

# Sports Development Index of Berau District East Kalimantan Province

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**Abstract**—the aim of this research is to evaluate and calculate the progress of sport development in 3 categories; Sport education, Sports achievement, and recreational sports. To measure sport development, there are 4 dimension indexes which are; Open Space Dimension index, Human Resource dimension index, index of physical fitness dimensions. The main objective of this research is to evaluate all the aforementioned indexes. The research employed a survey method with the quantitative descriptive approach, data collection using the Questionnaire and Multistage Fitness Test (MFT). The research was conducted in the Berau District of East Kalimantan Province by Sampling 3 Subdistricts in the Sambaliung District, Tanjung Redep Subdistrict, and Gunung Tabur Subdistrict. The sample taken consisted of 300 people consisting of 3 groups, each sub-group consisting of 100 people, 40 children (20 girls & 20 boys), adolescent (15 girls & 15 boys) and adults (15 men and 25 women). The data analysis technique used the frequency distribution table with the data assessment tool using the sport development index in measuring open runag, human resources, community participation, and physical fitness. The result of the research of Sport Development in the Berau Regency of East Kalimantan Province shows the medium category according to norm index is equal to 0.268. The results of the study show that the number in the Berau Regency Open Space Dimension Index is 0.68. The Berau Regency HR dimension index is 0.001. Berau District Participation Index is 0.045. Index of physical fitness dimension of Berau Regency is 0.43. Conclusively, this research shows the index of open space is above the national dimension index because most of its facilities are mass sport like soccer, volleyball, badminton. The participation index is quite a bit below the national index because the motivation to exercise in the educational environment is still not optimal. The Low physical fitness index was because the community's participation was low.

**Keywords**—*sports development, index*

## I. INTRODUCTION

This The Berau District is an area of Development in the Northern Province of East Kalimantan, this area lies north from the capital city of East Kalimantan Province and also the Mainland Region and Coast. Interestingly, the area has an abundance of natural resources. The land area consists of a cluster of hills in almost all sub-districts, especially in the Kelay Sub-district which has the Batu hills Limestone with a width of nearly 100Km. In the Tubaan District, there are hills known as Bukit Padai. The Regency coastal area Berau is located in the Biduk-Biduk sub-district, Talisayan, Derawan and Maratua islands which are geographically adjacent to the oceans. Kecamatan Pulau Derawan is well-known as a tourist destination with beautiful beaches and panoramas and has

several islands such as the Sangalaki Island, with boundaries as follows: Northern side borders with the Bulungan Regency, Eastern side borders with the Sulawesi Sea, Regency of East Kutai in the south, Western side borders with Kab. Bulungan and Kab. Kutai Kertanegara. Furthermore, because of this position, the city, which is the capital of East Kalimantan province, is known as the "Equator Earth." The East Kalimantan province especially the berau regency is a coastal area with a lot of tourists visiting the area from foreign countries.

An effort to assessment the progress of sports development is necessary in each region or city to accurately measure the value of the sports development index. The index is a combination of four demands that include; the dimensions of community participation in sports activities, open spaces or public spaces that are accessible to the public for sport activities, infrastructure, and human resources (HR). From this, a region / city is said to have advanced in the development of sports, if: first, exercise participation in society is high; secondly, there are adequate of open spaces or public spaces owned by the region in terms of quantity, breadth, and variety. Thirdly, the community has good facilities and infrastructure, and fourth, the area has a Source of Human Power in quality and quantity for promoting sports.

## II. SPORT DEVELOPMENT

The Understanding of sports formulated in the National Sports System Law number 3 of 2005 article 1, paragraph 4 explained the definition of sports as all systematic activities performed to encourage, foster, and develop physical, spiritual and social potentials. The formula of this understanding is very broad, because it does not mention whether the activity is meant as a sport. The key word is all systematic activities.

Promoting physical activity (PA) in the early stages of life fosters future health benefits of the individual and his community [4]. This is commonly discussed in scientific literature, however, it remains scarce. [5] PA interventions among young people are however, evidence from low and middle income countries, considering that most of the global population lives in these conditions and almost three quarters of deaths from non-communicable diseases occur in these countries, (WHO 2013) conducting studies focused on promoting PA in these countries is a vital public health topic.

