



Analysis of coach leadership style Pengprov of tarung derajat Aceh

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ABSTRACT

This study aims to know the coaches leadership style Pengprov Tarung Derajat Aceh and the formation of a coaching leadership style. This research is an evaluation study with a descriptive approach. The research design including (1) determining the method or research design, (2) determining the population and research sample, (3) determining the research instrument, (4) collecting data, and (5) collecting analysis in accordance with the objectives and its nature. The instrument used to measure the coaches leadership style of the Pengprov Tarung Derajat Aceh is an instrument developed by the author with a grid of indicators that is authority, attitude, authoritarian coach style, democratic coach style and free coach style. The sample in this study amounted to 6 coaches people of Pengprov Tarung Derajat Aceh. The research method used is descriptive qualitative method. Data was collected using the Observation Format, Questionnaire and Interview Guidelines. The results of the data analysis showed that the leadership style of the coach of the Pengprov Tarung Derajat Aceh had a good leadership style in training, meaning that the leadership style of the Tarung Derajat Pengprov Aceh trainer used an authoritarian, democratic and free leadership style. Based on the data analysis, the writer concludes that the formation of the coaches leadership style Pengprov Tarung Derajat Aceh based on good regeneration means that the regeneration that has been carried out so far at the Pengprov Tarung Derajat Aceh is going well.

INTRODUCTION

Tarung Derajat Sport is an art of self-defense, quick reaction that learns and trains techniques and strategies for the movement of the feet, hands, head and other body parts in a practical and effective manner in patterns and forms of defense and attack training, with the ability of the brain and soul in order to mastering a self-defense science that contains 5 (five) elements of distinctive mobility, namely: strength, speed, accuracy, courage and tenacity. The principle of Tarung Derajat Sports is "attack to win". The philosophy of the practice is: "I study and practice self-defense is to conquer myself, but not to be conquered by others" and the practice motto is: "I am friendly does not mean I am afraid, I submit does not mean submit" self". Then his dedication is to: "uphold the honor of life, and elevate the degree of life".

The main purpose of the people of Indonesia and Aceh province in particular exercise is to maintain good health as well evoke a sense of nationhood among local tribes or nations and develop sporting achievement. Tarung Derajat-

was officially accepted by the Central KONI as the 53rd member, so organizationally, improvements in all fields must continue to be improved. For organizational consolidation, on April 12-13 in 1997 for the first time, the 1st National Conference of KODRAT was held. Along with this activity, National Training of Trainers and Referees was also carried out which aims to equalize techniques in order to anticipate the shortage of trainers and increase the number of referees in all regions in Indonesia.

Fighting martial arts is a sport that requires strong physical abilities because this sport is a sport that adheres to a full body flow. Martial arts is a martial art that has its own characteristics and independence, such as a practical and effective quick reaction self-defense system with realistic and rational limb movements. Character is one of the most important things. formed by a coach, because a good character will contribute to the athlete's training results, with good character the coach will more easily instill an attitude of commitment and consistency in train -

ning to his athletes (Alnedral, 2013).

Based on observations on January 21, 2015 at the training ground at GOR KONI Aceh, the trainer of the provincial fighting provincial level Aceh can be described that the trainer has different variations of trainer leadership, to prove the need for accurate research. From the description of the background above, the author is interested in conducting research on the Leadership Style Analysis of the coach of the Tarung Derajat Aceh Provincial Government

LITERATURE REVIEW

The History of Tarung Derajat Sport

Tarung Derajat is one of the many martial arts in Indonesia. This martial art was created by the son of the Parahyangan nation, namely Achmad Drajat or more familiarly called Aa Boxer. According from Forum Tarung Derajat 2010. At the first, Aa Boxer created this martial art on the basis of his life lessons learned from his experience of seeing and experiencing street martial arts, so that in the end the martial art of Tarung Derajat was created. The sport of fighting degrees aims to form skills, intelligence, personality and faith in piety to the almighty.

