

## Unearthing Talent and Building Character: The Role of Sports Education in Youth Interest and Participation

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### ABSTRACT

This research is time-sensitive because Sinjai Regency has great potential for establishing leading sports, yet teenage sports participation is low. This study examines adolescents' interest and engagement in potential sports, identifies influencing factors, and compares subjective interest with actual sports participation. This study will also make strategic recommendations for local governments and sports institutions to develop sports based on local potential and teenage preferences. The method used is a descriptive quantitative approach involving adolescent respondents aged 13–18 years in various sub-districts in Sinjai Regency. Data collection techniques were carried out through closed questionnaires and semi-structured interviews distributed to junior high and high school students, and data triangulation was carried out through interviews with physical education teachers, coaches, and local sports figures. Data was analyzed using descriptive statistics and correlation analysis to examine the relationship between levels of interest, participation, and the factors that influence them. The results show that adolescent interest in potential sports such as soccer, volleyball, and athletics is relatively high, but not always followed by a commensurate level of participation. Dominant factors influencing participation include sports facilities, social support, and intrinsic motivation. The alignment between interest and actual involvement still needs to be strengthened through coaching programs and competitive activities at the school and community levels. In conclusion, interest-based strategies, environmental support, and the availability of adequate facilities are necessary to increase youth participation in sports in Sinjai Regency.

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## 1. INTRODUCTION

The shift in adolescent lifestyles toward digital consumption and a sedentary lifestyle is a global challenge with direct implications for their reduced engagement in structured sports activities (Throuvala et al., 2021; van Sluijs et al., 2021). In many countries, increased screen time and reduced opportunities for movement have been linked to

decreased daily physical activity and participation in organized sports (Kovacs et al., 2022; Saevarsson et al., 2021). These findings demonstrate the value of local studies that map adolescent interests and participation so that policy interventions and development programs can be tailored to local contexts (Freire et al., 2022; Haug, 2025).

In Sinjai Regency, South Sulawesi, initial observations in several secondary schools and sports communities revealed a paradox: the region boasts high-achieving sports such as sepak takraw, pencak silat, badminton, and athletics at the district/provincial level, yet adolescent participation in formal development and sports organizations is relatively low. While some clubs and branches are experiencing stagnant youth athlete regeneration, adolescents appear to be more absorbed in digital entertainment, social media, and other sedentary activities. This situation raises questions about the causal factors, structural barriers, and potential relevant local interventions (Andriyani et al., 2020).

The research questions are formulated as follows: (1) to what extent are adolescents in Sinjai interested in potential sports; (2) what factors (individual, family, school, environmental, access to facilities, and media influence) influence adolescents' decisions to participate; and (3) what strategies are most likely to increase participation and the regeneration of young athletes at the local level? This formulation is important because understanding the determinants of participation will help design targeted and sustainable development programs (Spruijtenburg et al., 2022).

The urgency of this research is twofold. From a public health perspective, international evidence shows that most adolescents do not meet daily physical activity recommendations, making effective interventions in adolescence an investment in chronic disease prevention and improving mental well-being. From a regional sports development perspective, the regeneration and athlete pipeline depend on adolescent engagement (Varghese et al., 2022); without strong participation, potential sports risk losing their sustainable achievements and their social function as a means of character development. This study addresses the need for local evidence for evidence-based sports policy (Pasquerella et al., 2025).

The novelty of this research lies in (1) a specific contextual focus on Sinjai Regency, a region with roots in local sports culture but relatively little empirical research; (2) an analytical approach that integrates the dimensions of interest (motivation), participation (actual involvement), and digital environmental determinants (the role of media/screen time) to capture the modern dynamics that influence adolescents; and (3) a direct comparison with evidence from national and international studies to formulate contextual and transferable intervention recommendations. This combination is expected to produce findings that are not merely descriptive but also applicable to the planning of development programs and local policies (Spruijtenburg et al., 2022).

