

Sports Volunteer Involvement in Strategies to Increase Sports Community Participation: Systematic Review

Participación de voluntarios deportivos en estrategias para aumentar la participación de la comunidad deportiva: revisión sistemática

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Abstract. This study aims to analyze the involvement of sports volunteers in strategies to increase community participation in sports. This type of research is a Systematic Review. Article searches were carried out using a comprehensive strategy on research journal databases such as Web of Science (WOS), Scopus, and Pubmed. The keywords used are sports volunteers, sports participation, exercise motivation, and physical exercise. The inclusion criteria were international journals published in the last 8 years (starting in 2023) and articles discussing sports volunteers, sports participation, physical exercise, and motivation. Furthermore, the exclusion criteria are articles published in journals that are published in disreputable journals. A total of 4.571 articles from the Web of Science, Pubmed, Scopus, and Embase databases were identified. A further 10 articles that met all inclusion requirements or at least some of them were selected for this systematic review. For standard operationalization, this study follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). The results of the review show that the important role of sports volunteers is in increasing community participation to actively exercise. Volunteers have the potential to increase motivation so they are able to collaborate in sporting events and increase community participation in getting involved in sporting events. Furthermore, Sports volunteers are useful for sports clubs to be able to develop strategies for volunteer involvement in each sport. By considering the potential of sports volunteers, this can also increase community involvement in sports according to the sports they are interested in.

Keywords: voluntary sports, sports, community participation in sports

Resumen. Este estudio tiene como objetivo analizar la implicación del voluntariado deportivo en estrategias para incrementar la participación comunitaria en el deporte. Este tipo de investigación es una Revisión Sistemática. La búsqueda de artículos se realizó mediante una estrategia integral en bases de datos de revistas de investigación como Web of Science (WOS), Scopus y Pubmed. Las palabras clave utilizadas son voluntariado deportivo, participación deportiva, motivación para el ejercicio y ejercicio físico. Los criterios de inclusión fueron revistas internacionales publicadas en los últimos 8 años (a partir de 2023) y artículos sobre voluntariado deportivo, participación deportiva, ejercicio físico y motivación. Además, los criterios de exclusión son artículos publicados en revistas que se publican en revistas de mala reputación. Se identificaron un total de 4.571 artículos de las bases de datos Web of Science, Pubmed, Scopus y Embase. Para esta revisión sistemática se seleccionaron otros 10 artículos que cumplieron con todos los requisitos de inclusión o al menos algunos de ellos. Para la operativa estándar, este estudio sigue los elementos de informes preferidos para revisiones sistemáticas y metanálisis (PRISMA). Los resultados de la revisión muestran que el papel importante de los voluntarios deportivos es aumentar la participación de la comunidad para hacer ejercicio activamente. Los voluntarios tienen el potencial de aumentar la motivación para poder colaborar en eventos deportivos y aumentar la participación de la comunidad al involucrarse en eventos deportivos. Además, los voluntarios deportivos son útiles para que los clubes deportivos puedan desarrollar estrategias para la participación de los voluntarios en cada deporte. Al considerar el potencial de los voluntarios deportivos, esto también puede aumentar la participación de la comunidad en los deportes de acuerdo con los deportes que les interesan.

Palabras clave: deporte voluntario, deporte, participación comunitaria en el deporte

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Introduction

The involvement of sports volunteers is the key to the success and long-term sustainability of national sports development in sports clubs, sports organizations and sports events because it is believed that the involvement of sports volunteers can increase community participation in sports (Bang *et al.*, 2019; Rozmiarek, Poczta and Malchrowicz-Moško, 2021). Basically, community participation in sports has significant health and psychosocial implications (Yin *et al.*, 2020; Becker, Dupke and Rohleder, 2021; Vernerova, Marova and Chmelik, 2022).

In recent years, the number of incidents regarding people's lack of motivation to exercise has increased (Roche *et al.*, 2022; Vučković, Krejač and Kajtna, 2022). Several studies

report that this is caused by the COVID-19 pandemic that has hit the world in recent years (Mata *et al.*, 2021; Hailey *et al.*, 2022; Nurhasanah *et al.*, 2022; Rifki *et al.*, 2022). Although currently COVID-19 can be controlled. However, people's low motivation to actively exercise must be improved.

