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The Identification of Sports Talents Using a Sport Search

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Abstract

This study aims to identify students who have talent based on the talent analysis results at SMP 1 Rambah Rokan Hulu. This research method is a quantitative descriptive method. The data analysis technique used was sports test tracing. The sampling technique used was the purposive sampling technique. Meanwhile, the samples determined by the researcher were students who like to exercise and are interested and willing to take part in this research. Based on these criteria, the sample size is 30 people. The results showed that 6.7% of children had shown their talent in long-distance running, 16.7% of children showed their talent in the sport of Judo, 6.7% of the children were gifted in the sport of rock climbing, 23.3% of the children showed their talent fast running, 23.3% of children in street sports, 3.3% of children in Steeplechase, 3.3% of children in hurdling, 3.3% of children in the high jump and 13.3% of children in multi-jump sports respectively.

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INTRODUCTION

Sports performance is one of the objectives of the training that a person carries out according to the trainer's training program. Many factors support sports achievement, one of which is coaching. If the coaching system works well, sports performance will be better. (Suhendro, 2018). It is widely recognized that achieving sports achievements is a complicated matter that must be considered.

There are many factors, such as nutrition, athlete quality, coach quality, facilities, and infrastructure. Achievement of achievements is not young but must go through long coaching and talented athlete candidates' support. (Candra & Irwanto, 2018).

Before the athlete development stage, the process carried out is to identify the child's talents so that the coaches know the early age of the child's talent. Many Indonesian children

do not learn their abilities, but these children are already directly pursuing a sport. We do not know what sport the child is suitable for. It is a sport whose energy system is aerobic or anaerobic. Therefore, it is essential to guide children's talents through sports search. Sport search has the potential to prepare a child as a whole, regardless of the child's form or physical abilities. (Trianda., 2010)

Coaching in some parts of Indonesia is that if children like the sport, the child is considered a talent in that sport and then they are fostered at the age of adolescence, the child's ability to increase is not significant (stagnant). For example, in schools, students are advised to take sports extracurricular activities that do not match their talents; even though it is better if the extracurricular activities are carried out according to the child's skills, the efficiency of the coaching time will be more pronounced.

Sports coaching in Rokan Hulu Regency has not been optimal. The efforts made by the government have not reflected a reasonable effort in terms of sports coaching. Simultaneously, good coaching is synergistic coaching between the government, sports managers, coaches, athletes, and the community. Three essential things that coaches and sports policymakers must know to find and develop children who have sports potential: 1) talent identification, 2) talent selection, 3) talent development. The three things that have been stated are a series of activities that have been designed in a structured and systematic manner that must be

carried out sustainably. Efforts to improve performance need to select talented athletes with the right approach. (Ratno & Nidyatama, 2012)

The development of advances in science and technology is beneficial in all things, including sports science development. Efforts to improve sports performance are carried out with the help of science and technology. Sport search is a method of finding talent for early childhood at 11-15 years in sports. Early childhood is the best age to spur children's development so that their growth can develop optimally. (Pratiwi, 2015).

Sport search is an interactive computer package that allows children to adjust physical characteristics and sports options tailored to their sports potential. The program also provides information on more than 80 sports and details on searching and selecting various sports in the community. This sports search is one of the programs developed by the Australian sports commission (The Australian Commission) as part of AUSSIE SPORT, a comprehensive Australian approach to the development of junior sports. (Brahmanta, Heldie). According to (Candra & Irwanto, 2018), The benefits of using sports search in scouting children's talents are 1) Reducing the time required for high achievement by selecting talented athletes in individual sports, 2) Eliminating work volume, energy, and separating high talent for trainers and the effectiveness of training can be achieved, 3) Increasing competitiveness, 4) indirectly facilitate the application of practice.

This research on the progress of sports can boost sports performance because identifying talent provides benefits such as increasing competitiveness, increasing athlete's confidence, and the effectiveness of training. (Candra & Irwanto, 2018). By the impact of the research above, this research is essential so that the effects of sports performance can increase optimally and maximize the number of talented athletes in sports competition activities. (Sports, 2017).

Previous research conducted by (Ratno & Nidyatama, 2012) is different from this research, namely in that the identifier is only one sport, while this research is based on the suitability of any sport as a child's talent. A study was conducted (Malik et al., 2020) that this latest research only tests the validity of sports search. The research conducted (Ayu et al., 2017) shows that research on the identification of sports talents using sports search looks at gender and body shape. Therefore, this research is essential to identify sports according to the sport search method's guidelines.

This study aimed to identify SMP 1 Rambah children's sports talents whose samples have a hobby of exercising so that it is easy for the coach to separate gifted children from sports according to their abilities.