This research yields both practical and scholarly benefits. The results will yield a comprehensive map of participation interests and obstacles, which can be utilized by educational institutions, youth and sports offices, the district KONI (Indonesian National Sports Committee), and schools to formulate extracurricular programs, inter-school competition schedules, and community engagement strategies. This study

contributes to the literature on the determinants of youth sports participation in rural and small-town Indonesian contexts and offers a dataset for subsequent research on the efficacy of early childhood development interventions. Implicationally, the findings are expected to encourage multisectoral collaboration to reverse the sedentary trend and strengthen the local sports talent pipeline (Beacom et al., 2023; Fithroni & Rusdiawan, 2023).

This research will use a combination of quantitative methods (interest and participation scale surveys) and qualitative methods (in-depth interviews with coaches, physical education teachers, community leaders, and youth (junior high school and senior high school) to provide a comprehensive picture. Thus, the expected scientific contribution will describe the situation and recommend concrete, sustainable policy solutions based on local evidence and comparison with the findings of previous studies, both nationally and internationally.

## 2. METHOD

This study used a quantitative descriptive approach to analyze the level of interest and participation of adolescents in various potential sports in Sinjai Regency. This approach aims to provide an empirical overview of the trends in interest, motivation, and level of involvement of adolescents in sports activities at school and in the community. The study was conducted over three months, involving several junior high and senior high schools that actively organize extracurricular sports activities.



Figure 1. Quantitative Descriptive

The study population comprised all adolescents aged 13–18 (junior high school and senior high school) who participated in or had the potential to participate in school and local community sports activities. From this population, 97 respondents were selected as a sample based on the following criteria: (1) being a student in Sinjai Regency, (2) having experience participating in sports activities for at least the past six months, and (3) being willing to provide honest information.

Data was collected through a closed-ended questionnaire covering indicators of interest and participation in sports, including motivation, frequency of activity, type of sport preferred, environmental support, and barriers to participation. The research

instrument was validated by three physical education and sports experts to ensure the clarity and relevance of the questions, and its reliability was tested using Cronbach's Alpha, with a coefficient above 0.80, indicating a high level of consistency.

Data analysis was conducted quantitatively using SPSS Version 26.0 and Microsoft Excel 2019. The results were processed in the form of percentages, frequency distributions, and average values, then presented in tables and diagrams to facilitate interpretation. The findings were interpreted by linking theories of sports interest, participation motivation, and sociocultural factors that influence adolescent involvement in physical activity.

### 3. RESULTS AND DISCUSSION

#### Results

##### Results of Analysis of Leading Sports Branches

The findings of the descriptive analysis regarding community participation in leading sports in Sinjai Regency indicate that the researcher subsequently conducted an in-depth study of each question included in the research instrument. Descriptive frequency analysis was used to obtain an overview of the level of community participation and perceptions regarding the development of leading sports in the area. Based on the results of the data processing that has been carried out, it can be explained that the level of community participation in leading sports in Sinjai Regency, reviewed from the indicators of needs, benefits, and attitudes, shows certain trends that can be presented in the following Table 1.

**Table 1.** Potential sports branches in Sinjai Regency

No	Potential Sports	Frequency	Percentage
1	Sepak Takraw	6	6,19%
2	Futsal	28	28,87%
3	Athletics	11	11,34%
4	Boxing	3	3,09%
5	Volleyball	17	17,53%
6	Karate	5	5,15%
7	Esports	2	2,06%
8	Football	13	13,40%
9	Badminton	6	6,19%
10	Gateball	1	1,03%
11	Hockey	5	5,15%
Total		97	100%

The data analysis presented in Table 1 regarding potential sports branches in Sinjai Regency and the level of interest and participation among adolescents in various sports shows significant variation. Futsal ranked highest with 28 respondents, representing 28.87% of the respondents, indicating that futsal is the most popular and widely participated sport among adolescents in Sinjai Regency. This trend can be attributed to

the availability of adequate facilities, easy access to fields, and the popularity of futsal among students and youth communities.

