

# Systematic Literature Review: Sports in Early Childhood in Indonesia

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**Abstract** Sport is a beneficial physical activity, especially to raise health status and develop Health-Related Quality of Life (HRQOL). Regarding sports at an early age, the government has issued regulations regarding sports that regulate the importance of early childhood development, which of course involves the role of parents and coaches. The purpose of the study was to find studies related to sports carried out in early childhood, and the results obtained are based on references from articles in SINTA (an Indonesian-indexed journal) that can encourage Indonesian parents to choose sports. The method used was a systematic literature review, where the search results found as many as 300 articles in SINTA (an Indonesian-indexed journal) from 2004 to 2023, which were selected gradually and systematically into 41 articles relevant to the research question. Based on the results, it can be concluded that: 1) Gymnastics is most widely applied in early childhood; 2) Gymnastics, football, and basketball are the most popular among children in early childhood; 3) Sports are more often investigated compared to traditional sports. In early childhood, it is advisable to choose gymnastics because it can train basic movements and the training process follows their needs. In another view, children usually have a desire to play sports as a team; the solution that can be suggested is football or basketball. Through football and basketball, children can practice cooperation, empathy, and responsibility. Comparing to traditional sports, even though many people are practicing them in Indonesia today, the results show that sports have the biggest impact on early childhood. Realizing the data

were obtained from articles in SINTA (an Indonesian-indexed journal); the next studies need to deal with SCOPUS-indexed articles so the findings can be deepened and sharpened. Experimental research is needed to strengthen the results that gymnastics has a positive effect on early childhood because gymnastics not only promoting the development of children's motoric system but also promoting an individual physical growth. Further research is also needed regarding its social and psychological aspects.

**Keywords** Systematic Literature Review, Sports, Early Childhood

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## 1. Introduction

Sport is a physical activity that is beneficial to human body. Well-planned sports and physical activity can improve motor and cognitive abilities [1], especially to raise health status and reduce the risk of problems related to body fitness [2]. Exercising can restore our mood, so everyone is seen as exercising to increase HRQOL [3]. Sports is very popular in the elderly, adults, teenagers, children, and also in childhood. Regarding sports at an early age, the government has issued regulations focusing on the importance of early childhood development, which of course involves the role of parents and coaches in their guidance [4]. Further, sports coaching and development are

carried out systematically through the stages of introduction, monitoring, guiding, developing talent on an ongoing basis, and increasing achievement [4]. This situation is needed because it is one of the supporting aspects of the success of the national achievements that have been proclaimed by the government. Another goal of sports in early childhood is to help physical and spiritual growth and development so that children are ready to enter further education [5]. This new way of physical activity in schools can be optimal for early childhood [6].

However, parents are sometimes faced with the reality: of what sports are most widely applied in early childhood. What sports are the most popular in children in early childhood? What is the difference between sports and traditional sports? The author tries the studies related to sports carried out in early childhood. Another use is that the results obtained are based on references from journals that can strengthen the hearts of parents to choose sports that are right for their children. Beside, for trainers, it can also be a reference for choosing aspects that can be the foundation and can be further developed when children enter their teens and reach their peak of achievement.

## 2. Materials and Methods

The research design used a Systematic Literature Review. The data collection was guided by the research procedure [7], and the research procedure is presented as follows.

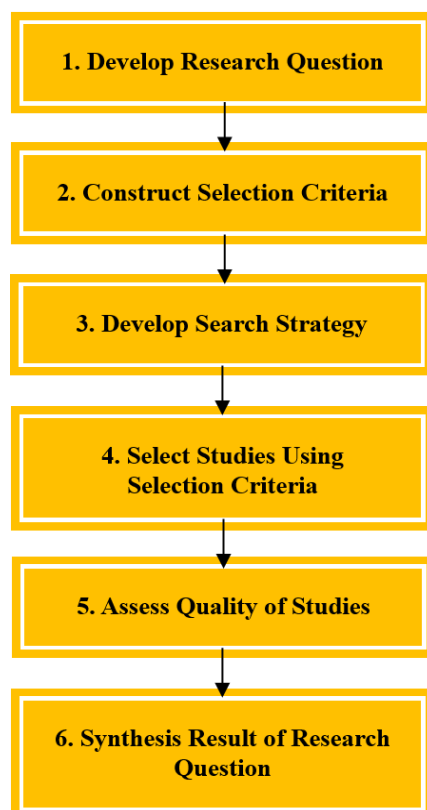


Figure 1. SLR Research Procedures

In this study, several steps were used, and the details are as follows:

### 2.1. Develop Research Questions

The research questions formulated in this study are as follows:

RQ1. What are the most applied sports in early childhood in Indonesia?

