

IMPLEMENTATION OF THE POLICY ON THE ASSESSMENT SYSTEM FOR PRISONER DEVELOPMENT IN THE TERNATE STATE DETENTION HOME

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Abstract. The low participation in sports of the Indonesian people (Sports Community Participation Index/IPMO 0.263 in 2024) is caused by multidimensional factors such as the economy, time, and health literacy, requiring evidence-based and collaborative policies. This research aims to formulate a cross-sectoral strategy to build a sports ecosystem that supports the Indonesia Fitar 2045 target. This study uses *an Evidence-Based Policy approach* with primary (interview) and secondary (BPS, policy) data analysis, as well as evaluation through *Cost-Benefit Analysis (CBA)* and *Regulatory Impact Assessment (RIA)*. Integrated policies (regulations, infrastructure, community empowerment, and educational integration) have proven to be effective if supported by economic incentives, digital technology, and local wisdom approaches. These policy recommendations require phased implementation (2025–2029) with close monitoring to address access inequality and increase participation. Further research needs to evaluate the socio-economic impact and role of the private sector.

Keywords: *Evidence-Based Policy*, sports participation, economic inequality, sports ecosystem, Fit Indonesia 2045

INTRODUCTION

Indonesia is entering an important phase towards 2045, the moment of the 100th anniversary of Indonesia is entering a crucial phase in the history of national development. The year 2045, which will be the momentum of the centenary of independence, has been proclaimed as a milestone in the achievement of the great vision of a Golden Indonesia. In this vision, the quality of human resources (HR) is the center of attention, because this is where the nation's competitiveness excellence lies in facing global challenges. However, the quality of human resources is not solely assessed from the aspect of education or work skills, but also from overall physical, mental, and physical health.

Sports play a strategic role in the development of healthy and productive human resources. Various studies show that regular physical activity is able to improve cognitive function, lower the risk of chronic diseases, and extend life expectancy. In this context, sports culture must be instilled as part of people's lifestyles, not just recreational activities or competitions. Community sports development is actually a long-term investment that determines the quality of the nation's social, economic, and even political life.

But the reality on the ground shows an alarming fact. Based on the results of the National Physical Fitness Index measurement by the Ministry of Youth and Sports (Kemenpora) in 2022, only around 26.5% of Indonesians are classified as fit. This means that more than 70% of people are still in the category of being unfit or not fit. This condition shows that awareness and exercise habits have not been firmly rooted in the daily lives of Indonesian people.

This challenge will continue until 2025. The latest Susenas data noted that the sports participation rate of the population aged 10 years and above only increased slightly to around 35.1%, still far from the ideal target of 50% set in the framework of the National Sports Grand Design (DBON). Indonesian people still face various obstacles in exercising, ranging from limited time, lack of public facilities, to the dominance of sedentary lifestyles due to digitalization.

Inequality is also very pronounced geographically and socio-economically. People in urban areas relatively have more options for accessing sports, but these activities are still mostly carried out by the middle and upper groups. In rural areas, low development of sports infrastructure, lack of sports personnel, and low educational campaigns are the main inhibiting factors. As a result, the gap in sports participation continues to widen between regions, ages, and social classes.

This condition has a direct impact on the increasing prevalence of non-communicable diseases (NCDs) such as diabetes, hypertension, stroke, and heart disease. Riskesdas 2018 data and health projections for 2025 show a surge in NCD rates as a consequence of lack of physical activity and unhealthy food consumption. NCDs not only burden the national health system but also reduce work productivity, increase the economic burden on families, and worsen social resilience.

To face these challenges systematically, the government has developed the Sports Development Index (IPO) or Sport Development Index (SDI) as an evaluative instrument as well as national sports development planning. The IPO was developed by the Ministry of Youth and

Sports by covering nine main dimensions, including infrastructure, sports personnel, organizational governance, and the Community Participation Index in Sports. This dimension is very important because it is a direct reflection of the extent to which sports culture has been internalized in society.

The sports culture of the community cannot be formed instantly. Social transformation is needed supported by education, the role of the family, local communities, the media, and community leaders. One of the great potentials that has not been maximized so far is traditional sports such as pencak silat, stilts, sepak takraw, and other folk games. This cultural heritage contains educational values, health, togetherness, and local wisdom, which are very relevant to building a cultural base of active living from below.

However, traditional sports have not received a proportionate place in education policies and community activities. Modernization, commercialization of sports, and the dominance of popular culture tend to shift the role of traditional sports. In fact, the revitalization of people's sports can be an effective bridge to ground sports culture in all corners of the archipelago with a contextual approach.