Alternative solutions need to be sought to overcome these problems. With the involvement of sports volunteers, it can increase community participation in sports (Kim *et al.*, 2019). Even though the involvement of sports volunteers is beneficial to the community, however, on the other hand, the lack of this gives us the opportunity to discuss and evaluate the available information regarding the involvement of sports volunteers through a systematic review.

This study aims to analyze the involvement of sports volunteers in strategies to increase community participation in sports.

Method

This type of research is a Systematic Review. Article searches were carried out using a comprehensive strategy on research journal databases such as Web of Science (WOS), Scopus, and Pubmed. The keywords used are sports volunteers, sports participation, exercise motivation, and physical exercise. The inclusion criteria were international journals published in the last 8 years (starting in 2023) and articles discussing sports volunteers, sports participation, physical exercise, and motivation. Furthermore, the exclusion criteria are articles published in journals that are published in disreputable journals. A total of 4.571 articles from the Web of Science, Pubmed, Scopus, and Em-base databases were identified. A further 10 articles that met all inclusion requirements or at least some of them were selected for this systematic review. For standard

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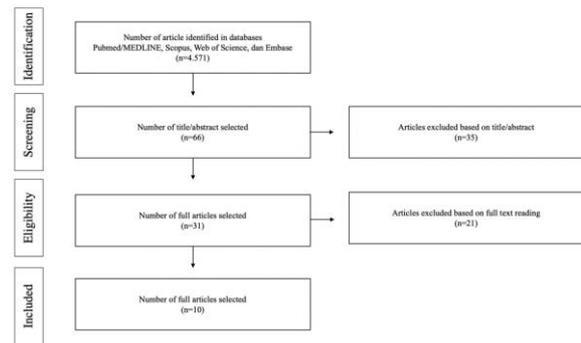


Figure 1. PRISMA flowchart of the article selection process

Results

The results of the research in this literature review are presented in table 1.

Table 1.

Study of research results on the involvement of sports volunteers in strategies to increase community participation in sports

Author	Research purposes	Sample Characteristics	Study Design	Results
(Okada <i>et al.</i> , 2022)	Analyze the level of satisfaction and management strategies for sports volunteer involvement	Data collection for sports volunteers in 7 countries (Finland, Ghana, India, Japan, Switzerland, Tanzania and the United States).	Cross-sectional	Well-organized management strategies such as quality training, proper communication and appreciation result in higher satisfaction.
(Bang <i>et al.</i> , 2019)	Analyze motivation, level of satisfaction and participation in re-involvement as a sports volunteer	A total of 4,824 participated in collecting research data during the 2016 Olympics	Cross-sectional	The results of this study report that there is a relationship between motivation, level of satisfaction and intention to participate again as a sports volunteer.
(Vernerova, Marova and Chmelik, 2022)	Analyzing the role of volunteers in swimming organizations for persons with disabilities	A total of 12 people (4 swimmers, 5 instructors, and 3 parents) participated in this study	Cross-sectional	The role of instructors in sports volunteers plays a very important role in increasing the participation of persons with disabilities.
(Pevnaya, Pevnaya and Shuklina, 2018)	Identify student activities as sports volunteers	A total of 1860 students participated in this study	Cross-sectional	Sports volunteers are basically able to drive the popularity of sports in the youth environment. In addition to increasing motivation, sports volunteering plays a role in personal development.
(Rozmiarek, Poczta and Malchrowicz-Moško, 2021)	Investigate the relationship between sociodemographic factors and motivation to volunteer for sports	A total of 535 respondents participated in completing a survey regarding the motivation of sports volunteers	Cross-sectional	Volunteers with high potential and high motivation can facilitate collaboration at sporting events in the future.
(Kim <i>et al.</i> , 2019)	Knowing the influence of the psychological needs of sports volunteers on the satisfaction and effects of voluntary volunteers.	A total of 2442 volunteers in the Winter Olympics completed the survey in this study	Cross-sectional	Volunteer satisfaction positively influences the intention to participate as a volunteer in the future.
(Hallmann, 2015)	Analyze the determinants of volunteering in organized sports	A total of 35,005 respondents participated in this study.	Cross-sectional	Volunteer sports are determined by male gender, have children, and shape society. So, club managers need to recruit volunteers among existing members.
(Angosto Sánchez, Díaz-Suárez and López-Gullón, 2021)	Knowing the motivation of sports volunteers at the university with the level of satisfaction	A total of 128 sports volunteers in tertiary institutions participated in this research	Cross-sectional	Organizations need to better manage sports volunteers at universities by improving their quality of life so that they can increase community participation in sports.
(Cuskelly <i>et al.</i> , 2021)	Analyzing strategies for selecting volunteers in major sporting events to increase community participation in sports	A total of 53,234 sports volunteers participated in this study	Cross-sectional	There is a relationship between the decision to select volunteers and the overall strategy for the Olympics. In this study, decisions are prioritized only for short-term goals rather than long-term goals.
(Eraslan, Kural and Aydin, 2022)	Testing the motivation of sports volunteers to participate in sporting events	178 respondents who participated in sporting events completed the	Deskriptif	Volunteers aged 18-25 years have high scores in solidarity. Volunteers

