

# The Benefits of Public Sports Facilities as Sport Tourism in Indonesia

Berliana Berliana<sup>1,\*</sup>, Komarudin Komarudin<sup>1</sup>, Nina Sutresna<sup>1</sup>, Surdiniaty Ugelta<sup>1</sup>,  
Mesianna Simbolon<sup>2</sup>, Alimin Hamzah<sup>2</sup>, Geraldi Novian<sup>1</sup>, Mona Fiametta Febrianty<sup>1</sup>,  
Sagitaris Sagitaris<sup>1</sup>, Bambang Erawan<sup>1</sup>, Ivan Rivan Firdaus<sup>1</sup>, Yopi Kusdinar<sup>1</sup>

<sup>1</sup>Faculty of Sport and Health Education, Universitas Pendidikan Indonesia, Indonesia  
<sup>2</sup>School of Postgraduate Studies, Universitas Pendidikan Indonesia, Indonesia

Received May 11, 2023; Revised January 25, 2024; Accepted February 17, 2024

## Cite This Paper in the Following Citation Styles

(a): [1] Berliana Berliana, Komarudin Komarudin, Nina Sutresna, Surdiniaty Ugelta, Mesianna Simbolon, Alimin Hamzah, Geraldi Novian, Mona Fiametta Febrianty, Sagitaris Sagitaris, Bambang Erawan, Ivan Rivan Firdaus, Yopi Kusdinar, "The Benefits of Public Sports Facilities as Sport Tourism in Indonesia," *International Journal of Human Movement and Sports Sciences*, Vol. 12, No. 2, pp. 315 - 325, 2024. DOI: 10.13189/saj.2024.120206.

(b): Berliana Berliana, Komarudin Komarudin, Nina Sutresna, Surdiniaty Ugelta, Mesianna Simbolon, Alimin Hamzah, Geraldi Novian, Mona Fiametta Febrianty, Sagitaris Sagitaris, Bambang Erawan, Ivan Rivan Firdaus, Yopi Kusdinar (2024). *The Benefits of Public Sports Facilities as Sport Tourism in Indonesia*. *International Journal of Human Movement and Sports Sciences*, 12(2), 315 - 325. DOI: 10.13189/saj.2024.120206.

Copyright©2024 by authors, all rights reserved. Authors agree that this article remains permanently open access under the terms of the Creative Commons Attribution License 4.0 International License

**Abstract** Sports facilities have not been used optimally due to various reasons, especially for women who are accompanied by various stigmas. In fact, these sports facilities can be used as a means of developing sport tourism, if used properly. This research examines the social impact of sports as the main focus by dividing it into two parts, namely the use of sports facilities in the context of sports tourism for women and the shift of sports facilities towards a more diverse direction. This is a case study based on semi-structured interviews. The results of the qualitative analysis based on the coding process showed that sports centers in Indonesia were often visited by men and women equally. However, the majority of men visited the sports center for exercise, while women acted more as traders and participated passively in sports. Hence, visits to the sports center were not carried out as a necessity, especially for women who seemed to be only joining in and were considered passive participants. Sports tourism, which is exercising while traveling, is a strategic means to empower both men and women to be directly involved without any differences in the purpose of exercising itself.

**Keywords** Sport Tourism, Sport Facilities, Public Sport, Indonesia

## 1. Introduction

The construction of sports facilities is entirely a government policy, both central and local governments, depending on where the sports facilities are built [1], [2]. Recently, it is obvious that the existing sports facilities have changed in terms of physical form, and function, and there is even a significant increase in the number of sports facilities. These changes bring positive impacts on various aspects of life, including economic growth, socio-culture, and local political growth [3]. In Norway and Denmark, sports facilities have been built with considerable financial support from official authorities [4]. If observed carefully, public facilities designated for sports, such as stadiums or open fields were built in a simple form, but now they are buildings more modern to suit the trends or the modernization of the place. Likewise, in terms of function, sports facilities are no longer only used as a means of exercising, but have been used for various other activities, such as activities that involve many participants, campaign activities, music concerts, tourist visits, family playgrounds, and even used as recreations as sports tourism. This shows that the sports facilities can have various useful functions, meaning that the increasing number of public facilities as sports facilities can integrally support other activities.

In Indonesia, various sports facilities have been built both by the government and the private sector with various development goals. One example is in the city of Bandung which has a sports facility called 'Gasibu' which is an open sports facility located in the city center and quite a lot of people visit it every day, especially on weekends. Similarly, the 'Sport Jabar Arcamanik' facility has a fairly large area with several sports facilities used by athletes. In addition, there is also the Office of Youth and Sports (*Dinas Pemuda dan Olahraga/DISPORA*) of West Java which also has several supporting facilities for achievement sports and community sports. Planning sports facilities by public authorities should be considered as one of the main policies because it has a direct influence on the community, specifically their physical, mental, and social health, and also their happiness [5]. Public facilities such as sports facilities that can be accessed by the community will provide encouragement/motivation to visit and do physical activities, namely exercising. Generally, in Indonesia, the need for open space for sports activities is still minimal, even though sports facilities that are easily accessible can serve as a medium for sports promotion [6].

