



Sports Skills and Values in West Java Taekwondo Athletes

Taufik Krisna Nugraha^{1*}, Nina Sutresna², Mulyana³

^{1,2,3}Postgraduate Program/Indonesian Education University/West Java/Indonesia

^{1,2,3}Jl. Dr. Setiabudhi No.229, Isola, Kec. Sukasari, Bandung City, West Java, 40154.

¹taufikkrisna@gmail.com, ²nina.sutresna@upi.edu, ³mulyanafpok@upi.edu

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ABSTRACT

Sport has a very broad meaning, not just defined as mere physical activity or even just for achievement, sport can also improve one's life skills. The purpose of this research is to determine the sports skills and values of West Java Taekwondo athletes. This research method is descriptive quantitative with a cross-sectional research design. This study uses a questionnaire instrument of sports skills and values adapted from Cronin & Allen, (2017), de Subijana et al., (2020) and United Nations, (2003) reliability level of 0.951. There are 23 indicators: cooperation, playing honestly, communication, sharing, respect for rules, self-esteem, solving problems, trust, understanding, honesty, connecting with others, respecting yourself, leadership, tolerance, mutual respect, joy and perseverance, hard work, teamwork, strategies to win, discipline, strategy if you lose, self-confidence, and how to organize matches. The population of this research was West Java taekwondo athletes, then the purposive sampling approach was used with several sample criteria. This sample consists of 125 athletes with the following criteria: (1) taekwondo athletes in West Java who have received an intensive training program, (2) age levels between 14-30 years, (3) have practised taekwondo for at least 2 years, (4) belt level minimal yellow. The conclusion of this study shows that the percentage of sports skills and values of athletes in West Java is in two criteria, namely the first criteria are 103 athletes including moderate criteria, 44 athletes with high criteria.

Keywords: Taekwondo; Llife Skills; Value Sport.

INTRODUCTION

Sport has a very broad meaning, not just defined as mere physical activity or even just for achievement. More than that, sport is included in the definition of "Sport" basically there are all forms of physical activity that can contribute to physical fitness, pleasure, mental well-being, and social interactions (United Nations, 2003). Sport is also a great forum for learning skills such as discipline, self-confidence, and leadership, as well as teaching core principles of life such as tolerance, cooperation, and respect. Sports teaches the value of a mentality such as how to manage wins, and how to manage defeats. Based on the opinion of Pedersen, (2013) states that the positive aspects of this

sport can be a strong vehicle for gaining life skills. Thus, exercise can be used as a tool for everyone to get healthy, fitness, and even get better life skills.

The concept of "*Sports For All*" is at the heart of understanding this sport. The "*Sport for all*" initiative aims to maximize access and participation in appropriate forms of physical activity. Emphasis is placed on the participation and inclusion of all groups in society, regardless of gender, ability, or race. It is in line with what was stated by the United Nations, (2005) that "The practice of physical education and sport is a fundamental right for all". Further sports can also build human abilities by increasing knowledge and contributing to education. Physical education that is included in the school curriculum, will provide opportunities for students to do recreational sports so that it is hoped that it can improve children's ability to learn.

The positive values contained in sports should be implemented properly in all sports, in that each sport has its uniqueness in how to apply or train positive values in this sport. Taekwondo is a martial arts sport that is unique in teaching values in character building of its students, from starting to pray before starting to practice (discipline), paying respect to the coach (attitude), warming up together (teamwork), giving confidence in someone to lead stretching (leadership) and so on.

The sport of Taekwondo in Indonesia has grown very rapidly, with over 36,060 active participants recorded throughout Indonesia (PBTI, 2019), and West Java Province is the region with the highest number of active members with more than 10,400 students (PBTI, 2019). West Java Taekowdo also has many achievements, West Java Taekwondo has long been the barometer and reference for taekwondo in Indonesia, Since 1998 the West Java taekwondo team has always won very satisfying results and has often become the overall champion in official tournaments and events. National championships organized by PBTI, West Java also produced and contributed many national athletes who had achievements and made the name of the Indonesian nation proud. Thus, the authors consider it necessary to study "Sports Skills and Values in West Java Taekwondo Athletes" following what is stated in the sport for development and peace of the United Nations, (2003).

