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THE IMPORTANT ROLE OF SPORTS DEVELOPMENT IN IMPROVING THE PERFORMANCE OF INDONESIAN ATHLETES: A SYSTEMATIC LITERATURE REVIEW

Taufik Hidayat*

Universitas Pendidikan Indonesia

*Correspondence: E-mail: Taufikhidayatt125@gmail.com

ABSTRACT	ARTICLE INFO
<p>National development in the field of sports, as regulated in Law Number 5 of 2005 concerning the National Sports System, aims to improve health, fitness, achievement and human quality, as well as instilling moral values, sportsmanship and discipline. This research aims to examine the important role of sports development in improving the performance of Indonesian athletes. The research method uses the PRISMA approach by collecting and analyzing literature from the Scopus and Google Scholar databases. The research results show that effective management, psychological development, adequate infrastructure, and public policy support are the main factors in improving athlete performance. Although there is great potential, obstacles such as lack of infrastructure, human resources and government support need to be overcome. Synergy between the government, KONI, academics, practitioners and society is very important to advance sports and produce outstanding athletes in the future.</p> <p>© 2023 ASEAN Journal of Sport for Development and Peace</p>	<p>Article History: <i>Submitted/Received 9 Mar 2024</i> <i>First Revised 14 April 2024</i> <i>Accepted 2 Jul 2024</i> <i>First Available online 30 Jul 2024</i> <i>Publication Date 30 Jul 2024</i></p> <hr/> <p>Keyword: <i>Sports,</i> <i>Development,</i> <i>Achievement and Public Policy</i></p>

1. INTRODUCTION

According to Law Number 5 of 2005 concerning the National Sports System, national development in the field of sports aims to improve health, fitness, achievement, and human quality, as well as instill moral values, sportsmanship, and discipline. Another goal is to strengthen national unity, strengthen national resilience, and improve the dignity of the nation. Sports achievement involves coaching and developing athletes in a planned and sustainable manner through competition, supported by sports science and technology (Aulia & Asfar, 2021). The main goal of sports coaching is to achieve maximum achievement. In the world of sports, achievement is a key success factor and a direct indicator to measure achievement in sports. Several components that determine the achievement of high achievement include the condition of sports facilities and infrastructure, the match situation, athlete psychology, skills, physical abilities, body constitution, and tactics and strategies (Effendi, 2016).

Achievement is the result of maximum effort achieved by an athlete or team in sports activities (Jamalong, 2014). Achievement in sports is influenced by various factors, including physical, technical, tactical, and mental. Athletes who excel need a strong physique, good technique, willpower, effort, high discipline, and mental toughness. A strong body requires support from a healthy soul. The soul, which according to Descartes is the center of thought and consciousness, is the essence of life (Pangastuti, 2022).

To achieve high achievement in sports, coaching must start early. The current sports coaching system and pathways need to be oriented fundamentally, systematically, efficiently, and integrated with clear goals. Therefore, sports coaching and development efforts for children must involve appropriate, integrated and sustainable concepts and strategies. Through early sports coaching and development programs that involve various sectors, it is hoped that the sports coaching system can run continuously and produce real achievements (Jamalong, 2014). Increased achievement in the world of sports does not only depend on the experience of a coach as a former athlete. Coaches need to develop themselves through training and licensing to acquire new knowledge that can be applied to their athletes. This shows that performance sports require the latest knowledge to improve athlete performance (Rohendi & Rustiawan, 2020).

According to Law Number 5 of 2005 concerning the National Sports System, national development in the field of sports aims to improve health, fitness, achievement, and human quality, as well as instill moral values, sportsmanship, and discipline. In addition, sport also aims to strengthen national unity, strengthen national resilience, and improve the dignity of the nation. Based on these objectives, this research aims to examine how the important role of sports development in improving the achievements of Indonesian athletes.

