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Result of Government Public Policies Related to Development of Sports in the Metro City Based on the Sport Development Index

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Abstract

Exercise is the right of every human being, and the government as stipulated in the law has an obligation to facilitate the community in exercising, therefore what the government has done should be evaluated to correct what policies are not true or lacking. This study aims to find out and evaluate: 1) availability of open space for sports in the metro city; 2) availability of sports human resources in the metro city; 3) the level of community participation in sports in the metro city; 4) level of people's physical fitness in the metro city; 5) sports development index (SDI) in the metro city. This research method using the quantitative method. The sample was 270 people from 3 sub-districts using cluster sampling technique. The instruments used were questionnaires, interviews, as well as Multistage Fitness Test. The results of this study were: 1) the index of open space in the metro city was 0.712 in the SDI norm into the medium or enough category; 2) the human resource index in the metro city was 0.00104 in the SDI norms in the low category; 3) the index of participation in the metro city was 0.474 in the SDI norms in the low category; 4) physical fitness index in the metro city is 0.33 in the SDI norms in the low category; 5) SDI in the metro city was of 0.379 in the SDI norm included in the low category. That means the development of sports in the Metro city is still lagging behind or still very less, where there are 3 indicators in SDI is still low that is the availability of human resources sports, and community participation to exercise, and physical fitness of people who are still in the low category so that more attention from the Metro city. The availability of sports manpower is the lowest that is only 0.00104.

Keywords: Human Resources; Open Space; Participation; Physical Fitness; Sports Development Index

Introduction

Sports is the right and basic need of all human beings to get a better life. Actually, exercise is not the only way to improve the quality of life, such as with higher education will achieve success, with the adequate economy will fulfill the necessities of life, but without health and physical and spiritual fitness which is one of the main dimensions of the sport, then all do not mean anything. In accordance with Law Number 3 of 2005 on National Sports System Article 6 states that every citizen has the same right to: a) engage in sports activities; b) obtain services in sports activities; c) choose and follow the type of sport that matches his or her talents and interests; d) obtain direction, support, guidance, coaching, and development in sports; e) become a sports actor; f) develop the sports industry (DPR-RI., 2005).

With the principles of article 6 of the national sports system in which sports are the right of every citizen, it is obligatory to participate in sports activities and to maintain facilities and infrastructure and the environment, so for sport activities for every layer of society elements of the central government and local governments are obliged to provide access that can facilitate the community to exercise, because the government has the authority in determining sports-related policies that have been set in government regulation no. 38 of 2007 on the distribution of government affairs. Article 7 states that one of the obligatory functions of government is concerning youth and sports (Republik Indonesia., 2007). Local government through education service or service that become leading sector in this case DISPORA also have to coordinate with KONI as element of sport community which also builder for sport of achievement (Muskanan., 2015), so clear in this case both central and regional government must coordinate with institution -the agency that handles sports in making sports policies to get maximum results.

To find out the success of sports development by the government then born a concept that is SDI. SDI is a composite index that reflects the success of sports development based on four dimensions: open space, human resources, participation, and physical fitness. SDI measurements include the development of the number of community members of a region engaged in sports activities, the extent of the space devoted to sports activities for the community in the form of land, buildings, or open spaces used for sports activities and accessible to the public at large. Physical fitness that refers to the body's ability to perform activities without experiencing significant fatigue, as well as the number of sports coaches, teachers of Physical and Health Education, and sports instructors in a particular area (Kemenpora., 2010). There are several conceptual foundations on which SDI is based, in which sports are the right of everyone. With reference to the foundation of the philosophy, the sports coaching is aimed at developing a comprehensive program. The system in coaching should ensure the ease for the community to participate and achieve maximum participation and also provide opportunities for the development of talent in the sport (Mutohir & Maksum., 2007). The culture of the sport should be developed from the smallest scope of society, the family, the larger community in the school environment, and sports clubs, this refers to the national sports system no. 3 year 2005 legislation in chapter VI on scope sports ie sports education, sports recreation, and sports achievements.

Socially sports can also be used as a medium of socialization through interaction and communication. One indication of the increasing public demand for high health, proportional physical appearance and wider actualization in the environment reflects that the needs of the community are more numerous and diverse, requiring a place or vehicle that can channel and meet those needs (Zulkarnaen., 2010).