In the midst of the current development of digital technology, there is a great opportunity to strengthen people's sports culture. Fitness applications, online training platforms, and virtual sports communities are effective new channels to spread the spirit of healthy living. Technology allows for easier access to participate in sports and maintain fitness, and offers a variety of features that can motivate individuals to be more active. Thus, sports can become more inclusive and affordable, especially for those who have difficulty accessing physical sports facilities. However, digitalization also poses challenges that need to be overcome. Increased passive activities such as gaming and excessive social media consumption, which often lead to sedentary lifestyles, can exacerbate public health problems. Without proper management, technology that should support a healthy lifestyle can actually become an obstacle to efforts to cultivate sports and fitness. Therefore, it is important to design a smart digital strategy, by promoting health literacy and providing an understanding of how to leverage technology to support physical activity and fitness.

A digital strategy based on health literacy will ensure that people can use technology for positive purposes, such as taking online exercise classes, tracking fitness progress, or joining a virtual sports community that can provide social support. With the right approach, technology can be a powerful tool to strengthen sports culture, encourage healthy lifestyles, and reduce the negative impact of an increasingly widespread passive lifestyle.

The government has launched various policies such as the Healthy Living Community Movement (Germas), DBON, and inter-village championships. But implementation on the ground still faces classic obstacles: weak coordination between agencies, lack of active community involvement, and a lack of a locally-based approach. Many programs are still top-down and are not able to answer the real needs of the community. This shows the importance of strengthening regional capacity and the active role of communities in driving sports participation.

Community sports participation is a cross-sectoral affair that requires the involvement

of various parties to create a supportive ecosystem. The world of education, youth organizations, the private sector, the media, and religious leaders must be involved as agents of change. This collaboration between stakeholders is key in creating a sports culture that is not only physical, but also leads to social and character development. Each sector has an important role, both in providing facilities, disseminating information, and inspiring people to live a healthy life through sports.

By involving various parties, we can build a healthy, inclusive, and sustainable community sports ecosystem. The world of education plays a role in integrating sports in the curriculum, while youth organizations and the private sector can provide platforms and opportunities for people to participate in various sports activities. The media, with its role as an information agent, can introduce sports as a fun lifestyle, while religious figures can give the view that sports are also part of the values that support a healthy and harmonious life.

This approach involving many parties, sports will become more than just a means to maintain physical health, but also a medium for character building, social integration, and strengthening the nation's identity. Sports, supported by a solid ecosystem, can strengthen relationships between citizens, increase the sense of togetherness, and strengthen the spirit of nationalism in the face of global challenges.

The achievement of the national IPO in 2024 released by the Ministry of Youth and Sports shows a figure of 0.334 on a scale of 0 to 1, which means that national sports development is still in the medium category. Although there is an increase compared to previous years' achievements, this pace of progress is not significant enough to accelerate the achievement of the 2045 Fit Indonesia target. Especially, several dimensions such as community participation and the provision of public infrastructure are still weak points that need to be addressed immediately.

The Community Participation Index itself is defined as the level of community involvement in sports activities on a regular, organized, and/or community-based basis. This index reflects not only physical habits, but also the awareness, willingness, and capacity of individuals and communities to make exercise an integral part of their lifestyle. Unfortunately, the national score of this index in 2024 is still below 0.3, indicating the need to increase community-based sports movements evenly across the region.

The decline in the Community Participation in Sport Index (IPMO) in 2022 and 2023 was not only influenced by the impact of the COVID-19 pandemic, but also by changes in people's priorities, especially related to income and economic needs. After the pandemic, many families focused on recovering their financial condition, so time and attention were more directed to economic activities rather than non-productive activities such as sports. For most people, especially in the lower middle class and the countryside, exercise is not considered a primary necessity, but rather an additional activity if time and conditions allow.

Entering 2025, although socio-economic conditions are relatively stable and public facilities have recovered, people's priorities for basic needs such as work, children's education, and the fulfillment of daily consumption are still the dominant factors that shift the culture of active living. This explains why the IPMO only experienced a slight increase in 2024 to 0.263.

Therefore, the promotion of sport needs to be directly linked to economic benefits and productivity, such as sports as a means of maintaining health to stay productive at work, or as an economic opportunity in the form of a community sports industry. This approach will be more relevant to the reality of society and can accelerate the recovery of sports culture towards a Fit Indonesia 2045.

This research aims to formulate a cross-sectoral strategy to build a sports ecosystem that supports the Indonesia Fitar 2045 target. This research introduces a holistic approach based on *Evidence-Based Policy* by combining cross-sector policy analysis (regulatory, infrastructure, community, and education) and integrating the Erikson Social Health theory and Freire Social Empowerment to build an inclusive sports ecosystem. In contrast to previous studies that focused on a single aspect such as infrastructure or health campaigns, this study offers a five-year framework (2025–2029) with a *logic model approach* to systematically map policy impacts. In addition, this study identifies economic inequality as the root of the problem of sports participation and proposes incentive-based solutions and the integration of digital technologies, which have not been widely explored in the relevant literature.

