



## Sport Development Index Tegal Regency

Roas Irsyada<sup>1✉</sup>, Ipang Setiawan<sup>2</sup>

Pendidikan Jasmani Kesehatan dan Rekreasi Universitas Negeri Semarang, Semarang, Indonesia<sup>12</sup>

### History Article

Received 07 November 2020  
Approved November 2020  
Published November 2020

### Keywords

Sport Development Index;  
Tegal Regency

### Abstract

The purpose of this study was to determine the development of sports in terms of the sport development index in Tegal Regency. In this study, the method used was a survey method with a quantitative descriptive approach in terms of Sport Development Index (SDI). The research instruments used were observation, interviews, questionnaires and tests. The data obtained were then analyzed using SDI analysis. The data obtained were then analyzed using SDI analysis. The research subjects used a sample of 90 people. The SDI score in Tegal Regency is 0.296 and is in the low category. The government must make policies regarding the development and improvement of the quality and quantity of sports facilities and infrastructure and carry out program planning to encourage and develop recreational sports, such as car-free days in the end. Sports activities such as gymnastics, walking or other recreational sports. activities so that people are more interested in sports activities. People must use the open space for sports wisely and have a sense of each other. In addition, he also uses open space exercises with full responsibility and cares for the environment so that he becomes more comfortable when doing sports activities..

### How to Cite

Irsyada, R., & Setiawan, I., (2020). Sport Development Index Tegal Regency. *Journal of Physical Education, Health and Sport*, 7 (2), 49-54.

© 2020 Universitas Negeri Semarang

✉ Correspondence Author:  
E-mail: roaspjkr@mail.unnes.ac.id

p-ISSN 2354-7901  
e-ISSN 2354-8231

## INTRODUCTION

In this era, sport is transforming into a trend and culture. Sport is believed to be something that is important for health, even sport is a necessity in people's lives. Andy Pradhana and Achmad Widodo (2016) make it clear that sports are part of human needs, because sports meet the needs of human movement. According to Tammelin, et al (2003) Participation in sports in childhood and adolescence has been reported to increase the likelihood of physical activity later in life.

Nowadays, the issue of achieving progress in development has become the concern of government administrators and the community. In this case, law number 32 of 2004 on regional government chapter VII article 150 states that regions are required to have Long-Term Development Plan (RPJP), Medium-Term Development Plan (RPJM), and Regional Development Work Plan (RKPD) documents. With the existence of a development plan for the next 5 years, it is hoped that the efficiency and effectiveness of government administration and development can be improved, creating a harmonious and mutually necessary relationship between the government and society and enhancing the absorption of community aspirations in government programs to develop regions.

The development of national sports in Indonesia has been regulated in Law Number 3 of 2005. However, currently sports achievements are referred to as benchmarks in assessing the progress of sports development in a region. Though sports are not limited to achievements, but also education and recreation. According to Toho Cholik Muntohir and Ali Maksum (2007) there are 4 indexes that can be used as benchmarks in sports development in an area. The concept called the sport development index refers to a composite index that reflects the success of sports development based on 4 basic dimensions, namely

1) the availability of open spaces for sports, The existence of an open sports space equipped with attractive facilities such as design, size and function which is designed for sports activities and has easy accessibility, can be reached by all groups, and is closer to where the community lives or settlements are taken into consideration by the community in carrying out sports activities. so that it can trigger people's motivation in doing sports activities such as walking and cycling, and others (Priyono, 2017).

2) human resources, Muthohir and

Maksum (2007: 45) state that the basic essence of the existence of sports human resources is to ensure that all sporting activities are supported by sports personnel who have competencies that can be accounted for in a professional ethic and academic foundation.

3) community participation in sports, Community participation is community involvement not only in the implementation process, but also involves the community in planning and developing the implementation of the program, including enjoying the results obtained from the implementation of the program (Permana, 2015). 4) fitness, According to Giriwijoyo and Zafar (2012: 23), physical fitness is a state of physical ability that can adjust the function of the organs to certain physical tasks and / or environmental conditions that must be handled in an efficient manner, without excessive fatigue and have recovered. perfect before the same assignment came the next day.

According to Agus Kristiyanto (2012: 2-3) every district / city / regency / province that wants significant progress in various fields, should have an awareness of the strategic meaning of sport, it must be initiated through development planning that favors the progress of sports as a whole.

