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AN EVALUATION OF GOVERNMENT POLICY AND PROGRAM ON SPORTS AND SPORT CULTURE IN BANDUNG

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Abstract: *The establishment of a sport culture cannot be separated from the policy made and enacted by the regional government. The realisation of a sport policy might come in the form of sport programs, accessibility and easiness for the community to do sports. This research aims to discover whether government policy has any real impact on the sport culture of Bandung society. The data was collected through a survey of 15 mixed-gender groups, which included 890 people. The samples were set based on proportionate cluster sampling. The research showed that Bandung sport culture, which was viewed based on the frequency, intensity, duration and habit, was far from expectations, therefore it is highly recommended to integrate sports into societal culture. It was also found that the respondents were in poor physical condition, thus there is good reason to integrate sports more into people's lifestyle.*

Keywords: *Sport policy, sport program, sport culture, physical fitness.*

1. INTRODUCTION

The positive impacts of doing physical activities or sports have been recognised by many countries, both individually and communally (Bailey R., et al., 2009; Martin K., 2010; Suherman A,. 2013; Cooper K., 1982). On an individual level, sport activities can lead to a healthy lifestyle, reducing tension or stress, increasing productivity and competitiveness and shaping pro-social attitudes and behaviours. Meanwhile, in a community development context, sports can build a community with high "social capital" and good communication between members of the community due to the contact/relationship built from communal activities (sports).

Considering sports have many benefits, and not doing enough sports can have negative impacts (WHO, 2007), the issue of sports as an activity that belongs to everyone without exception, based on the equality principle (2005 Law on National Sport System) and equality of rights, is a goal that has been promoted for a long time (Suherman A., 2011a). In 1978, UNESCO launched a declaration that supported sports as part of human rights. With a similar spirit, the Charter

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from the International Olympic Committee (IOC) emphasized that sports is part of human rights, just like the right to education. This movement is often referred to as "sports for all".

This movement is developed in every country in the world under different names. Norway uses "trim", while Australia says "Life Be in It" and Mexico says "Deportito" (Siedentop, 1990), and Indonesia says "socialising sports, and exercising the society" (Komnas Penjasor, 2009). However, every country has the same principle: "access to sports is a basic right for every person".

The Sports for All policy in Indonesia was enacted in 1983 and realised through exercising the society and socialising sports. It was received well by the community, apparent with a number of sport activities such as the many series of Indonesia Morning Exercise (*Senam Pagi Indonesia*), aerobics, *Poco-Poco* training sequence, *Krida*/ Sports Day, recreational and traditional sport programs, school physical exercise programs, community sport development (CSD), school sport development (SSD), etc.

However, the various activities that represented the Sports for All policy are rarely seen anymore, or have even ceased to exist. If this is the real condition, and there are no attempts to solve the problem, the negative impact of the lack of exercise in society will pose a threat in the future. This research attempts to find a solution by exploring the active lifestyle pattern of the society by researching the policy on sport socialisation in the community. This research is intended to fill the gap in sport culture program evaluation, reflected in the active participation of community members on every level and agency, especially in Bandung, West Java, which still doesn't have empirical data that can be used as a reliable reference.

2. METHOD

This research used the survey method of 15 communities in Bandung, with a number of male and female respondents as follows:

Table 1
Sample distribution which was based on community groups in Bandung

No	*Community Group*	*Male*	*Female*	*Total Samples*
1	BUMN	40	40	80
2	Provincial Education Agency	20	20	40
3	Provincial Sport Agency	10	10	20
4	Provincial Health Agency	20	20	40
5	State University Non-Sport Lecturers	21	20	41

No	*Community Group*	*Male*	*Female*	*Total Samples*
6	Private University Non-Sport Lecturers	10	10	20
7	State University Sport Lecturers	19	20	39
8	Private University Sport Lecturers	10	10	20
9	State University Non-Sport Students	50	50	100
10	Private University Non-Sport Students	50	50	100
11	State University Sport Students	58	42	100
12	Private University Sport Students	50	50	100
13	Factory	25	25	50
14	Provincial Government	20	20	40
15	Public Area	51	49	100
	Total	*454*	*436*	*890*

The determination of sample number was based on proportionate cluster sampling by still considering the affordability and availability of population number in every group. Meanwhile, sample determination in each group was based on simple random sampling. Based on such consideration, 890 respondents were collected, as detailed in the table above.

Data collection was conducted by a team who had been trained and briefed, consisting of 21 members. The 21 surveyors collected data in each sample group. Data collection of a group with more than 80 respondents was done by 2 surveyors. Before submitting results to the research team, each surveyor must inspect the data in each questionnaire to avoid any missing items or contradicting answers. The surveyor must talk to the respondent again if there's a need to revise the data or if wrong answers were found.

