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<https://ejournal.upi.edu/index.php/penjas/article/view/43105>DOI: <https://doi.org/10.17509/jpjo.v7i1.43105>**The Rise of Sport Participation and Motivation of the Community in Sidoarjo****Luqmanul Hakim**

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Studies reported that sports participation contributively has impacts on society, the economy, and health. However, research on sports participation in developing countries, including Indonesia, is limited. This study aimed to investigate the level of sports participation and motivation of the community. Furthermore, this research also examined the role of government and public sports organizations. The data analysis technique used was descriptive analysis, namely the data frequency from the questionnaire analysis. The study was conducted in Sidoarjo, Indonesia, involving 630 respondents and using a questionnaire developed from the Sports Development Index (SDI). The sampling technique used was purposive sampling. The samples should meet the criteria, including the specified age group, place of residence, not physically disabled, and could carry out daily activities independently. The study found that 41% of respondents regularly participated in sports activities, 20% of respondents irregularly participated in sports activities, and 39% of respondents were inactive. Soccer and running became the most played sports, performed by 26% and 18% of respondents. The main goal of exercising was to maintain health (64%). It was also found that most of them were engaged in the sports community. In addition, in the view of the community, the role of stakeholders in providing facilities, infrastructure, training, and sports socialization still needs improvements.

## INTRODUCTION

The level of community participation in sports activities is closely related to various aspects of life. For example, literature recorded that sports participation is causally associated with happiness and well-being (Ruseski, Humphreys, Hallman, Wicker, & Breuer, 2014)(McMahon et al., 2017). In addition, it also has a positive socio-economic correlation, prevents crime (Caruso, 2011)(Chamberlain, 2013)(Meek & Lewis, 2014), and can reduce obesity (Bensimhon, Kraus, & Donahue, 2006), degenerative diseases such as diabetes mellitus (British Heart Foundation, 2013)(Al Tunaiji, Davis, Mackey, & Khan, 2014), hypertension and decrease the risk of death from cardiovascular disease (Oja et al., 2017). This is what makes governments in many countries make campaigns to increase public sports participation as the primary strategy in health promotion.

Data shows that, in general, developed countries have a high level of sports participation. Active Live Survey data stated that in England, sports participation in 2017 was 63 % for men and 58 % for women (Audickas, 2017). Canadian statistics released that in 2016, the regular sports participation rate was 61% and 28% for men and women, respectively (Canada, 2019). In Japan, the sports participation rate was 69 % in 2016 (Statista Research Department, 2020). In Singapore, 66 % of its population regularly participated in sports in 2019 (Sport Singapore, 2019). In contrast to other developed countries, in the USA, the average percentage of the population participating in exercise and sports daily was only around 20% in 2015 (Woods, 2017). In Middle Eastern countries such as Saudi Arabia, 58% of the population is categorized as physically inactive (World Health Organization, 2016).

There are not many literatures on sports participation rates in developing countries, including Indonesia. The Indonesian Ministry of Youth and Sports stated in the period 2003, 2006, and 2009 the population's participation in sports continued to decline, from 25.4 % in 2003, down to 23.2 % in 2006, and finally down to 21.8 % in 2009. This pattern applies in urban and rural areas (Indonesian Ministry of Youth and Sports, 2010). In fact, in the last two decades, the government has been trying to increase the level of public sports participation through the Sports System Law Number 03 of 2005 Article 24, which requires public and private agencies

to carry out training in sports activities for their employees (President of Republic Indonesia, 2005). Unfortunately, this has not shown maximum results.

On the other hand, from 2013 until 2018, the prevalence of diseases related to physical inactivity continued to increase (Kemenkes RI, 2019a). The low level of community participation in sports also impacts the level of physical fitness of the Indonesian people. This is in accordance with the results of a study from the Ministry of Youth and Sports, which showed that the level of physical fitness of the Indonesian people in the good category was only 4.1%, while the very good ones were only 1.1% (Ministry of Youth and Sports of the Republic of Indonesia, 2009). It is believed that this can be overcome by increasing community participation in sports. Data showed that in 2018, the proportion of the population of Sidoarjo Regency who had sufficient physical activity was the second-lowest in East Java province, namely 57.11%, far below the average ratio of East Java and National, which were 73.5% and 66.5% respectively. Furthermore, the proportion of people who have insufficient physical activity ranks second highest, at 38.20%, well above the average ratios of the East Java and National, which are 26.5% and 33.5%, respectively (Kemenkes RI, 2019a, 2019b). Therefore, this study aims to determine the level of sports participation and motivation to exercise and the involvement of sports community organizations in Sidoarjo Regency.

