

Kudus Regency Government Policy to Increase Sport Development Index

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Abstract: The purpose of this study is to find out about "Kudus Regency Government Policy to Increase Sport Development Index". This research was conducted using a qualitative descriptive research method. The data and data sources used in this study were as follows: a). Primary data was obtained directly from the research object by conducting interviews with the regent, Development Planning Agency at Sub-National Level (BAPPEDA), Department of Education, Youth, and Sport Office (Dispora) of Kudus Regency, National Sports Committee of Indonesia (KONI), Central Statistical Agency of Kudus Regency, Department of Public Works and Spatial Planning of Kudus Regency, Department of Housing, Residential Areas, and the Environment (PKPLH) of Kudus Regency, Department of Public Health of Kudus Regency, Department of Archives and Libraries of Kudus Regency, Department of Community and Village Empowerment Service of Kudus Regency, Department of Trade of Kudus Regency, Department of Manpower, Industry, Cooperatives and UKM of Kudus Regency, entrepreneurs, academics, communities and media. b). Secondary data, data was obtained from the reviewing journals and books as well as other information related to the problem being researched taken from related institutions or agencies. Data collections were using 4 methods, namely: Observation, interviews, questionnaires and documentation. Data validity techniques by meant of data triangulation. Data analysis was carried out in a qualitative descriptive. The results and conclusions of this study are the government has implemented various policies in the fields of Human Resources, open space, physical literacy, participation, fitness, personal development, health, economy, and performance.

Keywords: Government Policy, Development, Sports

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INTRODUCTION

Development is a very planned and also programmatic effort to maintain or improve something to be achieved. In essence, the goal of development in Indonesia is able to build a whole human being who realizes in society justice and

prosperity both in terms of material and spiritual forms. Therefore, development is also needed in sports because this is very helpful in achieving a desired success. Therefore, the development of sports cannot be separated because it is very necessary in the progress of a human being, either it for an athlete or for the progress of a club, and can also form a good character as an example of discipline and have a spirit of sportsmanship and foster athletes who are to excel (Pebrianti, 2021).

As an integral part of public policy, the development of sports must be aimed and can provide benefits for all citizens. Therefore, national sports development policies must be formulated based on data according to the needs of the community. In simple terms, policy is a formulation of decisions that can provide a vision and direction for the coaching and development of sports in Indonesia. The development of the policy must reflect the various interests of institutions related to sports in an effort to achieve national development goals. In addition, policy development provides opportunities and challenges openly for people who have not been involved so far to participate and contribute to the coaching and development of sports (Mutohir et al., 2022).

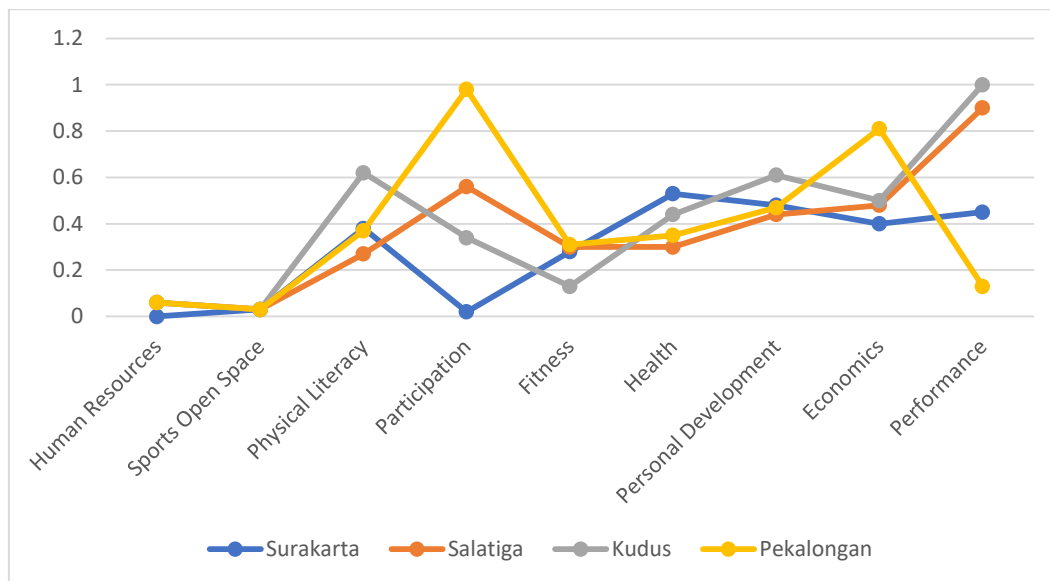
So far, several comprehensive studies have been found related to how to measure the success of sports development. In the United Kingdom, for example, the term *Sport Equity Index* (SEI) with a single indicator of the level of community participation in sports by taking into account the socio-demographic background including analysis of gender, ethnicity, disability, socioeconomic status, and age. Another measure that is often used to assess the success of sports is the acquisition of medals in an event (Mutohir et al., 2022).