METHOD

The research method that I use to test the hypothesis in this research is the descriptive method. The reason the writer uses this method is that it refers to the opinion

of Fraenkel & Wallen, (2009) which states that descriptive research can describe the situation as completely and accurately as possible. The population in this study was all West Java taekwondo athletes. The sample who participated in this study were 125 respondents, with sample characteristics: (1) taekwondo athletes in West Java who have received an intensive training program, (2) age 14-30 years, (3) who have practised taekwondo for at least 2 years, (4) yellow minimum belt level. The research instrument used was a questionnaire of sports skills and values with a reliability level of 0.951. Data analysis techniques used categorization with the Statistical Package for Social Science (SPSS) 20 for Windows program.

RESULTS AND DISCUSSION

Description of Respondent Characteristics

Table 1 describes the sample that is the respondent:

Table 1
Frequency Distribution of Gender, Age, and Training Age and Belt Level

Variables	Category	n	%
Gender	Male	66	53%
	Female	59	47%
Age (year)	15-19	95	76%
	20-25	26	21%
	>25	4	3%
Training Age (year)	2-6	77	62%
	7-11	40	32%
	>11	8	6%
Belt Level	Yellow	6	5%
	Green	7	6%
	Blue	17	14%
	Red	33	26%
	Black DAN 1	26	21%
	Black DAN 2	24	19%
	Black DAN 3	10	8%
	Black DAN 4	2	2%

Table 1 above shows the details of the respondent's characteristics, starting from the

variable gender, age of the athlete, length of training, and level of the belt. If you look at the total number of respondents who took part in this study as many as 125 athletes, with details of 66 male athletes and 59 female athletes, the percentage is 53% for men and 47% for women. When compared to the participation of respondents in research based on gender, there were more male athletes with 66 athletes or a percentage of 53%.

The athlete's age variable in this study was divided into 3 groups, namely; The first group aged 15-19 were 95 athletes or 76%, for the second group from the age of 20-25 years were 26 athletes or 21%, in the fourth group over 25 years of age were 4 athletes or 3%. The ages of 15-19 years were the most involved in this study with a percentage of 76% of the total participants or as many as 95 athletes out of 125 athletes.

Meanwhile, the age/length of exercise variable was also divided into 3 groups, namely groups with 2-6 years of training age, 7-11 years, and > 11 years. In the 2-6 years group there were 77 athletes with a percentage of 62%, the 7-11 years training age group as many as 40 athletes and a percentage of 17%, and finally in the age group over 11 years there were 8 athletes or a percentage of 6%. These details show that the 2-6 years training age group is the largest in participating in this study with 77 athletes with a percentage of 62%.

For the belt level variable in this study, there were 8 groups, the groups in question are; a group with yellow belts 6 athletes with a percentage of 5%, green belts 7 athletes as a percentage of 6%, blue belts as many as 17 athletes or 14%, red belts 33 or 26%, black belts DAN 1 as many as 26 athletes or by 21%, There are 24 DAN 2 black belts or 19%, 10 DAN 3 black belts as a percentage of 8%, and finally the DAN 4 black belts there are 2 athletes as a 2% percentage. From the data above, the red belt group with 33 athletes became the largest group that participated in this study.

