



Evaluation of the Boxing Sports Development Programme in South Barito Regency

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ABSTRACT

Boxing is a priority sport in South Barito Regency, yet the effectiveness of its athlete development programme needs systematic evaluation to ensure resources and implementation meet athletes' needs. This study evaluated the programme using the CIPP model (context, input, process, product). A quantitative descriptive design involved 32 respondents (27 athletes, 3 administrators, 2 coaches). Data were obtained through questionnaires, interviews, and observations and analysed descriptively. Context results showed programme management and needs were rated good–very good (positive ratings: administrators 67%, coaches 50%, athletes 79%). Input results indicated resources and facilities were adequate, with administrators mostly rating good (67%), coaches rating very good (54%), and athletes rating good (79%). Process results suggested implementation was effective (administrators good 67%, coaches very good 50%, athletes good 67%). Product results reflected good training outcomes, supported by administrators (67%), coaches (very good 50%), and athletes (good 74%). Overall, the programme is effective, but improvements in facilities, funding continuity, and training-method innovation are needed to strengthen future athlete performance.

1. Introduction

Achievements in sports are an important measure of a region's progress and reflect the success achieved through well-planned and sustainable development programmes. In the South Barito Regency, performance development is a process of developing high-achieving athletes through training supported by facilities, qualified coaches, and a conducive environment (Rusli Lutan, 2002). Boxing is one of the prioritised sports, given its great potential to win medals at the Provincial Sports Week (Porprov). Performance in sports is the effectiveness of the training

programme implemented. A training programme should not only include a periodisation plan related to physical, technical, and strategic aspects, but also provide support in the areas of nutrition, athlete psychology, and build an integrated monitoring and evaluation system (Putro & Winarno, 2024).

One model considered appropriate is the Context, Input, Process, Product (CIPP) model, which can provide a comprehensive assessment of the environment, resources, implementation, and results achieved within a single analytical framework (Putra et al., 2024). The CIPP approach can identify how relevant the ongoing training programme is to the needs in the area (context), the adequacy and quality of the resources used (input), the suitability of the training programme implementation with the predetermined plan (process), and the expected results in the form of output and outcome of the achievements obtained (Nasri, 2019).

In line with the need for an integrated monitoring and evaluation system, programmes can also be supported by digital learning innovations to strengthen athletes' understanding of techniques, tactical concepts, and training instructions. Studies in educational settings show that augmented reality (AR)-assisted interactive multimedia and AR-based learning media are generally reported as practical and effective for improving learning outcomes and helping learners visualize material more clearly, suggesting potential relevance as a supporting medium for structured coaching and instruction delivery (Khusnunnisa & Andriani, 2025; Septiani et al., 2025; Julkifli et al., 2025; Sudarno et al., 2025; Oktama et al., 2026). In addition, AR-based storybooks and AR-integrated pop-up/comic media are also linked to improved engagement/interest and learning-related skills in school contexts, indicating that AR can increase user engagement when learning content is presented interactively (Jannah et al., 2025; Muti'ah et al., 2024; Masrukhin et al., 2024).

The boxing sport in South Barito Regency has enormous potential to develop the achievements of its athletes. However, in order to achieve optimal and sustainable achievements, a systematically designed and well-planned coaching programme is required. This programme aims not only to improve the quality of training received by athletes but also to develop their abilities comprehensively through an approach based on the CIPP (Context, Input, Process, Product) method. (Iwanda, 2023) explains that the CIPP approach can identify various strengths and weaknesses that may exist in the implementation of the coaching programme being carried out. The context of the boxing development programme in South Barito Regency is greatly influenced by various aspects, including geographical, social and cultural conditions within the community. South Barito Regency, located in Central Kalimantan, has a very diverse population, and there is a wealth of young athletic talent that has yet to be fully tapped. Currently, there are only 27 boxers registered at the South Barito Regency boxing gym.

The boxing achievement development programme must be able to consider various local factors, such as support from parents and the community, the availability of adequate sports facilities, and policies established by the local government. Rahman

(2021) shows that community involvement in sports programmes can significantly increase the motivation and participation of young athletes. It is crucial to involve the community in every stage of the development programme's implementation to create a supportive and conducive environment for the athletes' growth. Economic factors are also a consideration that cannot be ignored in the context of this programme. Many young athletes come from underprivileged families.