The development of the sports sector in an area can be measured through the number of sports development indices in the province. The term index is known as *Sport Development Index* (SDI). The term sports development used in SDI describes the processes, policies, practices that form an integrated framework to provide the widest possible access to sports to members of the community (Dispora, 2023).

SDI is actually a concept that analogizes the concept *Human Development Index* (HDI). In concept HDI, The progress of human development in a country can be determined using certain indicators. If HDI can determine the level of human quality in a country, then SDI is used to determine the level of progress of sports development in a region, including it can be used to compare the progress of sports development between regions of Indonesia (Adiyudha Permana Dan Putra sastaman B, 2015).

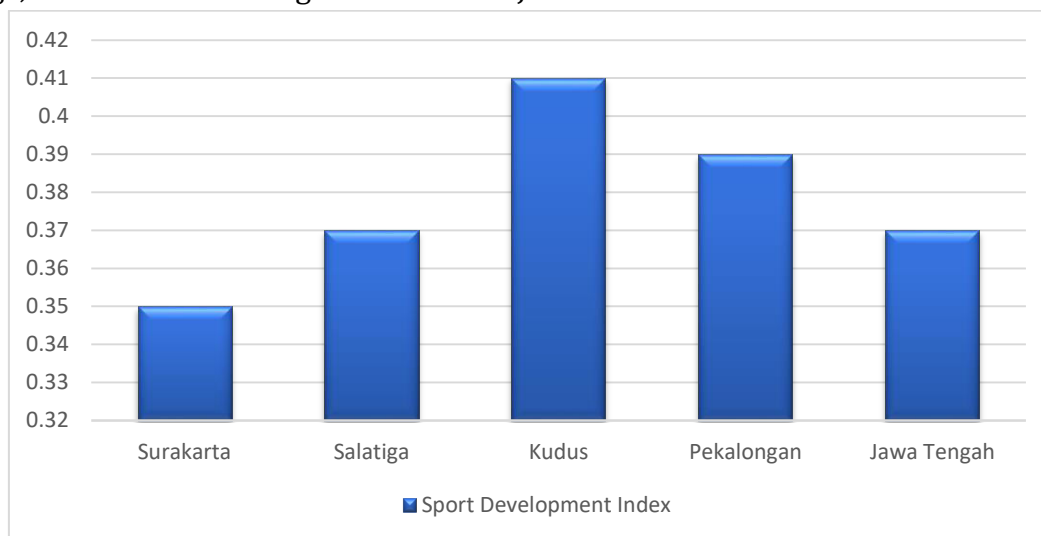
In 2023, a Sport Development Index test will be held in Central Java by sampling the areas of Surakarta, Salatiga, Kudus and Pekalongan. The 2023 Sport Development Index (SDI) Research Results Report in Central Java Province shows that Kudus Regency has a higher SDI than the Surakarta, Salatiga and Pekalongan

areas. The following are the values of 9 aspects of SDI from each region in Central Java:



Picture 1. Values of 9 Aspect of SDI from Surakarta, Salatiga, Kudus and Pekalongan

The following are the Sport Development Index values from Surakarta, Salatiga, Kudus and Pekalongan and Central Java:



Picture 2. Values of 9 Aspects of SDI from Surakarta, Salatiga, Kudus and Pekalongan and Central Java

Based on figure 1.3, it is known that SDI Surakarta is 0.35 in the low category, Salatiga is 0.37 in the low category, Kudus is 0.41 in the low category, Pekalongan is 0.39 in the low category and the Central Java is 0.37 in the low category. Based on the above results, it can be concluded that Kudus Regency has the highest index among other regions. Even the index of Kudus Regency is higher than the index of Central Java. Based on the above background, the author feels

called to research on "Kudus Regency Government Policy to Increase Sport Development Index".

METHOD

This research was carried out using a qualitative descriptive research method, this is because this research is to emphasize the problem so that it is known how to solve the problem. Qualitative descriptive research produces descriptive data in the form of written or spoken words of people and observable behaviors (Turang et al., 2021). In this case the problem is obvious, but the most important step is the affirmation of relevant concepts (Ina Lorian Lorenza & Aan Anwar Sihabudin, 2022). In addition, it aims to describe the substance and intervention of government policies in detail (Ramadhan et al., 2020). This type of qualitative research, the data that will be discussed in depth is not only limited to numbers, but researchers try to explore the meaning of phenomena and circumstances so that they can be described clearly (Herman, 2015).

The qualitative descriptive research design was used because the researcher wanted to find facts and interpret the substance and policy interventions of the Kudus Regency Government to improve the Sport Development Index. The basis for consideration was using qualitative methods because qualitative characters in principle rely more on the descriptive aspect of the data obtained from the field. In addition, the qualitative characteristics were more oriented towards natural properties and the data analysis is more in-depth on the meanings behind what seems real.

The data and data sources used in this study are as follows: Primary data was obtained directly from the research object by conducting interviews with the regent, Development Planning Agency at Sub-National Level (BAPPEDA), Department of Education, Youth, and Sport (Dispora) of Kudus Regency, National Sports Committee of Indonesia (KONI), Central Statistical Agency of Kudus Regency, Department of Public Works and Spatial Planning of Kudus Regency, Department of Housing, Residential Areas, and the Environment (PKPLH) of Kudus Regency, Department of Public Health of Kudus Regency, Department of Archives and Libraries of Kudus Regency, Department of Community and Village Empowerment Service of Kudus Regency, Department of Trade of Kudus Regency, Department of Manpower, Industry, Cooperatives and UKM of Kudus Regency, entrepreneurs, academics, communities and media. b). Secondary data, data was obtained from the reviewing journals and books as well as other information related to the problem being researched taken from related institutions or agencies.

The data collection techniques in this study were carried out to obtain data used by the researcher. To obtain the necessary data as a basis for research, the

researcher collected data from the field using 4 methods, namely: Observation, interview, questionnaire and documentation. Data validity techniques by triangulating data to obtain valid and solid data, in other words producing research quality through the establishment of data and information as well as harmonized interpretation (Hanum & Maryani, 2023). Data analysis was carried out in a qualitative descriptive where the field data collected would be described in simple sentences and would be translated into the form of explanations. Data were analyzed by collecting data, reducing data, presenting data and drawing conclusions.

RESULTS

Government policies on Sports Human Resources included: 1) Implementation of compulsory education, 2) Implementation of compulsory health affairs, 3) Implementation of mandatory youth affairs, 4) Implementation of compulsory sports affairs. The government also distributed grant funds to KONI Kabupaten Kudus. Through the grant funds, it was distributed to sports branch administrators for taking coach licenses, referee courses, and coaching clinics carried out in various schools.

