



The Analysis of Human Resource and Open Space Aspects on Physical Education in Pekalongan City

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History Article

Received November 2020
Approved November 2020
Published November 2020

Keywords

Open Space; Human Resources; Physical Education

Abstract

The purpose of this research is to find out the open space index and the human resource index especially in the field of sports education in terms of the Sport Development Index. This research uses a survey method through a quantitative approach. The research location is in the City of Pekalongan with the research target as West Pekalongan District, North Pekalongan District and East Pekalongan District, and South Pekalongan District. The sampling technique uses total sampling and purposive sampling. The instrument of data collection is done by observation, interview, and documentation. Data collection includes the amount of open space, the total population, the number of physical education teachers from elementary school through high school. Then analyzed using the Sport Development Index of aspects of open space and human resources in order to get conclusions from existing phenomena. The results of the study: 1) the index of physical education human resources is 0.0016 with a low category, 2) the index of outdoor sports is 0.512 with the middle category. The conclusions in this study are the availability of open space and sport human resources, especially in the education sector of Pekalongan City, respectively in the middle and low categories. Suggestions given by researchers are for the government of Pekalongan City to make a program regarding the development and improvement of the quality and quantity of sporting open spaces, sports infrastructure, and human resources, while for the people of Pekalongan City they should use sporting open spaces wisely, responsibly, inviting others to exercise and supporting government programs and adding more self-quality to better human resources.

How to Cite

Ichsandi, R., & Irsyada, R., (2020). The Analysis of Human Resource and Open Space Aspects on Physical Education in Pekalongan City. *Journal of Physical Education, Health and Sport*, 7 (2), 81-86.

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INTRODUCTION

In this age, sports are transformed into a trend and culture. Sports is believed to be something important for health, even sports become a necessity in people's lives. Andy Pradhana and Achmad Widodo (2016) made it clear that sport is part of human needs, because sport meets the needs of moving humans. According to Tammelin, et al (2003) Participation in sports in childhood and adolescents has been reported to increase the likelihood of physical activity later in life. Sport is said to be a necessity because through exercising physical conditions can be best. Fery Darmanto, et al (2019) stated that doing physical activity in this case is exercise will have a positive impact on psychological and health in every human life.

In Law Number 3 of 2005 which regulates the development of sports nationally, it states that sport includes sports education, achievement, and recreation. Danang Aji Setyawan (2016) states that physical education covers aspects of education as a whole, but behind it all there are big problems that surround physical education learning if the right solution is not immediately sought to improve the quality and quality of physical education.

Hari Amirullah Rachman (2011) in his research stated that the public's view of physical education in Indonesia is currently in a poor condition, some people consider physical education to only bring about fatigue compared to other greater benefits because the quality of physical education teachers is generally inadequate and less capable in carrying out his profession competently. The same thing was stated by Saifuddin (2017) that at the level of elementary schools, secondary schools and even tertiary institutions less optimal in the physical education learning process due to the limited ability of teachers or instructors.

Physical education is considered less important, but actually physical education is very important as stated in Law No. 20 of 2003 Article 42 whereby physical education and sports are obliged to enter the elementary and secondary education curriculum. This shows that if physical education is given according to its portion, it does not rule out the possibility of creating superior seeds of physical education that are able to compete in the international arena. Therefore it is necessary to identify physical education in Pekalongan City as an effort to improve the quality of physical education as an inseparable part in the process of improving sports development in Indonesia.

The concept named Sport Development Index by Toho Cholik M and Ali Maksum refers to a combination of indices that can represent the success of sports development based on 4 basic dimensions, namely 1) the availability of open sports space, 2) human resources, 3) community participation in sports, 4) community fitness. Community participation in sports as the third index is a precondition of action which will produce the last index of sports development, namely physical fitness. So that the prerequisites for action can take place so as to produce a community fitness index, of course, it requires basic prerequisites in sports development, that is, open space and human resources.

