

# **PROCEEDINGS**

# 2<sup>ND</sup> YOGYAKARTA INTERNATIONAL SEMINAR ON HEALTH, PHYSICAL EDUCATION, AND SPORT SCIENCE (2<sup>ND</sup> YISHPESS)

"Community Building and Development through Physical Education and Sports"

In conjunction with

# 1<sup>st</sup> CONFERENCE ON INTERDISCIPLINARY APPROACH IN SPORTS (1<sup>st</sup> COIS)

"Integrating sports science intervention to optimize human performance"







Conference Secretariat:

Faculty of Sport Sciences

Universitas Negeri Yogyakarta

Address: Jl. Colombo No. 1 Yogyakarta, Indonesia

Phone : +62274 550826

E-mail : yishpess@uny.ac.id | cois@uny.ac.id Website : yishpess.uny.ac.id | cois.uny.ac.id

































# YISHPESS CoIS 2 0 1 8



# 2<sup>nd</sup> Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS 2018)

# 1<sup>st</sup> Conference on Interdisciplinary Approach in Sports (CoIS 2018)

October 26-27, 2018, Yogyakarta, Indonesia

# Edited by

Prof. Dr. Siswantoyo, M.Kes., AIFO. Dr. Or. Mansur, M.S. Soni Nopembri, Ph.D. Dr. Muhammad Ikhwan Zein, Sp.K.O.



This book is part of the series *Advances in Social Science, Education and Humanities Research* (Volume 278) (ISSN 2352-5398) published by Atlantis Press.

http://www.atlantis-press.com/publications/proceedings/aer/

The proceedings series Advances in Social Science, Education and Humanities Research aims to publish proceedings from conferences on the theories and methods in fields of social sciences, education and humanities.

Topics covered by this series:

- · Psychology
- Sociology
- Education
- History
- Communication studies
- · Linguistics and language
- · Law and law enforcement
- Political science
- · Religious studies
- Philosophy
- Globalization
- Humanities
- Archaeology
- Anthropology
- Inter-cultural studies
- Development
- Geography
- Health
- Human Factors and Ergonomics
- Library and Information Sciences
- · Safety Research
- Transportation

#### Publishing information

The series aims at publishing original proceedings from international conferences. With a fast turnaround time and free access on the Internet, the proceedings in this series provide an excellent means for conferences and their participants to quickly publish their articles to the widest possible audience.

The series as a whole has as an ISSN-number where each individual volume of proceedings will have its own ISBN number.

© ATLANTIS PRESS, 2018

www.atlantis-press.com

ISBN: 978-94-6252-634-1

This book is published by Atlantis Press, scientific publishing, Paris, France.

All rights reserved. No part of this book may be reproduced, translated, stored or transmitted in any form or by any means, including electronic, mechanical, photocopying, recording or otherwise, without prior permission from the publisher.

# 2<sup>nd</sup> Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS 2018)

# 1st Conference on Interdisciplinary Approach in Sports (CoIS 2018)

October 26-27, 2018, Yogyakarta, Indonesia

# **Organizing Committees:**

# **Steering Committee:**

- Prof. Dr. Sutrisna Wibawa, M.Pd., Universitas Negeri Yogyakarta, Indonesia
- Prof. Dr. Margana, M.Hum., M.A., Universitas Negeri Yogyakarta, Indonesia
- Prof. Dr. Edi Purwanta, M.Pd., Universitas Negeri Yogyakarta, Indonesia
- Prof. Dr. Sumaryanto, M.Kes., Universitas Negeri Yogyakarta, Indonesia
- Dr. Rer. Nat. Senam, M.Si., Universitas Negeri Yogyakarta, Indonesia
- Prof. Dr. Wawan S. Suherman, M.Ed., Universitas Negeri Yogyakarta, Indonesia
- Assoc. Prof T. Herawan, Universitas Negeri Yogyakarta, Indonesia

### **Scientific Committee:**

- Prof. Dr. Tandiyo Rahayu M.Pd., Universitas Negeri Semarang, Indonesia
- Prof. Dr. H. Nurhasan, M.Kes., Universitas Negeri Surabaya, Indonesia
- Prof. Dr. H. Adang Suherman, MA., Universitas Pendidikan Indonesia, Indonesia
- Dr. Abdul Sukur, S.Pd, M.Si., Universitas Negeri Jakarta, Indonesia
- Prof. Dr. M.E. Winarno, M.Pd., Universitas Negeri Malang, Indonesia
- Prof. Yoshio Sugiyama, Ph.D., Kyushu University, Japan
- Assoc. Prof. Kenji Masumoto, Ph.D., Kyushu University, Japan
- Asst. Prof. Uchida Wakaki, Ph.D., Kyushu University, Japan
- Asst. Prof. Wanchai Boonrod, Ph.D., Chulalongkorn University, Thailand
- Profesor Madya Dr. Ahmad bin Hashim, Universiti Pendidikan Sultan Idris, Malaysia
- Dr. Wayne Cotton, Sydney University, Australia
- Dr. Jose Vicente Garcia Jimenez, Universidad de Murcia, Spain
- Prof. Stuart Biddle, B. Ed, M.Sc., Ph.D., University of Southern Queensland, Australia
- Prof. Michael Chia, Ph.D., National Institute of Education, Singapore
- Jacqueline D. Goodway, Ph.D., Ohio State University, USA
- Jung Sok Oak, Ph.D., Proffesor Emiritus Dankook University, South Korea
- Dr. Rakesh Tomar, King Fahd University of Petroleum and Minerals, Saudi Arabia
- Melissa Parker, Ph.D., University of Limerick, Ireland
- Joshua E. Umeifekwem, Ph.D., University of Nigeria, Nigeria
- José Vicente García-Jiménez, Ph.D., Universidad de Murcia, Spain
- Asst. Prof. Wanchai Boonrod, Ph.D., Chulalongkorn University, Thailand
- Assoc. Prof. Dr. Mohd Salleh Bin Aman, University of Malaya, Malaysia

- Prof. James J. Laskin, University of Montana, United States
- Dr. Nguyen Tra Giang, Ton Duc Thang University, Vietnam
- Prof. Tankiso Moloi, University of Johannesburg, South Africa
- Prof. Dr. Evert Verhagen, Ph.D., VU Medical Center, Netherlands
- Dr. Ashril Yusof, University Malaya, Malaysia
- Prof. Rajesh Kumar, Osmania University, Hyderabad, India
- Dr. C. Veerender, PGDPC., Osmania University, Hyderabad, India

# **Organizing Committee:**

- Prof. Dr. Siswantoyo, M.Kes., AIFO., Universitas Negeri Yogyakarta, Indonesia
- Dr. Or. Mansur, M.S., Universitas Negeri Yogyakarta, Indonesia
- Soni Nopembri, Ph.D., Universitas Negeri Yogyakarta, Indonesia
- Dr. Sigit Nugroho, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Dr. Endang Rini Sukamti, M.S., Universitas Negeri Yogyakarta, Indonesia
- Dr. Abdul Alim, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Dr. M. Ikhwan Zein, Sp.K.O., Universitas Negeri Yogyakarta, Indonesia
- Nur Sita Utami, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Saryono, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Ch. Fajar Sriwahyuniati, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Faidillah Kurniawan, M.Or., Universitas Negeri Yogyakarta, Indonesia
- Nawan Primasoni, M.Or., Universitas Negeri Yogyakarta, Indonesia

# **Preface**

First of all, please allow us to extend our warmest greetings and welcome to you all to the 2<sup>nd</sup> Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2018). The conference is held in conjunction with The 1<sup>st</sup> Conference on Interdisciplinary Approach in Sports (CoIS) by the Faculty of Sport Sciences Universitas Negeri Yogyakarta in Yogyakarta, Indonesia on October 26-27, 2018.