The above conditions are still a problem, especially for Indonesia, because the number of public facilities is not adequate, making it difficult for public access. In fact, it should be considered that sports facilities can be reached on foot [7]. Government policies need to pay more attention to developing sports facilities, so that the government can invest in maintaining and improving public health [8]. As mentioned earlier, the establishment of sports facilities must pay attention to accessibility, so that the entire community such as children, the elderly, people with special needs can exercise, and not only for certain circles [5]. In addition to maintaining and improving health, sports facilities can also be used as recreational facilities, known as sports tourism [9]. If every community has sports facilities, such as in a housing complex, for example, these facilities can be used as a means of recreation and socializing among residents. Recreational facilities in this case aim to provide refreshment for the body and spirit on the sidelines of the busy routines. Families can travel while exercising [10]. As a means of socializing, sports facilities can be a binding factor for residents in a residential environment, because it facilitates urban communities to meet in that place, both between visitors, between families, and even all visitors who are doing activities. The characteristics of busy urban life, egocentric/familicentric nature, and low social interaction can be eliminated through sports and recreational activities in environmental-scale sports facilities [11].

This article specifically discusses the participation of women in sports. In general, it is still much lower than that of men at 35.70%. Even in utilizing public sports facilities, women usually only participate passively. The results of several surveys in various countries showed that women were in an inactive position compared to men [12]–[14].

Meanwhile, the WHO survey showed that the inactivity rate for women was 41%, and for men was 35% [15]. Considering that physical activity or exercise is beneficial for maintaining health and body fitness [16]. However, some people rarely exercise and the reasons for that are often the daily routine and work [17]. The lifestyle of urban people tends to be practical which causes everything to be done quickly and instantly; hence, it is not uncommon for people to exercise at will, meaning anywhere they can, and whenever they have time. The fact is that physical exercise should be done regularly to obtain the good benefits, such as preventing various kinds of health diseases [18]. Physical exercise provides other benefits, such as increasing physical abilities, improving brain function, increasing creativity and mental health, helping delay the aging process, reducing stress, increasing endurance, and many other benefits can be obtained through exercise [19].

A study revealed that doing exercise has at least seventeen invaluable benefits, one of which is ensuring young people get the best start in life [20]. Thus, it is important to increase motivation and make exercise a routine activity in daily life. However, the existing phenomenon shows that most people with modern lifestyles, especially in urban areas tend to think that exercising is an uninteresting activity, because it will be tiring and produce sweat, and even takes a lot of time away from other more enjoyable activities. This forms a pattern of 'sedentary behavior' that is harmful to health [21]. In addition, because of this mindset, people exercise less often the overall benefits of exercise as a health guarantee are substituted by consuming high doses of vitamins and going to the doctor if they are ill. Eventually, the government funds will be used to fulfill the people's medical treatment.

The preparation of sports facilities in Indonesia is actually feasible. Viewed from the area, Indonesia is a country with the largest archipelago in the world, consisting of 17,508 islands with an area of 1,904,569 km<sup>2</sup>. The five largest islands, namely Kalimantan, Sumatra, Papua, Sulawesi, and Java (CIA World Factbook), are inhabited by a pluralistic society or people from various races, ethnicities, cultures, and religions, which can directly strengthen the nation's social, economic, and political integration [22]. In Indonesia, sport is included as an integral part of the political foundation, the nation's strategic 'tool' and character building, thus the systematic development of strategic plans to organize sporting events gains great support. In the Law No. 3 of 2005 Article 43, there has been a shift in the entire national sports development system, namely the decentralization from the central government to the local governments (Law No. 3 of 2005) [23]. The Government of the Republic of Indonesia (in this case the Ministry of Youth and Sports) is expected to be able to develop national sports policies, so that local governments have broad opportunities to implement the potential of regional policies, both in regencies and provinces.

This illustrates that sport is often interpreted as an

achievement in elite sports but this article looks at sport from another side, namely how people do sports from a socio-cultural perspective that has almost faded away. Sport in general also actually serves to unite individuals and the community with an emphasis on togetherness, which is the goal of sports tourism [24], [25]. This article's main focus is to examine the social impact of sport, not entirely on sports achievement. Previous studies stated that exercise provided more intrinsic benefits, not only providing health benefits, but also uniting people, strengthening community life, and providing a mechanism for unity, through sports while traveling (sports tourism) [26]. Thus, the discussion of this article is divided into two sections: the first part looks at the use of sports facilities in the context of sports tourism for women and the second looks at the shift in sports facilities towards a more diverse direction.

## 2. Literature Review

### 2.1. Sports and Sports Tourism

Java is known as 'a cradle' of sports development in Indonesia where the spatial diffusion of sports starts from Java and then to other islands or areas. It is also common that urbanization occurs from other areas to big cities in Java, such as Jakarta, Bandung, and Surabaya. These conditions significantly influence the development of sports nationally. It is not surprising that since the first National Sports Week (*Pekan Olahraga Nasional/PON*) in Solo, 1948, until the 2021 National Sports Week in Papua, medal achievements were dominated by large provinces in terms of resources namely, Jakarta, West Java, Central Java, and East Java [27]. Urbanization, economic, and recreational activities basically have a relationship with sports due to the fact that sports participation will increase the income from those activities. Likewise, the movement of athletes from one area to another even from the cities to other areas and vice versa often occurs. It is undeniable that increasing the level of sports participation in Indonesia is very challenging and it needs proper management and strategies related to how often people engage in sports in their spare time.

