

## DEVELOPMENT OF SPORTS PROGRAMS IN CHILDREN PENITENTIARY INSTITUTION (LEMBAGA PEMBINAAN KHUSUS ANAK) FOR FULFILLMENT CHILDREN'S BASIC RIGHTS: A POLICY FORMULATION

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### Abstract

Physical activity in the form of sports activities is part of the basic needs in daily life that can be done to improve physical fitness and efforts to fulfill basic human rights, including the basic rights of children who are perpetrators of criminal acts and are serving a period at Lembaga Pembinaan Khusus Anak (LPKA) which also has the same rights and must fulfill the same basic rights as children in general. The importance of sport in the context of behavior improvement, character growth, and human rights makes the development of sports programs in a country very important because it is also part of the national development process. The purpose of this research is to formulate a sports policy program that is by the basic rights of children that can be implemented at the LPKA Bandung to fulfill children's basic rights and exercise. This research method is descriptive qualitative with data collection techniques in the form of open questionnaires, interviews, and observations and secondary data in the form of qualitative documentation studies. After all the data and information have been collected, a sports policy draft will be formulated based on the sports policy formulation process model according to Charles O. Jones in Eterna (2021). The results showed that the formulation of the sports policy program implemented in LPKA Bandung was able to represent the fulfillment of children's basic rights where the development of sports policy at LPKA Bandung could have a very positive influence on the rehabilitation and coaching process so that after the inmates finished their sentence at LPKA they would return to society with high values of life skills, have a fair play character and can also open up future opportunities.

### Keyword:

*Sports policy, children's basic rights.*

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## Introduction

UNESCO General Conference in 2015 declared the International Charter of Physical Education and Sport which states that sport is a fundamental right for all people. Physical activity in the form of sports activities is part of the basic needs in everyday life that can be done to improve body fitness and efforts to fulfill basic human rights. Weinberg and Gould (2003: 527) say that character is a concept of morals that is composed of several characteristics that can be formed through sports activities such as compassion, fairness, sportspersonship, and integrity.

The importance of sport in the context of behavior improvement, character growth, and human rights makes the development of sports programs in a country very important because it is also part of the national development process. The development of sports programs has also become an important part of development and peace efforts (Sport for development and peace) which has been used in recent times to achieve various goals, one of which is to deal with community conflicts, gender inequality, and infectious diseases around the world (Wilson, 2012).

Indonesia has ratified the results of the Convention on the Rights of the Child from UNICEF through Presidential Decree No. 36 of 1990 which states that the state is obliged to fulfill, respect, and protect children. The basic rights of children that must be fulfilled include the right to education, the right to participate in recreation, the right to have fun, and the right to rest and take advantage of free time.

These basic rights can be fulfilled if they get the opportunity to do physical activity or play sports with fun as a representation of the right to participate, have recreation, and take advantage of free time so that joy arises in children which is part of the right to have fun, besides the right to get education as well. can be implemented in physical education and sports wherein sports education is not only given material about sports but also given character education and the cultivation of good moral values such as discipline, sportsmanship, and cooperation.

The Convention on the Rights of the Child or the Convention on the Rights of the Child (CRC) also states that the basic rights of children apply to all children, both children who have parents and children who have no parents, legally free children or children who are currently pregnant. serving a sentence in a special child correctional institution (children fostered by a correctional institution) as well as abandoned children living on the street (street children). Children who are perpetrators of criminal acts and are serving a sentence at the Special Child Development Institute (LPKA) also have the same rights and must fulfill their basic rights as children in general. Therefore, the development of sports programs is one of the efforts to fulfill the basic rights of children in LPKA Bandung in the form of the right to exercise, do physical activities, have fun, recreation, rest, and take advantage of free time.

## Methods

The method in this research is descriptive qualitative research with data collection techniques in the form of open questionnaires, interviews, and observations and secondary data in the form of qualitative documentation studies.