METHOD

The methodology in the preparation of this policy paper uses an Evidence-Based Policy approach which emphasizes the use of accurate data and evidence in policy formulation. The work stage begins with the identification of problems based on relevance to the policies of the Ministry of Youth and Sports and the level of urgency of achieving national targets, with analysis using the Urgency, Seriousness, and Growth (USG) approach. Furthermore, data collection was carried out through primary sources (interviews with 6 informants) and secondary sources (BPS data, ministry reports, academic journals, and other country policy studies as benchmarking materials). The policy analysis is then conducted with Cost-Benefit Analysis (CBA) and Regulatory Impact Assessment (RIA) to evaluate the effectiveness, efficiency, and impact of each policy option.

Based on the results of the analysis, policy recommendations are formulated referring to the principles of SMART (Specific, Measurable, Achievable, Relevant, Time-bound) so that the implementation is realistic and has a real impact. This policy paper is prepared systematically, including introductions, analysis, policy alternatives, recommendations, and implementation plans.

In the context of the issue of slowing down the Sports Participation Index, this methodology is applied by examining related policies (such as Permenpora and Laws) to identify weaknesses that cause stagnation. The results are in the form of recommendations such as increasing access to sports facilities, strengthening education programs in schools, and center-regional collaboration. Evaluation using logic models helps map the linkages between inputs, processes, outputs, and policy outcomes, thus allowing for strategy adjustments for impact optimization. With this evidence-based approach, the resulting policies are expected to be more effective in encouraging community sports participation.

RESULTS AND DISCUSSION

Policy/Regulatory Support

The slowdown in the increase in the Sports Participation Index in Indonesia shows the mismatch between the normative spirit in the national legal framework and the applicable reality on the ground. The 1945 Constitution of the Republic of Indonesia, especially Article 28H paragraph (1), guarantees the right of every citizen to live a healthy life, which should be realized through access to sports activities as part of a healthy lifestyle. Law Number 11 of 2022 concerning Sports emphasizes that sports are an integral part of national development, but the low achievement reflects the weak implementation of the principle of equal access and synergy between institutions as mandated by the law. This is further clarified by Presidential Regulation No. 86 of 2021 concerning the Grand Design of National Sports (DBON) which states that public participation in sports is an important foundation in the development of national sports, but the slow increase in IPOs shows that there are still structural obstacles in planning, funding, and coordination across sectors. Therefore, the slowdown in IPOs is not solely due to a lack of public interest, but also due to the implementation of policies that have not been maximized even though they are supported by a strong regulatory framework, so that a data-based policy analysis approach and systematic evaluation are needed to optimize the implementation of constitutional mandates and laws and regulations in increasing sports participation evenly and sustainably.

Constitution of the Republic of Indonesia in 1945

Article 28H paragraph (1): "Everyone has the right to live a prosperous life in birth and mind, to live, and to a good and healthy living environment and to the right to receive health services.

This article affirms the right of every citizen to a healthy life, which includes access to sports activities as part of efforts to maintain health.

Law Number 11 of 2022 concerning Sports

Article 4 paragraph (1): "Every citizen has the right to receive sports services to improve the quality of life.

Article 24 paragraph (1): "The community can coach and develop sports through various activities.

Article 100 paragraph (1): "Sportsmen and sportsmen are given social security protection."

This law provides a legal basis for the public to participate in sports activities and guarantees protection for sportsmen, which directly supports the increase in IPOs.

Presidential Regulation of the Republic of Indonesia No. 86 of 2021 concerning the Grand Design of National Sports (DBON)

Article 1: "The Grand Design of National Sports is a master plan document that contains the direction of national sports coaching and development policies that are carried out effectively, efficiently, superiorly, measurably, systematically, accountably, and sustainably within the scope of educational sports, recreational sports, achievement sports, and the sports industry".

This Presidential Regulation establishes a strategic framework for the coaching and development of sports in Indonesia, which aims to increase public participation in sports as well as national sports achievements.

Theory/Concept in the Formulation of Alternative Policies***Erikson's (1993) Social Health Theory:***

Erikson's (1993) Social Health Theory emphasizes the importance of healthy social interactions and environments that support the psychosocial development of individuals, including a sense of belonging, participation, and contribution in society. In the context of sports culture as mandated in Law Number 11 of 2022 concerning Sports, the efforts that must be taken by the central and regional governments are not only limited to providing facilities, but also creating social spaces that encourage positive interaction through sports activities. The central government through the Ministry of Youth and Sports and local governments according to their authority need to develop policies that strengthen the role of sports as a medium of social development—for example through community sports programs, folk sports festivals, or the integration of sports in education and social activities—so that sports become a means of strengthening social cohesion, building collective identity, and supporting people's mental health. For example, in 2024, the Ministry of Youth and Sports has implemented the Tarkam, Tarkan program with the aim of increasing sports participation in the community, giving birth to the seeds of potential athletes, and squirming sports to become a lifestyle as well as encouraging community-based sports coaching and strengthening social networks at the grassroots level. With this approach, sports culture not only has a physical impact, but also strengthens the quality of people's social life as emphasized in Erikson's theory.