RQ2. What are the most popular sports in early childhood in Indonesia?

RQ3. What is the difference between sports and traditional sports in Indonesia?

### 2.2. Selection Criteria

The selection criteria in this study are shown in the following table:

Table 1. Inclusion & Exclusion Criteria

|                           |  |
|---------------------------|--|
| <i>Inclusion Criteria</i> | 1. Article on sports in early childhood in Indonesia subjects.<br>2. Publications (2004 - 2023).<br>3. Complete Article. |
| <i>Exclusion Criteria</i> | 1. Articles outside the research topic.<br>2. Publication before 2004.<br>3. Incomplete Article.                         |

### 2.3. Developing the Search Strategy

The data were searched using the search engine 'Google Chrome' with Indonesian keywords in the website owned by Ministry of Research and Higher Education. The website address was <http://garuda.ristekdikti.go.id>. The Indonesian keywords were as follows:

Table 2. Research Search String

|  |
|--|
| 1) <i>Olahraga Anak Usia Dini</i> ; 2) <i>Olahraga Pada Anak Usia Dini</i> ; and 3) <i>Olahraga pada Anak-anak</i> |
|--|

### 2.4. The Study Selection Process

Study selection process is the process, by which the title and abstract of the article were examined in advance to determine the relevance of the article [7].

### 2.5. Appraising the Quality of Studies

The data found was evaluated and given an answer value of Y (yes) or N (no). The question of quality assessment criteria is as follows:

QA1: Are articles indexed by SINTA (an Indonesian-indexed journal)?

QA2: Are the research problems in the article relevant to this research?

QA3: Does the article use relevant methods to develop sports in early childhood?

### 3. Results

#### 3.1. Develop Research Questions

According to the findings in the stage of search strategy on the <https://garuda.ristekbrin.go.id/> with the search string of this research, 300 articles were found without any duplication.

#### 3.2. Selection Criteria

The findings from the inclusion criteria were 173 articles whose topics were appropriate to sports in early childhood in Indonesia published between the years of 2004 and 2023, and all are complete articles. As for the exclusion criteria, 127 articles were found, including 52 articles with details of non-topic articles in physical education subjects, 51 articles published before 2004, and 24 incomplete articles.

#### 3.3. Developing the Search Strategy

Articles that match the acceptance selection criteria were evaluated by title and abstract to evaluate the connection of this study subject. We discovered 47 articles that are

relevant to the study topic and 126 articles that are not. The articles evaluated are irrelevant because the authors did not use sports as a medium, but the authors picked traditional sports as a medium, rendering the article unrelated to this research.

#### 3.4. The Study Selection Process

Results of the study quality criteria from 47 articles found that 6 articles were irrelevant to the research topic and 41 articles were relevant and met the study quality criteria. This means that the articles are SINTA indexed (an Indonesian-indexed journal), the research problems are relevant to sports in early childhood, and the articles use relevant methods to develop sports in early childhood in Indonesia.

#### 3.5. Appraising the Quality of Studies

In data synthesis stage, the authors tried to collect evidence from the selected studies to answer research questions [8]. The findings of each step are presented in the following diagram.

