

Mapping the Future of Indonesian Sports: A Systematic Review of Policy Analysis and Implementation

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ABSTRACT (9 pt)

Keywords:

Analysis
Implementation
Sports Policy
Indonesia

Sport holds a strategic role in Indonesia's national development, contributing to public health, community empowerment, and the cultivation of high-performing athletes. In response, the government has introduced various sports policies to enhance public participation and improve the overall quality of sports development. However, despite these efforts, the implementation of sports policies still encounters numerous challenges, including limited financial support, suboptimal management of sports facilities, and weak coordination among stakeholders. This study aims to systematically analyze the development and implementation of sports policies in Indonesia and identify the major obstacles and potential improvements. Using the PRISMA method, a systematic review was conducted based on literature from databases such as Garuda, Google Scholar, and EBSCOhost, covering the period from 2017 to 2025. Ten qualitative studies that met the inclusion criteria were analyzed. The review found that while certain policies have positively influenced public engagement in sports, critical issues remain unresolved. The findings highlight the need for better budgeting, improved infrastructure management, enhanced collaboration between government agencies and sports organizations, and stronger community support. Recommendations include increasing investment in sports, improving facility accessibility and quality, and strengthening inter-agency coordination to achieve sustainable sports development. This review provides evidence-based insights to inform future policy formulation and supports the broader objective of advancing Indonesia's sports ecosystem.

INTRODUCTION

Policy analysis is an applied social science that utilizes various methods and techniques to present information relevant to decision-making processes. However, many policymakers still underestimate the importance of conducting systematic policy analysis, especially in the sports sector (Amali et al., 2021). In the context of national development, sports policy plays a critical role in maintaining public health and physical fitness, which directly contributes to improving the productivity and well-being of human resources (Pratama, 2019).

Sports, as a field closely linked to governance, require well-formulated and effectively implemented policies to enhance athlete performance and overall national achievements (Kusumiadi et al., 2021). Over the past two decades, research has increasingly explored the influence of meso-level factors – such as organizational and institutional dynamics – on a country's sports performance. However, questions remain regarding the extent to which macro-level sports policies influence a nation's success in major international competitions. Several studies have shown that population size and economic capacity account for over 50% of international sporting success (Ma'mun, 2019), prompting governments to invest significantly in elite sports and institutionalize performance-driven systems.

Despite Indonesia's long-term development agenda outlined in Law No. 25 of 2004 and the RPJPN 2005–2025, sport is not yet fully integrated into national development planning (Ma'mun & Mahendra, 2021). In many advanced nations, sport is regarded as

a strategic investment. Hence, Indonesia requires a clear and strategic policy direction – both at the macro and micro levels – to guide its sports development agenda (Safitri et al., 2021).

Currently, Indonesia's national sports development is heavily performance-oriented. While achievements in elite sports are prioritized, there remains a lack of balance among the three key pillars of sports development: educational sports, recreational sports, and achievement sports (Kusmaedi, 2018). These pillars should be developed holistically through planned, systematic, and sustainable efforts, ranging from early movement introduction, lifestyle integration, talent identification, and competitive systems, to elite sports development (Suparman & Septiadi, 2022).

Despite the critical role of these three pillars, there is a noticeable gap in research addressing how government budgets, programs, and policy attention are distributed across them. There is an urgent need for studies that analyze sports policies at a macro level, particularly in Indonesia (Nurhasan et al., 2022). Therefore, this paper aims to systematically review research articles related to sports policies in Indonesia, with the goal of providing a foundation for future studies and offering insights for evidence-based policy development.

RESEARCH METHOD

This study employed a **systematic review** method to analyze the landscape of sports policy research in Indonesia. The review process was conducted meticulously and selectively to ensure that only high-quality and relevant publications were included in the analysis. The search for relevant literature was carried out across multiple electronic databases, including **Google Scholar**, **ScienceDirect**, **EBSCOhost**, and **Portal Garuda**. The search terms used included combinations of the following keywords: "*sports policy*," "*sports policy analysis*," "*Indonesian government*," "*sports development*," "*sport program*," "*sport implementation*," and "*sports organizations in Indonesia*."