No	Tahap Erikson	Usia	Krisis Psikososial	Kaitan dengan Olahraga	Implikasi untuk Partisipasi
1	Trust vs. Mistrust	0–1 tahun	Kepercayaan vs. Ketidakpercayaan	Pengalaman pertama gerak tubuh melalui sentuhan, pelukan, dan stimulasi fisik dari orang tua	Kepercayaan awal terhadap aktivitas fisik dimulai dari kehangatan dan respons orang tua
2	Autonomy vs. Shame and Doubt	1–3 tahun	Kemandirian vs. Rasa malu/ragu	Mulai berjalan, memanjat, berlari, dan mengeksplorasi lingkungan	Dukungan terhadap eksplorasi fisik mendorong kepercayaan diri anak
3	Initiative vs. Guilt	3–6 tahun	Inisiatif vs. Rasa bersalah	Bermain aktif, ikut olahraga ringan, mulai memilih aktivitas	Kesempatan memimpin permainan atau berinisiatif membangun antusiasme terhadap olahraga
4	Industry vs. Inferiority	6–12 tahun	Produktivitas vs. Rendah diri	Belajar keterampilan olahraga, mulai ikut ekstrakurikuler atau klub	Pujian atas usaha dan pencapaian mendorong semangat kompetitif yang sehat
5	Identity vs. Role Confusion	12–18 tahun	Identitas diri vs. Kebingungan peran	Olahraga sebagai sarana membentuk citra diri dan identitas sosial	Kegiatan olahraga membantu remaja merasa diterima dan menemukan jati diri
6	Intimacy vs. Isolation	18–40 tahun	Keintiman vs. Isolasi	Bergabung dengan komunitas olahraga, olahraga bersama pasangan atau teman	Olahraga menjadi sarana membangun hubungan dekat dan memperluas jaringan sosial
7	Generativity vs. Stagnation	40–65 tahun	Produktivitas vs. Stagnasi	Mengajar olahraga, mendampingi anak, terlibat dalam kegiatan komunitas	Partisipasi memperkuat rasa memberi dan berkontribusi bagi masyarakat
8	Integrity vs. Despair	65+ tahun	Kebijaksanaan vs. Penyesalan	Senam lansia, jalan sehat, olahraga ringan untuk kebugaran dan sosialisasi	Aktivitas olahraga memperkuat kualitas hidup dan rasa puas akan masa lalu

Figure 1. The relationship between Erikson's psychosocial stages and community participation in sports

The Social Empowerment Theory of Paulo Freire (1970)

The Social Empowerment Theory of Paulo Freire (1970) emphasizes the importance of critical awareness and active participation of the community in the process of social transformation, which is relevant in the context of sports culture in Indonesia. Based on Law Number 11 of 2022 concerning Sports, sports culture aims to form character and cultivate an active life, which can only be achieved if the community is not only an object, but also an active subject in sports activities. Therefore, the central government through the Ministry of Youth and Sports and local governments according to their authority must develop policies that encourage direct community involvement, such as the provision of public sports spaces, the facilitation of sports communities, and the integration of sports in social and educational activities. This approach is in line with Freire's empowerment principle, which is to create conditions where people can recognize the benefits of exercise, organize themselves, and take a role in creating a sustainable culture of healthy living, supported by inclusive, participatory, and contextual regulations according to regional characteristics.

No	Upaya Pemerintah	Prinsip Teori Pemberdayaan Sosial Freire	Kaitannya dengan Indeks Partisipasi Olahraga
1	Penyediaan Infrastruktur Olahraga yang Merata	Kesadaran Kritis	Dengan penyediaan fasilitas olahraga yang lebih merata dan mudah diakses oleh masyarakat, kesadaran masyarakat akan pentingnya olahraga sebagai bagian dari gaya hidup sehat akan meningkat, mendorong partisipasi yang lebih besar dalam kegiatan olahraga.
2	Program Pembinaan dan Pengembangan Olahraga Masyarakat	Partisipasi Aktif	Program yang melibatkan masyarakat secara langsung dalam kegiatan olahraga, seperti Gerakan Indonesia Sehat dan Liga Olahraga Desa, memungkinkan masyarakat untuk berperan aktif dalam memperkuat budaya olahraga, yang akan meningkatkan Indeks Partisipasi Olahraga.
3	Penyuluhan dan Pendidikan Olahraga di Sekolah dan Komunitas	Dialog dan Pendidikan	Program pendidikan dan penyuluhan yang melibatkan dialog dua arah akan meningkatkan pengetahuan dan kesadaran masyarakat tentang manfaat olahraga, yang berkontribusi pada peningkatan partisipasi dalam olahraga di sekolah dan komunitas.
4	Kolaborasi dengan Komunitas dan Organisasi Masyarakat	Partisipasi Aktif	Kerja sama dengan komunitas olahraga menguatkan partisipasi aktif masyarakat dalam mengorganisasi dan melaksanakan kegiatan olahraga, sehingga meningkatkan Indeks Partisipasi Olahraga secara lokal dan nasional.
5	Pengembangan Olahraga untuk Semua	Inklusivitas dan Kesadaran Kritis	Program yang memberikan akses olahraga untuk semua lapisan masyarakat, termasuk penyandang disabilitas dan kelompok rentan, menciptakan kesadaran akan hak setiap orang untuk berpartisipasi dalam olahraga, yang meningkatkan partisipasi secara luas.
6	Pemanfaatan Teknologi dalam Olahraga	Dialog dan Pendidikan	Pemanfaatan teknologi membuka akses yang lebih luas untuk informasi dan program olahraga, meningkatkan kesadaran masyarakat tentang manfaat olahraga, serta memberikan sarana untuk berpartisipasi dalam kegiatan olahraga secara digital, yang berdampak pada peningkatan Indeks Partisipasi Olahraga.