Chairad (2014) said if Tarung Derajat is a martial art that has its own characteristics and independence, such as a practical and effective quick reaction self-defense system with realistic and rational limb movements. This is a logic and moral action that utilizes the compound power of muscles, brain and conscience to be used especially in efforts to maintain life safety and health, such as avoiding and defending oneself from all forms of violence that damage the moral status of humanity and respecting equal rights and obligations in association. public wherever they are, as well as the prevention and recovery of physical and mental illnesses that cause damage to the order of life, for example: competition for life and greed. The martial art of Tarung Derajat, which is a sport, can certainly be seen in terms of its effectiveness and productivity towards the perpetrators of sports activities from the aspect of Technical and non-technical, Tarung Derajat sport is an art of self-defense of quick reaction that learns and trains techniques and strategies for the movement of the feet, hands, head and other body parts in a practical and effective manner in patterns and forms of defense and attack training, by the ability of muscles and soul in order to master a science of self-defense which contains five (5) elements of distinctive locomotion, namely: Strength, Speed, Accuracy, Courage and Tenacity. Thoughts, Feelings and Beliefs on and about various kinds of nature, motives and forms and how to come and then accept and respond to and respond to events that occur in a life event that is experienced and experienced by itself in living daily life in accordance with the fields of life that are occupied regularly. Realistic and Rational in every order of scope,

level and level of life that is replaced in harmony with the adab-adab in the context of interacting with family, community, and state life and having the belief in the One and Only God. The experience rolls naturally from time to time since childhood moves throughout life.

Martial Arts Tarung Derajat is a self-defense art sport that utilizes a combination of the power of movement of muscles, brain and conscience in a realistic and rational way, in the learning process and training the movements of all members and organs and other important parts, in order to possess and apply five elements of moral power, among others, namely; strength, speed, accuracy, courage and tenacity. Five elements of moral power are inherently dynamic and aggressive in a system of resistance or self-defence movements, as well as patterned in techniques and tactics and defence strategies that are practical and effective for a defence (Alnedral, 2018).

Tarung Derajat Martial Arts has basic engineering skills which are very much needed and must be mastered by fighters including kicking, hitting, defending, and attacking. All of these must be trained properly and with the correct method if the achievement is to be. All of these factors must be supported by the physical condition of a good athlete. According to Harsono (1988) that is some components of physical conditions that need to be considered to be developed are cardiovascular endurance, strength endurance, muscle strength (flexibility), flexibility (flexibility), speed, stamina, agility (agility), and power.

According to Noviatmoko (2016) Tarung Derajat is a science, moral action and attitude to life that utilizes the ability to move muscles, brain, and conscience realistically and rationally, especially there are efforts to master and apply the 5 (five) moral motives, namely: strength, speed, accuracy, courage, and tenacity. on an aggressive and dynamic defense and self-defense system in the forms of punches, kicks, slams, locks, dodges and other important body movements that are patterned on practical and effective techniques, tactics, and defense and attack strategies for a science martial arts sport (Chernozub et al., 2019)

Coach Leadership Style

A leader or head of an organization will be recognized as a leader when he can influence and able to direct his subordinates towards organization goals. Leadership is the ability to influence others subordinates or groups, have the ability or special expertise in the field desired by the group, to achieve organizational or group goals. Leadership style is a method used by a leader in influence the behavior of others. Style leadership is the norm of behavior used by someone when someone it tries to influence people's behavior other.

Style according to Zuryati and Usman (2015) is a display made by a leader or someone's behavior which then

becomes a role model and example that can influence the attitudes of others both and is followed significantly by both individual and group followers. According to Hapsari (2016) states that the coach's leadership style is a stimulus perceived by the athlete as an appreciation of the application of the leadership style carried out by the coach. Each athlete will perceive his coach in different forms in assessing the coach's leadership style.

Leadership style is a behavioral norm used by a person when that person tries to influence the behavior of others. Each of these styles has advantages and disadvantages. Every leader in giving attention to fostering, mobilizing and directing all potential employees in their environment has a different pattern from each leader. Conformity between leadership styles, norms and organizational culture is seen as a key requirement for the successful achievement of organizational goals, especially in the sport of Tarung Derajat (Peirisal, 2017).