Volleyball ranked second with 17.53%, followed by soccer at 13.40% and athletics at 11.34%. These four sports reflect adolescents' dominant interest in team sports that emphasize teamwork, competition, and high levels of social interaction. Meanwhile, sepak takraw and badminton had similar participation rates at 6.19%, indicating that both remain quite popular but have not yet become a primary focus of adolescent sports participation. On the other hand, karate and hockey each had participation rates of 5.15%, indicating potential for development in martial arts and modern games.

Sports with relatively low participation rates included boxing (3.09%), esports (2.06%), and gateball (1.03%). This low interest in these sports is likely due to limited facilities, a lack of professional coaches, and minimal promotion and competitive activities involving youth. Overall, these results indicate that futsal, volleyball, and soccer are three leading sports with significant potential for development through continuous development and adequate support facilities. These findings can serve as a basis for local governments, educational institutions, and sports organizations in formulating strategies to increase youth participation in potential sports in Sinjai Regency.

### **Descriptive Analysis of Adolescent Interest and Participation in Potential Sports Branches**

The results of the descriptive analysis conducted regarding the "level of interest and participation of adolescents in potential sports in Sinjai Regency," the researcher then explained the results according to each question asked in the research instrument. Descriptive frequency analysis was used to describe the extent of interest and participation of adolescents in various potential sports in the region. From the results of data processing, it can be explained that the interest and participation of adolescents in Sinjai Regency in potential sports includes several main indicators, namely interest, opportunity to participate (opportunity), environmental support (environmental support), motivation (motivation), and facility availability). The results of the analysis of each of these indicators are presented in detail in the following Table 2.

**Table 2.** Results of Descriptive Analysis

Statistic	Teenage interests	Youth participation	Potential sports branches
N	97	97	97
Mean	85,90	82,03	83,55
Std. Deviation	10,32	12,14	11,65
Range	59	61	80
Minimum	41	39	36
Maximum	100	100	116
Sum	8332	7957	8104

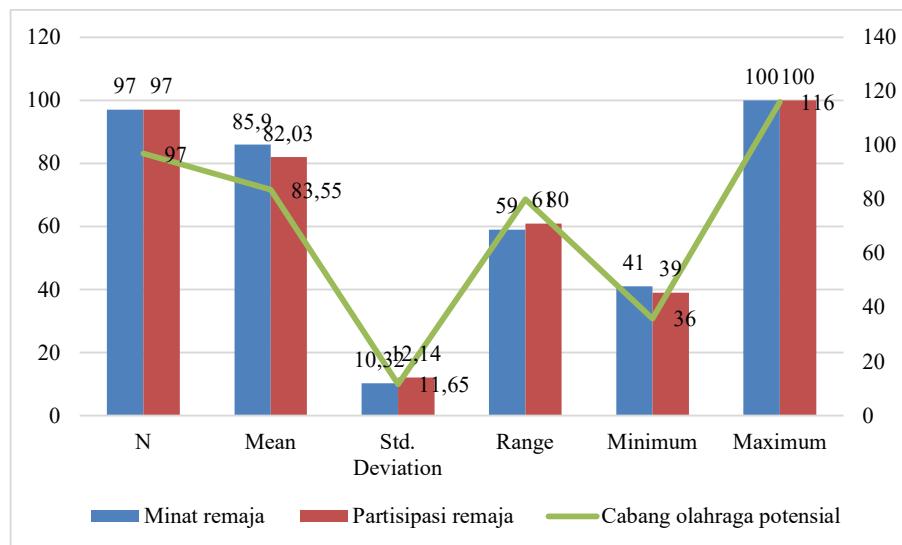
From the descriptive analysis results presented in Table 2, the level of interest and participation among adolescents in potential sports in Sinjai Regency shows a high

trend. The number of respondents in this study was 97 adolescents, representing the student population in the region.

The mean score for the adolescent interest variable was 85.90, indicating that adolescents generally have a strong interest in sports activities. This score was accompanied by a standard deviation of 10.32, indicating moderate variation in interest levels among respondents. The minimum score of 41 and the maximum score of 100 indicate differences in individual interest levels in various sports, but overall, the level tends to be high.