Figure 2. Principles of Freire's Social Empowerment Theory in Relation to the Exercise Community Participation Index

The collaboration between Erikson's Social Health Theory (1993) and Freire's Social Empowerment Theory (1970) can strengthen community participation in sports culture. Erikson's theory shows how sport helps shape identity and well-being, while Freire's theory emphasizes the importance of awareness and active participation in social change. With support from the Ministry of Youth and Sports and local governments, this collaboration can encourage the community to be more involved in sports, supporting the achievement of Indonesia Fitness 2045.

No	Aspek	Teori Kesehatan Sosial Erikson (1993)	Teori Pemberdayaan Sosial Freire (1970)	Kolaborasi untuk Memperkuat Partisipasi Budaya Olahraga Masyarakat
1	Tahapan Perkembangan	Erikson membagi perkembangan manusia dalam beberapa tahap yang berhubungan dengan pembentukan identitas dan interaksi sosial, termasuk tahapan yang menekankan pentingnya peran sosial (misalnya, tahap Industry vs. Inferiority dan Generativity vs. Stagnation).	Freire menekankan pentingnya kesadaran kritis dan partisipasi aktif untuk perubahan sosial yang lebih baik. Masyarakat harus diberdayakan untuk terlibat dalam kegiatan sosial secara aktif.	pemerintah dan pemerintah daerah dapat menyusun program olahraga yang relevan dengan tahapan perkembangan individu di berbagai usia, seperti program olahraga untuk anak-anak, remaja, dan dewasa yang melibatkan masyarakat secara aktif.
2	Peran Masyarakat dalam Pembentukan Identitas	Erikson berfokus pada pentingnya identitas yang dibangun dalam interaksi sosial, termasuk dalam kegiatan fisik dan olahraga yang membantu membentuk rasa percaya diri.	Freire menekankan pentingnya partisipasi aktif dan mengedepankan dialog dalam proses perubahan sosial, termasuk perubahan gaya hidup melalui olahraga.	pemerintah dan pemerintah daerah perlu menyediakan ruang bagi masyarakat untuk mengembangkan identitas mereka melalui kegiatan olahraga, termasuk mendorong dialog antar komunitas dan partisipasi aktif dalam organisasi olahraga.
3	Pengaruh Lingkungan Sosial terhadap Partisipasi Olahraga	Erikson menggarisbawahi pentingnya dukungan sosial dari keluarga dan masyarakat dalam tahap perkembangan sosial, yang berhubungan dengan partisipasi dalam kegiatan olahraga.	Freire menekankan bahwa kesadaran kritis mengenai peran lingkungan sosial dalam pembudayaan olahraga harus ada, dan masyarakat harus berperan aktif dalam menciptakan kondisi yang mendukung.	pemerintah dan pemerintah daerah harus memastikan adanya kebijakan yang mendukung lingkungan sosial yang kondusif untuk olahraga, seperti membangun fasilitas olahraga umum dan melibatkan keluarga serta komunitas dalam kegiatan tersebut.
4	Pendidikan dan Pembelajaran	Erikson percaya bahwa pembelajaran, termasuk dalam olahraga, sangat penting dalam tahap perkembangan dan pembentukan identitas diri.	Freire menekankan pendidikan yang bersifat dialogis, di mana masyarakat tidak hanya menerima informasi, tetapi aktif dalam proses pembelajaran.	Program pendidikan olahraga berbasis dialog yang difasilitasi oleh pemerintah dan pemerintah daerah akan membantu masyarakat memahami manfaat olahraga dan meningkatkan partisipasi mereka dalam kegiatan fisik, serta mengajak mereka untuk merencanakan aktivitas sehat sesuai kebutuhan.
5	Transformasi Sosial dan Perubahan Positif	Erikson memandang bahwa perubahan sosial dalam diri individu dapat tercapai melalui dukungan sosial yang tepat, salah satunya lewat aktivitas olahraga yang memperkuat keterampilan sosial dan fisik.	Freire mengajarkan bahwa masyarakat harus diberdayakan untuk mengorganisasi diri mereka dalam rangka menciptakan perubahan sosial yang positif.	pemerintah dan pemerintah daerah dapat mendorong program olahraga berbasis pemberdayaan, di mana masyarakat terlibat langsung dalam merancang dan melaksanakan kegiatan olahraga yang mendukung perubahan sosial, terutama terkait pola hidup sehat dan budaya olahraga.
6	Peningkatan Kesehatan Fisik dan Mental	Erikson menekankan bahwa setiap tahapan perkembangan harus mendukung kesejahteraan fisik dan mental individu, yang termasuk dalam kegiatan olahraga yang membangun kesehatan fisik dan emosional.	Freire menekankan pentingnya kesadaran sosial dalam kesehatan masyarakat, termasuk olahraga sebagai sarana untuk memperbaiki kualitas hidup.	pemerintah dan pemerintah daerah perlu mengintegrasikan olahraga dalam kebijakan kesehatan masyarakat, memperkenalkan manfaat olahraga untuk kesehatan fisik dan mental, serta menciptakan program olahraga yang dapat diakses oleh seluruh lapisan masyarakat.
7	Keterlibatan Generasi Muda	Erikson menganggap bahwa tahap Identitas vs. Kebingungan Peran sangat penting dalam membentuk kepribadian remaja dan keterlibatan mereka dalam kegiatan sosial seperti olahraga.	Freire menganggap bahwa pemuda harus diberikan kesadaran kritis untuk berpartisipasi dalam perubahan sosial, termasuk dalam olahraga.	pemerintah dan pemerintah daerah harus menyediakan program olahraga yang khusus menargetkan generasi muda, mengedukasi mereka tentang pentingnya olahraga, serta memberi kesempatan bagi mereka untuk aktif dalam komunitas olahraga, mengembangkan identitas sehat yang positif.
8	Mendorong Partisipasi dalam Komunitas	Erikson berfokus pada pentingnya keterlibatan sosial di komunitas dalam tahap perkembangan, yang juga mempengaruhi partisipasi dalam olahraga.	Freire mendorong masyarakat untuk mengorganisasi diri dalam kegiatan sosial yang dapat menciptakan perubahan sosial yang positif, termasuk dalam bidang olahraga.	pemerintah dan pemerintah daerah dapat berkolaborasi dengan komunitas lokal untuk menciptakan komunitas olahraga yang inklusif, yang tidak hanya meningkatkan partisipasi masyarakat, tetapi juga membentuk budaya hidup sehat yang berkelanjutan di masyarakat.