Vulnerability as a result of the low level of income results when the Human Development Index (HDI, a composite index ranging from zero to one, based on life expectancy, educational level, and standard of living) is up to 0.500. Inhabitants in these areas tend to live in poor and high risk conditions, and are more exposed to violence and have difficulty accessing education and good nutrition. [6] [7] Interventions in these highly vulnerable contexts is vital to reduce the risks centred around it. These issues can have a negative impact, hence, it is very important to assess how PA interventions works in these highly vulnerable contexts.

The orientation of sports builders is to build sports education, build sports achievements, and build recreational sports. Only then will the actual developmental goals be achieved effectively [8]. The benefits of exercise according to Hart Gemma, [9] is " Positive benefits from sport are found not only from active participation but also, it can provide lessons for skill development and work enhancement.

According to [10] he explains that the development of sport is essentially a process which provides people more access to physical activity. The development of sports enables everyone to have a chance to grow and develop both physically, mentally, and socially. According to [10], sports development is essentially a process which gives humans access to physical activities. In this case, the development is associated with efforts to create active Indonesian people and to achieve national goals, and to prosper physically and mentally.

According to [11], SDI is a composite index that reflects the success of sports development based on four basic dimensions: (1) open spaces available for sports, (2) human resources or sports personnel involved in sport activities, (3) the participation of the citizens in exercising regularly and (4) the degree of physical fitness achieved by the community.

### III. RESEARCH METHODS

In accordance with the substance and focus of this study, where the results of the development of sports is expressed through the index of data content in the form of numbers before it is described, this type of research is included in the descriptive quantitative research. According to [12], the quantitative research is performed by obtaining data in form of numbers or assumed data. The substance of the Sport Development Index has been set forth in the government's policy of sports, particularly in relation to the Minimum Service Standards of Sports as caon mamtiertt touaunser in Government Regulation No. 16 of 2007 Article 92, which provides operational explanation of the requirements of Minimum Service Standard of Sports which includes: open space for exercise, availability of sports personnel or sports human resources in the area, community participation in sports, and the level of physical fitness of the community. Therefore, to evaluate government policies related to sports development, this study also includes the evaluative research.

The type of data taken in this study is information on open space, human resources, community participation, and physical fitness of the people in the city of Berau, East Kalimantan Province. According to [13], the SDI data uses primary and secondary data. The Primary data consists of; data participation, open space, human resources, and fitness. While secondary data consists of; the population, the area, and the potential of sports. According [12], the primary data source is a source of data which directly provides data to data collectors, and the secondary data indirectly provides data to data collectors, for example through others or documents.

### IV. RESULT RESEARCH

The open space index of the research conducted is low compared to the acquisition of open space index obtained in Berau City at in 2012. However, the index of sports participation from the public increased compared to the sports participation index of the Berau City community. Furthermore, the physical fitness index of the Berau people in this research is higher compared to the acquisition of the fitness index. Acquisition index SDI of the people of Berau City in accordance with the results of this study still remains lower than the overall index of SDI of Berau City in 2012. The most striking difference of the two SDI indexes of Berau City is from the human resource index, the acquisition of human resource index in accordance with this study is very low compared to the human resources index of the Berau City in 2012.

The Human Resource dimension requires special attention to be able to cover the needs of the sports personnel in Berau City to develop sports better, either by improving the quality of the dimensions which are indicators of sports development. Although, the human resource index is the smallest index and is in need of urgent improvement, other indicators inside sports development should not be ignored. Still, it require concrete steps from the government to improve and enhance sports development indicators, especially in the City of Berau.

### V. CONCLUSION

A conclusion was drawn from the study that the index of the open space is above the index of the national dimension due to the major facilities provided are mass sports such as soccer, volleyball, and badminton. The participation index is quite a bit below the national index because the motivation to exercise in the educational environment is still not optimal. A low physical fitness index is recorded because the community's participation was little.

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