The community building and development require integrated aspects in physical education and sports. These issues should be solved by researchers, lecturers, students and even practitioners to share and present their current research. The purposes of the conference are to share and present the reflection and research results related to Physical Education, Health, and Sports Science. In another issue, interdisciplinary approach has been defined as cross disciplines with an in-depth knowledge in one aspect working together to solve problems. Interdisciplinary approach in sports is very important to gain optional result of performance. In line with the first goal of this conference, it seeks better understanding both in theoretical and practical situation in every expert's aspects.

With the YISHPESS's conference theme: "Community Building and Development through Physical Education and Sports" and CoIS's theme: "Integrating Sports Science Intervention to Optimize Human Performance", approximately 236 papers have been submitted at this conference but only 169 of these have been accepted for the presentation after a blind peer review process. We do hope that this conferences proceeding can enrich our understanding of the role of physical education, sports, and health in maintaining community building and development as well as become a meeting point for academics, sport practitioners and sports professional to share ideas and knowledge for improving performance in sports.

We would like to thank to all parties who helped running this program. Hopefully, all the time and efforts we have spent for these two conferences may be beneficial and impactful for the future.

Yogyakarta, October 20, 2018 Organizing Committee

# **Committee Report**

Dear Excellences, Rector of Universitas Negeri Yogyakarta, invited speakers, distinguished guests, and ladies and gentlemen.

It is our pleasure to welcome you to the 2<sup>nd</sup> Yogyakarta International Seminar on Health, Physical Education, and Sports Science (YISHPESS 2018) and the 1<sup>st</sup> Conference on Interdisciplinary Approach in Sports (CoIS) held by Faculty of Sport Sciences, Universitas Negeri Yogyakarta. We would like to welcome all invited speakers from overseas who come from different countries to share their knowledge and ideas at this international conference.

We organize two conferences with the theme: "Community Building and Development through Physical Education and Sports" and "Integrating Sports Science Intervention to Optimize Human Performance". These events reflect the role of sport science and physical education for developing human performance at this century.

Active participation from 11 invited speakers and 158 presenters reflect the important role of lecturers, students, researchers, and related background in sport and physical education. They will be organized into several panel and parallel sessions to facilitate main presentations and discussions. Moreover, all selected papers will be published in the international indexed proceeding.

We wish you enjoy these conferences and have a memorable time at Universitas Negeri Yogyakarta. Have a great day in Yogyakarta!

**Organizing Committee** 

# **Table of Contents**

Organizing Committees	iii
Preface	
Committee Report	vi
Part 1. Health	
The association between body mass index (BMI), leg power, speed, and cardiorespiratory fitness (CR among adolescents	F)
Dzihan Khilmi Ayu Firdausi, Muhammad Eka Mardyansyah Simbolon	1
The correlation between body mass index, abdominal circumference, and hip circumference on cardiorespiratory endurance using the Rockport Method	
Prijo Sudibjo, Cerika Rismayanthi, Krisnanda Dwi Apriyanto	4
Reduction of LDL Cholesterol through MICT and HIIT in rats	
Yanuar Dhuma Ardhiyanto, Widiyanto, Samsul Mu'arif	8
The effects of health educational lessons using learning activities that make students apply the knowle	edge
Hideaki Tanimoto	12
The effect of sport and circulo massage on the improvement of work productivity of the physically disabled	
Sumarjo, Sigit Nugroho, Agus Kristiyanto	17
Smartphone: Social attitude and healthy lifestyle	
Erwin Setyo Kriswanto, Indah Prasetyawati Tri P.S., Ranintya Meikahani, Fredericus Suharjana	21
The potentials of spring water in Brintik Indonesia as the stroke therapy medium	
Anita Puspa Ningrum, B.M. Wara Kushartanti	26
The role of physical exercise for menopausal women	
Ni Luh Kadek Alit Arsani, I Ketut Sudiana	31
Part 2. Physical Education	
The learning model of handball basic movement skills through simple games  Rofiqul Umam, Hari Amirullah Rachman	35
Developing playing activity models in physical education towards improving multilateral abilities am elementary school students  **Ilham Eryk Pratitis Robinson, Sri Winarni***	
Developing basketball using TGfU approach in elementary schools	
Muhammad Nasihul Waffak, Pamuji Sukoco	45

The design of sports club of Pencak Silat in elementary school  Suratmin, Adnyana Putra, I Putu Darmayasa	49
Analysis implementation learning adapted physical education in state high school  Pasca Tri Kaloka, Sugeng Purwanto, Yuyun Ari Wibowo	54
Elementary school physical education and sport in integrated curriculum  Banu Setyo Adi	58
Intervention model of perceptual motor development in preschool children movement development  Hari Amirullah Rachman, Yudanto, Sujarwo, Sudardiyono	61
Instructional model of self-defense lesson in physical education: A systematic review  Nur Rohmah Muktiani, Erlina Listyarini, Mr. Saryono , Soni Nopembri	66
Students, teachers, and parents: Urgency implementation of water activity in physical education  Suci Cahyati, Wawan S. Suherman	70
Phenomenological study of experience and meaning on K-13 implementation by elementary physical education teacher Purworejo Regency  Muhamad Sigid, Caly Setiawan	76
Gobak Sodor games and cardiovascular endurance of elementary school children  Bayu Insanistyo, Dian Pujianto	82
The implementation of learning big ball game in high school  Nurhadi Santoso, Suhadi, Sri Mawarti, Riky Dwihandaka	85
Analysis for the development of a physical education learning model for children with special needs  Sumaryanti, Margono, Bernadeta Suhartini, Dapan	88
The implementation of 2013 curriculum in elementary schools  Ahmad Syarif, Tomoliyus, B.M. Wara Kushartanti	90
Students' participation in physical education learning through modification of equipment  Merryko Wahyu Juanna, Hari Amirulah Rachman	94
Goenrich basic technique model with playing approach for a beginner tennis player  Nurkadri	96
The difference in physical fitness levels of Indonesian male and female junior high school students  *Aprida Agung Priambadha, Fitria Dwi Andriyani, Dapan, Desi Ardiyani	101
The effectiveness of task assessment standard (TASk) in the teaching and learning process of physical and health education teachers  Mark Journal State of Mark Journal of State of Sta	105
Mohd Izwan Shahril, Norkhalid Salimin, Shaharudin Abdul Aziz, Saryono	103
Azali Rahmat, Othman Lebar, Siti Eshah Mokshin, Jamal Nordin Yunus, Napisah Kepol, Mohd Uzi Dollah, Azliza Mohammad, Razmawaty Mohamad, Laily Fazlin Khairil, Salzuriawani Ridzwan	109

Bowling modification to increase the basic movement of throwing in the learning of physical education  Kartini, Eddy Purnomo	113
The influence of visual media on the footwork in badminton  Abdillah, Lismadiana	115
The development of athletic games model to develop character in fourth-grade students  Dita Ayuning Tyas, Ria Lumintuarso	117
Engaging the community in project SKIP to promote early years physical literacy in Indonesia  Jacqueline D. Goodway, Ruri Famelia, Yung-Ju Chen	120
Physical education is the basic foundation to build high performance athlete  *Rajesh Kumar**	126
Validity and reliability of the holistic assessment standard (SPH) based on the invasion game category in physical education	
Mohamad Asmadi Bin Samdin, Mohd Izwan Bin Shahril, Norkhalid Bin Salimin	128
	133
Spiritual development through elementary physical education classes  Soni Nopembri, Ahmad Rithaudin, Saryono, Yoshio Sugiyama	137
Developing affective instrument based on performance in extracurricular swimming  Rahma Afdhilla Nasution, Pamuji Sukoco	141
Effects of training methods and power on shooting accuracy in football  Rian Desta Sintoko, Suharjana	144
Motion-and-song-based warm-up model for children with visual impairment  Hendrik Kusworo, Sri Winarni	147
Exercise box jump to increase the strength of long passes and shots  Fadli Suardhana Eka Putra, Hari Amirullah Rachman	150
Identification of the obstacle factors for 2013 curriculum implementation of public junior high schools in Sleman District	
Bobitya Adrina, Wawan S. Suherman	153
The Influence of ball modification on Sepak Takraw service learning outcome  Khairun Nizam, F.X. Sugiyanto	156
Reliability of futsal skill test for high school players  Agus Susworo Dwi Marhaendro	160
Students reasoning achievement using games performance assessment instrument in physical education Norkhalid Salimin, Abdul Razak Noruzzaman, Mohd Izwan Shahril, Md Amin Md Taff,	
Sved Kamaruzaman Sved Ali	166