### *Participant*

The informants who will be used as research subjects are:

- a) Head and Staff for Development at LPKA Bandung (as sport policy makers)
- b) 30 child prisoners in LPKA Bandung (subjects whose basic rights are fulfilled)

### *Population and sample*

The population in this study were all components of LPKA Bandung involved in sports activities. In this study the sampling technique used is purposive sampling where the samples taken are parties who are considered to be able to provide information related to the objectives to be achieved. The respondents in this study were LPKA child prisoners and coaching staff at LPKA with a total sample of 30% of the total LPKA child prisoners, namely 30 children and 30% of the total LPKA staff, namely 10 LPKA staff.

### *Instrument*

The instruments in this study are an open questionnaire, which is a questionnaire that gives respondents the freedom to provide responses or answers to a question (Creswell, 2013), and a qualitative documentation study, which is a form of data collection through reading regulatory and policy literature, academic books, or public documentation (such as newspapers, papers, office reports) as well as other references that are relevant to the research field. Secondary data used in this study is data related to sports programs at LPKA Bandung such as sports participation data for child prisoner, sports cooperation data, sports education program data, and data from literature studies related to the fulfillment of the basic rights of child prisoner in LPKA and journals. related to sport and social justice.

### *Procedure*

After all the data and information have been collected from the observations, then a sports policy draft is formulated based on the sports policy formulation process model according to Charles O. Jones in Eterna (2021). After the formulation of the sports policy program is made, then it is implemented. To find out the response or results of the implementation of the sports program at LPKA, interviews and open questionnaires were conducted to respondents at LPKA, namely, LPKA child prisoner and LPKA Bandung staff or officers related to the sports program at LPKA.

## Result

### *Sport Program at LPKA Bandung*

Based on the results of observations and questionnaire interviews using open questionnaires, it was found that there was no draft of sports program policy at LPKA Bandung, but for the provisions of the sports program it was regulated in the LPKA manual and Standard Operating Procedures (SOP).

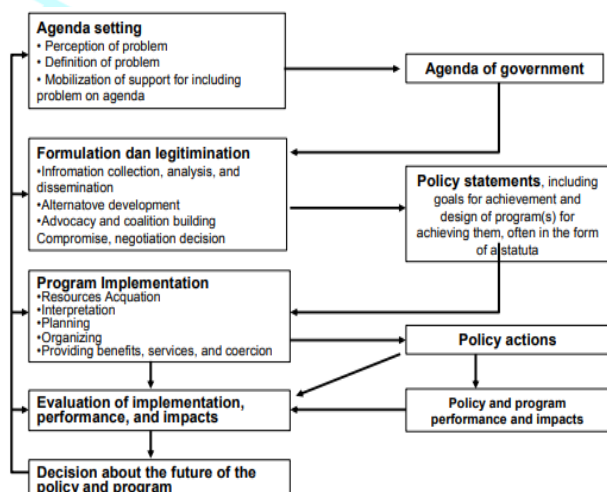


*Sports Facilities and Infrastructure at LPKA Bandung*

The results of the observation of sports facilities and infrastructure at LPKA Bandung are very good and adequate for the implementation of sports activities.

*Formulation of a Sports Development Policy Program that is in accordance with the Basic Rights of Children at LPKA Bandung based on the process model according to Charles O Jones*

- Problem Identification
- Setting the Policy Formulation Agenda
- Policy Proposal Formulation
- Policy Legitimacy
- Policy Implementation
- Policy evaluation



*Implementation of sports programs based on the formulation of sports policies that are in accordance with the basic rights of children at LPKA Bandung*

Providing sports activities to criminal children following the applicable law with program details :

- 1) At least 1 hour a day can do sports activities or other physical activities according to the choice of the inmates who have been reported in advance and the schedule is determined
- 2) Expanding opportunities to get sports education inside and outside school activities at LPKA
- 3) Increase the potential and sports abilities of the foster children by providing training in different sports depending on the interests and talents of criminal children packaged in the form of clubs
- 4) Develop a system of awards and sports achievements for child prisoner by regularly holding sports competition activities

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- 5) Development of sports management in an effort to realize an integrated and sustainable sports coaching and development system
- 6) Improved sports facilities and infrastructure that are already available to support sports coaching and activities
- 7) Improving partnership programs in an effort to explore the sports potential of child prisoner
- 8) Guidance and development of recreational sports for child prisoner
- 9) Organizing competitions and sports appreciation on a regular basis within the scope of LPKA and outside LPKA
- 10) Increase sports participation by developing a variety of sports activities at LPKA Bandung

