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Effect of SP3OR on Increasing Community Participation in Sports (APMO)

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Abstract

The level of physical activity is the initial gate of a person's potential to have a group of fitness and health. The importance of physical activity has led to the development of various studies, one of which was the birth of multiple programs designed to increase the participation of the sports community, such as the Undergraduate Program for Driving Sports Development (SP3OR). To determine the effectiveness of the SP3OR program, measurements were made with the Community Participation in Sports (APMO) indicator. The SP3OR program was carried out by involving 110 instructors divided into 27 districts/cities. The instructors provide treatment through exercise campaigns and joint sports in selected Villages/Kelurahan. The results showed an increase of 2.4%. In the calculation of the significance test with the T-test method, the result is 0.005, which means there is a significant change. The results of this study explain to the government at the Regency/City level, Province to the Central station, that the SP3OR program significantly impacts the community by increasing public interest in sports. Thus, it is hoped that it can be an example for other regions to implement programs that aim to increase the level of physical activity through sports which will ultimately have an impact on minimizing the risk of developing degenerative diseases.

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INTRODUCTION

The level of physical activity has become the most discussed issue in Indonesian research in the past five years, as evidenced by the many publications related to physical activity by Indonesian researchers. This is due to the large impact of physical activity on the community's risk of disease (Lin & Sakuno, 2020; Lippke et al., 2021; Nascimento-Ferreira et al., 2018; Vert et al., 2019). Data on Indonesia's physical activity is still low compared to the provincial average in Indonesia, the lowest experienced by provinces with large populations, such as West Java (Apriantono et al., 2021; Hasan et al., 2020; Iskandar & Ramadan, 2019). The low level of physical activity is in line with the quiet Sports Community Participation Rate (APMO). The impact of low APMO can potentially increase the risk of disease the community suffers.

Various studies have stated that exercise habits directly impact the level of physical activity and reduce the risk of illness (Braith & Stewart, 2006). However, increasing public interest in sports requires collaboration between sectors, starting from the government, private industry, community, academia, and the community. This is evidenced by the American government, which has succeeded in increasing public interest in sports through various types of sports promotion to the public (Parks et al., 2003). In addition, other impacts can reduce the obesity rate that has occurred more than the last ten years. To increase APMO, the public needs to be introduced to various ways, ranging from the promotion of interesting sports to the presence of accompanying instructors or regular exercise schedules in their environment.

Given the community's need to improve APMO, a program that stimulates the community to exercise is prepared through the Undergraduate Program for Supporting Sports Development Drivers (SP3OR), which the West Java Provincial Youth and Sports Office initiated. On the other hand, there needs to be a simple program that seeks to increase APMO, making this research a pilot for districts/cities or nationally. So to find out the effectiveness of SP3OR in improving APMO, a study was conducted to contribute to and answer the community's need for interest in sports. It is necessary to research the effectiveness of the impact of SP3OR on increasing APMO, which in the end, the SP3OR program can become a reference for other regions such as districts/cities or even nationally, so this research was conducted to answer the needs of the community. Literature sources are highly recommended from primary sources (articles).

METHODS

The sample participants in this study amounted to 18,115 respondents, with an average age of 36.9 years. The sample selection was made randomly, with inclusion criteria in the form of being officially registered as a resident of West Java, domiciled in West Java, and physically and mentally healthy. Furthermore, the exclusion criteria include many activities outside West Java and work or study outside West Java.

Recruitment is done randomly by SP3OR staff. The place selection process is adjusted to the six criteria specified in the APMO among students, PNS/TNI/POLRI/BUMN, Private Employees/Entrepreneurs, Farmers/Fishermen, and others. While preparing to carry out the program, SP3OR staff are provided with assistance and briefing, so they have the same understanding of doing treatment in the community.

The quasi-experimental method (Ramadan & Juniarti, 2020), with treatment in the form of a joint exercise program at least once a week in the West Java region, with SP3OR instructors with a Bachelor of Sports background totaling 110 people, with an average age, divided into 27 districts/cities. The research was carried out for several months.

Measurements were carried out using the APMO questionnaire, which was distributed to the community, in the self-identity questionnaire, followed by the main question. The main question consists of several questions. In the SP3OR work program, the initial test was carried out in 2020, and the second test was carried out in 2021. The study results were tested using the T-test method to determine the significance of the impact of SP3OR.