Table 1. Search strategy of each database

Id	Database	Search Strategy
1.	Google Scholar	("sports policy" AND "Indonesian government") AND ("Indonesian Sports" AND "sports organizations")
2.	Portal Garuda	("sports development") AND ("sport program" AND "sport implementation") AND ("Indonesian Sports" AND "sports organizations")
3.	EBSCOhost	("sport analysis") AND "sport implementation") AND ("Indonesian Sports" AND "sports organizations")

To ensure rigor, the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) framework was applied throughout the review process. Inclusion Criteria: Research articles or policy reports focusing on the analysis and implementation of sports policies in Indonesia. Publications written in Indonesian or English. Publications released between 2017 and 2022. Publications that involve Indonesian authors or contributors. Publications that demonstrate adequate methodological quality. Exclusion

Criteria: Publications not directly related to sports policy in Indonesia. Publications in languages other than Indonesian or English. Publications that do not meet any of the predefined inclusion criteria.

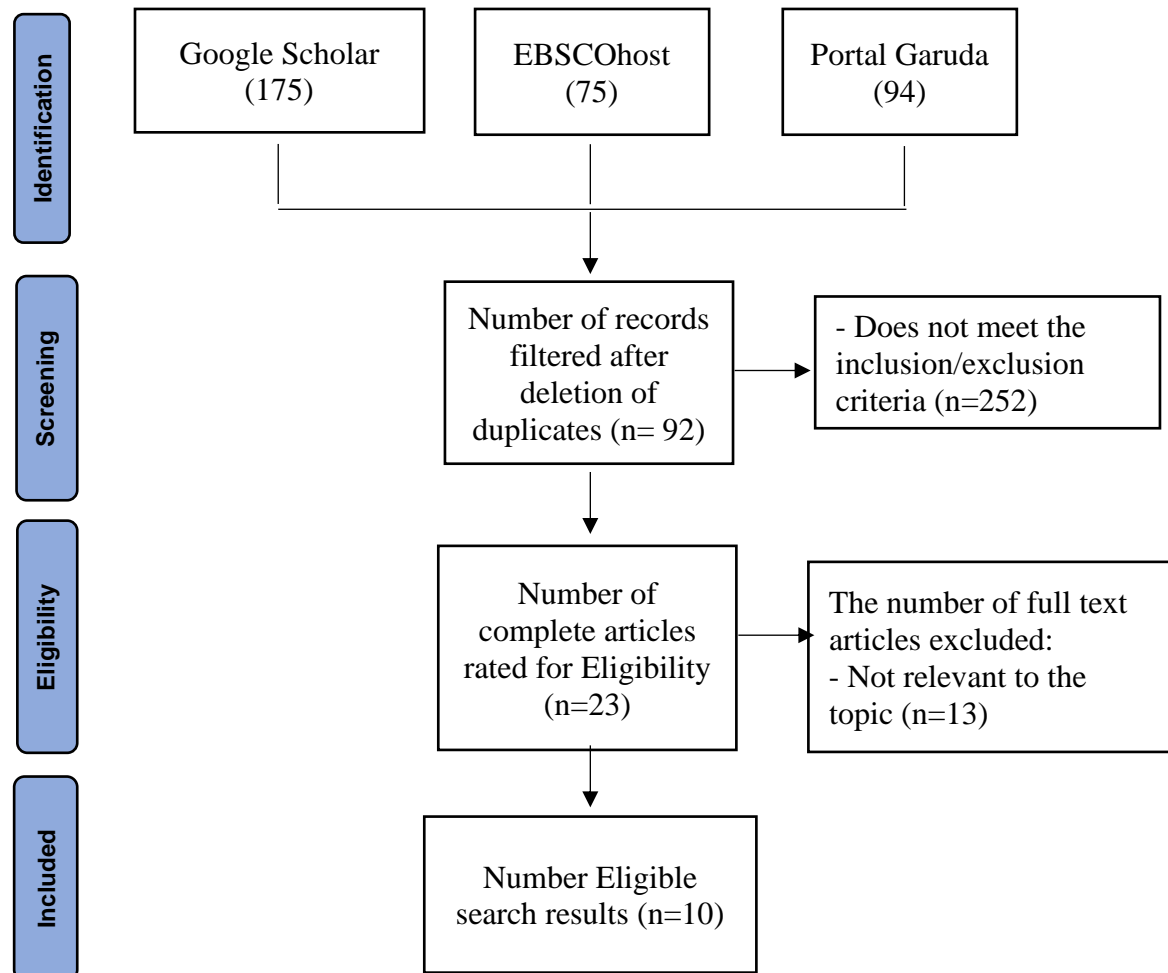


Figure 1. PRISMA diagram of article screening

RESULTS AND DISCUSSION

After the screening process was completed, ten articles were identified that fulfilled all the predefined inclusion criteria. These selected studies were then subjected to further analysis and synthesis. Table 2 presents the descriptive characteristics of all the included studies. This table provides a comprehensive overview of each study based on the following analytical variables: source, title, study design, type of population or subject involved, and key findings. These elements help to illustrate the diversity of research approaches and highlight the central themes and results of each article relevant to the analysis and implementation of sports policy in Indonesia.