This emphasises the need for appropriate intervention so that boxing development programmes are accessible to all levels of society, without exception. Social aspects also play a very important role in determining the success of the development programmes implemented. In a community that supports and appreciates sports, athletes will feel more motivated to train and achieve better results. , revealed that support from family and peers contributes significantly to athletes' success in achieving excellence. Boxing performance development programmes must involve these social elements so that a positive and supportive atmosphere can be created for athletes undergoing the development process (Yorulmazlar, 2020). By considering the various contextual factors mentioned above, the evaluation of the boxing performance coaching programme in South Barito Regency can be carried out more thoroughly and comprehensively. This will certainly be very helpful in formulating more appropriate and effective recommendations for future programme improvements, so that the hope of producing accomplished boxers from South Barito Regency can be realised.

The implementation process of the boxing training programme in South Barito Regency, especially in the recruitment process of athletes at the South Barito Regency boxing gym, is carried out openly, inclusively, and oriented towards long-term coaching. This process not only aims to find talented individuals but also to build interest in boxing among the younger generation. The acceptance process for Barsel boxing athletes does not involve any special administrative selection or requirements. The main considerations are the physical and mental health of prospective athletes and obtaining permission from their parents. As long as prospective athletes are declared healthy and enthusiastic about training, they are accepted and immediately trained at the South Barito Regency boxing gym. Evaluations based on the CIPP model also provide an opportunity for all stakeholders to not only identify existing weaknesses but also to formulate concrete and data-driven recommendations for improvement (Wandi, et al 2013). The results of this evaluation are expected to serve as a strategic basis for the South Barito Regency Youth, Sports, and Tourism Agency (Disporapar) in formulating policies related to medium-term coaching.

Observations and interviews with those in charge of the boxing development programme in South Barito Regency revealed that the achievements of boxers in the region have not shown significant progress in line with the main objectives of the performance development programme. Problems are still evident in the development process, particularly in the athlete selection stage, where there is a lack of clarity regarding the stages and criteria used for recruitment. Furthermore, when participating in various championships, both at the regional and national

levels, boxing athletes from South Barito Regency have not been able to achieve optimal results. This is evident from their limited achievements in the preliminary rounds and the lack of medals won at the national level. This situation indicates that the development of boxing athletes in South Barito Regency is still lagging behind other regions that already have better and more focused development systems. However, an athlete's achievements are not solely determined by individual ability but are also significantly influenced by external factors such as the effectiveness of development programmes, support for facilities and infrastructure, the quality of coaches, and the management of the sports organisation overseeing the discipline.

The achievements of South Barito Regency's boxing athletes have improved year on year. In 2022, there were no medals won in official championships. However, starting in 2023, there has been significant progress with medals won in various regency and provincial championships, such as the Central Kalimantan Provincial Sports Week in Palangka Raya with 1 gold, 3 silver, and 5 bronze medals, as well as the Ampro Boxing Championship with 1 gold and 1 silver medal. In addition, at the Murung Raya Regency Cup I Championship, South Barito athletes contributed 1 gold and 1 bronze medal. The peak of this improvement in performance occurred in 2024 through participation in the Pre-Popnas in Palangka Raya, with 1 gold and 2 silver medals, as well as qualifying one athlete to compete at the national Popnas level. This shows that the coaching programme implemented has had a positive impact on the development of athletes' abilities and achievements in a gradual and sustainable manner. Therefore, this study aims to evaluate the boxing athlete performance development programme in South Barito Regency using the CIPP model to determine the programme's context, input, process, and product outcomes as the basis for improvement recommendations.

2. Methodology

The research used a mixed method approach. According to , mixed methods are research methods that combine quantitative and qualitative methods simultaneously in one research activity to obtain more comprehensive, valid, reliable, and objective data, because natural and social phenomena contain quantitative and qualitative elements. This research was conducted at the South Barito Regency boxing training centre, Jl. Buntok-Ampah, Sanggu, Dayak Customary Council Building in Buntok City, South Barito Regency, Central Kalimantan, from July to September 2025. The subjects of this study were 32 administrators, coaches, and boxers from South Barito District. Among them were 3 administrators, 2 coaches, and 27 athletes. The object of this study was to evaluate the boxing training programme in South Barito District. The evaluation method used was the CIPP model, which includes *Context*, *Input*, *Process*, and *Product*. The instruments used were observation, questionnaires, and documentation. The data analysis technique employed was descriptive analysis.

