

Analysis of the participation of women in football in Indonesia

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ABSTRACT

In general, football is considered a male-dominated sport but recent trends show a significant improvement in women's participation in the sport. The aim of this study was to identify and explain the reasons for women's participation in football in Indonesia. A cross-sectional study was conducted with 29 female athletes of the Indonesian women's national football team using the Participation Motivation Questionnaire (PMQ) assessed by Guttman scale. The data was analyzed using a descriptive percentage approach and then grouped based on participation criteria. The results showed that more than half of the women participants in football in Indonesia were 17 years old (53%) and had a senior high school education (66%). Most of the time, women participants were encouraged by peers (87%), parents (86%), facilities and infrastructures (97%), awareness (76%), interest (79%), attachment (87%), and loyalty (90%). Participation rates were also influenced by the existence of football clubs (100%) and the training programs implemented (100%). It is concluded that women's football participation in Indonesia is largely influenced by micro-level factors (peers and parents), macro-level factors (existence of football clubs, their facilities and infrastructures, and their training programs), and psycho-sociological factors (awareness, interest, attachment and loyalty).

KEYWORDS

Association football; Participation; Female

1. INTRODUCTION

Association football is the most popular sport in the world with 270 million participants (Bjelica et al., 2020) and therefore attracts a lot of interest. It is a complex team sport characterized

by high-intensity, intermittent actions, and its performance depends on various technical, tactical, biomechanical, psychological, and physiological characteristics (Giménez et al., 2020). Even though football is generally considered a male-dominated sport, recent trends show a continuous improvement in the participation of women, especially in terms of attention (Harris et al., 2020). Indeed, the number of female football players in the world is increasing (Parpa & Michaelides, 2020). Women's achievement in football world becomes women's aspiration. Their desire to freely compete in the sport encourages them to do so. Women's football has grown in recent years. Public interest in the sport is growing to the highest level, enabling it to have the opportunity to develop. Women's intellectual and physical development becomes the foundation of women's football participation. There is no significant difference between female and male players in terms of performance. In fact, research shows that females exhibit higher information integration during football playing session, namely higher functional coupling of the frontal lobe with temporal, central, or parietal/occipital areas in the upper alpha band (Rominger et al., 2020). Awareness of the physical activity benefits has encouraged women to participate in the sport. Football has changed the image of women's femininity through the development of their competencies and physical strength.

Active participation is defined as an intense participation in a certain pattern of interaction in the community. From here, the community will view and judge the individual with active participation and give them status. Status is defined as a general position of a person in the community in relation to others, which includes social environment, prestige, and rights and responsibilities. One of the determining factors of women's participation in football is their interaction network: the breadth of their ability to form patterns of interaction with others and the depth of interaction and communication they can engage in with others. One of the measurement tools for this is their football participation frequency and their football achievements. There is no woman who is automatically born a sportswoman or an athlete. Sports participant status is only obtained by their actions in sports activities. It is said that athlete status owned by women is an achieved one in which deliberate efforts play an important role. By its nature, the achieved status is open for anyone, depending on their respective abilities in pursuing and achieving their goals.

Patriarchy and old societal cultures always associate sports with men. In this modern era, many women have not only participated but also engaged in sports. They do not do it for fitness or health, but for becoming athletes. Many women have become athletes, either professionally or non-professionally. They achieve great success in sports such as football. The first true icon of women's football is Mia Hamm. During her 17-year football career, she successfully scored 158 goals and was able to bring the United States women's national football team as one of the most feared in women's

football. In the US, she becomes the pioneer of the first women's football league. In Indonesia, there have been many women pursuing career as women footballers. This is apparent from the 1977 Asian Cup, in which Indonesia women's national football team participated for the first time and successfully achieved the 4th place by defeating Japan by 1-0. After 1977, the national team also participated in the Asian Cup in 1981, 1986 and 1989. The number of female football players in Indonesia has been increasing since 1977 until now, which means that women can pursue achievement in football and develop independently (Ismunanto, 2019).

2. LITERATURE REVIEW

2.1. Participation definition

Participation means taking part in something (Livingstone, 2013). It is a manifestation of one's mental (thought) and emotional (feeling) involvement in a group situation that encourages her/him to give contribution to the group by developing mental and emotional faculties to achieve goals and by being responsible to the efforts made. Participation means taking part and being involved in a process or action (Scherer & Wimmer, 2014). It is also defined as the involvement or commitment to an activity accompanied by the orientation, confidence, feeling, and ideas (Onyenemezu, 2014).

