



## **Women's Participation In Badminton Sports In Medan City In 2025**

**Mhd. Irfan<sup>1</sup>, M.Elza Fahlevi Ramadhan<sup>2</sup>, Mhd. Rizky Fahreza<sup>3</sup>**

<sup>1,2,3</sup>Pendidikan Jasmani, Kesehatan, dan Rekreasi, Universitas Negeri Medan, Jalan Willem Iskandar Pasar V Medan Estate, Sumatera Utara, 20221, Indonesia

### **Abstract**

This research uses descriptive method and data collection through Google Form questionnaire. Therefore, descriptive statistical techniques with percentages were applied to find out how the factors that influence women to participate in badminton sports in Medan City. Descriptive research focuses on presenting and explaining data in narrative form, while quantitative research involves analyzing data numerically to describe it. In accordance with the title that has been raised, namely Female Participants in Badminton Sports in Medan City. The number of subjects in this study were 60 people. The results of the recapitulation calculation of the level of participation of women in badminton sports in Medan City in 2025 based on each factor of the level of sports participation. 1) Internal factors with a participation percentage of 69.8% and a recapitulation of 43.62%, 2). External factors with a participation percentage of 60.77% and a recapitulation result of 22.79%. It can be concluded that women's participation in badminton in Medan City in 2025 is more dominant due to internal factors than due to external factors.

**Keywords:** *Women's, Badminton, Sports*

Correspondence author: Mhd. Irfan, Universitas Negeri Medan, Sumatera Utara, Indonesia.

Email: [123mhdirfan@gmail.com](mailto:123mhdirfan@gmail.com)



Jurnal Pendidikan Jasmani (JPJ) is licensed under a [Creative Commons Attribution-ShareAlike 4.0 International License](https://creativecommons.org/licenses/by-sa/4.0/).

---

## **INTRODUCTION**

Exercise is a routine activity carried out by someone to improve body fitness. Sports can be done anywhere, both at home and in sports fields. One sport that is popular and easily accessible to the community is badminton.

Badminton is one of the most popular sports in Indonesia. This sport is also very popular with all circles of society, ranging from the old to the young, both men and women. Badminton can also be used as entertainment because this sport brings together people who previously did not know each other and established friendship because sports can be a unifier between humans, badminton is also very popular with the public because this sport is easy to play.

Badminton is one of the sports that is the pride of the Indonesian people, almost every region has facilities and infrastructure to do the sport (Burhan, et al., 2024). The popularity of badminton causes many players to be able to compete at the international level.

The basis of the badminton game is to keep the shuttlecock from falling in one's own court and to try to make it fall in the opponent's court. In badminton, the tool used to hit the shuttlecock is called a racket and each player is only allowed to hit the shuttlecock once before having to wait for the opponent to hit back (Purnama & Mahfud, 2023).

Badminton is one type of sport that is very popular with the people of Indonesia and the world. Badminton is played by using a racket to hit the shuttlecock, which can be played either in a closed or open field with a rectangular field size and a net as a barrier (Pratama et al., 2023). Badminton, is a sport played by two players or two opposing pairs on a field separated by a net. This game uses a racket to hit the shuttlecock back and forth over the net. The shuttlecock must be directed to the opponent's field area and remain within the boundaries of the badminton court line (Sumroti, 2021).

Sport participation is defined as the intentional, active participation in physical activity that takes place during leisure time and can be recreational, competitive, and aimed at health and wellness (Borgers, 2016). Sport is a physical activities that can improve physical and spiritual health. (Akbar Adi Pamungkas et al., 2021). Sport participation is an important part of improving public health. An important factor in increasing the amount of badminton sport participation in the community is gender equality.

Gender equality in sport means providing equal opportunities for all genders to participate in sport. Understanding the gender perspective in badminton is important to create an inclusive and supportive environment for all people to develop their potential talents and interests as well as to promote the sport as an achievement or simply as entertainment and fitness. This involves assessing the social and cultural aspects of badminton to ensure that women have equal rights and support to reach their potential in playing badminton (Rahayu, Hendrayana & Hambali, 2025).

According to Coakley (2001) there are five main factors that have led to increased sports participation among women namely: 1) new opportunities, 2) government equal rights legislation, 3) the global women's rights movement, 4) the expanding health and fitness movement, and 5) increased media coverage of women in sport.

