Analysis of achievements of NPC Papua disabled athletes in athletics PEPARNAS Event at 2024

Análisis de logros de los atletas con discapacidad de la NPC Papúa en el evento PEPARNAS de atletismo en 2024

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Abstract

Introduction: The limited training camp time for NPC Papua athletes in athletics presents a challenge in defending the overall title they previously won. Therefore, this study was conducted to investigate the improvement in the performance of track and field athletes participating in the PEPARNAS XVII event.
Objective: This study aims to determine the improvement of the abilities and achievements of Papuan NPC athletes during preparation at the training camp to participate in the PEPARNAS XVII Solo. Methodology: A comparative design method was used to see differences in parameter tests I, II, III, and competition results. The population totaled 193 athletes from 12 sports followed by NPC Papua. The sampling technique used purposive sampling with the criteria of athletic athletes totaling 39 athletes. Data collection using tests on each athlete's event number includes 100m, 200m, 400m, 800m, 1500m, 5000m running tests, javelin throwing, discus throwing, shot put, and long jump.
Results: The results of the study found an average P-value of 0.001 <0.05 which means that the ability of NPC Papua athletes in athletics has increased significantly from parameter tests I, parameter tests II, parameter tests III, and the results of PEPARNAS XVII and has an impact on the achievement of national ranking 3 with the acquisition of 14 gold medals, 11 silver medals, and 15 bronze medals.
Discussion: The results of this study are similar to previous research which states the importance of performance analysis to help measure athletes' progress objectively and provide a clear picture of the effectiveness of the training program. Conclusions: Based on the results of this study, it is concluded that the achievements of NPC Papua athletes in athletics are good. Therefore, attention to athletes with disabilities must be increased, especially in the coaching process.

Keywords

Achievements; athletics; para-athletes; PEPARNAS.

Resumen

Introducción: El tiempo limitado del campo de entrenamiento para los atletas del NPC Papua en atletismo es un reto para defender el título general que se ganó anteriormente. Por lo tanto, este estudio se llevó a cabo para determinar la mejora en el rendimiento de los atletas de pista y campo de cara al evento PEPARNAS XVII.
Objetivo: Este estudio tiene como objetivo determinar la mejora de las habilidades y logros de los atletas papúes NPC durante la preparación en el campo de entrenamiento para participar en el PEPARNAS XVII Solo. Metodología: Se utilizó un método de diseño comparativo para ver las diferencias en las pruebas de parámetros I, II, III y los resultados de la competición. La población fue de 193 atletas de 12 deportes seguidos del NPC Papua. La técnica de muestreo utilizada fue el muestreo intencional con el criterio de atletas atléticos totalizando 39 atletas. La recogida de datos mediante pruebas en el número de pruebas de cada atleta incluye 100m, 200m, 400m, 800m, 1500m, 5000m pruebas de carrera, lanzamiento de jabalina, lanzamiento de disco, lanzamiento de peso y salto de longitud. Resultados: Los resultados del estudio encontraron un promedio P-valor de 0,001 <0,05 lo que significa que la capacidad de los atletas NPC Papua en el atletismo se ha incrementado significativamente de las pruebas de parámetros I, las pruebas de parámetros II, las pruebas de parámetros III, y los resultados de PEPARNAS XVII y tiene un impacto en el logro de la clasificación nacional 3 con la adquisición de 14 medallas de oro, 11 medallas de plata y 15 medallas de bronce.
Discusión: Los resultados de este estudio son similares a investigaciones anteriores que afirman la importancia del análisis del rendimiento para ayudar a medir objetivamente el progreso de los atletas y proporcionar una imagen clara de la eficacia del programa de entrenamiento. Conclusiones: En base a los resultados de este estudio, se concluye que los logros de los atletas del CNP Papúa en atletismo son buenos. Por lo tanto, debe aumentarse la atención a los atletas con discapacidad, especialmente en el proceso de entrenamiento.

Palabras clave

Logros; atletismo; para atletas; PEPARNAS.

