

Palembang City Community Participation in Sports at Gelora Sriwijaya Jakabaring Stadium Palembang

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Abstract: This study aimed at determining the level of participation of Palembang society in doing sport at the Gelora Sriwijaya Jakabaring Palembang (GSJP) stadium. The sample was 90 people. The research method used a quantitative descriptive. The sampling in this study was carried out by probability sampling technique, called proportionate stratified random sampling using the Sports Development Index formula. From 90 people sampled divided into age groups: 30 teenagers (12-25 years), 30 adults (26-45 years) and 30 elderly (46-65 years) which is in each age group consisting of 15 males and 15 females. The results of this study concluded that the participation rate index of the people of Palembang city exercising at the GSJP stadium for teenagers got a result of 0.400. This showed that youth sports participation in the city of Palembang was high. For adults, to get a result of 0.533 showed that adult sports participation in the city of Palembang was high. For the elderly, to get a result of 0.333 showed that elderly sports participation in the city of Palembang was high. Overall, this 0.422 result showed that the sports participation of Palembang society was high. One of the SDI indicators that has been studied showed a number in the range of 0.000 - 0.260, meaning that community participation in the city of Palembang was high. So, the community can be consistent and participate in sports by maximizing the use of the GSJP stadium.

Keywords: Gelora Sriwijaya Jakabaring Stadium Palembang, Participation, Sports

A. Introduction

According to Made (2020) Sports are activities to exercise one's body, not only physically but also spiritually. Sport has an important role in human life, sports can be formed a healthy society physically and spiritually. Physically and spiritually healthy people are the basis of the formation of a quality society which can be developed into humans who are positive, chivalrous, hard work, fight with high spirits, discipline, courage, and cooperation. These attitudes are attitudes that are needed by a developing country, where these attitudes will greatly support national development. The hope of the Indonesian nation to have quality citizens can be

achieved through various sports activities because these quality human elements can be developed through sports activities.

Associated with sports problems, then exercise is a continuation of healthy life because only healthy people can exercise. Exercise should aim so that one's body and spirit grow strong and perfect. This means that exercise should aim to maintain a healthy life so that by being healthy humans can exercise.

According to Law of the Republic of Indonesia Number 3 of 2005 concerning the National Sports System in Article 1 paragraph 4 states that sports are all systematic activities to encourage, foster, and develop physical, spiritual, and social potential. Hidayat, et al., (2020) revealed several definitions of sports in terms of the original word, namely (1) disport / disport-are, which is moving from one place to another (avoiding). Sport is a prelude to and aroused people's desire to avoid or engage in pleasure (recreation); (2) Field sport, was first known in 18th century England. His activities were carried out by nobles/aristocrats, consisting of two main activities, namely shooting and hunting in his spare time; (3) deported, meaning to throw away fatigue (French); (4) Sport, as a gratification or hobby (German Encyclopedia); (5) sports, body exercises to strengthen the body, such as swimming, playing ball, and so on.

Society is a collection of individuals in an area who have certain patterns of life and relationships. Activities carried out by individuals and groups of individuals will be a picture of the condition of the community. The existence of a relationship between individuals with individuals or individuals with the environment will eventually cause dependence and need. In this case, each individual has needs that must be met in their daily activities. Related human needs, that cause an individual to carry out sports activities include the use of free time, recreation, achieving a high degree of physical freshness, and increasing performance.

People need to do sports activities to nourish and restore their body health. Sports activities are very beneficial for health, one of the benefits is to smooth blood flow throughout the body. By doing sports activities, you will be able to concentrate longer than people who rarely do sports activities. People who regularly exercise will certainly have a healthy body so that they can carry out daily activities smoothly.

Participation is the involvement of a person or group of people in an activity. Involvement can be in the form of mental, emotional, and physical involvement with all the abilities that exist in a person to support the achievement of all involvement (Uceng, 2019). So, it can be said that participation is the involvement of a person or several people to achieve goals in a group.