3. Results and Discussion

Boxing in South Barito Regency has shown significant growth as a regional sport, mainly due to the support of administrators/officials and the active participation of young people as athletes. Although there are still limitations in terms of training facilities, equipment availability, and funding support, athletes have shown an upward trend in performance, as reflected in the medals they have won at regional and provincial championships. In practice, the training programme runs on a relatively regular training schedule, accompanied by routine evaluations involving coordination between administrators, coaches, athletes, and parents. This pattern of collaboration is an important factor because performance development depends not only on the training programme, but also on a support system that ensures athletes can attend training consistently, receive adequate feedback, and have a social environment that encourages continued development. These conditions reinforce the indication that boxing has the potential to contribute to regional sporting achievements and foster competitive athletes who can be projected to perform at higher levels if resource constraints can be gradually overcome.

Data Collection Through Interviews

Apart from questionnaires, in-depth interviews were conducted to strengthen the evaluation findings. Researchers interviewed key participants, including administrators, coaches, and selected athletes who were directly involved in the performance development programme. Interviews were conducted face-to-face at the boxing training venue during break sessions, using semi-structured guided questions to allow informants to provide detailed explanations based on their experiences. The interview process was recorded (with permission) and accompanied by field notes to ensure the accuracy of information. The interview guidelines used in this study are presented in Table 1.

Table 1. Interview Question Guidelines

No.	Indicator (CIPP)	Interview Questions
1	Context	How do you view the relevance and purpose of the boxing athlete development programme in this region?
2	Input	How do you assess the availability of training resources (coaches, facilities, equipment, funding)?
3	Input	How is the athletes' readiness and motivation during training?
4	Process	How is the training programme implemented? Is it carried out according to plan?
5	Process	How is the communication and guidance between coaches and athletes during training sessions?
6	Product	What improvements in performance or achievements have you experienced or observed?
7	Product	What challenges still exist and what needs to be improved in the development programme?

Input Evaluation

In general, the input evaluation shows positive perceptions from respondents regarding the readiness of programme resources, which include coaches, athlete readiness, facility support, equipment availability, and funding aspects. This finding is important because input components are the foundation for the training process and the success of the targeted results, so that input assessment can be an initial indicator of whether the programme has the minimum capacity to be implemented consistently. A summary of the frequency distribution of input aspect assessments from administrators, coaches, and athletes is shown in Figure 1, allowing readers to observe the trends in respondents' assessment categories before the interpretative analysis is further elaborated.

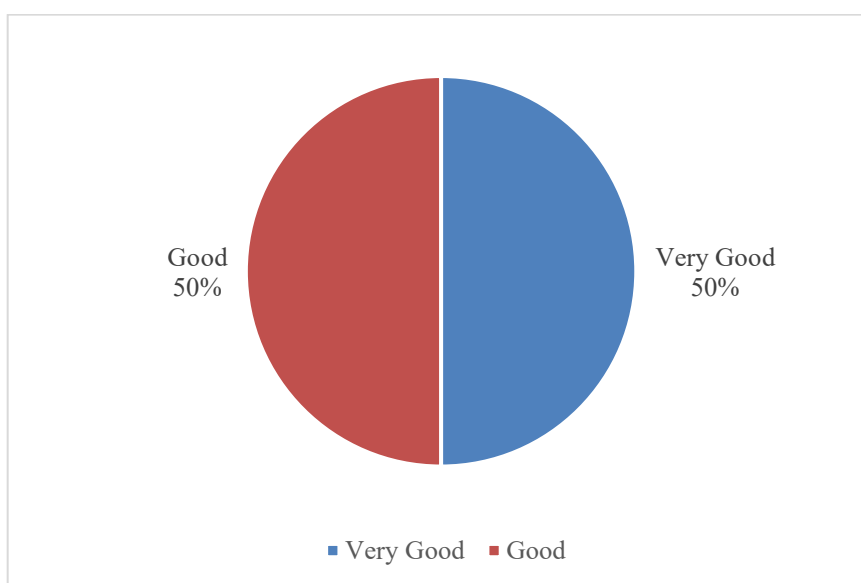


Figure 1. *Input Evaluation Results*

Figure 1 shows that the results of the Input aspect calculation based on the assessments of administrators, coaches, and athletes obtained a frequency distribution with the "Very Good" category of 16 respondents (50%) and the "Good" category of 16 respondents (50%). There were no respondents in the "Fair", "Poor" or "Very Poor" categories. Based on these results, it can be concluded that most administrators, coaches and athletes rated the Input aspect of the performance development programme for boxing in South Barito Regency as Good to Very Good.

