



Analysis of Community Participation and Sports Resources

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ABSTRACT

This study aims to analyze the level of community participation and the availability of sports resources in Isimu Village, Tibawa District, Gorontalo Regency. This research is important to identify factors that influence community participation in sports activities and the availability and quality of sports resources in the village. In general, this study aims to uncover the challenges and opportunities in developing community-based sports in Isimu Village. Previous research has shown that community participation in sports activities can be influenced by various factors, including available facilities, education level, and social support. Data were collected from 53 randomly selected respondents through a questionnaire that measured the level of participation in sports, as well as perceptions of sports facilities and instructor support. The results showed that although 71.7% of respondents had exercised in the past 3 months and 54.7% exercised regularly, 62.3% of respondents considered the sports facilities in the village inadequate. Furthermore, 67.9% of respondents stated that the lack of instructors or coaches was a major barrier to sports participation. This study concluded that improving sports facilities and providing competent instructors is urgently needed to increase community participation in sports, which in turn will have a positive impact on the health and fitness of the village community.

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INTRODUCTION

Community-based sports have great potential to improve health and fitness, and strengthen social bonds in rural areas. However, many villages in Indonesia, including Isimu Village in Tibawa District, Gorontalo Regency, have not yet optimized this potential. This research is important to identify factors that influence community participation in sports activities and the availability and quality of sports resources in the village. In general, this study aims to uncover the challenges and opportunities in developing community-based sports in Isimu Village. Previous research has shown that community participation in sports activities can be influenced by various factors, including available facilities, education level, and social support (Arsa, 2022). A study by (Fithroni & Rusdiawan, 2023) found that the availability of adequate sports facilities plays a crucial role in increasing community participation, particularly in rural areas. Furthermore, research in various regions has also revealed that increasing public awareness of the importance of sports can impact physical and social fitness. (Abidin, 2024).

While there are several studies on sports participation in villages, most focus on urban areas or villages with better access to facilities. Therefore, this study aims to fill the gap in the literature on community participation and sports resources in resource-constrained villages like Isimu Village. This research is novel because it focuses on the local context of Gorontalo, a region that has not been widely studied before.

The objectives of this study are to: first, analyze the level of community participation in Isimu Village in sports activities; second, identify the availability and quality of sports resources, such as facilities, training, and community support; and third, examine the relationship between community participation and the condition of sports resources. This research is expected to provide relevant empirical data for sports development planning at the village level, as well as provide input to village governments and relevant policymakers in designing programs that support improving community health and fitness through sports. The results are expected to lead to the creation of more inclusive policies based on local community needs.

METHOD

This research uses a quantitative field research method (field search). Quantitative research is based on the philosophy of positivism and is used to examine a specific population or sample. Sampling techniques are generally random, data collection uses research instruments, and data analysis is quantitative/statistical in nature, with the aim of examining established hypotheses. (Sugiyono, 2020) . The method used is a survey research method to explain causal relationships and test hypotheses. The primary data collection uses a questionnaire taken from a sample drawn from the population.

RESULT AND DISCUSSIONS

This study aims to analyze community participation and the availability of sports resources in Isimu Village , Tibawa District , Gorontalo Regency. A total of 53 respondents randomly selected from the village population completed a questionnaire relating to their level of participation in sports activities and their perceptions of the sports facilities and resources available in the village.

1. Community Participation in Sports Activities

Of the 53 respondents, 34 (64%) reported regularly participating in sports, while 19 (36%) were inactive. Among those who were active, the majority (50%) participated in sports such as soccer and volleyball, while the remainder (14%) participated in traditional sports such as archery and sepak takraw. This level of community participation indicates that while there is significant interest in sports, higher participation is still influenced by the availability of adequate facilities.

2. Availability and Quality of Sports Resources

Interviews with village sports facility managers and community leaders revealed that sports facilities in Isimu Village are very limited. There is only one soccer field suitable for several sports, and several poorly managed open areas. Most respondents (62%) stated that the existing facilities are inadequate to support various sports activities. This has resulted in low community participation in a wider range of sports activities.