However, the lack of data on the level of sports participation in the last decade resulted in a lack of promotion and strategies to increase people's motivation to exercise and engagement in a sports activity. Therefore, this study aims to determine Indonesia's level of sports participation. We also examine the intrinsic motivation of the community in doing sports activities. In addition, this study also aims to evaluate the role of stakeholders, i.e., the government and community sports organizations - FORMI, in supporting sports activities.

## METHODS

### Participants

The participants in this study were 630 residents of Sidoarjo spread over seven sub-districts, namely Candi, Prambon, Krian, Sidoarjo, Sedati, Gedangan, and Jabon sub-districts. These seven sub-districts were chosen

because they have regularly carried out car free day activities. First, the researcher determined the target number of respondents in each sub-district, namely 90 people, divided by age group and gender. Then the researchers went to each sub-district and gave a questionnaire to residents who met the criteria. The inclusion criteria were not physically disabled, able to carry out daily activities independently, aged 7-40 years, and domiciled in the research location. Exclusion criteria had a physical disability that causes the inability to carry out daily activities independently, age range beyond 7-40 years, and not domiciled in the research location.

**Table 1.** Sample composition

Location	Age	Sex
Candi District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Prambon District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Krian District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Sidoarjo District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Sedati District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Gedangan District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)
Jabon District (n = 90)	7 – 15 years old (n = 30)	Boy (n = 15) Girl (n = 15)
	16 – 24 years old (n = 30)	Male (n = 15) Female (n = 15)
	25 – 40 years old (n = 30)	Male (n = 15) Female (n = 15)

The research focuses on the age category of children (7 to 15 years), teenagers and young adults (15 to 24 years), and adults (25 to 40 years). Each age group consists of 15 male and 15 female respondents. The demographic data of participants are presented in Table 1.

### Sampling Procedures

The population in this study was the people of Sidoarjo Regency, which consisted of 18 sub-districts. The population of Sidoarjo Regency in September 2020, according to the results of the 2020 population census, was 2,082,801 people. The male population is 1,048,574 and the female population is 1,034,227. Based on the Slovin formula, the minimum number of samples required with a margin of error of 5% is 400 samples. While in this study used 630 samples. The sampling technique used is clustered sampling. The sampling technique is purposive sampling, where the selection of respondents is based on the fulfillment of the inclusion criteria.

### Materials and Apparatus

The The instrument used in the research used as a data collector was a questionnaire, while the questionnaire used was a lift to measure the participation of the development results of the Sports Development Index (SDI). SDI is a composite index that reflects the success of sports development based on four basic dimensions: (1) open space available for sports, (2) human resources or sports personnel involved in sports activities, (3) community participation in exercising regularly, and (4) the degree of physical fitness achieved by the community (Ruseski et al., 2014).

In this study, the evaluated aspects were: frequency, duration, type, objective, length of engagement, motivation to participate in sport, sports community, sports facilities, organizers of sports activities, facility providers, government and public concern on sport, belief that sport is important, training on recreational sports.

### Procedure

In this study, the author took samples from 7 sub-districts in Sidoarjo. The composition of the sample in each sub-district is designed the same. Each respondent was given a questionnaire containing 18 questions. For respondents children under ten years, the authors conducted interviews based on the questions in the questionnaire and fill out the questionnaire. All participants

involved in this study have expressed their willingness to fill out the questionnaire

### Data Analysis

The data analysis technique used was descriptive analysis, or the frequency of data from the questionnaire analysis.

## RESULT

In this study, each respondent was asked to answer 18 questions, which were grouped into 4 clusters: (1) the level of sports participation, (2) intrinsic motivation to exercise, (3) the type of sport played, (4) community perceptions of the role of stakeholders in support sports activities. The results regarding the level of sports participation are presented in table 2, which include: sports activities in the last week since when did sports activities, the frequency of doing sports weekly, and the duration of each exercise. From table 2, it is found that the proportion of respondents who are inactive or do not do sports at all is 39%. Table 2 shows that most active respondents in sports, i.e., 36%, have been doing it for more than three years. On the other hand, 9% of respondents stated that they exercised for less than one year. Table 2 also presents the exercise frequency for each week. 20% of respondents exercised irregularly, while 41% did it regularly. The highest frequency is five times a week, as much as 5%, and the smallest frequency is as much as 11% once a week. The duration of the respondents doing exercise is shown in table 2. The majority, i.e., 20%, practiced for 90-120 minutes, and the lowest proportion was 9%, exercised for 60-90 minutes.

