

Sports Participation Level of Freshmen of the Faculty of Sport Science

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Abstrak: Derajat kesehatan dan kebugaran fisik diperoleh dengan aktif berolahraga. Semakin rutin berolahraga, maka akan semakin bugar begitupun sebaliknya. Semakin kurang berolahraga, maka berisiko mengalami penyakit hipokinetik. Tujuan penelitian ini yaitu untuk mengetahui tingkat partisipasi olahraga mahasiswa baru Prodi Ilmu Keolahragaan FIK Universitas Cenderawasih (UNCEN) angkatan tahun 2023. Menggunakan jenis penelitian kuantitatif dengan metode deskriptif untuk menggambarkan tingkat partisipasi olahraga mahasiswa baru. Teknik pengambilan sample menggunakan total sampling yaitu seluruh jumlah populasi berjumlah 88 mahasiswa baru. Teknik pengumpulan data menggunakan indeks partisipasi dalam olahraga yaitu kuesioner yang telah valid dan reliabel untuk digunakan dengan nilai *cronbach's alpha* 0.934. Kuisisioner terdiri atas 24 item pernyataan positif dan 16 item pertanyaan negatif. Teknik analisis data menggunakan analisis deskriptif menggunakan SPSS versi 29. Hasil penelitian ditemukan bahwa indeks partisipasi olahraga mahasiswa baru Prodi Ilmu Keolahragaan FIK UNCEN ditinjau dari aspek kebutuhan dominan kategori tinggi 44.3%, aspek manfaat dominan kategori tinggi 43.2%, dan aspek sikap dominan kategori rendah 48.9%. Berdasarkan hasil analisis data disimpulkan bahwa tingkat partisipasi olahraga mahasiswa baru Prodi Ilmu Keolahragaan FIK UNCEN dominan kategori tinggi, meskipun ada beberapa sub indikator yang masih berada pada kategori rendah. Oleh karena itu, diharapkan mahasiswa FIK UNCEN meningkatkan keikutsertaan berpartisipasi dalam kegiatan olahraga dengan aktif dan terlibat dalam UKM olahraga atau bergabung di klub-klub olahraga tertentu. Hal tersebut dapat meningkatkan derajat kesehatan serta dapat mendukung Papua sebagai provinsi olahraga.

Kata kunci: Olahraga, Partisipasi, Mahasiswa Baru.

Abstract: A degree of health and physical fitness is obtained by actively exercising. The more regularly you exercise, the fitter you will be and vice versa. The less exercise, the risk of hypokinetic disease. The purpose of this study was to determine the level of sports participation of new students of the FIK UNCEN Sports Science Study Programme class of 2023. Using quantitative research with descriptive methods to draw the level of student sports participation. The sampling technique uses total sampling, namely the entire population of 88 new students. The data collection technique uses an index of participation in sports, namely a questionnaire that has been valid and reliable for use with a Cronbach's alpha value of 0.934. The questionnaire consists of 24 positive statement items and 16 negative question items. The data analysis technique used descriptive analysis using SPSS version 29. The results of the study found that the sports participation index of new students of the Sports Science Study Program of FIK UNCEN in terms of the dominant need aspect of the high category 44.3%, the dominant benefit aspect of the high category 43.2%, and the dominant attitude aspect of the low category 48.9%. Based on the results of data analysis, it is concluded that the level of sports participation of new students of the FIK UNCEN Sports Science Study Program is dominant in the high category, although there are several sub-indicators that are still in the low category. Therefore, it is expected that FIK Cenderawasih University students increase their participation in sports activities by being active and involved in sports UKM or joining certain sports clubs. This can improve health status and can support Papua as a sports province.

