

Improvement Quality of Physical Education Reviewed by Sports Development in Pekalongan

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Abstract— The purpose of this research is to know the development of sports that are reviewed from the Sport Development index in Pekalongan in order to understand the quality of physical education with a conservation character. The method used Survei method with a quantitative descriptive approach that is reviewed from SDI. The instruments of research used are observations, interviews, polls and tests. Data obtained is subsequently analyzed using SDI analysis. The research subject uses samples of 70 persons. The value of SDI in Pekalongan amounted to 0.199 and entered in low category. Governments should make policies on the development and improvement of quality and quantity of sports facilities and infrastructures and undertake program-planning to foster and develop recreational sports, such as Car free day in the end Sports activities such as gymnastics, leisurely walks or other recreational sport activities so that people are more interested in sporting activities. The public should utilize the open space of sports wisely and have a sense of each other. In addition, it also uses an open space exercise with full responsibility and caring for the environment so that it becomes more comfortable when conducting sports activities.

Keywords— *Sport Development Index, resources*

I. INTRODUCTION

Advances in physical education and sports are a collaboration that can bring the advancement of the field. Physical education and exercise are able to provide synergies in the strengthening of conservation character amid society. In addition to the purpose of education, education is able to produce superior human resources that can then bring the country to a better direction. Therefore, it is necessary to improve the quality of physical education and exercise in order to create progress as an integral part of the process of improving the development of physical and sports education in Indonesia.

Students who excel in physical education and sports are able to compete internationally, because the great athletes start from physical education provided by professional teachers and sports trainers. Therefore, the need to improve the quality of physical education and exercise as an integral part in the process of improving sports development in Indonesia.

The achievement of progress in development has become the concern of government and community organizers. In this case the law number 32 year 2004 about the local government chapter VII article 150 stating that the area must have a long-term development plan (RPJP) document, the medium-term development plan (RPJM), and the development work plan Area (RKPD). With the development planning for the next 5 years, the efficiency and effectiveness of government administration and development can be improved, the creation of harmonious and interdependent relationships between governments and society and enhance the absorption of people's aspirations in government programs to build areas.

Indonesia's national sports development has been governed by LAW No. 3 of 2005 [1]. However, the current achievement in sports is referred to as the benchmark in the Progress assessment of sports development in an area. Though sports are not limited to achievements, but also education and recreation. According Toho Cholik M and Ali Maksum [2] There are 4 indices that can be used as a benchmark in the development of sports in an area. The concept named Sport Development Index refers to a combined index that can reflect the success of sports development based on 4 basic dimensions of 1) Open space availability of sports, 2) human resources, 3) community participation Exercise, 4) Community fitness. Prof. De Vrijs, an expert from Malaysia at the International Conference of ASPES in Bandung, affirmed its support to Indonesia in order to take a role as a hub to develop this innovative idea in the Asian region. And suggested that the sport Development index be developed into SPEDI namely sport and Physical Education Development Index. Each district/municipality/Regency/province that demands significant progress in various fields, should have awareness of the strategic meaning of the sport must be initiated through development planning that has to do with the progress of the sport Thoroughly.

The progress of physical education and sports is expected to be a way to improve the quality of physical education with conservation insight. Because basically physical education and exercise is something sustainable. It relies on a universal agreement, which is contained in the international Charter of Physical Education you Sport, which is declared by UNESCO

in the year, in the 1978, the results of ministers and senior officers in physical and sports education in Paris. In item 1 it states that an activity to actualize human rights is an opportunity to develop and maintain physical, mental and moral abilities; And the arena, everyone must have access to physical and sporting education. Continuing at the 3rd Point stating that physical education and exercise can contribute to the mastery of fundamental humanitarian values that are the foundation for the full development of every human being [2].

Pekalongan City is a province that is located in Central Java. Based on the background that researchers revealed to feel less satisfied with the research results in the field because existing data has not reflected the 4-dimensional sport development index. Therefore, researchers feel called to explore and examine exactly how far the development of physical education and sports are in the effort to strengthen the Community character conservation Insight in Pekalongan.

II. MATERIALS AND METHODS

This research is a quantitative descriptive method with survey techniques and fitness tests. Quantitative research methods can be interpreted as a research method based on the philosophy of positivism [3]. This type of quantitative study is research by obtaining numeric data or qualitative data that is being embraced. Quantitative descriptive research method was chosen because according to the substance and focus in this research, which is a study on sports development, where the results of the sport development expressed through the index that data feeds in the form of numbers Then described. Where the index will provide operational explanations about the requirements of the minimum service standard of sports as contained in PP RI No 16 years 2007 article 92 which includes: open space for exercising, sports personnel or human resources Sports, sport participation, and physical fitness level.

