

Sport Development Index of Subulussalam City in 2020

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Abstract

Sport Development Index (SDI) is a composite index that reflects the success of sports development based on four dimensions: open space for sports, human resources involved in sports, public participation in regular sports, and physical fitness degree achieved by public. The main aim of this research is to determine the Sport Development Index of Subulussalam city in 2020. This research utilizes qualitative approach with evaluation type research. The sample of this research is 90 people chosen from three districts which grouped based on three age categories; children (age 25 to 40 years) accounted for 30 people, teenager (age 15 to 24 years) accounted for 30 people, and adults (age 25 to 40 years) accounted for 30 people. The data collection methods are; (1) open space, open space area (m²) situated in the sample district and population aged 7 years and over in the district are required to calculate the open space index. (2) human resource, the number of coaches, sport teachers, and sport instructors with the total population aged 7 and over of the sample district are required to calculate human resource index. (3) public participation, the quantity of respondents (individual) performing sports three times or more per week and total of respondents are required in order to calculate the public participation index. (4) physical fitness degree, MFT test for each testing participants was conducted to calculate physical fitness degree. Data analysis was conducted using SDI formula. The result of the research shows that the Sport Development Index of Subulussalam city is 0.185 (low category), hence the remaining 0.615 should be achieved to place Subulussalam city in high category of the Sport Development Index.

Keywords: *sport, development and index.*

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I. Background

Sport is defined as series of regular and planned movements to sustain life and to improve life quality. This definition has a philosophical meaning. If further study is conducted, the definition will give an idea of what will be done to develop and promote the sport itself. Sport is a physical activity known as an open activity for all people based on their own capability, pleasures and opportunities, regardless of rights, status, social, culture, or rank in society (Harsono, 2008:2). Supandi (1990: 5) also argues that the principle of sport for all is now increasingly popular in today's society. Therefore, nowadays sport has been blended into every level of society as part of human culture, meaning that sport is for all people regardless of race, belief, politics and geography.

A wise words *Men sana in corpora sano* is widely known in sports which means which means that life does not only require a healthy body, but also a healthy soul. Therefore, we need to understand the importance of exercise or sport in maintaining one's health. Efforts to increase the health degree are carried out by performing physical activity in various sports. These activities are some of the basic needs in everyday life that should be able to improve the fitness of a person. Moreover, sport can also be used as an effort to increase achievement (Janet B, 1990: 2). Based on this explanation, sport has become a joint commitment to be believed as one of the instruments in creating a better world.

Sport Development Index (SDI) is a new term in Indonesian sports. It is a measurement method which is claimed as a new alternative method to measure the progress of sports development. Sports development is a process that enables people to have access to many physical activities. Sports must enable each person to have a complete opportunity to grow and develop, whether physically, spiritually, or socially.

According to Mutohir and Maksum (2007: 7), Sport Development Index (SDI) is a composite index that reflects the success of sports development based on four dimensions: (1) open space for sports, (2) human resources involved in sports, (3) public participation in regular sports, and (4) physical fitness degree achieved by public.

A research from the Directorate General of Sports, National Education Department (Dirjen Olahraga, Depdiknas, 2004: 124) shows that during the 1990-2000 decade, the number of sports facilities in term of filed for the three most popular types of sports, namely football, volleyball and badminton tended to be decreasing. The study also revealed that along with the decreasing number of mass sports facilities, the level of public participation in sports activities also decreased.

In this study, the researcher intends to see the level of sports development in Subulussalam city. Subulussalam City is one of the cities in Aceh Province, Indonesia. This city was formed based on Law number 8 of 2007.

Based on researcher’s experience and observation while working in Subulussalam, sport facilities in Subulussalam are far behind compared to other cities or districts in Aceh province, whether in term of achievement, facility or infrastructure. Subulussalam does not have an appropriate public sport space. The public usually utilizes roads, public spaces and city squares as a sport space. This condition is of great concern, especially the safety of the public, so that it has a direct impact on public interest in sports activities. From the aspect of achievement increment, Subulussalam city did not even rank in top 20 in regional sports events such as Pekan Olahraga Aceh (PORA) event. Similarly, this condition also occurred in Pekan Olahraga Pelajar Daerah (POPDA).

