

## *Sport Development Index (Sdi) In Wonogiri District*

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### *Abstract*

*Purpose of this Researchto: (1) identify the level of participation of the people of Wonogiri Regency in exercising in 2022; (2) identify the level of physical fitness of the Wonogiri Regency community in 2022; (3) identify the level of sports development in Wonogiri Regency in terms of the participation index and the community physical fitness index in 2022. The research is a quantitative research with survey research methods and a descriptive evaluation approach. The research sample is the people of Wonogiri Regency who live in Wonogiri District, Ngadirojo District, and Paranggupito District and are divided into age and gender groups, with a total of 108 people. The sampling technique used followed the guidelines for the method of determining the Sport Development Index sample. Techniques for collecting data were questionnaires (questionnaires) and test techniques. Validity of the instrument. ukur yesng used is standar who have set in the Sport Development Index (SDI). Results research is as follows. (1) Community participation index is 0.477. The Wonogiri Regency Community Participation Index shows that the level of community participation in sports is included in the low category, (2) The Wonogiri Regency Community's physical fitness index is 0.440. The physical fitness index of the Wonogiri Regency community shows that the community's fitness is included in the low category, (3) The level of sports development in Wonogiri Regency in terms of participation and physical fitness of the community is included in the low category with an index of 0.468. In conclusion, the Participation Index, Physical Fitness and Sports Development of the Wonogiri Regency community are in the low category.*

**Keyword:** *Community participation; community physical fitness; sport development index.*

## Abstrak

Tujuan penelitian ini untuk (1) Mengidentifikasi tingkat partisipasi masyarakat kabupaten Wonogiri dalam berolahraga pada tahun 2022. (2) Mengidentifikasi tingkat kebugaran jasmani masyarakat Kabupaten Wonogiri pada tahun 2022. (3) Mengidentifikasi tingkat pembangunan olahraga di Kabupaten Wonogiri ditinjau dari indeks partisipasi dan indeks kebugaran jasmani masyarakat pada tahun 2022. Penelitian ini merupakan penelitian kuantitatif dengan metode penelitian survey dan pendekatan deskriptif evaluasi. Sampel penelitian adalah masyarakat Kabupaten Wonogiri yang berdomisili di Kecamatan Wonogiri, Kecamatan Ngadirojo, dan Kecamatan Paranggupito serta terbagi dalam kelompok usia dan jenis kelamin, dengan jumlah total 108 orang. Teknik pengambilan sampel yang digunakan mengikuti metode penentuan samples *sport development index*. Teknik Pengumpulan data dengan teknik kuisisioner (angket) dan teknik tes. Validitas alat ukur yang digunakan merupakan standar yang telah ditetapkan dalam *sport development index* (SDI). Hasil penelitian adalah sebagai berikut ini. (1) Indeks partisipasi masyarakat adalah sebesar 0,477. Indeks partisipasi masyarakat Kabupaten Wonogiri menunjukkan bahwa tingkat partisipasi masyarakat dalam berolahraga termasuk dalam kategori rendah, (2) Indeks kebugaran jasmani masyarakat Kabupaten Wonogiri adalah sebesar 0,440. Indeks kebugaran jasmani masyarakat Kabupaten Wonogiri menunjukkan bahwa kebugaran masyarakat termasuk dalam kategori rendah, (3) Tingkat pembangunan olahraga di Kabupaten Wonogiri ditinjau dari partisipasi dan kebugaran jasmani masyarakatnya termasuk dalam kategori rendah dengan indeks 0,468. Simpulan, indeks partisipasi, kebugaran jasmani dan pembangunan olahraga masyarakat Kabupaten Wonogiri termasuk kategori rendah.

**Kata Kunci:** Kebugaran jasmani masyarakat; partisipasi masyarakat; *sport development Index*.

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## PRELIMINARY

Sport can be used as a unifying tool, but it does not rule out the possibility that sport can also trigger divisions, if it is carried out with ambition and justifies any means to achieve a victory or a target for the presumption of sports progress for the progress of the nation. victory he had (Kartakoullis & Loizou, 2009). The scope of sports which consists of sports education, sports recreation and sports achievements is something that must be considered in the framework of sports development, this statement contradicts the thinking that is developing in society regarding the context of sports development which is only associated with the scope of sports achievements (Leadership et al. , 2019). Instruments on the sport development index (SDI) to measure the results of sports development in an area. Thus the creation of a competitive climate for the success of sports development will lead to the development of the nature of sports, not something instant in the form of winning lots of medals. According to (Permana et al., 2015).