Exercising or doing physical activity has tremendous benefits, whereby physical activity comprises any bodily movement producted by the skeletal muscles that results in an increase in metabolic rate over resting energy exiwnditure. action exercise, sport, transportation, occupational work, and chores (Claude Bouchard., steven N. Blair., 2011). Physical activity can also improve health and prevent the onset of diseases including heart disease, type two diabetes, osteoporosis, cancer, obesity, and injury. Participation in physical activity is also known to reduce depression, stress, anxiety, and increase confidence, energy levels, sleep quality, and the ability to concentrate (VicHealth., 2010). Physiologically, exercise can be used as a means of empowering the ability of physical functions such as improving health, fitness, and improving the quality of components of physical conditions such as heart and lung work, agility, speed, and strength. The positive benefits of the sport are found not only from active participation but also can provide lessons for the development of work-enhancing and enhancement (Hart., gemma., Barlow., Maxine and Taylor., 2011).

Seeing from the many benefits of sports is very important government to improve sports development through policies that make it easier for people to exercise. While sports development has the meaning of a process whereby humans have much access to physical activity, it must enable or empower every person to have a chance to grow and develop, both physically, mentally, spiritually and socially

financially (Mutohir & Maksum., 2007). Thus the development of sports in a region is the responsibility of local government or central government to make people have healthy physical, spiritual and social. The development of the sport is aimed at the efforts of qualified human formation in order to achieve the national goals, especially the democratic, just and prosperous society.

Local government or central government should make it easier for people to access sports so that the most important and appropriate indicators of SDI are to provide an open space for exercise for the community as it is very difficult to obtain land for urban public space construction, whereas large-scale land conversion has become a place the general and widespread, the modernization of urban areas has destroyed more than 60% of the green area; and by 2015, 70% of agricultural land in rural areas has disappeared due to conversion for other uses (Prasetyanti., 2017), it is this that demands the government to be more pro-poor in the health of its people by utilizing existing land to provide adequate public space, which is meant public space for sports that can be accessed by all communities so that will increase community participation in exercising refers to the frequency of active exercise that is done at least 3x/ week, to facilitate the community in doing the right sport is to provide sportsmanship resources related to the availability of trainers, instructors and teachers of physical education, with the provision of the government in the hope that people will get good physical fitness so that will improve the produtivitas community (Kristiyanto., 2012).

Development activities are rarely based on reliable and up-to-date data. In other words, policies, programs, and activities are not based on reliable and accurate data, leading to inaccuracies and inconsistencies in national government programs (Rachmawati., 2017). So it should be the development of sports by the government in determining policies to create sports-related programs using reliable data and current. Thus it is important to make the sports development index a barometer of development success in a region not just by how much to gain, with the sports development index all layers of society can feel one of their rights that have been regulated by the law namely the right to exercise. With the results obtained through this research is a very good thing where the government can know which indicators need to get more attention so that will facilitate the government in creating programs related to sports and to achieve sports development success.

Methodology

The method of this research is quantitative and because this study also evaluates government policy then including evaluative research. This research was conducted in the metro city by using cluster sampling technique to 3 sub-districts as population and using random sampling based on age (7-12, 13-17, 18-40) to get a sample of 270 people or 90 respondents/sub-district. Instruments in this study using observation, questionnaire, interview, and multistage fitness test (MFT). For the amount of open space data obtained from DISPORAPAR metro city, the number of sports manpower data obtained from the education department and KONI metro city, sport participation data using questionnaires given to 270 people, physical fitness data in the can from doing fitness test using the multistage fitness test (MFT) instrument of the 270 people, and combine the four indexes above to get data about SDI in the metro city.

Results and Discussion

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

Open Space Index

The open space index is obtained by summing up all available open spaces of each sub-district and then divided by the number of people aged 7 years and above each sub-district. The maximum value is 3.5m2, while the minimum value is 0. The result of open space index obtained from 3 districts that have been calculated then combined to serve as metro area index data of the metro area. Based on the results of data, obtained results can be seen in Table 1.

Table 1 Result of open space index from three districts

Metro City	Center Metro Subdistrict	North Metro Subdistrict	Southern Metro Subdistrict	Open Space Index
Open Space	0,584	0,370	1,183	- **0,712**

Source: Primary data that is processed, 2017

Results obtained from 3 districts that have been studied that is equal to 0.712. If evaluated from the norm of SDI the value of open space in metro city has been included in the middle category, it means that the availability of metro area open space is good but still need improvement in some districts so that there is no imbalance of open space availability between subdistrict one the other and to achieve the standards set by the Olympic Committee of 3.5m2/ person.

