



Sports Development in Karanganyar Regency Indonesia in Terms of Sports development Index

Anang Ghony Rosyid* ; Sugiyanto; Agus Kristiyanto

Faculty of Sports Science, Postgraduate Program, Universitas Sebelas Maret, Indonesia
Email: anangr01292@gmail.com

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Abstract

This study aims to determine and evaluate: 1) the level of physical fitness of people in Karanganyar Regency; 2) the availability of open space in Karanganyar Regency; 3) the availability of human resources in Karanganyar Regency in exercising; 4) the level of community participation in Karanganyar Regency; 5) sports development index (SDI) in Karanganyar Regency. This research method uses quantitative methods. Samples were 270 people from 3 sub-districts using cluster sampling techniques. The instruments used were questionnaires, interviews, and also the Multi-Stage Fitness Test (MFT). The results of this study are: 1) the index of physical fitness level of the Karanganyar Regency is 0.416 in the SDI norm in the low category; 2) the open space index in Karanganyar Regency is 0.346 in the SDI norm in the low category; 3) resource index humans in Karanganyar Regency are 0.00108 in the SDI norm in the low category; 4) the Karanganyar Regency community participation index is 0.425 in the SDI norm in the low category; 5) The sports development index (SDI) in Karanganyar Regency is 0.297 in the SDI norm in the low category.

Keywords: Sports; Development; Index

Introduction

The Sports Development Index (SDI) is a composite index that reflects the success of sports development based on four basic dimensions, namely: participation, open space, fitness, and human resources. The size of the index reflects the level of success of sports development in a region.

According to Mutohir, T.C and Maksum, A (2007: 26) there are several conceptual foundations underlying the presence of the Sports Development Index. That is a sport that is the right of every person. By referring to the foundation of the philosophy, sports coaching is directed at developing a comprehensive program. The coaching system must guarantee the convenience of everyone to participate and achieve maximum participation while providing opportunities for the development of talent in the sports field.

Physical activity comprises any bodily movement produced by the skeletal muscles that result in an increase in metabolic rate over resting energy expenditure. Under this broad concept, we need to

consider leisure-time physical activity, exercise, sport, transportation, occupational work, and chores (Claude Bouchard, Steven N. Blair, 2011). Physical activity can also improve health and prevent diseases including heart disease, type 2 diabetes, osteoporosis, cancer, obesity, and injury. Participation in physical activity is also known to reduce depression, stress, anxiety, and increase self-confidence, energy levels, sleep quality, and the ability to concentrate (VicHealth, 2010: 1). Physiologically, exercise can be a vehicle for empowering physiological functions such as improving health, fitness, and improving the quality of components of physical conditions such as work of the heart and lungs, agility, speed, and strength. The positive benefits of exercise are found not only from active participation but can also provide lessons for skills development and increased employment. (Hart Gemma, Gregory Maxine & Taylor Peter, 2011).

According to Mutohir, TC and Maksum, A (2007: 2) the development of sports is a process that makes humans have a lot of access to physical activity (physical) he must enable or empower everyone has the opportunity to grow and develop, both concerning physical, mental spiritual, and socially complete.

Thus the development of sports is the responsibility of the Regional Government or the Central Government to make the community physically, mentally and socially healthy. The development of sports is associated with efforts to establish a qualified Indonesian human being and in the context of achieving national goals, especially a society that is democratic, just and prosperous physically and mentally.

Participation refers to the activity of the community in carrying out sports activities. Open space refers to a place that is intended for sports activities by a number of people (communities) in the form of land and/or buildings. Fitness refers to the body's ability to carry out activities without experiencing significant fatigue. Human resources refer to the number of trainers, teachers and sports instructors in a particular area.

Making Karanganyar Regency as one of the contributors to athletes in Central Java Province with various achievements is indeed not easy. Need to get potential athletes from various regions in Karanganyar Regency. How is it possible to get potential athlete seeds, if the community as parents is not fond and does not understand the importance of exercise. The first step that must be done first is to provide understanding by means of civilizing sports to the community. So, people will understand the benefits of exercise. The greater the participation of the Karanganyar Regency in exercising, the greater the community will want to channel their children's talents in the field of sports. How will the level of community participation improve well, when open space is a place for sports activities and the availability of human resources is also very minimal.

