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### Sports Development (Systematic Literature Review)

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#### Abstract

This scientific paper aims to examine the scientific articles of international repute that discuss Sports Development. The research method that is used in this research is the Bibliometric analysis method. The process of bibliometric analysis includes; data extraction, processing, networking, interpretation, and visualization. The findings in this study indicate that there are 406 interrelated articles. The articles are divided into 3 clusters. Cluster 1 relates to the parties involved in the sports development planning process and the prioritized criteria in the discourse on sports development. Then cluster 2 emphasizes the data that used as a benchmark for sports development. Last, three is about the goals to be achieved in sports development.

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### INTRODUCTION

Exercise is a need for every human being in life to maintain his physical condition and health adequately (Prasetyo, 2015). According to Prasetyo (2015), in exercising, laziness is quite common. Two things usually cause this. Namely, the fear of feeling sore after exercising and lack of awareness of the importance of health and fitness. Aches that

appear 1-2 days after exercising usually become a deterrent experience, so people think twice when invited to return to exercise.

According to Cholik Mutohir (2007), sport is a systematic process in the form of all activities or businesses that can encourage developing and fostering the physical and spiritual potentials of a person as an individual or member of society in the form of games,

competitions, and peak achievements in the formation of human beings who have an ideology. Complete and qualified based on the Basic State or Pancasila.

In South Korea, sport can be used as an instrument of state development. Today, the 'development through sport' (Development through Sport) paradigm is developing in several developed countries. It has begun to shift the old paradigm of 'sports development' (Development of Sport) (Black, 2017). This is what South Korea did. By carrying out such a development paradigm shift, South Korea is expected to become a more advanced country, because apart from the advancement of elite sports (achievement sports), South Korea is also likely to succeed in making its people more advanced by living a quality healthy life through sports with 'Dream.' Together' launched by the South Korean government (Ha et al., 2015)

To measure the results of sports development can be seen through 4 (four) indicators; 1) community participation; 2) human resources; 3) open space; and 4) the level of physical fitness of the community (Daniyaantara, D., & Suryansah, S. 2018}. This is by what is called the Sports Development Index (SDI), which is a method for measuring the results of sports development. But the benchmark of sports development used by policymakers in the past always refers to the achievements of specific sports.

In sports development, the results that have been achieved are the formulation of

policy concepts that support the development of national sports and guidelines for sports and physical fitness coaching mechanisms, with the formulation of the Sports Development Index (SDI) (Dasar, S., & Decheline, G. 2017). SDI itself is the fruit of thought from the originators of the Sports Development Index, namely Toho Cholik Mutohir et al., who are concerned if the benchmark for sports development in a region is determined by how many medals the area has won.

SDI is a composite index that reflects the success of sports development based on four fundamental dimensions, namely open space, human resources, community participation, and the degree of physical fitness (Mutohir & Maksum, 2007). There is a need for programs or policies that require people to carry out more active sports activities every month, week, and day to achieve that success. In this case, the Indonesian government has issued Law no. 3 of 2005 concerning the National Sports System (SKN) to support the realization of sports development's success. The National Sports System (SKN) in all aspects of sports that are interrelated in a planned, systematic, integrated, and sustainable manner, including regulation, education, management training, coaching, development, and supervision.

The United Nations (UN) is declaring to the whole world the Sustainable Development Goals (SDGs), which include Sport for Development and Peace (SDP) {Hasselgard2015}. The essence of the SDP is how sport can become a tool in unifying

nations to create world peace (Mwaanga & Adesun, 2019). So with such a declaration, it is hoped that using a sports approach can unite all existing differences such as religion, culture, and social status, which are usually wrapped by world problems such as racism.

Meanwhile, research conducted by Yudha et al. (2019) said that the goals of sports development include: various aspects, namely making policies in the field of sports, building infrastructure, and improving the quality of sports human resources.

This is very relevant to the situation in Indonesia, where sports development is still in the stage of equitable distribution of infrastructure development.