Keywords: Sports, Participation, Freshmen

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INTRODUCTION

Sport is all systematic activities to encourage, foster, and develop physical, spiritual, and social potential (Peraturan Presiden Nomor 86, 2021). Similarly, it is revealed that sport is all activities that involve mind, body, and soul in an integrated and systematic manner to encourage, foster, and develop physical, spiritual, social, and cultural potential (UU Keolahragaan, 2022). Sport is a form of planned and structured physical activity, which involves repetitive body movements and is intended to improve physical fitness, regular exercise can improve overall physical and spiritual health (Kardi, 2020).

The results of the 2022 Sport Development Index (SDI) reveal that the achievement of sports development in 2022 as measured by nine dimensions shows a score of 0.376, a decrease of 32 points compared to the 2021 achievement of 0.408, this achievement is included in the low category on a scale of 0.00 - 1 (Mutohir et al., 2023). This is one of the impacts of the COVID-19 pandemic that still occurs between 2020 - 2022. It was further explained that the physical fitness of students was in the "less" and "very less" categories as much as 82.7% for primary schools, 85.8% for junior high schools, and 83.9% for senior high schools. The same situation also occurs in the fitness level of the community in general, especially at the age of 30-60 years. This condition is very concerning in the midst of efforts to realise a Golden Indonesia in 2045, where Indonesia will get a demographic bonus. This study is one part of the Sport Development Index, namely participation. As we know, the Sport Development Index consists of four indicators including open space, human resources (HR), participation, and fitness (Mutohir & Maksum, 2007).

Sports participation refers to participation in conducting a sporting activity in a particular area. In this case, participating in sports can improve fitness and health. In a good and lively sports event, it will also bring many people to participate in it (Taks et al., 2018). In particular, sports participation refers to a direct role as an active sports player. Based on the explanation of participation, it can be concluded that participation is a person's participation in an activity voluntarily to achieve certain goals. Sports teach a person to be disciplined, obey the rules, the spirit of sportsmanship, not easily give up, have a high competitive spirit, the spirit of cooperation, understand the rules, and dare to make decisions. In other words, sports will form an individual with a healthy personality (Kardi, 2020).

Some of the factors that influence sports participation are knowledge factors, motivation factors, social factors, and environmental factors. (Arsa, 2022). It is further explained that someone who has knowledge about exercise has an awareness of the importance of exercise to maintain physical and spiritual health. Based on this, they can recognize their own physical condition and do physical activity or exercise according to the right dose. Another opinion reveals that exercise can improve the functional ability of cells, as well as improve the functional ability of individuals (Kardi et al, 2022). In addition to the physical aspect, the psychological aspect is also maintained by actively participating in sports. Various studies have focused on the most dominant psychological abilities possessed by someone who regularly participates in sports (Ita et al, 2022). Sport plays an important role in the development of psychological functions

such as courage, confidence, loyalty, patience, discipline, and speed of thought processes (Dewi et al, 2017). Psychological skills are important because psychological conditions are thought to affect performance in sport and vice versa (Kardi & Dimyati, 2017).

Based on this, it is expected that every IKOR FIK UNCEN student has a high level of sports participation. Therefore, it is necessary to conduct research to determine the level of sports participation of freshmen class 2023 of the IKOR FIK UNCEN study program because the level of sports participation of freshmen class 2023 of the IKOR FIK UNCEN study program is not yet known.

METHODS

This study uses descriptive quantitative research with the expost facto method, which is to reveal the level of sports participation of new students of the Sports Science Study Program, FIK UNCEN, which has been cultivated for a long time. The population in this study were all new students of the 2023 batch of Sports Science Study Program, Faculty of Sports Science, Universitas Cenderawasih (UNCEN), totalling 89 students. The sampling technique in this study used total sampling technique, so that the sample amounted to 88 students. The data collection technique used a sports participation index questionnaire instrument. The research instrument was adopted from the results of research (Purwani, 2016) A questionnaire consisting of 40 statement items covering the three main components of needs or interests, benefits, and attitudes can be used to collect data on the sports participation index. The questionnaire was valid and reliable for use with a Conbach's alpha value of 0.934. The questionnaire consisted of 24 positive statement items and 16 negative question items. The data analysis technique was carried out through several stages, namely checking the completeness of several questionnaires filled in by respondents, giving weighted values for questionnaire answers, compiling values and calculating questionnaire scores, tabulating data, namely the process of grouping data by adding up and then entering data into tables so that the data is known for its frequency, and analysing data, namely the process of analysing data using statistical tests which aim to interpret the data so that conclusions can be obtained.