The research site is conducted in Pekalongan by taking several areas as a sample. The sampling techniques in this research are based on the method of data collection SDI (Sport Development Index) obtained from Mutohir and Maksum [2] that is the method used in SDI is to use a random multistage Sampling is a combination of stratified random sampling method with cluster sampling. Stratification is necessary to answer the conditions of the region and the community in a very heterogeneous area. A sampling Cluster is used to represent the area that will be sampled so that it will be represented and used to reduce costs due to widespread levels of sample propagation.

Researchers are designing sampling takers with the multistage random sampling method, the basic characteristics of the population to be used is 1) differences in the progress of a region (fast forward, depressed, evolving, and lagging), 2) differences Gender (male and female), 3) Age differences (children, adolescents and adults). The sampling clusters are used to reduce costs due to widespread sample propagation rates. The cluster components used are districts/cities, sub-

districts, village. The population in this study is the entire area of the city/district and the entire population in Pekalongan.

A. Research Instrument

In this study used area and individual analysis units. The area Analysis unit is used as the basis for open space data collection and human resources, while individual analytical units are used as the basis for the collection of sports participation and fitness level data. Therefore, the statements above the technique or way of collecting data in this study use the following instruments:

- Observation, data to be collected through observation is secondary data about the area, population, and sports potential as control data, while the primary data is data about open space.
- Interview, used to explore information from credible speakers as data booster from data that is observed data source in this assessment obtained from source.
- Questioner, data collected through the poll that is the participation of natural people exercising.
- Test, to know the physical fitness level of the community in Pekalongan.

All four of the data collection techniques used have their own instruments. The above data collection instruments will be strengthened by the interviews of some of the interviewees who can be trusted as additional information. Measuring instruments used to collect data have high validity because the measuring instrument used is a patented standard in the Sport Development Index (SDI) listed in the SDI version Questionnaire 2007 SDI KK-OR 2006 [2].

B. Technical Data Analysis

The data analysis methods used in this study are quantitative approaches using SDI analysis of four dimensions. The according to Mutohir and Maksum [2]

The formula used is as follows.

$$\text{Indeks} = \frac{NA - NMin}{NMak - NMin}$$

- NA = Actual Value
- NMin = Minimum Value
- NMak = Maximum Value

The formula for looking for open space sports, sports participation, human exercise and physical fitness alike, which distinguishes is the actual value. The actual value is a real score gained based on a specific benchmark.

TABLE I. Actual Value of SDI Dimensions

No.	Actual Value	NMax	NMin
1.	Open Space	0	3.5
2.	Participation	0	100
3.	Human Resources	0	0,0283
4.	Physical Fitness	20,1	52,1

After all index dimensions are successfully found, subsequent calculations are continued with the SDI calculations with the formula as follows:

$$SDI = \frac{1}{4} (\text{Open Space Index}) + \frac{1}{4} (\text{Participation Index}) + \frac{1}{4} (\text{Human Resources Index}) + \frac{1}{4} (\text{Physical Fitness Index})$$

Furthermore, after obtaining the index value, the last stage is to determine the category or norm of the value of the index obtained to give justifications. The SDI norms used are:

TABLE 2. Norms of Sports Development Index

No.	Index Value	Norms/Category
1.	0.800 – 1.000	High
2.	0.500 – 0.799	Medium
3.	0.000 – 0.499	Low

III. RESULT AND DISCUSSION

Based on the research results known data as follows:

A. Community Participation Index

$$\begin{aligned} \text{Index} &= \frac{\text{Actual Value} - NMin}{NMax - NMin} \\ \text{Index} &= \frac{1.57 - 0}{100 - 0} \\ &= 0.157 \end{aligned}$$

The dimension of the Pekalongan Community participation Index is 0,157. It can be said that community participation in exercising belongs to the low category.

B. Open Space Index

$$\begin{aligned} \text{Index} &= \frac{\text{Actual Value} - NMin}{NMax - NMin} \\ \text{Index} &= \frac{1.311 - 0}{3.5 - 0} \\ &= 0.374 \end{aligned}$$

So the dimension index value of open space for Sport in Pekalongan is 0.374. Thus it can be said the open space of exercise in exercising belongs to the low category.

C. Human Resources Index

$$\begin{aligned} \text{Index} &= \frac{\text{Actual Value} - NMin}{NMax - NMin} \\ \text{Index} &= \frac{0.051 - 0}{2.08 - 0} \\ &= 0.024 \end{aligned}$$

So the value of the index of human resource dimension of Pekalongan is 0.024. Thus it can be said the human resource of sports in exercising belongs to the low category.

D. Physical Fitness Index

Value of the physical fitness dimension of the Pekalongan community is 0,243 thus it can be said that people's physical fitness in Pekalongan belongs to the low category.