According to Naumko (2019), sports infrastructure is very important for developing physical culture and sports. The preservation and improvement of this are priorities of the city's material culture and sports policy. The sports infrastructure is essential for developing physical culture and sports, the preservation and improvement of which is one of the city's physical culture and sports policies (Naumko, 2019). , which significantly deepens and expands the technological and functional relations of this field with other subsystems of the national economy

Sport is an inseparable part of everyday life. National character building of a nation can be done through sports, so sports becomes a strategic means to build self-confidence, national identity, and national pride. The sports development index (SDI) in 2005-2006 showed increased community participation in

sporting activities, from 0.345 in 2005 to 0.422 in 2006. The actual SDI measurement includes the development of the number of community members in an area who carry out sports activities, the size of the place used for sports. Intended for sports activities for the community in the form of land, buildings, or open spaces used for sports activities and can be accessed by the wider community.

This study aims to examine the views of several previous researchers who also studied the breakdown of Sports Development. This is to see the correlation between the authors and provide different views of each author regarding the study of Sports Development. So that readers can receive different perspectives from previous researchers.

## **METHODS**

This study uses the bibliometric analysis method to examine various scientific articles of international reputation related to the study of Sports Development from 2015 to 2020. Bibliometric analysis is a scientific field that shows a comprehensive map of knowledge, evaluation, and measurement, focusing on the bibliographic analysis of scientific publications compiled in a database (Herrera-Franco et al., 2020). According to Zurita et al. (2020), the aim of bibliometric studies is a fundamental analysis of every field of science. The steps in the bibliometric analysis process include; data extraction, processing, networking, interpretation, and visualization.

The data in this study was obtained by entering the keyword "Sports Development" in the Scopus database search column, which was calculated between 2015 and 2020. Scopus is one of the most extensive peer-reviewed literature databases that includes books, book chapters, research articles, reviews, and proceedings. Conference. The search obtained data as many as 676 articles relevant to the topics raised in this study. These documents are then analyzed and exported in CSV and RIS format for further analysis using the VOSViewer application.

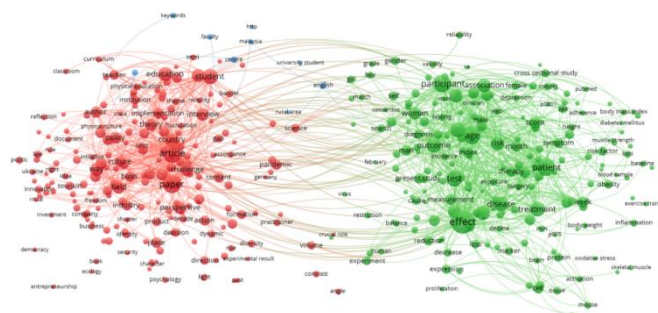
VOSviewer is software developed by Van Eck and Waltman to visualize maps based on bibliometric network data. The output is presented in the form of clustering to divide the relationships formed between bibliometric data (Pauna et al., 2019). VOSViewer will calculate the exported data to only 60% so that it finds around 406 related articles.

## FINDINGS AND DISCUSSION

### Finding

Figure 1 shows the relationship between the concepts with each other, as described in the table. 1. The larger the circle of an idea, the more often the idea is discussed in previous studies. For example, a new researcher who wants to study sports development then chooses cluster 2. The essential concept that needs to be used as a reference by the researcher is about what factors must be considered in the sustainability of sports development and data that can be used as a reference, for example, is Kruszynka (2019) which said that the social factor of preparing infrastructure for the residents of the city of Poznan was the most important for the respondents, obtaining a test value of 0.886.

Image 1. Relevance of Topics to Themes in Sports Development



The identification in Figure 1 can help researchers, especially those just starting research, use it as a starting material in their writing. When researchers want to find writing topics that match their writing themes, they can read articles related to their research

themes with the help of this study. Based on Table 1, in cluster 1, the topics and pieces associated with the concept of this research are about the parties involved in the sports development planning process and what criteria are prioritized in the discourse on

sports development. Then in cluster 2, more emphasis on the data used as a benchmark for sports development. In other words, the factors that influence the process of sports

development. Then the last one in cluster 3 related topics and themes is on the goals to be achieved in sports development.

