high category (32.8%); this demonstrates the effectiveness of psychological coaching in supporting post-PON athlete performance, indicating a generally positive level of mental readiness that strongly supports continued performance. Only a small proportion of athletes fall into the low-to-very-low categories, indicating the need for more intensive psychological intervention for these athletes.

These findings are consistent with studies in sports psychology that emphasise the im-

portance of emotional stability and mental preparedness in supporting athlete performance after the main competitive phase. Authors [14] assert that: *"Proper emotional management significantly prevents athletes from concentration disorders and anxiety that can reduce performance."*

Furthermore, studies have shown that a holistic approach integrating psychological and physical training improves athletes' mental preparedness to face competitive pressure [15].

According to authors [16], *"The effectiveness of an athlete's psychological development is highly dependent on the application of adaptive stress and anxiety management strategies, including the use of emotion regulation techniques such as cognitive reappraisal, which empirically can increase an athlete's resilience to competitive pressure."*

This aligns with the importance of ongoing post-competition psychological support to prevent a decline in motivation and increase focus in continued training [17].

The practical implications of this research's findings underscore the importance of developing sustainable and personalised psychological coaching programs, particularly for athletes who score below the high psychological category. These programs should be designed with each athlete's individual needs in mind, ensuring that interventions are more effective in improving suboptimal psychological aspects. The coaching approach should include specific training in emotional management to help athletes adjust their emotional reactions during competitive training.

Financial Aspects. Descriptive statistical analysis shows that, among the 21 respondents, the average financial aspect score for Kempo Pengprov Aceh athletes was 20.7, with a median of 21 and a mode of 23. These values illustrate that most athletes have financial conditions that are above the midpoint of the assessment. The standard deviation of 2.7 indicates a moderate level of variation among athletes, while the relatively wide range of scores from 15 to 25 reflects significant differences in financial factors among individuals.

This indicates heterogeneity in the financial support and resources athletes receive, with the majority of athletes (31.0%) in the "High" category and a large number spread across the "Medium" (23.4%) and "Low" (21.1%) categories. This condition indicates that although most athletes receive adequate financial support, a significant

percentage experience financial limitations, which requires strategic attention in athlete development. The presence of athletes in the "Very High" category (17.0%) indicates that some athletes receive optimal financial support. In comparison, 7.4% of athletes in the "Very Low" category report belonging to vulnerable groups that require special intervention.

This finding aligns with research by authors [18], which states that: *"Financial factors significantly influence athletes' readiness to participate in training and competition programs, where limited funding has the potential to reduce athlete motivation and performance."*

Furthermore, a study by the authors [19] emphasises: *"The need for an effective financial management system in sports organisations to ensure equitable distribution of funds and encourage the long-term development of athletes."*

The dynamics of these financial variations also underscore the importance of holistic financial support that is not only symbolic but also operational in meeting the daily needs of athletes, such as training costs, transportation, and equipment [20]. This study implies that managers of Kempo Pengprov Aceh athlete development must strengthen financial management by allocating funds more proportionally and implementing financial empowerment strategies for athletes.

The coaching program must be able to identify athletes experiencing financial constraints and provide solutions, especially in the form of scholarships, sponsorships, or direct assistance that positively impact performance and training enthusiasm; this is also consistent with authors [21] recommendation, which underscores the importance of sustainable financial support as a key determinant of athlete stability and success in regional and national competitions. Overall, economic data from Aceh Provincial Kempo athletes following the 2024 Aceh-North Sumatra National Games indicates a relatively strong athlete presence, but also reveals inequalities that must be managed wisely to promote equality and optimal athlete development.

CONCLUSIONS

The average score for the athlete's training program development aspect was 19.7, with a homogeneous, symmetrical distribution. Most athletes (54.4%) were in the moderate-to-high cate-

gory, indicating the training program's effectiveness. However, the presence of athletes in the low-to-very-low category requires individualised program evaluation and adjustment to increase intensity and motivation for sustained performance.

The average psychological score for athletes was 21.8, with the majority (47.9%) in the very high category and 32.8% in the high category, indicating good mental preparedness. Moderate variation in scores and the presence of some athletes in the low category indicate the need for personalised psychological coaching to maintain moti-

vation, self-confidence, and long-term mental resilience.

The average athlete score of 20.7 in the Financial Aspect indicates significant variation in financial conditions. Most athletes (31%) fall into the high category, but nearly 28.5% fall into the low-to-very-low category, suggesting an imbalance in financial support that could hinder readiness and sustained performance. Therefore, financial management and proportional financial support are essential to maintaining athlete performance and consistency.

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