Differences of influence of playing Playdough and puzzles on fine motor skills and logical-mathematical intelligence in early childhood  Panggung Sutapa, Yudik Prasetyo, Fatkhurahman Arjuna, Hadwi Prihatanta	171
Changes in children behavior with music yoga motion exercise  Nurmala Dewi, Sumaryanti	175
The athletics literacy through need assessment software in contribution to the physical education and health learning process  Muhammad Imam Rahmatullah, Yustinus Sukarmin	178
Developing a model of character education of 5t-based <i>Pencak Silat</i> Prabowo Hadi Saputro, Siswantoyo	
The effect of plyometrics training and strengths on power skills and agility of male player in extracurricular volleyball  Wiga Nurlatifa Romadhoni, Djoko Pekik Irianto	186
The capabilities of sports education teachers in making character oriented lesson plans and learning practices	100
Dimyati, Komarudin, Ermawan Susanto, Joko Purwanto	190
ability in volleyball?  Yudi Pratama, Djoko Pekik Irianto	194
The effect of exercise methods and coordination towards students' extracurricular basketball skills  Muhammad Syaifullah Irwan, Lismadiana	198
Learning activity to develop physical literacy in kindergarten  Uray Gustian, Eka Supriatna, Edi Purnomo	204
Development of authentic assessment model of learning outcomes in field tennis courses  Guntur, Sridadi, Ngatman, Danang Pujo Broto	208
Evaluation of the 2013 curriculum implemented by physical education teachers  Budi Setiadi, Soegiyanto, Setiyo Rahayu, Hari Setijono	214
Badminton game empowerment: A symbol of leadership in the university student association  Amat Komari, AM Bandi Utama, Agus Susworo Dwi Marhaendro, Raden Sunardianta	220
The construction of inclusion and inclusive teaching by physical education teachers  Caly Setiawan, Muhammad Hamid Anwar, Fathan Nurcahyo	224
A systematic review of teaching swimming based on constructivist approach  Subagyo, Moch. Slamet, Nur Sita Utami, Hedi Ardiyanto	231
Using the context, input, process, and product evaluation model (CIPP) to evaluate elementary school teacher-learner program of physical education in Yogyakarta City	
Agus Sumhendartin Suryobroto, Tri Ani Hastuti, Herka Maya Jatmika	233

Perception of physical education teachers on the implementation and evaluation of curriculum 2013	
Ermawan Susanto, Pamuji Sukoco	236
Part 3. Sport Science	
A comparative study of effect of interval and continuous training toward oxidative stress level, antioxidant enzyme capacity, and resistance of erythrocyte membrane  Moch. Yunus, Endang Sri Wahjuni, Nurul Riyad Fadhli	241
Evaluation program for special class of sport in senior high school level  Ridho Gata Wijaya, Nurhasan, Edy Mintarto	247
Strategy of sport industry development as supporting tourism in DIY  Ahmad Nasrulloh, Sumaryanto, Sigit Nugroho, Sumarjo	252
Roles of parenting aquatic athletes through mediators achievement motivation  F.X. Sugiyanto, Agus Supriyanto, Nur Indah Pangastuti	259
Martial art of Dayak Central Kalimantan (a study of history, philosophy, and techniques of traditional martial arts)  Eko Hernando, Siswantoyo	262
Evaluation of student selection test model of sports-specific class  Tri Hadi Karyono, Abdul Alim	267
Positive mental health and its association with posture: With reference to school children  Ghansham K. Dhokrat	269
Comparative study on mental health among badminton players and table tennis players of the Kalaburagi District in India  H.S. Jange	271
Effective counseling methods to overcome the psychological factor of a sportsperson  C. Veerender	
The picture of teaching physical education and sports in primary school in Burundi Country  Japhet Ndayisenga, Wara Kushartanti	
Psychology preparation of athletes in Malaysia: It looks impressive, but they have no real value in reality Shaharudin Abd. Aziz, Mohd. Izwan Shahril, Zulkifli Mamat	280
The history of Pencak Silat goes to the world in the period of 1980-2000  Firdhana Wahyu Putra, Siswantoyo	284
Analysis of interpersonal communication in sports  Ika Novitaria M, Ari Subarkah	288
Chronological changes during 10-day intermittent fasting with low energy intake on high intensity aerobic performance and lipid constituents  *Ashril Yusof, Mohamed Nashrudin Naharudin	292

Evaluation of aeromodelling coaching system  Liesda Oktoviani Nugraha, Wara Kushartanti	298
Games to introduce basic motion of martial arts  Sulasikin Sahdi Kadir, Siswantoyo	301
Identification of basic agility movement skills on soccer students of KU between 11-13 years  Wahyu Wibowo Eko Yulianto, Siswantoyo, R. Agung Purwandono Shaleh	305
The effects of circuit and fartlek exercise method and peak expiratory flow on Vo <sub>2</sub> max  Leo Pratama, Wara Kushartanti	310
Football skills: Training methods and motor educability  Yudha Rello Pambudi, Widiyanto	316
The effect of artistic gymnastics talent scouting application to artistic gymnastic basic skills  Endang Rini Sukamti, Sebastianus Pranatahadi	319
The effect of various passing exercise and ankle coordination on the accuracy of short passing in football <i>Ega Gian Vembiarto, Lismadiana</i>	322
Influence of training method and leg power on running speed  Galih Dewanti, Ria Lumintuarso	327
Training model of badminton footwork for beginner  Ari Subarkah, Ika Novitaria	333
The contest validation of circuit training design to improve biomotor components in table tennis performance  Tomoliyus, Devi Tirtawirya, Rumpis Agus Sudarko, Hasman Alhafiz Arif, Hary Widodo	336
The combination of dribbling and shooting training models based on speed and agility in football  Yulianto Dwi Saputro, Sudarsono, Luthfie Lufthansa	339
The exercise method and eye-foot coordination in soccer playing skills for 14-15 years old players  Marzuki, Pamuji Sukoco	346
The effect of physical condition on the artistic gymnastic basic skills  **Ratna Budiarti**	351
Coaching achievements KKO in senior high school as an evaluation to sport achievements  Fajar Sriwahyuniati, Risti Nurfadhila	354
The effect of plyometric training to speed of volleyball athletes  Mansur, Subagyo Irianto, Faidillah Kurniawan	357
Relationship between flexibility with balance in the elderly based on clinical pathophysiology  Cerika Rismayanthi	359
The role of sports medicine in elite sports  Evert Verhagen	361

