

Increasing Participation in Recreation Sports Using the PAKTIF Model

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Abstract: This study aims to develop and assess the PAKTIF model in increasing the participation in recreation sports. This research was conducted in two phases: preparation phase aimed at developing PAKTIF model and tryout phase to test the model on small, medium, and large groups. This development research employed the mixed-methods sequential explanatory design. Quantitative data were collected using assessment sheets, and qualitative data using observation and interviews. The obtained data were analyzed using an interactive model. It was revealed that the average result of tryout on small group was 66.9, on medium group was 72.7, and on large group was 79.6 (can be categorized good). The results of quantitative data analysis showed that there was a change in training provision by using PAKTIF (Indonesian: *partisipasi aktif*; lit: active participation) model using PPLS (Indonesian: *pendidikan, promosi, layanan, dan stakeholders*; Lit: education, promotion, service, and stakeholders) module. It was also revealed that the PAKTIF model manifested into PPLS module can be applied and deemed practical by the executive members of Indonesia Sport for All Federation (FORMI), club, and sports communities. It was concluded that the developed PAKTIF model with PPLS was valid, practical, and effective tool and procedure to increase recreation sport participation in Sidoarjo.

1 INTRODUCTION

Sports is a component to measure national fitness. Therefore, the government, as stated in Law No. 3 of 2005 on National Sporting System, divides sports into three categories: achievement sports, education sports, and recreation sports in order for the society to choose the types of sports based on their liking. This division is also to inform the society about the types of sports based on their purposes.

Sporting achievement can actually be seen in how big the participation of the society is. As stated by Pereira and Mutohir (2011) in a sports seminar organized by the Australian Embassy in cooperation with the Indonesian Olympic Committee, "the key to sporting achievements is the community participation in sports." To compare, based on a study conducted by Sport Development Index in 2007, 80% of Australia's population participated in sports, and it was only 24% in Indonesia.

Indonesians are not really aware of the importance of healthy life. This is indicated by their low interests in and appreciation towards sports. Their sports participation has even been declining

over time. Studies showed that in the periods of 2003, 2006 and 2009, the community participation in sports in Indonesia continued to decline, from 25.4% to 23.2 to 21.8% respectively. This decline took place both in rural and urban areas. Thus, it is necessary to increase their sports participation.

Students who participate in sports at least 1-2 times a week can improve their academic and social achievements (Van Boekel M et al., 2015). There is a positive correlation between sports participation and vigilance in children (Ballester Rafael et al., 2017). Sport participation has a positive effect on strength parameters in elementary school students aged 13-14 because muscle hypertrophy and muscular strength improvement can improve the quality of healthy life (Melekoglu, Tuba, 2015). Nambaka, et al., (2011) suggest that the elderly sports participation in Eldoret West, Kenya is still low (18%). Men with children, especially little children, spend less time on sports than those without children (Pot and Keizer, 2016). In China, the traditional sports Tai chi, Qigong, and Yangko provides many benefits for Chinese adults aged 50 and above (Guo, et al., 2016). According Eime et al.

(2014), women's participation in sports clubs or recreation is lower than men's. Sports and recreation have a positive influence on the quality of life. Hence, the availability of sports facilities can affect the community economy (Brown, et al., 2003). Human factors are also very important (Kaprinis, et al., 2013). The above studies imply the importance of sports participation for individuals and communities.

Considering the importance of sports, the government obliges the community to do sports, as stated in Law No. 3 of 2005 Article 24. Everyone is required to do sports because it can improve health, fitness, happiness, and work productivity.

The result of Luqman's (2016) study, revealed that community sports participation in Sidoarjo is below 20%. It can be inferred that it is necessary to raise community awareness of sports, both as doers and observers. As firmly stated in the mid-term development plan (RPJM), one of the 2019 development goals is to increase the sports participation of the community aged 10 and above from 25% to 35%.

2 METHODS

This development research employed the mixed-methods sequential explanatory design (Abbas and Charles, 2011; Miles, Huberman, and Saldana, 2014).

2.1 Research Procedure

The research was conducted in two phases: (a) developing the PAKTIF model to increase community participation in recreation sports at the Sidoarjo FORMI and (b) testing the effectiveness, efficiency, and practicality of the PAKTIF model in increasing community participation in recreation sports at the Sidoarjo FORMI.

2.2 Population and Sample

The research population were all executive members of the Sidoarjo FORMI and of its affiliated sports, from which 60 samples were selected.

2.3 Technique of Data Analysis

The research data were analyzed using a descriptive quantitative analysis because the obtained data were the assessment results from the executive members

of FORMI, sports clubs, and recreation sports community. The result of observation and interviews were analyzed using Miles and Huberman's (2014) descriptive qualitative interactive model. Thus, the research report will present a comprehensive data analysis results.

2.4 Research Instruments

Revision sheet, Assessment sheet, Observation sheet, and Interview guidelines.

3 RESULTS AND DISCUSSION

3.1 Results

The first phase of the research was the PAKTIF model validation. The result of validation by three experts showed that the PAKTIF model was applicative. The validation by five practitioners suggested that no revision was needed. It was then developed a PAKTIF model that was ready to be tried out on the executive members of the Sidoarjo FORMI and its affiliated sports club and sports communities.