Physical Education in Central Java is growing very rapidly, this is shown by the number of universities with a concentration of studies in the field of Physical Education. Central Java itself is a province located on the island of Java. The capital city is Semarang. Central Java has 29 districts, 6 cities, 534 districts, 769 villages and 7809 villages. Pekalongan City itself is included in Central Java province, Pekalongan City is located in the lowlands of the north coast of Java, with an altitude of approximately 1 meter above sea level (BPS, 2018). The Pekalongan City Human Development Index (HDI) book published by BPS Pekalongan City (2018) shows that the HDI value always increases and is always in the «high» category, but the growth of the HDI of Pekalongan City is not too good compared to previous years. The HDI of Pekalongan City fell from rank 9 in 2016 to rank 10 in 2017 in Central Java.

METHOD

In this study using a survey method with a quantitative approach and is described in the analysis process. Sampling is divided into 2 different techniques. Sub-district sampling using total sampling techniques with a total population sampled of 4 districts.

Population sampling, educational sports resources, and open space use purposive sampling techniques because they are only for physical education. The population sampled were 7-18 years old, human resources in sports education were physical education teachers from elementary to high school level, and the open space was all open spaces within the school environment.

Then analyzed using the sports development index until the results are known and adjusted to the existing sports development index norms.

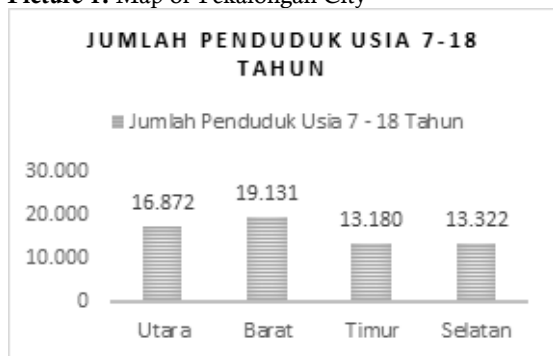
Table 1. Norms of Sport Development Index

Angka Indeks	Norma/Kategori
0.800 – 1.000	Tinggi
0.500 – 0.799	Menengah
0.000 – 0.499	Rendah

Sumber: Muntohir, T.C & Maksum, A, 2007.



Picture 1. Map of Pekalongan City



Picture 2. Sample District Population Ages 7-18 Years

RESULTS AND DISCUSSION

Open space data used in this study was determined based on criteria: a) used for sports activities, 2) designed for sports activities, and c) accessible to the wider community. because the focus in this research is physical education, the additional requirement is that open space is within the school environment or in areas that are commonly used by schools for physical activities. therefore not all open spaces in the city of pekalongan are included in the data.

Table 2. Table Area of Outdoor Sport Space in Pekalongan City in the Sub-District that became the Research Sample

Kecamatan	Luas (M2)
Pekalongan Utara	19.709
Pekalongan Barat	70.444
Pekalongan Timur	24.339

Pekalongan Selatan	6.747
Total	121.239

Sumber: Data Peneliti

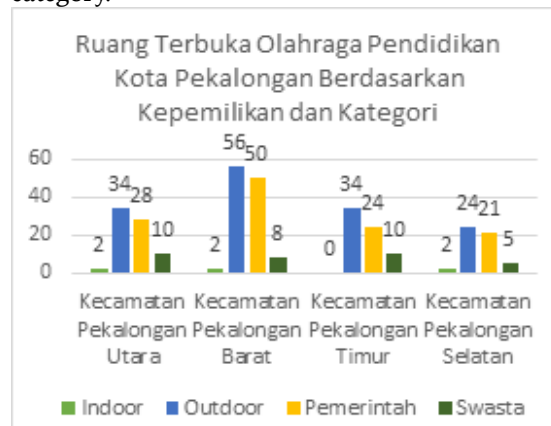
Sports open space in question is a public space that is used for sports activities in an area. The standard number of open space sports taken based on olimpiade is 3.5 m² for each person. This means that every resident has the right to do sports activities 3.5 m² so that the value is used as the maximum value. After obtaining data about sports open spaces and the population in Pekalongan City, then the results of observations of sports open spaces and population will be processed to get the actual value. The actual value of sporting outdoor spaces is obtained through the calculation of the ratio between the total area of sporting outdoor spaces with the population aged from 7-18 years. The following is an open index of sports education in each of the sample districts:

Table 3. Open Space on Physical Education in Pekalongan City

Kecamatan	Indeks	Kategori
Pekalongan Utara	1,051	Tinggi
Pekalongan Barat	0,331	Rendah
Pekalongan Timur	0,525	Menengah
Pekalongan Selatan	0,142	Rendah
Rata-rata	0,512	Menengah

Sumber: Data Peneliti

From these results it is known that the City of Pekalongan is quite good in providing and developing the construction of open sports education with the index category included in the middle category.



Picture 3. Open Space of Physical Education in Pekalongan City Based on Ownership and Category

From **Picture 3**, it can be seen that the open space of outdoor educational sports in the City of Pekalongan is more when compared to the open space of indoor sports. The Pekalongan City Government is also the largest contributor to the open sports space in Pekalongan City. The open spaces for educational sports in Pekalongan City are arguably quite a lot, mostly owned by the western Pekalongan sub-district, followed by the eastern Pekalongan sub-district, the northern Pekalongan sub-district, and the southern Pekalongan sub-district.

Educational sports facilities in the city of Pekalongan have been fulfilled quite well and get the attention of the local government for high school levels but still very lacking for primary school levels especially the state, because the level of primary schools owned by the private sector, the average has an open space for educational sports which adequate. According to Dimas Bagus Dharmawan, et al (2018) sports activities especially educational sports can be carried out optimally by the community or in this case are students if the needs for facilities and infrastructure are met so that the community can be free and move without any obstacles. Means of infrastructure for sports activities that are met is the main capital in the process of organizing sports activities, especially in the field of education (Irawan, 2017).

According to Dimas Bagus Dharmawan, et al (2018) the condition of open space sports has an influence on sports activities undertaken by student students. The condition of a good open space sport can provide comfort for sports players so as to cause benefits in doing sports activities. Besides sports activities carried out by the community will be more leverage.

Even though the open space index of educational sports in Pekalongan City is in the middle category, the provision of sports facilities is quite good and is classified as complete or fulfilled and the average school already has an open space that can be used for physical activity of its students according to the Ministry of Education and Culture which states about school sarpras standards. In addition, the use of sports facilities and infrastructures is already good. This is because the community component in this case is the teacher and students use sports facilities according to their functions and have a sense of ownership so that they take care of the facilities. Students who carry out sports activities must also be provided with ease, comfort and safety while in the open space of the sport. This is in line with Dimas Bagus Dharmawan, et al (2018) which states that the factor of ease and comfort and safety

for the community must be prioritized in terms of using these sports facilities.

Next is the human resources of sports education, in this aspect does not discuss the quality of human resources but the quantity in the amount of human resources in the sports sector in the area. The actual value for sports human resources is obtained through the calculation of the ratio between the amount of human resources in the field of sports with the total population of people starting from the age of 7-18 years. The following is the number of sports human resources in Pekalongan City from 4 sub-district samples:

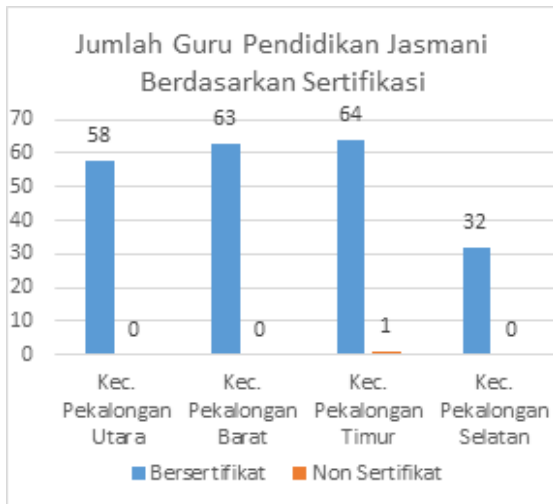
Table 4. Human Resource on Physical Education in Pekalongan City