Theoretical Studies

Exercise is an essential human need that must be fulfilled to ensure physical health and well-being. Through exercise, one can fulfill their physical needs and gain many benefits. In addition to keeping the body fit, exercise also helps maintain overall health. Sports activities are a way to enrich and improve movement skills in everyday life (Ardiansyah et al., 2023). The importance of sports development in improving the achievements of Indonesian athletes has been a major concern in theoretical studies on fostering sports achievements in this country. Sports facility management is crucial in sporting events and affects the value of the event. Many regions face problems with sports facilities, such as lack of funding. Although the government has issued Government Regulation No. 16 of 2007 for the national

standardization of sports, its implementation is often not in accordance with the plan, requiring evaluation to ensure compliance with the desired objectives (Asis, 2017). The government has a responsibility to ensure equal access for all to sport and improve athlete performance through supportive public policies. This can be done by providing adequate sports facilities, supporting training programs for athletes, and providing incentives and support for sports development at various levels. Thus, the community can be actively involved in sports, while athletes have greater opportunities to achieve great achievements both at the national and international levels (Tambaip & TJilen, 2023).

This shows that sport is not only beneficial for physical health, but also contributes to improving individual achievement. In accordance with Law No. 3 of 2005 concerning the National Sports System, sports have three scopes, namely educational sports, achievement sports, and recreational sports (Sobarna et al., 2022). Some common problems that hinder the improvement of athletes' achievements include the lack of sports facilities and infrastructure, the lack of sports funding, and the lack of active community roles in sports. Support from various parties, including the government and other stakeholders, is needed to overcome these problems. Without adequate support, improving athlete performance in sports will be difficult to achieve optimally. This shows the need for quick and precise action to overcome this problem for the advancement of outstanding athletes (Aulia & Asfar, 2021).

2. METHODS

This study aims to analyze the literature on “the important role of sports development in improving the achievements of Indonesian athletes” using the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) method. The process began by collecting 150 journals from Scopus and Google Scholar databases using these keywords. These journals were then downloaded in RIS (Research Information System) format and imported into the Mendeley Reference Manager application. After that, all journals were exported back into one combined RIS file to produce a bibliometric map that provides a graphical representation of the data. Furthermore, citation analysis was conducted to recapitulate journals cited by authors or researchers in the preparation of scientific papers. By applying the publication year filter from 2014 to 2024, the number of journals filtered was 65. Of these, only 8 journals were declared relevant for further analysis.

3. RESULTS AND DISCUSSION

PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis) The following are the results of PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis)