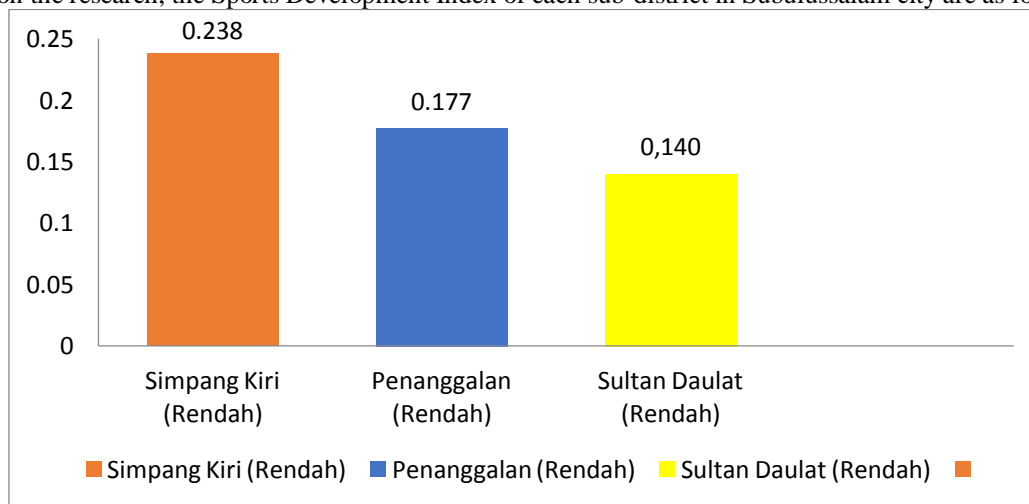
Based on the above background, the research aims to determine the Sports Development Index of Subulussalam city in 2020.

II. Research Methodology

This research is an evaluation type of research using qualitative approach. The sample of this research accounted for 90 people from three sub-districts namely, simpang kiri sub-district, penanggalan sub-district, and sultan daulat sub-district, which are grouped by age categories; children (age 7 to 14 years) totaling 30 people, teenager (15 to 24 years) totaling 30 people, and adult (25 to 40 years) totaling 30 people. The instrument utilizes in this research are sports open space and human resource using direct observation, public participation using questionnaire, and physical fitness using MFT test.

III. Results

Based on the research, the Sports Development Index of each sub-district in Subulussalam city are as follows:



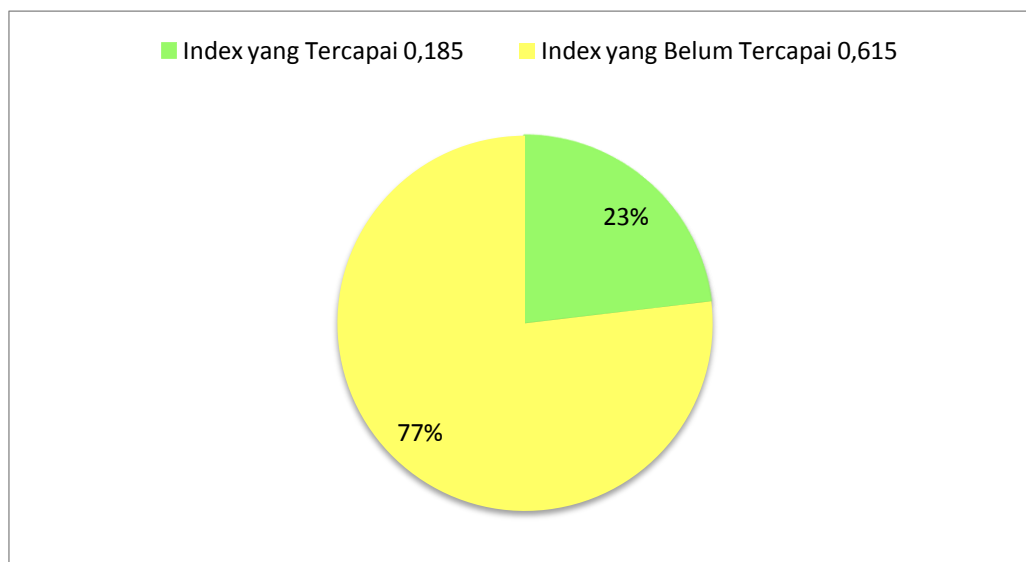
Based on the above SDI value, the value is then matched with the SDI norms as follows: Fitness Norms According to Kenneth H. Copper

| HDI Scale | Category |
|---------------|----------|
| 0.800 – 1 | High |
| 0.500 – 0.799 | Moderate |
| 0 – 0.4999 | Low |

From the above norm tabulated in the table above, it can be seen that the SDI of the three sub-district sample are in low category.

The overall Sports Development Index (SDI) of the Subulussalam city is 0.185 (low category), while the

remaining 0.615 is the value that required to be achieved by Subulussalam city to be placed in high category in the Sports Development Index norms. The results of the above value can be seen in the pie chart of Sports Development Index of Subulussalam city below.



IV. Conclusions

Based on the results of the data analysis and discussion that has been carried out by the author regarding the analysis of the sports development index of Subulussalam city in 2020, it can be concluded that, based on the four dimensions of SDI, the Sports Development Index for the City of Subulussalam based on the open space dimension is 0.277 (in the low category) , the human resource dimension is 0.00057 (in the low category), the participation dimension is 0.100 (it is in the low category), and the physical fitness dimension is 0.366 (in the low category). Overall, the Sports Development Index for Subulussalam City is 0.185 (in the low category), while the remaining 0.615 must be achieved by the City of Subulussalam to be in the high category in the Sports Development Index.

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