JADWAL KEGIATAN OLAHRAGA DI LPKA BANDUNG

WAKTU	HARI						
	SENIN	SELASA	RABU	KAMIS	JUMAT	SABTU	MINGGU
07.00-07.30	SENAM PAGI	SENAM PAGI	SENAM PAGI	SENAM PAGI	SENAM PAGI	SENAM PAGI	SENAM PAGI
16.00-17.30	OLAHARAGA PEMINATAN	FUTSAL	OLAHARAGA PEMINATAN	VOLI	SENAM ZUMBA	BULUTANGKIS	

KETERANGAN :

\* Jadwal olahraga di hari senin semua anak binaan melakukan kegiatan olahrag sesuai minat nya.

Based on the results of questionnaires and observations, it was found that LPKA Bandung does not yet have a special program for sports policy, but there are already rules in the LPKA guidebook and Operation Standard Procedure (SOP). The results of an open questionnaire obtained from LPKA staff stated that almost all respondents already knew that before this research was conducted, LPKA did not have a specific sports policy program. This shows that for information and coordination regarding sports programs run by LPKA officers, they have been represented by SOPs for coaching at LPKA. The sports policy program implemented at LPKA also received a very good response from LPKA staff because it made it easier for them to carry out sports coaching activities at LPKA as indicated by the answers in an open questionnaire which stated that the sports policy program had been made and implemented very well. The suitability of sports programs and physical activities implemented in LPKA is in accordance with the basic rights of children because all components of children's basic rights such as the right to be raised, nurtured, cared for, educated, directed, and guided, the right to receive education and teaching, and the right to to rest and take advantage of free time has been fulfilled by sports activities and physical activities carried out at LPKA. In addition, the availability of good sports and physical activity facilities at LPKA as well as a program for developing skills and sports values for LPKA child prisoner also proves that the sports program at LPKA Bandung has fulfilled the basic rights of children. The suitability of sports programs and physical activities implemented in LPKA is in accordance with the basic rights of children because all components of children's basic rights such as the right to be raised, nurtured, cared for, educated, directed, and guided, the right to receive education and teaching, and the right to to rest and take advantage of free time has been fulfilled by sports activities and physical activities carried out at LPKA. In addition, the availability of good sports and physical activity facilities at LPKA as well as a program for developing skills and sports values for LPKA child prisoner also proves that the sports program at LPKA Bandung has fulfilled the basic rights of children.



## Discussion

The development of sports policies is very important to be able to fulfill the basic rights of children because the representation of children's basic rights to participate and recreation as well as the right to rest and take advantage of free time can be realized with the right to do physical activity and exercise because sport is a fun activity, universal, fair play, and character. Through sports we can build human character with the values of sportsmanship, discipline, dynamic, and hard work ethic. The International Declaration which specifically proclaimed the right of the child to participate in sports and physical activity appeared in 1970 where European countries developed the European Sport for All (1976) in which the first article stated "every individual has the right to participate in sports." Furthermore, in 1978, the UNESCO General Conference declared the International Charter of Physical Education and Sport with its first article affirming "The practice of sport is a fundamental right for everyone". Adolf Ogi in Green (2008) states that "Sport teaches us life skills. With sports, young people learn to manage wins fairly, accept defeat, be a good team member, respect opponents and rules, and be aware of one's own limitations and strengths. The values obtained by child prisoner in sports are the positive values of sports which are very essential for life.

Sport has the power to unite humankind and minimize discrimination because it speaks to diverse human beings in a language they can understand. Sport builds self-esteem and opens opportunities for all children, including foster children. This in turn will contribute to the overall well-being of the community and the country. His involvement in sports can have a positive impact on teamwork, goal setting, time management, emotional skills, communication, social skills, leadership (leadership), problem solving (problem solving), and decision making (decision making) (Cronin & Allen, 2017). because sport has proven to have a significant effect on capacity development and community welfare, in addition to that, sport has entered the realm of pursuing the progress of people's lives, the nation and the state, especially in carrying out social change (Rahadian, 2018).