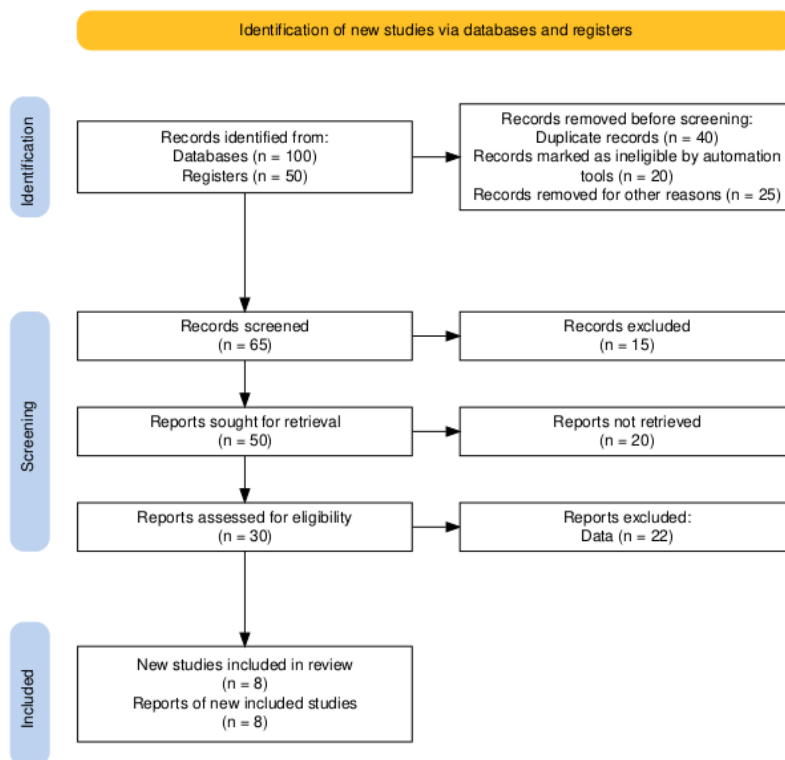


Figure 1. Diagram Prisma

Table 1 List of Journal Names Results from the PRISMA Method

No	Author	Title	Year	Publisher
1	Aschari Senjahari Rawe	Management Analysis of the Youth and Sports Education Department in Improving Sports Achievement in Ende Regency	2018	Journal of Physical Education, Sport and Recreation
2	Hastria Effendi	The Role of Sports Psychology in Improving Athletes' Performance	2016	Social Science Journal
3	Beatus Tambaip dan Alexander Phuk Tjilen	Exploring Sports Potential in Merauke: Analysis of Public Policy to Improve the Achievement of Local Athletes	2023	Musamus Journal of Physical Education and Sport (MJPES)
4	Aliff Aulia dan Ali Asfar	The Role of Infrastructure on Athletes' Motivation and Achievement (Study at the Riau Province Youth and Sports Service)	2021	Journal of Applied Management and Business
5	Ahmad Jamalong	Early Improvement of National Sports Achievement Through the Student Development and Training Center (Pplp) and the Student Development and Training Center (Pplm)	2014	Journal of Sport Education

No	Author	Title	Year	Publisher
6	Reza Hizkia Wijaya, Titi Kuswany Waty, dan Ririn Parmita	Analysis of Sports Facilities and the Role of Coaches in Improving the Performance of Badminton Athletes in Palu City	2024	Kaloborative Science Journal
7	Andang Rohendi dan Hendra Rustiawan	The Need for Sport Science in the Field of Sports Achievement	2020	Journal Respects
8	Akhmad Sobarna, Rony Mohamad Rizal, Sumbara Hambali, Henry Asmara, dan Denok Sunarsi	Increasing Sports Achievement Judging from Scientific and Technological Concepts in Koni, Cimahi City	2022	UNSIQ Journal of Research and Community Service

Table 2 Results of the Article Review

No	Research Methods	Research Results
1	Descriptive qualitative research, using observation, interviews, and documentation as instruments. Data in the form of words is processed and analyzed to find patterns and important information, which is then presented systematically and logically without intending to prove a hypothesis.	The results showed that the management of the Ende District Education, Youth and Sports Office was well implemented in planning, organizing and leadership. However, the implementation of management has not gone well. Evaluation and supervision of achievement sports management have also not been carried out well, especially in one planned file form.
2	-	The benefits of sports psychology in improving athlete performance include understanding and explaining the behavior and psychological symptoms that arise in sports, the ability to predict and make predictions about the possibilities that athletes will face, the ability to control and control athlete behavior by providing appropriate treatment to overcome problems that arise, and providing treatment to develop the abilities and positive aspects possessed by athletes.
3	This research used a qualitative descriptive method. The research involved in-depth interviews with various parties related to sports in Merauke, such as athletes, coaches, club administrators, sports association administrators, and relevant government officials. Respondents were selected using a purposive sampling technique to ensure the relevance of the information to the research topic.	The results showed that in Merauke there is great sporting potential, especially in traditional sports and with the potential of young athletes. However, infrastructure constraints, human resources, and government and community support are still a problem. To overcome this, public policies are needed that focus more on increasing funds, human resources, infrastructure development, developing young athletes, competition, and cooperation between the government and the private sector.

