



***IDENTIFICATION OF THE IMPORTANCE OF UNIVERSAL VALUES IN SPORTS
IN CENTRAL JAVA HANDBALL ATHLETES***

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Abstract

This research aims to explore the correlation between universal values in sport, especially in the context of team sports such as handball. In this research, the method used was a descriptive quantitative analysis survey involving 94 handball athletes in Central Java, consisting of 44 male athletes and 50 female athletes. Samples were taken in total. The variables studied were the behavior and attitudes of Central Java handball athletes in response to universal values in sports. Measurement and analysis were carried out using the product moment correlation test. The research results show 1) Handball athletes in Central Java show good acceptance of universal values in sport, indicating an awareness of the importance of aspects of these values in the context of team sports 2) There is an interesting finding that the level of implementation of fair play among handball athletes in Central Java shows lower results compared to other aspects of values observed in this research. 3) A significant correlation can be seen between universal sports values such as fair play, problem solving, communication, teamwork, discipline, and leadership and the attitudes and behaviors of handball athletes in Central Java, with a correlation coefficient (r) > 0.60, which shows the level of correlation is strong. This research confirms that universal values have an important role in sports as guidelines and benchmarks for success in competitions. Even though the fair play value shows a lower correlation, it is still included in the good relationship level. This study provides a clear picture of the relationship between sports values and athletes' attitudes, but further research needs to be carried out to explore universal values in sports with broader and deeper variables.

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INTRODUCTION

Sport is a physical activity carried out by humans that has a reciprocal relationship with health, well-being and quality of life (Chen et al., 2016). Sports are an important part of the face of the nation and state when competed in international events such as the Olympics, world championships and so on. Apart from that, sport is a process of socialization of the younger generation into global society. Sports have an influence on human activities, especially now that modern sports are increasingly international in nature and have had an international dimension since they were first discovered (Committee et al., 2002).

In sports, things that are very common are techniques and tactics. Playing technique is very important in all sports to classify standard to professional abilities. Likewise with tactics, every sports game must have a strategy so that the sport being competed in gets maximum results. Players must have four elements of peak performance to be able to do this, specifically in the areas of mental health, tactical skills and physical fitness (Islamy, 2017). What is no less important than technique and tactics are universal values in sport. The existence of facilities to help young people build positive character with universal sports values is very important (Ma'mun, 2019). Values can be defined as guiding principles that examine a particular situation and determine a person's morality, behavior, and significance (Albouza et al., 2017). Values are

highly relevant to character and ethics because they guide a person's identity and help shape a person's self in relation to others (Feldman et al., 2015).

Many sports are widely considered to be valuable means of spreading values. However, there is not much research that discusses values in sports based on relevant theories that contain the relationship of several variables (Adell et al., 2019). Coaches and athletes prioritize playing skills so that the topic of universal values in sports is put aside. In one study about values in sport, it was revealed that athletes discussed many moral dilemmas in the sport they played (Albouza et al., 2017).

Bad character and behavior are often found in regional, national and international sports competitions. Examples of athlete behavior that are often found in sporting events are excessive protesting, not upholding fair play, trying to play rough or cheating and so on. This behavior occurs due to a lack of knowledge about the values in sports, lack of communication within the group to promote values which will reduce this behavior. (Feldman et al., 2015). Sports virtues such as passion, superior sportsmanship, accountability, judgment, integrity, fair play, discipline, and teamwork are admirable markers that can produce positive results when combined with a positive outlook and mindset. Sportsmen will become role models, win with excellence, fairness and sportsmanship, and be

able to accept defeat with dignity if all of this is practiced (Meo, 2019).

Behavior that is not in accordance with sporting values mostly occurs in team sports. Team sports athletes' actions directed at opponents and teammates can cause problems for the recipients (Kavussanu, 2019). Especially sports that involve physical contact. Often, body contact is the reason for problems on the field. An example of a sport that allows body contact is handball.

In Indonesia, handball is still a relatively new sport. A small ball is used in the sport of handball, which is played by teams of 14–16 players, with 7 main players including the goalkeeper and other players acting as substitutes. Superior skills and abilities are needed by players in this handball sport. Every player must be able to have a quick reaction to every opportunity or decision (Tsalisafriana & Putra, 2023). To support performance on the field, handball players need to have strong physical attributes such as speed, endurance, accuracy, and strength. (Ramadan, 2018).

This handball game has basic techniques like basketball, namely passing, catching, dribbling, and shooting. The difference lies in the smaller size of the ball used for boys over 16 years, 425–475 grams, while girls over 14 years use a ball measuring 325–375 grams. Apart from that, the field used is like a futsal field, with a length of 40 meters and a width of 20 meters.