The development of sports tourism is strongly influenced by the ability of people to pay the costs and especially the ownership of resources and time as indispensable resources. Local economic development on the other hand has also played an important role in promoting sports tourism. Sports tourism that collaborates with tourism in the concept of sport provides benefits, both in terms of health and happiness, as well as financial benefits. Sports tourism moderates various factors of tourists to visit a place and of course has an economic impact [28]–[30]. However, in this case it requires several main supports such as transportation, accommodation, and other infrastructures that ensure security, safety, and

comfort to reach the tourist destinations. In general, sports tourism is divided into two categories. The first is Big Sport Event, namely major sporting events such as the Olympic Games, world boxing championships, and various other sporting events. The second is the Sporting Tourism of the Practitioners, which is a sport for participants who want to practice and improve their sport. These include sports such as horse riding, fishing, mountain climbing, and others which are recreational sports [31].

Several sports facilities, especially in Bandung City are not only for doing sports, but collectively also have many purposes, such as a venue for meetings, trading, shopping, family refreshing, and others. These interests are seen more, therefore this article views further the development of various sectors which are included in the assimilation of people in sports venues/facilities. In addition, integrated sports facilities function as a means for tourism, such as lakes that should be used for rowing sports facilities and other water sports, as well as community sport tourism. In some of the concepts of sport tourism described above, it can be interpreted that tourism and sport are two disciplines that can be combined and support each other and even benefit each other, so that they have multiple strengths and effects for economic growth in Indonesia. Therefore, tourism and sport (sport tourism) are currently gaining great attention from the government, the private sector, the sports industry, the tourism industry, academics, and the wider community [32].

Sports tourism is a new paradigm in the development of tourism and sports in Indonesia. Sports tourism can show its potential as something interesting, so that it can create a tourist attraction that can make multicultural tourism. It is the process of participating in sporting activities, observing sports developments, and visiting sports tourism objects. In general, the scope of sports tourism can be done by watching sports events, visiting sports in the form of performance, and participating or doing sports activities. Watching and visiting sports (passive participation) can eventually shift towards doing sports (active participation). This is the main purpose of presenting sports facilities in a sports tourism review. The presence of sports facilities serves as an instrument to make social change in the society, with the hope of obtaining a quality life [33].

### 2.2. Sports Tourism Promotion

The development of tourist attractions requires the involvement and participation of the community, and is directed at increasing global competitiveness and foreign exchange earnings, improving the image of Indonesia's tourism, and developing community-based tourism. Efforts to promote tourism, among others, are through the introduction of the development of sport tourism. Indonesia has a competitive advantage in the field of sports tourism due to its geographical characteristics. Beaches and seas, mountain slopes, lakes, and others, including rich natural resources, are places to practice sports skills and abilities.

Natural resources stretching from the tip of Sumatra to Papua can be utilized in promoting the needs for the welfare of the people and for appropriate policies and management, but the most important thing is how to use these natural resources. The Directorate General of the Ministry of Tourism and Creative Economy collaborates with the Ministry of Youth and Sports to formulate tourism policies in Indonesia based on the principles of sustainable development that are integrated with environmental, social, and economic factors [34]. This principle aims to improve social welfare, a concept that refers to increasing income and the availability of jobs that can be generated by tourism. Tourism is a process of activities and outcomes in several forms such as relationships and interactions between tourists and service providers, which are managed by local governments to attract tourists [35]. To achieve this goal, the sports tourism program must be supported by the implementation of sustainable development that ensures a balance between the economic, social, cultural, and environmental aspects based on the principles of pro-poor, pro-growth, pro-jobs, and environmentally friendly.

Sports tourism can flexibly be ‘tucked in’ to many activities so that sports tourism is actually carried out, and even the interest in sports and sports tourism becomes a need for many people [36], [37]. There are quite a lot of opportunities that can be created, such as sports tourism in rest areas along toll roads, around office buildings, in public housing areas, and in various other places, because lands in Indonesia are generally still quite large. Thus, strategic sports tourism programs can grow and develop, including creating a balance between the environment, changing social values, emphasizing the balance between economic growth, and directly decreasing the government budget for health.

It is also worth exploring the tourists’ decisions in determining tourist destinations. Basically, there are four types of tourist destinations, (1) low carbon destinations, (2) ecotourism and green travel, (3) geotourism, and (4) slow or ‘natural’ tourism. Therefore, tourists are interested in integrating their tourism activities with local people. In turn, many local products and services can be sold, thus the economic growth of the surrounding community can also be boosted. Trends like this are mostly carried out in sports tourism places in Indonesia with the hope that there will be an increase in the number of tourists who prefer appropriate activities including sports [9]. Consequently, in the development of the sports tourism sector, structured socialization should be carried out, especially in collaboration with international events. Regarding this goal, Indonesia’s sports tourism has seven featured thematic launched from 2015 to 2019 namely diving, surfing, yachting, trekking, hiking, golf, cycling, and jogging. Indonesia has a competitive advantage in promoting sports tourism based on the utilization of rich natural resources. Diving and surfing, for example, are the most popular sports tourism among foreign and domestic tourists, located in several places almost all over Indonesia. World

class golf courses can also be found in several places in Java, Bali, and Sumatra, which are supported and blended with a high standard of accommodation and the sights along the coast, beside the lake, or on the mountain slopes. In addition, yachting has become a more popular tourist sport, because the sea can be found easily in several places, as 60% of Indonesia’s territory consists of the sea, so sailing activities can be carried out in an interesting way. Not only that, even many seafarers from foreign countries enjoy sports tourism, one of which is ‘Komodo Sailor 2013’, which was in conjunction with policies to promote Komodo as an international heritage. The local government has also played an important role in promoting yachting sports tourism, together with the promotion of local traditions and culture, wrapped up to attract foreign and domestic tourists.

