

The Role of Sports in Preventing and Overcoming Problems During the Transition Period Case Study of Adolescents in Indonesia: Descriptive Study

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Abstract:

This qualitative descriptive research aims to explore the potential of sports activities in overcoming the challenges faced in the adolescent transition phase. The literature highlights the values and role of sport in this critical time. Adolescence is a time of significant physical, emotional, and social change as individuals navigate the transition from childhood to adulthood. It is a period marked by the search for self-identity, the development of independence, and the exploration of various roles. Globalization is increasingly impacting teenagers, giving them access to a wealth of information and cultural influences from around the world. This exposure can shape their thinking, interactions, and consumption habits. Exercise has been shown to be beneficial during this time of transition, helping teens manage stress, improving their overall health, increasing self-esteem, and improving social skills. Additionally, participation in sports can foster discipline, teamwork, and leadership qualities. Therefore, sport is considered an important component of interventions aimed at overcoming the challenges of adolescence.

Keywords: Sports, Transition Period, Adolescent, Globalization

Introduction:

Sientop, D., & Van der Mars, H. (2022) mentioned that sport is an integral part of today's society. In addition to being a determinant of success, exercise is also an essential necessity inining physical health. In the midst of an era of globalization and such rapid development, qualified human resources are needed. Someone who has achieved both academic and non-academic achievements (Speight, J. 2014). According to Weinberg, R. S., & Gould, D. (2023) through sport, humans will gain strength, maintain

mental health, and develop a healthy personality. It will help them face the challenges and changes of an increasingly competitive era in all fields.

Sections 3 and 4 of Chapter II of Act No. 11 of 2022 on Sports affirm that sport plays an important role in the development of physical, mental and social abilities, as well as in shaping the personality and character of a civilized nation. Liu J., Deng, X., Liu, Y., & Li, J. (2024) argued that sports aimed atining and improving human health, fitness, performance, intelligence, and qualities, as well as

instilling noble moral and moral values, and promoting sportiness, competition, and discipline. In addition, Istrate, M.C. (2020) said that sports can also strengthen the unity and unity of nations, build national resilience, enhance national dignity, and support world peace. It shows how important sport is in the formation of a nation's character, and this is one of the reasons why the government supports any effort in the field of sport. According to Opstoel, K. et al., (2020) physical activity not only benefits physical health, but also plays an important role in shaping character and controlling adolescent social. As adolescents go through a transition from children to adults, they face a variety of challenges and changes that can affect their mental, emotional, and social development (Orben, A., Tomova, L., & Blakemore, S. J. 2020). As recently, society has been complaining about the behavior of the younger generation that disregards ethics and morality. The impact of globalization is increasingly felt in today's youth culture. They adopt behaviors and activities that do not match the identity and identity of the Indonesian nation.

The problems faced by teenagers in Indonesia are complex and diverse. They face social, economic, educational, and psychological problems. According to the annual report of the National Commission against Violence against Women (Women's Chamber) in 2023, adolescents, especially women, are often subjected to violence in the home, school, and community. Of the total complaints received, 339,782 cases were gender-based violence, with 3442 of them to the Women's Chamber. In addition, the problem of drug use and smoking among teenagers is also a serious concern in Indonesia. According to the official report of the National Narcotics Agency (BNN) in 2019, drug abuse among adolescents has seen a significant increase. There is an increase of 24 to 28 percent in teenagers using narcotics. Drug use in at-risk adolescents leads to a variety of negative effects, such as physical and mental health disorders, reduced academic achievement, legal problems, disruption of social relationships, dependence, and the danger of a fatal overdose. According to

Salmanzadeh, H. et al., (2020) drug use can also affect the development of the brain of adolescents who are still in the growth phase. It can lead to dependence and long-term health problems.