Sports skills and values are skills that enable individuals to succeed in the different environments in which they live, such as school, home, and in their environment. Life skills can be behavioural (communicating effectively with peers and adults) or cognitive (making effective decisions); interpersonal (being assertive) or intrapersonal (setting goals) (Dingjan et al., 2015). In this study, there are 23 indicators of sports skills and values, while the indicators in question are: cooperation, honest play, communication, sharing, respect for rules, self-esteem, solving problems, trust, understanding, honesty, relating to others, self-respect. self, leadership, tolerance, mutual respect, joy and perseverance, hard work, teamwork, strategies for winning, discipline, strategy if you lose, self-confidence, and how to organize the match. These indicators were accumulated

in a questionnaire instrument that had to be completed by 125 taekwondo athletes from City and Regencies in West Java Province. After going through data collection and processing, the results obtained are as follows:

Percentage of Sports Skills and Values of West Java Taekwondo Athletes

Overall the percentage of skills and sports values of taekwondo athletes in West Java is explained in table 2:

Table 2
Percentage of Skill Categories and Sports Values

Criteria	n	Average Score	Percentage
High	36	307	29%
Moderate	89	265	71%
Low	0	0	0%

In table 2 above shows that of the 125 athletes who participated in this study, the skill level and values of the taekwondo sport were in two criteria, namely; medium criteria and high criteria. In detail, there are 89 athletes with moderate criteria with a percentage of 71% and 36 athletes with high criteria or a percentage of 29%. For the percentage of skills and sports values of West Java taekwondo athletes in Figure 1 below:

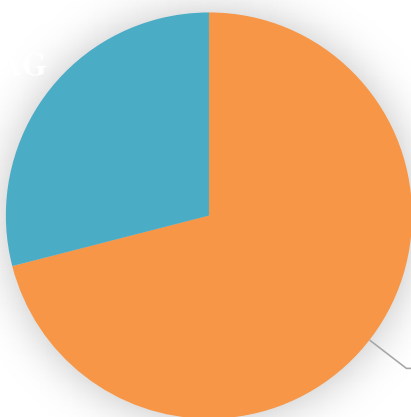


Figure 1
Percentage of Sports Skills and Values of West Java Taekwondo Athletes

It can be seen in Figure 1 above that the taekwondo athletes with high criteria are 29% of 125 athletes and the highest percentage is moderate criteria with a percentage of 71%. Thus the overall skill level and sports values of taekwondo athletes are in moderate criteria.

Based on the results of the data processing above, it shows that the percentage of skills and sports values of West Java athletes is in two criteria, namely the first criteria

103 athletes are included in the medium criteria, 44 athletes with high criteria, and no athletes who are in the low criteria. Seeing these results, the skill levels and sports values of taekwondo athletes are at most moderate criteria, however, we can see that the sports activities that taekwondo athletes participate in can have an impact on a life by internalizing the values of sports learned through taekwondo sports. The results of this study reinforce previous research conducted by Hansen & Larson, (2007), Hansen & Larson's research found the amount of time high school adolescents spend doing activities, their motivation to participate, whether they hold leadership roles, and the leader-to-youth ratio. In certain activities is positively related to the development benefits experienced.

Comparison of Sports Skills and Values of West Java Taekwondo Athletes by Gender

Comparison of the skills and sports values of taekwondo athletes by gender is depicted in **Table 3**:

Table 3
Comparison of Sports Skills and Values by Gender

Category	Athlete	Criteria	n	Average Score
Male	66	High	21	308
		Moderate	45	262
Female	59	High	15	307
		Moderate	44	267

Table 3 above shows a comparison of the skills and sports values of West Java taekwondo athletes based on gender. Of the 125 athletes who participated in this study, there were 66 male athletes and 59 female athletes. In detail, the results of male athletes show that 21 athletes get an average score of 308 with high criteria, and 45 athletes get an average score of 262 with moderate criteria. Meanwhile, of the 59 female athletes, 15 athletes reached the high criteria with an average score of 307, and 44 athletes reached the moderate criteria with an average score of 267. High criteria are better than female athletes, while female athletes on moderate criteria get a higher average score than male athletes who get moderate criteria, namely 267. However, if you look at the difference in numbers from the average value obtained, it does not show a significant difference. Thus we can see the concept that is in the United Nations, (2003) regarding the concept of "sport for all" is the core of understanding this sport. The "Sports for all" initiative aims to maximize access and participation in appropriate forms of physical activity. Emphasis is placed on the participation and inclusion of all groups in society,

regardless of gender, age, ability, or race. With access to and participating in the same activities, they will be able to gain sports skills and values that can be implemented in the athlete's life.