Introduction

Sport is a prestigious event that is popular in the world, including in Indonesia. Sports events are not only for conventional athletes but also for athletes with disabilities. Sports activities do not require many requirements and everyone has the right to participate including people with disabilities (Ita et al., 2021). Sports competitions for athletes with disabilities in particular contribute to gaining social value and increasing self-confidence (Balan & Mujea, 2022). It is further explained that athletes with disabilities strive for independence, quality of life, and self-confidence through sports (Fadian et al., 2024).

Disability is a condition that includes impairment, activity limitations, and participation restrictions. In the context of sports, people with disabilities face many barriers to participating in sports and achieving in sports (Misener & Darcy, 2014). Disabled athletes are athletes who have different characteristics from athletes in general. NPC athletes are athletes who have limitations. Based on Law Number 11 of 2022, sports for people with disabilities are sports that are carried out following the condition of a person's physical, intellectual, mental, and/or sensory disabilities (UU Keolahragaan, 2022). It is emphasized that persons with disabilities have the same rights to participate in sporting activities (UU Nomor 8, 2016).

The National Paralympic Committee (NPC) Papua efforts to optimize the achievements of athletes with disabilities through programmed, planned, and sustainable coaching. In developed countries, parasport is a rapidly growing field of study by developing the achievements of athletes with disabilities ranging from organizational structures to long-term coaching (Patatas et al., 2018).

The Papuan government through the development of athletes with disabilities is directed to participate in the PEPARNAS event (Ibrahim et al., 2024). Although achievements tend to fluctuate, NPC Papua athletes are rivals who are calculated by other provincial competitors. One of them is at the National Paralympic Week (PEPARNAS) event, Papuan athletes are still a tough rival for other provinces. In several sporting events, both on a national, regional, and international scale athletes from Papua in several sports can achieve quite good achievements (Ita, 2017b).

The National Paralympic Week (PEPARNAS) is a competition that resembles the National Sports Week (PON). Through PEPARNAS athletes with disabilities compete, showing their abilities and skills in each sport after going through the training process. The success of achievement coaching for athletes with disabilities requires various supporting factors, including an increase in the quality of training and coaching of athletes with disabilities. Papua fosters several sports, at PEPARNAS 2024 Papua participated in 12 sports with 193 athletes (Pemerintah Provinsi Papua, 2024). The sports that Papua participated in the 2024 PEPARNAS event were athletics, swimming, shooting, archery, heavy lifting, badminton, table tennis, wheelchair field tennis, cerebral palsy football, blind judo, and boccia (Husain, 2024).

Athletics is one of the sports fostered by Papuan NPC athletes. Athletics is one of the popular sports (Kardi et al., 2022), and is the flagship sport of Papua (Ita, 2017a). Based on this, it is not surprising that Papuan athletes make significant achievements in athletics.

This research is motivated because there is still a lack of information about the achievements of Papuan NPC athletes, especially in para-athletic sports. This research was conducted to determine the achievements of para-athletic athletes who strengthened the Papua NPC at the four-year PEPARNAS 2024 event in Solo. The achievement in question is the achievement of the limits achieved by each athlete who follows the training camp (TC). In addition, this research can be used as material for monitoring and evaluating the achievements of NPC athletes in athletics. This research is important to trigger the enthusiasm of the community, especially people with disabilities to participate in sports competitions. As stated currently the Paralympic competition is increasingly competitive because more and more countries are eyeing the best medal results (Patatas et al., 2018).

Method

This study uses descriptive quantitative research with a comparative design approach, focusing on comparing the results of parameter test I, parameter test II, and parameter test III of NPC athletes to the results during the competition, namely the results of PEPARNAS XVII in 2024 in Solo. The descriptive

comparative design method is used to provide a comprehensive overview of the characteristics of the sample, the development of the observed results, and the comparison of the results of the three-parameter tests and the results obtained during the competition.

Participants

The population in the study amounted to 193 Papuan NPC athletes consisting of 12 sports. The sampling technique used purposive sampling technique with the criteria of athletic athletes totaling 39 athletes (male (n) = 25 athletes and female (n) = 14 athletes). Elite athletes follow 1 individual event number, while novice athletes can follow 3 individual event numbers. Therefore, 39 NPC Papua athletes participated in 99 event numbers.