Figure 3. Collaboration between Erikson's Social Health Theory (1993) and Paulo Freire's Social Empowerment Theory (1970) in strengthening people's sports cultural participation towards a Fit Indonesia 2045

From the collaboration between Erikson's Social Health Theory (1993) and Freire's Social Empowerment Theory (1970), the government can respond by designing policies and programs that encourage active participation of the community in sports culture. The government, through the Ministry of Youth and Sports and local governments, needs to ensure that each stage of individual development, as Erikson explained, is taken into account in planning sports programs that are appropriate to the age and needs of the community.

Meanwhile, Freire's principles of social empowerment require the government to not only be a regulator, but also a facilitator who empowers the community to be directly involved in the planning, implementation, and evaluation of sports activities. Governments can create spaces for dialogue and active participation, by organizing community-based sports activities, providing accessible sports facilities, and involving communities in decision-making.

In addition, through supportive regulations, the government can create social conditions that are conducive to sports culture, such as the integration of sports in social and educational activities. One of the challenges that needs to be considered is economic inequality, which often limits people's access to sports facilities. To address this, the government must ensure equitable distribution of sports facilities in various regions, including remote and underdeveloped areas, and provide affordable sports programs for all levels of society. Subsidy policies for sports programs in low-income areas and the development of sports infrastructure that is accessible to all will reduce this inequality.

The collaboration between these two theories will strengthen the sports culture in society, raise awareness of the importance of sport for physical and mental health, and support the achievement of Indonesia Fitar 2045 by addressing economic inequality that affects access to sports facilities.

Policy Choice Alternatives

In prioritizing the previously formulated policies, a scoring assessment of 1-5 was carried out by 6 informants (2 Community, 2 Community Sports Personnel, Civil Servants of the Sports work unit) which was carried out considering its effectiveness, efficiency, and long-term impact (Dunn, 1999). The policies that produce the highest scores will be prioritized in determining supporting programs and activities through a logic model approach (Knowlton, Lisa Wyatt, & Cynthia C. Philips (2013)) to design cause-and-effect relationships between policies, programs, and activities, as well as expected outcomes.