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Study of research results on the involvement of sports volunteers in strategies to increase community participation in sports

Author	Research purposes	Sample Characteristics	Study Design	Results
		motivational scale.		who are over 31 years old have a high score in achieving goals.

Discussion

Volunteers have a very important role in the sports movement. The more important volunteers are in sports movements, the more important it is to discuss research on this matter. The purpose of this study focuses on the involvement of sports volunteers in strategies to increase community participation in sports.

Several studies report that well-organized management strategies result in higher levels of satisfaction for sports volunteers (Bang *et al.*, 2019; Kim *et al.*, 2019; Okada *et al.*, 2022). In this case, satisfaction is very important so that volunteers remain active, so as to increase community participation in sports. In addition, people with disabilities also need attention. A study reported that volunteer sports instructors played a very important role in increasing the participation of persons with disabilities to participate in sports (Vernerova, Marova and Chmelik, 2022). Without volunteers, of course, people with disabilities do not have a high motivation to exercise. This is also related to other research which reports that volunteers who have the potential can increase motivation so they are able to collaborate at sporting events and increase community participation to be involved in these sporting events (Rozmiarek, Poczta and Malchrowicz-Mośko, 2021). Basically, sports volunteers are able to increase the popularity of sports among youth (Pevnaya, Pevnaya and Shuklina, 2018). In the school and campus environment, of course, sports volunteers are needed. A study reports that organizations need to better manage sports volunteers at universities by improving their quality of life so that they can increase community participation in sports (Angosto Sánchez, Díaz-Suárez and López-Gullón, 2021). In this case, youth is a very productive period for self-development and involvement in active sports. Evidenced by a study which reports that volunteers aged 18-25 years have a high score in solidarity. Volunteers who are over 31 years old have a high score in achieving goals (Eraslan, Kural and Aydin, 2022).

These literature findings imply the important role of sports volunteers in increasing community participation in active sports. Through the role of sports volunteers, it can increase people's motivation to actively engage in sports. Apart from that, this research is very useful for sports clubs to be able to organize strategies for volunteer involvement in each sport. By considering the potential of sports volunteers, this can also increase community involvement in sports according to the sports they are interested in. We realize that this literature review leaves many questions unanswered. The lack of research that discusses research on volunteer sports, further research is highly recommended to be carried out.

Conclusion

The involvement of sports volunteers is very important to increase community participation in sports. Volunteers have the potential to increase motivation so they are able to collaborate in sporting events and increase community participation in getting involved in sporting events. Furthermore, Sports volunteers are useful for sports clubs to be able to develop strategies for volunteer involvement in each sport. By considering the potential of sports volunteers, this can also increase community involvement in sports according to the sports they are interested in.

Conflict of interest

The authors declare that they have no conflict of interest.

Authors' contributions

All authors contributed equally in the research and preparation of the paper.

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