

THE IMPORTANT ROLE OF LEADERSHIP REGULATIONS ON SPORTS ACTIVITIES IN UNIVERSITIES AS AN INDICATOR OF THE ACTIVENESS OF THE CAMPUS ENVIRONMENT COMMUNITY

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Abstract

This Background of this topic is a concern of the author about the routine of the community in the campus environment ... about government policy through law no. 12 of 2012 on Higher Education, that in the law only requires some courses that among them are Citizenship, Religion, Pancasila and Bahasa Indonesia. In response, the author hopes that there is attention from university leaders to include a policy on sports activities that are implemented in the campus environment to support the movement needs of each student in particular. So that every student can be fulfilled the needs of their movement activities, as well as the lecturers and other employees, then the level of fitness and index of happiness of the community in the campus environment will always be awakened. So that the productivity of the community in the campus environment will also increase along with the passage of the policy. The benefit of exercise is also known to get reduce depression, stress, and anxiety, increase confidence, energy levels, sleep quality, and the ability to concentrate. Several factors influence a person's participation to exercise, namely policy factors, human resources (HR), and environmental factors. As the legal basis stipulated in the National Sports Law Chapter IV on the Rights and Obligations of part one concerning the rights and obligations of citizens in articles 6 points B, C, and D.

Keyword:

Awareness, Sports, Sports Benefits, Sport Policy, National Sports System Law.

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Introduction

Health need becomes the most important part of human life. One of the most important steps in maintaining our health is by doing physical activities regularly and regularly because by exercising one can maintain their health so that it is not easy to get sick and the body becomes better. Sport is a necessity for every human being in carrying out his daily life so that his physical condition and fitness are maintained properly. Therefore, every human being should try to maintain his health. One way

to maintain good health is to exercise. in daily life to support health, it is necessary to have active efforts made by Health efforts are every activity to maintain and improve health that aims to realize the optimal level of health for the community. Health efforts are organized with a maintenance approach, health improvement (promotive), disease prevention (preventive), disease healing (curative), and rehabilitative health recovery, which is implemented thoroughly, integrated, and continuously. Physical activity can improve health and prevent the onset of diseases including heart disease, type 2 diabetes, osteoporosis, cancer forms, obesity, and injury. Participation in physical activity is also known to reduce depression, stress, and anxiety, and improve confidence, energy levels, sleep quality, and the ability to concentrate (VicHealth, 2010:1).

The data collected is a journal that discusses the development of information systems from 2015 to 2021. The data were identified using the Systematic Literature Review (SLR) method. With the use of the SLR, Method can be done review and identification of journals systematically which in each process follow the steps or protocols that have been set. In addition, SLR methods can avoid subjective identification and it is expected that the results of identification can add literature on the use of SLR Methods in journal identification.

Methods

This Study uses the SLR (Systematic Literature Review) method, by comparing one literature source with another. Because not many have studied this policy study, therefore by using this research method, researchers feel more effective in formulating comparative results and their achievements.

The object of this research is the policy of leaders in one Institution. Decision making (policy) as a research object has the following reasons:

1. There is a change when the decision is made into a policy.
2. Development of policies that originally only applied to students, then became a comprehensive policy for the academic community.
3. Make a patented/permanent policy.

Thus, by comparing each literature that is examined, the hope can be applied to students and employees in the campus environment.

The research method uses the Research Question (RQ) method or research questions are based on the needs of the selected topic. The following are the research questions in this study:

RQ1. What policies are most effective in improving the quality of physical fitness for students and employees?

RQ2. What is the right method to formulate a campus leadership policy so that it can affect the overall quality of student and employee fitness?

RQ3. What are the weaknesses of the methods used to formulate a decision that will serve as a leadership policy?

Participant

The participants in question were non-sports students and employees in several faculties within the Campus of Universitas Pendidikan Indonesia.

Population & Sample

The determination of samples is determined to students and employees who have a high intensity of work in the room and the techniques used in determining the sample are the result of pre-research interviews.

Instrument

In the study, researchers used interview instruments and questionnaires given to samples to be examined, the content of the questions interview asked: how important is an exercise to students and employees?; how are your complaints when forced to continue working indoors for a whole week?; can exercising make you feel you can focus more on the work there?; etc.

Procedure

Researchers formulated several stages in the pre-study by conducting interviews with the sample first to find out how far the level of saturation in doing their work, then after that in the first stage, researchers looked for several sources of literature (journals or national and international articles) as the basis for collecting a wide range of data, methods, attitudes, and results from several existing studies. Then in the second stage, the researcher collected the results of the survey that the researchers had been looking for, namely the content for the research and the third stage, the researcher concluded and gave the results of the study to the relevant parties, namely the campus leader or rector of the Universitas Pendidikan Indonesia as the basis for policymaking.

Data Analysis

Quality Assessment (QA) In this SLR research method, the data that the researcher finds will be compiled and evaluated based on the following quality assessment criteria questions:

QA 1. Are journals or supporting articles published in 2015-2021?

QA 2. Is there a discussion of the policy of the leadership in an Institution?

QA 3. Does the journal or article list the methods and results in policymaking?