Trekking and hiking are equally popular in Indonesia as it has mountains and volcanoes, such as Mount Rinjani in Lombok or Mount Merapi in Jogjakarta—two destinations that attract tourists from other countries. In addition, jogging and cycling are tourism sports that are interesting for people living in urban areas, so that during Saturdays and Sundays, people spend their time and enjoy recreational sports. The beaches and tracks which are deliberately built with various facilities are very attractive to tourists for exercising. Sports tourism is an option even though we do not have ‘rough data’ or data based on formal research. However, according to the authors’ observations, both men and women are more eager to spend their time doing physical activities for the purpose of health and well-being. Regardless of the type of community involvement, whether active or passive, sports tourism is about the interaction of activities, people, and places [38]. It is undeniable that people who are active in the field of sports tourism have great potential in the development of national sports, despite the fact that Indonesia faces problems in the availability of professional personnel to carry out proper sports management. The main priority is how to increase the effectiveness of sports tourism organizations because, until today, the development of sports tourism has not been maximized. Sports tourism is also an integral part inseparable from the sports business. Recently in Indonesia, businessmen who do not have an educational background of sports have dived into the business. Management like this would be a problem needing a solution and sports tourism should be included in the higher education curriculum or even be a study program in the sports department.

### 2.3. Women's Participation in Sports Tourism

Observations made systematically in the last five years, especially on the participation of women in sports and their participation in the field of sports tourism have found that it is still very low. The women in the field are still passive participants, having more of a role to enliven the sports field, or so-called as sports tourists. Whereas the national

sports law states that there is gender equality, based on which men and women have equal opportunities to participate in sports (Law No. 3 of 2005) [23]. The existing masculine culture also triggers a decrease in the number of women's participation in sports [39], even though the involvement of women in sports is important to empower women for social and cultural changes [40]. For this reason, research related to women's sports tourism was also investigated, because it provides great potential in creating progress and open-mindedness.

From the research data, it can be seen at a glance that women's participation in utilizing sports facilities is mostly only as traders and service sellers, as an effort to boost the family economy. The circulation of money in sports centers in Indonesia is made dominantly by women. This case of Indonesia is almost similar to China, where women are more involved in the trade sector. On the other hand, the facilities for trading are still not regulated and proper places have not been prepared, so they look chaotic. If the traders' area in the sports centers were properly arranged, sports tourists could comfortably shop there. Sports tourism and culinary tourism can be complementary and mutually beneficial. With the hope that sports tourism is one of the fastest growing sectors in the tourism industry [41]. For this reason, this research is more inclined to review the roles/tasks performed by women in using sports facilities as well as tourism facilities (sports tourism).

### 3. Materials and Method

#### 3.1. Method

This interview-based case study is based on an interpretive paradigm that allows researchers and subjects to have live data (text) as knowledge and thus the results of this research do not emphasize generalizations [42]. The purpose of this interview-based research on a qualitative approach is to explore in-depth information about the general public's perspective on the development of tourism in Indonesia, especially sports facilities and the condition of the community as users of these facilities. In this research, the author's team recruited nine community participants who carried out sports activities at sports tourism spots. The respondents were grouped as people who were exercising, visitors, and traders, consisting of men and women.

At the time of data collection, when the authors met the respondents, the first step was to ask for their permission to conduct the necessary interviews for the research. After the respondents agreed, they immediately became the subject

of the data provider. The next step was to discuss the schedule and meeting place, so that the interviewers could meet the respondents for the next interview. In conducting interviews, the team was divided into two groups: one group was tasked with conducting interviews to collect data from respondents and the second focused more on analyzing the data together with the first group.

#### 3.2. Respondents

There were 9 respondents in this research, who were people who are doing sports activities and other activities at the sports centers, consisting of school students, university students, businessmen, housewives, street traders, and traders who live in the sports center. The research location chosen was the Gasibu field which is located in the center of Bandung city. The location was chosen because it was that considered significant enough to represent the sports centers in the cities in West Java. To maintain research ethics, the identity of the respondents was disguised and they were given code names to protect their anonymity. Therefore, the researchers can freely disclose the data, with the hope that every writing and research results will be fully guaranteed to be authentic and understood by the readers. Each interview was recorded as a field note, and then compiled, and finally analyzed. The interviews were quite careful in obtaining data from the respondents so that the interviewers were not seen as doing a personal evaluation of the respondents and causing fear. In the interview process, the interview was conducted in a semi-structured manner by balancing the top-down and bottom-up processes. It all really depended on the interview situation and the respondents' enthusiasm.

#### 3.3. Data Collection

In collecting the data from the 9 respondents, the interviewers were very careful, so that the respondents did not feel that they were evaluated. The data collection was carried out using semi-structured interviews in 10 meetings, and each interview was carried out for 20-30 minutes. In addition to direct interviews, they were also conducted through social media, such as WhatsApp, video call, and others. The interviews were conducted for two months flexibly. Before conducting the interview, the researchers prepared an interview guide which included questions related to the research problem. The data were collected and recorded in the form of field notes and assisted by a recorder. The researcher tried as much as possible not to act like an evaluator, but to give the respondents full freedom to the explain/answer the questions asked in the interview.