Leadership style is the overall pattern of the actions of a leader, both visible and invisible to his subordinates. Leadership style is the basis for classifying leadership types. The nature and personality of a coach will greatly determine the success or failure of his duties and dedication. The personality of a coach cannot be separated from his leadership in training. Each coach has their own leadership style, this is because each coach has a different personality and strategies to achieve different goals. This leadership style will be reflected in the way coaches foster and train their athletes in improving their performance. In the world of sports, many coaches are successful in leading and fostering athletes with various leadership styles.

According to Nawawi and Hadari (1995), the leadership style has three basic patterns as a leadership style that emphasizes carrying out tasks effectively and efficiently, in order to be able to realize goals optimally. The coach is a professional who their job is to help athletes and teams improve their sports. Coaching is a profession, so coaches are expected to be able to provide services according to existing standards or professional standards. The trainer must follow the development of existing training science to optimize the appearance of athletes (Adhypoetra & Putri, 2019). The main task of the coach is to guide and reveal the potential of the athlete, so that the athlete can be independent as the main role that actualizes the accumulation of training results into the competition arena (Harsono, 2015). The task of a coach is to help athletes to achieve perfection (Paramitha, 2018). The coach has a fairly heavy task, namely perfecting athletes as multi-dimensional beings which include physical, spiritual, social, and religious (Michailidis, 2018).

Dieffenbachia, et al. (2002) in Pilus, et al. (2009) argues that, "An important aspect of a good coach-athlete relationship is the coach's ability to understand each athlete as an individual and to tailor his/her coaching style

and attention to suit those need". Martens (2004) in Khalaj, Khabiri, et. al. (2011) also argues that, "Coaching is an occupation different from other occupations in the society and the coach is expected to give gentle and good persons to the society". This opinion reinforces that the coach is indeed expected to have a good impact on his athletes specifically in the form of success through the interactions that occur between the coach and his athletes.

It was further explained that, "The most important aspect of effective leadership is to improve performance, motivate athletes, and give them sports satisfaction" (Nizam, Shapie, et al., 2016). This opinion means that the most important aspect of effective leadership is to improve performance, motivate athletes, and give them satisfaction in sport. A coach should have a leadership style in an effort to achieve maximum performance in sports, then the following must be considered: 1). No coach leadership style can be generalized, and it is suitable to be applied over time or in a variety of situations. 2). Each coach's leadership style will work well if done correctly, according to the needs and characteristics of the situation. 3). Not fixated on a particular coach's leadership style. 4). A good coach's leadership style is to take the positives of each style, then integrate and apply them to appropriate situations. 5). Don't hesitate to combine various coach leadership styles. 6). If the achievement is not successful, one should be careful in evaluating and not immediately blaming the leadership of the coach that has been applied (Ginting, 2018).

Authoritarian Coach Leadership Style

Authoritarian leadership style is the ability to influence others to be willing to work together to achieve predetermined goals by means of all activities that will be carried out by the leader alone.

According to Sutarto (1991) the authoritarian leadership style is characterized by: (1) absolute authority is centered on the leader; (2) The decision is made by the leadership; (3) Policy is always made by the leadership; (4) Communication takes place in one direction from the leadership to the subordinates; (5) Supervision of the behavior, actions or activities of their subordinates is carried out strictly; (6) The initiative must come from the leadership; (7) There is no opportunity for subordinates to provide suggestions, considerations, or opinions; (8) Tasks from subordinates are given in an instructive manner; (9) More criticism than praise; (10) Leaders demand perfect performance from subordinates without conditions; (11) Tendency to be coercion, threat and punishment; (12) Rude in action; (13) Rigid in attitude; (14) The responsibility for the success of the organization is only borne by the leadership.

Authoritarian leadership style acts very directive, always provides direction, and does not provide

opportunities for participation. While democratic trainers encourage discussion groups and decision makers, they try to be objective in giving praise, criticism, and motivation (Fenanlampir, 2020).

Democracy Coach Leadership Style

The main principle of democratic leadership is to include everyone in the process of implementing and determining strategies in achieving common goals and every decision making is always based on deliberation and consensus.