Kecamatan	Indeks	Kategori
Pekalongan Utara	1,0016	Rendah
Pekalongan Barat	0,0015	Rendah
Pekalongan Timur	0,0023	Rendah
Pekalongan Selatan	0,0011	Rendah
Rata-rata	0,0016	Rendah

Sumber: Data Peneliti

The figures of sports human resources in the field of education obtained are based on the results of observations, interviews and documentation studies conducted by researchers on related sources. The resource persons are the people in Pekalongan City, especially for sports practitioners in Pekalongan City, starting from the head of sports in the Department of Tourism, Culture, Youth and Sports in Pekalongan City, MGMP Penjasorkes Middle School - Pekalongan City KKG, KKG of Pekalongan City, and the office staff sub-districts that are the study sample.

Through the results of observations, interviews and documentation conducted by researchers, it is known that Pekalongan City has a total of 218 sports human resources in the field of education from 4 sample districts. The average number of Physical Education teachers at primary school level is 1 each for each school, for junior secondary and senior secondary schools there are 2 - 3 Physical Education teachers for each school in each subdistrict which is the sample of the study. The most physical education teachers are owned respectively by East Pekalongan District, West Pekalongan District, North Pekalongan District and at least owned by South Pekalongan District. This is consistent with the number of schools in the sub-district, it is known that the number of schools in the South Pekalongan District is the smallest.



Picture 4. Human Resources of Physical Education in Pekalongan City Based on Licenses

In this case, the quality of a teacher is not a serious problem, it is not seen whether the teacher is a graduate of physical education or sports. Because in the process of collecting data the researchers found at least 1 teacher who did not come from a sports education graduate. According to Toho Cholikh Muthohir and Ali Maksum (2007: 66) at the level of sports human resources does not discuss the quality of its resources but the quantity of sports human resources that exist in an area do not consider whether it is certified or not. The statement is a little contradictory, because Indonesia in general and the City of Pekalongan in particular require true human resources with a large quantity but also accompanied by 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 to ensure that all sports activities and activities are supported by human resources who have ethically responsible knowledge to promote sports development specifically in the field of sports education (Purwono & Irsyada, 2019). Not only important for sports even, human resources become a strategic asset for the progress of a nation and state (Yusutria, 2017).

According to Hastria Effendi (2016) Extrinsic motivation is an encouragement originating from outside the individual that causes a person to engage in sports activities, one of which is friends and teachers. According to Yudik Prasetyo (2013) laziness in doing an activity is what is often experienced by everyone. Lazy to exercise or physical activity caused by 2 things, namely 1) fear of pain after doing sports activities, 2) lack of awareness of the importance of health and

fitness. Therefore according to the opinion above with the existence of a large amount of sports human resources in the City of Pekalongan will encourage the surrounding community to carry out sports activities as well and help make the public aware of the importance of maintaining a healthy body by exercising.

In this case the Government should pay more attention to the community, because according to Amung Ma'mmun (2014) the phenomenon of sports culture can affect the increase in community participation in sports activities and will be a basic reference for starting an active and healthy lifestyle. Therefore, the role of physical education teachers is very necessary to increase student participation in physical activities. The process of sports known as culture among the people can be done by introducing educational sports and recreational sports, so that both aspects that are often forgotten can be seen as a foundation for the scope of sports achievement by 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 government of Pekalongan City must also provide a forum and guidance for sports players in Pekalongan City. The development of human resources in the field of sports is a process to utilize physical to psychological potential humanely to function optimally to achieve development goals in the field of sports (Nugroho, Kristiyanto, & Purnama, 2016). Guidance and sports development in an area must also be in accordance with its authority and responsibilities, in addition to standardization and raising of human resources by optimizing local excellence must also be done by local government (Parulian, 2016).

CONCLUSION

The conclusions of the results of this study are the sports open space index specifically in the field of education in the city of pekalongan when viewed from the sport development index obtained 0.512 results with the middle category, while for sports education human resources when viewed from the sport development index the results obtained 0.0016 with the category which is still low.

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