Recently, public enthusiasm, especially among high school students, has increased regarding the handball game. Almost every region in Central Java includes handball in the Regional Student Sports Week, and many open tournaments hold handball championships supported by regional agencies and sponsorship. In this situation, handball is able to compete with existing sports.

One measure of the development of handball is the abundance of human resources for coaches, referees, and other supporting staff. It is necessary to prepare ourselves for the increasing number of people taking up handball by making the necessary improvements in adequate skills. This may have an impact on improving coaches and the overall performance of handball players.

Apart from improving performance in the game of handball, this sport must also pay more attention to sports values in athletes as well as techniques and tactics in order to produce a generation of athletes who are brilliant in terms of technique and personal values of athletes in sports. Today's athletes must have good skills, have high fighting power, and have good sporting values. It has been argued that the potential of the younger generation only needs to be developed appropriately so that optimal development can occur (Fraser-thomas et al., 2007).

Values have been proposed as the basis for organizing behavior, so identifying values

among athletes is of paramount importance in better understanding the processes they use in making decisions about their behavior in sporting situations (Lee & Cockman, 2013).

METHODS

This research uses quantitative descriptive methods through analytical surveys. Quantitative methods are approaches used to investigate specific populations or samples, with sampling techniques typically conducted through data analysis that lean more towards quantitative or statistical aspects. The goal is to test a previously established hypothesis (Fraliantina, 2016). The instrument used was the universal value scale of the sport questionnaire developed by (Juhrodin et al., 2023) consists of 73 items designed to measure a universal value scale in sports.

The data collection technique used was by distributing questionnaires. A questionnaire contains statements or questions that become a research instrument. In this instrument there are 6 indicators, namely fair play (3 sub indicators), problem solving (4 sub indicators), communication (3 sub indicators), teamwork (3 sub indicators), discipline (3 sub indicators), leadership (4 sub indicators). The main purpose of using this questionnaire is to investigate athletes' perceptions of these values as well as how they apply them in the context of training and competition

Respondents in this study were handball athletes in Central Java aged 18–25 who were still actively participating in training. The number of respondents was 94 athletes, consisting of 50 female athletes and 44 male athletes. The involvement of different genders and age groups provides a more holistic picture of how sports values are applied in various contexts and situations.

The data analysis used is correlational where the author wants to see the relationship of each indicator to universal values in sports. Correlational analysis is a statistical study used to find the relationship or influence between two or more variables (Ali, 2006). The data analysis used is correlational where the author wants to see the relationship of each indicator to universal values in sports. Correlational analysis is a statistical study used to find the relationship or influence between two or more variables (Darajat & Abduljabar, 2014). The following is a correlation coefficient interpretation table :

FINDINGS AND DISCUSSION

Findings

Based on the results of correlational analysis, this research shows that handball

unsportsmanlike, and violate the rules of the match without the referee's knowledge. Meanwhile, the highest value is leadership, with a correlation coefficient $r = 0.88$, which has a very strong level of relationship based on Table 1.

In the leadership indicators, there are leadership values such as motivating, directing,

Table 1. Interpretation of the correlation coefficient (r)

Coefficient Interval	Relationship Level
0,80-1,000	Very Strong
0,60-0,799	Strong
0,40-0,599	Strong Enough
0,20-0,399	Low
0,00-0,199	Very Low

athletes have the lowest fair play value compared to other universal values, with a correlation coefficient of $r = 0.65$. This is because the handball game rules allow for direct body contact. So, athletes can cheat, act

and having the courage to make decisions, as well as having courage, self-confidence, integrity, and a sense of responsibility. These values are very influential in team sports such as handball.

Table 2. Correlation analysis

	Fair Play	Problem Solving	Communication	Teamwork	Dicipline	Leadership	Universal Value
Fair Play	1						
Problem Solving	0.594915826	1					
Communication	0.50186501	0.6578999	1				
Teamwork	0.40603513	0.564113145	0.740198566	1			
Dicipline	0.419277798	0.565219466	0.716416304	0.754564648	1		
Leadership	0.411607084	0.636597444	0.711385288	0.731359854	0.769859708	1	
Universal Value	0.654124447	0.830508909	0.866962525	0.846131425	0.850683849	0.87991474	1

Discussion

Analysis of the data above shows that the correlation between universal values and values in sports consisting of fair play, problem solving, communication, teamwork, discipline, and

leadership on average has a strong correlation in the game of handball. Judging from the results of the correlational analysis, universal values have a coefficient of $r > 0.65-0.88$, which can be concluded to have a strong to very strong level of relationship (see table 1). The results of the