Sadagheyani, H. E., & Tatari, F. (2021) argued that excessive use of technology and social media can also lead to problems such as negative effects on mental health, cyberbullying, and negative impact on adolescent social development. The results of the National Adolescent Mental Health Survey (I-NAMHS), the first national mental health survey to measure the incidence of mental disorders among adolescents between 10 and 17 years of age in Indonesia, show that one in three Indonesian adolescents has a mental health problem, based on data published in 2022, stating that one out of three Indonesia teenagers has mental health problems. That's the equivalent of 15.5 million and 2.45 million teenagers. Teenagers often experience stress, depression, and anxiety as a result of academic stress, family environment, and social change. However, access to effective mental health services is still limited. Physical, verbal, and psychological violence in the school environment is also common, which can interfere with the learning process and adolescent development. Several teenagers are also involved in acts of violence and crime, according to a data box published in 2023 that says there are 19,000 cases of violence in Indonesia, the victims of which are mostly teenagers. According to data from the Ministry of Women's Empowerment and Child Protection (Kemen-PPPA), between January 1st and September 27th 2023, there were 19,593 cases of violence recorded throughout Indonesia. According to a study conducted by Malti, T. (2020), there are several factors that cause violence in adolescents. Those factors include environmental influences, family problems, emotional problems, peer influence, and media influence.

To address this problem, strong co-operation is needed between the roles of parents, governments, communities, institutions and non-governmental organizations. They need to provide the support, education, and services that adolescents need.

Efforts designed to help adolescents must take into account their basic needs and rights. This is important because adolescents are an important transitional phase between childhood and adulthood, and they need the right support to develop optimally. Indonesian children should have a strong character in the face of an increasingly modern and sophisticated era. There are at least five characters that should be applied in everyday life. Religion, nationalism, integrity, independence, and gotong royong are the character that Indonesian children prefer to have. According to Shaturaev, J. (2021) the formation of the character of the young generation is a very important thing for a nation, because the future of a nation depends on the younger generation. Therefore, we need a young generation with a healthy soul and character. According to Holt, N. L., Deal, C. J., & Pankow, K. (2020) character formation can be done through various ways, one of which is through sport. Later, Camiré, M. et al., (2022) said that by exercising, character can be developed because there are positive values that will shape the character of the younger generation better for themselves and the hopes of the nation as the successor generation.

1. Developments and Problems in the Transitional Age of Adolescence

Bathelt, J., Vignoles, A., & Astle, D. E. (2021) argued that the transitional period of adolescence was an important phase in a person's life between childhood and adulthood. During this period, adolescents experience significant physical, emotional, social, and cognitive changes. According to Branje, S. (2022) the transition period of adolescence is often marked by exploration of identity, increased autonomy, and changes in social relationships. Adolescence shows a clear nature of transition or transition because adolescents have not yet acquired adult status and no longer have child status. According to Graf, Biroli, & Belsky, (2021) adolescence represents the transition period from childhood to adulthood, while according to Hochberg, Z. E., & Konner, M. (2020) adolescence is the period of transition from early infancy to

Methods:

This research uses a qualitative descriptive approach (Sandelowski, 2000). Qualitative descriptive studies aim to provide a comprehensive summary of everyday events. The aim of this research is to describe the factors that influence the adolescent transition phase and to explore the potential of sports activities in overcoming the challenges faced during this transition period. In addition, this research also applies grounded theory principles (Creswell, J. W., & Poth, C. N. 2016) which outline the steps in conducting grounded theory research, such as determining whether the grounded theory design is appropriate for research, identifying the process being studied, obtaining validation and access to the research setting, collecting relevant data, carrying out the coding process, carrying out selective coding and developing theory, as well as validating theory to ensure relevance, contextuality and suitability of the concepts developed with the reality experienced by participants in the research. Data collection in this research was carried out through theoretical sampling, which means the sample was based on relevant theoretical constructs.

Results and Discussion:

early adulthood. Another view from Chrisholm, L. et al., (2020) states that adolescence is a transitional age. One has left a weak and dependent childhood, yet has not reached a strong and responsible adulthood, both to himself and to society. According to Bonnie, R. J. et al. (2019), the duration of this transition period varies depending on the conditions and social level of the community in which the individual lives. The more advanced society, the longer adolescence, because individuals have to prepare themselves to adapt to a society that has many requirements and demands.