No	Research Methods	Research Results
4	This research uses quantitative and qualitative data. Quantitative data was obtained from the financial statements of the Riau Province Youth and Sports Office, while qualitative data was obtained from interviews with the head of the public relations department. The object of research is the role of infrastructure facilities on athlete achievement, with a population of 126 athletes assisted by the Riau Province Youth and Sports Office. The sampling method uses a saturated sampling technique, where all members of the population are used as samples.	The results of the analysis show that the infrastructure variable has a significant effect on the motivation of Riau Province Youth and Sports Service athletes, but only affects motivation by 22.2%. Infrastructure variables also have a significant effect on athlete achievement, but only affect achievement by 25.5%. In addition, the motivation variable also has a significant effect on athlete performance, with an influence of 10.1%.
5	This research uses data analysis, the use of sports instruments, and test and measurement evaluation to understand the quality of human resources in sports coaching.	The results showed that sports achievement coaching starts at an early age and is carried out in a planned and programmed manner. PPLP and PPLM are expected to be providers of national sports achievements. The coaches involved must have accredited competence, and the management of PPLP and PPLM needs to use a promotion and degradation system to improve athlete competitiveness.
6	The research method used was qualitative phenomenology involving observation, interviews, and documentation studies to obtain in-depth information about the condition of the facilities and the role of the coach.	The results showed that the available facilities were not fully adequate for athletes to practice, while the role of the coach was considered good, but still lacking in the quality aspect, so why the achievements of Palu City athletes could not compete with other regions. This research is expected to contribute thoughts and solutions for the development of badminton athletes in Palu City.
7	The research method used is descriptive qualitative. The type of research is integrative review.	The result is as a consideration for sports achievement practitioners in an effort to utilize supporting fields of science as well as discoveries in other fields of study, namely sports policy, namely policies from local governments that can be used as recommendations in the future.
8	The method used in this activity is to conduct direct lectures, discussions, and questions and answers.	The results showed the need to improve sports achievements in Cimahi City.

The articles reviewed provide an overview of the important role of sports development in improving the achievements of Indonesian athletes. The results of a research review conducted by [Rawe \(2018\)](#) entitled "Analysis of the Management of the Youth and Sports Education Office in Improving Sports Achievements in Ende Regency". Qualitative descriptive research, using observation, interviews, and documentation as instruments. Data in the form of words is processed and analyzed to find patterns and important information,

which is then presented systematically and logically. The results showed that the management of the Education, Youth and Sports Office of Ende Regency is running well in the aspects of planning, organizing, and leadership. However, the implementation of management is still not optimal. Evaluation and supervision of achievement sports management have also not been carried out effectively, especially in the preparation of a planned file. Improvement efforts are needed in implementation and supervision to achieve the desired goals. Concrete steps need to be taken to overcome these weaknesses so that sporting achievements can be improved as a whole.

Research conducted by [Effendi \(2016\)](#) entitled "The Role of Sports Psychology in Improving Athlete Performance". The results showed that sports psychology, which is applied in the field of sports, includes factors that directly affect athletes as well as external factors that can affect athlete performance. In sports coaching, the psychological aspect is one of the key factors in achieving achievement. The influencing psychological and behavioral factors include achievement motive, intelligence, self-actualization, independence, aggressiveness, emotion, self-confidence, motivation, passion, responsibility, social sense, and desire to win. Sports psychology has an important role in fostering sports achievement with various benefits, such as explaining and understanding athlete behavior and psychological symptoms that occur in sports, making appropriate predictions about the possibilities that can occur in athletes, controlling and controlling behavioral symptoms in sports, overcoming unfavorable things, and developing abilities and positive aspects possessed by athletes.

Research conducted by [Tambaip & Tjilen \(2023\)](#) entitled "Exploring Sports Potential in Merauke: Analysis of Public Policy to Improve the Achievement of Local Athletes". This research uses a qualitative descriptive method. This research involved in-depth interviews with various parties related to sports in Merauke, such as athletes, coaches, club administrators, sports association administrators, and relevant government officials. The results showed that there is great sporting potential, especially in traditional sports and young athletes. However, obstacles such as lack of sports infrastructure, human resources, and government and community support are still a problem. To overcome this, public policies are needed that focus on increasing funding, human resources, infrastructure development, developing young athletes, increasing competitions and matches, and cooperation between the government and the private sector.