The skills and values learned through sports are very important to all children and athletes, especially girls, given that they have fewer opportunities than boys for social interaction outside the home and outside of family networks. Ensuring that girls receive equal access to quality education is at the heart of development. Since achieving education for all and reaching girls who are denied access to basic education means expanding the way education is provided, non-formal forms of provision such as sports-related programs should be considered (United Nations, 2003).

Comparison of Sports Skills and Values of West Java Taekwondo Athletes by Age

Comparison of skills and sports values of West Java taekwondo athletes by age will be explained in table 4 in details:

Table 4
Comparison of Sports Skills and Values of West Java Taekwondo Athletes by Age

Category	Athlete	Criteria	n	Average Score
15-19	95	High	27	307
		Moderate	68	264
20-25	26	High	9	309
		Moderate	17	266
>25	4	High	0	0
		Moderate	4	268

Table 4 shows the sports skills and values of taekwondo athletes in West Java based on age, in this discussion the age category is divided into 3 categories. The details of the 3 categories referred to include: categories 15-19 years with a total of 95 athletes, 27 athletes who reached the high criteria with an average score of 307, and those who reached the moderate criteria were 68 athletes with an average score of 264. For 25 years there are 26 athletes, 9 athletes who reach the high criteria with an average score of 309, and 9 athletes who reach the moderate criteria with an average score of 266. The last category is the category over 25 years with 4 athletes, In this category, all athletes are in the medium criteria with an average score of 268. By looking at the following results, we can see that at the high criteria, the 20-25 year age category is the highest by getting an average score of 309 when compared to the two other categories. As for the moderate criteria, the age category above 25 years is the highest with an average score of 268.

The results described above show that the more mature the athlete is, the athlete can internalize the sport's values that exist in the sport of taekwondo into everyday life. Referring to the results of a study conducted by Gould & Carson, (2008) explains that things that can affect Life Skills through regression and hierarchical modelling methods are found in individual differences (participant gender, age, race) and situational factors (motivational climate, socio-economic class). Another opinion expressed by de Subijana et al., (2020) also explained that age is also related to perceived life skills, because older athletes and those with longer sports careers are more aware of the life skills they are learning. Research de Subijana et al., (2020) found that age is important in the acquisition of perceived life skills.

Comparison of Sports Skills and Values of Taekwondo Athletes by Training Age

In detail, the comparison of skills and sports values of taekwondo athletes based on training age is described in table 5:

Table 5
Comparison of Sports Skills and Values by Age of Training

Category	Athlete	Criteria	n	Average Score
2-6	77	High	18	306
		Moderate	59	263
7-11	40	High	17	308
		Moderate	23	266
>11	8	High	1	323
		Moderate	7	274

Comparison of sports skills and values based on training age is divided into 3 categories according to table 5. The categories in question are the first category 2-6 years with a total of 77 athletes, in this category, 18 athletes achieve high criteria with an average score of 306, and 59 athletes received moderate criteria with an average score of 263. The second category was 40 athletes of 7-11 years old, of which 17 athletes received high criteria with average score achievements. an average of 308, and 23 athletes get moderate criteria with an average score of 266. The last category is the training age category over 11 years, in this category, 8 athletes are respondents, the results in this category are 1 athlete getting high criteria an average of 323, and as many as 4 athletes get moderate criteria with an average value of 274. With these results, the training age category in 11 years of age is the highest achieving an average value on high criteria and medium criteria with an average value of 323 high criteria and medium criteria with an

average value of 274. This result also strengthens the argument that the longer you follow the training, the more you will live up to it. the values of sports that are being practised so that they can be applied to real life.