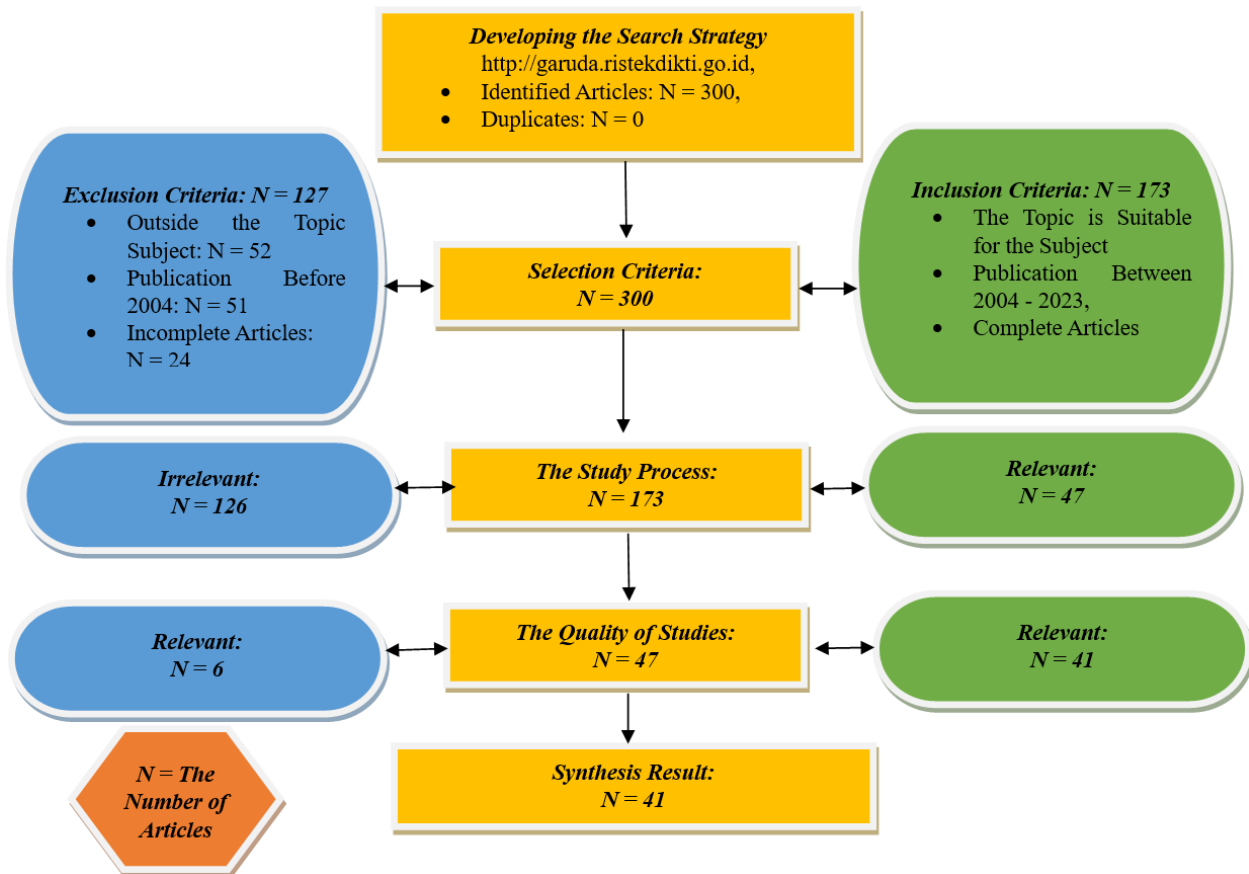
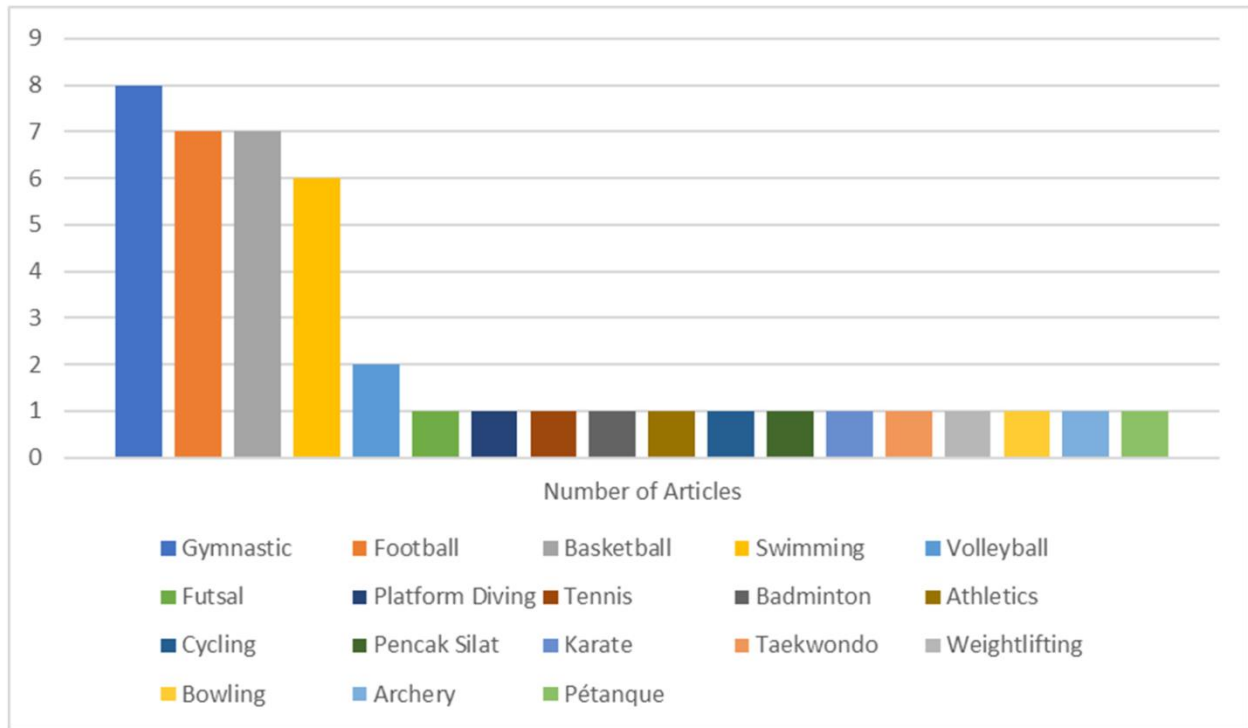
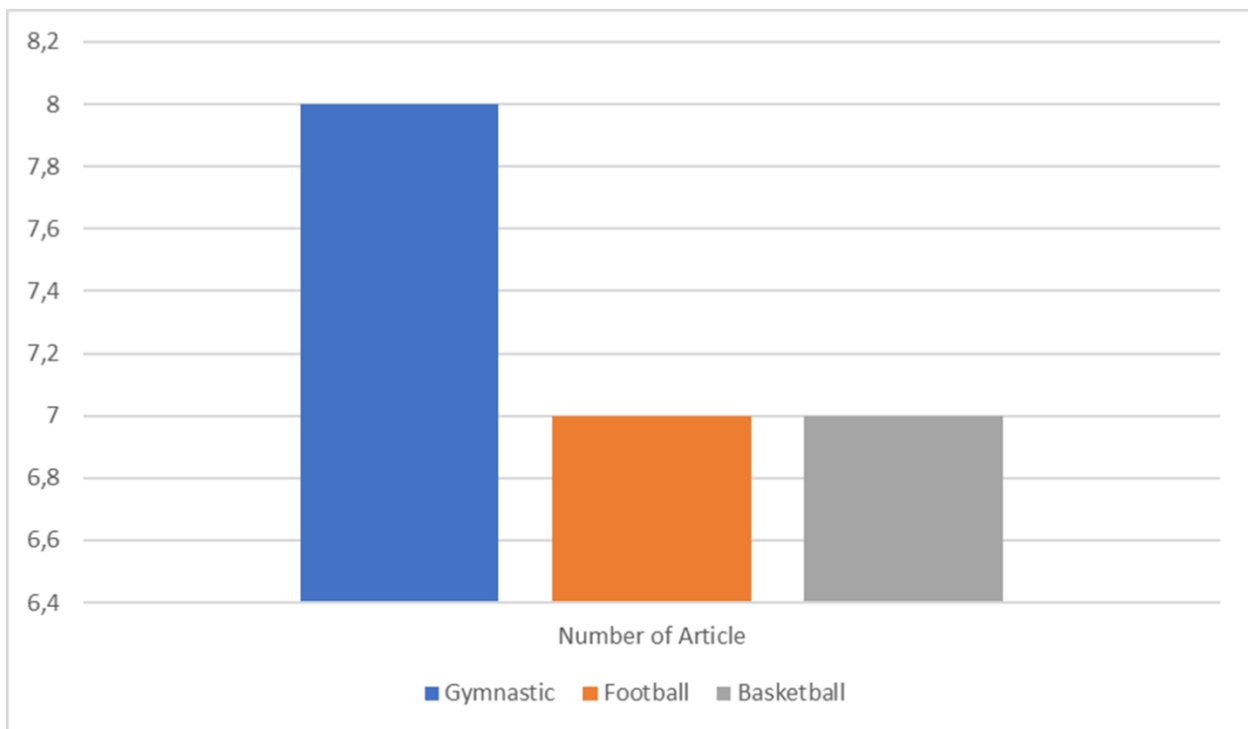


