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**Title:** Ideas for enhancing the participation of youth sport in Indonesia

**Summary:**

This contribution examines some of the problems associated with youth participation in sport and physical activities. This includes the increase in popularity of computer games, lack of appropriate sporting facilities, inadequate provision and availability of quality coaches and the poor role model attributes of many public figures and popular personalities. The paper discusses potential solutions to these problems including increased government funding for sporting facilities, parental encouragement for sports, and the need for more sport in schools and greater positive exposure for competitive sport in the mass media. New and interesting possibilities offered by the Internet and sporting DVDs should also be used to promote youth sport. With adequate assistance, young athletes can be developed through a system of talent identification and advancement, enabling them to compete in International events such as the Youth Olympics and Youth World Championships.

**Text:**

**PROBLEM STATEMENT**

In this era of modern globalisation, technology is developing at a rapid pace. The young generation, keen to participate in the advancement of technology, are reducing their participation in sport and physical exercise. This has occurred due to the following factors:

1. Many young people consider that physical exercise and healthy lifestyles are not essential for daily living. They think of physical activity only as a required subject in their schools. Many have come to the erroneous conclusion that daily activities such as walking up stairs and cleaning the house are equivalent to physical exercise, and further participation in sport is not necessary.
2. The proliferation of computer games has led many young people to play with their computers rather than doing physical exercise.

3. Physical education teachers fail to encourage and motivate their students to aspire to sporting achievements.
4. The lack of public figures who serve as a positive example to encourage young people to participate in sporting events.
5. The reduction in the number of sporting facilities due to the growth and development of cities.
6. The negative foreign culture, as seen on some music videos and movies, causes young people to pursue bad habits. This is due to a lack of parental support and encouragement to help instil the benefits of sport and a healthy lifestyle in their children.

### SEVERAL IMPORTANT POINTS

Considering the problems described above, we recommend the following course of action:

1. Parental encouragement is important if the benefits of sporting activities and other positive physical activities are to be instilled in children.
2. Physical Education in schools needs to be encouraged and managed according to an established curriculum with highly qualified and motivated physical education teachers.
3. The role of the Government is also important in spreading information on the importance of sport and a healthy lifestyle.
4. The Government should also add and build more sporting facilities in every town, and need to enforce policies that each school and educational institution should provide adequate sporting facilities.
5. More sporting events and competitions should be encouraged and youth participation must be actively promoted. This will help to instill pride and confidence in young people.
6. To achieve this, event organisers and the mass media should do more to expose the winners of youth sporting competitions as well as their joy of participation in sports. Government support will be required to promote sports to the people, especially the younger generation.

### THE ROLE OF NEW MEDIA

The points mentioned above are crucial in order to ensure that the young generation realises the value of sports and its importance in improving their physical fitness and

productivity. It would also make them believe in the motto “Mens Sana in Corpore Sano” or ‘a healthy mind in a healthy body’. It is also expected that, through sporting activities, young people will acquire positive values such as fair play, sportsmanship and discipline.

Information on the world of sports can also be spread through:

1. Videos, CDs and DVDs;
2. Sports magazines, which can raise the awareness of the young generation about the importance of sports.
3. Online Games with newer sporting technology such as the DDR (Dance-Dance Revolution) Software. In this case the electronic exercise carpet hardware can help combine modern technology with actual physical exercise.
4. The Internet, which can help attract the attention of the young generation through the many sporting video clips available. This will encourage youth to perform physical exercise, take part in sporting competitions and reap the benefits of sports.

Some of the positive traits, which can be acquired through sport, are the spirit of honest competition and self-improvement, in addition to the ability to apply aspects of sport training to real life.

The young generation will be more attracted to sports if it is presented as a game, such as Basketball, Soccer or Futsal. These sports are considered fun, competitive and require teamwork, which means it can be played together with friends. Once youth are attracted to a certain sport, they will regularly practice it to improve their skills. After they acquire basic skills, the next step is to compete in sporting events.

It is motivating for young people to follow the example of their sporting idols. This will facilitate their interest in sporting events, which in time will bring pride and accomplishment, not only for themselves but also for their family. Through sporting events, the young people will be able to showcase their talents, especially when they achieve victories. The sporting achievements of the young people will help them to grow confident and possess a healthy competitive spirit, which in turn could be applied to their daily life.

## CONCLUSIONS

The problems addressed in this contribution exist in reality. But they can be solved through the support of parents, the Government, and proper utilisation of new technology and new media for the promotion of sports and sporting activities. Sporting activities should be established at the district and provincial level as well as the national and international level. The Youth Olympic Games should be the largest and most prestigious

event for young athletes, because this is where they will come together to compete and realise the lofty goals of the Olympic Movement.