METHODS

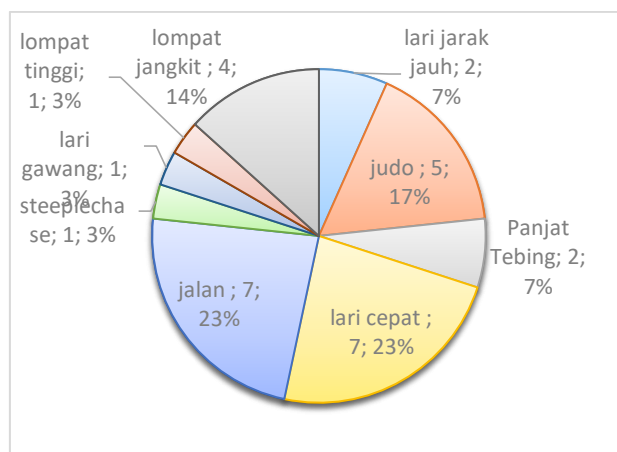
This type of research used in this research is descriptive quantitative with case studies. In this research, the

researcher used the purposive sampling technique to determine the sample size of 30 children. Several tests are used to obtain data: Tests for height, sitting height, body weight, arm stretches, throw a tennis ball, basketball sheets, jump straight, agility running, sprint 40 meters, multi-stage running. While the data analysis used is as follows: 1) The results are consulted in the table, 2) then an assessment is carried out according to age and gender, 3) then the test results are matched with the norms and profiles of sports, 4) the results are if the test results are minimal equal to or better than the profile of the sport, the child is "gifted" in that particular sport.

FINDINGS AND DISCUSSION

Findings

Based on the data obtained from the research then analyzed manually according to the existing procedures, it is known that as many as 30 samples are 6.7% (2) talented in long-distance running, 16.7% (5) expert in judo, 6.7% (2) gifted in rock climbing, 23.3% (7) expert in a sprint, 23.3% (7) talented in road sports, 3.3% (1) gifted in the steeplechase, 3.3% (1) given in hurdling, 3.3 % (1) gifted children in the high jump and 13.3% (4) gifted in multi-jump sports. The following is a diagram of the talent scouting for SMP 1 Rambah so that it is easy to understand.



Discussion

Based on the results that have been obtained from research that has been conducted at SMP 1 Rambah, it can be seen that two gifted children in long-distance running, five gifted children in Judo, 2 gifted children in rock climbing, 7 talented children in a sprint, 7 gifted children in road sports, 1 expert in the sport of Steeplechase, 1 proficient in hurdling, 1 adept in the high jump and 4 talented in multiple jumps. This study's results are by several sports whose characteristics are required in individual sports, both from anthropometry and motor skills.

Two children are gifted in long-distance running. If you look at the talent scouting test results for the two children, the vertical jump and multistage fitness results are better than the other items. So that the two children are categorized as gifted in long-distance running. 5 gifted

children in Judo. Judo should also have good motor skills such as jumping upright and in good fitness. 2 talented children in the sport of rock climbing also have useful tests in their research, especially on the 40-meter running item, that the sport of rock climbing also requires good speed as support in rate to climb. As stated (Pramukti, 2014), it is one of the supporting factors to make a reliable rock climbing athlete have good speed. Street sports require the right physical conditions, for example, a high volume of oxygen (VO₂max) and good endurance. The multi-jump sport requires the proper physical condition of leg muscle strength so that the repulsion can be maximized. As stated by (Rohmat, 2010), leg muscle strength in multiple jump achievements is necessary to optimize jumping distance. Multistage Fitness Test (MFT) is performed to measure endurance. Endurance is an essential factor for

achievement sports such as long-distance running, marathons, and martial arts.

In addition to the physical conditions above, children's anthropometric form is also a consideration for gifted athletes. For example, in short, distance running, the ideal height and limbs of short distance running athletes is a tall body and, of course, long legs (Yani & Hasri, 2020) so that the reach of the steps is even further in the future. (Sinurat, 2018). Likewise, with the branches of martial arts, silat, karate, and fencing, a martial athlete's arm span must belong so that the maximum range of punches is far.

Of the 30 samples that have been studied, only a few students actively practice according to their talents because the sports that are in demand according to their abilities in Rokan Hulu Regency are not available, for example, jumper, Judo, hurdling, and several other sports. Students do their time at school during class hours and extracurricular hours.

CONCLUSION

Of the 30 children sampled, not all of them pursue sports that match their talents; some children have the talent to jump up and down but often do table tennis and other sports. From the research results and discussion above, it can be concluded that of the 30 children studied,

6.7% (2) were gifted in long-distance running, 16.7% (5) were given in judo, 6.7% (2) were blessed in rock climbing, 23.3% (7) gifted in a sprint, 23.3% (7) talented in road sports, 3.3% (1) given in the steeplechase sport, 3.3% (1) gifted in hurdling, 3.3% (1) gifted high jump and 13.3% (4) talented in multiple jumps. From these results, the benefit is that it is easy for children to direct what sport they are choosing, and as a coach, it is also easy to train children whose talents are already known earlier.

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