**Table 1.** Demographic Characteristics of the Participants

|                 | Male          | Female        | Female        | Female        | Male          | Male          | Male          | Female        | Female        |
|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|
|                 | Participant#1 | Participant#2 | Participant#3 | Participant#4 | Participant#5 | Participant#6 | Participant#7 | Participant#8 | Participant#9 |
| Age             | 52            | 21            | 19            | 18            | 15            | 15            | 45            | 42            | 45            |
| Occupation      | Enterpriser   | Student       | Student       | Student       | Student       | Student       | Bagman        | Retailer      | Housewife     |
| Exercise / week | 2 times/week  | Once/week     | 2 times/week  | 2 times/week  | 3 times/week  | 3 times/week  | 3 times/week  | 3 times/week  | 2 times/week  |

Table 1 shows the demographic characteristics of the participants involved in this research. It can be seen that the 9 participants involved had different characteristics, both in terms of gender, age, occupation and frequency of sports activities carried out in one week. Based on gender, participants consisted of 4 males and 5 females. Based on age, participants were  $30.22 \pm 15.303$  years old. Based on occupation, 5 participants are students, 1 participant is an entrepreneur, 1 participant is a bagman, 1 participant is a retailer, and 1 participant is a housewife. And finally, based on the frequency of sports activities in one week, 4 participants did it 3 times/week, 4 participants did it 2 times/week, and 1 participant did it once/week.

### 3.4. Data Analysis

The study was conducted in three months (May 8 to August 7, 2022). The semi-structured interviews were conducted to collect empirical data. The researchers prepared an interview protocol, which was fully structured and related to the community's perspective on sports facilities as sports tourism attractions in the sports center. In this research, the interview data were explored and used to collect in-depth and richer data [43]. The participants' names were coded as Participant#1, Participant#2, and so on, to maintain the anonymity of the participants. Data collection/interviews, in this case, used Indonesian language to reveal as much information as possible and explore the community's perspective on sports facilities in the sports center. A recorder was used so that the researchers could play back any data needed to prevent mistakes or forgetfulness. After the interviews, a description was made for the selection of interview results. All interview data were analyzed using thematic analysis which included data coding and thematicizing the analyzed data to find all findings that answered the research questions. After all the data were verbatim, member checking was carried out to reconstruct the data. Demographic characteristics of each participant can be seen in Table 1.

## 4. Result and Discussion

This research was conducted to review the community's perspective on the existing sports facilities in the sports center, in relation to the users of the facilities as sports tourists, by focusing on the participation of female tourists. Based on the breakdown of the data, several major themes emerged, namely motivation and sports facilities. The two major themes were expected to answer the research questions. Not only that, the theme could explain the perspective of the community doing sports activities and their views on sports facilities as sports tourism in the sports center, namely motivation and facilities.

### 4.1. Motivation

Motivation is one of the major themes, and this theme has several sub-themes, namely (1) factors that encourage visits to sports centers; (2) frequency of visits to the sports center; and (3) the importance of sports activities. After grouping the data from thousands of respondents' answers and breaking down the data from each respondent, the results (in Indonesian and translated into English) are stated as follows:

#### 4.1.1. Factors that Encourage Visits to the Sports Center

*M1:* I visit the sports center just to spend my free time on the weekend with my male friends.

*M2:* I visit the sports center only to do sports activities such as jogging and playing badminton.

*F1:* I visit the sports center happy because I like the culinary tours with many kinds of food sold.

*M3:* I visit the sports center to spend the weekend, walking and jogging on the track, and meet up with friends.

*M4:* I visit the sports center with my classmates to do sports activities, playing badminton and jogging.

*F2:* Every Friday, Saturday, and Sunday afternoon I visit the sports center to play badminton with my classmates to spend my free time after school.

*F3:* I go to areas around the sports center arena just to sell food to visitors, because the profit from selling on weekends is higher than on normal days, so I can get bigger profits.

*F4:* I sell drinks in the sports center area to visitors who exercise.

*F5:* I regularly visit the sports center every weekend, spending my time with physical activities such as jogging, walking, trading, and doing culinary tours.

#### 4.1.2. Frequency of Visits to the Sports Center

*M1:* I visit the sports center every morning on weekends because on weekdays I have to go to the office.

*M2:* I visit the sports center only on Sundays, because on other days I'm busy with studying at a college and doing various tasks.

*F1:* I prefer to visit the sports center in the afternoon, because in the morning I do homework, rest/sleep rather than force myself to exercise.

*M3:* I have been doing regular sports activities in this place (sport center) for about 3 years, to maintain physical fitness after being busy doing many activities on other days.

*M4:* Every Friday, Saturday, and Sunday afternoon, I visit the sports center with friends to play badminton even though the facilities and infrastructure do not support playing badminton in this place, but we can make use of anything that is available.

*F2:* I regularly come here with my family. But I often exercise in the afternoon every Friday, Saturday and Sunday, because in the morning there are activities that I cannot leave.

*F3:* I sometimes jog, walk on the track, or play badminton but I do it before the visitors come and crowd the place; because apart from wanting to be healthy by exercising, my routine activity here is selling, and I visit this sports center in the morning and evening.

*F4:* I rarely jog here, but I often walk on the track and enjoy the atmosphere here while trading, so I often only visit in the afternoon.

*F5:* I can rarely get up early to prepare my merchandise, especially during the weekend. That's why I only exercise here in the afternoon.