Table 2. Study Characteristics

Id	Source	Title	Publisher	Study Design	Findings
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1	Silvana et al. (2025)	The Dynamics of Good Sport Governance in the Sports Law System in Indonesia	Advances in Social Science, Education and Humanities Research	Doctrinal Legal Research	Indonesian law adopts good governance principles, but political interference and institutional limitations hinder full implementation.
2	Caro et al. (2024)	Policy Analysis of the Sports Achievement Development Program in Papua After the XX National Sports Week (PON) Based on the Perception of KONI Papua	ACPES Journal of Physical Education, Sport, and Health, 4(2)	Qualitative Research	Post-event policies are fragmented due to budget constraints and lack of systematic planning in Papua.
3	(Lorenza & Sihabudin, 2021)	Local Government Policy Implementation In Development Of Sports Achievement By Indonesian National Sports Committee In Ciamis District	Journal MODERAT	Qualitative Research	Found limited resources, unclear coaching structures, poor documentation, and weak monitoring systems.
4	(Manalu, 2018)	Implementation Of Sports National Policy On Sport Learners In North Sumatra	JIPES Journal of Indonesian Physical Education and Sport	Qualitative Research	Emphasizes the need to strengthen policy communication between educators and sports trainers, and better student sports program development.

5	(Sirait & Noer, 2021)	Implementation of sports policies and the role of stakeholders in improving athlete performance	JORPRES (Jurnal Olahraga Prestasi)	Qualitative Research	Athlete performance is linked to synergy among stakeholders and better funding and infrastructure.
6	(Aprillia & Rachman, 2021)	Understanding Sports Policies in Indonesia: Caring for the Asian Games Legacy 2018	JKAP (Jurnal Kebijakan dan Administrasi Publik)	Qualitative Research	Highlights gender equality in sports and the need for inclusive policy to sustain international event legacies.
7	(Indrawan & Riyoko, 2020)	Palembang City Dispora Policy In Developing Public Interest In Exercise	Journal Halaman Olahraga Nusantara	Qualitative Research	Facilities are adequate, but public awareness and participation in sports remain limited.
8	(Turang et al., 2021)	The Strategy of the Department of Youth and Sports in Sports Development (Studies at the Kotamobagu City Youth and Sports Office)	Journal Governance	Qualitative Research	Revealed weak strategy formulation and implementation due to limited resources.
9	(Mulyana et al., 2022)	Analysis of inhibiting factors in regional sports achievement development	JPES Journal of Physical Education and Sport	Qualitative Research	Challenges include poor regeneration, lack of skilled personnel, unsustainable programs, and low government support.
10	(Ramadhan et al., 2020)	Implementation Policy Sport Education As an Attempt Development	JTIKOR (Jurnal Terapan Ilmu Keolahragaan)	Qualitative Research	Policies align with national law but face issues in equitable

Through Sports Based on Constitution System Sports National	execution and consistency.
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This study employed a systematic review method, which involves identifying, evaluating, and interpreting all relevant research findings on a particular topic to answer the research questions that were previously established. The primary focus of this review is to understand the direction of sports policy in Indonesia and to examine how existing policies have been implemented and analyzed in the context of national development. Sports policy in Indonesia is fundamentally aligned with the broader national development strategies outlined in the National Long-Term Development Plan (RPJP) 2005–2025 and the five-year Medium-Term Development Plans (RPJM). Within this framework, the development of sports is based on three pillars: sports education, recreational sports, and elite/achievement sports. These three pillars should be positioned equally to build a robust national sports system. None should be considered more important than the others, as they are interdependent and collectively reinforce one another.

However, in practice, there remains a disproportionate focus on elite sports. This is evident in the allocation of government budgets and policy attention, which tend to heavily favor competitive sports over educational and recreational sports (Rahadian et al., 2021; Sirait & Noer, 2021; Turang et al., 2021). This approach reflects a narrow understanding of sports development, one that prioritizes achievements over the broader societal benefits of sport.