RESULTS AND DISCUSSION

Results

The research was conducted on new students of class 2023 of the Sports Science Study Programme of FIK UNCEN. From a sample of 88 students identified using the sports participation index instrument after being analysed, the results showed that the characteristics of respondents included 59 male students and 29 female students. In addition, the data showed that the average age of respondents was 19 years and 4 months, the average height was 160.5 cm, the average weight was 60.1 kg, and the average BMI was 23.7 (normal). Respondents pursued eight sports, namely athletics 5.7%, basketball 5.7%, volleyball 20.5%, badminton 3.4%, rowing 1.1%, futsal 10.2%, hockey 2.3%, and football 51.1%. Based on this, it can be concluded that the respondents are predominantly male and predominantly pursue football. Quantity data can be seen in table 1 and table 2.

Table 1. Characteristics of Respondents

Gender	F	Means			
		Age	Height (cm)	Weight (kg)	BMI
Male	59	19 year 4 months	160.5	60.1	23.7 (normal)
Female	29				
Total	88				

Table 2. Characteristics of Sports Branch

Sports Branch	F	%
Athletics	5	5.7
Basketball	5	5.7
Volleyball	18	20.5
Badminton	3	3.4
Rowing	1	1.1
Futsal	9	10.2
Hockey	2	2.3
Football	45	51.1
Total	88	100

Based on descriptive analysis, the results show that the level of sports participation of new students of class 2023 of the IKOR FIK UNCEN study programme is dominant in the high category. The level of sports participation is obtained from three main indicators including the dominant need indicator in the high category of 44.3%, the dominant benefit indicator in the high category of 43.2%, while the dominant attitude indicator in the low category of 48.9%. Based on this, it can be concluded that in three indicators there are still those in the low category, so that interventions need to be made to increase the level of participation in the high category in all indicators. The complete analysis results can be seen in table 3.

Table 3. Sports Participation Level Based on Indicators

Index	Indicators	Category	F	%
Sports Participation Level	Necessity	Very High	5	5.7
		High	39	44.3
		Low	34	38.6
		Very Low	10	11.4
		Total	88	100.0
	Benefits	Very High	9	10.2
		High	38	43.2
		Low	29	33.0
		Very Low	12	13.6
		Total	88	100.0
	Behaviour	Very High	5	5.7
		High	37	42.0
		Low	43	48.9
		Very Low	3	3.4
		Total	88	100.0

Analysis of the level of sports participation was also carried out on sub-indicators and the results obtained in the dominant needs indicator in the high category included sub-indicators of health 45.5%, recreation 37.5%, and achievement 36.4%. in the

benefits indicator, the dominant results were obtained in the low power sub-indicator 37.5%, very high friendship 39.8%, and high satisfaction 55.7%. in the attitude indicator, the dominant results were obtained in the low club sub-indicator 45.5%, very high championship 33%, and very high attitude 39.8%. The complete analysis seen in table 4.