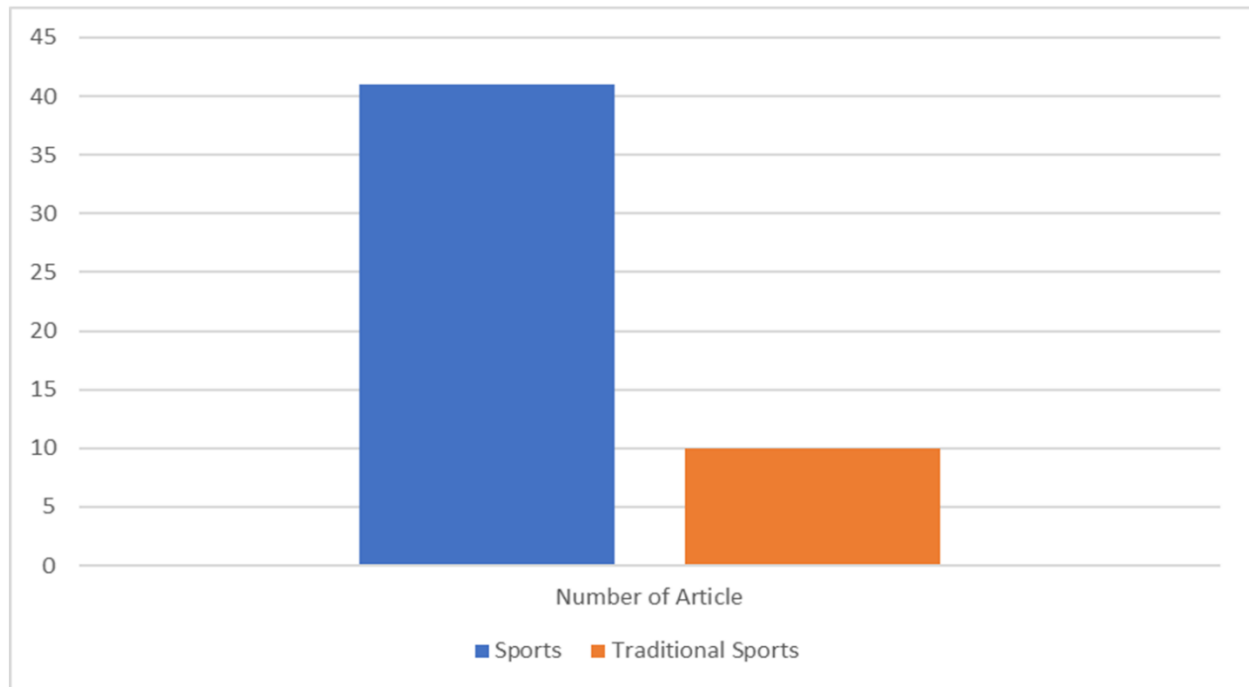
Figure 2. The result of SLR Sports in Early Childhood in Indonesia