E. Sport Development Index

$$SDI = \frac{1}{4} (\text{Open Space Index}) + \frac{1}{4} (\text{Participation Index}) + \frac{1}{4} (\text{Human Resources Index}) + \frac{1}{4} (\text{Physical Fitness Index})$$

$$SDI = \frac{1}{4} (0.157) + \frac{1}{4} (0.374) + \frac{1}{4} (0.024) + \frac{1}{4} (0.243) = 0.199$$

So the value of SDI in Pekalongan is 0.277. Thus it can be interpreted that SDI or the level of sports development in Pekalongan is in low category.

The Sport Development Index is a new alternative that can be used to determine the level of sports development in an area. The basic Sukendro and Grafitte Dechekine stated that the Sport Development index is the thought of some of the figures of Toho Cholik Mutohir [2] that is called into the sport world because it is concerned about the circumstances of the society Assumed that sports development was determined by many champions.

The SDI was the answer to the Government's policy relating to the sports banner that was announced in 1983. As long as there is no measuring instrument that can be used to assess, no one knows for sure whether the sport has succeeded or failed. Therefore, through a sport development index, it will be able to know how the progress of sports development in a particular region.

Mutohir and Maksum [2] explained that the Sport Development Index (SDI) is a composite index used as a method aimed at knowing the success or progress of sports development in an area and/or country based on The basic four dimensions are: 1) citizen participation in regular sport activities, 2) open space available for sport activities, 3) human resources or sports personnel involved in sporting activities, and 4) Degree of physical fitness achieved by the local community.

The participation of sports refers to community participation in conducting sporting activities within a particular region. In this case, with the participation of the community in the sport can facilitate the purpose of the sport activities achieved. The scope of the participating sports participation in direct participation such as sports and indirectly as a sponsor of sports events. In particular, sports participation refers to active direct involvement as a sports practitioner. Public awareness in participating sports contributes to the development of individuals and communities so that they become healthy, intelligent, resilient, competitive, prosperous, beneficial and dignified.

Mutohir and Maksum [2] explain that an open space sport refers to a place reserved for sports activities or physical activities by some people or communities in the form of buildings and/or land. Buildings and open land can be either a

standard or a sports field, which is enclosed (indoor) or open (outdoor), or in the form of land that is intended for physical activities and exercise activities. The requirement to be said as an open space sports such as the following: 1) designed for sports, 2) used for sports, and 3) can be accessed by the wider community.

Muthohir and Maksum [2] stated that the basic nature of human resource sports is to ensure that all sports activities are supported by the sportsperson who has the competency that can be accounted for in an ethical fashion. Professionals and academic foundations. Therefore, the higher education-based sports institutions should immediately improve and begin to prepare the sport force that is in accordance with the demands of legislation, this is aimed to make the ideals of exercise development can improve the Harkat and the dignity of the nation is not merely a dream Stehen Carr, [4] states that open space is a place that is used for carry out functional activities and rituals both individuals and groups or the community. Basically, open space (open space), public space, and space open green (RTH) approved and used to meet the need for a place that can Created as a meeting place and joint activities in the open air.

Physical fitness is one of the important factors in conducting daily activities to avoid excessive fatigue. According to Giriwijoyo and Zafar, explained that physical fitness is a state of physical ability that can adjust the functioning of its body tools to certain physical duties and/or to environmental conditions that must be addressed by Efficient way, without excessive fatigue and has recovered perfectly before coming the same task on the next day. Physical activity greatly affects all components of physical fitness, aerobic physical exercise regularly affects or reduces cardiovascular endurance and can reduce body fat.

With the sport development reviewed from the sport development index is expected to be a way to improve the quality of physical education with a conservation insight. Because basically physical education and exercise is something sustainable. It relies on a universal agreement, which is contained in the international Charter of Physical

Education you Sport, which is declared by UNESCO in the year, in the 1978, the results of ministers and senior officers in physical and sports education in Paris. In item 1 it states that an activity to actualize human rights is an opportunity to develop and maintain physical, mental and moral abilities; And the arena, everyone must have access to physical and sporting education. Continuing at the 3rd Point stating that physical education and exercise can contribute to the mastery of fundamental humanitarian values that are the foundation for the full development of every human being [2].

IV. CONCLUSIONS

The value of SDI in Pekalongan amounted to 0.199 and entered in low category. Governments should make policies on the development and improvement of quality and quantity of sports facilities and infrastructures and undertake program-planning to foster and develop recreational sports, such as Car free day in the end Sports activities such as gymnastics, leisurely walks or other recreational sport activities so that people are more interested in sporting activities. The public should utilize the open space of sports wisely and have a sense of each other. In addition, it also uses an open space exercise with full responsibility and caring for the environment so that it becomes more comfortable when conducting sports activities.

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