

# Sports Sociology And Education: Evaluation Of The Dbon Program At Sentra Surabaya

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**Abstract:** *LTAD (Long-Term Athlete Development) is the result of the thoughts of Dr. Istvan Balyi, an expert in planning, periodization, and performance improvement through short and long-term training programs (Jeffreys, 2019). LTAD consists of three multi-stage components: competition, training, and recovery, usually starting from the age of 6 to 16 years old (Dowling & Washington, 2021). LTAD recommendations based on expert opinions suggest an age range (i.e., 12–15 years) to commence specialized sports training in disciplines such as boxing, canoeing, cycling, weightlifting, etc., while other sports (e.g., gymnastics, swimming, etc.) require an earlier initiation (i.e., 6–9 years). The National Sports Development Program (Desain Besar Olahraga Nasional or DBON) is a program initiated by the Ministry of Youth and Sports for the long-term development of athletes, known as LTAD (Long-Term Athlete Development). DBON serves as the center for athlete development, currently comprising four centers located at various universities in Indonesia. Presently, there are only four centers, namely: Jakarta State University, Indonesia University of Education, Semarang State University, and Surabaya State University. The method used in this research is qualitative descriptive, where data collection involves in-depth interviews, participant observation, and documentation. Data analysis occurs after data collection, and at this stage, the researcher is actively engaged in the presentation or display of the previously collected and analyzed data. In qualitative research, this often involves organizing narrative texts. The theme of this interview is to evaluate the DBON (National Sports Development Program) for the swimming branch at the Surabaya center. The interview focuses on the training and competitions experienced by the athletes. The informant for this interview is the swimming coach from DBON. Some key topics in this interview include: the athlete's specialization in their sports branch, the athlete's motivation during the training program, challenges faced by the coach, and information regarding the absence of a degradation system*

**Keywords—**LTAD, Sociology, education, junior highschool, sport.

## 1. INTRODUCTION

LTAD (Long-Term Athlete Development) is the result of the thoughts of Dr. Istvan Balyi, an expert in planning, periodization, and performance improvement through short and long-term training programs [1]. LTAD consists of three multi-stage components: competition, training, and recovery, usually starting from the age of 6 to 16 years old [2]. LTAD recommendations based on expert opinions suggest an age range (i.e., 12–15 years) to commence specialized sports training in disciplines such as boxing, canoeing, cycling, weightlifting, etc., while other sports (e.g., gymnastics,

swimming, etc.) require an earlier initiation (i.e., 6–9 years) [23]

LTAD has gained global recognition, with many countries adopting it to develop elite athletes. In its implementation, there must be collaboration between government entities and sports practitioner [4]. When we talk about elite athletes, an athlete must deliver their best performance. Becoming an Olympic champion means being the best in the world; hence, young athletes are selected based on anthropometrics, kinematic variables, and movement efficiency [5]

The National Sports Development Program (Desain Besar Olahraga Nasional or DBON) is a program initiated by the Ministry of Youth and Sports for the long-term

development of athletes, known as LTAD (Long-Term Athlete Development). DBON serves as the center for athlete development, currently comprising four centers located at various universities in Indonesia. Presently, there are only four centers, namely: Jakarta State University, Indonesia University of Education, Semarang State University, and Surabaya State University.

The National Sports Development Program (Desain Besar Olahraga Nasional or DBON) is targeted for a 10-year period, aligning with the hosting of the 2032 Olympics in Brisbane, Queensland, Australia. DBON is regulated by the Presidential Regulation of the Republic of Indonesia No. 86 of 2021 regarding the National Sports Development Program. The functions of DBON are outlined in Article 2, Paragraph 2 of Presidential Regulation No. 86 of 2021, which states that "DBON functions to provide guidelines for the Central Government, Provincial Governments, District/City Governments, Sports Organizations, National Sports Federations, business and industry, academics, media, and the community in organizing National Sports so that National Sports development can proceed effectively, efficiently, excellently, measurably, accountably, systematically, and sustainably."

Building sports achievements in Indonesia is not as easy as turning one's hand. This system must be comprehensively developed from the central level to the regions, as implied in the Minister of Youth and Sports Regulation of the Republic of Indonesia Number 10 of 2022, paragraph 1, regarding the Development of Centers for Performance Sports Coaching in the Regions. The National Sports Development Program (Desain Besar Olahraga Nasional or DBON) is a master plan document that contains the policy directions for the effective, efficient, excellent, measurable, systematic, accountable, and sustainable development of national sports in the scope of educational sports, community sports, performance sports, and the sports industry.

According to the Regulation of the Minister of Youth and Sports of the Republic of Indonesia, the National Sports Development Program (Desain Besar Olahraga Nasional or DBON) covers three aspects, namely training, competition, and recovery.

## 2. METHODS

The method used in this research is qualitative descriptive, where data collection involves in-depth interviews, participant observation, and documentation. Data analysis occurs after data collection, and at this stage, the researcher is actively engaged in the presentation or display of the previously collected and analyzed data. In qualitative research, this often involves organizing narrative texts.

## 3. RESULT

The theme of this interview is to evaluate the DBON (National Sports Development Program) for the swimming branch at the Surabaya center. The interview focuses on the training and competitions experienced by the athletes. The informant for this interview is the swimming coach from DBON. Some key topics in this interview include: the athlete's specialization in their sports branch, the athlete's motivation during the training program, challenges faced by the coach, and information regarding the absence of a degradation system.

## 4. DISCUSSION

Based on the explanation above, the following is a discussion regarding the DBON program in the swimming branch center in Surabaya.

### 4. 1. Absence of a degradation system

In an athlete development program, a degradation system is highly needed because it not only serves as a filtering mechanism for athletes but also instills a competitive spirit in young athletes. Moreover, it provides an opportunity for other children with great talent to be developed. However, in its implementation, the degradation system has not been established, and this may be due to several factors. Firstly, it might be because DBON has not been running for a year. Secondly, the DBON system indeed does not include a degradation mechanism.

### 4. 2. Lack of regular competitions.

Based on Dowling's journal, LTAD has three stages, namely training, competition, and recovery. [2]. Competitions are useful for training an athlete's mental resilience and assessing their performance duration. Currently, there is no mandatory type of competition for DBON athletes; during their journey, they have only participated in two competitions. It is hoped that in the future, DBON management will collaborate with regional or national swimming authorities to provide regular competitions for DBON athletes.

### 4. 3. Athlete recruitment begins at the age 12 – 15 years old.

The ideal LTAD (Long-Term Athlete Development) for swimming is typically initiated for children aged 6-9 years [4]. However, in reality, DBON swimming athletes are aged from 12 to 15 years old. The athletes in DBON are in the middle school education level, with ages ranging from 12 to 15 years old. This causes a delay in long-term development. Based on existing theories, DBON Surabaya athletes are delayed by 6 years in athlete development. If the goal is to win the Olympics, early development is crucial, and the ideal age for coaching in swimming is 6 years old..

## 5. CONCLUSION

From the interview results, we conclude that the DBON program at Surabaya State University is well-implemented. This includes well-structured training programs, athlete motivation, and available facilities. However, the number of organized competitions is still relatively low, even though competitions play a crucial role in boosting athlete motivation and mental toughness during matches. The absence of a degradation system for the current DBON setup has led some athletes to feel comfortable with their current positions. Additionally, it is recommended to start athlete recruitment at the age of 6-9 years old..

## 6. REFERENCES

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