Long-term effect of marathon to cardiac health – potential myocardial fibrosis  Inarota Laily Mukti, Evert Verhagen, Harald Jorstad	363
Physical activity and mental health in young people	
Stuart J.H. Biddle	366
Linkages of sports activities with spirituality and religiosity of community: The case in Muslim majority country	260
Rakesh Tomar	369
Shooting drills with target changes to improve the accuracy of penalty kick in soccer	274
Arif Hidayat	374
Effect of strength, flexibility, balance and confidence of successful wall climbing athletes in South Sumatra  Bayu Hardiyono	377
The effect of moderate intensity continuous training (MICT) and high intensity interval training (HIIT) on erythrocytes, leukocytes, and platelets level	
Andryas Yuniarto, Panggung Sutapa	383
The motion analysis technique of flat tennis services	
Akhmat Bagus Ajizi, Ria Lumintuarso	386
An evaluation of the implementation of special sport class program of junior high schools in Sleman Regency	
Dana Frasetya, Guntur	390
Sports management implementation of Indonesian sports committee in optimizing sports achievement  Andes Permadi, Sugeng Purwanto	393
Recovery does not prevent myocardial damage due to overtraining (Biomolecular and pathobiology studies)	
Made Kurnia Widiastuti Giri, Muchsin Doewes, Ketut Indra Purnomo, Herka Maya Jatmika	397
The effect of listening music on reaction time of badminton players	
Adnyana Putra, Ni Made Sri Dewi Lestari, Putu Adi Suputra	401
Physical fitness profile of Indonesian female rugby athletes for Asian Games 2018	
Junaidi	405
Holding bow digital test for strength and endurance arm muscles of archery	
Heru Prasetyo, Siswantoyo	409
Rhythmic gymnastics of the early childhood	
Endang Murti Sulistyowati, Endang Rini Sukamti	412
The development of the kick Abhorigi Chagi instruments of Kyorugi taekwondo athletes	
Ayub Tatya Admaja, F.X. Sugiyanto	416
Can mental skills intervention improve resilience of adolescent badminton athletes?	
Gita Widya Laksmini Soerjoatmodjo, Clara Moningka	420

The development of the forearm passing training model in volleyball for beginner athletes  Syamsuryadin, Mansur	423
The influence of plyometric exercise on the long pass results of football players in one football club in Magelang Indonesia  Yusuf Sanggantara, Suharjana	426
Sports development index of Berau District East Kalimantan Province  Oktofianus Matheus Molu Wato, Hari Amirullah Rachman	
The effect of training method and motivation to increase VO2Max of Basketball players  Deden Ardiansah, F.X. Sugiyanto	432
Contributing factors to the lack of parental involvement in Sepak Takraw  I Ketut Semarayasa, Setya Rahayu, Soegiyanto KS, Taufiq Hidayah	438
The effects of plyometric training and age on the agility of Silat fighters  *Rodhi R. Hidayat, Tomoliyus	441
Developing core stability exercise model of playing approach for children aged 10-12 years to improve accuracy in 15 meters archery  Oktita Indah Pratiwi, Mansur	447
The role of parenting style in youth sport talent  Adhim Rahtawu, Agus Kristiyanto, Sapta Kunta Purnama	451
Using the prototype of table tennis software in managing table tennis tournament  Deny Budi Hertanto, Sigit Nugroho, Hadwi Prihatanta	456
The enlivening system of basketball in South Sumatera  Riyan Pratama	461
Influence of training method and concentration to the accuracy of short service backhand in badminton  Oloan Victory Manurung, Dimyati	464
The effects of exercise method and arm strength on 200 meters freestyle swimming achievements  Evan Billy Andrianto, Dimyati	468
The effect of circuit training on aerobic fitness and body fat percentage  Presto Tri Sambodo, Suharjana, Galih Yoga Santiko	472
The analysis of diving resistance by using dry static method for freediving beginners  Syamsul Bakri, Suharjana	476
Contribution of leg muscle explosive power and flexibility on lay-up shoot in basketball  Oki Candra	479
Analysis of the implementation of elementary school sport club management  Hendra Java Pratama, Lismadiana	483

Characteristics analysis of badminton in female single player  Nugroho Agung Supriyanto, Ainur Rasyid	486
A comparison study of running on sand and tartan track to increase cardiovascular endurance of Universitas Negeri Jakarta students  Kuswahyudi, Ramdan Pelana	489
Shooting training models with the playing approach for futsal extracurricular of junior high school students  Anggel Hardi Yanto, Panggung Sutapa	493
The potential of sport tourism in the Southern Coastal Area of Yogyakarta  Ardiansyah Pradipta Kurma Sulistya, Ilya Rosida Perdana, B.M. Wara Kushartanti	498
Comparing the effects of plyometric depth jump and rim jump training on the explosive power of leg muscle and the level of creatine phosphokinase of basketball players  Eko Juli Fitrianto, Del Asri, Johansyah Lubis	503
The effectiveness of circuit training with constant break and decreased intervals on Vo <sub>2</sub> max, power, and recovery  Sigit Nugroho, Riky Dwihandaka	510
The relationship between blood glucose level and stamina of Sepak Takraw athletes	515
The differences of psychological characteristics between male and female tennis players  Abdul Alim	517
An evaluation of swimming coaching programs  Indra Gunawan, Sugeng Purwanto	519
The phenomenological study of fanaticism of football PSS Sleman supporters  *Ricki Agusman, Caly Setiawan	523
The effect of training method and speed on VO <sub>2</sub> max of futsal players  Benny Criya Permana, F.X. Sugiyanto	526
The effectiveness of post-workout fitness and sports massage in changing blood pressure, pulse rate, and breathing frequency  Bambang Priyonoadi, Ali Satia Graha, Rachmah Laksmi Ambardini, B.M. Woro Kushartanti	529
Mood state profile as overtraining predictors: Considering gender and two different class types  Eka Novita Indra, Yustinus Sukarmin, Eka Swasta Budayati, Widiyanto	534
The effect of weight training method and aerobic endurance on the improvement of anaerobic endurance  Rian Dio Juliandri, Yustinus Sukarmin	538
The development of football basic skill learning model	541

Adjustment of teen-aged athletes in badminton boarding school	
Veronica Anastasia Melany Kaihatu, Adriatik Ivanti, Supriyanto	545
The promise of a holistic ecological approach to study badminton talent development in Indonesia	
Hysa Ardiyanto, Caly Setiawan	550
Bodyweight circuit training for basketball beginner athletes' aerobic endurance	
Risa Herdiyana Bastian, Tomoliyus	554
Physical education sport and health national curriculum and elite sport development: Policy, synergy, or conflict?	
Sulistiyono, Wawan S. Suherman, Dwi Kurnianto	558
Ethical issues in researching immigrant youth physical activity: A New Zealand perspective	
Muhammad Hamid Anwar, Caly Setiawan, Herka Maya Jatmika	563
Sports achievement issues: Professionalism, policy, racism, cheating, abuse, doping, gender	
Sujarwo, Suharjana, Hari Amirullah Rachman	569
The effects of training method and aerobic capacity on the anaerobic endurance of taekwondo athletes in Dojang Lampung Barat	572
Guntur Yuli Satria, Hari Amirullah Rachman	3/3
Dive sports career opportunities in Indonesian professional sports	570
Satrio Sakti Rumpoko, Vera Septi Sistiasih, Ratna Kumalasari	319
Implementation of sport science coaching: Improving strength and conditioning performance of tennis junior athletes	
Rina Ambar Dewanti, Beltasar Tarigan, Dian Budiana	582
Measurement of the muscle fitness level of 9-12 years old badminton players with the Kraus Weber method	
Dinan Mitsalina, Widiyanto	586
The analysis of volleyball coaching achievement obstacles in Lampung Province Indonesia	
Kusbani, Soegiyanto KS, Hari Setijono, Sulaiman	589
The effects of training methods and eye-hand coordination on groundstroke accuracy	
Rekyan Woro Mulaksito Mulyadi, Suharjana	592
Stem cell therapy in anterior cruciate ligament (ACL) injury	
Ukhti Jamil Rustiasari, Muhammad Ikhwan Zein	597
Developing FIVE® neuromuscular warm-up as futsal injury prevention program	
Saryono, Muhammad Ikhwan Zein, Ahmad Rithaudin	601
Profile of pre-practice hydration status of Indonesian junior sub-elite karate athletes: Pilot study	
Djoko Pekik Irianto, Danardono, Muhammad Ikhwan Zein	604