From some of the opinions of the experts presented above, it can be concluded that the transition period is the time experienced by adolescents. Therefore, adolescents and transitions cannot be separated. When talking about adolescents, then transition will also be part of the discourse, just as, on the contrary, transition time also deals with adolescent

issues. According to Bhana, A. (2010) adolescence consists of four sections, namely pre-adolescence (10-12 years), early adolescence (12-15 years), middle adolescence (15-18 years), and late adolescence (18-21 years). Meanwhile, according to Tyborowska, a. et al., (2018) adolescence can be divided into two, that is, early puberty and late puberty. Early adolescence lasts from the ages of 13 or 14 years to 17 years. While the final adolescence takes place from the age of 17 years to 21 years. According to Ayriza, Y., & Izzaty, R. E. (2023) the adolescence period lasts between 12 years and 21 years for women, and 13 years to 22 years for men.

Furthermore, according to Coleman, J. C. (2022) psychologically, adolescence is the age at which

individuals begin to integrate into adult society. This time is when the child no longer feels below the level of the elderly, but is on the same level, at least in terms of rights. The typical intellectual transformation of the way these teenagers think enables them to integration in social relationships with adults. (Benson, J. D. et al., 2021).mZuhri, M. N. (2023) argues that the transitional period of adolescence is an important period in a person's life characterized by significant physical, emotional, and cognitive changes. According to Newman, B. M., & Newman, P. R. (2020) the factors that influence the transition period of adolescence are very complex and vary from individual to individual. Here are some factors that are generally thought to influence the transitional period of adolescence:

Table 1. Factors Affecting Adolescent Transition

No	Factors	Influence
1	Biological	<ol style="list-style-type: none"> 1. Puberty: Hormonal changes that occur during puberty trigger physical and reproductive development, which greatly affects the transition period of adolescence. 2. Genetics: Genetic factors can affect the start of puberty, growth rate, and body shape. 3. Health: Physical and mental health conditions can affect how adolescents experience transition.
2	Psychological	<ol style="list-style-type: none"> 1. Personal identity: The search for self-identity and the formation of a positive self-image are important aspects of adolescent transition. 2. Emotions and behavior: Rapid and sometimes unstable emotional and behavioural changes are characteristic of adolescence. 3. Intelligence and cognitive development: The development of the brain and cognitional abilities of adolescents develop rapidly, affecting the way they process information and make decisions.
3	Social	<ol style="list-style-type: none"> 1. Family: Relationships with parents and siblings and family structures can affect adolescent development. 2. Peers: Interaction with peers and social pressure from peer groups are important in adolescence. 3. School and education: School environment, relationships with teachers, and academic achievements also influence. 4. Media and technology: The influence of social media, the Internet, and technology can shape adolescent values, attitudes, and behavior.

4	Culture	<ol style="list-style-type: none"> 1. Cultural norms and values: Culture and religion can determine the expectations and roles of gender, as well as how adolescents are expected to act. 2. Social environment: Social, economic, and political structures in societies can also influence the experiences of adolescent transition.
5	Ekonomy	<ol style="list-style-type: none"> 1. Family economic status: Family economic conditions can affect adolescent access to education, health, and other opportunities. 2. Economic opportunities: Availability of employment and future economic opportunities can also influence adolescent attitudes and decisions.
6	Environment	<ol style="list-style-type: none"> 1. Physical environment: The environmental conditions in which adolescents live, such as the availability of playgrounds or sports facilities, can influence the physical development and health of adolescents. 2. Social environment: Social environmental conditions, such as security and community cohesion, can also influence adolescent development

Icenogle, G., & Cauffman, E. (2021) explains that each adolescent experiences change in a unique way, and a combination of the above factors can play a role in individual experiences during adolescence. Schraeder, K. et al., (2020) affirmed that it is important for parents, teachers, and health professionals to understand and support these diverse needs during the transitional period of adolescence. As has been described earlier,

adolescent development is an important phase in the human life cycle, characterized by significant physical, cognitive, and psychosocial changes. The transitional period of adolescence usually begins around the age of 12-13 and continues until the end of 19-20 years. Here are some developmental aspects and problems that often arise during adolescent transition:

Table 2. Developmental Aspects and Problems in Adolescent Transition

No	Developmental Aspects	Transition Problems
1	Physical Development	<ol style="list-style-type: none"> 1. Puberty: Hormonal changes that cause the development of reproductive organs, growth of pubic hair and mustache, voice changes, and breast growth in girls. 2. Height and Weight Growth: Feelings of dissatisfaction with body shape and comparison with peers are common. 3. Reproductive Health: There is a need for appropriate sexual education to prevent pregnancy and sexually transmitted diseases.
2	Cognitive Development	<ol style="list-style-type: none"> 1. Abstract Thinking: Curiosity and abstract thinking ability increases so that teenagers can understand more complex concepts. 2. Critical and Analytical: A sense of skepticism and better analytical skills make teenagers start to challenge existing values and beliefs.

		3. Difficulty Making Decisions: Sometimes teenagers have difficulty making decisions because they start considering long-term consequences.
3	Psychosocial Development	<ol style="list-style-type: none"> 1. Identity: The search for self-identity is one of the main tasks in adolescence, which can cause an identity crisis. 2. Social Relationships: The desire to be accepted by peers and build closer relationships with the opposite sex is important. 3. Autonomy: The feeling of wanting to be independent and have control over one's own life often causes conflict with parents. 4. Risks and Risky Behavior: The desire to explore and test limits often makes teenagers involved in risky behavior, such as drugs, alcohol and casual sex.
4	Psychological Problems	<ol style="list-style-type: none"> 1. Depression and Anxiety: Hormonal changes, social pressures, and developmental challenges can cause symptoms of depression and anxiety. 2. Eating Disorders: Feeling dissatisfied with body shape can cause eating disorders such as anorexia nervosa or bulimia nervosa. 3. Stress and Burnout: Academic competition, family pressure, and future expectations can cause stress and burnout.
5	Behavior and Habits	<ol style="list-style-type: none"> 1. Self-Destructive Behavior: Some teens may engage in self-destructive behavior as a way to deal with stress or uncontrollable emotions. 2. Consumption of Addictive Substances: Teenagers are vulnerable to peer influence which can lead to the use of drugs or alcohol. 3. Social Media Use: Excessive use of social media can affect teenagers' mental health and their social relationships.

According to Constantin, S.V. (2024) the adolescent transition period is a period of change in behavior that is felt to be different. Teenagers have excellent condition and energy and have the potential and vitality of fighting spirit and high patriotism. Hargreaves, D. et al., (2022) emphasize that during the transition period, it is important for teenagers to be guided in a positive direction so that they can face change well and develop healthily. In line with previous opinions, Jansen, K., & Kiefer, S. M. (2020) argue that appropriate guidance can help teenagers develop their potential, understand good values, and manage the emotions and challenges that arise during this transition period. To help teens through this transition, it is important

for parents, teachers, and health professionals to provide appropriate support, education, and guidance. Open communication, active listening, and emotional support are key factors in helping teenagers overcome the challenges and problems they face (Hellström, L., & Beckman, L. 2021). According to Stavropoulos, V. et al., (2021) the development of the digital era that we are currently experiencing affects teenagers in various aspects of their lives. Apart from that, there are several things that can be done in an effort to overcome problems during the adolescent transition period, including:

1. Preventive efforts

According to Okano, L. et al., (2020) preventive efforts are all actions aimed at

preventing delinquent behavior during the adolescent transition period. Then Pardini, D. (2016) believes that this prevention effort can be carried out systematically and planned with the aim of preventing delinquent behavior during the adolescent transition period. Actions taken by parents before naughty behavior occurs are through guidance, direction and invitation. One of them is by providing comprehensive education to children, not only in terms of academics but also life skills such as stress management, effective communication and good decision making. Additionally, the program provides accurate, age-appropriate education about reproductive health to help teens understand the physical and emotional changes they are experiencing. Encourage open communication and create a supportive family environment, where teens feel safe to share their thoughts and feelings. Provide teenagers with access to accurate and reliable information, especially through media and technology, to help them make good decisions. By paying attention to the basic needs and rights of adolescents, we can build a more inclusive society and support the overall development of adolescents.