The second phase was tryouts on small, medium, and large groups. The result of tryout on small group is presented in Table 1. The result of tryout on medium group is presented in Table 2. The result of tryout on large group is presented in Table 3.

Table 1: Result of tryout on small group.

| Name | Score |
|---------|-------|
| M.S | 74 |
| I.H | 70 |
| F.S | 69 |
| Her | 66 |
| D.B | 70 |
| R.M | 53 |
| I.S | 57 |
| Yus | 74 |
| Kar | 66 |
| S.A | 70 |
| Average | 66.9 |

The result of this tryout was then consulted in descriptive simple scale (Mutohir, 1985). It was concluded that the average value of 66.9 could be categorized "most." Thus, the PAKTIF model was deemed applicative.

Table 2: Result of tryout on medium group.

| Name | Score |
|---------|-------|
| M.M | 70 |
| S.L | 74 |
| D.H | 70 |
| R.S | 82 |
| Har | 74 |
| I.H | 70 |
| F.P | 66 |
| A.S | 70 |
| S.D | 57 |
| An | 70 |
| R.N | 74 |
| H.J | 57 |
| K.S | 74 |
| R.C | 78 |
| A.S | 74 |
| Si | 82 |
| M.F | 78 |
| A.J | 74 |
| R.R | 82 |
| Y.S | 78 |
| Average | 72.7 |

The second tryout on the medium group showed an improvement. This was a result of inputs from the FORMI executive members in the previous phase. The result of second tryout was then consulted in descriptive simple scale (Mutohir, 1985). It was concluded that the average value of 72.7 could be categorized “most.” Thus, the result of tryout on the medium group basically can help the participants understand the PAKTIF model more accurately.

Table 3: Result of tryout on large group.

| Name | Score |
|------|-------|
| M.F | 78 |
| H.O | 86 |
| R.A | 82 |
| B.S | 86 |
| Mas | 78 |
| M.N | 78 |
| A.J | 82 |
| Wah | 86 |
| S.R | 82 |
| Pa | 78 |
| B.T | 82 |
| Cip | 78 |
| Ta | 78 |
| YY | 70 |
| No | 90 |
| Dh | 86 |
| D.A | 82 |

| Name | Score |
|---------|-------|
| Wah | 58 |
| W.S | 86 |
| Sur | 82 |
| Me | 86 |
| Mus | 82 |
| M.S | 78 |
| Y.A | 82 |
| Muz | 74 |
| I.K | 58 |
| A.R | 78 |
| A.R | 82 |
| In | 78 |
| J.H | 82 |
| Average | 79.6 |

The third tryout on the large group showed a sufficient improvement by the average value of 79.6. This score could be categorized “most,” but the scoring scale was better than the first and second tryout so that no more revision was needed. It was then concluded that the PAKTIF model could improve community participation in recreation sports in Sidoarjo.

4 DISCUSSIONS

PAKTIF, which has four dimensions: education, promotion, service, and stakeholders, is a model designed to increase community participation in recreation sports. This model was designed based on various literature studies and studies by expert practitioners in many countries that developed sports participation like ParticipACTION in Canada.

During the conduct of the study, many participants were found to not really understand the PAKTIF model. This came as no surprise as everyone’s level of understanding was different from each other and many initially thought that active participation meant actively participate in sports activities as put forward by Conyers (1991, p. 154).

Stakeholders became the most paid attention to in the PAKTIF model implementation because active participation of stakeholders, in this case executive members of FORMI and its affiliated sports clubs and communities, became a role model for the non-executive members of its affiliated recreation sports community. Active participation of sports organizations is badly needed to increase community sports participation. According to Laura Misener et al. (2015), sports organizations are responsible to promote sports so as to increase community sports participation.

Motivation in doing sports is the key. Likewise, in this study, internal motivation became a determinant factor in the increase of community sports participation. Prior sports activities, physical fitness level (Owen, et al., 2004), and social supports can affect adults to do sports activities (Trost et al., 2002).

This study found that women's participation was more than men's. This was due to the fact that when doing sports, women were more concerned with social aspects like mental happiness and health (Leone and Ward, 2013), rather than sports outcomes like strength improvement (Hanlon and Nabbs, 2010). Some other reasons why women participated in sports activities were health, appearance, weight management, personal fulfillment, improvement of quality of life, and social interaction (Codina and Armadans, 2012).

5 CONCLUSIONS

PAKTIF model was tried out on small group of 10, medium group of 20, and large group of 30 participants. The first tryout average score was 66.9, the second tryout average score was 72.7, and the third tryout average score was 79.6. These scores were in the range of 66-99. The results of observation and interviews suggested that PAKTIF model trainings could be implemented by executive members of FORMI and its affiliated sports clubs and community using PPLS module. During PAKTIF material delivery session, they were focused on the module and attentively listen to the researcher's guidance. During roleplay session, they actively interacted and implemented module materials. The study brought about consistent results, both quantitatively and qualitatively. Thus, it can be concluded that PAKTIF model could increase recreation sports participation at the Sidoarjo FORMI using PPLS.

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