Comparative study of explosive strength among boxers and tackwondo players of Osmania University  Hyderabad India  Janagama Prabhakar Rao, Yerraguntla Emmanuel Shashi Kumar	607
Effect of weighttraining exercises to develop speed and shoulder strength among javelin throwers of Acharya Nagarjuna University Guntur  P.P. Satya Paul Kumar	609
Body responses to combination of endurance and strength training for kids aged 13-14 years old  Danang Wicaksono	611
The development of a hitting practice tool model on woodball  S.M. Fernanda Iragraha, Sugiharto, Soegiyanto K.S., Hari Setijono	614
The development of smart flexibility tools to measure the digital-based abilities  Ardhana Purnama Putra, Siswantoyo	618
Ergocycle test for the disabled children  Sri Ayu Wahyuti, Siswantoyo	622
Need assessment for development of digital-based learning media for Jurus Regu Pencak Silat  Noor Ika Rifky Syarif Hidayat, Siswantoyo	624
Need assessment of software preparation for Pencak Silat physical test in early age  Dewi Nurhidayah, Siswantoyo	627
A study of individual and team game players with respect to visual and auditory reaction time  Haricharan Gajbhiye	630
Effect of plyometric training for development of speed among high jumpers of India  Hiremath Rajashekhar Mallikarjunayya	632
Valuation of 2-minute, 4-minute, 6-minute and 8-minute run - walk tests for male physical education students	
Uday N. Manjre	634
Loka Bavoji Laxmikanth Rathod	636
A study on the aerobic fitness among hockey and football players of Gulbarga University India  Pasodi Mallappa Sharanappa	638
The periodization of 4 and 6 weeks circuit training and age to improve the aerobic endurance of basketball beginner athletes  M. Rachmat Darmo Umar, Tomoliyus	640
Construct validity for talent identification test athletic with Aiken's V  Budi Aryanto, Awan Hariono, Cukup Pahalawidi	647

Evaluation program of physical and health educational learning in junior secondary school in The Gayo	
Lues Region of Aceh	
Rani Fitria	650
A comparative study of mental health between athlete and non-athlete	
Bhaskar Salvi	653



# Strategy of Sport Industry Development as Supporting Tourism in DIY

Ahmad Nasrulloh
Faculty of Sport Sciences
Universitas Negeri Yogyakarta
Yogyakarta, Indonesia
ahmadnasrulloh@uny.ac.id

Sigit Nugroho
Faculty of Sport Sciences
Universitas Negeri Yogyakarta
Yogyakarta, Indonesia
sigitnugroho@uny.ac.id

Sumaryanto
Faculty of Sport Sciences
Universitas Negeri Yogyakarta
Yogyakarta, Indonesia
sumaryanto@uny.ac.id

Sumarjo
Faculty of Sport Sciences
Universitas Negeri Yogyakarta
Yogyakarta, Indonesia
sumarjo@uny.ac.id

Abstract—Special Region of Yogyakarta (DIY) has very high chances between sport industry and tourism. There are many sports events held in DIY, both in national and international level. On the other hand, DIY has very rapid development in tourism sector. Therefore, the researchers intend to conduct research aiming at figuring out the strategy of sport industry development as supporting tourism in DIY. This research was descriptive qualitative research. The data collection technique was done by observation, interview, and documentation. Research subjects involved managers of tourist attractions, sports event organizers, and sport industry practitioners. The validity of data was done by the provision and triangulation of data through existing sources. Data analysis was performed by SWOT analysis method through reducing data, presenting data and verification or drawing the conclusion, along with the development of tourism in DIY, which is now experiencing an increase of special strategies, are needed to attract tourists. There needs to be structuring and regulation binding on all components of tourism management in DIY to realize an integrated service standard so as to provide comforts for both local and international tourists, optimizing the potential of tourism by cooperating with sport industry players to jointly synergize between the development of sport industry, especially sports events on increased tourism sector in DIY.

Keywords—sport industry, tourism

#### I. INTRODUCTION

Globalization has had a significant impact on the various dimensions of human life. There are three dimensions of the process of globalization, namely: Economic globalization, Political globalization, and Cultural globalization [1]. The universalization of the global value system that occurs in the cultural dimension has obscured the human values system of human life, especially in developing countries like Indonesia in the 21st century. Indonesian nation in this era of globalization is facing quite severe challenges; therefore the nation can also be said as a reflection of the value of life that occurs in society.

As a social and cultural phenomenon, sport cannot escape from the moral to the modern relation, mainly the dominance of the market. The acceptance of its sociological existence is guaranteed by its ability to adapt to the market, or vice versa and the market that will make it the target of its extension. That sport is a commodity good, where such commodity product becomes the target of market power [2].

Sports in this beloved country are still stagnant in achievement, one of which is due to lack of facilities and good education programs. In the field of sports industry development, Indonesia has had to do industrialization of sports as one way to overcome the problems. At the same time, the interest of western countries and the United States to invest in sports in Asia is the right moment to develop the industrialization of sports [3]. The sport industry is defined by Pitts, Fielding and Miller as "all production of goods, services, places, people, and thoughts that are offered to customers". Sport is not just big business. Exercise is one of the fastest growing industries, because it deals with aspects of the economy, the media and clothing to food and advertising, sport everywhere, coupled with an unfailing ringing of cash register machines [4]. Sport industry is one that creates added value by producing and providing sports related to equipment and services [5]. Sport marketing is the application of specific principles and marketing processes to sport products and to market non-profit sport products through association with sports.

Sport industry is sport business activity in the form of goods and / or of services. The sports industry can take the form of infrastructure and facilities produced, traded, and / or leased to the public. Communities conducting industrial goods and / or sports services should pay attention to the welfare of sports actors and the advancement of sport. It is stated that guidance and development of sports industry are implemented through mutually beneficial partnership to realize any sport activities that is independent and professional. The local government surely in developing the sports industry provides ease in the formation of centers of coaching and sports development [6].

In the national economy, the sport industry is a considerable base in supporting the transformation industry structure, from agrarian society to industrial society. There are several strengths, opportunities, weaknesses, and threats



of sport industry in Indonesia, namely; (a) Strengths: Adequate product quality and reasonable price. (b.) Opportunities: Increased demand as sport awareness increases in the community. Export opportunities to emerging markets such as South Africa, Egypt and America. (c) Weaknesses: Limited capital and brand are still less well known, and (d) Threats: Products are easily made by other competitors and competition from local, regional and global brands.

Meanwhile, observing the sport industry business profile in Indonesia in its operational faces some problems such as [7]:

## a. Capital issues.

The problem of capital of entrepreneurs in running their business has not been known and uses banking institutions. In addition, sports entrepreneurs (small) are difficult to obtain credit from private banks. As a result, sports industry entrepreneurs tend to rely on corporate financing from their own capital, or other sources such as family, relatives, and even loan sharks. Although they have enough collateral, they have no knowledge of where they should get easy and light capital. Another weakness in getting the capital is generally the sports industry is weak in preparing feasibility studies that can be accepted by the provider of capital.

b. Weak in gaining market opportunities and enlarging market share.

Generally, sport industry businesses acquire the market in passive ways. They rely on the power of the promotion of

Selling personnel, which is interpersonal communication. This promotion is chosen by the sports industry that is still small because the industry does not have the budget to conduct other promotions such as advertisements through television, radio or newspapers.

c. Limitations of technology use and mastery.

This is due to the weakness of human resources in absorbing science and technology. The weakness of human resources is also due to the level of education of workers in general, which is still low, then of course the (small) sport industry has experienced many limitations in utilizing technology.

d. The problem of product marketing strategy is one big obstacle for the small sports industry to enter the free market.

Often the marketing of small sport industry products has to go through the chain. The relatively long marketing and Product price setting is beyond the control of the sport industry entrepreneur. With conditions like this, problems facing the sport industry entrepreneurs is only to taste a relatively thin profit margin. Marketing difficulties can also be sourced from the level of keen competition, poor product quality, lack of supporting aspects (e.g. services of sports industry users), and lack of responsiveness of managers/ entrepreneurs to the market situation.

e. Weak in business networks and business cooperation.

