

Human Resource in Sport Management and Physical Fitness Level Based on Sports Development Index

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Abstract—This type of research was quantitative research. The method of Determining the sample in this study used multistage random sampling. Samples in this research were 90 people from 3 sub-districts. Data collection techniques used interviews, observation, Multistage Fitness Test (MFT), and documentation. The data analysis technique used the Sports Development Index (SDI) parameter using the formula: $\frac{1}{4} (\text{HR Index}) + \frac{1}{4} (\text{Physical Fitness index})$. Based on the results of the data analysis that has been done, it can be concluded as follows: 1) The sports human resource index of Indragiri Hilir Regency is 0.047 in the low category, 2) The physical fitness index of Indragiri Hilir Regency is 0.203 in the low category and 3) source management sports development based on human power in terms of the sports development index of Indragiri Regency, which is 0.063, is in a low category.

Keywords—*Sports human resources, physical fitness, sports development index*

I. INTRODUCTION

Indonesia is a developing country now, development and development in the field of sports is directed to achieve the ideals of the nation so that the formation of Indonesian people who are physically and mentally healthy and skilled. Coaching and sports development is one essence of national sports development, coaching and sport development activities that are bagia n of efforts to increase resources for human A are primarily intended for the formation of character and personality traits including discipline, “sportsmanship and a high work ethic” [1] [5]. Based on the quality of health, “there will be an increase in sports achievements that can arouse national pride and carry the nation’s fragrant name” [2].

Based on the assessment of the SDI (*Sport Development Inde x*) team and due to the fact that research on SDI (*Sport Development Inde x*) has not been carried out, particularly regarding HR (Human Resources) Jasma Ni Sports and Fitness Level in Indragiri Hilir Regency, Riau Province.

II. RESEARCH OBJECTIVES

1) To identify and describe the availability of human resources, quality and quantity of human resources sport in Regency Indragiri Hilir province of Riau by *Sport Development Index* . 2) To identify and describe the level of Physical Fitness in Regency Indragiri Hilir province of Riau by *Sport Development Index* . 3) To find out the sports development of Indragiri Hilir Regency in terms of the *Sport Development Index* .

III. METHOD

This type of “research is quantitative research , because the focus of this study examines the Sports Development Index for which data is presented by numbers” [3] . “Research is done on natural objects, natural objects are objects that develop as they are, not manipulated by researchers and the presence of researchers does not really affect the dynamics of the object” [4]. The sampling method used in this study is *multistage random sampling* . This method is basically a combination of *stratified random sampling* with *cluster sampling* . *Stratified* is needed to respond to regional conditions and / or heterogeneous communities. The basic characteristics of the population used are (1) differences in the level of progress of a region, progressing-being-lagging, (2) differences in men-women, and (3) differences in age, adolescents-adults.

IV. RESULTS AND DISCUSSION

Quality and Quantity of Human Resources (HR) Sports Indragiri Hilir Regency in terms of the *Sport Development Index*.

a) Human Resource Sports Index Sungai Batang DistrictThe results of observations of Sports HR obtained from various agencies indicate that the number and quality of Sports HR in Sungai Batang sub-district is 18 people.

There are 7 male sporting human resources and the remaining 11 female sporting human resources . Of the 18 numbers there were only 6 people certified and the remaining 12 were non-certified. Meanwhile, the Sports Human Resources that are not relevant in their expertise and

profession in Sungai Batang District are 37 people. Before calculating the HR index for sports in the BatangBatang sub-district using the formula: First find the actual value, the value of a tual obtained by dividing the number of human resources of an area with a population residing in the district of Sungai Batang. The number of human resources in the BatangBatang sub-district is 18, and the total population over the age of 7 in the Batang Batang sub-district is 11,549. Then the actual value obtained is: After getting the actual value, then the next is seeking the HR index subdistrictBatang using rumu s , where the maximum value is 0.0283 dam minimum value is 0. From the above calculation didapatlah HR index of Sport Sungai Batang is 0.055. This figure shows that the HR index for sports in the BatangBatang sub-district is still very low.