Human Resource Index

Human resource index is obtained by summing up all available human resources from each sub-district and 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 result of human resource index obtained from 3 districts that have been calculated then combined to be used as metro city human resource index data. Based on the results of data, obtained results can be seen in Table 2.

The results obtained from 3 known sub-districts are 0.00104, if seen in the SDI norm then the index of human resources in sports in the metro city is included in the category very low, confirming the number of human resources sports available in the metro city is still very little not proportional to the number of people aged 7 years and above.

Table 2 Result of human resource index from three district

Metro City	Center Metro Subdistrict	North Metro Subdistrict	Southern Metro Subdistrict	Human Resource Index
Human Resource	0,00091	0,00101	0,00121	- **0,00104**

Source: Primary data that is processed, 2017

Participation Index

The participation index can be from people aged 7 years and above who perform sports activities at least 3x/ week, while those exercising less than 3x/ week are less participating in sports. The maximum value is 100 and the minimum value is 0. The result of participation index obtained from 3 districts that have been calculated then combined to be used as metro city participation index data. Based on the results of data, obtained results can be seen in Table 3.

Table 3 Result of open space index from three district

Metro City	Center Metro Subdistrict	North Metro Subdistrict	Southern Metro Subdistrict	Participation Index
Participation	0,356	0,633	0,433	- **0,474**

Source: Primary data that is processed, 2017

The result of participation index obtained from 3 districts studied was 0.474. When viewed in the SDI norm, the sportsparticipation index in the metro city is included in the low category and explains that the partition rate of metro-urban community in the sport is still very less or less participate in sports activities.

Physical Fitness Index

The physical fitness index score is obtained by performing a fitness test using a multistage fitness test (MFT) instrument to the sample. Because it is related to the age variable then in the calculation is distinguished between the age of children, adolescents, and adults. With a maximum value of 40.5 and a minimum value of 0. The physical fitness index results obtained from 3 subdistricts that have been calculated then combined to serve as metro station fitness index data. Based on the results of data, obtained results can be seen in Table 4.

Table 4 Result of fitness index from three district

Metro City	Center Metro Subdistrict	North Metro Subdistrict	Southern Metro Subdistrict	Physical Fitness Index
Physical Fitness	0,350	0,342	0,297	- **0,330**

Source: Primary data that is processed, 2017

The results obtained from these three sub-districts are 0.330, when viewed in SDI norms, the physical fitness index of people in the metro city is still in the low category and explains that the level of physical fitness possessed by the metro city community is still very low.

Sport Development Index

The sports development index is obtained by combining the open space index, the human resource index, the participation index, and the fitness index that has been obtained, then the results of combining the data of the four indexes can be seen in Table 5.

Table 5 Results of the sports development index in the metro city

Kota Metro	Open Space Index	Human Resource Index	Participation Index	Physical Fitness Index	SDI
Center Metro Subdistrict	0,584	0,00091	0,356	0,35	0,323
North Metro Subdistrict	0,37	0,00101	0,633	0,342	0,336
Southern Metro Subdistrict	1,183	0,00121	0,433	0,297	0,478
SDI	0,712	0,00104	0,474	0,33	**0,379**

Source: Primary data that is processed, 2017

Table 5 shows that the value of the metropolitan sports development index is 0.379. The value of this index shows that the development of sports in Metro City is still in the Low category in accordance with the existing SDI norms.

The metro area open space index obtained by 0.712, it means that it is good enough for the metro city, but if in a review of each subdistrict sampled two of them still have low open space index that is metro subdistrict center and north metro subdistrict. The number and extent of open space in the central

metro district are actually not left behind from the southern metro district but with the number of people aged 7 years and above which more causes the need for outdoor sports should be more. In contrast to the northern metro subdistricts, the numbers are not far behind the two other sub-districts but the total area of open space in the northern metro subdistrict is much smaller than the other two sub-districts and with more people aged 7 and above thanthe southern metro sub-districts. South metro sub-district with the number of people aged 7 years and above is less than the other sub-districts have received an open space index of 1.183 which means that in the high category or southern metro subdistrict has sufficient open space standard 3.5m normal every person according to the Olympic committee.