Procedure

This study analyzed the development of athletes' training results during the training camp and the results obtained during the competition. Parameter test I was conducted after one month of training, parameter test II was conducted after two months of training, parameter test III was conducted after three months of training, and the results of the competition during the PEPARNAS XVII event held in Solo in 2024.

Instrument

The data collection technique uses athlete parameter tests according to the race number, namely: 1) running numbers: 100m, 200m, 400m, 800m, 1500m, and 5000m running test time taken using a stopwatch and the results achieved are recorded in units of seconds; 2) throwing numbers: javelin throwing, discus throwing, and shot put data collection using a meter to measure the distance of the throw with units of meters; 3) jumping numbers: long jump data collection using a meter to measure the distance of the jump with units of meters. Parameter tests were conducted every month (four weeks) after undergoing the training program. Parameter tests were carried out three times and the results during the competition at PEPARNAS XVII in 2024 in Solo.

Data analysis

Data analysis techniques using SPSS version 29.0 with paired sample t-test on the results of parameter test I, parameter test II, parameter test III, and competition results with a significance level of 0.05 to determine the comparison of training results and achievements of Papuan NPC athletes at PEPARNAS XVII in 2024 in Solo. Before the paired sample t-test is carried out, the prerequisite test is the data normality test to determine the normal distribution of data with the Shapiro-Wilk test.

Results

The results of parameter test I, parameter test II, parameter test III, and the results of the NPC Papua athlete competition are shown in Table 1 below.

Table 1. Results Parameter Test I, II, III, and competition PEPARNAS

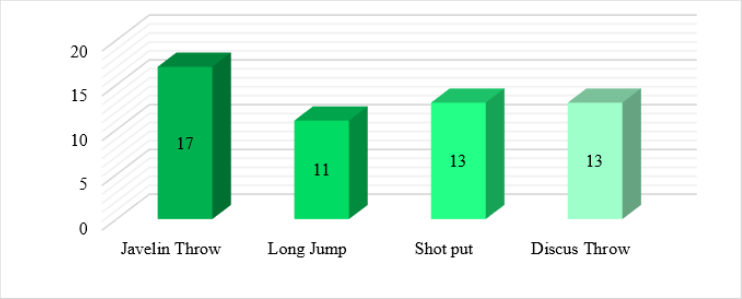
No	Name	Gender	Classification	Event Number	Parameter test I	Parameter test II	Parameter test III	PEPARNAS 2024	Medals
1	AL	M	F11	Javelin Throw	34,61m	36,15m	38,61m	40,07m	Gold
2	TD	M	F12	Javelin Throw	34,74m	36,16m	36,78m	36,81m	Silver
3	YW	F	T12	Long Jump	3,65m	3,95m	4,32m	4,33m	Gold
4	AE	M	T20	5000m	17”56’52	18”02’45	18”10’57	18”13’46	
5	AHDA	F	F20	Javelin Throw	24,50m	26,62m	28,73m	31,88m	Gold
6	ZKB	M	T36	100m	13’97	13’64	13’38	13’25	Silver
7	RSA	M	T38	100m	13’37	13’23	13’17	13’02	Bronze
8	DB	M	T42	Javelin Throw	34,82m	37,45m	41,19m	41,90m	Gold
9	AO	F	F42	Javelin Throw	11,82m	13,56m	15,85m	16,91m	Gold
10	SM	M	T12	Shot put	7,26m	7, 78m	8,14m	8,39m	
				Long Jump	4,46m	4,57m	4,65m	4,72m	
				Discus Throw	28,67m	29,64m	30,79m	31,13m	Silver
11	JYS	M	T13	Long Jump	5,45m	5,59m	5,68m	5,72m	Silver
				200m	25’95	25’76	25’58	25’33	
				400m	57’95	57’67	56’96	56’80	