For the adolescent participation variable, the mean score was 82.03 with a standard deviation of 12.14. This indicates that adolescents' level of involvement in potential sports activities is high, although there are differences in participation between individuals. The minimum score of 39 and the maximum score of 100 indicate that some adolescents are very active participants, while others are still relatively low in sports involvement. Meanwhile, the potential sports variable had a mean value of 83.55 with a standard deviation of 11.65, a range of 36 to 116, and a cumulative total score of 8104. These results reflect that the various sports in Sinjai Regency have a strong appeal for adolescents, with significant potential for future development.

In general, the data indicates that both adolescent interest and participation in potential sports in Sinjai Regency are high, with reasonable variation among individuals. These findings confirm that adolescents exhibit positive enthusiasm for sports, which can serve as a basis for local governments, educational institutions, and sports organizations to expand development programs and improve sports facilities to meet the needs and interests of adolescents in Sinjai Regency. The following is a histogram of each variable in Figure 2.



**Figure 2.** Histogram of Respondents Regarding Teenagers' Interest in Potential Sports

## Discussion

The findings of this study indicate that adolescents' interest and participation in potential sports in Sinjai Regency are high, with an average interest score of 85.90, participation score of 82.03, and perception of potential sports score of 83.55. These findings illustrate that adolescents (junior high school and senior high school) in Sinjai Regency exhibit strong enthusiasm for sports, particularly futsal, volleyball, and soccer, which dominate participant preferences. This high level of interest indicates that sports have become an important part of adolescents' social activities and lifestyles, in line with increasing awareness of the importance of physical fitness and social interaction through sports.

Furthermore, adolescents (junior high school and senior high school) in Sinjai Regency show low interest and participation in potential sports despite the presence of local achievements (sepak takraw, pencak silat, badminton, and athletics). These findings are consistent with global trends that suggest a decline in physical activity among adolescents is multifactorial, including a shift in leisure time to screen-based recreation, low perceptions of competence, and limited access to facilities or structured coaching, as reported in previous systematic reviews and quantitative research. Specifically, research by [Shao and Zhou \(2023\)](#) demonstrates a strong association between high screen time and low physical activity levels in adolescents, as well as the role of motivation, social support, and a sense of competence in determining involvement in organized sports.

Theoretically, these findings support the view that adolescent sports interest and participation are influenced by social environmental factors, the availability of facilities, and support from educational institutions and the sports community ([Wang et al., 2024](#)). According to research by [Li and Shao \(2022\)](#), adolescent sports participation rates increase significantly when adequate facilities and structured coaching programs are available in schools and communities. Similar findings were presented by [Goyal \(2024\)](#), who stated that adolescent involvement in sports activities is influenced by social and cultural factors, particularly peer encouragement and the role of coaches.

Comparative analysis demonstrates similarities with the findings of [Spruijtenburg et al. \(2022\)](#), who asserted that motives (enjoyment, health), perceived ability, and encouragement from the environment (parents, teachers, coaches) are predictors of participation in organized sports; if any of these factors are weak, participation decreases ([Spruijtenburg et al., 2022](#)). In Sinjai, observations revealed a lack of institutional support and limited sustainable programs, consistent with these findings.

Furthermore, field findings regarding the dominance of digital entertainment and reduced time for exercise align with various national and international studies highlighting the negative impacts of social media and screen time on physical fitness and adolescent participation in sports. According to [Twenge and Campbell \(2019\)](#), increased social media usage is inversely related to adolescents' physical activity levels and sleep quality ([Jariono et al., 2023, 2024; Nurmuda & Jariono, 2022](#)). Similar results were reported by [Lavados-Romo et al. \(2023\)](#), who found that screen time exceeding three hours per day significantly reduced the frequency of moderate to vigorous physical

activity. In Indonesia, [Yadnya and Warastuti \(2023\)](#) also reported that digital media addiction reduces students' interest in participating in school and community sports activities.