SDI is development success based on four basic dimensions (1) available outdoor space for sports, (2) human resources or sports energy involved in sports activities, (3) community participation to exercise regularly and (4) level of physical fitness achieved by society. Excluded from observations made in Wonogiri Regency, this district has the potential to score a high index of community participation in sports, because in the last 3 years through the Dispora Wonogiri Regency has held various sports-related activities, such as football tournaments, futsal tournaments, volleyball tournaments, 2018 haornas commemoration, 2019 haornas commemoration. For the highest achievement of the various activities that have been held is the commemoration of the National sports day which reached thousands of participants.

Various conditions related to community participation, physical fitness and sports activities carried out by the Wonogiri Regency government, are one of the implementations of the declaration of "Community sports and gymnastics correctional" which aims to increase community participation and physical fitness. The statement above is also in accordance with Law Number 3 of 2005 concerning the National Sports System that every citizen has the same opportunity to play sports without any discrimination, every citizen has the right to choose and participate in the type of sport that is of interest to every citizen. Exercise to achieve a degree of health and physical fitness.

The level of community participation and physical fitness will certainly support the level of sports development in Wonogiri Regency. From the various efforts that have been made by the Wonogiri Regency government in sports coaching, it is necessary to conduct an evaluation study research to find out how far the level of participation and physical fitness of the community is in exercising in Wonogiri Regency, so that the Wonogiri Regency government can draw conclusions to issue strategic policies from the results of the level of development sports in Wonogiri Regency in terms of community participation and physical fitness to facilitate the implementation of sports activities in Wonogiri Regency.

## METHOD

The research was conducted in Wonogiri Regency by taking 3 sub-districts from 25 sub-districts around Wonogiri, and the sub-districts taken were Wonogiri District, Ngadirojo District, and Paranggupito District (Tinjau et al., 2020). In accordance with the dimensions and focus of the study, that the study of sports development is expressed through an index and presented in the form of numbers, this research is included in the type of quantitative research (Nurhidayat et al., 2020). This study used 9 survey research methods with a descriptive evaluation approach. The Sports Dimension Development Index (SDI) has been included in government policy in the field of sports, related to the minimum sports service standards contained in the government regulation of the Republic of Indonesia Number 16 of 2007 Article 92 which describes the requirements for sports minimum service standards including open spaces for sports, sports personnel or human resources, sports participation, and the level of physical fitness of the community.

This study examines the level of participation and physical fitness of the people in Wonogiri Regency which are presented in the form of an index or number, then described according to the applicable Sport Development Index norm. The sample in this study is the people of Wonogiri Regency who live in Wonogiri District, Ngadirojo District, and Paranggupito District and are divided into age and sex groups. Ages 7-14 years consisted of 5 boys and 5 girls, ages 15-24 years consisted of 5 boys and 5 girls, ages 25-40 years consisted of 5 boys and 5 girls in each sub-district. The sampling technique in this study followed the guidelines for the Sport Development Index (SDI) sampling method quoted from the Sport Development Index book explaining that "Individual data in each sub-district were obtained from 33 samples taken based on age category", which means that if there are 3 sub-districts sampled, the total sample size is 108. The basic characteristics of the available population are 1) differences in the level of progress or density of airspace, 2) differences in sex, 3) differences in age are children aged 7-14 years, adolescents aged 15-24 years, adults 25-40 years.

The components used are sub-districts, villages/kelurahan which consist of 25 sub-districts taken from 3 sub-districts based on population density in Wonogiri Regency, and sub-districts that match the basic characteristics are Wonogiri District, Ngadirojo Regency, and Paranggupito Regency, where Wonogiri Regency is a sub-district with the highest population density, Ngadirojo District is a district with a medium population density, and Paranggupito District is a district with the lowest population density. In each district, samples were taken with the age criteria of 7-14 years consisting of 6 boys and 6 girls, ages 15-24 years consisting of 6 boys and 6 girls, ages 25-40 years consisting of 6 boys and 6 girls. Data analysis techniques in quantitative research can be obtained from various sources, using various data collection techniques. According to (Muazir et al., 2021) "The HR analysis uses primary data and secondary data.