From each of the journal articles, the answers below will be graded for each of the questions above.

1. Y (Yes): for problems and methods are written in journal articles in the period 2015-2021 and,
2. T (No): for problems and some methods that are not written.

Data Collection

Data collection is the stage at which the data for research is collected. The data collected in this study are primary and secondary data. Primary Data. is information collected through surveys, interviews, observations, and tailored to needs. In this study, the primary data taken were journals derived from <https://www.sciencedirect.com/search?q=THE-IMPORTANT-ROLE-OF-LEADERSHIP-REGULATION-ON-SPORTS> for the following reasons:

1. ScienceDirect provides complete facilities.
2. The data found is easy to find, because it has a range of years that can be adjusted based on the needs of researchers.
3. The displayed data can be customized to your needs.

Secondary data is used to complete the primary data, if there is only abstract in the primary data, it is necessary to complete the secondary data. Secondary data is obtained using Google's help. Data collection in the study was obtained through several stages, including:

1. Observation

It is the stage of data collection through direct observation to the source of <http://sciencedirect.com/>.

2. Library Studies

It is a stage to conduct a study of data assessment related to SLR Method in journals obtained from <http://sciencedirect.com/>.

3. documentation

It is the stage at which the collected data is stored into Mendeley's software.

Here are the data collection steps ranging from observation to documentation obtained through <http://sciencedirect.com/> sources.

1. Visit <http://sciencedirect.com/> site

2. Enter the keyword "Leadership Regulation on Sport" on the search form.

Data Analysis. At this stage, the data that has been collected will be analyzed to show:

1. Journal articles used whether in vulnerable years 2015-2021 (referring to RQ1).
2. Policy discussion in journal articles used in discussion (referring to RQ2).
3. Methods and results of various articles used for policy creation (referring to RQ3)

Deviation from Protocol (Report Irregularities). As a result of the study, the authors wrote some changes to deviation from protocol:

1. This study identifies a platform for policymaking in the campus environment, as well as answering research questions.
2. Collect journals to answer and ensure quality and provide the necessary information.
3. Expand on the description of SLR in this study.

Result

The search process results shown in table 1 are grouped by journal type to make it easier to see the type of data or type of journal obtained through the search process.

Here is a summary table of several journals found by researchers as the basis for discussion related to the research that researchers made.

Tabel 1. Grouping by Journal Title

No.	Journal	amount
1	Psychology of Sport and Exercise; Vol 56, September 2021, 101965. Role of psychological ownership and authenticity strength in the relationship between-	1
2	authentic leadership and sport team performance: A multilevel analysis Journal of Science in Sport; Vol 24, Issue 3, March 2021, Pages 281-290 Will the real leaders please stand up? The emergence of shared leadership in semi- professional soccer teams	1
3	Recognising the value of volunteers in performing and supporting leadership in rural communities	1
4	Waiting for the wave: Political leadership, policy windows, and alcohol policy change in- Ireland	1
5	Does it really matter? A study on soccer fans' perceptions of ethical leadership and their- role as "stakeowners"	1
6	https://onlinemasters.ohio.edu/ Effective Leadership of Sports Programs	1
7	https://www.researchgate.net/ Sports Management, Leadership in the	1
8	Organization.	1
9	Lessons in Library Leadership - A Primer for Library Managers and Unit	1
10	Leaders Leadership, Work, and the Dark Side of Personality – Seth M. Spain, 2009. International Journal of Innovation Studies - Leadership and organizational innovation in the third sector:A systematic literature review	1

Discussion

From the results of several studies obtained from these journals, the researcher found several interesting discussions regarding preparation for formulating a decision. That in dealing with something that becomes a certain urgency can be made a policy to support particular progress or interest that can directly impact its usefulness for many people. Leadership is not just a coherent collection of theories, but rather a collection of theoretical perspectives and approaches and decisions to try and explain the main body of the most significant leadership approaches within a general metatheoretical framework. Socio-analytic models and interpersonal theory again play a major role in governing such approaches in personality meta- theory. The character of a person's leadership has several parts. Each section is dedicated to covering the processes associated with these two critical leadership tasks. The first part is to prepare leaders for decision-making by introducing some basic types and strategies that are useful for

assisting the process. Part two is devoted to helping leaders manage their time and avoid mistakes that will occur. The third section covers important topics in change management, it covers some of the types of benefits that can sell and implement change in an organization. The fourth section discusses how leaders can successfully use their legitimacy to ensure the success of a target is achieved.

Conclusion

This SLR summarizes and provides a state-of-the-art overview of leadership and organizational innovation in the TS. Thus, the dominant clusters of the related literature streams are identified, and an operational model of leadership and organizational innovation applied to the TS is proposed.

Based on the results of research that has been done previously, some conclusions can be drawn as follows:

1. Referring to the results of the SLR that the author got in the journal published in 2015-2021, the dominant discussion in this SLR research is policy, leadership, policymaking as well as organization and sports.
2. Based on the results of the SLR conducted in journal publications, from 2015 to 2021 the dominant method used is the structured method.
3. The SLR method can be used to identify discussions on how to formulate ideas and ideas that can be used as policy parameters that can be applied in an institution (2015 to 2021).

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