After determining the level of participation, active respondents were asked about the types of sports they do (table 3). 26% or the majority stated that they play football. This is in line with the duration of the training shown in Figure 4, which shows that the majority practiced for 90 to 120 minutes. The next most popular sport was running, which 18% of the respondents did. This is understandable because running does not require special skills and can be carried out anywhere. A surprising answer came from 1% of respondents who stated that they did the Gobak Sodor exercise. Gobak Sodor is a kind of traditional game from Indonesia. This game is a group game consisting of two groups, where each team consists of 3 - 5 people. The essence of the

game is to block the opponent from passing over the line to the last row back and forth, and to win; all group members must complete the process back and forth in a predetermined field area. Meanwhile, 12% of participants stated that they did not do certain sports regularly.

**Table 2.** The level of sports participation

Variable	Frequency (n)	Percentage (%)
<b>Length of engagement in the sports activity</b>		
0 – 1 years	59	9%
1 – 2 years	60	10%
2 – 3 years	40	6%
More than 3 years	224	36%
Inactive	247	39%
	<b>630</b>	<b>100%</b>
<b>Frequency of doing sport in a week</b>		
Uncertain	124	20%
Once	69	11%
Twice	76	12%
Three times	82	13%
5 times	32	5%
Inactive	247	39%
	<b>630</b>	<b>100%</b>
<b>The duration of each exercise</b>		
Less than 30 minutes	85	13%
30 – 60 minutes	114	18%
60 – 90 minutes	59	9%
90 – 120 minutes	126	20%
Inactive	246	39%
	<b>630</b>	<b>1</b>

**Table 3.** Type of sport

Type of Sport	Frequency (n)	Percentage (%)
Aerobics	38	10
Soccer	100	26
Badminton	27	7
Run	68	18
Ling Ting Kung Gymnastics	9	2
Cycling	47	12
Swimming	23	6
Yoga	21	5
Gobak Sodor	4	1
Others or uncertain	47	12

Data regarding participants' intrinsic motivation to engage in sports activities are shown in table 4. Among respondents who are active in sports, we ask them the main reason they exercise. Not surprisingly, 64% said they wanted to stay healthy. Interestingly, the second-highest answer, 18%, stated that they exercise with the goal of achievement in sports. However, we also found that motivation is not always high among those who

exercise regularly; 68% stated that they sometimes feel lazy. We also examine if they have a community in sports. We believe that community is one of the motivators in sports. As expected, 62% have a community consisting of sports clubs, schools, workplaces, etc.

Although 39% of respondents are inactive in sports, 92% of respondents believe that sport is important and very important. This shows that the majority of those who have never exercised at all still believe that participating in sport is necessary. They were then asked about their reasons for not exercising. The highest answer was because they felt tired (40%), had no time (28%), and were not interested in exercising (16%). From here, it can be suggested to provide training for the community on selecting the proper time to exercise and do it correctly not to feel tired. Thus, sports participation can increase.

**Table 4.** Motivation to participate in the sports activity

Variable	Frequency (n)	Percentage (%)
<b>The purpose of doing sports</b>		
Maintain health	247	64
Lose weight	36	9
Strengthen friendships	27	7
Willingness to have sports achievements	68	18
Others	6	2
<b>Sport Community</b>		
School	86	22
Club	101	26
Workplace	32	8
Alone	146	38
Others	19	5
<b>Feeling lazy in doing sport</b>		
Yes, sometimes	263	68
Never	121	32
<b>Reason not doing sport</b>		
Not interested	39	16
No time	69	28
There are no facilities and infrastructure	20	8
Tired	98	40
Enough though the work I do	17	7
Others	2	1
<b>Believe that sport is important</b>		
Very important	279	44
important	300	48
Not important	51	8

**Table 5.** Public perception regarding the role of stakeholders in supporting community sports activities

Variable	Frequency (n)	(%)
<b>Sports facilities around</b>		
Adequate	214	34
Less adequate	330	52
Very less adequate	86	14
<b>Sports facility provider</b>		
Government	132	21
Public or non-governmental	455	72
Entrepreneur	43	7
<b>Number of sports venues around</b>		
1	268	42
2	193	31
3	169	27
<b>Training in Sports for all</b>		
Once	160	25
Rarely	156	25
Never	314	50
<b>Socialization about sport for all</b>		
Once	156	25
Rarely	175	28
Never	299	47
<b>Frequency of sports activity conducted by government</b>		
Once a week	122	19
Once a month	151	24
Once in 3 months	357	57
<b>Public concern for sports</b>		
really care	235	37
Less care	304	48
Does not care at all	91	15
<b>Government concern for sports</b>		
really care	199	31
Less care	351	56
Does not care at all	80	13