2. Curative Efforts

Arhaam, Z.D. (2023) argue that curative efforts are efforts to overcome the problem of juvenile delinquency or deviant behavior during the adolescent transition period. According to Garg, T., & Sharma, U. (2020) the aim of prevention is so that delinquency does not spread and does not harm both individuals and the surrounding community. The action taken by parents after delinquency occurs is to provide understanding to teenagers who engage in deviant behavior. One way is to provide mental health services that are easily accessible and youth-friendly, considering that mental health problems such as depression and anxiety are very common

during adolescence. Apart from that, it is also necessary to develop prevention and early intervention programs for problems such as the use of illegal drugs, violence and other risky behavior. In addition, it is necessary to create policies and programs specifically designed for adolescents, taking into account their needs and rights. Apart from that, it is also necessary to develop extracurricular programs that can help teenagers develop interests and talents, as well as build self-confidence and social skills. Teenagers also need to be empowered to be involved in making decisions that affect their lives, both at school and in society. Finally, it is necessary to build a conducive school environment, where every teenager feels valued and has equal opportunities to learn and develop.

3. Repressive Efforts

According to Comfort, A. (2024) repressive efforts are actions taken to suppress and contain juvenile delinquency during the transition period as much as possible or prevent more serious delinquency from occurring. When delinquency occurs, the usual action is to punish teenagers who violate school rules by parents (Sumani, S., Lian, B., & Fitriani, Y. 2020). This punishment aims to prevent teenagers from repeating these naughty acts. Considering that the transition period is a period when a person enters adolescence into adulthood, this phase is marked by significant physical, emotional and social changes in a teenager's life. During this period, teenagers often explore their identity, increase their independence, and adapt to changes that occur in their lives. According to Kerr, G. et al., (2020) every action or behavior generally has factors behind it. Therefore, a coaching approach to adolescents during the transition period can be more effective than providing direct punishment. With a coaching approach, teenagers can be given

understanding, guidance and support to overcome the problems they face. This can help teens learn from their mistakes and grow into better individuals. On the other hand, punishment often only has a short-term impact and does not address the root problems underlying juvenile delinquent behavior (Kennedy, T.D., Detullio, D., & Millen, D.H. 2020).

By implementing a combination of these strategies, families, communities and stakeholders can work together to prevent and reduce juvenile delinquency during the transition period. This strategy can include educational approaches, coaching, social support, as well as active involvement of families, schools and communities in supporting adolescents in their transition period. With good cooperation, it is hoped that we can create a safer environment and support the positive development of teenagers during the transition period.

2. The Role of Sports in Overcoming Problems During the Adolescent Transition Period

According to Mossman, G.J. (2021) sports have an important role in guiding teenagers in a more positive and constructive direction. Apart from being a means of education, sport also plays a role in building a generation of quality both physically and spiritually. Ronkainen, N.J. et al., (2021) say that through sports, youth can develop self-discipline and responsibility. They learn to follow rules, respect time, and work together as a team. The discipline instilled in sports can be applied in everyday life, making teenagers more orderly and able to manage their time well. Apart from that, Šagát, P. et al., (2021) argue that sport can also increase teenagers' self-confidence and self-esteem. When they achieve achievements or master certain sports skills, they will feel proud and more valuable. With a strong sense of self-confidence, teenagers will be better able to face challenges and will not be easily influenced by negative pressure from the surrounding environment.

Then in a social context, sport can also facilitate interaction and cooperation between teenagers

(Braumüller, B. 2020). According to Bessa, C. et al., (2019) through sports activities, teenagers have the opportunity to socialize, build relationships, and learn to work together in teams. This can help teenagers develop communication skills, empathy, and the ability to resolve conflicts constructively. Teenagers who are involved in sports activities tend to have wider social networks and are more connected to their environment. Apart from that, sport can also be a means to channel teenagers' energy and emotions in a more positive direction (Fernández-Martínez, A. et al., 2020). Adolescence is often marked by emotional turmoil and a tendency to engage in risky behavior, such as engaging in juvenile delinquency or substance abuse. Through participation in sports, teenagers can channel their energy and emotions in a healthy and constructive way. Then, Serrander, M. et al., (2021) argue that sport can help teenagers manage stress, anger and frustration in a more positive way, thereby reducing the possibility of them engaging in detrimental behavior.