Although the sports industry (which is still small) has limitations in networking and business cooperation, it does not seek to build networks and collaborate with the medium and large sports industries. The small sports industry does its own business activities and this will further weaken because of competition among the small sports industries themselves.

f. Weakness in the business mentality and entrepreneurship.

Generally, the sport industry that have the creativity and innovation, independence and spirit to move forward is still very small. It is still small to undergo many businesses that only rely on daily routines, without the touch of thought and development to always go ahead and increase.

There are three patterns related to the growth of the sport industry in Indonesia, namely: a) In Indonesia, there are potential sport actors and various scope or great sports dimensions. This is one of the success of the government's program to promote sports, b) There are three areas of the sector of arable fields, namely sport education, sport recreation, and sport achievement, and c) The magnitude of the growth opportunities in the sports industry. Of the three areas of arable fields above, the sport industry can penetrate in various market segments [2].

In addition to choosing and making various approaches to success in the sports business, it is also necessary to build a good communication with various parties. With communication able to solve the existence of a conflict so that will get the concept of higher quality solution, although there will be a change, but the change leads to a better and give impact to the common progress, especially in the sports industry. The sport industry has the following characteristics: a) persistent attention to business, b) being part or branch of business, and c) something that employs a lot of manpower and capital, which is a tangible activity of trade.

In the development of the sport industry in Indonesia, there needs to be re-orientation of the program, some of which are as follows [8]:

## a. Development of Sport Culture

Sports culture is the main foundation in the development of national sports. Sport culture is the attitude and habits of people to enjoy exercising and make sports ad healthy lifestyle. The development of this sports culture can be started from the scope of individuals and families by giving an appreciation of the meaning and benefits of sports for improving health and quality of life.

# b. Regional and International Sport Competition

National sport achievements continue to decline at regional and international levels. This condition is due to the weak competitiveness of national sports compared to other countries. The rise of new powers in sports, both at the ASEAN, Asia, and the world, has a profound influence on the position of Indonesian sports forces. The development of sport in Thailand, Malaysia, China, and several countries in the Soviet Union are the



forces that influence the decision of sport coaching in general in Indonesia.

# c. National Sport Management

An integrative approach in establishing policies that enable coaching and development of national sports in a harmonious, integrated and long-term manner that is supported by a funding system with principles of sufficiency and sustainability is very important in supporting the success of sports development.

d. Sport Infrastructure and Application of Research and Science and Technology

Application of science and technology in sport coaching both to improve the quality of the teaching-learning process and training is a must. Process quality ensures the achievement of learning outcomes and targeted sports performance. It is difficult to imagine the achievement of learning outcomes or high achievement without the use of science and technology. The availability of science and technology support including laboratory facilities for sports teaching and training is needed in an effort to improve achievement. For example, the success of sports achievements in other countries such as Australia and China is due to this problem.

 e. Program Synchronization between; Government, Society, and Private

Sports policies taken by the Government are very necessary and are still dominant for the smooth process in the field, such as sports financing subsidies. The community and the private sector as implementers in the field will protect behind the policies decided by the government, so that in the implementation, the community or the private sector can work calmly and safely. Third-party market or markets, are obliged to popularize sports in the community, so that the sports sector is not only a non-profit sector but also a profit and can be sold to the public.

f. The Role of Banking in the Development of the Sport Industry

In terms of coaching, banks actually play a role, some of which have their own sports clubs and actively participate in competitions and recruit talented athletes. It is desirable for banks not only to act as sponsors of events or a club which is usually intended but also as a promotional effort, but can enter again deeper.

The sports industry can be divided into two, that is the sport itself and its supporters. Sports can be in the form of an event or branch, while the supporters are quite a lot. Some of the supporting factors include mass media, both electronic and print media, sports equipment, advertising, arena rental services, trinkets or merchandise, and many more. The number of banks operating in this country at this time is around 120. If each one wants to enter and carry out his/ her role according to ability, we are optimistic that the world of national sports will be excited again.

The development of the sport industry, especially sports tourism, needs to get serious attention in order to be able

create a society that is advanced and more transformative, that is, both structurally and culturally [7]. Tourism prospects in the global market in the future are getting better. The world tourism industry is expected to continue to grow to 4.3% annually until 2020. The WTO also predicts that in 2010, 1.046 billion people will make tourist visits and increase by 1.602 billion in the year 2020, including 231 million people (in 2010) and 438 million people (in 2020), who will travel in the East Asia and Pacific region [9]. About 8% of the export of goods and services comes from the tourism sector. Tourism has also become the largest contributor to international trade from the service sector (37 %), becoming the main source of foreign exchange with 38 % in the world. Meanwhile, in Southeast Asia, the tourism industry contributes 10 to 12% of GDP and absorbs 7 to 8% of the workforce [10].

Tourism is one industry that has an important role in economic, social, cultural and environmental development. Tourism development that is planned and managed in a sustainable manner based on the community will be able to contribute to foreign exchange revenues and create jobs. In addition, tourism development can also create income that can be used to protect and preserve culture and the environment and directly touch local communities/tourist destinations.

In addition, there is an opportunity to synergize the culture industry and the sport industry which has the potential to become tourist objects and attractions. The proximity between the cultural industry and the sport industry with tourism has been recognized by many countries. In some countries, unique and exotic cultural industries are attracting tourists. Likewise, with the world championships in various sports, such as the Olympics and the Football World Cup, it can invite millions of foreign fans and tourists.

As a product of the tourism industry, the culture and sport industry needs further processing to attract tourists as consumers. The processing of these two products in synergy and planning, will have positive impact on tourism development and ultimately will be able to encourage increased foreign exchange revenue from the tourism sector in the form of event-based tourism, whether cultural events, sports events or combination of both.

Tourism development referred to in this research is focused on event- based tourism. Event-based tourism that is studied is cultural event and sporting event that has great potential as an attraction and as a means of promoting the organizer area. People who come to watch an event can go on a tour while the people who watch the event on television become interested in visiting the area. The organization of the event is also able to provide benefits to the region and the community as well as small and medium businesses around the organization.

A synergized cultural and sport activity will be able to bring in foreign and local tourists. However, in Indonesia, the use of arts and culture to market sport events has not been widely used until now by sports marketing experts, and vice versa. Meanwhile in Australia, in organizing the



Sydney Olympics, marketing programs and organizing sporting events, had been synergized with art and cultural activity programs, mainly by making art and culture major components required in organizing sporting events.

The tourism event is an integral and main part of tourism development and marketing strategies. Tourism events can be used to describe social phenomena and this can be interpreted as "systematic development, planning, marketing, and being flashback of past history". The purpose of tourism event can be; (a) To create an image that is beneficial for tourist destinations in the destination or country, (b) To expand the cultural information and local traditions, (c) To spread tourism demands more evenly in an area, and (d) To attract foreign and domestic visitors.

Statistics shows that, for example; in the sector of exhibition, event segments can increase strong international presence between 15% and 20%. This is very beneficial to other tourism sectors such as hospitality and transportation. Many official delegations from various countries then added other activities such as business trips to mini holidays. Events can be the most common channels where visitors fulfill their desire to taste local food and traditions, participate in games, or be entertained. Local and regional events can have the added advantage of keeping the domestic tourism market active [11]. Even tourists or visitors can be defined as those who travel far from home for business, pleasure, personal affairs or other purposes (except for commuting to work) and who stay at an event destination [12].

Olympic Games are one form of synergy in the cultural and sport industries that can attract tourists; it is not surprising that the Olympic Games are contested by many countries. The event is a very close combination of sports, festivals, religious ceremonies (rituals), and opening / closing ceremonies. As in the 44th regulation of the Olympic Charter, it states that: (1) the organizing committee (OC) for the Olympic Games must develop cultural event programs that are submitted to the International Olympic Committee (IOC) to get approval; and (2) the programs must promote harmonious relationships and mutual understanding and friendship among participants and visitors of the Olympic Games.