12	AM	M	T13	800m	2”26’59	2”24’73	2”22’65	2”21’74	
				1500m	5”25’58	5”23’45	5”22’43	5”19’81	
				5000m	20”49’15	20”24’49	19”01’34	19”08’89	
13	YW	F	T13	Shot put	7,18m	7,96m	8,26m	8,57m	
				Javelin Throw	19,94m	22,55m	25,79m	27,12m	Gold
				Discus Throw	22,17m	24,39m	25,67m	26,52m	Bronze
14	EYW	F	F20	Javelin Throw	15,17m	18,64m	21,87m	22,44m	Bronze
				Shot put	7,94m	8,15m	8,40m	8,46m	
				Discus Throw	23,58m	25,13m	26,93m	27,21m	
15	UD	F	T20	Long Jump	3,38m	3,57m	3,82m	3,91m	
				400m	1”32’12	1”31’46	1”28’35	1”26’68	
				800m	4”37’29	3”59’32	3”53’27	3”46’96	
16	KD	F	T20	400m	1”31’64	1”17’59	1”16’78	1”16’32	
				800m	3”01’23	2”59’36	2”58’43	2”54’76	
				1500m	7”45’23	7”34’76	7”15’56	7”10’17	
17	SM	M	T20	400m	1”03’65	59,12	58’45	58’15	
				800m	2”24’28	2”23’76	2”15’22	2”14’32	
				Long Jump	4,07m	4,46m	4,72m	4,79m	
18	BZW	M	T20	400m	55’34	53’43	52’73	51’65	Silver
				800m	2”26’57	2”23’69	2”09’24	2’05”90	Gold
				1500m	4’42’82	4”36’53	4”30’24	4’29”84	Silver
19	PR	M	T20	400m	59’37	57’62	56’34	55’87	
				800m	2”35’27	2”16’69	2”10’13	2”08’64	Bronze
				1500m	4”50’23	4”39’64	4”36’25	4”34’95	
20	DS	F	T35	100m	22’78	22’45	21’78	20’98	
				200m	45’79	45’20	44’87	44’67	
				Long Jump	2, 01m	2, 18m	2,23m	2,25m	Bronze
21	PLW	M	T36	100m	14’35	14’15	13’95	13’82	
				200m	31’98	29’26	28’83	28’70	
				400m	1”32’67	1”13’43	1”09’56	1”05’44	
22	BS	M	T37	200m	34’65	34’21	33’93	33’79	
				800m	3”10’54	2”98’32	2”92’56	2”78’65	
				1500m	6”58’32	6”43’25	6”21’73	6”17’75	
23	SY	F	T37	200m	37’95	37’53	37’13	36’42	Bronze
				400m	1”59’24	1”51”38	1”45’62	1”40’01	
				Long Jump	2,79m	2, 86m	3, 02m	3,13m	Gold
24	KGB	M	T38	100m	14’13	13’95	13’86	13’64	
				200m	29’24	28’57	27’74	27’58	
				Long Jump	4,30m	4,44m	4,53m	4,57m	
25	SK	M	F40	Javelin Throw	15,58m	16,04m	16,84m	17,01m	
				Shot put	3,90m	4,03m	4,69m	4,67m	
				Discus Throw	6,98m	7,43m	7,67m	8,08m	
26	RYW	F	F40	Javelin Throw	12,43m	14,68m	17, 76m	18,37m	Gold
				Shot put	3,99m	4,63m	5,07m	5,37m	Bronze
				Discus Throw	6,96m	7,74m	9,12m	9,22m	
27	MHD	M	F41	Javelin Throw	15,30m	15,96m	16,37m	16,45m	
				Shot put	6,36m	6,82m	7,06m	7,00m	
				Discus Throw	15,85m	16,32m	17,91m	18,09m	
28	LA	F	F41	Javelin Throw	14,57m	16,64m	17,10m	17,42m	Bronze
				Shot put	6,48m	6, 63m	6, 87m	7,09m	Gold
				Discus Throw	13,20m	16,74m	18,38m	19,01m	Gold
29	WYR	M	T43	Discus Throw	21,90m	23,69m	25,73m	26,21m	
				Javelin Throw	30,09m	33,75m	36,94m	27,89m	
				Shot put	7,23m	7, 67m	8,92m	9,31m	Bronze
30	EN	M	T44	100m	14’74	14’62	14’02	14’19	
				200m	31’68	30’86	30’56	30’33	Bronze
				Long Jump	4,10m	4,63m	4,70m	4,77m	
31	NY	M	T44	100m	14’02	13’93	13’65	13’27	
				200m	28’09	28’01	27’95	27’79	Bronze
				Long Jump	4,32m	4,54m	4,62m	4,65m	
32	GM	M	T44	100m	15’75	15’96	14’77	14’62	
				200m	31’91	31’73	30’87	30’55	
				400m	1”56’24	1”42’16	1”20’67	1”07’83	Bronze
33	EDY	F	F44	Javelin Throw	15,03m	15,48m	15,75m	16,08m	
				Shot put	6,76m	6,87m	7,03m	7,28m	Silver
				Discus Throw	22, 13m	22,86m	23,07m	23,28m	Silver
34	FMD	M	T46	200m	26’84	26’55	25’91	25’83	
				400m	1”01’32	59’26	57’32	56’63	
				800m	2”58’93	2”42’64	2”34’18	2”22’99	
35	NK	F	F47	Javelin Throw	12,34m	15,78m	17,10m	17,14m	
				Shot put	6,35m	6, 72m	6, 97m	7,05m	Bronze
				Discus Throw	17, 67m	18,69m	20, 11m	20,43m	
36	SKR	M	T47	200m	26’30	25’73	24’02	24’44	

