

## ABSTRAK

### FAKTOR HAMBATAN DAN FAKTOR PENDUKUNG PROGRAM KESEHATAN OLARAHAGA SEBAGAI IMPLEMENTASI KEBIJAKAN PERDA NOMER 5 TAHUN 2019 DI KABUPATEN SLEMAN: PERSPEKTIF REGULATOR DAN IMPLEMENTATOR

**Latar belakang:** Kesehatan olahraga merupakan bagian strategis dari upaya peningkatan kualitas hidup masyarakat, sejalan dengan *Global Action Plan on Physical Activity* (GAPPA) dan diimplementasikan di Kabupaten Sleman melalui PERDA Nomor 5 Tahun 2019. Namun, tingkat partisipasi dan kebugaran masyarakat masih tergolong rendah, sebagaimana tercermin dalam *Sport Development Index* (SDI) Sleman tahun 2023 yang hanya mencapai 0,421. Hal ini menandakan perlunya evaluasi terhadap faktor hambatan dan faktor pendukung dalam pelaksanaan kebijakan kesehatan olahraga di Sleman.

**Metode:** Desain penelitian ini deskriptif kualitatif dengan pendekatan eksploratif. Data dikumpulkan melalui wawancara mendalam dengan regulator dan implementator program kesehatan olahraga di Sleman, termasuk dinas kesehatan, dinas pemuda dan olahraga, serta perwakilan unit pelaksana teknis daerah tingkat kecamatan yang dipilih secara purposive berdasarkan *cluster* aktivitas. Analisis data menggunakan kerangka *Consolidated Framework for Implementation Research* (CFIR) untuk mengidentifikasi faktor penghambat dan pendukung implementasi kebijakan

**Hasil:** Hambatan utama meliputi variasi pemahaman kebijakan di tingkat pelaksana, keterbatasan pelatihan dan transfer pengetahuan, serta kurangnya fasilitas dan sumber daya manusia. Motivasi staf juga beragam, dengan prioritas pelayanan seringkali mengurangi partisipasi dalam program olahraga. Di sisi lain, faktor pendukung yang menonjol adalah komitmen pimpinan, inisiatif komunitas, pelibatan masyarakat, serta adaptasi program dengan kondisi lokal. Pemetaan menunjukkan fasilitas olahraga mulai berkembang namun distribusinya belum merata. Hal-hal tersebut secara bertahap turut mempengaruhi tren positif perubahan SDI.

**Kesimpulan:** Implementasi kebijakan kesehatan olahraga melalui PERDA Nomor 5 Tahun 2019 menunjukkan dampak peningkatan SDI meskipun belum bermakna. Diperlukan penguatan kolaborasi serta peningkatan kapasitas SDM berkelanjutan agar kebijakan ini dapat berjalan optimal dan berdampak luas terhadap *wellness* masyarakat.

**Kata kunci:** Kesehatan olahraga, kebijakan kesehatan, implementasi kebijakan, CFIR, fasilitas olahraga

## ABSTRACT

### BARRIERS AND SUPPORTING FACTORS OF THE SPORTS HEALTH PROGRAM AS AN IMPLEMENTATION OF REGIONAL REGULATION NUMBER 5 OF 2019 IN SLEMAN REGENCY: PERSPECTIVES OF REGULATORS AND IMPLEMENTERS

**Background:** Sports health is a strategic component in efforts to improve community quality of life, in line with the Global Action Plan on Physical Activity (GAPPA) and has been implemented in Sleman Regency through Regional Regulation (PERDA) No. 5 of 2019. However, the level of public participation and fitness remains low, as reflected by the Sleman Sport Development Index (SDI) in 2023, which only reached 0.421. This indicates the need to evaluate the inhibiting and supporting factors in the implementation of sports health policies in Sleman.

**Methods:** This research uses a descriptive qualitative design with an exploratory approach. Data were collected through in-depth interviews with regulators and implementers of sports health programs in Sleman, including the health office, youth and sports office, and representatives of district-level technical implementing units, selected purposively based on activity clusters. Data analysis utilized the Consolidated Framework for Implementation Research (CFIR) to identify barriers and facilitators of policy implementation.

**Results:** The main barriers include varying levels of policy understanding among implementers, limited training and knowledge transfer, as well as lack of facilities and human resources. Staff motivation also varies, with service priorities often reducing participation in sports programs. On the other hand, notable supporting factors are leader commitment, community initiatives, community engagement, and adaptation of programs to local conditions. Mapping shows that sports facilities are starting to develop but are not yet evenly distributed. These factors gradually influence a positive trend in SDI changes.

**Conclusion:** The implementation of sports health policy through PERDA No. 5 of 2019 has shown an impact on increasing SDI, although it is not yet significant. Strengthening collaboration and continuous capacity building of human resources are needed so that the policy can operate optimally and have a broad impact on community wellness.

**Keywords:** Sports health, health policy, policy implementation, CFIR, sports facilities