Table 3. Description of data on universal values in sport for each sub-indicator

Indicator	Sub Indicator Items	Total score	Mean	St Dev
FAIRPLAY	Understand and apply honesty ethics in sports	629	24.08510638	3.0862067
	Implement Sportsmanship	655	21.5	2.672754576
	Respect applicable rules and regulations	744	24.69148936	2.774291862
PROBLEM SOLVING	Initiative to find solutions to problem solving	674	21.4893617	2.774291862
	Think Fast	629	20.23404255	3.384650998
	Critical thinking	649	21.08510638	2.977431331
COMMUNICATION	Designing effective strategies in overcoming problems	645	20.82978723	2.901350741
	Effective communication skills	535	17.13829787	2.849416005
	Appreciate differences	676	22.35106383	3.283444762
TEAMWORK	Develop an attitude of mutual respect between team members	673	21.72340426	2.962188148
	Collaboration between players, coaches, officials	692	22.73404255	3.345926491
	Teaching values such as mutual respect, tolerance, solidarity and togetherness	671	22.12765957	3.050057699
DICIPLINE	Pay attention to common interests above personal interests	675	21.79787234	2.998509514
	Discipline in achieving goals	657	21.74468085	2.724733718
	Perform your best and win the match	672	21.88297872	2.820353015
LEADERSHIP	Helping other individuals face challenges and achieve goals	717	23.59574468	2.814548635
	Develop leadership skills such as leading, motivating, directing and making decisions	633	20.29787234	3.306440483
	Readiness to be a leader and lead members	629	20.26595745	3.492166102
LEADERSHIP	Developing national values such as courage, self-confidence, integrity and a sense of responsibility	679	22.06382979	2.956451692
	Forming a quality leader character	687	22.35106383	2.91258256

validity test show that 120 statement items are declared valid because $r_{count} > r_{table}$.

The lowest values possessed by Central Java handball athletes are values that are correlated with fair play, which has a coefficient range of $r = 0.40-0.65$. This result can occur because the game of handball is prone to cheating, unsportsmanlikeness, and a lack of compliance with the rules of the match. Games that involve body contact are one of the reasons for violations and unsportsmanlike play. Fair play is defined as behavior characterized by respecting rules, maintaining fairness, and being impartial. Sportsmanship is defined as the rules of the game that players must follow, respect their opponents, and commit to playing fairly. Sportsmanship is

claimed to be ethical behavior that gives meaning to correctness in playing behavior. (Iturbide Luquin & Elosua Olidén, 2017).

The results of this research were obtained from 94 handball athletes in Central Java as research subjects in 2023. Sport teaches teamwork, discipline, a high competitive spirit, sportsmanship, obedience, and the ability to make decisions without hesitation. (Pratiwi et al., 2020). According to the United Nations (in Sitepu, 2017) Cooperation, problem solving, kinship, respect for the rules, understanding other people, connections with other people (building relationships with other people), leadership skills, perseverance, strategy, managing competition, fair play (being

fair), not selfish, self-respect, tolerance, happiness, tenacity, teamwork (working in groups), obedience, and self-confidence are the values found in sports. Engaging in sporting activities requires teaching principles such as integrity, good sportsmanship, self-control, and accountability. In fact, the adage "sports build character" has been historically accepted throughout time (Maksum, 2005). The phrase "sport builds character" highlights how important sport is for the development of universal values.

Maksum continued regarding the importance of values both in sports and everyday life, for example, respect in treating others with consideration and politeness, being responsible, paying attention to others, being honest, and having integrity (Meo, 2019). There are five factors contained in sports values: achievement, exercising in a pleasant atmosphere, socializing, good health, and self-satisfaction. It is not surprising that athletes focus more on competitive success and prioritize skills over grades (Lee & Cockman, 2013).

There is much attention paid to the value of sports in encouraging positive youth development. Because sport promotes healthy growth and development in children and adolescents, the values of sport are essential for optimal adolescent development (Fraser-thomas et al., 2007). Research conducted by Lee and colleagues (Lee & Cockman, 2013) identify various relationships between morals and sports values. Based on further research and repeating Lee's findings, it was found that sports values also predict athletes' attitudes or character. Thus, these findings suggest that sport values have the capacity to predict

ethical or unethical behavior in sport.

CONCLUSION

The conclusion of this research is that in sports there are universal values, which are one of the benchmarks for success in a sports game. In this study, which examined handball athletes in Central Java, there was a correlation between universal sports values and attitudes of fair play, problem solving, communication, teamwork, discipline, and leadership, obtaining good results with a coefficient $r > 0.60$. The lowest correlation value results from a fair-play attitude. However, the fair play value in this research is still included in the level of a good relationship. This research was conducted to find out how universal values are correlated in sports. It is recommended that future researchers carry out further research development regarding universal values in sports with various variables that influence athletes' personal values.

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