Whereas in the following explanation, it is stated that cultural programs must include: (1) Cultural events that must be organized in the Olympic region and lead to universality and differences in human culture; (2) Other events that have the same objectives held in city hosts with a number of seats that have been reserved for free for participants who are accredited by the IOC; and (3) Cultural Programs must be carried out during the Olympic Games event.

Referring to the experience of other countries in organizing event- based tourism, there are several examples that have been developed. For example, to develop a Canadian government sporting event every year, they hold Sport Event Congress which is a meeting of representatives of sports actors, sports organization, event

right holders, convention, and visitors' bureaus, economic development institution, supporting industry, sponsor organization/ company and event management companies both national and international. The forum becomes a means of marketing sport events where the right holder of the event has the opportunity to offer their event to the city representative to host.

Australia establishes national sport tourism development strategy in the form of the National Action Plan for Tourism which had been proclaimed since 1998. In Australia, every sporting event is planned so well that it can bring tourists both foreign and local. Recognizing this and taking the experience of Sydney Olympics, the marketing program and the organization of sports events are synergized with the arts and culture programs, by making art and culture as the main component required in organizing sports event.

In Scotland, the event has significant potential in supporting tourism development. Therefore, the Scottish Government has great commitment to develop the event that is reflected by the launch of the Major National Event of 'Competing on an International Stage' by the Scottish Executive in 2003. The Government has the vision to make Scotland a leading event in the world in 2015, namely: (1) making the event an "icon" or hallmark event; (2) Events that can be developed into world events; (3) International events held in Scotland without investing in Infrastructure, (4) Annual or mid-year event that can be Developed in specific areas. This event can be sport, history, art and culture or festival. In order to disseminate the national strategy, the Scottish Executive and Visit Scotland created the Even Scotland Partnership with public institutions, event organizers, media, and private sectors. The institute provides financial support and consultation to ensure, create, and develop international leading cultural and sporting events in Scotland.

The country of Indonesia is rich in cultural industries and potential sport industries to support tourism. This cultural resource support is seen by the abundance of national culture and diversity. All cultural currents throughout the three millennia are flowing into the archipelago from India, China, the Middle East and Europe. All of these world cultures are represented in certain places, such as in Bali that is Hindu; Chinese settlements in Jakarta, Semarang and Surabaya; Muslim centers in Aceh, Makasar and the Padang plateau; in Minahasa and Ambon regions which are Calvinists; and the Flores areas that are Catholic. These show that Indonesia is a rich country in activities and cultural expressions that are very unique and exotic which have potential to be developed. Based on the description above, it shows that the sports industry is familiar in the world of Indonesian tourism. However, the development of synergy between the two fields is not yet optimal. Therefore, the researchers are interested in conducting research on the development strategy of the sport industry as the support for tourism in DIY. In order to improve the performance of national tourism built a joint commitment to develop the sport industry in synergy. Forms of support are needed at all levels of actors,



including government, private sectors, and the community at the policy and operational levels at the central and regional levels.

#### II. RESEARCH METHODOLOGY

This study used qualitative approach. Qualitative research is one that intends to understand the phenomenon of what is experienced by subjects of research holistically by way of describing into words and language in accordance with the actual situation in the field [13]. The research method used was descriptive qualitative research method. It is a form of research intended to describe the phenomena that exist, both natural and manmade phenomena. The phenomenon can be the form, activity, characteristics, changes, relationships, similarities, and differences between phenomenal with one. With the use of qualitative methods, the data obtained will be more complete, more in-depth, credible, and meaningful so that research objectives can be achieved [14]. This research used data analysis technique model by Miles and Huberman. They argue the activity in qualitative data analysis conducted is interactive and lasted continuously until completion, so the data were saturated. Data analysis was by using SWOT analysis method by reducing data, presenting data, verification or drawing the conclusion.

## III. DISCUSSION

The development of tourism sector in Special Region of Yogyakarta (DIY) currently tends to experience a very significant increase. This is shown by the growing and increasing tourist destinations in DIY, so that the tourism sector will be able to help drive the economy of society. DIY Jargon, as a city of students and cultural city, becomes its own magnet against the tourists to come to DIY. The strength of tourism in DIY lies in local wisdom and culture of the society and is supported by human resources who already have an awareness of the positive outlook of the tourism sector. Creative human resources also become its own strength to the development of the tourism sector. In addition, there are still many tourism potentials that can still be worked to the maximum to support the populist economy. Various supporting facilities are also available in DIY such as infrastructure, good accommodation and accessibility so as to boost the tourism sector.

The development of the tourism sector in the form of tourist villages and interesting new tourist destinations in every district in Yogyakarta has tremendous potential. The existence of cultural heritage buildings, Sultan Palace, and relics of historical objects that exist in DIY is also a special attraction for tourists. Natural potential in the form of mountains and oceans, strategic geographical location makes DIY worthy of being a tourist destination. Some of the tourism potentials that can still be developed in DIY are water tourism (along the south coast, reservoirs, rivers), nature tourism (in the hills, Merapi Mountain), cultural diversity, culinary, technology, educational and historical tours, promoting local wisdom and culture, sport tourism and water sports. By looking at tourism potentials and

existing strength of the tourism sector in Yogyakarta, it will be able to compete with tourism in other areas.

Along with the development of tourism in DIY, which is experiencing an increase, there are still some shortcomings that must be addressed. Although it is difficult to show the weakness of the tourism sector in DIY, there are still some things that become complaints from the traveler community who often visit various tourist destinations in DIY. Management of some tourist attraction is not optimal but still the attraction of tourists is still lacking. Promotion of tourism destinations in DIY also need to be improved, either through print, electronic and social mediums. In terms of services, some attractions still need to be improved. Routine maintenance must also be done by the manager of the tour so that the tourist attraction can be neat and clean so that every tourist can be impressed and will re- visit again in the future. There are some objects complained about the arrangement and management of parking that has not been centralized because there are some unscrupulous people who make their own parking rates where the tariff is much more expensive than the tariffs that have been determined by the provincial government of DIY, thus causing tourists to feel burdened and reduce comfort when traveling. Therefore, there is a need for structuring and regulation binding on all components of tourism management in DIY to realize an integrated service standard so as to provide comfort for the tourists both local and international.

There are several potentials that can be developed to boost the tourism sector in DIY. The culinary tour, tourist village, beach tourism, natural attractions and new tourist attraction are the tourism potential that can be developed at this time. There are some supporters who are able to leverage the tourism sector in DIY for good accessibility between tourist attractions with one another. The distance is relatively short so it allows tourists to visit tourist destinations. In addition, the enthusiasm of tourists to visit the destinations in DIY helps promote it through social media.

Another potential that can still be developed to increase tourist visits to tourist destinations in DIY is with the sports industry. The development of the sport industry that exist today is actually quite good. It is shown by the existence of various sports events both nationally and internationally held in DIY such as BWF Word Junior, ASEAN Futsal Club Championship, Indonesia Profutsal League, Asia Futsal Competition, ISL, IBL, Proliga volley, POMNAS (National Student Sport Week) and so forth. More and more sports events should be able to attract supporters, athletes, and coaches, official, game equipment and sports lovers to visit the sights. In addition there are several sports industries that can be developed and juxtaposed with tourism such as rafting, outbound, bike tour, fly kite, archery, bike cruise tours, rowing, marathon in tourist areas, extreme sports, sport games on the beach and so forth.