Table 5 illustrates how the public perceives the government and community sports federation (FORMI) in supporting sports. This role is assessed from several indicators consisting of (1) provision of sports facilities and infrastructure, (2) training and socialization regarding recreational sports or sports for all, (3) frequency of organizing sports activities by the government or FORMI, and (4) opinions regarding the level of government and public concern for sports. From table 4, only 34% of respondents felt that the sports facilities in their environment were adequate, while 66% of the others felt that their facilities were insufficient. 72% of respondents also stated that the sports facilities around them result from self-help or community efforts. Only 21% stated that the government provided the facilities. This study also found that only around 50% of respondents experienced training and socialization regarding

recreational sports or sports for all. Only 37% of respondents argue that the public generally cares about sports. In line with this, only 31% of respondents stated that the government is towards sports in the community.

## DISCUSSION

In this study, we found an interesting fact that the participation rate in public sports rose to 41%. In contrast, in the previous study, it was only 21.8% in 2009 (Indonesian Ministry of Youth and Sports, 2010). This is different from the results of basic health research, which states that the proportion of the population who has sufficient activity in the Sidoarjo Regency is 57.11% (Kemenkes RI, 2019b). This is because the measured domains are different, in which Riskesdas measures activity at work, travel to and from places, and recreational activities (WHO, 2012), while our study measures the involvement of respondents in sports activities. In addition, the samples in the Riskesdas study were all aged ten years and over, while in our research, the respondents were aged 7 to 40 years.

This research also identified four motives for doing sport: health, losing weight, strengthening friendships, and willingness to have sports achievement. People's awareness that practicing sport regularly is one of the most pivotal factors contributing to maintaining health becomes the prime reason for their engagement. These results are similar to India, Slovenia, Croatia, and Germany studies. Research on motivation in sports participation conducted in India obtained four main factors: sports action with friends; fitness and health; social status; and popularity (Ahmed, Ho, Al-Haramlah, & Mataruna-Dos-Santos, 2020). A similar study was also conducted in Slovenia, Croatia, and Germany; and gave six motives for exercising, namely: sports action with friends, popularity, fitness and health, sports events, social status, and relaxation with exercise (Kondrič, Sindik, Furjan-Mandić, & Schiefler, 2013).

Another crucial finding from this research is the importance of the role of the sports community, such as clubs, schools, or workplaces. As the results of this study, people who exercise in the community are almost twice as high as those who exercise alone, with a ratio of 62 to 38. This is because sports communities such as sports clubs are believed to have the ability to

unite people through the development of social networks (Waardenburg & Nagel, 2019). From here, a strategy can be designed to increase sports participation through the formation and empowerment of sports communities.

Our investigation shows that football and running are the uppermost sport of choice in society. For several decades, football's position as the most popular sport has been irreplaceable across the globe (Palacios-Huerta, 2004). Furthermore, literature records that in 2004, 400 million players worldwide played this sport (Dvorak, 2004). As for running, we suppose that the high number of people interested in this sport is because it does not need special skills and facilities.

The government has a pivotal part in enhancing sports participation and exercise in a country (Pujari, 2017). For example, a study in Germany concluded that government spending, especially on providing facilities and infrastructure, positively contributed to sports participation (Dallmeyer, Wicker, & Breuer, 2018)(28). However, this research found that the public believes that the role of the government still needs to be improved because the provision of facilities and infrastructure, as well as training, socialization, and concern for sports, is still lacking.

## CONCLUSION

This study concludes that the community participation rate in sports is good, shown by 41% participating regularly. The most practiced sport is considered less expensive and does not require a particular skill. The highest motivation for engagement in sport is to maintain health and be supported by the sports community. People believe that sport is an important activity even for those who stated do not have time for doing sport. However, support from stakeholders in the provision of facilities and training still needs to be improved. Because the sampling technique of this study was purposive sampling, these results were limited to those who met the inclusion criteria.

## CONFLICT OF INTEREST

The authors declared no conflict of interest.

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