



Four Years of the ASEAN Journal of Physical Education and Sport Science (AJOPESS): Growth, Trends, and International Engagement (2022–2025) in Support of the Sustainable Development Goals (SDGs)

Sri Rosalin Nandiyanti*

Yayasan Bumi Publikasi Nusantara, Bandung, Indonesia

*Correspondence: E-mail: bumipublikasinusantara@gmail.com

ABSTRACT

The ASEAN Journal of Physical Education and Sport Science (AJOPESS), established in 2022, has become a key platform for scholarly research in physical education and sports science. This review examines its four-year development (2022–2025), analyzing publication growth, research themes, and international collaboration. Using bibliometric methods, the study evaluates publication output, authorship patterns, institutional affiliations, and keyword trends. Findings reveal consistent contributions from over nine countries, including Indonesia, India, Malaysia, Iraq, Nigeria, the Philippines, Uzbekistan, Russia, and Australia. Prominent research themes include physical education, health and wellness, sports pedagogy, mental health, and innovative practices. AJOPESS plays a vital role in fostering global collaboration and advancing knowledge aligned with the Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being) and SDG 4 (Quality Education). As an ASEAN-based journal, AJOPESS continues to expand its influence, serving as an academic hub that promotes knowledge exchange and sustainable development in sports science.

ARTICLE INFO

Article History:

Submitted/Received 14 May 2025

First Revised 16 Jun 2025

Accepted 18 Aug 2025

First Available online 19 Aug 2025

Publication Date 01 December 2025

Keyword:

AJOPESS,

Bibliometric analysis,

International collaboration,

Physical education,

Sport science.

1. INTRODUCTION

Academic journals play a pivotal role in advancing research dissemination and scholarly communication across disciplines (Prasojo *et al.*, 2025; Nandiyanto *et al.*, 2020). In recent years, the expansion of open-access publishing has provided wider opportunities for researchers, institutions, and policymakers to access and contribute to global knowledge. Within the field of physical education and sport science, scholarly outlets are essential for addressing issues of health, well-being, pedagogy, and professional practice, which are increasingly connected to global challenges such as sustainable development, digitalization, and inclusive education.

The ASEAN Journal of Physical Education and Sport Science (AJOPESS) (see <https://ejournal.bumipublikasinusantara.id/index.php/ajopess>), first published in 2022 by Yayasan Bumi Publikasi Nusantara, emerged to provide a dedicated platform for physical education and sport science scholarship within the ASEAN region and beyond. As an open-access and peer-reviewed journal, AJOPESS publishes theoretical studies, empirical research, practice-oriented papers, case studies, and reviews. In its short trajectory, the journal has attracted contributions from authors in more than nine countries (including Indonesia, India, Malaysia, Iraq, Nigeria, the Philippines, Uzbekistan, the Russian Federation, and Australia), reflecting its expanding international engagement.

Over four years of publication, AJOPESS has exhibited steady growth in terms of article output, diversity of contributing institutions, and thematic coverage. Earlier volumes focused strongly on sport performance, boxing, and yoga, while later issues expanded to include health promotion, teacher professional development, and innovative pedagogical strategies. This evolution aligns with global trends where sport science research increasingly intersects with broader educational, psychological, and public health domains. Such development is significant because it illustrates how a regional journal can gradually strengthen its international visibility while addressing pressing societal needs.

The contribution of AJOPESS can also be interpreted through the framework of the United Nations Sustainable Development Goals (SDGs). By advancing research that promotes health and well-being (SDG 3) and quality education (SDG 4), the journal supports global calls for equitable and sustainable knowledge production. Moreover, its role in connecting researchers across countries exemplifies SDG 17 (Partnerships for the Goals), particularly in fostering collaborative academic networks. Against this background, this paper aims to review AJOPESS's development during its first four years (2022–2025), with a focus on publication output, authorship patterns, international collaborations, and thematic trends. The novelty of this study lies in providing the first bibliometric-based reflection on AJOPESS, offering insights into its achievements, challenges, and future opportunities as an emerging ASEAN-centered academic hub.