The instrument used in this research was a sport habit survey questionnaire (Komnas, 2011). This instrument consisted of three information groups, including guides for filling the form, identity of respondent and information regarding sport habits. In the sport habit section, there were questions on frequency, intensity, duration, beginning time of a sport routine, type of sports/physical activities, purpose of doing sports, challenges in doing sports, availability of sport facilities and infrastructure and access to sports. Before it was applied, the face and content validity of this instrument was tested by experts.

The data from each questionnaire was entered into a MS Excell format and coded and categorised to be analysed descriptively and comparatively by using the SPSS program version 19. Next, the output of the SPSS program was interpreted. The analysis was conducted specifically to discover: the proportion of respondents who had participate in sports activities in the previous week (total, per employment group and per gender) and the comparison; Sport sufficiency (frequency, intensity,

time) of each group and the comparison; Types of sports that are usually chosen by the community; Main purpose of the community to do sports; Community perception of the availability of sport facilities; and Community perception of the opportunities equality to do sports.

3. RESULTS

Based on the data processing and analysis mentioned above, the profile of Bandung societal habits in doing sports is as follows:

Table 2
The Profile of Bandung Societal Habits in Doing Sports

	Sport Criteria	*Number*	*Percentage*
1	More than 3 months since last doing sports	663	74.5%
2	More than 3x/week frequency	255	28.6%
3	With a duration 20 minutes or more	253	28.4%
4	Medium to high intensity	237	26.6%

- Bandung community (respondents) who had the habit of doing sports and fulfilled criteria number 1 (more than 3 months since last doing sports), number 2 (more than 3x/week frequency), number 3 (with the duration of 20 minutes or more) and number 4 (medium to high intensity) in total reached 26.6%.
- The percentage of the Bandung community who fulfilled criterion number 1 was 74.5%, however if it was observed based on gender, the percentage of male respondents in criterion number 1 was 82.2%, while female was 66.5%.
- The percentage of Bandung community who fulfilled criteria number 1 and 2 was 28.6%, however if it was observed based on gender, the percentage of male respondents in criteria number 1 and 2 was 38%, while female was 19.2%.
- The percentage of Bandung community who fulfilled criteria number 1, 2 and 3 was 28.4%, however if it was observed based on gender, the percentage of male respondents in criteria number 1, 2 and 3 was 34.6%, while female was 22.2%.
- The type of sports conducted the most by the respondents was walking or running (34%). Football was second choice (17%), while third choice was exercise or aerobics (12%) and fourth choice was badminton (11%). Other types of sports were under 10%. In gender context, men tended to choose football (31.1%) and walking/running (2.3%), while women chose walking/running (40.4%) and exercise/aerobics (22.2%).
- Respondents chose health (47%) as the purpose of doing sports, while there was 38% who chose achievement as their purpose. Other purposes were under 10%. In gender context, men tended to choose for health purpose (40.3%) and

achievement purpose (41.9%), while women chose health as their purpose (54.1%) and 33.0% for achievement purpose.

- The main hindrances that stopped respondents to do sports were no time (46%), tiredness (25%) and because it's integrated to work routine (13%). In gender context, the main hindrances for men were no time (46%), tiredness (26%) and because it's integrated to work (11.5%). For women, the main hindrances were no time (46.3%), tiredness (24.3%) and because it's integrated to work (14.7%).
- Sample responses on the availability of sport facility and infrastructure, in general the responses were inadequate (54%), no idea (26%) and adequate (19%). In general, there wasn't any difference between the male respondents' answer pattern and the female respondents' on this issue, which was dominated by "adequate". In gender context, men responded "adequate" as much as 18.5% and 55.9% for "inadequate". Meanwhile, women responded "adequate" as much as 18.6% and 51.6% for "inadequate".
- The question of access to sports received a percentage of 22% "Yes" response, 54% "No" response, and 23% "No idea". In gender context, 22.9% of the male respondents said "Yes", while 21.1% of the female respondents said "Yes".
- A quite surprising finding was in the physical fitness level of the respondents which was in the "very poor" category with the average score of male VO2 Max of 30.67, below the minimum limit of "very poor" category for men, which is 35; and the average score of female VO2 Max was 24.27, which is below the minimum limit of the "very poor" category for women, which is 25. In other words, the physical fitness of both male and female respondents was in the very poor category. In the education level context, male primary students had an average VO2 Max of 22.26 and 21.43 for female primary students; male junior high school students had an average VO2 Max of 31.27 and 24.71 for female students; male high school students had an average VO2 Max of 38.48 and 26.66 for female students. The physical fitness level of both male and female high school students is the best, compared to others, however it's still considered inadequate.

4. DISCUSSION

The findings in the research revealed that the physically active lifestyle of Bandung community was considered in the low category. This condition is reflected by the accumulated level of physical fitness of both male and female respondents, which was considered very poor. This result is not very different to the current general condition of Indonesian society and in previous years.

The percentage of communal participation in sports from year to year is relatively low, and it correlates negatively with age increase (Ditjora, 2006; Suherman

A., 2011b). The percentage of physical activity in 2007 was 48.2%, and as a result, the Health Minister at the time, Endang Rahayu Sedianingsih, said that more than 43 million children under school age were overweight.