2.2. Women's football participation in Indonesia

Participation as an attitude of taking part begins with establishing a program of activities to achieve desired goals. Women were routinely excluded from strenuous sporting activities on the grounds that they were 'unladylike', masculinizing, and could even potentially damage their reproductive organs (Cleland, Pope & Williams, 2020). Women were not considered as main insiders; they were mainly considered as latecomers or newbies who were given permission to take part in friendly matches or sports (Yenilmez & Celik, 2020). Discrimination against women's football participation was related with femininity. Exertion of energy, strength, and power, as well as aggressive behaviour of physical contact were regarded as call of duty suitable for men. Therefore, the emergence of women's football was considered strange and improper.

The history of women's football in Indonesia begins in 1977 when the Indonesia women's national football team participated in the Asian Cup for the first time. The years of 1977, 1981, 1986 and 1989 are the years when the national team took part in the highest football event in Asia. In

1981, the Indonesian Football Association (PSSI), held Kartini Cup for the first time. The tournament was followed only by four clubs: Putri Priangan (Bandung), Putri Pagilaran (Pekalongan), Sasana Bakti (Surabaya), and Buana Putri (Jakarta) as host. The event lasted only five days, from May 23 to May 27, 1981, with great spectator enthusiasm. At the end of the tournament, Buana Putri was declared the winner by defeating Putri Priangan 1-0. A year later, in addition to the *Galatama* (Primary Football League), *Galakarya* (Workers' Football League), and *Galasiswa* (Students' Football League), PSSI also organised the *Galanita*, a women's football invitation. The ten-day tournament was intended as a selection event for Indonesian national team for the 1982 Women's Asian Cup. There were 9 clubs which participated in the event, more than double the Kartini Cup. In addition to four clubs aforementioned, Putri Jaya (Jakarta), Mojolaban (Sukoharjo), Putri Setia (Surabaya), Anging Mamiri (Makassar), and Putri Cendrawasih (Jayapura) also participated. Nevertheless, Buana Putri still came out as the winner, defeating Putri Pagilaran by 4-0 in the final match.

The reason for women's participation in this sport is its attractiveness compared to other sports, the stimulation of stamina and skills, and the demands on mental toughness to remain calm during matches and smart play under duress. Women have probabilities of achievement in football competition due to the existence of example sports figure. Women's football participation provides positive experiences for women's development, especially in terms of emphasising women's identity construction in their groups based on their abilities respected by the group, becoming exceptional individual whose activities and challenges are not determined or controlled by the family, and giving leadership types and figures that can be related to their person (Chang, Schull & Kihl, 2020).

2.3. Determinant factors of sports participation

Determinant factors of sports participation according to Grima et al. (2017) are micro-level factors, macro-level factors and psycho-sociological factors.

2.3.1. Micro-level factors

Micro-level factors are defined as individual factors directly related to the individual. They are further described as demand-specific factors which include age, sex and gender, and educational background. Sports participation can also be influenced by demand-specific factors, or more precisely, demographic variables. Differences in behavior are related to sex and gender, in which males show more significant activeness compared to females. This shows that sex and gender have

an influence on sports participation. School mainly contributes in sports participation in adolescents. Age also plays a role in influencing sports participation. As people age, awareness to sports benefits and willingness to stay active in elderly increase, since they have much time for healthy activities. This changing pattern is related to the intra-personal determinant factors covering support from families and friends.

2.3.2. Macro-level factors

Adequate sports infrastructure is important for sports participation since many types of sport cannot be performed without suitable sports facilities. Sports infrastructure improves opportunities for everyone to participate in sports for recreation, training, or competition. Sports infrastructure include sports facilities (sports hall, sports fields, and swimming pools) and sports programs operated by sports clubs or commercial providers. Sports participation is more experienced when an individual obtain satisfaction with the use of sports facilities. Sports clubs and federations are important in this manner, since their memberships greatly influence sports participation frequency.

2.3.3. Psycho-sociological factors

Theories of psychology study motivation behind a behavior. Social theories investigate the relations between sports and physical activities and identity construct of an individual. The psycho-sociological framework combines different approaches to emphasize on several factors and constraints beyond individual influence behavior. The theory of participation identifies four stages of motivation: namely awareness, interest, attachment, and loyalty related to individual participation.

3. METHODS

3.1. Design and participants

The aim of this study was to identify and explain the reasons for women's participation in association football in Indonesia. A cross-sectional study was conducted with 29 female athletes of Indonesia women's national football team to understand their reasons for participating in football.

3.2. Instruments

The Participation Motivation Questionnaire (PMQ) was used, which consist of 30 question items about reasons for participating in a sport (Zahariadis & Biddle, 2000). The questionnaire used

the Guttman scale, a scale used for indicating clear, assertive, and consistent answers. For example, the respondents answered the issue statement of “*I participate in football*” by showing their preference through “*Yes*” or “*No*” answer.

