



## Evaluate the Metro City's Sports Development Index

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### ABSTRACT

The purpose of this study is to evaluate the Metro City's Sports Development Index (SDI). This research employed the quantitative approach. 270 individuals from three sub-districts were included in the cluster sampling sample. Interviews, questionnaires, and the Multistage Fitness Test were the instruments used. The study's findings were as follows: the Metro City's SDI was 0.379, which falls into the low category of the SDI norm. This indicates that the Metro City's sports development is still lagging behind or very little is happening. Three SDI indicators are still low: the availability of sports-related human resources, community exercise participation, and physical fitness of people who are still in the low category so that the Metro City receives more attention. The lowest level of sports personnel is only 0.00104 available.

**Keywords:** Sports Development Index

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### INTRODUCTION

The government's success in sports development led to the development of the SDI concept is a four-dimensional composite index that measures the success of sports development: participation, open space, human resources, and fitness (Rosyid et al., 2019). The development of a region's number of community members participating in sports activities (Wimala et al., 2019). The amount of space devoted to sports activities for the community in the form of land, buildings, or open spaces used for sports and accessible to the general public are examples of SDI measurements (Saban, 2019). Physical fitness, which also includes the number of sports coaches, teachers of Physical and Health Education, and sports instructors in a particular area (Zalaff et al., 2017). SDI is based on a number of conceptual

foundations, one of which is that sports are everyone's right (Tarigan et al., 2018). The goal of sports coaching is to create a comprehensive program in reference to the philosophy's foundation(Pradhana, 2016). The coaching system ought to facilitate community participation, maximize participation, and provide opportunities for the growth of talent in the sport(Ngadiman et al., 2019).

Through interaction and communication, sports can also be used as a medium for socialization. The fact that the needs of the community are becoming more numerous and diverse, necessitating a location or vehicle that can channel and meet those needs(Lumintuarso et al., 2021).One indication of the growing public demand for high health, proportional physical appearance, and wider actualization in the environment(Ade Evriansyah Lubis, Mawardinur, 2020). Physical activity is also known to lower levels of depression, stress, and anxiety as well as to raise levels of confidence, energy, quality of sleep, and the capacity to concentrate (Iwandana, Falaahudin, & Mubarak, 2021). Physiologically, exercise can be used to improve the ability of physical functions like health and fitness(Zhang, 2021). As well as the quality of physical conditions like heart and lung work, agility, speed, and strength, by empowering these functions (Iwandana, Falaahudin, & Nugroho, 2021). The sport has positive effects not only from active participation, but also from lessons that can be used to improve and enhance one's work.

Given the numerous advantages of sports, it is crucial for the government to encourage sports development through policies that make exercise easier for people (Natalia et al., 2017). Sports development is a process in which people have a lot of access to physical activity; however, it must give every person a chance to grow and develop, both physically, mentally, spiritually, and socially and financially (Dharmawan et al., 2018). Therefore, the development of sports in a region is the responsibility of the local or central government, as is the promotion of physical, spiritual, and social health among the population(Ryom et al., 2020). The growth of the sport aims to help qualified human formation work toward achieving national objectives, particularly a democratic, just, and prosperous society.

By using the sports development index, all social strata will be able to feel that they have the right to exercise one of their legal rights. The government will be able to identify which indicators require greater attention thanks to the findings of this study, which will make it easier

for the government to develop sports-related programs and achieve success in sports development.

## METHOD

This study also evaluates government policy, it employs quantitative methods and evaluative research. Population is a thing or subject who lives in a certain area and meets certain criteria for the research problem (Sugiyono, 2016). The population in this study is 270 people, or 90 respondents per sub-district, were selected from a population of 3 sub-districts using a cluster sampling method and age-based random sampling (7-12 year, 13- 17 year, 18-40 year). The sample is part of the population with characteristics or conditions that need to be studied (Suharsimi, 2013). The observation, questionnaire, interview, and multistage fitness test (MFT) are the instruments used in this study. For the amount of open space data from DISPORAPAR Metro City, the number of sports personnel from KONI Metro City and the education department, 270 people's sport participation data from questionnaires, and 270 people's physical fitness data from the multistage fitness test (MFT) instrument. Combine the four indices above to get information about SDI in the Metro City.