The development of sports programs at LPKA can indirectly have a very positive influence on the process of rehabilitation and development of children, especially children fostered in LPKA. This is intended so that after they finish their sentence at LPKA they can return to society with high life skills values, have a fair play character and can also open up opportunities for their future. Sport is also able to bridge social, cultural and religious distances. It can be a powerful tool in promoting understanding, tolerance, and peace. This in turn will contribute to the overall well-being of the community and the country. At the level of socio-pedagogical approach and cultural capital, sport is described as a key element for broader outcomes for socially vulnerable youth (Haudenhuyse, 2012). Ma'mun (2014) revealed that sports activities have various functions that can not only develop physical quality, which is closely related to dynamic health problems, but also can educate the nation's life, as mandated by the Preamble to the 1945 Constitution. This is shown by various community developments. broadly and comprehensively, such as: increasing intellectual capacity; physical, spiritual and social development; mental development, spiritual values, ethics, morals, noble character, responsible attitude,



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knowledge and leadership values. Sport teaches the social aspects of humanity, where through sports a peaceful and better world can be created.

Ma'mun (2014) interprets that sport can prepare every individual with victory to always be ready for competition in the future, interprets defeat (defeat) as a symbol of future success, and knowing the limits of ability as a sign that humans are creatures with limited abilities. Participating in sports is a maturing process, both for individuals and for society (Ogi, 2005 in Ma'mun, 2015). patriotic. Haudenyuse (2012) revealed that exercise increases self-critical awareness. This means that sports activities do not only aim to be healthy, but there is a concept of self-development in it. Chambers (2004) conceptualizes that sport provides a conducive context for developing responsible well-being and awareness. Law Number 3 of 2005 concerning the National Sports System is the basic framework, rights and obligations of the government in the field of sports which are explained as follows, namely: (1) the government and local governments have the right to direct, guide, assist, and supervise the implementation of sports in accordance with laws and regulations; and (2) the government and local governments are obliged to provide services and facilities and ensure the implementation of sports activities for every citizen without discrimination (Kemenegpora RI, 2005).

Thus, sport becomes an area of public policy in order to improve the quality of life (Lutan, 2003 in Ma'mun, 2014). Through sports activities, moral values can be streamed from individuals into groups into social values (Ma'mun, 2014). The ability to distinguish between various types of programs to develop protective factors, such as positive attitudes, the ability to cooperate with others, a sense of belonging, and conflict resolution is a contribution in the field of sport in social development (Forneris, Camiré & Trudel, 2012). ; in Ma'mun, 2014). If the sports development system is organized and developed to be more advanced, in fact the benefits of social justice from sport will definitely be represented in the character and attitude of the Indonesian nation. People's lives that indicate the level of welfare, including the quality of human resources (HR) with personality, moral ethics, and culture will be created in a short period of time.

### Conclusion

Based on the results of observations, open questionnaire interviews, and descriptive studies conducted in this study, it can be concluded that there is no draft of sports policy at the Children Penitentiary Institution (LPKA), but the provisions of the sports program have been regulated in the manual and Standard Operating Procedures (SOP), the formulation of sports policies that are following the basic rights of children in LPKA Bandung must refer to Law Number 39 of 1999 concerning children's rights, sports as a means of rehabilitation, development, and also peace and focus on aspects of the problems or challenges faced. Sports policy is formulated based on the process model according to Charles O. Jones which was made so that the policy can fulfill the basic rights of children in exercising, the responses obtained from the results of open questionnaire interviews with child prisoner and LPKA staff show that the sports program implemented at LPKA Bandung has can represent the fulfillment of children's basic rights, the benefits of developing sports policies at LPKA Bandung which are felt by child prisoner and LPKA staff are that it can increase the values of fostering child prisoner both

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physically and character, such as increasing teamwork, setting goals setting), time management (emotional skills), communication (communication), social skills (social skills), leadership (leadership), problem solving (problem solving), and decision making (decision making) and can have a very positive influence on the rehabilitation process in and coaching so that after the inmates finish their sentence at LPKA, they can return to society with high life skills values, have fair play characters and can also open up future opportunities.

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