Sports Activities High Performance Athletes Muslim Women in Indonesia and Malaysia

M Fitri¹*, K Sultoni¹, N Salamuddin² and Mohd Taib Harun²

¹Department of Health and Recreation, Universitas Pendidikan Indonesia, 229 DR Setiabudhi Street, Bandung 40154 West Java – Indonesia

²Universiti Kebangsaan Malaysia, Malaysia

*Mustikafitri@upi.edu

Abstract. Participation in sports activities was also influenced by sociological factors. This indirectly allows individuals more adaptable in high performance sports compared with individuals who did not engage in sports activities. This study aims to identify high performance sports athletes Muslim women in Indonesia and Malaysia in the sport. The quantitative approach was carried out by the study population consisted of Muslim women athletes Malaysia and Indonesia, which joined The 3rd Islamic Solidarity Games. The study sample consisted of 58 Malaysia and 57 Indonesia. Descriptive analysis also shows that sports activities like Muslim women athletes in the ranking of badminton (Malaysia 46.5% and Indonesia 38.6%), swimming (Malaysia 33.3% and Indonesia 57.9%), sports (Malaysia 27.5% and Indonesia at 22.8%), and balls volleyball (Malaysia and Indonesia 17.2%, 29.8%). The results of this study can serve as a guide for the government to make sports facilities more attractive community of Muslim women.

1. Introduction

Every day women are busy with various activities both in the office and at home. Women who are married are difficult to do sports and recreational activities outdoors. Also the Islamic dress code and limits on mixing with the man are barriers for Muslim woman to participate in sporting activities [1]. In the view of Islam’s involvement in sports activities are encouraged to make the body healthy and fit [2]. This is because the sports activities can help increase the level of physical and mental fitness of individuals as has been proven through studies of past.

Basically, Islam has never rejected any form of exercise even encouraging his people in sports as a healthy recreational activity. Islam also set some rules and regulations should be adopted as a reference in generating every movement of his people was being diverted from the true teachings of Islam. Thus, the relationship between sport and the involvement of women was limited to the procedures and rules that have been laid down by Islam aims to be a determination to create a balance between the Muslim women in sports and the importance of preserving the dignity and position as a women Islam.
2. Method
The sample consisted of 58 female athletes Muslim Malaysia and 57 female athletes Indonesia. All respondents are Muslim women athletes of high performance in Malaysia and Indonesia were involved in the 3rd Islamic Solidarity Games. All respondents are Muslim women athletes of high performance in Malaysia and Indonesia were involved in the 3rd Islamic Solidarity Games. Quantitative survey research using questionnaires.

3. Results and Discussion
Analysis of the most popular sports activity Muslim women athletes involved in high performance sport in Malaysia according to ranking are badminton (46.5%), swimming (34.5%) and sports (27.6%). Whereas the sports that demand high-performance athletes Muslim women in Indonesia according to ranking is swimming (57.9%), badminton (38.6%), and volleyball (29.8%). The descriptive analysis included frequencies and percentages for determining the preferred sports activities athlete Muslim women in Malaysia and Indonesia and is shown in Table 1.

Table 1. The Sports Activity

| Rank | Country       | Rank | Country       |
|------|---------------|------|---------------|
| 1    | Badminton     | 8    | Bowling       |
|      | (27/46.5%)    |      | (5/8.6%)      |
| 2    | Swimming      | 9    | Archery       |
|      | (20/34.5%)    |      | Bola sepak    |
| 3    | Olahraga      | 10   | Basket Ball   |
|      | (16/27.6%)    |      | Karate        |
| 4    | Netball       | 11   | Bola sepak    |
|      | (15/25.9%)    |      | Tenis         |
| 5    | Tenis         |      | Archery       |
|      | (10/17.2%)    |      | (4/7.0%)      |
| 6    | Bicycle       |      | Silat         |
|      | (9/15.5%)     |      | (3/5.3%)      |
| 7    | Futsal        |      | Ping pong     |
|      | (8/15.8%)     |      | (3/5.3%)      |
| 8    | Ping Pong     |      | Biliard       |
|      | (5/8.6%)      |      | (1/1.8%)      |

Before a person becomes an athlete, they will first engage in sports activities that are of interest. Socialization in sport and recreation is the individual learning process directly or indirectly, about
knowledge related to skills, values, attitudes and norms of sports through social institutions [3].
Analysis of the sports that demand high-performance athletes Muslim women in Malaysia by ranking
is badminton, swimming, athletics. While an analysis of the sports that demand high-performance
athletes Muslim women in Indonesia according to ranking is swimming, badminton, volleyball.