This leadership style according to Sutarto (1991) has the following characteristics: (1) The authority of the leader is not absolute; (2) The leader is willing to delegate some of his authority to others; (3) Decisions are made jointly between leaders and subordinates; (4) The policy is made jointly with the leadership and subordinates; (5) Communication takes place reciprocally, both between leaders and subordinates as well as between subordinates; (6) Supervision of the attitudes, behavior, actions or activities of subordinates is carried out fairly; (7) Initiatives can come from leaders or subordinates; (8) Many opportunities for subordinates to convey suggestions, considerations, or opinions; (9) Tasks to subordinates are given more on demand and on instructions; (10) Praise and criticism are balanced; (11) Leaders encourage the perfect performance of subordinates within reasonable limits of ability; (12) Leaders pay attention to the loyalty of subordinates fairly; (13) Leaders pay attention to feelings in behaving and acting; (14) There is an atmosphere of mutual trust, mutual respect, mutual respect, (15) The responsibility for the success of the organization is shared with the leadership and subordinates.

Free Coach Leadership Style (*Laissez-Faire*)

Free leadership style or *laissez faire* is the ability to influence others to be willing to work together to achieve predetermined goals by means of various activities that will be carried out more and more left to subordinates.

The characteristics of this leadership as written by Sutarto (1991) are as follows: (1) the leader delegates full authority to subordinates; (2) more decisions are made by subordinates; (3) more wisdom is made by subordinates; (4) the leader only communicates when needed by subordinates; (5) almost no control over the attitudes, behavior, actions, or activities of subordinates; (6) initiative always comes from subordinates; (7) almost no direction from the leadership; (8) very little leadership role in group activities; (9) personal interests are more important than group interests; (10) the responsibility for the success of the organization is borne by individuals.

Coach's Essence

According to Setyo Nugroho (2004), a coach is someone who gives instructions or trains athletes about the basics of

playing, and various sports techniques. According to Suharno (1985) a coach is a professional who is tasked with assisting, guiding, fostering, and directing talented athletes to realize maximum performance in the shortest possible time.

The function of the coach is not only to create an achievement but also to maintain and then improve the achievements that have been achieved by athletes. In the training process, generally various roles are carried out in combination, meaning that one role can be carried out together with other roles, so that training requires a lot of skills gained from experience and knowledge, both those obtained from formal and non-formal education.

METHODS

This study is an evaluation study with a descriptive approach, with research survey.

Population and Sample

The population in this study is all of the coach Pengprov Tarung Derajat Aceh with total amount 6 peoples.

Research Instrument

The instrument in this study for measuring leadership style Pengprov Tarung Derajat Aceh coach is an instrument developed by the author. The following table lattice the trainer's leadership style instrument, namely:

Table 1. Grid of Coach Leadership Style Analysis

Instruments		
No.	Indicators	Sub Indicators
1.	Authority	Absolute authority centered on the coach
		Wisdom
		Responsible
2.	Attitude	Trainer is hard in action during training
		Have high discipline
		Strict supervision
3.	Authoritarian coach style	Trainers tend to be coerced or threatened during training
		Stiff in attitude
		More criticism than praise
4.	Democracy coach style	Openness with subordinates and athletes
		Decisions are made together
		Praise and criticism balanced
5.	Free coach style	Provide equal opportunities with others and always work together
		Initiative always comes from subordinates
		Lack of communication

The instrument used in this research is a list of interviews and conducting a study of documentation of the leadership style of the trainers of the Aceh provincial government, before collecting data, the authors conducted field observations, in order to obtain more accurate data, about the problems to be studied. The instruments that will

be used are: the first stage is observation, conducted by interview stage, lastly with study documentation.

Data Collection Technique

Data collection technique is the most strategic step in research, and is a necessary measuring tool in carrying out a research. Data collection is recording events, things and information, characteristics of some or all of the subjects that support and support research.

Data Analysis Technique

The data that the researcher analyzes uses the procedure proposed by Sugiyono (2010) that is, the first stage, data reduction, then, displaying data, and the third taking conclusions and verifying the data.