The availability of open spaces for sports is the most important part of forming a conducive atmosphere for a society that is cultured in sports. Sports culture which is the collective values of the community will be built and maintained properly if supported by the availability of adequate open space (Kristiyanto, 2012: 188).

The linkages of the four basic dimensions of sports development, such as open space, human resources (HR), participation, and physical fitness are very close. One another affects each other and will lead to an increase in athletes with achievements in the field of sports.

Sports development index is a composite index that reflects the success of sports development based on four basic dimensions, namely: open space available for sports, human resources or sports personnel involved in sports activities, community participation for regular exercise, and physical fitness degrees achieved by the community. If translated, Sports development index or SDI can be translated into Sports Development Index or IPO. The development of sports is essentially a process that makes humans

have a lot of access to physical or physical activities. the development of sports enables or empowers each person to have the opportunity to grow and develop, both in terms of physical, mental and spiritual well-being in full (Mutohir and Maksum, 2007: 2).

SDI measurement includes the development of the number of community members in a region who carry out sports activities, the extent of the place designated for sports activities for the community in the form of land, buildings, or open spaces used for sports activities and can be accessed by the wider community. Physical fitness which refers to the body's ability to carry out activities without experiencing significant fatigue, as well as the number of sports coaches, teachers of Physical Education and Health, and sports instructors in a certain area (Menpora RI, 2010: 7).

Methodology

The method of this research is quantitative and this study also evaluates government policies including evaluative research. This research was conducted in Karanganyar Regency by using cluster sampling techniques obtained from 3 sub-districts including Karanganyar Subdistrict as a forward sub-district, Tawangmangu Sub-district as a normal sub-district, and Ngargoyoso Sub-district as a lagging sub-district, with a sample of 90 people/ sub-districts with stratified random sampling. The instruments in this study used observation, questionnaires, interviews, and multistage fitness test (MFT). For data on the amount of open space obtained from DISPARPORA Karanganyar Regency, data on the number of sports human resources were obtained from the education office and KONI Karanganyar Regency, sports participation data using questionnaires given to 270 people from the 3 sub-districts above, physical fitness data obtained from doing fitness tests using the multistage fitness test (MFT) instrument of 270 people, and combining the four indices above to obtain data about the Karanganyar Regency sports development index (SDI).

Result and Discussion

The following is a description of data from the open space index, human resource index, participation index, and fitness index from the three sub-districts representing Karanganyar Regency, and finally with the three indexes obtained combined to obtain a sports development index in Karanganyar Regency.

Open Space Index

The open space index is obtained by summing all the available open spaces from each sub-district and then divided by the number of people aged 7 years above each sub-district. The maximum value is 3.5m², while the minimum value is 0. The open space index results obtained from 3 sub-districts that have been calculated are then combined to be used as open space index data of Karanganyar Regency. Table 1 shows the results of the data.

Table 1 Open space index results of Karanganyar Regency obtained from 3 sub-districts

Karanganyar Regency	Karanganyar District	Tawangmangu District	Ngargoyoso District	SDI
Open Space Index	0,701	0,161	0,177	-
				0,346

The results obtained from 3 sub-districts which have been studied are 0.346. When viewed from the norms of sport development index (SDI) the value of open space in Karanganyar Regency is still in the low category, meaning that the availability of open space in Karanganyar Regency is not so good and still needs improvement in several sub-districts so that there is no inequality in open space others and to reach the standard set by the Olympic committee which is 3.5m²/ person.

Human Resource Index (HR)

The index of human resources is obtained by summing all available human resources from each sub-district then divided by the number of people aged 7 years and above each sub-district. The maximum value is 2.08, while the minimum value is 0. The HR index results obtained from 3 sub-districts that have been calculated are then combined to serve as the Karanganyar Regency HR index data. Table 2 shows the results of the data.