Actually, with the growing development of sports industry in DIY, it will be able to provide its own carrying capacity for the tourism sector. This is shown when there is a sport event, athletes and sports lovers who come to DIY



will take the time to visit the nearby attractions with the sport event, so it will be a potential promotion either through word to word or social media from his personal account. However, in reality the current development of sports industry in Yogyakarta has not been able to contribute significantly to the tourism sector in DIY. This is because there has not been a synergistic management pattern between sports industry players with related agencies and tourism object managers. In addition, there is still lack of coordination with related parties and lack of human resources who have the willingness and ability in the sport industry development in supporting tourism in DIY. Therefore, a special strategy is needed to be able to synergize between the developments of sports industry, especially sports events to increase tourism sector in DIY.

Along with the development of tourism in DIY, there are still some complaints that can threaten the comfort of tourists while visiting tourist destinations in DIY. Frequent occurrence of natural disasters such as erupting volcanoes, whirlwinds, earthquakes, high waves can cause tourists inconvenience during the visit, even when a natural disaster such as a mountain erupts. Some attractions must be closed to anticipate the safety of tourists. However, natural disasters that occur when packaged properly, will turn into an attractive natural tourism potential because it has its own challenges such as lava tour.

Issues that are developing at this time is criminality that threatens the convenience of tourists is 'klitih'. The frequent 'klitih' criminal issue in DIY is a serious threat to the DIY government. 'Klitih' is the activity of a group of irresponsible people who deliberately attack someone while traveling with a sharp weapon or other blunt object, so it can hurt even to death. Therefore, in order to maintain the comfort of the tourists while visiting the tourist attractions in DIY required special strategy to dismiss the issue 'klitih' is. Another issue that is happening today is the presence of a group of terrorist network people who have entered the DIY. This terrorist issue can be a threat for tourists to visit the DIY especially foreign tourists. Therefore, the DIY government must take preventive steps in cooperation with the TNI (Indonesian Army) and Police to immediately solve the problem of criminality and terrorists. If the level of security in DIY region is guaranteed, it will increase the convenience of tourists in visiting tourist destinations that exist throughout DIY.

From the SWOT analysis that has been described above, there are still some things that need to be developed to boost the tourism sector in DIY. There are several opportunities for tourism destination development that can be developed in DIY. One of the opportunities that has not been optimal is from the sport industry side, where the current development of the sports industry, especially about the sporting event, has been more and more in DIY along with the development and utilization of existing sports value. The development trend of the sport industry in the field of sports events has increased significantly, so it can be said that the more sports events held in DIY will be a magnet for sports lovers to come to DIY. The

phenomenon should be captured positively by the managers of tourist destinations in DIY to be able to promote to sports lovers who come to DIY in order to enjoy various tourist attractions in DIY to fill his spare time while watching sports games. Therefore it is necessary to have a special strategy to be able to synergize between the development of sport and tourism industry in DIY.

One of sport industry development strategies to support tourism in DIY is to multiply even a large-scale sports events both national and international level by packing the tourist sport-based event. Where at every sport event held in DIY, it is necessary to cooperate with tourism object to offer tour packages on the side lines of sports event. In addition, it is necessary to maximize cooperation with the provision of services field tours and travel to be able to offer tourist attractions that can be visited. Another strategy is the need for cooperation between relevant agencies, tourism object managers, sports event providers and sports value provider to synergize together promote tourism in DIY. Mobilize and embrace human resources, community and tourism community to jointly encourage the development of tourism in DIY.

It needs special assistance to human resources in order to be able to develop the sport industry that is packaged by combining the tourism sector. In the sports industry, organizing sports events held at tourist attractions such as paragliding done at Depok Beach and surrounding areas, marathon around the temple, rock climbing beach, fun bike tours, downhill bike, extreme sports, outbound and nature roaming may help so that events which are held in the tourist attraction will be more attractive to tourists who will enjoy the panorama of the sites as well as follow or watch sports events held. In addition, special strategies are needed to promote the sports industry's synergy with tourism simultaneously through print, electronic and social mediums so that it can be accessed easily by people around the world.

## IV. CONCLUSION

Along with the development of tourism in DIY experiencing an increase of special strategies are needed to attract tourists. Optimizing the management of several tourist objects thus increases tourist interests. Promotion of tourism destinations in DIY also needs to be improved. In terms of services, some attractions still need to be improved. There is need to be structuring and regulating binding on all components of tourism management in DIY to realize an integrated service standard so as to provide comfort for the tourists both local and international. Optimizing the potential of tourism by cooperating with sport industry players to jointly synergize between the development of sports industry, especially sport events to increase tourism sector in DIY. Sport industry development strategy to support tourism in DIY is to multiply even large-scale sport events both national and international levels by packing the tourist sport-based event. In addition, it is necessary to maximize cooperation with the provision of services field tours and travel to be able to offer tourist attractions that can be visited. Another strategy is the need



for cooperation between relevant agencies, tourism object managers, sports event providers and sports value provider is to synergize together promote tourism in DIY. Mobilizing and embracing human resources, community, and tourism community are to jointly encourage the development of tourism in DIY. It needs special assistance to human resources in order to be able to develop the sports industry that is packaged by combining the tourism sector. In addition, special strategies are needed to promote the sports industry's synergy with tourism simultaneously through print, electronic, and social mediums so that it can be accessed easily by people around the world

#### REFERENCES

- K Buseri, "Nilai-nilai ilahiah remaja pelajar, Telaah phenomenologis dan strategi pendidikannya". Yogyakarta: UII Pres. 2014.
- [2] F. Sriwahyuniati, "Membuka peluang bisnis olahraga kebugaran (fitness dan senam) dalam mengembangkan program industri olahraga melalui program kuliah kewirausahaan", 2014. Available from: http://staff.uny.ac.id/sites/default/files/131568302
- Ibnu, "Visi, misi, sasaran dan program kadin olahraga nasional", 2012.
   Avaiable from: http://sport.ghiboo.com/visi-misi-sasaran-dan-program-kadin-untuk-olahraga-nasional
- [4] Harsuki, "Peluang industri olahraga di tingkat global. Materi workshop pengembangan manajemen indusri olahraga di Malang", 2011.
- [5] Nuryadi, "Industri olahraga", 2010. Available from: (http://ebookbrowse.com/gdoc.php?id=363998
- [6] Undang Undang No 3, "Sistem Keolahragaan Nasional: Kementrian Negara Pemuda dan Olahraga Republik Indonesia", 2005.
- [7] F. Mulyaningsih, "Pemberdayaan industri olahraga dalam menghadapi pasar bebas", 2011. Available from: (http://staff.uny.ac.id/sites/default/files/131808341/ProceedingSEMN AS
- [8] P. Bambang, "Pengembangan pembangunan industri keolahragaan berdasarkan pendekatan pengaturan manajemen pengelolaan kegiatan olahraga. Jurnal Media Ilmu Keolahragaan Indonesia", 2012, Volume 2. Edisi 2. ISSN: 2088-6802. 2012.
- [9] WTO, Tourism: 2020 Vision, 2000.
- [10] J Naibitt, "Global Paradox". William Morrow and Company, nc. 1994.
- [11] D. Getz, "Special events. In Managing Tourism", ed S Mede-lik. PP. 67-123. Oxford: Butterworth-Heinemann, 1991.
- [12] B. A. Masberg, "Defining the thourist is it possible?", Journal od Travel Research, Vol. 37, pp. 67-70, Agugust 1998.
- [13] L. J. Maleong, "Metode penelitian kualitatif". Bandung: PT Remaja Rosdakarya, 2004.
- [14] Sugiyono. "Metode penelitian kuantitatif, kualitatif dan R & D". Bandung: Alfabeta, 2009.







## Conference Secretariat:

**Faculty of Sport Sciences** *Universitas Negeri Yogyakarta* 

Address: Jl. Colombo No. 1 Yogyakarta, Indonesia Phone: +62274 550826 E-mail: yishpess@uny.ac.id | cois@uny.ac.id Website: yishpess.uny.ac.id | cois.uny.ac.id