The questionnaire analysis results, supported by the interview with Athlete 1, stated: *In implementing the boxing performance development programme in South Barito Regency, we as athletes carry out training in accordance with the programme prepared by the coaches and administrators. Each training session is tailored to the abilities and needs of each athlete so that the development objectives can be achieved optimally. We also try to follow the coach's instructions with discipline and maintain our motivation to stay enthusiastic about training. In addition to, coordination with coaches and administrators is carried out regularly to ensure that training runs according to schedule and receives the necessary*

support. With this cooperation, the implementation of development can run professionally and in accordance with the programme objectives.

Based on interviews conducted by researchers with the athletes, it was found that the implementation of the boxing training programme in South Barito Regency has been carried out well through a planned and focused training programme. The athletes said that the training programme was designed based on the abilities and needs of each athlete, so that the coaching process could run effectively and in accordance with the objectives set. The athletes also emphasised the importance of discipline and motivation in each training session so that they could gradually improve their technical and physical abilities.

The interviews showed that the input aspects of the boxing performance development programme in South Barito Regency had been running well. This was evident from the systematic implementation of the training programme, solid cooperation between athletes, coaches and administrators, and the athletes' commitment to participating in the development programme with discipline. However, improvements in training facilities, funding, and ongoing support are still needed so that the coaching programme can be optimised and produce outstanding athletes in the future.

Contextual evaluation is the most important part of implementing a designed programme. Contextual evaluation is carried out to assess the objectives and relevance of the boxing performance development programme in South Barito Regency. Natal (2020) states that in implementing a programme, a manual containing technical guidelines (juknis) and implementation guidelines (juklak) must be prepared. This manual helps keep the programme on track, facilitates monitoring, and ensures that all boxing performance development activities can run effectively and measurably.

Process Evaluation

The process evaluation focuses on how the programme is implemented, including the consistency of training implementation with the plan, schedule regularity, routine evaluation mechanisms, the quality of coach-athlete communication, and the form of assistance provided during training. This aspect is important because adequate input does not necessarily produce good results if the programme implementation is inconsistent or does not go according to plan, making the process the main bridge between resources and results. A summary of the distribution of respondents' assessments of the process aspect is shown in Figure 2, so that the pattern of assessment categories can be understood before the supporting factors and improvement notes are explained.

Figure 2 shows that the results of the process aspect calculation based on the assessment of administrators, coaches and athletes obtained a frequency distribution with the "Very Good" category of 12 respondents (37%) and the "Good" category of 20 respondents (63%). There were no respondents in the "Fair",

"Poor" or "Very Poor" categories. Based on these results, it can be concluded that most athletes rated the process aspect of the boxing performance development programme in South Barito Regency as Good to Very Good.