## RESULT AND DISCUSSION

### Result

**Table1.** Resultsof thesportsdevelopment indexinthe metrocity

<b>Metro City</b>	<b>Open SpaceIndex</b>	<b>HumanReso urceIndex</b>	<b>ParticipationI ndex</b>	<b>Physical FitnessIndex</b>	<b>SDI</b>
CenterMetro	0,584	0,00091	0,356	0,35	0,323
NorthMetro	0,37	0,00101	0,633	0,342	0,336
SouthernMetro	1,183	0,00121	0,433	0,297	0,478
<b>SDI</b>	<b>0,712</b>	<b>0,00104</b>	<b>0,474</b>	<b>0,33</b>	<b>0,379</b>

The metropolitan sports development index's value is 0.379, as shown in table 1 according to the standards set forth by the SDI, the value of this index demonstrates that Metro City's sports development remains in the Low category.

## **Discussion**

The metro area open space index of 0.712 indicates that it is sufficient for the metro city. However, a review of each sampled subdistrict reveals that two of them the metro subdistrict center and the north metro subdistrict continue to have low open space indexes. The central metro district actually has more open space than the southern metro district does, but the higher proportion of people over the age of seven makes it more important to engage in outdoor sports. While the numbers in the northern metro subdistrict are comparable to those in the other two subdistricts, the northern metro subdistrict has a significantly smaller open space area than the other two subdistricts and has more people over the age of seven than the southern metro subdistricts. The South Metro Subdistrict, which has fewer people over the age of 7 than the other subdistricts, has an open space index of 1.183, placing it in the high category or southern metro subdistrict and meeting the Olympic committee's standard of 3.5 meters of open space per person.

The metro city's sports manpower index is 0.00104, which falls into the low category but is still far from adequate. The fact that the sports manpower index in the metropolis remains below the national gain of 0.099 indicates that it is still below it. An index of sports human resources that falls into the low category was obtained by the three sub-districts being sampled. The human resources of this sport 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. This is more asserted that in terms of quantity and quality still need to receive special attention from the metro city government.

The metro city has a participation index of 0.474, which indicates that very few people fall into the low category and participate in activities at least three times per day, as recommended by the World Health Organization (WHO). The metro city's sports participation index, which is slightly higher than the national average of 0.422, is indicative of this. The central metro subdistrict had the lowest participation index of the three sample districts, while the southern metro district's sports participation index was higher than the central metro subdistrict's but also in the low category. The data obtained for the northern metro subdistrict indicate that the sports participation index is moderate. Even though the community

participation index is higher than the national one, it is still in the low category. This achievement is one of the effects of the limited sports personnel available and the lack of programs that are more appealing to the general public.

The metro city has a physical fitness index of 0.33, which indicates that many people still lack physical fitness. This indicates that the metro city's physical fitness index is slightly lower than the national average, which is 0.335. The central metro sub-district has a physical fitness index that is slightly higher than the other sub-districts, the northern metro sub-districts have a physical fitness index that is slightly higher than the southern metro sub-district, and the southern metro sub-districts are at the bottom, with each sub-district having a physical fitness index that is in the low category. With good physical fitness, the community should be able to do more daily activities with longer and more productive durations (Affan Kudri Sagala, 2022). As a result, the government needs to maximize policies related to sports that improve the level of people's physical fitness in the metropolis. This is the first goal of sports development.

Because of inadequate sportsmanship, which can support government-related sports and sports activities for sports education, recreational sports, and sports achievements, the dimension of sports manpower needs to be taken seriously (Yulius Agung Saputro, 2021). Human wellness likewise influences different elements of aspects, for example, the components of cooperation and the components of wellness on the grounds that the presence of qualified sportsmanship assets in a brandishing action can draw in individuals to practice more and effect on the better components of individuals' actual wellness (Reky Wijayandaru Tarigan, 2021). It is demonstrated by the societal dimensions of sports participation and physical fitness that remain in the low category.

## **CONCLUSION**

This indicates that the metro city's sports development is still lagging behind or very little is happening. Three SDI indicators are still low: the availability of human resources for sports, community participation in exercise, and physical fitness of people who are still in the low category so that the city metro receives more attention. 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. The availability of sports personnel is the lowest, at 0.00104.

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