Table 2 The HR index results obtained from 3 sub-districts

Karanganyar Regency	Karanganyar District	Tawangmangu District	Ngargoyoso District	SDI
Human Resource Index	0,00177	0,00081	0,00066	-
				0,0028

The results obtained from 3 sub-districts that have been known are 0.0028, if seen in the SDI norms, the sports HR Index in Karanganyar Regency is included in the low category or confirms the number of sports human resources available in Karanganyar Regency is still very little not comparable to the number of residents aged 7 years and above.

Participation Index

Participation indices can be obtained from people aged 7 years and above who carry out sports activities at least 3 times per week, while those who exercise less than 3 times a week are people who are less involved in sports. The maximum value is 100 and the minimum value is 0. The participation index results obtained from 3 sub-districts that have been calculated are then combined to serve as Karanganyar Regency participation index data. Table 3 shows the results of the data.

Table 3 The participation index results obtained from 3 sub-districts

Karanganyar Regency	Karanganyar District	Tawangmangu District	Ngargoyoso District	SDI
Participation Index	0,377	0,466	0,433	-
				0,425

The index results of participation obtained from 3 sub-districts studied were 0.425. If seen in the SDI norms, the sports participation index in Karanganyar Regency is included in the low category and explains that the level of a partition of the Karanganyar Regency in exercising is still very little or less participating in sports activities.

Index of Physical Fitness

The fitness index value is obtained by performing a fitness test using the multistage fitness test (MFT) instrument to the sample. Because it relates to the variable age, the calculation is distinguished between the ages of children, adolescents, and adults. With a maximum value of 40.5 and a minimum value of 0. The fitness index results obtained from 3 sub-districts that have been calculated are then combined to be used as fitness index data for Karanganyar Regency. Based on the results of the data, the results are showed in Table 4.

Table 4 The fitness index results obtained from 3 sub-districts

Karanganyar Regency	Karanganyar District	Tawangmangu District	Ngargoyoso District	SDI
Index of physical fitness	0,432	0,457	0,361	-
				0,416

The results obtained from the three sub-districts were 0.416 if seen in the SDI norm, the Karanganyar Regency physical fitness index was still in the low category and explained that the physical fitness level of the Karanganyar Regency was still very low.

Sports Development Index

Sports development index is obtained by combining open space index, human resource index, participation index, and fitness index that has been obtained, then from the results of combining the data of the four indices are shown in Table 5.

Table 5 Sports development index

Karanganyar Regency	Open Space Index	Human Resource Index	Participation Index	Index of physical fitness	SDI
Karanganyar District	0,701	0,00177	0,377	0,432	0,377
Tawangmangu District	0,161	0,00081	0,466	0,457	0,271
Ngargoyoso District	0,177	0,00066	0,433	0,361	0,242
SDI	0,346	0,00108	0,425	0,416	0,728

From the Table 5, it can be concluded that the Karanganyar Regency sports development index value is 0.728. This index value shows that the development of sports in Karanganyar Regency is still in the Low category in accordance with the existing SDI norms.

The open space index of Karanganyar Subdistrict is 0.701, which means that it is good enough for Karanganyar Subdistrict, but if viewed from each sub-district which is sampled, two of them still have a low open space index, namely Tawangmangu District and Ngargoyoso District. The number and area of open space in the Tawangmangu Subdistrict is actually not left behind from the Ngargoyoso Subdistrict

but with more people over the age of 7 causing more open space for sporting needs. Unlike the Ngargoyoso District, according to the number it is not far behind from the other two sub-districts, but the total area of open space in Ngargoyoso District is much smaller than the other 2 sub-districts. Ngargoyoso sub-district with a number of people aged 7 years and over is less than the other sub-districts that have obtained an open space index of 0.177 but are still in the low category.

The sports human resources index of Karanganyar Regency obtained is 0.00108, which means in the low category. When compared with a national acquisition of 0.099, it means that the index of sports human resources in Karanganyar Regency is still below it. Judging from the three sub-districts that were sampled, the three sub-districts obtained a sports human resource index in the low category. This further emphasizes that in terms of quantity it still needs special attention from the Karanganyar Regency government and without neglecting its quality, because the sport's human resources will later work with the government to make the program successful for the community, develop and advance the potentials of good sports recreation, achievement and education that belongs to the community of Karanganyar Regency.