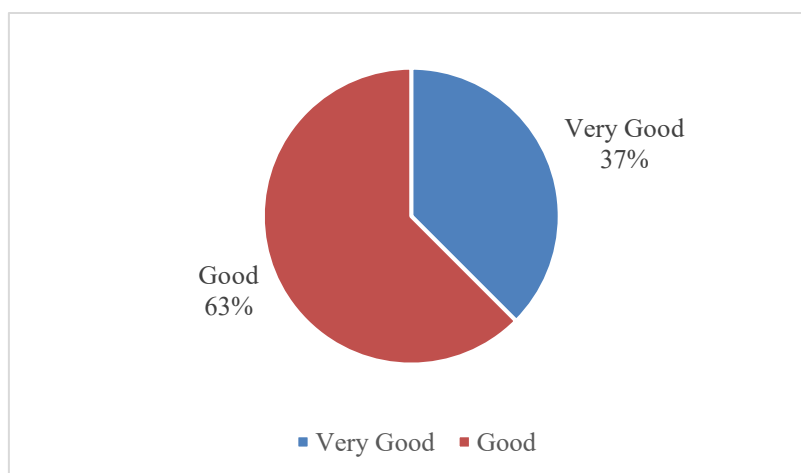


Figure 2. Process Evaluation Results

The results of the questionnaire analysis, supported by the results of the interview with Athlete 1, stated: *During my participation in the boxing training programme in South Barito Regency, I felt that the training provided was well-organised and followed the scheduled plan. The short-term training programme was very helpful in improving my basic skills, especially in terms of technique and physical strength. The general and specific preparation stages were carried out in a focused manner, enabling me to understand the strategies and techniques needed when facing a match. The coach also always provided guidance and direction during training and monitored our progress regularly.*

The interview results show that the athletes consider the coaching programme to have been well-planned and effective in improving their skills. However, some athletes also mentioned that there is still a need to improve the variety of training methods and supporting facilities so that training can be optimised. In addition, continuous support from administrators and related parties is also expected so that each stage of training can be carried out to the fullest. The interview results show that the process aspect of the boxing performance development programme in South Barito Regency has been effective and has had a positive impact on the development of athletes' abilities. The implementation of structured training, regular evaluations, and good communication between coaches and athletes are important factors that support the success of the development programme. Although there are still some limitations, the enthusiasm and commitment of the athletes in participating in the training programme show that the development process is on the right track to produce athletes who are accomplished and ready to compete at a higher level.

The support of the athletes' parents has proven to be an additional motivation for the athletes in participating in the performance development programme. Fatahillah

(2018) states that the application of extrinsic motivation in sports in the form of external stimuli, such as rewards, can encourage athletes to achieve their set targets and perform to the best of their abilities. According to Gul et al (2019), despite constraints in terms of resources, budget, and facilities, the motivation from parental support and the creativity of administrators and coaches are important factors that support the smooth running of the boxing training programme in South Barito Regency.

Process Evaluation

To ensure that the process analysis does not stop at general conclusions, quantitative findings need to be explored further by examining whether the perceptions of different respondent groups show similar trends or differences in emphasis. Therefore, a summary of the process evaluation results based on respondent groups (administrators, coaches, and athletes) is presented in Figure 3 to show the patterns of assessment between groups, so that the discussion can explain which parts of the process are considered the strongest and which areas need strengthening from the perspectives of different stakeholders. Presentation by group also helps to show consistency (or variation) in perceptions, which ultimately strengthens the validity of the findings through triangulation between respondent sources.

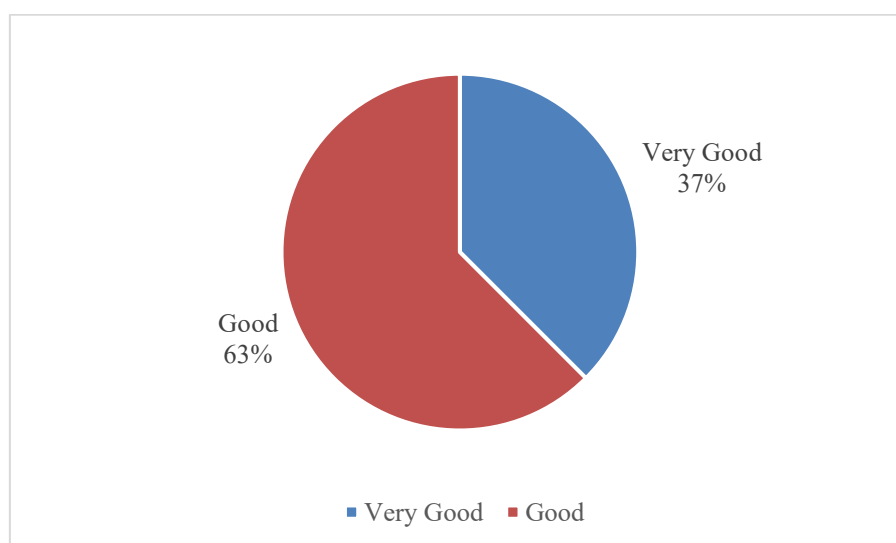


Figure 3. Process Evaluation Results

Figure 3 shows that the results of the process aspect calculation based on the assessment of administrators, coaches, and athletes obtained a frequency distribution with the "Very Good" category of 12 respondents (37%) and the "Good" category of 20 respondents (63%). There were no respondents in the "Fair", "Poor", or "Very Poor" categories. Based on these results, it can be concluded that most athletes rated the process aspect of the boxing performance development programme in South Barito Regency as Good to Very Good. The questionnaire analysis results, supported by the interview with Athlete 1, stated:

During my participation in the boxing training programme in South Barito Regency, I felt that the training provided was well-organised and followed the scheduled plan. The short-term training programme greatly helped me improve my basic skills, especially in terms of technique and physical strength. The general and specific preparation stages were carried out in a focused manner, so I could understand the strategies and techniques needed when facing a match. The coach also always provided guidance and direction during training and monitored our progress regularly.

Based on the results of interviews conducted by researchers with the athletes, it was found that the implementation of the training programme in boxing in South Barito Regency had been carried out well and had a positive impact on improving the athletes' abilities. The athletes said that the training provided was carried out according to the schedule and plan prepared by the coach. The short-term training programme was considered helpful in improving basic skills, in terms of technique, physical strength, and endurance. In addition, the training stages, such as general preparation, special preparation, pre-competition, main competition, and transition stages, were all carried out in a focused manner and provided benefits for the athletes' physical and mental readiness.

The athletes assessed that the implementation of the coaching programme had been well-planned and had produced tangible results in improving their abilities. However, some athletes also said that improvements were still needed in the variety of training methods and supporting facilities so that training could be optimised. In addition, continuous support from administrators and related parties was also expected so that each stage of training could be carried out to the fullest. The interview results indicate that the process aspects of the boxing performance development programme in South Barito Regency have been effective and have had a positive impact on the development of athletes' abilities. The implementation of structured training, regular evaluations, and good communication between coaches and athletes are important factors that support the success of the development programme. Although there are still some limitations, the enthusiasm and commitment of the athletes in participating in the training programme show that the development process is on the right track to produce athletes who are accomplished and ready to compete at a higher level.

Arifin (2012) explains that a training programme is a method for conducting training effectively and efficiently so that athletes can achieve their set targets. In addition to training, monitoring is also an important aspect of the development process. Program administrators regularly conduct monitoring by visiting the athletes' training grounds. Arikunto and Jabar (2008) explain the administrators' seriousness in supporting the smooth running of the coaching programme. Through regular monitoring, administrators can directly observe the athletes' progress, while also providing additional motivation for athletes to continue improving their abilities and achievements.

Product Evaluation

Product evaluation captures the programme's output in terms of improved abilities, training experience, competition readiness, and achievements resulting from the inputs and processes that have taken place. In this context, the product is not only defined as medals, but also as improvements in performance, discipline, and athlete readiness, which can form the basis for medium-term development projections. A summary of the distribution of respondents' assessments of the product aspect is shown in Figure 4, so that readers can clearly see the composition of the assessment categories before the discussion of the meaning of the findings and the need for improvement is explained.