Table 4. Sports Participation Level Based on Sub Indicators

Index	Indicators	Sub-Indicators	Category	F	%
Sports Participation Level	Necessity	Health	Very High	6	6.8
			High	40	45.5
			Low	36	40.9
			Very Low	6	6.8
		Recreation	Very High	8	9.1
			High	33	37.5
			Low	19	21.6
			Very Low	28	31.8
		Achievements	Very High	30	34.1
			High	32	36.4
			Low	20	22.7
			Very Low	6	6.8
	Benefits	Authority	Very High	10	11.4
			High	34	38.6
			Low	39	44.3
			Very Low	5	5.7
		Friendship	Very High	35	39.8
			High	24	27.3
			Low	23	26.1
			Very Low	6	6.8
		Satisfaction	Very High	16	18.2
			High	49	55.7
			Low	18	20.5
			Very Low	5	5.7
	Behaviour	Club	Very High	0	0
			High	30	34.1
			Low	40	45.5
			Very Low	18	20.5
		Championship	Very High	29	33.0
			High	20	22.7
			Low	20	22.7
			Very Low	19	21.6
		Attitude	Very High	20	22.7
			High	29	33.0
			Low	35	39.8
			Very Low	4	4.5

Discussion

Based on data analysis, it is obtained that the level of sports participation of new FIK Cenderawasih University students in terms of indicators of dominant needs is in the high category which includes health, recreation, and achievement. This happens because

of students' knowledge about the importance of exercise in supporting health. In line with what is stated that the knowledge factor about the importance of sports to maintain physical and psychological health raises awareness to live actively and make sports a necessity (Arsa, 2022). In addition, various research results reveal that active exercise with moderate intensity can increase endurance (Abidin & Yuliasrid, 2022). Physical activity level is an indicator of whether a person is active or inactive (Hasan et al, 2023). Routine healthy and active lifestyle can strengthen muscles, minimize joint and muscle stiffness, and control the flow of nerves and glands, rejuvenate body cells, increase immunity or immunity so as to avoid the risk of hypokinetic disease and also in social life can help control emotional levels (Subekti et al., 2021). Routine exercise such as running, playing badminton, football, and gym or strengthening exercises is one of the efforts to prevent degenerative diseases and improve the degree of life (Kardi et al, 2020).

In the benefits indicator, the dominant results of the high category include power, friendship, and satisfaction. This is because new students of FIK Cenderawasih University feel the benefits of sports in addition to maintaining physical health, but also can build social relationships with others. In this study it was found that the benefits of friendship became a very high motive to motivate participation in sports activities. In addition to these benefits, the benefits of satisfaction also play an important role in encouraging students to participate in sports. In line with what is stated that doing sports activities that are of interest, routinely carried out accompanied by a sense of joy will get a sense of satisfaction after exercising (Abidin & Yuliasrid, 2022). Measured and programmed exercise, and balanced nutrition are important factors for maintaining immunity, exercise can improve the ability of the heart, lungs, and blood vessels, and aims to prevent heart disease, high blood pressure, and stroke (Saputra, 2020).

The dominant attitude indicators in the low category include clubs, championships, and attitudes. Basically, attitude is one of the psychological aspects that forms a pattern of thinking in each individual that affects the activities that will be carried out in everyday life. The results of previous research reveal that community sports participation is seen when there are sports events organised by the government, the private sector or the community (Amar, 2020). Other research has also revealed that the level of participation in exercise is still low in Banyuwangi Regency (Setiawan et al., 2019).

The government seeks to improve human resources by improving the quality of life, including health, fitness and productivity through sports. In Presidential Decree Number 86 of 2021 concerning the Grand Design of National Sports, one of the visions for 2045 is to realise a healthy Indonesia with 70% of the population actively participating in exercise 3 times a week with a minimum duration of 60 minutes, so it is expected that 60% are in good condition (Peraturan Presiden Nomor 86, 2021). The target of 70% public participation in sports by 2045 is gradually being achieved. In Permenpora No. 6 of 2022 related to the DBON roadmap, participation is expected to reach 37% by 2023 and up to 40% by 2024 (Subagia, 2023).

CONCLUSIONS

Based on the results obtained through this study, it is concluded that the level of sports participation of new FIK UNCEN students is dominant in the high category. However, there are some aspects that are still low. So it is hoped that future research can be directed at methods to increase student participation in sports, especially participation in the club of each sport.

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