According to Permana (2015), community participation refers to the involvement of the community not only in the implementation process but also in the planning and development of the program, including enjoying the outcomes of the program. Furthermore, in simple terms, community participation is the voluntary involvement of individuals or a group of people in an activity, starting from the planning process, through the implementation of the activity, to the development of the activity or program.

Community participation in sports development is the most important thing when it is put at the bottom of the pyramid of sports coaching. The massing of sports is the basis of the pyramid. So based on the coaching pyramid, community participation in sports is the most important element because it is fundamental as the foundation of the coaching system itself. Jamieson (2014) said that community participation is the key to the success of the implementation of regional autonomy because participation involves aspects of supervision and aspirations. In this case, the success of sports coaching in the Palembang city area certainly rests on community participation in sports and cultivating sports.

According to Rosyid et al., (2019), SDI is a composite index that reflects the success of sports development based on four basic dimensions: (1) open space available for sports, (2) human resources or sports personnel involved in sports activities, (3) participation of community members to exercise regularly and (4) the degree of physical fitness achieved by the community. This study discusses the dimension of participation which refers to the number of community members of an area who carry out sports activities. The dimension of physical fitness refers to the body's ability to carry out activities without experiencing significant fatigue. High achievement in sports will be born from people with high fitness levels, and high physical fitness will be born if the level of public participation in sports increases.

B. Methods

This research uses quantitative descriptive methods (Stone et al., 2008; Seixas et al., 2018). Data collection techniques using questionnaires. The research was conducted in the environment of Gelora Sriwijaya Jakabaring 15 Ulu Stadium, Seberang Ulu I District, Palembang City, South Sumatra. The study sample was 90 people. The research method uses quantitative description. Sampling in this study was carried out by *probability* sampling technique, namely *proportionate stratified random sampling* using the *Sports Development Index* formula. The 90 people sampled into age groups: adolescents (12-25 years) 30 people, adults (26-45 years) 30 people and the elderly (46-65 years) 30 people each age group consists of 15 men and 15 women.

C. Results and Discussion

The scope of public participation in sports can include direct participation such as doing sports, and indirect such as organizer sports events (Theodorakis et al., 2015). Sports can take the form of formal sports such as football, volleyball, basketball, and others. You can also do informal sports like traditional sports. Likewise, the nature of the sports it does can be recreational, competitive, and sports for health and fitness. The place can be in the family, community, or school environment which is often called physical education. Sports participation rate can be interpreted as the level of participation of the general public in sports which is calculated based on the comparison of the number of sports participants with the population. The relationship between sports development and community development can be bridged by citizen participation as a buzzword (Perkins et al., 2002). Meanwhile, changes resulting from participation can grow in various forms, some of which are the level of participation of the people of Palembang in sports.

Recently, the people of Palembang city have become accustomed to a lifestyle that includes sports. In fact, it is now seen as a necessity to engage in sports activities. Therefore, it is not surprising that Palembang city is witnessing an increase in the construction of sports facilities such as futsal fields, mini soccer fields, fitness centers, aerobic exercise venues, badminton courts, swimming pools, and others. The availability of sports facilities undoubtedly influences the increased participation of the community in sports. However, the high participation of the community in sports activities every Sunday does not necessarily indicate that the overall participation in sports in Palembang city is high. This is because the measure of participation refers to engaging in sports activities at least three times a week. The bustling crowd of people gathering in a particular area for sports may not necessarily engage in sports activities at least three times a week, as it is suspected that people only engage in sports on Saturdays or Sundays.