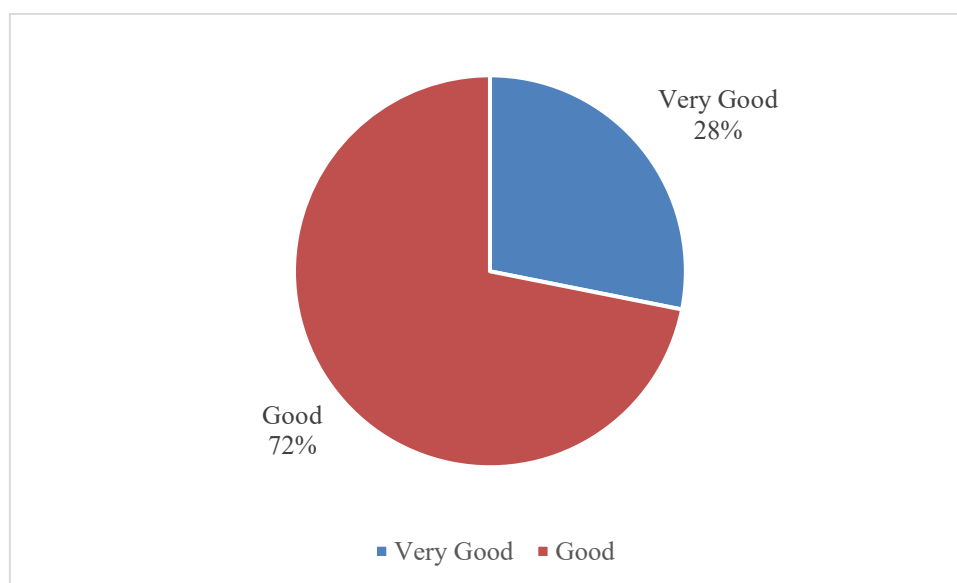


Figure 4. *Product Evaluation Results*

Figure 4 shows that the results of the product aspect calculation based on the assessment of administrators, coaches and athletes obtained a frequency distribution with the "Very Good" category of 9 respondents (28%) and the "Good" category of 23 respondents (72%). There were no respondents in the "Fair", "Poor" or "Very Poor" categories. Based on these results, it can be concluded that most athletes rated the product aspect of the boxing performance development programme in South Barito Regency as Good to Very Good.

The questionnaire analysis results, supported by the interview with Athlete 1, stated: *The boxing performance development programme in South Barito Regency provides a structured and clear training experience. As athletes, we carry out training according to the schedule and plan set by the coach. Each training session is directly supervised, so we can receive appropriate direction and guidance to improve our technical skills, competition strategies, and discipline. The support from the coach and administrators is very helpful for us in achieving our training and performance targets.*

Based on the results of interviews conducted by researchers with the athletes, it was found that the implementation of the boxing performance development programme

in South Barito Regency has been running well and has produced tangible results in terms of the athletes' abilities and achievements. The athletes said that the training programme was carried out according to the schedule and plan set by the coach, so that they showed improvements in their abilities, from basic techniques and competition strategies to physical and mental condition. The athletes explained that the improvement in their abilities and achievements was evident at both the regional and provincial levels, in line with the targets that had been set. In addition, the coaches coordinated regularly with the administrators and related parties to ensure that the training programme received adequate support, including facilities, equipment, and technical guidance. This was very helpful in maintaining the effectiveness and smooth running of the development programme.

The athletes assessed that the performance development programme had been running well, was well structured, and had significantly improved their abilities and performance. However, the athletes also said that improvements were still needed, particularly in relation to training facilities, financial support, and variety of training methods, so that the process of developing athletes and achieving performance could be optimised. The interview results indicate that the product aspect of the boxing performance development programme in South Barito Regency has been effective, yielding positive results and supporting the achievement of the programme's objectives. Continuous monitoring, solid cooperation, and good coordination are important factors in the success of the programme. Despite several limitations, the athletes' commitment to participating in the training programme shows that the development is on the right track to produce accomplished athletes who are ready to compete at a higher level.

Product evaluation is a tool for assessing a programme that explains the success of a programme that has been implemented and developed. Sudjana (2015) states that product evaluation is the final stage of a series of programme evaluations. In general, product evaluation contains the results of a program that has been implemented, whether it has achieved the predetermined targets or not. Widoyoko (2013) states that product evaluation aims to assess the success of a program in meeting the needs of the program's targets.

4. Conclusion

Based on the results of the evaluation using the CIPP model, it can be concluded that the boxing athlete performance development programme in South Barito Regency has generally been implemented well. The context aspect shows that the programme's objectives and implementation are relevant to regional needs and support the development of athletes' potential. In terms of input, the availability of coaches, athlete readiness, and supporting resources are considered adequate to support the programme, although improvements are still needed in training facilities and funding support. In terms of process, training has been structured, following a scheduled plan, and supported by good coordination and communication between coaches, athletes, and administrators. This shows that the training process has been effective. Meanwhile, in terms of output, the programme has succeeded in

improving the athletes' abilities and achievements in district and provincial competitions, demonstrating a positive impact on performance development.

Overall, this study shows that the performance development programme has achieved its objectives and contributed to producing competitive athletes. However, the programme still requires continuous improvement, particularly in terms of facilities, financial support, and training innovation, to maximise athletes' performance at the national level. The success of this programme is also supported by the strong commitment of athletes and coaches, and continued support from sports stakeholders will further strengthen the development of boxing in South Barito District.

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