2. METHODS

This study employed a bibliometric approach to analyze the four-year publication output of the AJOPESS from its establishment in 2022 until 2025. Bibliometric analysis is widely used to evaluate research trends, productivity, and scientific impact through systematic mapping of publications, authorship, and thematic patterns (Donthu *et al.*, 2021). Compared to other databases such as Scopus or Web of Science, Google Scholar provides broader coverage of academic materials, including journal articles, conference papers, and institutional publications, which makes it a suitable source for early-stage journals with limited indexing

(Martín-Martín *et al.*, 2018). Detailed information regarding bibliometric is explained elsewhere (Rochaman *et al.*, 2024; Al Husaeni & Nandiyanto, 2022; Al Husaeni & Al Husaeni, 2022; Soegoto *et al.*, 2022; Fiandini *et al.*, 2023).

All articles published in AJOPES across four volumes (2022–2025) were retrieved from Google Scholar using the journal's ISSN identifiers (eISSN 2964-5727, pISSN 2964-2302) and verified manually against the official journal website to ensure accuracy and completeness. The search was conducted in January 2025, and duplicate records were removed. For each publication, bibliographic data were collected, including title, author(s), institutional affiliation, year of publication, and country of origin. Additionally, keywords provided by the authors were extracted to allow thematic mapping.

Data were compiled into a spreadsheet and analyzed descriptively to identify publication output per year, authorship patterns, institutional representation, and country distribution. Keyword analysis was conducted to determine dominant research themes and their evolution across volumes.

To visualize thematic trends, VOSviewer software (version 1.6.20) was applied, enabling co-occurrence mapping of author keywords. This procedure is consistent with established bibliometric practices in sport science and education research (Sweileh, 2020). The analysis was guided by the following research questions:

- (i) What is the publication output trend of AJOPES from 2022 to 2025?
- (ii) Which authors, institutions, and countries contributed most frequently?
- (iii) What are the dominant research themes, and how have they evolved?
- (iv) How do these findings reflect AJOPES's role in supporting SDGs?

By combining descriptive statistics and bibliometric mapping, this methodology provides a comprehensive overview of AJOPES's growth, trends, and international engagement during its first four years.

3. RESULTS AND DISCUSSION

The publication record of AJOPES demonstrates a steady but modest trajectory since its inaugural issue in 2022. Across four years, the journal has published between five and eight articles per issue, reflecting its editorial policy of maintaining quality over quantity (AJOPES, 2022–2024).

A total of twenty-five articles were published in AJOPES between 2022 and 2024, covering a wide range of topics in physical education and sport science. **Table 1** presents the list of articles alongside their in-text citation formats. The early volumes demonstrate a strong focus on sport performance and combat sports, particularly boxing, with studies emphasizing experimental training methods, physiological monitoring, and performance optimization (Ilhomovich, 2022; Kurbanmuratovich, 2022; Djurabevich, 2023). These findings indicate that AJOPES initially served as a niche outlet for performance-oriented research.

Alongside performance studies, yoga emerged as a recurring theme across multiple issues. Several articles explored yoga as a sport, its impact on health, and its role in managing chronic conditions (Kamraju, 2022; Kamraju, 2023; Kamraju, 2024). Other contributions examined yoga concerning weight management, underscoring the journal's engagement with wellness-oriented scholarship (Kamraju *et al.*, 2023). This recurring attention to yoga reflects the influence of Indian scholarship in AJOPES while highlighting the integration of traditional practices into contemporary sport science discourse.

The journal also expanded its scope to include research on pedagogy and education. For instance, a study developed a critical success factors model for golf athlete talent

development in Malaysia and Indonesia (Suherman *et al.*, 2022). Another paper examined the development of professional and pedagogical creativity of future physical education teachers (Hasanovna, 2023). Similarly, other contributions explored 21st-century teacher skills and play-based learning as innovative educational approaches (Bantilan, 2024; Sulyman *et al.*, 2024). These studies illustrate AJOPESS's responsiveness to educational innovation and its relevance to Sustainable Development Goal 4 on quality education.