1. Data reduction

Reduction is the first step in analyzing the data, where the data has been obtained to summarize it, choose the main things, and focus on the important things. facilitate understanding of the data that has been collected, making it easier for researchers to carry out the next steps of analysis.

2. Data Display

The display stage is the stage of systematically compiling research data, namely narrative text. In addition, the summary also implies that the study material is in accordance with the main indicators discussed.

3. Drawing conclusions and verification

The verification stage is the stage of in-depth assessment as well as drawing conclusions. The decision taken to become a standard conclusion is the result of a systematic analysis using the relevant method. This test is intended to make a comparison between the theoretical truth and the conditions that occur in the field

RESULTS AND DISCUSSIONS

The results of the study used observation.

Based on the results of observations that have been made on the leadership style of the coach of the Pengprov Tarung Degree Aceh with the author of observations during the exercise the authority indicator is centered on the trainer, all trainers during training have their own authority, have high responsibility and are wise in acting. Attitude indicators seen in the coach of Tarung Derajat Aceh when in training, the coach was hard at acting if there were athletes who lacked concentration, and had high discipline. The coach was always on time in training and carried out strict supervision of athletes during training, athletes had no chance to play while in training.

The indicators of the authoritarian coach style are that the coach tends to be coerced or threatened during training, the coach never issues threatening words to the athlete because the athlete understands his obligations as an athlete, the coach does not feel rigid in training because

the coach gives instructions on training materials according to the guidelines he has, the coach give criticism if the athlete is wrong in training and give praise if the athlete does the exercise correctly.

The Democracy Coach Style can be seen when the coach is open with subordinates and athletes, and decisions are made together when in training, the coach often gives praise when doing the exercise right and criticism when the athlete makes a mistake. The free coach style indicator can be seen that the coach gives the same opportunities as other people seen when the athlete gives input to the coach, so if the input given by the athlete is correct, the coach is happy to accept it, the initiative is always from the coach to the athlete in training is always motivated by the coach, and coaches never talk to athletes in training except communication related to the training program.

The results of the study using a questionnaire.

Based on the recapitulation of the Coach's Leadership Style, it was found that they were in the very good category with a percentage of 33.33% totaling 2 people and in the good category with a percentage of 66.67% totaling 4 peoples.

The results of the study used closed interviews.

The following are the results of research based on research findings using closed interviews with alternative yes or no answers.

Table 2. Coach Leadership Style Recapitulation Table

No.	Question	Answer		Total	Category
		Yes	No		
1	40	29	11	29	Good
2	40	28	12	28	Good
3	40	22	18	22	Good
4	40	24	16	24	Good
5	40	26	14	26	Good
6	40	31	9	31	Very Good

Based on table 2 above, it can be seen that the leadership style of the coach of the Tarung Degree Aceh Provincial Government which has a very good category is 1 person equal to 16.67%; and those who have a good category are 5 people equal to 83.33%.

DISCUSSIONS

From the coach leadership style Tarung Derajat Pengprov Aceh as seen in the results of this study, the most frequently used is the authoritarian leadership style. In accordance Sutarto (1991) opinion, the authoritarian leadership style is characterized by: (1) absolute authority is centered on the leader; (2) The decision is made by the leadership; (3) Policy is always made by the leadership; (4) Communication takes place in one direction from the leadership to the subordinates; (5) Supervision of the behavior, actions or activities of their subordinates is carried out strictly; (6) The initiative must come from the

leadership; (7) There is no opportunity for subordinates to provide suggestions, considerations, or opinions; (8) Tasks from subordinates are given in an instructive manner; (9) More criticism than praise; (10) Leaders demand perfect performance from subordinates without conditions; (11) Tendency to be coercion, threat and punishment; (12) Rude in action; (13) Rigid in attitude; (14) The responsibility for the success of the organization is only borne by the leadership.

According to Northouse (2013) in Kinandana (2020) it is stated that authoritarian leadership is the ability to influence others to be willing to work together to achieve predetermined goals by means of which all activities to be carried out are decided solely by the leadership. In this style the leader focuses on communication by giving instructions on how the goals will be achieved so that less time is used, and then the leader monitors them carefully.