The government's policy on Sports Open Space channelled its budget for the construction of sports infrastructure, football stadiums, sports buildings, in this case its management in Dispora. In the management of housing or building development permits, a green area coefficient of 10% must be provided. Each village must provide 20% of open space for sports.

The government's policy on Sports Participation in this case was the maintenance of sports events that involved a large number of people such as: mass gymnastics, healthy walks, leisure bicycles, the organization of car free days every Sunday, joint gymnastics on healthy Fridays in the office environment, etc. Then the provision of infrastructure for the community to use in sports.

Government policies on Physical Literacy included the provision of books on sports and health which were increasing every year. Based on the results of the research, data were obtained on the number of books on physical education, sports and health at the Kudus Regency Archives and Library Office. The following is data on the number of titles and books:

Table 1. Books on sports and health

Year	Number of Titles	Number of Copies
2020	8.289	11.726
2021	8.337	11.786
2022	8.360	11.813
2023	8.965	12.928
2024	8.973	12.945

Based on the data above, it is known that the number of book titles and the number of copies of books about physical education, sports and health has increased every year.

The government's policy on Physical Fitness is the implementation of physical fitness and health tests by Dinas Kesehatan. The test is aimed at government employees, the community, prospective pilgrims and students.

Government policy on health, namely by organizing health waib affairs in Dinas Kesehatan, RSUD Loekmonohadi dan UPT Puskesmas. Health improvement programs included: 1) Programs to fulfill individual health efforts and public health efforts; 2) Community empowerment program in the health sector; 3) Health resource capacity building program; and 4) Supporting programs for district/city government affairs

Based on the results of the study, it is known that the budget for public health in Kudus Regency has increased every year. The following is the health budget data in

Kudus Regency:

Table 2. Kudus Regency Health Budget

Year	Dinas Kesehatan	RSUD Loekmono Hadi
2021	Rp. 289.608.818.757,00	Rp. 301.164.290.000,00
2022	Rp. 241.512.346.831,00	Rp. 423.070.768.909,00
2023	Rp. 248.983.205.130,00	Rp. 366.306.646.771,00
2024	Rp. 267.788.087.894,00	Rp. 217.726.984.742,00

Based on the data above, it was known that the health budget in Kudus Regency every year has experienced a significant increase.

Government policies on Personal Development were carried out through schools in learning activities, extracurriculars, scouting, etc.

Government policies on sports economy included the provision of stalls/shophouses around the sports stadium and Gelora Karno. In addition, it facilitated the licensing of street vendors around sports halls and sports events, street vendor trainers and provides training to improve product quality and value.

Government policies on sports performance, namely by increasing training ahead of competition events, increasing the capacity and quality of coaches, and providing grants to KONI dan Dinas Pendidikan, Pemuda dan Olahraga. The budget is as follows:

Table 3 KONI Budget

Year	Original	Change
2021	Rp. 1.000.000.000,00	-
2022	Rp. 2.500. 000.000,00	Rp. 8.400. 000.000,00
2023	Rp. 9.000.000.000,00	-
2024	Rp. 4.715.000.000,00	-

Table 4. Dinas Pendidikan, Pemuda dan Olahraga Budget

Year	Sports Development and Empowerment	Sports Competitiveness Capacity Development Program
2021	Rp. 521.100.000,00	Rp. 4.666.088.500,00
2022	Rp. 809.999.000,00	Rp. 13.539.501.170,00
2023	Rp. 6.182.407.065,00	Rp. 16.884.445.598,00
2024	Rp. 2.870.000.000,00	Rp. 13.870.479.400,00

The grants given were adjusted to the events that will take place every year. As in 2023, the grants had increased drastically because there is a Provincial Sports Week.