**Graph 1.** The Most Applied Sports in Early Childhood in Indonesia



**Graph 2.** The Most Popular Sports in Early Childhood in Indonesia



**Graph 3.** The Comparison between Sports and Traditional Sports

## 4. Discussion

### 4.1. RQ1. What are the Most Applied Sports in Early Childhood in Indonesia?

**Table 3.** The Most Applied Sports in Early Childhood in Indonesia

| No | Sports          | Number | Articles                        |
|----|-----------------|--------|---------------------------------|
| 1  | Gymnastic       | 8      | [9, 10, 11, 12, 13, 14, 15, 16] |
| 2  | Football        | 7      | [17, 18, 19, 20, 21, 22, 23]    |
| 3  | Basketball      | 7      | [24, 25, 26, 27, 28, 29, 30]    |
| 4  | Swimming        | 4      | [31, 32, 33, 34]                |
| 5  | Volleyball      | 2      | [35, 36]                        |
| 6  | Futsal          | 1      | [37]                            |
| 7  | Platform Diving | 1      | [38]                            |
| 8  | Tennis          | 1      | [39]                            |
| 9  | Badminton       | 1      | [40]                            |
| 10 | Athletics       | 1      | [41]                            |
| 11 | Cycling         | 1      | [42]                            |
| 12 | Pencak Silat    | 1      | [43]                            |
| 13 | Karate          | 1      | [44]                            |
| 14 | Taekwondo       | 1      | [45]                            |
| 15 | Weightlifting   | 1      | [46]                            |
| 16 | Bowling         | 1      | [47]                            |
| 17 | Archery         | 1      | [48]                            |
| 18 | Pétanque        | 1      | [49]                            |