Therefore, to reveal how high the participation of the people of Palembang in exercising can be seen and calculated from the questionnaire given to visitors at the GSJP stadium. The participants given the questionnaire consisted of 3 age groups, namely 30 teenagers with a division of 15 boys and 15 girls. Adults are 30 people with a division of 15 sons and 15 daughters and 30 elderly people with a division of 15 sons and 15 daughters. The results of the Palembang community sports participation questionnaire can be seen in the following table:

Table 1. Results of Sports Participation Questionnaire in Palembang City Community

Age Category	Do Exercise At Least 3 Times a Week		Sum
	Man	Woman	
Adolescent (12-25 years old)	7	5	12
Adult (26-45 years old)	9	7	16
Anxiety (46-65 years old)	6	4	10
From All		90 Respond	38

Youth Discussion (12-25 years old)

From the results of the questionnaire given to 30 adolescent respondents (12-25 years), 12 people did sports activities at least 3 times a week. This number will then be divided by the number of respondents as many as 30 people multiplied by 100% to get the actual value, while the actual value obtained is:

$$\text{Actual value} = \frac{12}{30} \times 100 = 40\%$$

After the actual value is obtained, then calculate the Palembang community participation index. Where the actual value has been obtained is 40% and the maximum value is 100, while the minimum value is 0. So, the youth sports participation index (12-25 years) of Palembang was obtained, namely:

$$\text{Youth Participation Index} = \frac{40-0}{100-0} = 0,400$$

This result of 0.400 shows that the youth sports participation in Palembang is high when compared to the participation index of South Sumatra province, which is 0.271.

Adult Discussion (26-45 years old)

From the results of the questionnaire given to 30 adult respondents (26-45 years), 16 people did sports activities at least 3 times a week. This number will then be divided by the number of respondents as many as 30 people multiplied by 100% to get the actual value, while the actual value obtained is:

$$\text{Actual value} = \frac{16}{30} \times 100 = 53,33\%$$

The actual value has been obtained which is 53.33% and the maximum value is 100, while the minimum value is 0. So, the adult sports participation index (26-45 years) of Palembang was obtained, namely:

$$\text{Adult Participation Index} = \frac{53,33-0}{100-0} = 0,533$$

This figure of 0.533 shows that adult sports participation in Palembang is high when compared to the participation index of South Sumatra province, which is 0.2 13.

Discussion of the Elderly (46-65 years old)

From the results of the questionnaire given to 30 elderly respondents (46-65 years), 10 people did sports activities at least 3 times a week. This number will then be divided by the number of respondents as many as 30 people multiplied by 100% to get the actual value, while the actual value obtained is:

$$\text{Actual value} = \frac{10}{30} \times 100 = 33,33\%$$

The actual value has been obtained which is 33.33% and the maximum value is 100, while the minimum value is 0. So, the sports participation index of the elderly (46-65 years) of Palembang city was obtained, namely:

$$\text{Elderly Participation Index} = \frac{33,33-0}{100-0} = 0,333$$

This figure of 0.333 shows that the sports participation of the elderly in Palembang is high when compared to the participation index of South Sumatra province, which is 0.2 to 50.

Overall Discussion

From the results of the questionnaire given to 90 respondents, 38 people did sports activities at least 3 times a week. This number will then be divided by the number of respondents as many as 90 people multiplied by 100% to get the actual value, while the actual value obtained is:

$$\text{Actual value} = \frac{38}{90} \times 100 = 42,22\%$$

The actual value has been obtained is 42.22% and the maximum value is 100, while the minimum value is 0. So, the sports participation index of the elderly (46-65 years) of Palembang city was obtained, namely:

$$\text{Participation Index} = \frac{42,22-0}{100-0} = 0,422$$

This figure of 0.422 shows that the sports participation of the elderly in Palembang is high when compared to the participation index of South Sumatra province, which is 0.260.

D. Conclusion

Based on the research findings and discussions, the conclusion of this study is as follows: The participation index of the Palembang city community in sports activities obtained a score of 0.422, indicating that the participation of the Palembang city community in sports activities is relatively high compared to the participation index of the South Sumatra province, which is 0.260. Therefore, it can be concluded that the Palembang city community has shown a good level of involvement in sports activities.

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