Studies in general on individual participation in sports activities conducted by Wilson, reported that
the activities preferred by children and adolescents are jogging or running, badminton and cycling [4].
The results of the study in Malaysia in Talent Identification tests also showed activity adolescent girls
prefer jogging / running, badminton and football as an activity of choice. Koivula conducted a study
involving 400 university students found that students categorized as feminine, masculine or gender
neutral based on the aesthetic perceptions of sports, speed and risk sport [5]. Sports such as tennis,
volleyball, and swimming categorized as neutral, gymnastics and aerobics have been listed as
feminine, baseball and football were typed as masculine. Faucette Sallis, Mckenzie, Alcaraz, Kolody
& Nugent said that teenage girls are more comfortable with moderate activity and has a low intensity
[6].

High-performance athletes do well in sports as recreation. However they choose another sport than
for the performance of their respective sports. High-performance athletes Muslim women in Malaysia
and Indonesia are interested in badminton activities as badminton is a sport that can be categorized as
a traditional sport that is played in both countries. The sport certainly has the name of Malaysia and
Indonesia in the eyes of the nation since time immemorial. Outdoor sports also chosen by many
Muslim women athletes in Malaysia and Indonesia, because their main purpose is to pool for
recreation.

Recreational activities so enthused by Muslim women athletes in Malaysia is a sport. Facilities for
sports in Malaysia than in Indonesia, causing many female athletes Islam Malaysia choose sports as
sports activities outside formal training time. While in Indonesia volleyball became a choice of
recreational activities that are of interest for volleyball favored by all levels of Indonesian society in
both urban and rural areas. Volleyball is now used as a traditional sport and recreation in Indonesia. In
addition, sports and recreational activities can also provide various social benefits to individuals who
participate [7].

Recreational activities will indirectly enable the individuals involved can more easily adapt in
society and have the opportunity to interact with all walks of life compared to individuals who do not
engage in sports. Therefore, participation in sports is considered an important component of the
overall process of socialization. Athletes who do sports activities that are of interest when they are
still a student, is likely to be involved in sports activities after not being a student, such as opinion
Vertinsky say they are actively involved and have a positive attitude toward the sport are expected to
continue to engage in sports activities after they leave school [8].

4. Conclusion
To arouse students’ interest in sports activities should be organized school programs or activities in the
form of guidance and demonstrations related to physical activity and sport outside of the curriculum or
extra-curricular. This item is intended to foster a positive attitude and high motivation toward physical
activity in leisure time and can increase the level of awareness of the importance of participation in
sports activities throughout life.

5. Suggestion
Improving the knowledge and practice of sports to create a sports culture among Muslim women.
Promotion of sport and education to the public shall be managed by the various organizations involved
in the development of sports in the country in cooperation with the mass media. Sports media need to
allocate more space for local sports news reporting, especially involving Muslim women.

References
1. Alamri A A 2013 Participation of Muslim Female Students in Sporting Activities in Australian Public High Schools: The Impact of Religion *Journal of muslim minority affairs* 33(3) 418-429.

2. Walseth K and Fasting K 2003 Islam’s view on physical activity and sport: Egyptian women interpreting Islam *International review for the sociology of sport*, 38(1), 45-60.

3. Weigand D 2000. Social influences on youth sport motivation: relative influences of significant others. Symposia in Congress International de la SFPS – Paris INSEP. Dipetik dari laman web [www.psychodusport.com/docs/actes/actes_ParisINSEP2000.pdf](http://www.psychodusport.com/docs/actes/actes_ParisINSEP2000.pdf) (accessed on 17 Februari 2014)

4. Wilson N C 2008 A snapshot of physical activity participation patterns of Malaysia Youth *ISN Bulletin* 1(1) 2008

5. Koivula N 2001 Perceived characteristics of sports categorized as gender-neutral, feminine and masculine *Journal of sport behavior* 24(4): 377

6. Faucette N, Sallis J F, Mckenzie T, Alcaraz J, Kolody B and Nugent P 1995 Comparison of fourth grade students’ out-of-school physical activity levels and choices by gender: Project Spark *Journal of Health Education* 26(2): S82-S90

7. Mansor W S W, Awang R M K, Hamzah M B and Jusoh M Z 1993 *Rekreasi Luar di Malaysia* UPM, Serdang, Malaysia

8. Vertinsky P A 1992 Reclaiming Space, Revisioning the Body: The Quest for Gender-Sensitive Physical Education *Quest* 44(3) 373-396