Table 1. cluster concept

Cluster	Theme	Total
Cluster 1	<i>Accordance, accountability, achievement, action, angle, art, aspect, attempt, attitude, author, awareness, barrier, book, business, case study, challenge, chapter, character, city, classroom, communication, company, comparative analysis, competition, complexity, concept, conflict, connection, construction, consumer, cooperation, country, creation, crisis, crucial role, culture, curriculum, decade, decision, democracy, dimension, direction, diversity, document, dynamic, economy, education, element, emergence, emotion, emphasis, employee, entrepreneurship, evolution, existence, expansion, experimental result, expert, facility, fact, field, football, formation, foundation, freedom, gap, germany, government, higher education, idea, identity, implementation, inclusion, industry, infrastructure, initiative, innovation, input, institution, integration, internet, interpretation, interview, investment, italy, kind, law, lesson, light, line, local community, local government, market, marketing, meaning, mobility, motivation, nation, necessity, network, notion, object, obstacle, opinion, opportunity, organization, overview, pandemic, paper, past, perspective, physical culture, physical education, place, planning, plant, play, poland, policy, politic, possibility, practitioner, preparation, principle, priority, production, progress, project, protection, provision, psychology, publication, qualitative approach, qualitative study, reality, reflection, regard, religion, representation, research method, research result, responsibility, resource, responsibility, right, rise, ritual, rule, russia, russian federation, school, science, security, semi, sense, service, social medium, society, south africa, space, spain, sphere, sports, stakeholder, student, success, sustainability, sustainable development, teacher, teaching, technology, territory, theme, theoretical framework, theory, thing, tourism, tourist, tradition, transformation, trust, turkey, ukraine, university, variety, view, vision, voice, volume, way, world, young person</i>	199
Cluster 2	<i>Actiuvatio, adherence, adolescent, adult, age, age group, anxiety, association, balance, baseline, bias, blood sample, bmi, body composition, body mass index, body weight, bone, boy, brain, burden, cancer, cardiovascular disease, case, cell, childhood, children, clinical practice, clinician, cognition, cognitive function, cohort, complication, concentration, confidence interval, consensus, consumption, control, control group, criterium, cross, cross sectional study, current study, database, date, day, death, december, decline, decrease, depression, detection, determinant, determination, diabetes, diabetes mellitus, diagnosis, diet, disability, disease, disorder, dissemination, distance, drug, duration, effect, efficacy, examination, exercise, exercise training, experiment, experimental, group, exposure, expression, extension, failure, fatigue, february, female, frequency, future study, gender, gene, girl, grade, height, high risk, higher risk, hospital, hour, human,</i>	198

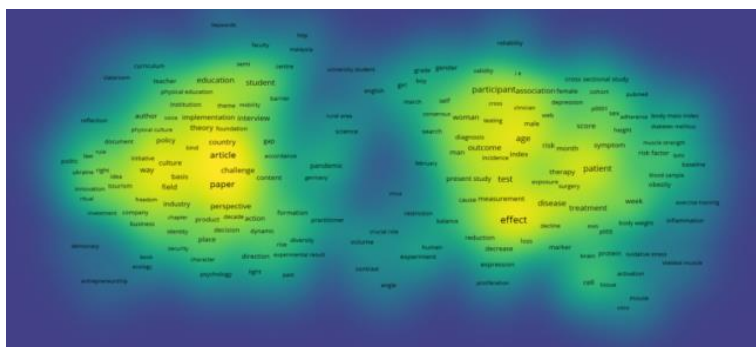
*hypertension, i e, incidence, index, infection, inflammation, injury, intervention, january, knee, length, lifestyle, loss, male, man, march, marker, mean age, measurement, medline, mental health, meta analysis, min, minute, month, mortality, motion, mouse, muscle, muscle strength, obesity, occurence, odds ratio, older adult, outcome, ocidative stress, p0001, p005, pain, parameter, participant pathogenesis, pathway, patient, peer, percentm percentage, physical activity, physical inactivity, positive effect, present study, prevalence, previous study, primary outcome, proliferation, protein, protocol, pubmed, randomized controlled trial, rat, ration, reduction, reliability, res, restriction, risk, risk factor, sars cov, scopus, score, search, self, severity, sex, significant association, significant change, difference, effect, improvement, size, skeletal muscle, stress, sutdy aim ,subgroup, surgery, symptom, systematic review, test, testing, therapy, tissue, total, treatment,trial, united state, utility, validity, variancem velocity, virus, vitro, water, web, week, weight, weight loss, woman.*