				100m	12'94	11, 92	11'75	11'69	Bronze
				Long Jump	4,87m	5,17m	5,43m	5,59m	Gold
				Javelin Throw	15,60m	17,33m	21,84m	22,35m	Gold
37	OFI	M	F55	Shot put	5,48m	6,16m	6,94m	7,08m	Bronze
				Discus Throw	17,60m	18,32m	19,06m	19,63m	
				Shot put	3,93m	4,78m	5,12m	5,29m	
38	AY	F	F55	Javelin Throw	9,40m	9,68m	9,78m	10,16m	
				Discus Throw	11,00m	13,67m	14,95m	15,20m	Gold
				Javelin Throw	15,30m	15,78m	16, 01m	16,24m	
39	MW	M	F56	Shot put	5,17m	6,87m	7,13m	7,42m	
				Discus Throw	16,88m	20, 78m	22,93m	23,24m	

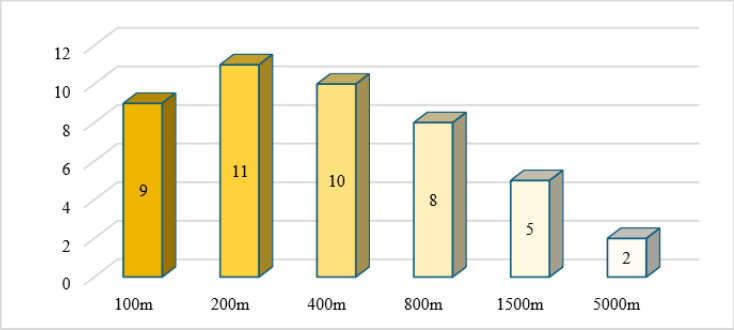
Based on the data from parameter test I, parameter test II, parameter test III, and the results of the 2024 PEPARNAS competition in athletics, the results show that of the 39 athletes participating in the individual number race consisting of 99 event numbers because athletes follow 1-3 race numbers. The results obtained by athletes following race numbers as in the following figures 1 and 2.