Based of observations, Tegal district in the activities of the Provincial Sports Week has not shown maximum achievement. Besides that, Tegal Regency has never measured the Sport Development Index. By measuring the Sport Development Index in Tegal Regency, he hopes to provide an overview of the conditions of sports development in Tegal Regency so that they can provide appropriate follow-up in order to increase sports performance in Tegal Regency through aspects of human resources, sports open spaces, community physical fitness levels, and level of community participation.

This research wants to know the development of sports in Tegal Regency through the Sport Development Index by looking at the condition of the sports human resources? how is the availability of open space for sports? how is public participation in sports? and what is the level of physical fitness of the people?.

## METHOD

Survey method used in this study with a quantitative approach and described in the analysis process. With drawal using random sampling technique with a total population of 3 districts **Figure 1.**



district using the SDI formula. The following is the amount of community participation in sports in Tegal District from 3 sample districts **Table 5**.

**Table 5.** Community Participation Index in Sports in Tegal Regency

District	Index	Category
Kramat	0,66	Intermediate
Talang	0,56	Intermediate
Dukuhwaru	0,53	Intermediate
Intermediate	0,00083	Low

Source : Research Data

The next aspect is people’s fitness in sports. To get the actual value of community fitness using the Multi Fitness Test (MFT) to determine the physical fitness of the community. The following is the amount of community participation in sports in Tegal District from 3 sample districts **Table 6**.

**Table 6.** People fitness Index in Tegal Regency

District	Index	Category
Kramat	0,64	Intermediate
Talang	0,53	Intermediate
Dukuhwaru	0,53	Intermediate
Average	0,57	Intermediate

Source : Research Data

Next is to calculate the total average of 4 aspects of the Sport Development Index **Tabel 7**.

**Tabel 7.** Sport Development Indeks Tegal Regency

Aspect	Index	Category
Open Space	0,033	Low
Human Resources	0,00083	Low
Participation People	0,58	Intermediate
Physical Fitness	0,57	Intermediate
Average	0,295	Low

Source : Research Data

In Tegal Regency, there are many open spaces, such as those in the area of Jalan Banjaryan and its surroundings, Jalan Ir. H. Juanda, Tegal Regency square area, as well as a garden park that even exists in every corner of the sub-district in Tegal Regency itself. However, this open space is mostly used for recreation, party activities or competitions and trade. There are also many open sports spaces such as fields that used to be used as a place to carry out sports activities

or activities, but now the land has been converted into a place for trading, used for building houses, shop houses, and so on. Therefore, the open space is not included in the sports open space category. According to Mutohir and Maksum (2007: 38), there are three requirements to say that it is an open space for sports, namely 1) Designed for sports, 2) Used for sports, and 3) Can be accessed by the public.

In planning, we should see and involve all components of society who are involved in the existing world of sports so that all the aspirations and needs that are needed can be properly realized. The most important thing is concrete steps in implementing all the plans that have been made.

According to Dhimas Bagus (2018: 18) without the implementation of a good plan, it cannot be realized and only becomes a discourse. Therefore, providing a budget for sports is deemed very necessary and gets attention given the importance of planning. Based on the results of the calculation of the index for open sports spaces in Tegal Regency, the figures are classified as low. This is due to several factors that influence it, such as the reduction in green open land which has now changed its function to housing and residential areas, the conversion of open land which is now a city park, the lack of development of open sports spaces in the city of Tegal, and the lack of public interest. In exercising, it has resulted in private open spaces for sports that were previously available to change functions and be used for other, more profitable businesses.

In connection with the above matters, the available sports open spaces in Tegal Regency are fewer and narrower. This causes the people’s motivation and interest to exercise to be reduced, so that the degree of physical fitness achieved by the people in the area is very low.

The number of sports human resources obtained refers to the results of observations, interviews and documentation studies conducted by researchers on related sources. The resource persons are people in Tegal Regency, especially for sports players in Tegal Regency, starting from the head of the sports sector at the Tourism, Culture, Youth and Sports Office of Tegal Regency, Group of PE Teacher on Junior High School and Senior High School in Tegal Regency.

Through the results of observations, interviews and documentation conducted by researchers, it is known that Tegal Regency has a total of 143 sports human resources from 3 sample districts.

In this case, the quality of a teacher is not a serious problem, regardless of whether the te-

acher comes from physical education or sports graduates. Because in the data collection process the researcher found at least a few teachers who did not come from sports education graduates. According to Toho Cholik Muthohir and Ali Maksun (2007: 66), at the numerical level, sports human resources do not talk about the quality of their resources, but the quantity of sports human resources in an area does not consider that they are certified or not. This statement is a bit contradicting, because Indonesia in general and Tegal Regency in particular actually need a large quantity of human resources but also with adequate quality or quality as the main support in a development process (Rismayanthi, 2011).

