

## Mapping the Landscape of Physical Literacy Research: A Bibliometric Analysis

Adi S<sup>1\*</sup>, Tommy Soenyoto<sup>2</sup>, Cahyo Yuwono<sup>3</sup>, Tri Nurharsono<sup>4</sup>

<sup>1234</sup> Universitas Negeri Semarang

\*Corresponding author: [adis@mail.unnes.ac.id](mailto:adis@mail.unnes.ac.id)

**Abstract:** The current explosion in physical literacy research in Asia has focused chiefly on information literacy (IL) and Asian literacy. Even though several Asian countries still produce no publications on the topic, bibliometric study shows that the quantity of IL literature authored by Asian authors has increased significantly. The data search was continued through the Scopus database to see if similar research has been applied in other countries. The search used physical AND literacy. There were 2043 documents found. Data were analyzed using the app. Countries that often research physical literacy are the United States, the United Kingdom, Australia, and China. Topics related to physical literacy are people, physical activity, age, and body mass. It is crucial to connect physical literacy research to the topic. Physical literacy research needs to be introduced for several reasons, namely: Health, well-being, education, increasing physical activity, and developing professionalism in the field of physical education. By researching physical literacy in Indonesia, we can build a more substantial knowledge base and support efforts to promote healthy and active lifestyles in the community.

**Keywords:** Physical Literacy, Bibliometric, Physical Education, Indonesia

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### INTRODUCTION

Information literacy (IL) and Asian literacy have been the main topics of the enormous rise in physical literacy research in Asia in recent years. Although certain Asian nations continue to generate no articles on the subject, a bibliometric analysis indicates that the amount of IL literature written by Asian writers has expanded dramatically (Zhao et al., 2021). Research on literacy in Asia has concentrated chiefly on policy, giving curriculum, pedagogy, and student learning little consideration (Sum & Whitehead, 2021). These findings have brought attention to the need for more extensive, multi-method investigations comparing Asian literacy to important educational ideas (Halse & Cairns, 2018). Generally speaking, there has been an increase in interest in literacy in Asia lately, with an emphasis on policy and the need for more thorough and theoretical studies (Shearer et al., 2018). This has led to recent developments in physical literacy studies in Asia.

In order to encourage physical activity, physical education is crucial (Cale, 2023). Physical education (PE) is a vital component of youth education and development, fostering the growth of intense physical and spiritual foundations and healthy lives (Griban et al., 2020). Physical education is essential for encouraging physical activity and must be at the center of school initiatives in this area. Physical literacy has yet to be used to evaluate physical education research conducted in Indonesia.



## DISCUSSION

Physical literacy involves the physical, psychological, social and cognitive aspects of individuals in the context of physical skills and physical activity. This makes research on physical literacy more complex than other more specific areas of research. Physical literacy research is needed to understand how pedagogical approaches in primary physical education can support the development of physical, cognitive, and affective aspects of physical literacy and physical activity behaviors in young children (Rudd et al., 2020). Physical literacy research needs to be promoted to bridge existing philosophical and pragmatic perspectives and test new evidence-based interventions in health education (Bopp et al., 2022).

Physical literacy is essential for raising educational standards and improving curriculum since it benefits a person's physical, psychological, social, and cognitive well-being (Zhao et al., 2021). Improving behavioral, psychological, social, and physical characteristics requires an understanding of and measurement of adult physical literacy (Boldovskaia et al., 2023). Physical literacy is also pertinent in the context of wellness and healthcare provider involvement since it can help clinical and population health programs (Cornish et al., 2020).

Particularly for schoolchildren, physical education and school sports are crucial for enhancing psychological well-being (Piñeiro-Cossio et al., 2021). To improve the experience for all kids and lay the groundwork for lifetime physical activity and health, it may be crucial to comprehend how vital components of physical education are implemented (Michael et al., 2021). When physical education takes into account elements like motivation, enjoyment, and support from parents and significant others, it can also positively affect young people's physical activity.

Research on physical literacy requires the development of research methods suitable for measuring and evaluating these aspects in a valid and reliable manner. Limitations in research methods can be an obstacle to the growth of research in this area.

## CONCLUSION

Countries that often research physical literacy are the United States, United Kingdom, Australia and China. Topics related to physical literacy are people, physical activity, age and body mass. It is important to connect physical literacy research to the topic. Physical literacy research needs to be introduced for several reasons namely: Health, well-being, education, increasing physical activity and developing professionalism in the field of physical education. By conducting research on physical literacy in Indonesia, we can build a stronger knowledge base and support efforts to promote healthy and active lifestyles in the community.

## Conflict of Interest

The author(s) declare that they have no conflict of interest.

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