Figure 1. Frequency of field numbers



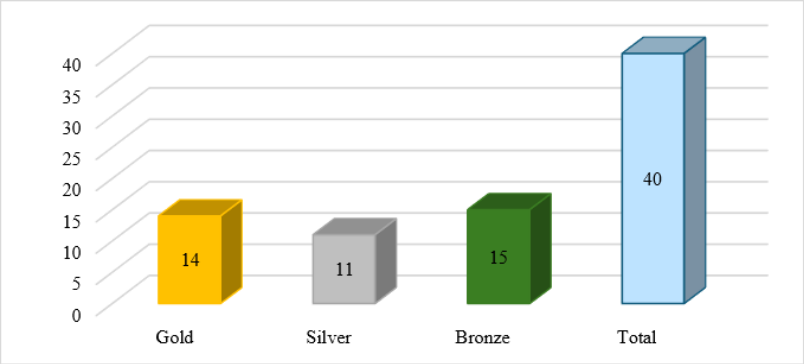
Based on Figure 1, the data obtained that NPC Papua athletes follow field numbers including javelin throwing as many as 17 athletes, long jump with as many as 11 athletes, shot put with as many as 13 athletes, and throwing discs with as many as 13 athletes.

Figure 2. Frequency of track numbers



Based on Figure 2, the data obtained that NPC Papua athletes who follow the track numbers include: 100m run by as many as 9 athletes, 200m run by as many as 11 athletes, 400m run by as many as 10 athletes, 800m run as many as 8 athletes, 1500m run as many athletes, and 5000m run as many as 2 athletes.

Figure 3. NPC Papua Medal Acquisition at PEPARNAS 2024



Based on Figure 3, it is obtained that NPC Papua athletes are ranked 3rd nationally in athletics by obtaining 14 gold, 11 silver, and 15 bronze medals. Ranking three is a good achievement because PEPARNAS 2024 is followed by 35 provinces.

Table 2. PEPARNAS XVII 2024 Medals Obtained for Athletics

Ranking	Province	Gold	Silver	Bronze	Total
1	Jawa Tengah	45	36	21	102
2	Jawa Barat	26	27	29	82
3	Papua	14	11	15	40
4	Riau	13	5	11	29
5	Sumatera Utara	11	9	6	26
6	Kalimantan Selatan	9	15	14	38
7	Nusa Tenggara Timur	7	12	13	32
8	Bali	6	6	14	26
9	Jawa Timur	6	8	3	17
10	DKI Jakarta	6	2	6	14
11	Jambi	4	13	4	21
12	Kalimantan Timur	4	3	8	15
13	Aceh	4	1	0	5
14	Daerah Istimewa Yogyakarta	3	1	1	5
15	Sumatera Selatan	2	4	4	10
16	Papua Barat	2	1	1	4
17	Nusa Tenggara Barat	2	0	2	4
18	Sulawesi Selatan	1	4	7	12
19	Kalimantan Barat	1	2	3	6
20	Papua Selatan	1	2	2	5
21	Banten	1	1	1	3
22	Sulawesi Utara	1	1	1	3
23	Kepulauan Riau	0	0	2	2
24	Maluku Utara	0	2	0	2
25	Gorontalo	0	0	1	1
26	Kepulauan Bangka Belitung	0	1	0	1
27	Lampung	0	1	0	1
28	Sulawesi Tenggara	0	1	0	1
29	Sulawesi Tengah	0	0	0	0
30	Kalimantan Tengah	0	0	0	0
31	Kalimantan Utara	0	0	0	0
32	Maluku	0	0	0	0
33	Papua Barat Daya	0	0	0	0
34	Sulawesi Barat	0	0	0	0
35	Sumatera Barat	0	0	0	0

Based on the data collected, a paired sample t-test analysis was conducted to determine the differences in the results of NPC Papua athletes in each number followed, namely field events and track events. The results of the paired sample t-test analysis of field events as in Table 2 and the paired sample t-test analysis of track events is in Table 3 below.