In the context of the Sport Development Index, sports human resources have an important role in ensuring that all sports activities and activities are supported by human resources who have knowledge that can be ethically accounted for in order to improve sports development, especially in the field of educational sports (Purwono & Irsyada, 2019). Not only important for sports, but human resources are strategic assets for the progress of a nation and country (Yusutria, 2017). According to Hastria Effendi (2016) Extrensic motivation is an encouragement from outside the individual that causes a person to do sports activities, one of which is friends and teachers. According to Yudik Prasetyo (2013) laziness in carrying out an activity is what is often experienced by everyone. Lazy exercise or physical activity is caused by 2 things, namely 1) fear of pain after sports activities, 2) lack of awareness of the importance of health and fitness. Therefore, in accordance with the above opinion, the presence of sports human resources in the Tegal Regency will encourage the surrounding community to do sports activities as well and help make people aware of the importance of maintaining a healthy body by exercising. The process of sports known as culture among the community can be carried out by introducing educational sports and recreational sports, so that the two aspects that are often forgotten can be seen as the foundation for the scope of sports achievements directed to develop roles in order to improve the quality of life of the community (Ma'mun, 2016 )

In the process of improving the quality and quality of human resources, the Tegal Regency government must also provide a forum and guidance for sports players in Tegal Regency. The development of human resources in the field of sports is a process of utilizing physical to psychological potential in a humane way to function

optimally for the achievement of development goals in the field of sports (Nugroho, Kristiyan-to, & Purnama, 2016). Sports coaching and development in an area must also be in accordance with their authorities and responsibilities, in addition to standardization and mobilization of human resources by optimizing local excellence must also be carried out by the local regional government (Parulian, 2016). Based on the results of data and observations in the field carried out on the participation of the Tegal Regency community in sports and community physical fitness. For participation, it was found that there were 53 people who exercised 4 to 5 times a week which were dominated by the Kramat District community with a total of 20 people, so they got a participation index of 0.66. This is different from the participation index in Talang District 0.56 and in Dukuhwaru District 0.53. This is dominated by the fact that the Kramat District area still has open space, making it easier for the community to do sports and increase community participation. For physical fitness it is also dominated by Kramat District with a fitness index of 0.64, while Talang District has a fitness index of 0.53 and Dukuhwaru District 0.53. This is dominated by the fact that the people in the Kramat District are very enthusiastic about doing sports activities.

In Tegal Regency, community participation in sports is rarely encountered in open sports spaces in Tegal Regency because there is no time for people to exercise, lazy to exercise, the available facilities are less supportive, even lack of public knowledge about the importance of exercise which makes the community just looking at sports with one eye only. From the 3 subdistricts whose data was taken by researchers, it can be seen that Kramat District has good participation and fitness among the other two districts.

Sports activities in the Kramat District community are influenced by the open space available, because in that area there are still many empty lands and there are beaches that can be used for sports activities. This is different from the Talang and Dukuhwaru Districts where there are already a lot of buildings standing in the area, be it houses, shops / supermarkets, or factories.

The majority of people do sports activities just to maintain their health so they can carry out their daily activities properly. They also didn't expect to get an achievement or a medal from it. Because people from these 3 sub-districts are already tired after doing activities at their respective jobs. They only do sports activities in the morning and at night and that is only for maintaining health and even just looking for fun.

## CONCLUSION

The conclusion from the results of this study is the sports development index of Tegal Regency is in the low category with a total index of 0.296.