#### 4.1.3. The Importance of Sports Activities

*M1:* It's very important. The problem is that I do not have time to do sports activities at the sports center every day.

*M2:* It is important to maintain a healthy body with physical activities, even only by walking on the track.

*M3:* Although exercising is very important to maintain fitness, I am not really interested in doing sports activities. So I come here just to enjoy the cuisine.

*F1:* Exercising is very important. It can improve sleep quality and control weight. I can sleep better after doing physical activity.

*F2:* Exercise is very important. Apart from preventing various diseases, exercise can also boost our mood, even though it takes time to spare.

*M4:* Exercising is very important because exercise brings pleasure after doing it.

*F3:* It is very important. But I rarely exercise at the sports center because my main activity here is only selling.

*F4:* It's very important. I occasionally do physical activity at the sports center. This I have done recently because I was encouraged by the atmosphere of my surrounding environment where people are getting more and more eager to exercise.

*F5:* It is very important, especially for those who are not young anymore. Exercise can repair damaged cells and generalize cells, and especially improve sleep quality.

## 4.2. Facilities

Facilities is the second major theme, this theme is divided into several sub-themes namely; (1) The importance of sports facilities used as places for tourists doing sports, and (2) expectations for the sports facilities area. The second theme reflects what factors encourage people to want to visit the sports center on weekends or weekdays. This matter needs to be exposed, because people often do not take advantage of sports facilities which are part of sports tourism. The following is a presentation of the data.

#### 4.2.1. The Importance of Sports Facilities

*F1:* Sports facilities are very important because they can influence people to visit the sports center, whether they are just watching other people doing activities, or even doing sports and culinary tours.

*M1:* Sports facilities are very important because they

foster public interest in exercising and traveling.

*M2:* Sports facilities are needed and very important for the community. At the sports center, good and adequate facilities should be prepared. Such conditions will certainly make visitors feel comfortable to exercise or just spend time and have sports tours.

*F2:* Of course, it is very important. Complete facilities can provide comfort in physical activities and exercise, and visitors can do some refreshing at the sports center.

*F3:* We want sports facilities that are comfortable, clean, and safe. It will foster people's interest to exercise and socialize here with their families.

*M3:* Sports facilities are very important because if the sports facilities are incomplete, uncomfortable and even unsafe, of course it will reduce people's motivation to come and do activities.

*M4:* Sports facilities that are close to home, as well as comfortable and safe, will foster public interest in visiting and enjoying the sports center.

*F4:* Complete and well-maintained sports facilities will improve the sports center's appeal, and it can encourage the visitors to exercise regularly, so that its dual function as a tourism place can truly be felt.

*F5:* The comfort of visitors depends on the facilities and atmosphere in the sports center. Things such as a spacious place, complete facilities, good maintenance, a clean place, lots of green space, and lots of spots to take pictures are people's dreams.

#### 4.2.2. Expectation for the Sports Facilities Area

*M1:* My hope is that this sports center will be expanded as well as the jogging track area, because people usually use the jogging track only for walking, so that it disturbs people who are running.

*F1:* My hope is that the government can increase the number of trees to increase green space around the sports center, so that air pollution from the main road can be reduced. Even though the current condition is quite good, there is still a need for development to make it more perfect.

*F2:* There should be more interesting activities/events as possible, such as animal attractions so as to facilitate animal lovers to come here, even though they require a special place. It also needs culinary arrangements.

*M2:* Provision of cleaners is very necessary, for the facilities of the field, toilets, and other places.

*F3:* I hope the government can also add facilities for other sports, such as badminton courts, at a low cost or even free. In addition, more clean toilets are needed. The current condition is that the number of available toilets is not proportional to the number of visitors, so the number of toilet users waiting in line is quite long.

*M3:* I wish there were indoor sports facilities too, to play badminton, not in the open which could harm other visitors.

*F4:* I hope that this sports center will set up an official stand for a place to sell, so that traders do not sell outside the sports center arena and be more organized and cleaner.

*F4:* I hope there will be a special stand for selling



provided by the government in the sports center arena because the current conditions are considered 'illegal'. Sometimes they are allowed to sell and sometimes they are banned, making traders anxious and afraid.

*F5*: I hope this sports center is developed and more sports facilities are built, such as badminton courts, children's playgrounds and parks equipped with sports facilities and sports rides.

Based on Table 2, it can be seen that sports centers in Indonesia are often visited by men and women equally, especially on weekends as part of sports tourism for families. However, the majority of men visit the sports center for sports, while women act more as traders and participate passively in sports. This proves that the opportunity to do sports activities for women is 'lower', because women are still bound to their work/domestic roles and some are main sources of income [44].

## 5. Conclusions

The results of the review from a gender perspective that visits to the sports center have not been carried out as a necessity, especially for women who still seem to join in and are considered passive participants. Whereas from the data it was also revealed that respondents actually understood the importance of doing sports and the health impacts obtained by doing sports activities.

In addition, the respondents also understood very well the function of sports facilities. They gave similar answers to the questions that, "The comfort of visitors depends on

the facilities and atmosphere of the sports center, such as spacious place, complete facilities, good maintenance, clean area, lots of green space, and lots of photo spots that show the uniqueness of the sport". Based the respondent's expression, sports facilities should be made more comfortable and should collaborate with culinary providers. It is also hoped that were "more places to play and exercise, so that these facilities can be used for various purposes. Apart from traveling while exercising, they can also be used for other activities that benefit the local government".

