

**DAMPAK DEMOKRASI SISTEM POLITIK TERHADAP KEBIJAKAN  
DAN PENGEMBANGAN OLAHRAGA DI TIMOR-LESTE**

**TESIS**

**Diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar  
Magister pada Program Studi Pendidikan Olahraga**



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## ABSTRAK

### DAMPAK DEMOKRASI SISTEM POLITIK TERHADAP KEBIJAKAN DAN PENGEMBANGAN OLAHRAGA DI TIMOR-LESTE

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Penelitian ini membahas dampak demokrasi sistem politik terhadap perumusan kebijakan dan pengembangan olahraga di Timor-Leste. Tujuannya adalah untuk mengetahui dampak demokrasi sistem politik terhadap kebijakan dan pengembangan olahraga khususnya hal-hal yang berkaitan dengan penyelenggaraan olahraga, baik menyangkut tingkat partisipasi dalam kegiatan olahraga, penyediaan infrastruktur olahraga, penyelenggaraan pendidikan jasmani dan olahraga sekolah, maupun penyelenggaraan olahraga prestasi termasuk mekanisme alokasi anggarannya. Adapun metode yang digunakan dalam penelitian yaitu melalui metode penelitian kualitatif dengan studi fenomenologi. Wawancara, observasi, dan dokumentasi digunakan untuk pengumpulan data, dengan partisipan dari pemerintahan yang membidangi bidang keolahragaan, pemerintah lokal, pelatih olahraga, ahli olahraga, dan organisasi non-pemerintah. Kantor menteri MJDAC menjadi tempat penelitian. Temuan penelitian, menunjukkan bahwa demokrasi sistem politik berpengaruh sangat signifikan terhadap infrastruktur olahraga, perumusan kebijakan dan pengembangan olahraga, antara lain terhadap peningkatan partisipasi masyarakat dalam olahraga, prestasi olahraga, serta mekanisme alokasi anggaran. Namun demikian, hambatan masih ada, antara lain kurangnya investasi pemerintah, prioritas anggaran pada sektor lain, ketergantungan pada sumber daya alam, ketiadaan sistem terstruktur dan berkelanjutan, keterbatasan sumber daya manusia, ketidakstabilan politik dan infrastruktur olahraga. Demikian pula, demokrasi sistem politik serta rumusan kebijakan dan pengembangan olahraga juga berpengaruh pada perkembangan pendidikan jasmani dan olahraga sekolah, meski masih memerlukan upaya dalam perencanaan jangka panjang dan kolaborasi multisektoral. Penelitian ini mengidentifikasi strategi utama seperti perencanaan jangka panjang, kolaborasi antar instansi, peningkatan infrastruktur, dan penyelenggaraan kompetisi olahraga. Hasil penelitian ini direkomendasikan menjadi rumusan kebijakan untuk pengembangan program olahraga komunitas berbasis sekolah dengan kolaborasi multisektoral yang melibatkan pemerintah lokal, sekolah, klub olahraga, dan organisasi non-pemerintah. Diharapkan hasil ini dapat menjadi rujukan pembuat kebijakan dalam pengembangan olahraga di Timor-Leste.

**Kata kunci:** Demokrasi, Olahraga, Timor-Leste, Infrastruktur, Partisipasi Masyarakat, Pendidikan Jasmani, Prestasi Olahraga, Alokasi Anggaran, Kebijakan Olahraga.

## ABSTRACT

### THE IMPACT OF DEMOCRATIC POLITICAL SYSTEM ON SPORTS POLICY AND DEVELOPMENT IN TIMOR-LESTE

Epifania Rianti do Rego Tilman Suri

Amung Ma'mun

Boyke Mulyana

*This research discusses the impact of democratic political systems on sports policy formulation and development in Timor-Leste. The aim is to understand the effects of democratic political systems on sports policies and development, particularly concerning sports organization, including participation levels in sports activities, provision of sports infrastructure, implementation of physical education and school sports, as well as the organization of competitive sports, including budget allocation mechanisms. The method used in this research is qualitative research with a phenomenological study approach. Interviews, observations, and documentation were used for data collection, with participants from government sports departments, local government, sports coaches, sports experts, and non-governmental organizations. The research was conducted at the office of the MJDAC minister. The research findings indicate that the democratic political system significantly influences sports infrastructure, policy formulation, and sports development, including increased public participation in sports, sports achievements, and budget allocation mechanisms. However, obstacles remain, including lack of government investment, budget priorities in other sectors, dependence on natural resources, absence of a structured and sustainable system, limited human resources, political instability, and sports infrastructure limitations. Similarly, the democratic political system and the formulation of sports policies and development also affect the progress of physical education and school sports, although long-term planning and multisectoral collaboration efforts are still needed. This research identifies key strategies such as long-term planning, inter-agency collaboration, infrastructure improvement, and organizing sports competitions. The results of this research are recommended to be formulated into policies for developing school-based community sports programs with multisectoral collaboration involving local governments, schools, sports clubs, and non-governmental organizations. It is hoped that these results can serve as a reference for policymakers in sports development in Timor-Leste.*

**Keywords:** *Democracy, Sports, Timor-Leste, Infrastructure, Community Participation, Physical Education, Sports Achievement, Budget Allocation, Sports Policy.*

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