3.3. Statistical analyses

Data were analyzed by using the Statistical Package of Social Sciences (SPSS), where a descriptive percentage approach was used. The following groups were established according to participation criteria: inexistent (0%), a minority (1% - 24%), less than half (24% - 49%), half (50%), more than half (51% - 74%), a majority (75% - 99%), and all (100%).

4. RESULTS

4.1. Sample description

Table 1 shows that 53% of the respondents were 17 years old, 33% were 18 years old, 13% were aged 15, 19-23 years old, and 1% were aged 16, 27-29 years old. Overall, 66% of the respondents had senior high school education or equivalent, while 34% had a bachelor's degree.

Table 1. Results of sample description

Item	Percentage
Age	
17	53%
18	33%
15, 19-23	13%
16, 27-29	1%
Education level	
Senior high school or equivalent	66%
Bachelor's degree	34%

4.2. Determinant factors of football participation

Table 2 presents the results of micro-level factors in football participation. As Table 2 shows, 87% of the respondents participated in the sport due to their friends and 86% of them participated due to their family.

Table 2. Results of micro-level factors

Aspects	Statement	Percentage	Aspect average	Total average
Friends	<i>“I like to meet new friends”</i>	97%	87%	87%
	<i>“I want to be with my friends”</i>	93%		
	<i>“My close friend(s) want me to participate”</i>	72%		
Family	<i>“My parent(s) want me to participate”</i>	86%	86%	

Table 3 presents the results of macro-level factors in football participation. Table 3 shows that all respondents consider the presence of sports club, namely the Indonesian women’s national football team as influential in their participation, 97% of respondents participate in the sport due to the presence of football facilities and infrastructures, and all respondents participate due to the training program prepared by coaches.

Table 3. Results of macro-level factors

Aspects	Statement	Percentage	Total average
Sports club	<i>“Presence of football clubs to channel my talents”</i>	100%	99%
Sports facilities and infrastructures	<i>“I like to use equipment or facilities”</i>	97%	
Sports programs	<i>“I like the training program prepared by my coaches”</i>	100%	

Table 4 presents the results of psycho-sociological factors in football participation. As Table 4 shows, 76% of the respondents participated in the sport due to their awareness, 79% of them due to their interest, 87% of them due to their attachment, and 90% of them due to their loyalty.

Table 5 presents the recapitulation of determinant factors of football participation. Table 5 shows that 87% of the respondents participated in the sport due to micro-level factors, 99% of them participated due to macro-level factors, and 83% of them due to psycho-sociological factors.

Table 4. Results of psycho-sociological factors

Aspects	Statement	Percentage	Aspect Average	Total Average
Awareness	<i>“I like having fun”</i>	90%	76%	83%
	<i>“I like the challenge”</i>	90%		
	<i>“I like exercise”</i>	90%		
	<i>“I like to do something I master”</i>	90%		
	<i>“I like to feel important”</i>	38%		
	<i>“I like going outside my home”</i>	66%		
	<i>“I like traveling”</i>	69%		
Interest	<i>“I want to keep fit”</i>	90%	79%	
	<i>“I want to be physically robust”</i>	90%		
	<i>“I want to improve my skills”</i>	90%		
	<i>“I want to learn new skills”</i>	90%		
	<i>“I want to rise to higher levels”</i>	90%		
	<i>“I want to become popular”</i>	59%		
	<i>“I want to release my frustration”</i>	83%		
<i>“I want to put my energy into use”</i>	45%			
Attachment	<i>“I like the competition”</i>	90%	87%	
	<i>“I like the action”</i>	100%		
	<i>“I like the reward”</i>	90%		
	<i>“I like winning”</i>	100%		
	<i>“I want to get recognition status”</i>	55%		
Loyalty	<i>“I like team spirit”</i>	90%	90%	
	<i>“I like being in a team”</i>	90%		
	<i>“I like teamwork”</i>	90%		

Table 5. Recapitulation of determinant factors of participation

Determinant factors of participation	Percentage	Meaning
Micro-level factors	87%	Mostly
Macro-level factors	99%	Mostly
Psycho-sociological factors	83%	Mostly

5. DISCUSSION

The study results show that the characteristics of women's football participation could be observed based on age and education level. A study by Helsen et al. (2005), indicates that female players with more mature age are more likely to be identified as "talented" due to their supposed physical advantages over their younger peers. The factors that determine women's participation in the sport were mostly found at micro level, macro level, and the individual's psychological and sociological state. The micro-level factors were related to the individual factors, namely the influence of peers and parents, which plays an important role in decision-making. Macro-level factors were related to sports infrastructure, with sports club playing an important role in participation frequency. Psycho-sociological factors are related to the individual's motivation to participate, starting from awareness of one's talents, interest in developing talents, decision to join a sports club which results in attachment to the club, and ending with loyalty to the club.