Furthermore, in the educational context, Ishihara, T. et al., (2020) said that sport can also be a means of improving adolescent academic achievement. Several studies show that teenagers who are active in sports tend to have better academic grades than teenagers who are not active in sports (Heradstveit, O. et al., 2020; Barbosa, A. et al., 2020). This can be due to the increased concentration, self-discipline, and time management gained through participation in sports. In addition, Holt, N.L., Deal, C.J., & Pankow, K. (2020) argue that sports can also be a means to develop leadership and decision making in adolescents. In sports activities, teenagers are often asked to make decisions quickly, lead teams, and solve problems effectively. These experiences can help teens develop leadership and decision-making skills that can be applied to various aspects of their lives. It cannot be denied that teenagers also face various social challenges and pressures, such as bullying, discrimination, or pressure to carry out negative behavior. In situations like this, sport can be a means to empower teenagers and help them develop mental resilience (Vella, S.A. et al., 2021).

According to Anshel, M.H. (2016) through participation in sports, teenagers can learn to face challenges, overcome fears, and develop the ability to bounce back from failure. This can help teenagers become stronger and able to overcome the social pressures they face. Kreager, D. A. (2015) argues that the role of sport as a social controller for teenagers can also be seen from its contribution in preventing teenagers' involvement in detrimental activities, such as drug abuse, brawls, or other negative behavior. When teenagers are involved in sports activities, they have the opportunity to fill their free time in a positive and constructive way. This can reduce the possibility of them carrying out negative activities that could have a negative impact on their future (Van Sluijs, E. M. et al., 2021).

Overall, the role of sport in preventing and overcoming problems during the adolescent transition period is very important. Through sports, Indonesian teenagers can learn values such as discipline, hard work, teamwork and the spirit of never giving up. Apart from that, sport can also help teenagers develop character, increase self-confidence, facilitate social interactions, channel positive energy, and prevent involvement in negative activities. By exploiting the potential of sports, teenagers can be given skills and values that will guide them in a more positive and constructive direction in their social life in the future. Sport can also help teenagers deal with stress, improve mental and physical health, and build self-confidence. In addition, through sports, teenagers can learn about teamwork, discipline, and managing emotions. By participating in sports activities, teenagers can avoid negative behavior such as drug use or violence. Therefore, sport has an important role in helping teenagers face the challenges and problems that arise during their transition period.

Conclusion:

The adolescent transition period is a phase where behavior changes and is felt differently. Teenagers have excellent condition and energy, have high potential and fighting spirit, as well as a strong

sense of love for their country. During this transition period, teenagers must be directed towards positive things in order to grow into well-behaved adults. Adolescents in the transition period are vulnerable to delinquency, both with the potential to become criminal acts and ordinary criminal acts. To overcome adolescent behavior during this transition period, preventive, curative and repressive efforts can be carried out. Sport plays an important role in the adolescent transition period. Sport plays a role in aspects of teenagers' physical health, such as helping teenagers stay healthy and fit. Apart from that, exercise can also prevent obesity, increase muscle strength, and maintain heart health. Sport also plays a role in the psychological health of teenagers, such as helping reduce stress, anxiety and depression in teenagers. Physical activity can also increase the production of endorphins which can improve mood.

Apart from that, sport can also be a means of improving teenagers' academic achievements. Then sport plays a role in the social aspect as teenagers can learn about teamwork, leadership and communication skills. This can help them in building healthy social relationships. Practicing sports requires discipline and commitment. Teenagers learn to manage their time, follow rules, and work hard to achieve their goals. Through various types of sports, teenagers can develop motor skills, coordination, and other athletic skills. This can help them develop their overall potential. Therefore, sport can be an excellent tool for teenagers in facing their transition to adulthood.

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