This statement was relevant to Mexitalia's (2010) research, explaining that the increase in obesity prevalence in the last three decades of primary school students in several Indonesian cities was around 2.1-25%. Furthermore, Ditjora's (2006) research revealed a very concerning level of the people's physical fitness in Indonesia. Less than 20% of Indonesians had medium to higher level of physical fitness.

Indonesia is now listed in the 6 Asian Countries, along with China, India, Japan, Pakistan and Bangladesh, with the prevalence of hypokinetic diseases, which include heart disease, obesity, diabetes and certain types of cancer (Chin Ming, 2008). On a global level, the death rate reaches 60%, with 58 million deaths per year.

The Indonesian Health Minister, in 2010, stated that the percentage of deaths from non-infectious diseases had risen continuously, from 41.7% (1995) to 49.9% (2001), and 59.5% (2007). The number one cause of death was stroke (15.4%), followed by hypertension, diabetes, cancer and chronic obstructive lung disease.

This condition has the tendency to continue and if no solution is found, the negative impact of less physical activities will create more loss in various aspects of life, both individually and communally. On the contrary, active lifestyle illustrated with participation in sports is an important factor that determines health, welfare and work productivity. Weakening physical abilities in old age is mostly determined by factors related to lifestyle, such as smoking, alcohol consumption, diet, environment and mainly the habit to engage in physical activities. As stated in the US Department of Health and Human Services document (1996:1), "Successful aging is largely determined by individual lifestyle choices and not by genetic inheritance". And also, in promoting active lifestyle in adolescence, it was also stated that "No one is too old to enjoy the benefits of regular physical activity".

To gain maximum positive impact of a physically active lifestyle, Sallis (1994) at the international conference of Physical Activity Guidelines for Adolescents recommended physical activity target for people in 2000 as follows:

> all adolescents...be physically active daily, or nearly every day, as part of play, games, sports, work, transportation, recreation, physical education, or planned exercise, in the context of family, school, and community activities" and that "adolescents engage in three or more sessions per week of activities that last 20 minutes or more at a time and that require moderate to vigorous levels of exertion.

Following the recommendation, the US government set a target titled Healthy People 2000, which said "Every US adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week",

(Pate, et.al, 1995: 1). This statement was enforced even more in the guide for physical activities, "in order to achieve health benefits, American adults should try to accumulate 2 ½ hours per week of moderate physical activity (or 1 1/4 hours of vigorous activity) and engage in activities that strengthen the major muscles of the body twice per week"(Moore, 2009: 2). In the US and Canada, the government launched a program called the Presidential Active Lifestyle Award + Nutrition (PALA+) to integrate an active lifestyle into the society.

Making a habit of doing physical activities can increase health and the quality of life, bodily functions in middle age and gain preventive benefits against non-infectious diseases in old age (Brown, Burton and Heesch, 2007). Moderate physical activities for 30 minutes with a minimum frequency of 4 times per week can reduce the possibility of cardiovascular diseases, diabetes and several types of cancer. Moderate physical activities can also prevent the possibility of joint inflammation (Brown, Burton & Rowan, 2007). Next, the US Department of Health and Human Services (1996) said that vigorous physical activities for people in the 50s would give significant benefits to the decreasing bodily functions in old age.

As an addition, moderate physical activities are equal to 3-4 MPH (miles per hour) of fast walking. One mile is equal to 1.609 km, which means the required speed should be around 4.5-6.5 km/h, equal to 100-130 steps per minute.

Meanwhile, in Australia, the target of child participation in physical activities is 60 minutes per day, however, as explained in Martin (2010:4) that nearly three quarters of children (68%) do not meet national physical activity recommendations of 60 minutes of physical activity each day.

Relating to physical activities in Indonesia, the Indonesian Health Department (2008) said that participation in physical activities included activities conducted by people aged 15 or older in the range of "heavy", "moderate" or merely walking for at least 10 minutes nonstop in every activity and an accumulation of ≥ 150 minutes for 5 days each week.

5. CONCLUSION

The sport culture in Bandung observed based on the frequency, intensity, duration and sport habits did not fulfil the expectation, therefore socialising sports to the community is an important recommendation in this research. Another reason to take on this recommendation is the very poor physical fitness of respondents in the research.

Sport socialisation that is rooted in people's activities can be done through the development of sport access and activities, such as walking and running, football and futsal, badminton and aerobics (calisthenics). The socialisation should be conducted in the society and school environment because students were found to

have low physical fitness as well. School is a strategic place for sport socialisation, considering the children will become the next generation who will become the future leaders.

Policy development and implementation of sport facilities and access must be continued as a part of sport socialisation in the community. Sport socialisation can be in the form of Community Sport Development (CSD) in every office and general public, and School Sport Development (SSD) in every school.

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