FINDINGS AND DISCUSSION

The data collected shows that the sample has an average age of 36.98. From the amount of data, a significance test was carried out, which showed a significant increase in the APMO of the people of West Java after being treated by SP3OR for eight months.

Respondents involved in this study amounted to 18115 people, which were divided into six professional backgrounds, such as Entrepreneurs 17.30%, PNS/TNI/Polri/BUMN 16.30%, Private Employees 17.18%, Students/Students 17.86 %, Farmers/Fishermen 14.47%, and 16.89% outside the profession. Professions that make up the majority of this study are students. Furthermore, in the results of testing in 2020 and 2021, there are significant differences for the better.

Another result that showed the difference in APMO before and after treatment showed an increase of 2.4%; in the T-test significance test, it was stated that the increase was significant or <0.005. Before the treatment, the APMO data was 47.3%, and after the treatment, the APMO was 49.7%. Details of the data are shown in table 2.

Findings

Results can be presented in tables of figures, graphs, verbal descriptions, or a combination of the three. Tables, graphics, or images may be a manageable length or too many. The writer should use variations in the presentation of tables, graphs, or verbal descriptions. The tables and graphs presented must be referred to in the text. How to write a table is shown in Table 1. The table does not contain vertical lines (vertical) and horizontal lines (flat), only in the head and tail of the table. The size of the contents of the tables and figures may be reduced.

Table 1 Profile Respondents

Work	Respondents	Percent
Entrepreneur	3133	17,30
PNS/TNI/Polri/BUMN	2953	16,30
Employee Company	3113	17,18
Student	3235	17,86

Tabel 2 T-Test

Paired Samples Test									
		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	X1 - X2	-43.185	64.484	12.410	-68.694	-17.676	-3.480	26	.002

Discussion

The effectiveness of SP3OR in increasing APMO can be seen from the significance of the results of the initial and final tests; there is an increase of a certain percentage which shows the positive impact of SP3OR activities. These results further strengthen previous research, which states that environmental factors strongly support a person's habits for physical activity (De Meester et al., 2014; Ivanova & Korostelev, 2019; Limstrand, 2008; Vert et al., 2019; Ramadan et al., 2020). The environmental factor in the context of this research is creating a supportive environment for exercising through routine activities of SP3OR staff who organize sports schedules together with residents on work days (Saturday and Sunday) and on weekdays (Monday to Friday). Another thing that supports the successful treatment of the community is the instructors' educational qualifications helping achieve significant results (Friskawati et al., 2020; Limstrand, 2008). All of the instructors in the study with a minimum educational background of a Bachelor's degree, which made the instructors more acceptable to the community and made people more enthusiastic about exercising.

In addition, the majority of samples whose backgrounds are students and entrepreneurs make it easier for the instructors to adjust their exercise time; this is an important factor in the success of the program (Ciglič et al., 2012; Kang & Lee, 2022; Marlier et al., 2014; Myburgh et al., 2021; Walker et al., 2018). Students have free time in the afternoon, in line with the SP3OR program, which includes afternoon exercise; then, entrepreneurs have more flexible time to exercise when they receive education from the instructors regarding the importance of exercising.

Another impact of the significant results of SP3OR is that there is a routine schedule of exercising at least once a week. In contrast, instructors schedule exercise activities together three times a week. This is what makes exercise faster and bigger in society. Another effect of the program routine and the many repetitions of the program is the increase in people's fitness levels. Research shows that a person's fitness will increase if you exercise regularly one week, two to

four times a week (Braith & Stewart, 2006). The World Health Organization (WHO) recommended this, which stated in its official length (https://www.who.int/news-room/fact-sheets/detail/physical-activity), that people are expected to exercise regularly for one week or two. Up to three times a week with a duration of exercise ranging from 30 to 60 minutes each.

Another benefit of this research is that it answers the government's need to solve the problem of low levels of physical activity, which the Ministry of Health has explained through the 2018 Basic Health Research report. This research is expected to be evidence that the SP3OR program has a positive impact on increasing public interest in exercising. Indicated by an increased APMO. SP3OR is expected to be an example for other regions to implement programs to increase community participation in sports.

CONCLUSION

SP3OR has a positive impact on increasing community participation in sports, as indicated by better apmo results when compared to the initial and final tests. Instructors who go to the village/kelurahan are very effective in building an attractive sports culture, besides that the regular exercise program has succeeded in becoming a culture and habit of the community so that apmo increases.

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