The index of sports participation in Karanganyar Regency was obtained at 0.425, which means that in the low category or there are still few people who carry out activities at least 3 times a day recommended by the World Health Organization (WHO). When compared with the national sports participation index of 0.422, it means that the participation of sports participation in Karanganyar Regency is slightly higher. If viewed from the three sub-districts sampled, Karanganyar Subdistrict is the lowest compared to the other sub-districts with the participation index in the low category, while the Tawangmangu District and Ngargoyoso District the sports participation index is higher than Karanganyar Subdistrict but also in the low category. Although the index of community participation is higher than nationally obtained it is not a good achievement because it is still in the low category, this achievement is one of the effects of the still low available sports human resources.

The Karanganyar regency physical fitness index obtained is 0.425, which means that in the low category or there are still many people who have a low level of physical fitness. When compared with the national physical fitness index of 0.335, it means that the Karanganyar Regency physical fitness index is above it. When viewed from each sub-district that became the research sample, the Tawangmangu Subdistrict is slightly higher than the other sub-districts, Karanganyar Sub-District is slightly above Ngargoyoso District in the physical fitness index, and Ngargoyoso sub-district is at the bottom, and each sub-district has a fitness index physical in the low category. Physical fitness of the community is the initial goal of why the development of sports is considered very important, with good physical fitness people should be able to carry out more daily activities with a longer and more productive duration, so that the government needs to maximize policies related to sports that make the level Physical fitness of the Karanganyar Regency community is even better.

The dimensions that need to be taken very seriously are the dimensions of sports human resources because there is insufficient energy for sports where through sports human resources can support government policies related to sports and sports activities themselves both for educational sports, recreational sports, and sports achievements. Sports HR also influences other dimensions of dimensions such as dimensions of participation and dimensions of fitness because the presence of quality sports human resources in a sporting activity can attract the public to exercise more and have an impact on the dimensions of better physical fitness. It was shown by the dimensions of sports participation and the dimensions of the physical fitness of the people obtained were also still in the low category.

Conclusion

This research was the first study conducted in Karanganyar Regency and the 5th study in the Central Laughter Province, the research was carried out with the aim of knowing the results of sports development in Karanganyar Regency and can be an evaluation for the current and future Karanganyar Regency governments. Based on the results of research conducted on the development of sports in Karanganyar Regency in 2018 and linking the findings and discussion, the researcher can conclude as follows:

1. The index of open space for sports in Karanganyar Regency is 0.346, the value of this index if we look at the SDI norms falls into the low category. That means open space for exercise in Karanganyar Regency is still inadequate.
2. The Karanganyar Regency Sport human resources index is 0.00108, this index value is seen in the SDI norm falls into the low category. That means the availability of sports human resources in Karanganyar Regency is still lacking.
3. The index of community participation in Karanganyar Regency in sports is 0.425, the index value, when seen in the SDI norm, is in a low category. That means the people of Karanganyar Regency are less active in participating in sports activities, and that also means awareness of the importance of exercise is still very low.
4. The physical fitness index of the Karanganyar Regency is 0.416, the index value if we look at the SDI norm falls into the low category. That means the physical fitness of the people of the city of MMetro on average is still very lacking or there are many people who are not fit.
5. The Karanganyar Regency sports development index (SDI) is 0.297, if we look in the SDI norm it is in a low category because it is between the values of 0-0.499. However, when compared with the National SDI of 0.280, it shows that SDI is slightly better.

That means the development of sports in Karanganyar Regency is still lagging behind or still very lacking, where 4 SDI indicators are the availability of open space, sports human resources, sports community participation, and physical fitness of people who are still in a low category so that the attention of the Karanganyar government is needed. The availability of sports human resources is the lowest, which is only 0.00108 so that the Karanganyar Regency government, the Karanganyar District Education Agency, DISPARPORA Karanganyar Regency, and KONI Karanganyar Regency are required to increase the quantity and quality of sports human resources such as teachers, trainers, sports instructors, and referee in order to help create better sports development.

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