The results of research conducted by Maghviroh (2021) also support that the authoritarian leadership style is better. The results of his research indicate that the average softball coach in the city of Surabaya tends to use an authoritarian and democratic leadership style. The coach acts in an authoritarian way if the athlete does not carry out the tasks that have been given. Coaches are more democratic when athletes have a high mental level and enthusiasm.

This study equal like Liukkonen (1996) that is as for "autocratic behavior" and "training and instructions" the findings are like previous studies which support that younger coaches emphasize these behaviors. A recent study in soccer supports that coaches must provide more autocratic behavior as players prefer this kind of leaders (Gioldasis, 2013). Depending on the experience, results showed that coaches with more experience present autocratic behavior and provide less social support and less positive feedback comparing to less-experienced coaches who are more democratic, socially supportive and provide more training instructions. Although perceptions of coaches and players about leadership style are similar (Vargas, 2004), the differences in this study compared to previous ones, might be explained by the differences that appear between the coaches' self-perceptions and their actual behavior. Also, the small sample of high-level volleyball players and coaches compared to the high number of the total coaches of amateur leagues that in many studies are used, might explain these differences in results.

Research conducted by Nurhidayat (the demand of a coach is to become a professional coach and what a coach must do is to help athletes improve athlete performance. Described through strengths, weaknesses, opportunities and threats). The results of this study are not in line with research conducted by Abduh (2020) which states that the best leadership style is the democratic leadership style

which shows the results of the research with the highest category with a percentage value of 59.32%. The success of a leader, apart from rather than being seen from the nature of the individual who has broad and charismatic insight, it is also very motivated by how to do it leader in making decisions. This decision is not only a written decision, but also a situational decision in the form of action. Leaders are not too concerned with the aspirations of their subordinates, so accuracy in make a decision has not been able to hit the target. This causes in making decisions not so maximum (Peirisal, 2017).

A coach who has a leadership style that adapts to the situation and condition of the athlete (Pradipta, 2017). The influence of the coach's leadership style as a leader on team performance. The leadership style of a coach who has an ideal influence, inspirational motivation, and has individualized attention in a sports team can affect team performance. (Ruslan, 2011) suggests that a leader has the task of being a planner, leader, friend, mentor, and controller exercise program. While athletes have the task of doing exercises according to the program that has been determined by the coach (Luh & Spyanawati, 2013).

Democratic leadership is involving everyone in the process of implementing and determining strategies in achieving common goals and every decision-making is always based on deliberation and consensus. The free leadership style or *laissez faire* is the ability to influence others to be willing to work together to achieve predetermined goals. by means of various activities that will be carried out more left to subordinates.

Of the various leadership styles that have been described above, there is actually no best leadership style. Although there are several leadership styles as mentioned above, there is no effective style that can be applied to all situations. Each different situation demands a different way of implementing leadership. Therefore, a coach should have good leadership qualities and characteristics so that athletes are easy to concentrate both during training and completing.

Democratic and non-autocratic leadership styles are closely related to the athlete's sense of social responsibility for what is his responsibility (Lee et al., 2017). Self-satisfaction in athletes can stimulate them to do better because they feel more cared for, and their opinions and inputs are heard more (Novian, 2019). The coach's leadership style is closely related to the psychological aspects of athletes (Jooste & Kubayi, 2018). The leadership style should be adapted to the current conditions. The leadership style of the coach during the match also plays a very important role, the leadership style during the match can help athletes deal with the nervousness that may be experienced, giving the right direction and strategy (García et al., 2020; Najafi et al., 2018).

Based on research from Cahyati (2020) research result obtained by using a questionnaire to identify the leadership style of the Hapkido trainers from the Special Region of Yogyakarta showed that the dominant Hapkido trainers used the democratic leadership style with an average of 3.62. The coach's leadership style is one part of the training approach. The results of this study can be used as an initial identification of the influence of coaches in improving Hapkido's performance.