DISCUSSION

The success of development, especially the human resources of a region, can be measured in part by looking at how the fundamental problems that exist in society can be solved. These problems include poverty, unemployment, illiteracy, food security, and the enforcement of democracy. In this case, the achievements of human development are partly different, whose aspects have the results of success and failure (Zalaff et al., 2017). Therefore, the development of sports cannot be separated because it is very necessary in the progress of a human being, be it an athlete or for the progress of a club, and can also form a good character as an example of discipline and have a spirit of sportsmanship and foster athletes who are to excel (Pebrianti, 2021). Sports HR refers to coaches, physical education teachers, instructors, and sports volunteers who are the main components in the sports coaching and development system. The indicator of Sports Human Resources in a region is the ratio of the number of coaches, physical education teachers, instructors, and sports volunteers to the number of people aged 10 (ten) years and above in the region (Dispura, 2023).

A sports open space is a place used to carry out sports activities, both indoor and outdoor. Open space is a place that is a basic need for anyone to do sports activities. Adequate open space is a condition for the formation of participation in sports activities. The indicator of open space in an area is the ratio between the availability of open space and the number of people aged 10 (ten) years and above in the area (Dispura, 2023). The sports open space of Kudus Regency was above Central Java. Sports open spaces in Kudus Regency showed a value of 0.03 which indicates a low category, while for Central Java it showed a value of 0.029 which is in the low category.

Physical literacy is a set of knowledge, skills, involvement, and responsibility of a person in carrying out physical activities for a quality life throughout life. The main indicators of physical literacy are the knowledge, attitudes, and physical competencies of individuals. Individuals who have good physical literacy will engage in physical activity more intensively and sustainably (Mutohir et al., 2022). Physical literacy is as important as reading, writing, and numeracy skills, as well as other literacy. Physical literacy is basically the result of the physical education process at school, including if a person gets information from other sources. The main indicators of physical literacy are the knowledge, attitudes, and physical competencies of individuals. Individuals who have good physical literacy will engage in physical activity more intensively and sustainably (Akbar et al., 2020).

The concept of physical literacy has been widely used in developed countries. Physical literacy has been implemented as one of the educational goals and the most important thing is the implications of the concept of physical literacy (Nur & Aprilo, 2021). By strengthening physical literacy in the community, it is hoped that it can provide motivation and confidence as well as enthusiasm to continue doing physical activities. By doing physical activity, it will increase the body's immunity, so that the body will stay fit and maintain health. It must be realized that physical activity is important to maintain health (Nur & Aprilio, 2021).

Participation in the context of sports development is an action formed because of the awareness of healthy and active living throughout life. The more individuals who participate in sports activities in an area, the higher the awareness of the people in that area will live a healthy and quality life. The high participation also reflects the interest and appreciation of the community concerned in sports activities. Increased sports participation also has an impact on the economy, especially related to job availability and boosting growth in the country and exports abroad. There is a domino effect of sports participation on economic value. The more people who are physically active in an area, the more economic growth in that area (Akbar et al., 2020).

Fitness is defined as the body's ability to perform activities without experiencing significant fatigue. The fitness indicator is the fitness number indicated by V_{O2max} , which is in the form of the degree of maximum aerobic consumption capacity. The higher the V_{O2max} , the higher a person's fitness level (Dispora, 2023). Physical Education Learning has a very important role, which is to provide opportunities for students to be directly involved in various learning experiences through physical activities, sports and health carried out to improve physical fitness, motor skills (Prihantono & Setyawati, 2023). Physical education also has a positive impact on the development of students' attitudes/characters (H. Raharjo et al., 2020).

Physical activity refers to any muscle movement that requires an expenditure of energy. The more physical activity you do, the more endurance you can increase and the better your physical fitness level. Development in the physical aspect, especially in the fitness aspect is very important, this is because it can support personal and social life. Physical fitness is the ability and ability of a person's body to carry out or complete work optimally and efficiently (Prabowo, 2014; Sastaman, 2015; Eva Faridah, 2016; Prasetyo, 2017; Prasepty et al., 2017; Abdurrahim & Hariadi, 2018).