3. Factors Inhibiting Sports Participation

Further analysis revealed that the lack of adequate sports facilities and infrastructure was a major barrier to community sports participation in this village. Over 70% of respondents stated that they would participate in sports more frequently if the facilities were better and more managed. Furthermore, the lack of training and guidance from professionals was also considered a barrier for some residents who were interested but lacked adequate sports knowledge or skills.

The results of this study indicate that although community participation in sports in Isimu Village is quite high, with approximately 71.7% of respondents reporting exercising in the past three months, more consistent participation was achieved by only 54.7% of respondents who exercised at least once per week. This finding aligns with the results of research by Zikra et al., 2025. (Toriq et al., 2025) showed that participation in sports among adolescents at SMAN 6 Gorontalo City increased when the sports program was designed in a structured and sustainable manner. They also found that healthy social interactions through sports activities increased active participation. This has the potential to be implemented in Isimu Village to increase community involvement. This is in line with previous research showing that adequate sports facilities significantly influence the level of community participation in physical activity, especially in rural areas (Guo et al., 2025) . Research by Chen and (Chen & Liu, 2020) also shows that the availability of quality sports facilities can increase social inclusion and reduce disparities in sports participation between regions.

One of the key findings of this study is that more than 60% of respondents considered the sports facilities in Isimu Village inadequate, and approximately 85% of them were willing to be more active in sports if the facilities were improved. Research by (Irawan et al., 2025) regarding differences in the physical condition of soccer players based on the coaching environment revealed that an environment with good sports facilities and appropriate guidance has a significant influence on players' physical fitness. This aligns with our findings, which show that providing better sports facilities can increase community participation. This suggests that there is

significant potential to increase community participation by improving sports infrastructure. This is consistent with the findings of a study conducted by (Wahyudin & Saharullah, n.d.). (Prasetyo et al., 2024) which shows that good sports facilities will encourage higher participation, especially among rural communities who often lack such facilities.

The availability of sports instructors also emerged as a significant factor influencing community participation in sports. Approximately 67.9% of respondents stated that the lack of instructors or coaches was a major barrier to participation. This finding aligns with research by (Fithroni & Rusdiawan, 2023). (Irawan et al., 2024) , who stated that the presence of coaches or instructors is crucial for increasing the frequency and quality of sports participation, especially in areas with limited sports facilities. This is further supported by a study by (Högman et al., 2024) , which revealed that in rural communities, instructors play a crucial role in creating an environment that encourages residents to actively participate in sports.

Another interesting finding is that despite the lack of facilities, the people of Isimu Village expressed a strong desire to engage in physical activity if given better opportunities. This is similar to the findings of a study by (Dennehy et al., 2024) , which showed that even with limited facilities, if provided with encouragement or a structured exercise program and competent coaches, participation rates can increase significantly. This also supports the view expressed by (Högman et al., 2024) that providing access to better sports facilities can increase individual engagement in sports, particularly in areas with limited access such as rural areas.

Furthermore, data analysis indicates that community sports programs that combine facility provision with sports education and coaching by coaches can be an effective strategy for improving community quality of life. In line with this, several studies suggest that village governments and other stakeholders need to pay attention to the management of sports facilities and the provision of competent coaches to create a sustainable sports system (Pelletier et al., 2022) .

Considering these findings, to increase community participation in sports, it is crucial for the government and communities to collaborate in designing and providing better facilities and organizing training for residents. This will provide greater incentives for villagers to actively participate in sports activities, which in turn will improve their quality of life and support overall community health.

CONCLUSION

This study shows that although 71.7% of the Isimu Village community has exercised in the last 3 months and 54.7% exercise regularly, higher sports participation is hampered by limited adequate facilities and a lack of instructors or coaches, so that improving sports facilities and providing competent instructors is the key to significantly increasing community participation.

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