From the three leadership styles of the Acehese fighting provincial trainers as seen in the results of this study, the most frequently used is the authoritarian leadership style. In accordance with the opinion of Sutarto (1991) the authoritarian leadership style, among others, has the following characteristics: (1) absolute authority is centered on the leader; (2) The decision is made by the leadership; (3) Policy is always made by the leadership; (4) Communication takes place in one direction from the leadership to the subordinates; (5) Supervision of the behavior, actions or activities of their subordinates is carried out strictly; (6) The initiative must come from the leadership; (7) There is no opportunity for subordinates to provide suggestions, considerations, or opinions; (8) Tasks from subordinates are given in an instructive manner; (9) More criticism than praise; (10) Leaders demand perfect performance from subordinates without conditions; (11) Tendency to be coercion, threat and punishment; (12) Rude in action; (13) Rigid in attitude; (14) The responsibility for the success of the organization is only borne by the leadership.

The relaxed coach type is a description of how a coach who works casually and is usually passive. He is the type of a good coach, never feels burdened or stressed because they are free to interact at any time. In carrying out the exercises not strictly supervised by the coach, the training programs are not well organized so that the readiness of the athletes in facing the matches is prepared modestly. The problem of achievement is not the main goal so that the exercises run leisurely without any mental burden.

The characteristics of a business coach: (1) always follow the development of athletes with full perseverance and patience and record the progress or setbacks of each athlete; (2) everything related to the exercise is prepared in detail and carefully considered before being implemented; (3) he is a hard-hearted and highly disciplined person, and demands that everything goes on time; (4) the athlete's relationship with the coach is not close because it is not easy for athletes to approach him.

Leadership is very necessary if an organization wants to achieve the expected goals. Leadership is the process of influencing others to understand and agree on what needs to be done and how it is done effectively, as well as the process of facilitating individual and collective efforts to achieve common goals Yukl (2005).

The coach's job is not just to train to improve athlete's performance but to develop athlete's morale. Therefore, in addition to training a coach acts as an educator, parent, and true friend (Juhji, 2016). In training, the coach usually chooses an approach in realizing the training program. (Situmorang, 2008) states that there is also a style of coach who trains his athletes with a leadership style with the situation faced in a flexible way in an effort to achieve athlete achievement. The style of a coach has a positive perception of his athletes making the athlete's self-efficacy higher. One part of the approach used is leadership style (Junaidi, 2016).

The coach's leadership style is plays a very important role in the achievement of athletes in all sports (Novian & Noors, 2020). The coach's leadership style must be in accordance with the characteristics of the athletes being fostered so that it can be synchronized between coaches and athletes. The coach's leadership style is closely related to the psychological aspects of athletes (Jooste & Kubayi, 2018). Leadership style should be adapted to ongoing conditions. The leadership style of the coach during the game also has a lot role, leadership style during the game can assist athletes in dealing with nervousness they may experience, providing appropriate direction and strategies (García et al., 2020; Najafi et al., 2018).

In addition, the results of other studies that show the relationship between the coach's leadership style also affect the lives of athletes, such as in the research of Dehnavi, Ismaili and Poursoltani (2013), it is stated that the athlete's perception of the coach's leadership style affects the quality of the athlete's work life. Not only the quality of the athlete's work life, but the athlete's success during a season in wrestling, was influenced by how athletes rated their coach (Turman, 2001). In addition, athletes' perceptions of their coaches affect how they respond to pleasant or unpleasant events (Fuchs, 2012).

CONCLUSIONS

From the results of research and discussion, the subject can be concluded as follows:

1. Based on the analysis of the data, the writer concludes that the coach leadership style Pengprov Tarung Aceh has a good leadership style in training, meaning that the leadership style of the Tarung Aceh Provincial Pengprov trainer uses an authoritarian, democratic and free leadership style.
2. Based on the analysis of the data, the writer concludes that the formation of the coach leadership style Pengprov Tarung Derajat Aceh is based on good regeneration, meaning that the regeneration that has been carried out so far at the Tarung Degree Aceh Provincial Government is going well.

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Conflict of Interest

The authors declare that they have no competing interests.

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