Recent national and international studies also indicate that effective interventions should target reducing screen time while providing attractive, social, and accessible exercise alternatives to restore activity balance in children and adolescents (Guthold et al., 2020). Community- and school-based interventions, such as interest-based physical activity programs, have been shown to increase adolescent participation by up to 25% after six months of implementation (Neil-Sztramko et al., 2021).

The context of traditional sports such as pencak silat and sepak takraw presents a strategic opportunity: research in Indonesia indicates that involvement in cultural/traditional sports helps build life skills and community identity, potentially increasing participant retention when integrated into community-based positive development programs. Studies on pencak silat and sepak takraw indicate that when structured training integrates character education values and local and national achievement pathways, the regeneration of young athletes is better maintained (Risyanto, 2023). Consequently, capitalizing on the distinctiveness of Sinjai may prove to be an effective strategy.

Gender challenges, clothing comfort, perceived safety, and stereotypes also emerged in the literature as barriers, particularly for adolescent girls; a systematic review stressed the importance of gender-sensitive interventions (e.g., facility design and flexible training schedules) to address participation gaps (Duffey et al., 2021). In Sinjai, further studies disaggregating analysis by sex would help design more inclusive policies.

From a policy and practice perspective, evidence from national journals suggests that coordinated extracurricular programs between regional KONI schools and local clubs increase participation opportunities when supported by teacher/coach training, adequate facilities, and consistent interschool competition. Therefore, practical recommendations for Sinjai include (1) strengthening multi-stakeholder collaboration (schools, KONI, villages, parents), (2) establishing talent development pathways for leading sports, (3) a 'sport for fun' program that reduces barriers to entry, and (4) a screen time management campaign with alternative activities. Local findings indicating stagnant athlete regeneration underscore the urgency of implementing these measures (Alamsyah et al., 2025).

Limitations of this study include sample characteristics that may not be representative of the overall demographics of Sinjai adolescents and the use of baseline observations as the primary data source, consistent with limitations reported in similar studies. Therefore, further quantitative studies with representative samples and objective measurements (e.g., accelerometers for physical activity, quantification of screen time) are recommended to validate the findings and measure the impact of the intervention (Ljungmann et al., 2022).

In conclusion, the findings of low youth interest and participation in Sinjai are not isolated local phenomena but rather part of a widely documented pattern; effective

solutions require integrated interventions that combine community-based programs, strengthening traditional sports development pathways, gender-sensitive policies, and efforts to manage digital media use among youth. Systematic implementation and evaluation of such an intervention package would be a crucial step in reviving sports regeneration in Sinjai Regency. Thus, the results of this study strengthen empirical evidence that youth in Sinjai Regency have significant potential for regional sports development, which needs to be optimized through the provision of facilities, targeted training, and ongoing competitive activities. We anticipate that these findings will serve as the foundation for crafting youth sports development policies in Sinjai Regency that are more effective, participatory, and local-focused.

#### 4. CONCLUSION

The level of interest and participation of adolescents (junior high school and senior high school) in potential sports in Sinjai Regency is still moderate to low. The dominance of digital activities, limited sports facilities, and a lack of social and family support contribute to this low participation. However, Sinjai Regency holds significant potential in leading sports like sepak takraw, pencak silat, badminton, and athletics. Adolescent interest in sports is generally driven by intrinsic motivation to maintain fitness, expand social interactions, and achieve success, but this is not supported by sustainable development. Therefore, collaboration between schools, coaches, the Indonesian National Sports Committee (KONI), local government, and the community is urgently needed to strengthen sports culture through early childhood development, regular competitions, and community-based promotion. These efforts are expected to foster a healthy, character-based, and high-achieving young generation in Sinjai Regency.

As a suggestion, schools should ensure that the physical education curriculum is exploratory and inclusive, offering a wide and modern variety of sports to accommodate the interests of every student, rather than just focusing on a few popular sports. Physical education teachers must explicitly integrate values and character education into every session, using game situations (winning, losing, conflict) as effective teachable moments. Furthermore, parents are encouraged to support their children's participation in sports and value the process of character development, not just demand wins or athletic achievements.

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