5.1. Micro-level factors

Our results show that 87% of the respondents participated in football due to their friends. In adolescence, friendship is a close relationship in which adolescents often interact and communicate actively, and then form a group of association with reciprocal relations. Adolescents have a strong need to be liked and accepted by their friends and to extend peer groups which triggers joy when they are accepted, or sadness, stress or anxiety when they are excluded and considered less important. Adolescents generally consider their peers' views of themselves as the most important aspect in their life. In this phase, they prefer to spend time with their peers. The nature of this peer relationship is intense. Adolescents show that they identify strongly with their group and depend on each other.

On the other hand, the results show that 86% of the respondents participated in football due to their parents. If at the aforementioned phases a child is seen to have a desire for independence without caring much to their parents' opinions, the opposite happens in the coming, more mature age. This means that adolescents tend to ask for their parents' opinion on the steps they will take, especially those related to their aspirations. The brain size and weight of an adolescent are not significantly different from those of an adult. However, adolescents' mental faculties have not been fully developed. Therefore, in this phase, parents' role is greatly needed in guiding their adolescents in making decisions to prevent them from making wrong choices.

5.2. Macro-level factors

In terms of football clubs, the results show that all respondents participated in football due to the existence of Indonesia women's national football team. A sports club, sometimes referred to as a sports society or sports association, is a club for playing one or more sports. The existence of a sports club, namely the Indonesian women's national football team, provides a place or a system to perform collective activities to achieve desired goals.

As to sports facilities and infrastructures, the results show that 97% of the respondents participated in football due to the availability of sports facilities and infrastructures. The success of a sports club is closely related to the presence of adequate facilities and infrastructures that can improve performance and support achievements. The presence of football facilities and infrastructures makes it easier for footballers to train in accordance with their needs and can influence players' motivation in intensifying training and improving national sports development.

In terms of training programs, the results demonstrate that all respondents participated in football due to the presence of the football training program prepared by their coach. A training program is a set of written and binding instructions or guidelines on the ways to achieve future goals. Its existence can support the improvement of physical and technical skills in football to facilitate the achievement of the desired goal of winning the game.

5.3. Psycho-sociological factors

These factors refer to the motivation to achieve the desired sport skills and performance. Participation theory identifies four stages of motivation: awareness, interest, attachment, and loyalty related to individual participation.

Regarding to awareness, the results show that 76% of the respondents participated in football because of their awareness, namely of their own volition. In this case, the individual had awareness of the importance of sports for her body and the existence of football clubs to fulfill her aspirations of being a woman footballer. Awareness is the beginning of self-realisation, in which the individual is aware of her exceptionality. By these definitions, it can be concluded that most of the respondents were found to be aware of their aspirations as a women footballer with the talents that they own, and continue to strive to develop new abilities.

In terms of interest, the results show that 79% of the respondents participated in the sport due to interest. Interest is a feeling of autonomous preference and curiosity about a thing or an activity; a mental function of being interested in an object. It is a response of awareness based on a positive

feeling. Interest is important in decision-making. It will give stimulus of encouragement over an individual to pay attention to an activity or a community and subsequently influence the individual whether or not to participate in the activity or community. Interest in football is the continuation of self-awareness of one's talent, which spurs motivation to participate in a football club by joining it.

Regarding to attachment, the results demonstrate that 87% of the respondents participate in the sport due to attachment. Attachment is a positive condition, attitude or behavior towards an activity or community signified by vigor, dedication and absorption to achieve goals and achievements. Attachment is further defined as the involvement, satisfaction, and enthusiasm of an individual to the activities or communities which they participate. Community attachment means that an individual has readiness to sacrifice more time and energy for the community and becomes more proactive in achieving community goals. The individual will participate in all the activities of the football club, including participating in the training programs in physical, technical, tactical, and strategic aspects which later lead to an increase in the number of appearances. The women who are part of the Indonesian women's national football team are willing to sacrifice much of their time and energy for achievement.

And as to loyalty, the study results show that 90% of the respondents participate in the sport due to loyalty. One of the most important things a sports club needs to maintain its existence is the loyalty and togetherness of its members. A member who is loyal to the club has the personal awareness to utilize all personal potentials for progress. Member loyalty to the organization has a meaning of willingness of the members to strengthen their relationship with the sports club, even to sacrifice personal interest without any expectation. In a more real term, members of a sports club are expected to obey all prevailing regulations and support the club's training program through their active participation.

6. CONCLUSIONS

Women's football participation in Indonesia is largely influenced by micro-level factors (peers and parents), macro-level factors (existence of football clubs, their facilities and infrastructures, and their training programs), and psycho-sociological factors (awareness, interest, attachment, and loyalty).

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CONFLICTS OF INTEREST

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