The findings are related to the first research question from Table 3 and Graph.1. The data obtained that the most applied sports in early childhood in Indonesia are Gymnastics with evidence from 8 articles. These results also show that in the early childhood phase in Indonesia, many parents use gymnastics as a medium for sports coaching. Gymnastics can train the basic movements needed by every child. Besides, the training process is following the needs of early childhood. The gymnastic movements provided are also very easy to understand and are supported by adequate facilities so that children at an early age can practice gymnastics freely. This shows the need for more physical activity regardless of age [60]. The importance of fostering gymnastic sports in early childhood is because gymnastics can train basic movements. It is very important to understand that the after-school training stage of development is seen as effective as possible [61] and can be used as a basis for children at an early age to support the foundation of basic abilities, especially physical fitness for children [62] and it complies with government regulations [4].

### 4.2. RQ2. What are the Most Popular Sports in Early Childhood in Indonesia?

The findings are related to the second research question from Table 4 and Graph 2. The data obtained that Gymnastics, Football, and Basketball are popular sports in Indonesia. We know that gymnastics is very effective to train children's basic skills. On the other hand, team sports such as football and basketball are also very popular in Indonesia. Football and basketball train the social and

psychological aspects of children when working together in a team. Through these three sports, the development of basic movement skills will be easily achieved which will make it easier to carry out sports coaching at the next stage. A good learning process will have a positive influence [63] and can develop the potential and talents of students [64]. It is consistently expected to be able to attain achievements that are in line with multilateral principles that are in line with government regulations [4] regarding the increase in national sports achievements.

**Table 4.** The Most Popular Sports in Early Childhood in Indonesia

| No | Sports     | Number | Articles                        |
|----|------------|--------|---------------------------------|
| 1  | Gymnastic  | 8      | [9, 10, 11, 12, 13, 14, 15, 16] |
| 2  | Football   | 7      | [17, 18, 19, 20, 21, 22, 23]    |
| 3  | Basketball | 7      | [24, 25, 26, 27, 28, 29, 30]    |

### 4.3. RQ3. What is the Comparison between Sports and Traditional Sports in Indonesia?

The findings are related to the third research question from Table 5 and Graph 3. The data obtained that sports are more popular and more often investigated compared to traditional sports. There are many studies related to this traditional sports because Indonesia has a diverse culture, including traditional games. Exercise or movement activity is proven to increase the ability of the nervous system and memory [65]. The introduction of sports from an early age is seen as a promising way to improve cognitive abilities and skills [66]. This is a distinct advantage because physical activity, physical education, and recreational sports are becoming mutually supportive means of supporting achievement [67] which is in line with the regulations set by the government regarding the importance of early childhood development [4]. Regarding sports development in early childhood, it is hoped that it can be carried out properly so that it has a positive impact on the development of sports in Indonesia.

**Table 5.** The Comparison between Sports and Traditional Sports in Indonesia

| No | Type               | Total | Articles  |
|----|--------------------|-------|---|
| 1  | Sports             | 41    | [9, 10, 11, 12, 13, 14, 15, 16]; [17, 18, 19, 20, 21, 22, 23]; [24, 25, 26, 27, 28, 29, 30]; [31, 32, 33, 34]; [35, 36]; [37]; [38]; [39]; [40]; [41]; [42]; [43]; [44]; [45]; [46]; [47]; [48]; [49] |
| 2  | Traditional Sports | 10    | [50, 51, 52, 53, 54, 55, 56, 57, 58, 59]  |

## 5. Conclusions

Gymnastics is the most applied sports in early childhood in Indonesia. Sports coaching at early childhood is advisable to choose gymnastics because the movement is

very complex. It included the locomotors, non-locomotors, and manipulative aspects. In another point of view, Gymnastics, football, and basketball are the most popular sports in early childhood in Indonesia. Children usually have a desire to play sports as a team, so the solution that can be suggested is football or basketball. Through football and basketball, children can practice cooperation, empathy, and responsibility.

When sports are compared to traditional sports, even though many people are practicing traditional sports in Indonesia today, the results show that sports have the biggest impact on early childhood development. This research examined data from articles in SINTA (an Indonesian-indexed journal). Future studies are needed with SCOPUS-indexed articles so the findings can be sharpened. Experimental research is needed to strengthen the results that gymnastics has a positive effect on early childhood because gymnastics is an individual sport not a team sport. Further research is also needed regarding its social and psychological aspects.

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## Conflict of Interest

In this study, the authors stated that there was no conflict.

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