The public as visitors to the sports center generally aims to enjoy sports tourism and enjoy culinary tours with their families around the sports facilities. People also make use of the place to meet other people who they cannot see at other times. Even after doing sports, they chat and form groups while relaxing (positive social interaction). Because of the importance of public sports facilities as a means of sports tourism, it is recommended to develop sports tourism based on sustainable development, preferably integrated with the improvement of fitness, social ties, and economic growth, all of which are beneficial to the quality of life of the Indonesian people. In particular, it will provide opportunities for women to participate in sports and honestly guarantees these opportunities. Sports tourism with the meaning of exercising while traveling is a strategic means to empower both men and women to be directly involved without any differences in the purpose of exercising itself. Sports tourism is a key point in the selling price/industry of sports in Indonesia and can be a driving force in increasing sports achievement from a gender perspective.

**Table 2.** Description of Participants' Qualitative Data in Two Research Themes

| Research Theme   | Visitor | Sport Doer | Seller |
|--|---------|------------|--------|
| 1. Motivation  |         |            |        |
| a. Factors that encourage visiting the sports center,          | MFM     | MFM        | FFF    |
| b. How often do you visit the sports center, and               | MFM     | MFM        | FFM    |
| c. How important is sports activity.                           | MMF     | MMF        | FFF    |
| 2. Facility  |         |            |        |
| a. How important are sports facilities, and                    | MFF     | MMF        | FFM    |
| b. What is the desired expectation for the sports center area. | FFF     | MMM        | FFM    |

M = Male and F = Female

## Acknowledgements

We are very grateful to all people who involved in this research.

## REFERENCES

- [1] J. G. Long, *Public-private partnerships for major league sports facilities*. Routledge, 2012.
- [2] R. H. A. Hoekman, "Sport policy, sport facilities and sport participation: a socio-ecological approach." [Sl: sn], 2018.
- [3] G. Fried, *Managing Sport Facilities*, 3E. 2010.
- [4] K. Rafoss and J. Troelsen, "Sports facilities for all? The financing, distribution and use of sports facilities in Scandinavian countries," *Sport Soc.*, vol. 13, no. 4, pp. 643–656, 2010.
- [5] L. Gallardo, P. Burillo, M. García-Tascón, and J. J. Salinero, "The Ranking of the Regions With Regard to Their Sports Facilities to Improve Their Planning in Sport: The Case of Spain," *Soc. Indic. Res.*, vol. 94, no. 2, pp. 297–317, Nov. 2009, doi: 10.1007/s11205-008-9424-3.
- [6] A. L. Rung, A. J. Mowen, S. T. Broyles, and J. Gustat, "The role of park conditions and features on park visitation and physical activity," *J. Phys. Act. Heal.*, vol. 8, no. s2, pp. S178–S187, 2011.
- [7] G. Yfantidou, C. Spiliakos, O. Vrontou, D. Gargalianos, A. Kalafatzi, and E. Mami, "Sport Tourism: An Analysis of Possible Developmental Factors in Sport and Recreation Centers," in *Culture and Tourism in a Smart, Globalized, and Sustainable World*, Springer, 2021, pp. 3–24.
- [8] T. Chen, E. C.-M. Hui, W. Lang, and L. Tao, "People, recreational facility and physical activity: New-type urbanization planning for the healthy communities in China," *Habitat Int.*, vol. 58, pp. 12–22, 2016.
- [9] E. Ito and J. Higham, "Supplemental tourism activities: A conceptual framework to maximise sport tourism benefits and opportunities," *J. Sport Tour.*, vol. 24, no. 4, pp. 269–284, 2020.
- [10] K. Logan *et al.*, "Organized sports for children, preadolescents, and adolescents," *Pediatrics*, vol. 143, no. 6, 2019.
- [11] J. Zhang and S. He, "Smart technologies and urban life: A behavioral and social perspective," *Sustain. Cities Soc.*, vol. 63, p. 102460, 2020.
- [12] M. Foucault and V. Galasso, "Working after COVID-19: cross-country evidence from real-time survey data," *Sci. Po CEVIPOF Res. Note*, vol. 9, 2020.
- [13] M. Hossain, "Gender differences in experiencing coronavirus-triggered economic hardship: Evidence from four developing countries," *Res. Soc. Stratif. Mobil.*, vol. 71, p. 100555, 2021.
- [14] L. Farré, Y. Fawaz, L. González, and J. Graves, "How the COVID-19 lockdown affected gender inequality in paid and unpaid work in Spain," 2020.
- [15] L. Jaitman and C. Scartascini, *Sports for Development*. 2017.
- [16] D. E. R. Warburton and S. S. D. Bredin, "Health benefits of physical activity: A systematic review of current systematic reviews," *Curr. Opin. Cardiol.*, vol. 32, no. 5, pp. 541–556, 2017, doi: 10.1097/HCO.0000000000000437.
- [17] J. H. Park, J. H. Moon, H. J. Kim, M. H. Kong, and Y. H. Oh, "Sedentary Lifestyle: Overview of Updated Evidence of Potential Health Risks," *Korean J. Fam. Med.*, vol. 41, no. 6, pp. 365–373, 2020, doi: 10.4082/KJFM.20.0165.
- [18] M. A. Elmagd, "Benefits, need and importance of daily exercise," ~ 22 ~ *Int. J. Phys. Educ. Sport. Heal.*, vol. 3, no. 5, pp. 22–27, 2016, [Online]. Available: [www.kheljournal.com](http://www.kheljournal.com).
- [19] C. D. Rethorst, D. M. Landers, C. T. Nagoshi, and J. T. D. Ross, "Efficacy of exercise in reducing depressive symptoms across 5-HTTLPR genotypes," *Med. Sci. Sports Exerc.*, vol. 42, no. 11, pp. 2141–2147, 2010, doi: 10.1249/MSS.0b013e3181de7d51.
- [20] I. Beutler, "Sport serving development and peace: Achieving the goals of the United Nations through sport," *Sport Soc.*, vol. 11, no. 4, pp. 359–369, 2008, doi: 10.1080/17430430802019227.
- [21] C. J. Lavie, C. Ozemek, S. Carbone, P. T. Katzmarzyk, and S. N. Blair, "Sedentary Behavior, Exercise, and Cardiovascular Health," *Circ. Res.*, vol. 124, no. 5, pp. 799–815, 2019, doi: 10.1161/CIRCRESAHA.118.312669.
- [22] N. J. Smelser and P. B. Baltes, *International encyclopedia of the social & behavioral sciences*, vol. 11. Elsevier Amsterdam, 2001.
- [23] UU No. 3, "Undang-Undang Republik Indonesia Nomor 3 Tahun 2005 Tentang Sistem Keolahragaan Nasional," *Pres. RI*, no. 1, pp. 1–53, 2005.
- [24] A. Simmons, *Impacts of climate change on young people in small island communities*. Springer, 2021.
- [25] N. Schülenkorf, "Sustainable community development through sport and events: A conceptual framework for sport-for-development projects," *Sport Manag. Rev.*, vol. 15, no. 1, pp. 1–12, 2012.
- [26] P. Dolan and J. Connolly, "Sport, unity and conflict: an enduring social dynamic," *European Journal for Sport and Society*, vol. 13, no. 3. Taylor & Francis, pp. 189–196, 2016.
- [27] Humas Bappeda, "PON XIX/2016, Jabar Torehkan Sejarah," *Bappeda Jawa Barat*, 2016. <https://bappeda.jabarprov.go.id/pon-xix2016-jabar-torehkan-sejarah/>.
- [28] M. Gozalova, A. Shchikanov, A. Vernigor, and V. Bagdasarian, "Sports tourism," *Polish J. Sport Tour.*, vol. 21, no. 2, p. 92, 2014.
- [29] J. Higham and T. Hinch, *Sport tourism development*. Channel view publications, 2018.
- [30] S. Singh, T. R. Dash, and I. Vashko, "Tourism, ecotourism and sport tourism: the framework for certification," *Mark. Intell. Plan.*, 2016.
- [31] M. Bartoluci, S. Škorić, and Z. Starešinić, "Sports tourism offer in Croatia," *Posl. Izvr.*, vol. 10, no. 2, pp. 9–25, 2016.