The sports manpower index in the metro city earned is 0.00104, that is in the low category or still far from enough. When compared with the national gain of 0.099 means that the sports manpower index in the metro city is still below it. Judging from the three sub-districts being sampled, the three sub-districts obtained an index of sports human resources in the low category. This is more asserted that in terms of quantity and quality still need to get special attention from the metro city government, because the human resources of this sport which will be working with the government to succeed the program for the community, develop and promote the potential of sports both sports achievement , recreation and education owned by the community in the metro city.

The participation index in the metro city is 0.474, it means that in low category or very few people doing activities at least 3 times a day recommended by World Health Organization (WHO). When compared with the national sports participation index of 0.422 means that the sports participation index in the metro city is slightly higher. In terms of the three sample districts, the central metro sub-district was the lowest compared to other sub-district with low participation index, while the southern metro district sports participation index was higher than the central metro sub-district but also in the low category, and the northern metro subdistrict with the data obtained shows that the sports participation index is in the moderate category. Although the community participation index is higher than the national one it is not a good achievement because it is still in the low category, this achievement is one of the impacts of the low availability of available sports manpower, not yet maximized programs that are more attractive to the public to exercise.

Physical fitness index of the metro city is 0.33, it means in a low category or still many people who have a low level of physical fitness. When compared to the national physical fitness index of 0.335 it means the physical fitness index of the metro city is slightly below it. In the case of each sub-district surveyed, the central metro sub-district is slightly higher than the other sub-districts, the northern metro sub-districts are slightly above the southern metro subdistrict in physical fitness index outcomes, and the southern metro subdistricts are at the bottom, and each sub-district it has a physical fitness index in the low category. People's physical fitness is the first goal why sports development is so important, with good physical fitness should the community be able to do more daily activities with longer and more productive duration, so the government needs to maximize policies related to sports that make the level of people's physical fitness metro city to be even better.

The dimension that needs to be taken seriously is the dimension of sports manpower, because of inadequate sportsmanship through which sportsmanship can support government-related sports and sports activities for sports education, recreational sports, and sports achievements. human fitness also affects other dimensions of dimensions such as the dimensions of participation and the dimensions of fitness because the presence of qualified sportsmanship resources in a sporting activity can attract people to exercise more and impact on the better dimensions of people's physical fitness. It is shown by the dimensions of sports participation and the physical fitness dimension of society that is found also still in the low category.

The dimensions of open space for the sports metro city achieved should be appreciated for getting good results, however to put the index of open space sports in the high category or very good need to

increase again from the government so that the wide open space available for exercise can be a "container" for people who exercise.

Conclusion

This research is the first research conducted in the metro city even in Lampung province, conducted research with the aim to be able to know how far the result of the development of sport in the metro city and can become an evaluation for metro city government which is now and to come. Based on the results of research conducted about the development of sports in a metro city in 2017 and linking findings and discussion then the researchers can conclude as follows:

1. The index of open space for sports in a metro city is 0.712 if we look in the norm SDI entered into the middle category. That means the open space for exercising in a metro city is sufficient.
2. The sports manpower index in the metro city is 0.00104 when seen in the SDI norms falling into the low category. That means the availability of sports human resources in the metro city is still lacking.
3. The index of community participation in metro cities in sports is 0.474, the value of this index is seen in SDI norms fall into the low category. That means the metro city community is less actively participating in sports activities, and that also means the awareness of the importance of exercise is still very low.
4. The physical fitness index of the metro city community is 0.33, the index value if we see in the SDI norm fall into the low category. That means the physical fitness of the average metro-city community is still very lacking or a lot of people are not fit.
5. SDI in the metro city is 0.379, the value of this index if we see in the SDI norm fall into the low category because it is between 0-0.499. However, when compared with the National SDI of 0.280 shows that the SDI Kota Metro slightly better.

That means the development of sports in the metro city is still lagging behind or still very less, where there are 3 indicators in SDI is still low that is the availability of human resources sports, and community participation exercise, and physical fitness of people who are still in the low category so that more attention from the city metro. The availability of sports manpower is the lowest that is only 0.00104 so that the metro city government, Education Office, DISPORAPAR and KONI in Metro City demand to increase the quantity and quality of sportsmanship such as sports teacher or lecturer, trainer, sports instructor and referees in order to help create a better sports development.

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