Table 3. Paired Samples t-test (Field number)

	Mean	Std. Deviation	Sig. (2 tailed)
Parameter test I – Parameter test II	-1.13741	1.08855	.001
Parameter test I – Parameter test III	-2.17944	2.04709	.001
Parameter test II – Parameter test III	-1.04204	1.11247	.001
Parameter test I – PEPARNAS 2024	-2.36370	2.32739	.001
Parameter test II – PEPARNAS 2024	-1.22630	1.70997	.001
Parameter test III – PEPARNAS 2024	-0.18426	1.37382	.329

Based on the results of data analysis in Table 3, it is found that in the field event, there is a significant difference between the results of parameter tests I, II, III, and the results of the 2024 PEPARNAS competition with a P-value = 0.01 <0.05, except for the parameter test III and the results of PEPARNAS 2024 obtained insignificant results, namely the P-value = 0.329> 0.05, this is because the parameter test III is carried out in the pre-competition phase, where the athlete's ability has almost reached peak performance. So, the results achieved by athletes are almost the same during the competition.

Table 4. Paired Samples t-test (Track number)

	Mean	Std. Deviation	Sig. (2 tailed)
Parameter test I – Parameter test II	0.67500	0.76267	.001
Parameter test I – Parameter test III	1.22208	1.01343	.001
Parameter test II – Parameter test III	0.54708	0.44768	.001
Parameter test I – PEPARNAS 2024	1.51083	1.16108	.001
Parameter test II – PEPARNAS 2024	0.83583	0.60856	.001
Parameter test III – PEPARNAS 2024	0.28875	0.27804	.001

In Table 4, the results of data analysis on the track event show that there is a significant difference between the results of parameter tests I, II, and III, and the results of the 2024 PEPARNAS competition with a P-value = 0.01 <0.05. This shows that the training program given to athletes has a good effect on improving the ability of athletes.

Discussion

The results of this study provide meaningful insights into coaching and evaluating the achievements of Papuan NPC athletes, especially in athletics. The achievements achieved by athletes are a series of long processes. Previous research has revealed that the development and coaching of athletes with disabilities are complex (Patatas et al., 2020). Similar research reveals that the participation and achievements of athletes with disabilities have significant results that can be observed from the enthusiasm of athletes, officials, and spectators who participate in enjoying and witnessing disability sports events, as well as an increased achievement with sharpening results, time records, and record-breaking (Fadian et al., 2024).

This research provides information that the coaching process through training camps (TC) conducted by NPC Papua provides good results and has a positive impact on the achievements of athletic athletes. Based on this, attention to athletes with disabilities must be optimized, both in terms of organization, work programs, human resources such as coaches and officials, and athletes. Similar research results reveal that disability sports are a developing field of study in various countries by optimizing its organizational structure to improve the performance of disabled athletes in both the short and long-term (Patatas et al., 2018). Through optimal coaching, a well-run organizational structure, the right training program, and highly motivated athletes, it will have an impact on achievement. Research results reveal that Paralympic competitions are increasingly competitive as more countries aim for the best medal results that show their achievements (Pankowiak et al., 2023). Therefore, the government focuses on developing and implementing an effective national sports policy/system to optimize the success of athletes with disabilities who are nurtured.

Based on the results of this study, it was found that there was a significant increase in the ability of NPC Papua athletes from parameter test I, parameter test II, parameter test III, and the results achieved by athletes at PEPARNAS 2024 in Solo. These results are due to NPC Papua athletes conducting training camps with programmed training programs. The routine training process at the TC uses the dynamics

of the coach's program to improve the performance of athletes (Muliyani & Permadi, 2023). Previous research revealed that during the TC the training program is made at the beginning of the year with structured and planned short and long-term targets, then the evaluation will be carried out at the end of the main event (Setyaningrum et al., 2021). In the training process provided during the TC, there are stages of both macro and micro programs in different sessions every day with coaches and assistant coaches (Muliyani & Permadi, 2023). It is further explained that the level of participation of athletes with disabilities in sports is influenced by various factors including aspects of training (Rimmer et al., 2004). In the process of achieving achievement, each athlete goes through a long process of training to be able to take part in competitions (Ita et al., 2023).

Conclusions

Based on the results of the study, it was concluded that the achievements of NPC Papua athletes experienced a significant increase during the TC until the PEPARNAS XVII competition in Solo. Therefore, achievement coaching must continue. The results of this study can be evaluation material for NPC Papua in recruiting athletes and preparing training programs for coaches. It is suggested that further research can examine the right training program to support the achievements of NPC Papua athletes.

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