- [32] B. E. S. Lagarensen, T. Hidayah, and F. Abdillah, "Digital technology and Pentahelix Role model for Sport tourism event of IVCA 2018 in Bali," in *2018 International Conference on Applied Science and Technology (ICAST)*, 2018, pp. 263–270.
- [33] J. E. Bruening *et al.*, "Managing sport for social change: The effects of intentional design and structure in a sport-based service learning initiative," *Sport Manag. Rev.*, vol. 18, no. 1, pp. 69–85, 2015, doi: 10.1016/j.smr.2014.07.002.
- [34] Ministry of Tourism of the Republic of Indonesia, "Beragam Potensi Wisata Bahari Indonesia untuk Dunia," *Kompas.com*, 2015.
- [35] R. Nunkoo, "Tourism development and trust in local government," *Tour. Manag.*, vol. 46, pp. 623–634, 2015.
- [36] M. Weed and C. Bull, *Sports tourism: Participants, policy and providers*. Routledge, 2012.
- [37] O. Prokopenko, V. Rusavska, N. Maliar, A. Tvelina, N. Opanasiuk, and H. Aldankova, "Digital-toolkit for sports tourism promoting," *Int. J. Adv. Res. Eng. Technol.*, vol. 11, no. 5, 2020.
- [38] M. Weed and C. Bull, "Sports tourism: Participations, policy and providers." Taylor Francis Group: Boca Raton, FL, USA, 2009.
- [39] J. Senne, "Examination of Gender Equity and Female Participation in Sport," *Sport Journal.org*, no. 1, pp. 1–8, 2016.
- [40] Berliana, *Wanita dan Olahraga Prestasi*. BANDUNG: PT. Karyamanunggal Lithomas, 2011.
- [41] H. J. Gibson, K. Kaplanidou, and S. J. Kang, "Small-scale event sport tourism: A case study in sustainable tourism," *Sport Manag. Rev.*, vol. 15, no. 2, pp. 160–170, 2012.
- [42] E. R. And and H. Janet, *What is Qualitative Interviewing*, vol. 756. 2013.
- [43] S. J. Morgan, S. R. H. Pullon, L. M. Macdonald, E. M. McKinlay, and B. V Gray, "Case study observational research: A framework for conducting case study research where observation data are the focus," *Qual. Health Res.*, vol. 27, no. 7, pp. 1060–1068, 2017.
- [44] Berliana, "The Role of Environment in Increasing Participation of Women in Masculine Sports in Indonesia," *IJCTA*, vol. 9, no. 35, pp. 109–115, 2016.