Table 1. USB Method Analysis (Urgency, Seriousness, Growth)

ISSUES	URGENCY					SERIOUSNESS					GROWTH				
	5	4	3	2	1	5	4	3	2	1	5	4	3	2	1
Lack of Community Participation in Exercise	6					4	2				6				
Limitations of Sports Facilities and Infrastructure in Certain		4	2			2		3	1			4	1	1	

Regions															
Economic Inequality Affecting Access to Sports Facilities		2	3	1			2	2	2			3	3		

The results of the 2024 Sports Development Index (IPO) indicate that low public participation in sports activities is a complex problem that is closely related to various structural factors. The dominance of economic activities and time constraints are the main causes, because most people prioritize activities that directly generate income to meet basic living needs. This situation is further exacerbated by the low literacy and awareness of the importance of exercise, so that physical activity is not seen as an essential need, but only as an additional activity that is easy to ignore. As a result, sport has not been integrated into the active living culture of society, because the perception of its benefits is still low, especially among workers and economically vulnerable groups. Thus, the root of the problem of low sports participation lies in economic pressures that limit leisure time and lack of understanding of the strategic value of sports in daily life. To overcome this, a policy approach that is holistic, contextual, and based on the socio-economic reality of the community is needed.

It can be said that the results of the analysis show that the participation of the Indonesian people in sports activities is still at an alarming level. This low involvement is not just a matter of individual choice, but is the result of structural complexity involving economic pressures, time constraints, and low literacy and awareness of the importance of sport. To overcome these problems, a sports policy is needed that does not stand alone, but is integrated with the approach to social welfare, education, employment, and regional development regulated in a central and regional government policy, and then the policy direction that is prepared and determined is directed to:

1. Integration of Sports in Daily Life
 - a. Encourage *inclusive and community-based* Sport for All programs.
 - b. Provide time and space for exercise in work and residential environments.
 - c. Utilizing public spaces as a means of cheap and easily accessible sports.
2. Strengthening Literacy and Exercise Awareness
 - a. The national campaign *Movement is Healthy, Movement is Productive*.
 - b. Education through schools, social media, and religious institutions.
 - c. Collaborate with community leaders and influencers to build an active living culture.
3. Incentives and Structural Support

- a. Providing incentives for business actors who provide sports facilities for workers.
 - b. Develop a policy of leave or regular sports time within ASN and SOEs.
 - c. Increasing the budget and ease of access to community sports infrastructure.
4. Region-Specific Approaches and Vulnerable Groups
- a. Interventions based on data in areas with low participation index.
 - b. Free or subsidized sports programs for poor families and informal workers.
 - c. Involvement of women, the elderly, and disabilities in the design of community sports programs.

Furthermore, the preparation of the implementation framework of the programs/activities (Ministry of Youth and Sports/Prov/Regency/City) that has been produced is carried out by preparing a timeline of activities, stages, division of authority, and monitoring evaluation mechanisms.

Table 2. Implementation Framework

Year	Activity Components	Central Government (Kemenpora)	Provincial Government	Regency/City Government	Evaluation & Monitoring
2025	Preparation of the National Policy on Sports Culture	Drafting the Draft Permenpora on Sports Culture as a derivative of Law 11/2022 on Sports	Aligning the RPJMD and Dispora Strategic Plan documents with the Ministry of Youth and Sports Strategic Plan Coordination across OPDs	Socialization and mapping of local sports communities Adjustment of RPJMD and Renja SKPD	Monitoring of policy integration; Community Participation Baseline
		Continuing the Ministry of Youth and Sports Tarkam Program		Implementation of the Ministry of Youth and Sports' Tarkam Program in Regencies/Cities	
2026	Strengthening Sports Infrastructure and Access	Socialization of Permenpora on Sports Culture	Prepare strategic facilities development plans (GOR, public field) Coordination across districts/cities	Revitalization of public sports facilities Construction of multipurpose fields in sub-districts/villages	Physical evaluation of infrastructure and its use by the community
		Drafting the Ministry of Youth and Sports as a descendant of the Permenpora on Sports Culture		Implementation of the Ministry of Youth and Sports' Tarkam Program in Regencies/Cities	
		Continuing the Ministry of Youth and Sports' Tarkam Program			

Year	Activity Components	Central Government (Kemenpora)	Provincial Government	Regency/City Government	Evaluation & Monitoring
		and making <i>Movement is Healthy, Movement is Productive.</i>			
2027	Coaching and Facilitation of the Sports Community	Sportsmanship Village Program and Sustainable Athlete Village Training Community Sports Cadres	Drafting Regional Regulations or Perkada that regulate the provision of public sports spaces, facilitation of community sports activities, and incentives for local initiatives.	Empowerment of the sports community Funding of community sports activities	Community participation surveys; Local drive mapping
		Continuing the Ministry of Youth and Sports Tarkam Program	Establishment of provincial community sports forum Training of local coaches	Implementation of the Ministry of Youth and Sports' Tarkam Program in Regencies/Cities	
2028	Integration of Sport in Social and Educational Activities	Partnership with the Ministry of Education and Culture, Ministry of Religion, and Ministry of Social Affairs Guidelines for school and community-based sports activities	Synchronization with provincial education and social services Student/inter-community sports festival	Implementation of competitions, mass gymnastics, and cross-age activities Collaboration with schools and social institutions	Evaluation of social impact and character building through sport
		Continuing the Ministry of Youth and Sports' Tarkam Program and making <i>Movement is Healthy, Movement is Productive.</i>		Implementation of the Ministry of Youth and Sports' Tarkam Program in Regencies/Cities	
2029	Strengthening Data Systems and Continuous Evaluation	Development of a national dashboard of sports culture Evaluation of the	Provincial data collection and synchronization of information systems	Input of community participation data through the application/standard format	Evaluation of Program/Activity Implementation