Badminton is quite popular in Medan City, North Sumatra, and has become a new hobby for millennials. Apart from being easy to play (almost everyone understands the basics), the costs required are also relatively affordable. There are also more badminton sports halls in Medan City, so it is not difficult to find them, for example, Shamrock Badminton Club, Anugrah & Happy

Badminton Hall, HI-QUA Wijaya, AHS Badminton Center, and others (<https://sardanagroup.co.id/berita/empat-gor-bulutangkis-rekomendasi-di-kota-medan>). Based on the results of observations, it appears that badminton sports participants in Medan City have touched all age groups in Medan City, especially millennials, although men still dominate playing this sport but women have begun to be seen playing this sport. The phenomenon of women playing badminton is certainly a good and positive trend in increasing badminton sports participants because it will influence the people around them to also play badminton.

This encourages researchers to determine the level of women's participation in badminton in Medan City in 2025 and to find out what factors influence women to participate in badminton. By understanding the factors that influence badminton participation, more effective strategies can be designed to increase women's involvement in badminton. In addition, the results of this study can also serve as a basis for related parties, such as the Medan City government, sports organizations and communities, to design programs that are more relevant and supportive of women's participation in badminton sport activities in Medan City.

## **METHOD**

The research method is a systematic approach to collecting valid data with the aim of discovering, developing and validating certain knowledge (Sugiyono, 2017). This research uses a quantitative descriptive method. Descriptive research focuses on presenting and describing data in narrative form, while quantitative research involves analyzing data numerically to describe it (Siyoto & Sodik, 2015). In accordance with the title that has been raised, namely Female Participants in Badminton Sports in Medan City. The number of subjects in this study were 60 people.

This research uses descriptive method and data collection through Google Form questionnaire. Therefore, descriptive statistical techniques with percentages were applied to find out how the factors that influence women in badminton sport participants in Medan City. According to Ibrahim (2022), descriptive statistics are used to summarize and provide an overview of data from a sample or population without extending the findings to a wider population.

According to Sugiyono (2017), descriptive research aims to provide a detailed description of a particular community or group, offering an objective description of the facts and characteristics observed. The response percentage is determined using the formula:

$$P = F/N \times 100\%$$

Where:

P = Percentage

F = Response frequency

N = Number of respondents

The data collected in this study is quantitative and will be converted into qualitative data. The public perception assessment is obtained from the conversion of numerical values into a five-point scale, as shown in the table below (Budiaji, 2013):

**Table 1. Criteria for Sports Participants**

Score Intervals	Criteria
$X > 4,21$	Very good
$3,40 < X \leq 4,21$	Good
$2,60 < X \leq 3,40$	Pretty good
$1,79 < X \leq 2,60$	Not good
$X \leq 1,79$	Very Not Good

## RESULTS AND DISCUSSION

### Result

The following are the results of the analysis of the level of female participation in badminton in Medan City in 2025:

**Table 2. Internal Factors**

Statement	Participation Level	Average Answer	Criteria
Sports Hobbies	78,33%	3,91	Good
Make Friends and Socialize	66%	3,33	Pretty Good
Developing Playing Skills	68%	3,4	Pretty Good
Build an Ideal Body	59,33%	2,96	Pretty Good
Fitness and Health	77,33%	3,86	Good

There are 4 statement items used to determine the level of women's participation in badminton in Medan City in 2025 based on internal factors. The average result of participation

level is 3.49. Based on the participation criteria, the value is in the range of  $3.40 < X \leq 4.21$ , it means that in terms of internal factors, the level of participation of women in badminton sports in Medan City in 2025 is classified as Good.

**Table 3. External Factors**

Statement	Participation Level	Average Answer	Criteria
Invitation from friends or neighborhood	55,33%	2,76	Pretty Good
Following trends from social media	45,66%	2,28	Not Good
Euphoria after watching a badminton match	81,33%	4,06	Good