b) Index of Human Resources in the Sport District of Kempas District

The results of observations of Sports HR obtained from various agencies indicate that the number and quality of Sports HR in the Kempas sub-district are 32 people. There are 23 Sports HR HR and the rest are 9 Sports HR HR. Of these 32 there are only 8 certified HR and the remaining 26 non-certifications. While there are 30 HR in the Kempas sub-district that are not relevant to their profession. First to find the actual value, the actual value is obtained from the division between the number of human resources in an area with the population above the age of 7 years in the Kempas sub-district. The number of human resources in the Kempas sub-district is 32, and the population above the age of 7 in the Kempas sub-district is 32,328 people. Then the actual value obtained is After getting the actual value, then the next is seeking the HR index subdistrictKempas using the formula , wherein the maximum value is 0.0283 dam minimum value is 0. From the above calculation, obtained HR index of Sport subdistrictKempas is 0.001. This figure shows that the HR index for sports in Kempas sub-district is still very low.

c) Human Resources Index of Tembilahan District

The results of observations of Sports HR obtained from various agencies show that the number and quality of Sports HR in Tembilahan sub-district are 101 people. There are 57 HR Sports for men and the rest there are 44 HR Sports for women. Of the 101 numbers there are only 69 people certified and the remaining 32 non-certifications. While there are 72 irrelevant sports human resources. First looking for the actual value, the actual value is obtained from the division between the number of human resources in an area with the population aged over 7 years who are in Tembilahan sub-district. The total number of human resources of Tembilahan sub-district is 101, and the number of population aged over 7 years at Tembilahan sub-district is 68,882 people. Then the actual value obtained is: After getting the actual value, then the next is to look for

the Tembilahan sub-district HR index using the formula above, where the maximum value is 0.0282 and the minimum value is 0. From the results of the above calculation, the Tembilahan Sports HR index is 0.052. This figure shows that the HR index Tembilahan sub-district sports are still very low.

d) Indragiri Hilir Regency Human Resources Index

From the results of the analysis conducted showed that the highest HR index was in Sungai Batang sub-district which was 0.055. Nevertheless the HR index in Sungai Batang sub-district was still in the low category, as well as in Tembilahan and Kempas sub-districts were still in the low category. Indragiri Hilir district human resource index 0.047 with a low category. The Indragiri Hilir district HR Index is far behind when compared to the HR index in Jambi city which is 0.340 (Basic and Decheline, 2017: 69).

d) Indragiri Hilir Regency Physical Fitness Index

From the results of an analysis conducted physical fitness index in three districts whose physical fitness level was measured showed that the highest fitness level was found in Kempas sub-district which was 0.252 and the lowest was Sungai Batang sub-district which was 0.157. Physical fitness index in the three districts is still categorized as low. So that the physical fitness index of Indragiri Hilir Regency is also categorized low. it can be concluded that the low level of fitness index in Indragiri Hilir Regency is influenced by several factors such as physical activity, age, sex, body mass and nutritional status .

e) Indragiri Hilir Regency Sports Development Index

Based on the results of data analysis the SDI value of Indragiri Hilir Regency is 0.063 with a low category. The low SDI was influenced by the low index of Sports HR, and the low level of physical fitness of the community in Indragiri Hilir Regency. Low HR index

So by increasing a physical fitness in an area with exercise can increase the development of sports in an area. The role of society is also very important in the development of sports in an area. With the awareness of the community to exercise it will lead to a healthy community. As described Natalia (2016: 42) public awareness to the sport contribute to the development of individuals and society of intelligent, healthy, skilled, pliers guh, competitive, prosperous, and dignified. Sports awareness can improve the intelligence of the community thinkers, the skills of a society and a dignified society . In addition, sports facilities and infrastructure are also very supportive of increasing sports development in Indragiri Hilir Regency.

V. CONCLUSION

Based on the analysis Berdasarkan results of data analysis has been done, it can be concluded as berikut: 1) Index Human resources 0,047 Keolahragaan Kabupaten Indragiri Hilir is located in the lower categories. 2) Indragiri Hilir District physical fitness index of 0.203 is in the low category. 3) The sport development of Indragiri Hilir Regency in terms of the *Sport Development Index* is 0.063 in the low category.

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