Research conducted by [Aulia & Asfar \(2021\)](#) entitled "The Role of Infrastructure Facilities on Athlete Motivation and Achievement (Study at the Riau Province Youth and Sports Service)". The types of data in this study are quantitative data and qualitative data. Quantitative data in this study is in the form of financial reports from the Riau Province Youth and Sports Office. Qualitative data in the study are the results of interviews with the head of the public relations department of the Riau Province Youth and Sports Service. The results of the analysis show that the infrastructure variable has a significant influence on athlete motivation, although the effect is only 22.2%. In addition, infrastructure facilities also have a significant influence on athlete achievement, with an influence of 25.5%. Furthermore, the motivation variable is also proven to have a significant effect on athlete achievement, although only by 10.1%.

Research conducted by [Jamalong \(2014\)](#) entitled "Improving National Sports Achievements Early Through the Student Development and Training Center (PPLP) and the

Student Development and Training Center (PPLM)”. The results showed that sports achievement coaching starts at an early age and is carried out in a planned and programmed manner. The Student Education and Training Center (PPLP) and the Student Education and Training Center (PPLM) are expected to be providers of national sports achievements. The coaches involved must have accredited competencies to ensure the quality of coaching. The management of PPLP and PPLM needs to use a promotion and relegation system to improve the competitiveness of athletes. In addition, it is important to create an environment that supports the development of athletes, including adequate facilities and psychological support. Collaborative efforts between the government, schools and communities are also needed to maximize the potential of athletes from an early age.

Research conducted by [Wijaya et al., \(2024\)](#) entitled “Analysis of Sports Facilities and the Role of Coaches in Improving the Achievements of Badminton Athletes in Palu City”. The research method used qualitative phenomenology involves observation, interviews, and documentation studies to obtain in-depth information about the condition of the facilities and the role of the coach. The results showed that the existing facilities were not fully adequate to support athlete training, which became one of the main obstacles. Although the role of the coach is considered quite good, there are still shortcomings in the quality aspect of the training provided. This causes the achievements of athletes in Palu City to not be able to compete with other regions. To overcome this problem, it is necessary to improve the quality of training facilities that include modern equipment and a better training environment. In addition, coaches need to be provided with additional training and certification to improve their competence. Support from the government and local community is also important to create more effective and sustainable training programs. This will help improve athletes' performance and enable them to compete at a higher level.

Research conducted by [Rohendi & Rustiawan \(2020\)](#) entitled “Sport Science Needs in the Field of Sports Achievement”. The research method used is descriptive qualitative. The type of research is an integrative review. The discussion of this study emphasizes the importance of sport science, which includes supporting fields of science such as sports medicine, sports physiology, sports biomechanics, sports psychology, sports nutrition and anthropometry, coaching, sports intelligence, research, and sports gear. The results of this study can be a consideration for sports performance practitioners in utilizing these supporting sciences. In addition, this study found that local government policies in sports policy are also important for future recommendations. In conclusion, this literature review on the needs of sport science can be an important factor in efforts to improve sports performance.

Research conducted by [Sobarna et al., \(2022\)](#) entitled “Improving Sports Achievement in View of Scientific and Technological Concepts in Koni Kota Cimahi”. The method used in this activity is by conducting direct lectures, discussions, and questions and answers. The results showed that to improve sports achievements in Cimahi City, several strategic steps are needed. First, there must be collaboration and interdependence between the government and KONI to create synergy in sports development. Second, academics and practitioners need to exchange ideas and solutions related to the problems of the world of sports in Cimahi City. Third, sports coaching must be sustainable from an early age with cooperation between Disbudparpora and the education office, so as to produce potential athletes from the student level.

4. CONCLUSION

Based on the results of the research reviewed, it can be concluded that sports development has a very important role in improving athlete performance in Indonesia. Effective management, psychological coaching, adequate infrastructure, and public policy support are the main factors in achieving this goal. Despite the great potential, there are still obstacles such as lack of infrastructure, human resources, and government support that need to be overcome. Concrete steps need to be taken to improve the quality of management, athlete development, and sports facilities to create an environment conducive to the achievements of Indonesian athletes. Synergy between the government, KONI, academics, practitioners, and the community is key in advancing sports and producing outstanding athletes for a brighter future.

5. AUTHOR'S NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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