## REFERENCES

- Effendi, H. (2016). Peranan psikologi olahraga dalam meningkatkan prestasi atlet. *Nusantara (Jurnal Ilmu Pengetahuan Sosial)*, 1, 23–30. <https://doi.org/http://jurnal.um-tapsel.ac.id/index.php/nusantara/article/view/90/90>
- Giriwijoyo and Zafar. 2012. Ilmu Faal Olahraga (Fisiologi Olahraga). Bandung : PT Remaja Rosdakarya.
- Kristiyanto, Agus. 2012. Pembangunan Olahraga untuk Kesejahteraan Rakyat dan Kejayaan Bangsa. Yuma Pressindo.
- Ma'mun, A. (2016). Pembudayaan Olahraga dalam Perspektif Pembangunan Nasional Konsep, Strategi, dan Implementasi Kebijakan. *Jurnal Pendidikan Sains Sosial Dan Kemanusiaan*, 9(1), 65–88.
- Muntohir, T.C. & Maksum, A., 2007. Sport Development Indes (Konsep, Metodologi, dan Aplikasi) Alternatif baru mengukur kemajuan pembangunan bidang olahraga. PT. Indeks.
- Nugroho, W. B., Kristiyanto, A., & Purnama, S. K. (2016). Kebijakan Pemerintah Daerah Tentang Pembinaan Sumber Daya Manusia Bidang Olahraga Prestasi ( Studi Deskriptif Tentang Pembinaan Atlet , Pelatih , dan Pengurus Organisasi Olahraga di Kabupaten Sukoharjo ). Digital Library Universitas Sebelas Maret. Retrieved from <https://digilib.uns.ac.id/dokumen/detail/55679/Kebijakan-Pemerintah-Daerah-Tentang-Pembinaan-Sumber-Daya-Manusia-Bidang-Olahraga-Prestasi-Studi-Deskriptif-Tentang-Pembinaan-Athlet-Pelatih-dan-Pengurus-Organisasi-Olahraga-di-Kabupaten-Sukoharjo>
- Parulian, T. (2016). Pengembangan Sumber Daya Manusia Keolahragaan (Survei Manajemen Sumber Daya Manusia Keolahragaan Kabupaten Tapanuli Selatan Tahun 2012). *Journal Sport Area*, 1(1), 79. <https://doi.org/10.30814/sportarea.v1i1.381>
- Parfi, Nadia. 2015. “Penyediaan Hutan Kota dan Taman Kota sebagai Ruang Terbuka Hijau (RTH) Publik Menurut Preferensi Masyarakat di Kawasan Pusat Kota Tangerang”. *Ejournal 2 Undip*. 1. (3): 101-110.
- Pekalongan, B. K. (Ed.). (2017). *Indeks Pembangunan Manusia (2017th ed.)*. Kota Pekalongan: BPS Kota Pekalongan.
- Pekalongan, B. K. (Ed.). (2018). *Kota Pekalongan Dalam Angka 2018 (1st ed.)*. Kota pekalongan: BPS Kota Pekalongan.
- Permana, A., & Sastaman, P.B. 2015. “Tingkat Partisipasi Olahraga dan Ketersediaan SDM Keolahragaan Kota Pontianak Provinsi Kalimantan Barat Ditinjau Dari Sport Development Index (SDI)”. *Jurnal Pendidikan Olahraga*. 4(1): 9-19.
- Peraturan Daerah Kota Pekalongan Tentang Penggabungan Kelurahan Di Lingkungan Pemerintah Kota Pekalongan. , (2013).
- Peraturan Daerah Kota Pekalongan Tentang Penyelenggaraan Keolahragaan. , (2017).
- Pradhana, A., & Widodo, A. (2016). *Jurnal Kesehatan Olahraga Vol . 06 No . 2 Edisi Oktober 2016 hal ( 77-82 ) Analisis Sport Development Index Kecamatan Ngronggot Kabupaten Nganjuk*. 06(2), 77–82.
- Prasetyo, Y. (2013). Kesadaran Masyarakat Berolahraga Untuk Peningkatan Kesehatan Dan Pembangunan Nasional Oleh : Yudik Prasetyo Dosen Jurusan Pendidikan Kesehatan dan Rekreasi FIK UNY. *MEDIAKORA Jurnal Ilmiah Kesehatan Olahraga*, 11(1), 219–228. Retrieved from <https://journal.uny.ac.id/index.php/medikora/article/view/2819>
- Rismayanthi, C. (2011). Optimalisasi pembentukan karakter dan kedisiplinan siswa sekolah dasar melalui pendidikan jasmani olahraga dan kesehatan. *Pendidikan Jasmani Indonesia*, 8(April), 1–17.
- Tammelin, T., Näyhä, S., Hills, A. P., & Järvelin, M. R. (2003). Adolescent participation in sports and adult physical activity. *American Journal of Preventive Medicine*, 24(1), 22–28. [https://doi.org/10.1016/S0749-3797\(02\)00575-5](https://doi.org/10.1016/S0749-3797(02)00575-5)
- Yusutria. (2017). Profesionalisme Guru dalam meningkatkan kualitas sumberdaya manusia. *Jurnal Curricula*, 2(2), 38–46. <https://doi.org/http://doi.org/10.22216/jcc.2017.v2i1.147>