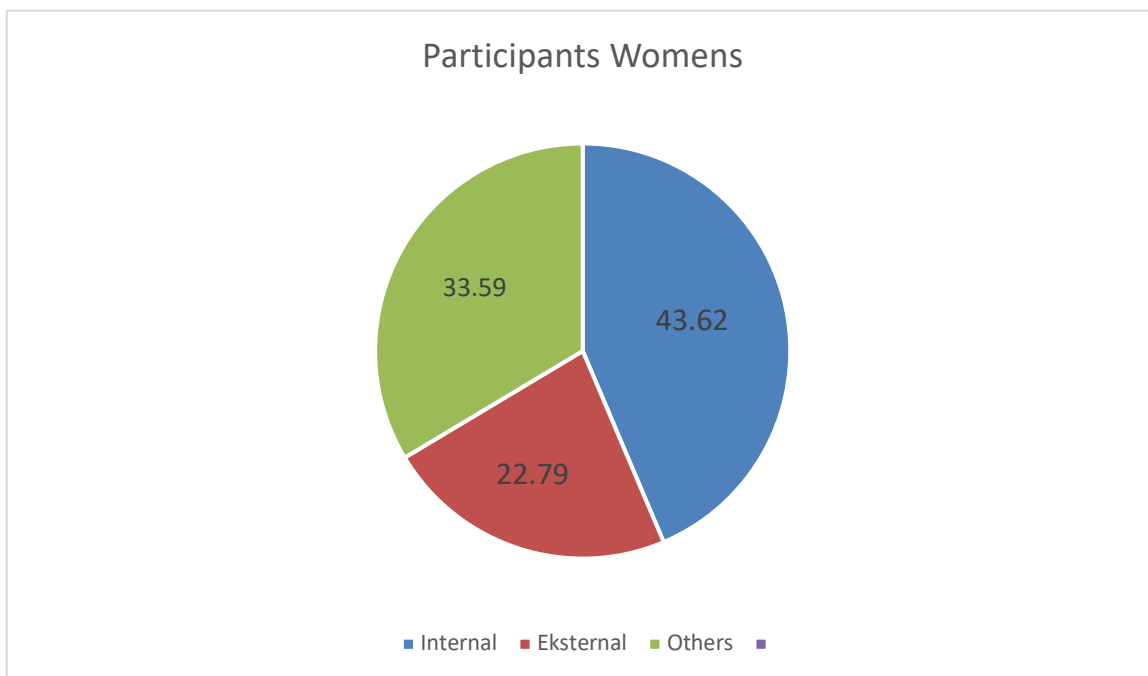
There are 3 statement items used to determine the level of women's participation in badminton in Medan City in 2025 based on external factors. The average result of participation level is 3.03. Based on the participation criteria, the value is in the range of values  $2.60 < X \leq 3.40$ , it means that in terms of external factors, the level of participation of women in badminton in Medan City in 2025 is quite good.

The following are the results of the recapitulation of the level of participation of women in badminton in Medan City in 2025 based on each factor of the level of sports participation:

**Table 4. Recapitulation of sports participation level factors**

Factors	Participation Level	Recapitulation
Internal	69,8%	43,62%
External	60,77%	22,79%

When compared between internal factors and external factors, it can certainly be concluded that female participants in badminton in Medan City in 2025 are more dominant due to internal factors than due to external factors.



**Figure 1: Female Participants in Badminton Sport in Medan City in 2025.**

## Discussion

Factors that influence women in badminton sports participants in Medan City are classified into two parts, namely internal factors and external factors. The internal factors are as follows: Hobby or Interest. The hobby of playing badminton is because this sport is considered a routine activity carried out for pleasure or pleasure but the activities are carried out repeatedly and routinely. Adding friends and socializing. Playing badminton with friends can help people socialize and add relationships and increase motivation to exercise. Build an ideal body. Playing badminton can help build an ideal body by strengthening muscles and joints. In addition, badminton can also help improve endurance and burn fat. Research conducted by Muhammad Irfan (2024) stated that sport can improve physical and mental fitness well. Health and Fitness. Badminton can improve fitness and health because it is a cardio sport that involves the whole body. In addition, badminton can also reduce stress and anxiety.

While those that include external factors are as follows: Invitation from other people / environment. Encouragement or support from family or peers makes someone able to play badminton, besides that the strategic location of the field and a comfortable field make a factor in people wanting to play badminton. Follow the trend. Usually these people play badminton because they want to follow social media trends, and also want to be stylish according to the latest sportswear. The euphoria of watching a match, a person wants to play badminton because after

watching his idol players compete or after seeing Indonesian players win international championships, so the desire arises to feel how the sensation is in playing badminton.