Cluster 3 *Arcithecture, centre, english, faculty, http, keywords, malaysia, rural area, university atudent* 9

The dominant theme in question is a theme that has a relationship between the subject of discussion and the theme taken before the study. It is necessary to understand

the article taken and the direction of the topics related to the issue of discussion. Through the management of this theme, the visualization can be seen as shown in Figure 2.

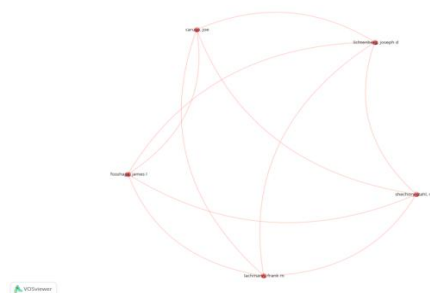
Image 2. The most dominant topics related to Sports Development



Of the many authors who study sports development, five authors are related to each other. This is based on a search conducted using the VOSViewer software. In Figure 3 it

can be seen that the dominant authors are Joe Caruso, Joseph D Lichtenberg, Frank M. Lachmann, James L. Fosshage, and Mor Shechory-Stahl.

Image 3. Author related to previous research





## Discussion

For cluster 1, it relates to the parties involved in the planning process of sports development and what criteria are prioritized in the discourse on sports development. One of the articles relevant to cluster 1 is the one written by Bartlett, J. D., & Drust, B. (2020) with the article title "A framework for effective knowledge translation and performance delivery of Sports Scientists in professional sport." Through this paper, Bartlett, J. D., & Drust, B said that "Sport Science training programs entail the development of technical knowledge and practical skills; however, little is considered given interpersonal craft skill development and knowledge translation." Research on this professional sports training model is very effectively used as a knowledge translation strategy through acquiring new technical knowledge to improve knowledge translation and organizational decision-making.

Another article relevant to cluster 1 is the one written by Yudha et al. (2019) entitled "Sports Development in West Java: Sports policy review." This article discusses how the West Java government implements a sports development strategy in West Java. This article also mentions the three significant steps taken by the West Java Regional Government in implementing the sports development strategy in West Java, namely establishing the Sports and Youth Service (DISORDA), building sports infrastructure, and making Regional Regulation no. 1 of 2015 concerning

the Implementation of Sports as the legal basis for sports development in West Java. "West Java sports development strategy is carried out with three major steps, forming the Sports and Youth Office (DISORDA), building sports infrastructure, and making Regional Regulation No. 1 of 2015 concerning Organizing Sports as a legal basis for sports development in West Java" (Yudha et al., 2019).

In addition to the two articles above, another example relevant to cluster 1 is the Overview of the Hungarian National Youth Fitness Study by Csanyi et al. (2015). In the article, Csanyi revealed that physical education was made compulsory every day in Hungary starting in the 2012-2013 school year. This is stated through the policy of the 2012 Public Law on Education in Hungary. This directive deals with restructuring the Hungarian education system, including the new National Core Curriculum, which sets out the directional goals of physical education. Csanyi et al. (2015) revealed an opportunity for The Hungarian School Sport Federation (HSSF) to create Strategic Actions for Health-Enhancing Physical Education. The result is a software-based test battery, namely the Hungarian National Student Fitness Test (NETFIT), successfully created using youth fitness standards that refer to health-related criteria.

Furthermore, cluster 2 emphasizes more on the data used as a benchmark for sports development. The article that contains data on

sports development is an article written by Wang, K., & Wang, X. (2020) entitled "Providing sports venues on mainland China: Implications for promoting leisure-time physical activity and national fitness policies" To campaign for Leisure Time Physical Activity (LTPA) and the implementation of the National Fitness Policy in China, the Chinese government has accelerated the construction of sports venues from 2000-2013. "The number of sports venues increased between 2000 and 2013, with an inflection point around 2008. At the end of 2013, there were 12.45 venues for every 10,000 residents, and the per capita area was 1.46 m<sup>2</sup>" (Wang, K., & Wang, X., 2020).