Primary data consists of data on participation, open space, human resources, and fitness, while secondary data consists of population, region, and sports potential. According to (Purnama & Rozi, 2022) "Data analysis techniques in quantitative research use statistics. There are two kinds of statistics used, namely descriptive statistics and inferential statistics. In this study using inferential statistics because the results of the data obtained from the inferred sample and apply to the general population. Quantitative field research, analysis of data contents of kegbond after data from all correspondents of collected data, steps of analysis consisting of grouping data, tabulating data, serving data, calculating to answer the problem formulation.

## **RESULTS and DISCUSSION**

### **Results**

Wonogiri District is an area that is the center of government in Wonogiri Regency. Based on data from the Central Statistics Agency (BPS) for 2021, the population density of Wonogiri Regency reaches 1058 people/km<sup>2</sup>, which is the district with the highest population density in Wonogiri Regency. Ngadirojo District is also a sub-district that is often used as a venue for sporting activities such as sports tourism activities or championships which are the annual sporting activity agenda of Wonogiri Regency, based on data from the Wonogiri Regency Youth and Sports Office for 2021, out of 10 activities held, 7 activities were held in Wonogiri Regency. Wonogiri sub-district is the main choice because of its very strategic location, apart from being a frequent venue for sports activities,

Based on the general conditions of Wonogiri Regency, of the 36 people of Wonogiri Regency who were the research samples, there were 12 people of Wonogiri Regency who were considered to participate in sports activities, 12 of these people were considered to have participated because at least they did sports activities. 3 times a week so that the Wonogiri Regency Community Participation Index is 0.42 and when matched with the applicable Sport Development Index (SDI) norms, the Wonogiri Regency community participation is in the low category, but the Wonogiri Regency Community Physical Fitness Index is 0.535 higher than the Freshness Index Physical of Ngadirojo Regency, and Parangupito. The low level of community participation in Wonogiri Regency is not without reason.

Wonogiri Regency got the results of the Community Physical Fitness Index of 0.535, this figure is higher than the 2 other sub-districts which are also the study sample, although when matched with the Sport Development Index (SDI) norms this figure is still in the low category, but this index is much higher from the 2018 National Physical Fitness Index which was only 0.24. Research data also shows that besides 11 people who exercise at least 3 times a week, there are also 18 people who do sports activities an average of 2 times a week. Ngadirojo District is one of the sub-districts in Wonogiri Regency which, based on data from the Central Statistics Agency (BPS), has a moderate population density of 650 people/km<sup>2</sup>, Ngadirojo District is located east of Wonogiri Regency.



The results of the Community Participation Index of Ngadirojo Subdistrict were 0.75, which was not in line with the results of the Physical Fitness Index for the Community of Ngadirojo Subdistrict, Ngadirojo District only got a Physical Fitness Index of 0.453, if matched with the Sport Development Index (SDI) norm, the Physical Fitness of the Ngadirojo Subdistrict Community was included in In the Low category, the quantity of participation of the Ngadirojo Sub-District Community in exercising is not balanced with the quality of the exercises performed, resulting in a Physical Freshness Index of 0.453 which is still in the low category.

The research data shows that the Community Participation Index in Paranggupito District is far behind that of Wonogiri and Ngadirojo Regencies. Paranggupito Subdistrict received a community participation index of 0.25 which, when matched with the Sport Development Index (SDI) norm, was still in the low category. The number 0.25 was obtained from 6 respondents who were considered to participate in sports activities or at least do 3 sports a week from 36 respondents, this proves that there is still a lack of awareness of the people of Paranggupito District in maintaining physical fitness through sports activities of 0.353. Index.