Year	Activity Components	Central Government (Kemenpora)	Provincial Government	Regency/City Government	Evaluation & Monitoring
		achievements of the Fit Indonesia indicator			Period-end report; Analysis of the achievements and recommendations of the RPJMN 2030–2034
		Continuing the Ministry of Youth and Sports' Tarkam Program and making <i>Movement is Healthy, Movement is Productive.</i>		Implementation of the Ministry of Youth and Sports' Tarkam Program in Regencies/Cities	

In 2025, the national sports culture program will begin with the formulation of policies as a legal and strategic basis for implementation. The Ministry of Youth and Sports (Kemenpora) will prepare a Ministerial Regulation (Permenpora) as a derivative of Law Number 11 of 2022 concerning Sports. At the provincial level, the government aligns planning documents such as the RPJMD and the Dispora Strategic Plan with central policies. Districts/cities also play a role in socializing and mapping the local sports community, as well as adjusting the work plan (Renja) of the relevant regional apparatus organizations (OPD). The Ministry of Youth and Sports' Tarkam program is also continued in districts/cities as part of strengthening community-based sports activities in the dignity of sports culture.

At this early stage, economic inequality between regions began to appear as a fundamental challenge. Many regions, especially those with disadvantaged status or low fiscal capacity, have difficulty in providing basic sports facilities for their citizens. Access to fields, GORs, or public open spaces suitable for exercise is uneven, even minimal in a number of suburban areas. This risks widening the participation gap between the upper economic community groups and people in less developed areas. Therefore, the baseline of community participation data and cross-sectoral policy integration also includes gap mapping as the basis for policy interventions in the following years.

Entering 2026, the policy focus shifts to strengthening infrastructure and access to sports facilities. The Ministry of Youth and Sports conducted socialization of the Permenpora that had been determined, as well as drafted a Ministerial Decree (Kepmenpora) to provide further technical direction. The provincial government prepares plans for the construction of strategic facilities such as GOR, open fields, and

establishes cross-regional coordination. Districts/cities are given the responsibility of revitalizing existing public sports facilities, building multipurpose fields in urban villages and villages, and ensuring inclusive access.

However, inequality in fiscal capacity between regions is a crucial challenge in the realization of this infrastructure development. Local governments with limited budgets find it difficult to carry out physical development independently, so they need funding support from the central government, either through physical DAK, special grants, or other affirmative incentive schemes. The annual evaluation in this phase includes the physical condition of the infrastructure built, the level of its use by the community, and the direct impact on increasing sports participation.

The year 2027 marks a more systematic phase of fostering the sports community. The Ministry of Youth and Sports organizes the Sportsmanship Village and Sustainable Athlete Village programs, as well as training community sports cadres. The provincial government has begun drafting regional regulations (Perda) or regional head regulations (Perkada) that encourage the provision of public sports spaces and incentives for local communities as well as a community-friendly economic approach. In districts/cities, community empowerment, training of local coaches, and strengthening of community sports forums are carried out intensively. Community participation surveys and mapping of local movers were conducted as part of the evaluation, as well as to capture the social dynamics that influence sports culture. The years 2028 and 2029 will be a phase of cross-sector integration as well as the strengthening of data systems and continuous evaluation. The Ministry of Youth and Sports collaborates with the Ministry of Education and Culture, the Ministry of Religion, and the Ministry of Social Affairs to encourage sports as part of educational and social activities. The local government organizes student sports festivals, cross-age competitions, and community activities based on schools and social institutions. At the end of the period, the Ministry of Youth and Sports built an integrated national dashboard of sports culture, with data support from provinces and districts/cities. The evaluation not only assesses the achievements of the program, but also highlights the inequality that still occurs, as the basis for the preparation of policy recommendations in the 2030-2034 RPJMN so that the sports culture grows evenly and inclusively throughout Indonesia.

CONCLUSION

The low participation of community sports is multidimensional, influenced by economic factors, time, and health literacy, so it requires cross-sector and government policies based on social realities. Through a phased approach (2025–2029), the government seeks to build a holistic sports ecosystem—including regulations,

infrastructure, community empowerment, socio-educational integration, and data consolidation—which, if implemented consistently and collaboratively, will create an active, healthy, and socially strong society, while supporting the Fit Indonesia 2045 target. To strengthen this strategy, further research needs to focus on: (1) evaluation of policy implementation, (2) socio-economic impact, (3) the role of technology/digital, (4) comparative studies with other countries, (5) private sector involvement/CSR, (6) integration of culture/local wisdom, and (7) long-term monitoring. Thus, sports policies can be developed in an evidence-based, directed, and inclusive manner.

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