Another article that discusses the topic in cluster 2 is written by Malekian, S., Burgess, J., & LaBella, C. (2019) entitled "Evaluating a commonly used tool for measuring sport specialization in young athletes." According to his research, out of 917 respondents, 299 have played only one type of sport for eight months. 208 of the 299 respondents had left the mark they used to, and 91 respondents had never even tried other sports. "Of 917 participants, 299 (32.6%) played a single sport more than eight months per year, and 208/299 (69.6%) had previously quit other sports (highly specialized), whereas 91 (30.4%) had never played other sports (highly specialized and misclassified as moderate)" (Malekian, S et al., 2019).

Staley, Donaldson, and Randle (2019) also revealed the same thing related to cluster 2. This article entitled Challenges for sports

organizations developing and delivering non-traditional social sports products for insufficiently active populations revealed that 68 respondents (27 organizations conducted brainstorming 158 challenges. The research team synthesizes these to 71 unique challenges for participants to sort into groups and rate for importance (0-5) and ease of overcoming (0-5). A nin-cluster solution - Delivers Capacity to drive the conduct; Facilities and partnerships; Product development; Sustainable business model; Marketing to insufficiently active; Attracting the insufficiently active; Clubs and volunteers; Shifting traditional sports culture - was considered most appropriate (Staley et al., 2019).

Then the last one in cluster 3 related topics and themes is on the goals to be achieved in sports development. As stated by Logan, K. et al. (2019) that increased participation, and younger entry age, in organized sports, appropriate practice, game schedules, and content become more important, taking into account athlete developmental stage and skills (Logan, k. ., et al., 2019). The findings from the article entitled "Organized sports for children, preadolescents, and adolescents" explain that increasing participation from young people in organized sports, proper training, and appropriate match schedules can also improve athletes' skills.

In addition, Beridze and Abashidze (2019) explained the Importance of implementing Sports Infrastructure Projects in



Adjara for the Development of the Region. In their writing, Beridze and Abashidze (2019) demonstrated that the development of sports infrastructure could attract tourists to visit the Autonomous Republic of Adjara, Georgia. This research also states that the sports infrastructure development project in Adjara will allow Batumi (Adjara's administrative center) to host the world championships. "The projects will allow the administrative center of Adjara, Batumu to host the world championships, increase the awareness of the region all over the world and support the development of sports tourism" (Beridze and Abashidze2019).

Based on the mapping in Figure 2, it is explained that several topics in bold yellow are the most dominant or most frequently discussed topics in the Sports Development study. In the picture, the most prevalent topics in the study of Sports Development are risk factors, protein, tourism, score, week, sex, and others. This concept is very dominant because researchers most often use it as a topic of writing. For other ideas, it is a supporting concept or concept with a discussion goal in line to support the existing dominant image and vice versa.

Identification in the form of mapping, as shown in Figure 3, indicates that several authors who have conducted previous research have a very dominant correlation, namely Joe Caruso, Joseph D Lichtenberg, Frank M. Lachmann, James L. Fosshage, and Mor Shechory-Stahl. The five of them are firmly attached to the visualizations listed in

VOSViewer because of their work entitled *An Experience-based Vision of Psychoanalytic Theory and Practice*. This book identifies three main pathways that apply to the experiential vision for Lichtenberg, Lachmann, and Fosshage's psychoanalytic psychotherapy.

## CONCLUSION

In the Sports Development study, there are 3 clusters in it according to the visualization displayed by VOSViewer. In cluster 1, the topics and themes related to the concept of this research are about the parties involved in the sports development planning process and what criteria are prioritized in the discourse on sports development. Then in cluster 2, more emphasis on the data used as a benchmark for sports development. In other words, the factors that influence the process of sports development. Then the last one in cluster 3 related topics and themes is on the goals to be achieved in sports development.

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Experience-based Vision of Psychoanalytic Theory and Practice.

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