## **CONCLUSION**

The results of the calculation of the recapitulation of the level of participation of women in badminton in Medan City in 2025 based on each factor of the level of sports participation. 1) Internal factors with a participation percentage of 69.8% and a recapitulation of 43.62%, 2). External factors with a participation percentage of 60.77% and a recapitulation result of 22.79%. It can be concluded that women's participation in badminton in Medan City in 2025 is more dominant due to internal factors than due to external factors.

## **ACKNOWLEDGMENT**

Thank you to the SD Bina Guna, Medan City, which has permitted us to collect data so that this research could run well.

## **REFERENCES**

- Ayunita, D., Nurseto, F., Kurniawan, C., Wicaksono, L. 2024. Management of Facilities and Infrastructure Development of Athletic Sports Branch of Tulang Bawang District. *Jurnal Pendidikan Jasmani (JPJ)*. 4 (3). 433-439.
- Borgers. (2016). Can We Consider Changes In Sports Participation As Institutional Change? A Conceptual Framework. *International Review For The Sociology Of Sport*, 1-17. <https://doi.org/10.1177/1012690216639598>
- Budiaji, W. (2013). Skala Pengukuran Dan Jumlah Respon Skala Likert. *Jurnal Ilmu Pertanian Dan Perikanan*, 2(2), 127-133.
- Burhan, Z., Herlina, H., & Ripai, A. S. M. (2024). Program Coaching Clinic Dalam Meningkatkan Kualitas Pemain Muda Bulu Tangkis Di Desa Aik Mual. *Devote: Jurnal Pengabdian Masyarakat Global*, 3(4), 228-235.
- Ghalib, N.M., Al-Afghani, R.I., Kahfi, D.H., Septiany,R., Tawakal, B.I., Slamet, S., Sumarno, G., Stephani, M.R. 2023. Comparison of Running Speed of Blind Athletes Using Technology Assistance and Guide Runner. *Jurnal Pendidikan Jasmani (JPJ)*. 4 (1). 114-123.
- Ibrahim, A. E. L. (2022). Students' Perceptions Towards Learning of Health and Health Instructions in the Time of the Covid-19 Pandemic in Private Junior High School Students in Binjai Utara District TA 2020/2021. *Journal of Positive School Psychology*, 613-624.
- Irfan, M. 2024. The Relationship Between Education Level, Income Figures and Sports Preferences: A Perspective on the Cost of Exercise and Physical Fitness. *Jurnal Pendidikan Jasmani (JPJ)*. 5 (2). 168-178.
- Prada, Y.D., Sakti, R.K., Oktavian, R.L., Masruroh. E., Ifana, Al-Hakmi, M.F., Akbar. Geovani. 2023. Inclusion Based Sports Learning Media at SD Tumbuh 1 Yogyakarta. *Jurnal Pendidikan Jasmani (JPJ)*. 4 (1). 21-33.

- Pratama, W.R, Surisman, Siswoyo, J., Tarigan, H. 2024. Badminton Learning Model Using Media Rubber Tires and Barbels to Improve Smash Jump Skills in Athletes University Achievement Development Lampung. *Jurnal Pendidikan Jasmani (JPJ)*. 5 (2). Hal. 105-113.
- Pratama, Yudiana, Hambali & Rohmah. (2023). Analisis Dimensi Life Skills Dalam Pembinaan Olahraga Bulutangkis. *Gelandang Olahraga: Jurnal Pendidikan Jasmani Dan Olahraga*, 7(1). <https://doi.org/10.31539/jpjo.v7i1.636>
- Purnama & Mahfud,I. (2023). Pengaruh Latihan Footwork Menggunakan Raket Terhadap Ketepatan Forehand Smash Pada Ekstrakurikuler Bulutangkis. *Journal Of Physical Education*, 4(1). <https://doi.org/10.33365/joupe.v4i1.2371>
- Rahayu, N. W., Hendrayana, Y., & Hambali, B. (2025). Analisis Keterampilan Sosial Atlet Bulu Tangkis Berdasarkan Perspektif Gender di Klub Bulu Tangkis Jawa Barat. *Jurnal Pendidikan Kesehatan Rekreasi*, 11(1), 1-8.
- Siyoto & Sodik. (2015). *Dasar Metodologi Penelitian*. Yogyakarta: Literasi Media Publishing.
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta, CV.
- Sumroti, N. A. (2021). Kondisi Fisik Olahraga Bulutangkis. *Jurnal Ilmiah: Sport Coaching And Education*.