

Training Competence and Extracurricular Sports Self Efficacy Coach Junior High School in the Special Region of Yogyakarta

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ABSTRACT

Abstract

The purpose of this study was (1) to determine the competencies of extracurricular trainers in junior high school sports in the Special Region of Yogyakarta (SRY); (2) to find out the level of self-efficacy of the SRY junior high school extracurricular trainers on the success of training the sports they have trained; and (3) to find out the relationship between competency in training with efficacy in SRY junior high school extracurricular trainers. To realize this, the survey research method used with the design of the study is A Restrictive Causal-comparative design (Gay and Airasian, 2002). The population of this research is the students of SRY junior high school extracurricular training. Data retrieval technique using proportional random sampling. The instrument used in this study is the Coaching Competency Scale (CCS) adopted, namely Myers, Feltz, Maier, Wolfe, & Reckase (2006) and the Coaching Efficacy Scale (CES) adapted from Feltz, Chase, Moritz, & Sullivan (1999). Data analysis techniques use descriptive and inferential statistics. Based on the results of data analysis and discussion as mentioned above, it can be harvested as follows. (1) competence in training physical educator (PE) teachers in SRY in managing extracurricular sports as a graduation requirement is good; (2) PE teacher's self-efficacy in the management of extracurricular sport at school is good; (3) there is a significant influence of the PE teacher's self-efficacy in the ability to manage extracurricular sports well; (4) positive PE teacher training competencies do not affect the ability to manage extracurricular Sport in schools; and (5) the competence and self-identification of PE teachers together have a significant effect on the management of extracurricular sport in schools. Even being able to contribute effectively reaches 35%.

Kata Kunci: *competence, self efficacy, coach, sports extracurricular*