There is a pressing need to shift the current paradigm from "Sport Development" – which focuses on improving sport for its own sake – to "Development Through Sport", a model in which sport is used as a tool to drive progress in other sectors of national development. Adopting this paradigm aligns sport with the national development agenda and enhances its strategic importance as a priority sector. According to the 2020–2024 RPJMN, Indonesia’s national priorities include economic resilience, regional development, human resource quality, mental and cultural development, infrastructure, environmental sustainability, and political and legal stability (Bappenas, 2020). Within this framework, sports are linked primarily to the goal of enhancing human resource competitiveness.

Despite this, Indonesia continues to face challenges in achieving sporting excellence. More importantly, the country lacks a strong sports culture, which is essential to improving public health, well-being, and social cohesion. Ramadhan et al. (2020) emphasize that Law No. 3 of 2005 on the National Sports System divides sport into the aforementioned three pillars. However, the practical implementation of this law has been uneven, with much greater emphasis placed on elite sports, both at national and regional levels (Aprillia & Rachman, 2021; Indrawan & Riyoko, 2020; Nova et al., 2021).

Recent growth in educational and recreational sports is marked by an increase in related research and public participation in community-based events. These developments suggest rising interest and opportunities in these areas, yet their progress remains

constrained by limited funding and lack of governmental focus. This indicates the need for comprehensive policy analysis to assess whether the current approach to developing the three pillars is truly effective or in need of reform.

A significant limitation lies in the government's insufficient attention to educational and recreational sports, despite the broad range of stakeholders involved. While elite sports continue to capture public and political attention, this imbalance weakens the foundational role of sport in broader societal development. There is a clear need for a more holistic and inclusive sports policy that recognizes sport as a vehicle for national development, beyond just sporting achievements.

Historically, sports policy in Indonesia has been closely tied to the political vision of the country's leadership. During President Soekarno's era, sports were tied to national identity and nation-building. In the New Order under President Soeharto, sport was associated with improving the quality of life. In the post-reform era, although legal frameworks such as Law No. 3 of 2005 have been enacted, the vision for sports development remains unclear and fragmented (Ma'mun, 2019).

From a legal and policy standpoint, Indonesia is not significantly behind other developed countries such as South Korea or Japan. However, the main issue lies in the weak implementation of these policies. A paradigm shift towards "Development Through Sport" is urgently needed and aligns with global movements such as the Sport for Development and Peace (SDP) initiative under the United Nations' Sustainable Development Goals (SDGs) for 2015–2030. This global agenda emphasizes the use of sport as a tool for achieving broader development outcomes at the international, national, and local levels.

Unlike the "Sport Development" model, which focuses solely on the growth of sport itself, the "Development Through Sport" paradigm recognizes sport's contribution to other development domains. For example, one key national development indicator is the Human Development Index (HDI), which includes dimensions such as life expectancy and health, education, and standard of living. Sport, particularly physical activity, directly contributes to the health and well-being component of the HDI, helping individuals maintain a healthy and fit lifestyle.

Given that Indonesia currently has an HDI score of 0.689 – placing it among developing countries – it becomes even more critical for the government to harness the power of sport to improve public health and human development. This can be achieved by increasing public awareness of the benefits of physical activity and by ensuring the effective implementation of national sports laws, particularly Law No. 3 of 2005. The ultimate challenge lies not in the existence of these laws, but in how effectively they are enforced and embedded in communities across Indonesia.

In conclusion, for Indonesia to fully realize the potential of sport in national development, it must embrace the "Development Through Sport" paradigm, rebalance its focus across the three pillars of sport, and ensure consistent and equitable policy implementation. Sport must be recognized not only as an end goal, but as a powerful means to achieve broader developmental objectives across society.

CONCLUSION

Currently, sports policy in Indonesia is still largely guided by the paradigm of "sport development." This means that sport is primarily viewed as a means to achieve athletic excellence, without fully recognizing its broader societal benefits. This is evident in the disproportionate allocation of resources, with a significant focus on competitive sports, while other pillars such as sports education and recreational sports receive comparatively little attention and funding.

The challenge is clear and requires considerable effort to shift the policy approach towards "development through sport", which aligns with the vision outlined in the National Sports System Law (Law No. 3 of 2005). This shift would enable sport to become a vital component of national development, influencing various aspects of society beyond just athletic achievement.

To achieve this, sports policy must be reframed to reflect the broader potential of sport in improving public health, enhancing education, and fostering social cohesion, thus making sport an integral part of Indonesia's overall development strategy.

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