Health includes being physically and psychologically healthy that allows everyone to live productively. A person is declared physically healthy if he is free from illness and is able to work productively. Meanwhile, psychologically healthy refers to psychological well-being, which is a condition in which individuals can act autonomously, can accept their strengths and weaknesses, and have a clear purpose in life (Dispora, 2023).

Personal development is the aspects of personality that a person needs to live a constructive life, both as a person and as a member of society. Sports have a positive influence on a person's personality (H. P. Raharjo et al., 2018). There are two aspects that are measured in personal development, namely tenacity/toughness/endurance and social capital. Tenacity/toughness/endurance is the ability to adapt to change and resilience in the face of adversity. Meanwhile, social capital is a shared feeling as citizens of the nation that allows them to trust each other (Dispora, 2023).

Economy is individual spending related to sports activities, both in the form of goods and services, in one year. Shopping for goods can be in the form of sports equipment and equipment. Sports equipment can be in the form of rackets, sticks or beaters, gloves, balls and others. Meanwhile, sports equipment can be in the form of sportswear, shoes and others. Meanwhile, sports services can be in the form of ticket payments, consultants, training services and so on. The ability to pay for goods or services is an important indicator of a person's economy in the past year (Dispora, 2023).

Sports performance in Kudus Regency has decreased in the acquisition of champions at the Central Java provincial sports week event. In 2018, Kudus Regency won 46 gold, 51 silver and 54 bronze for a total of 151. Meanwhile, in 2023 they will get 28 gold, 27 silver, and 67 bronze for a total of 122. A proud achievement comes from *Persatuan Sepak Bola Indonesia Kudus* (PERSIKU) because 2024 will be included in Liga 2 after a 10-year wait.

The development of sports achievements is the result of a combination of physical, technical, tactical, and mental abilities of sportsmen obtained through the right coaching process. The success of achieving achievements in sports is also determined by the leveling of training according to the age level of the child (Tamami & Raharjo, 2021). Sports coaching can be carried out from the region or

province as the spearhead in advancing national sports achievements (Fatchurrahman et al., 2019).

Achievements in sports are actually the result of the accumulation of systematic efforts from various factors, the realization of which must be monitored through a scientific process (Kristiyanto et al., 2020). In addition, the progress of sports, especially the development of sports achievements in Indonesia, depends on the success rate of the process of transferring sports science and technology to the sports community (Kristiyanto et al., 2019).

There are several components that determine the achievement of high achievement in achievement sports, namely the state of sports facilities, the state of the match, the psychological state of the athletes, the state of the athletes' skill abilities, the state of the athletes' physical abilities, the state of the body constitution and the state of tactical/strategic abilities, as well as support from the closest people and parents (Allam & Setyawati, 2022). In addition, the role and performance of the organization also affect the performance of athletes, which has an impact on their achievements (Hartarto et al., 2021).

In the current era of regional autonomy, local governments have greater authority in regulating their government to make, implement, and develop all policies, including policies in the field of sports (Muhsin et al., 2021). The support and participation of the government greatly determines the feasibility and success of the development of an athlete's achievements (Muhsin et al., 2021). Sports parents in each province are expected to prioritize and regulate in a planned, systematic, and programmatic manner between the Government and Regional Governments to improve the effectiveness and efficiency of government affairs, the quality of public services in the field of sports and development. Regional Superior Potential Through Community Participation and Real Optimization Steps The potential for local excellence is the driving force for increasing sports achievements at the National level (Saputra et al., 2019).

CONCLUSION

The Kudus Regency Government has a role in deciding the policies that will be taken to regulate and manage the area it leads. The Sport Development Index is very useful as a basis for policy-making in compiling programs and activities in a measurable, efficient, and effective manner in the field of sports development. Thus, policy interventions can be carried out appropriately and directed so that they have an impact on national development, both from the aspects of health, education, and social capital as well as the added value from the economic aspect.

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