The results of the Community Participation Index and Physical Fitness Index for Wonogiri, Ngadirojo and Paranggupito sub-districts represent 25 other sub-districts in Wonogiri Regency, because the sampled sub-districts are representative of iyesngihavei sub-districts with a population density of i. low. The results of the Community Participation Index for Wonogiri Regency were 0.477 which, when matched with the normal Sports Development Index (SDI), was still in the Low category, namely in the range of 0 – 0.499. Meanwhile, the Physical Fitness Index for the Wonogiri Regency Society of 0.440 is included in the low category, so that the results of sports coaching in Wonogiri Regency in terms of community participation and physical fitness are low with a score of 0.468. Judging from the concept of the Sport Development Index (SDI), if the dimensions of the action requirements and the dimensions of the output requirements are still in the low category, then the government needs to evaluate equally on the basic prerequisite dimensions, namely the Open Room for sports and sports. Human Resources in the Field of Sports.

## **Discussion**

Based on the general conditions, the Government of Wonogiri Regency should prioritize the elements of equity and supervision in sports development, meaning that in organizing sports activities, the government must ensure that these activities can be reached by the community in 25 (twenty five) sub-districts in Wonogiri Regency and are not biased, and the government should also provide more supervision of the continuity of the implementation of sports activities and be adjusted to the local wisdom of each sub-district so that it is more programmed and more planned.

Dispora of Wonogiri Regency to increase the number of new superior programs that will increase people's interest in exercising, especially the people of Paranggupito District whose level of participation and fitness is low among other sub-districts, the people of Wonogiri Regency in the age category 7-14 years and 15-24 years with participation rates low. In the Wonogiri and Ngadirojo sub-districts, sports activities can be carried out on weekends, then for the Paranggupito sub-district it is more likely to approach the implementation of sports activities in the afternoon, because it adapts to the local wisdom of the community. Effective programs will be able to increase community interest, especially paranggupito in daily exercise.

The Wonogiri Regency Education Office is working with the Wonogiri Regency Youth and Sports Office to more aggressively organize sports activities in educational environments, especially in sub-districts that are far from the reach of the central government. For the people of Wonogiri Regency to be more supportive of the programs provided by the government, monitor and criticize if there are discrepancies in the realization process, and increase awareness of the need to exercise to maintain physical fitness. For sports researchers who wish to conduct research related to the development of sports in their respective regions, to pay more attention to the level of validity of the data studied, go directly to the field to obtain or complete the latest data relevant to the research being carried out.

Looking at the concept of the Sport Development Index (SDI), if the dimensions of the prerequisites for action and the dimensions of the prerequisites for output are still in the low category, the government needs to carry out an evaluation evenly on the basic prerequisites dimensions, namely Room Open for sports and Resources Power Humans in Sports.

## CONCLUSION

In this section, conclusions and suggestions are presented. Based on the problems and objectives presented in this study, then associated with the findings and discussion, so that in outline some conclusions can be drawn as follows:

1. The participation index of the Wonogiri Regency community in sports is 0.477. The index was obtained by combining the community participation index in the Wonogiri District of 0.42, the community participation index in the Ngadirojo District of 0.75, and the community participation index in Paranggupito District of 0.25. The Community Participation Index for Wonogiri Regency shows that the level of community participation in sports is in the low category.
2. The physical fitness index for the people of Wonogiri Regency is 0.440. The index was obtained by combining the physical fitness index of the Wonogiri sub-district community of 0.535, the physical fitness index of the Ngadirojo sub-district community of 0.453, the physical fitness index of the Paranggupito sub-district community of 0.353. The physical

fitness index of the people of Wonogiri Regency shows that the level of physical fitness of the people is in the low category.

3. The level of sports development in Wonogiri Regency in terms of the participation index and the physical fitness index of the people is included in the low category with an index of 0.468 obtained by combining the participation index and the physical fitness index of the people of Wonogiri Regency.

The sports development of Wonogiri Regency in terms of community participation and physical fitness is still far from advanced. There are many things that need to be considered and addressed by the district government to advance sports in Wonogiri Regency. Of the three districts sampled in this study, Paranggupito District obtained the lowest participation and physical fitness indexes, namely 0.25 and 0.353. It is recommended that the district government cooperate with the Wonogiri Regency Youth and Sports Office, the Wonogiri Regency Education Office, and the Indonesian National Sports Committee for the Wonogiri Regency, in making policies to increase the participation index and physical fitness in sub-districts that are far from the center of government,

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