The results of this study are in line with what is in the study of de Subijana et al., (2020) in which the study found how the type of exercise and the number of hours athletes spend each week training, both, affect the perceived life skills of elite athletes. A person who is actively involved in a team sports career and training for less than 27 hours per week appears to be associated with higher social life skills. Furthermore, de Subijana et al., (2020) have explained that older athletes, and have longer careers in sports, feel their acquisition of social life skills is higher than their peers. It seems that time provides athletes with more opportunities or possibilities to apply these life skills to different domains.

Comparison of the Skills and Sports Values of West Java Taekwondo Athletes Based on Class/Belt Levels

The comparison of skills and sports values of West Java taekwondo athletes based on belt levels will be explained in detail in table 6:

Table 6
Comparison of Sports Skills and Values-Based on Belt Level

Category	Athlete	Criteria	n	Average Score
Yellow	3	High	0	0
		Moderate	3	256
Green	7	High	5	296
		Moderate	2	256
Blue	17	High	4	298
		Moderate	13	256
Red	35	High	13	311
		Moderate	22	271
Black DAN 1	26	High	4	309
		Moderate	22	263
Black DAN 2	24	High	8	306
		Moderate	16	270
Black DAN 3	10	High	5	311
		Moderate	5	268
Black DAN 4	2	High	0	0
		Moderate	2	272

Table 6. shows the results of the comparison of the skills and values of sports in West Java taekwondo athletes. There are 8 categories of belt levels in this study, as for the levels of the belt in question, namely: the yellow belt category, the number of athletes 3 reaches the medium criteria with an average score of 256. The green belt category has 7 athletes, among the 7 athletes 5 athletes get high criteria. with an average value of 296, and 2 other athletes get the medium criteria with an average score of 256. In the blue belt category, 17 athletes participated, 4 athletes reached the high criteria with an average score of 298, while athletes who achieved the criteria there are 13 athletes with an average score of 256. In the red belt category, there are 35 athletes with high achievement criteria as many as 13 athletes with an average score of 311, 22 athletes who reach the moderate criteria with an average score of 271. In the belt category, black DAN 1 total of 26 athletes with high achievement criteria were 4 athletes with an average score of 309, while athletes who achieved Medium criteria were 22 athletes with an average score of 263. Black belt category DAN 2 athletes involved were 24 athletes with 8 athletes with an average score of 306, the criteria were being achieved by 16 athletes with an average score of 270. There are 10 black belt categories DAN 3 athletes with High criteria achievement: 5 athletes with an average score of 311, 5 athletes with an average score of 268 in the 4 DAN 4 black belt categories, there are 2 athletes with moderate achievement criteria who get 272 scores. With the results of the exposure, it can be concluded that the high criteria for the red belt category reached the highest average value, namely 311, and on the medium criteria, the highest average score was achieved by the black belt category DAN 4, namely 272.

Even so, the level of the belt has different training characteristics, it can be seen from the results of this study that the skill criteria and sports values of the West Java taekwondo athletes are very diverse. This is in line with the statement of de Subijana et al., (2020) which states that the context of learning affects perceived life skills. When the focus is on a mastery-oriented climate, the sports environment can facilitate young athletes to be more motivated and focus on self-development (Dingjan et al., 2015).

Sports Skills and Values in West Java Karate Athletes

This section will discuss what indicators or values appear in West Java taekwondo athletes. However, the first step to finding out the sport's values that exist in athletes is to categorize each value into three categories, namely the high category, which means that these values are very dominant for all athletes, the moderate category, and the low

category. The initial stage of categorization is to determine the number of indicators/scores, participants, maximum scores, minimum scores, and standard deviations. At this stage, we already know that the indicators/values in this study are 23 indicators/values, 125 athletes, by knowing the indicators and participants, we can determine the maximum score, which is 625, and the minimum score is 125. The next step is to determine the value categories, the categories referred to are in table 7:

Table 7
Category of Sports Skills and Values Indicators

Category	Criteria
High	$X > 500$
Moderate	251 - 499
Low	$X < 250$

After knowing the category classification of each value, the results of the data analysis are as follows:

Table 8
Results of Sports Values Category for 125 Athletes

No	Indicator	Score	Criteria
1	Confident	394	Moderate
2	How To Manage Competition	401	Moderate
3	Honesty	428	Moderate
4	Respect For The Rules	431	Moderate
5	How To Win	440	Moderate
6	Self-Respect	449	Moderate
7	Problem-Solving	452	Moderate
8	Cooperation	457	Moderate
9	Tolerance	459	Moderate
10	Sharing	466	Moderate
11	Leadership	470	Moderate
12	Trust	484	Moderate
13	Discipline	486	Moderate
14	Connection with others	492	Moderate
15	Fairplay	494	Moderate
16	Value Of Effort	497	Moderate
17	How To Lose	498	Moderate
18	Respect for Other	498	Moderate
19	Understanding	500	High
20	Resilience	502	High
21	Self-Esteem	515	High
22	Team-Work	517	High
23	Communication	532	High

We can see in the table above that the indicators/sports values included in the moderate criteria have 18 indicators/values, namely: confidence, how to manage competition, honesty, respect for the rules, how to win, self-respect, problem-solving, cooperation, tolerance, sharing, leadership, trust, discipline, connection with others, fair play, the value of effort, how to lose, and respect for other. 5 indicators/values reach high criteria, namely: understanding, resilience, self-esteem, teamwork, and communication.

Taekwondo sports activities that are practised by athletes have had a very good impact on an athlete's life skills. This has been suggested by Kim et al., (2014) in their research which shows that Taekwondo participation provides many opportunities for individuals to develop cultural and ethnic understandings related to East Asian culture and facilitate social interaction with other Asian people, which contributes to personal growth. Kim's study also provides evidence of the role of recreational activities in positive cross-cultural contact and interaction. Research Tae-Hee Lim et al., (2019) also found that the life skills obtained by athletes can be applied or carried out in real life and provide connections. Furthermore, Tae-Hee Lim's research shows that the activities undertaken by an athlete can significantly increase all factors of life skills and resilience. Taekwondo sport also has a positive effect on self-esteem compared to swimming, which is an individual sport (M. et al., 2013). Taekwondo players were more organized concerning problem-solving strategies than people who did not exercise, and taekwondo players were found to have more positive reassessment strategies in stressful situations. Taekwondo, which is a martial art, makes a positive contribution to the development of self-esteem and the ability to solve problems (M. et al., 2013).

CONCLUSIONS AND SUGGESTIONS

Conclusions based on the research questions and research objectives, as well as from the results of data processing and analysis, it can be concluded that: Based on the results of the data processing above which shows that the percentage of skills and sports values of West Java athletes are in two criteria, namely: The first 103 athletes are included in the medium criteria, 44 athletes with high criteria, and none of the athletes who are included in the low criteria. Comparisons based on the sex category of male athletes with an average score of 308 on the high criteria were better than female athletes, while female athletes on moderate criteria received an average score of 267 higher than male athletes who received moderate criteria. Meanwhile, the comparison based on the

age of athletes in the 20-25 year age category was the highest with an average score of 309 when compared to the 15-19 year category and the 20-25 year category. As for the moderate criteria, the age category above 25 years is the highest with an average score of 268. Comparison based on training age, the training age category over 11 years old is the highest achieving an average score on high criteria and medium criteria with an average value. 323 high criteria and medium criteria with an average value of 274. While the comparison based on the belt level on the high criteria for the red belt category reaches the highest average value, namely 311, and on the medium criteria the highest average value is achieved by the black belt category DAN 4 with a mean value of 272.

Suggestions this study reports that holistically, the level of skill and sports values of the West Java taekwondo athletes based on the categories is very diverse. Based on the conclusions that have been discussed, several things can be used as suggestions/input for several parties, namely as follows: a. For the trainer, it should be during the training process to apply and provide comprehensive learning related to the values of sports that can be learned. b. For the parent sports organization, it is better if taekwondo activities are used as a tool to implement the values contained in the sport concerned. c. For the next researcher, it is necessary to research various sports, starting from team sports, measured sports, and game sports.

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