Health and wellness themes also became prominent in later issues. One study investigated the effects of physical exercise on weight reduction among students (Adesokan *et al.*, 2023), while another addressed health-related factors influencing teaching performance amidst the COVID-19 pandemic (Vera & Calixtro Jr, 2024). Likewise, a rehabilitation program for shoulder injuries among athletes reinforced the journal's contribution to SDG 3 on good health and well-being (Yaseen, 2023).

Bibliometric and methodological studies further enriched the journal's content. Keyword mapping and bibliometric analysis of sports science research were conducted in two different issues (Al Husaeni, 2022; Al Husaeni, 2023), while nutritional research mapping for endurance sports provided additional insight into methodological innovation (Firdaus *et al.*, 2023). These contributions demonstrate AJOPESS's openness to meta-research, which is vital for consolidating knowledge in the field.

Overall, the articles published between 2022 and 2024 show an evolution from performance-focused studies toward a broader integration of health, wellness, pedagogy, and bibliometric research. This progression underscores AJOPESS's role not only in supporting experimental sport science but also in addressing interdisciplinary issues relevant to education, public health, and international collaboration (Garcia *et al.*, 2022).

Table 1. Articles published in AJOPESS (2022–2024) and their in-text citation format.

No	Title	Reference
1	Boxing training technology based on the level of physical development of children	Ilhomovich (2022)
2	Development analysis research on physics education by mapping keywords using the VOSviewer application	Al Husaeni (2022)
3	The efficiency of the experimental methods of improving complex technical and tactical actions of boxers	Kurbanmuratovich (2022)
4	A critical success factors model for golf athletes' talent development in Malaysia and Indonesia	Suherman <i>et al.</i> (2022)
5	Improving the effectiveness of the method of conducting physical education classes for students of grades 5–9 in hot climates	Ulaboevich (2022)
6	Different types of yoga as a sport	Kamraju (2022)
7	Technologies for selecting boxers and preparing them for competitions	Djurabevich (2023)
8	Bibliometric analysis of research development in sports science with VOSviewer	Al Husaeni (2023)
9	The mechanism of development of professional and pedagogical creativity of future physical education teachers based on a competent approach	Hasanovna (2023)
10	Nutritional research mapping for endurance sports: A bibliometric analysis	Firdaus <i>et al.</i> (2023)
11	Development of the theoretical foundations of sports activity (sports business) in post-industrial conditions	Glushchenko (2023)
12	Effect small side games (SSG) on playing skills in handball sports	Ramdhani and Saputra (2023)

Table 1 (Continue). Articles published in AJOPESS (2022–2024) and their in-text citation format.

No	Title	Reference
13	Analysis of boxers' pulse oximeter and chronometry ability to perform during boxing	Mansur (2023)
14	Yoga and weight management	Kamraju <i>et al.</i> (2023)
15	The impact of yoga on physical health	Kamraju (2023)
16	Effect of weight exercise on the development of some components of special muscle strength and perform some artistic gymnastics skills	Kadhim (2023)
17	Effect of demonstration method on primary school pupils' academic achievement in physical and health education	Obafemi <i>et al.</i> (2023)
18	Rehabilitation program for surgical shoulder joint protrusion among team games players injured	Yaseen (2023)
19	Effect of physical exercise on weight reduction of students	Adesokan <i>et al.</i> (2023)
20	Yoga and chronic conditions	Kamraju (2024)
21	Effectiveness of cooperative learning using multimedia in some physical abilities and basic skills for junior players in basketball	Abbood (2024)
22	Health-related factors and teaching performance of physical education teachers amidst COVID-19 pandemic	Vera and Calixtro Jr (2024)
23	Teachers 21st century skills special program in sports curriculum	Bantilan (2024)
24	Achievement motivation and socio-economic status of engineering sports persons	Pathania (2024)
25	Play-based learning as a tool in enhancing physical skill development of children	Sulyman <i>et al.</i> (2024)

Table 2 summarizes the annual publication output in terms of articles, authors, institutions, and countries represented. The data show relative consistency in output, with each issue containing between five and eight articles. This indicates a manageable publication volume for a developing journal, allowing editors to enforce rigorous peer review and editorial oversight. Although the absolute number of articles may appear limited compared to larger international journals, the pattern reveals a gradual broadening of participation in terms of countries and institutions. Notably, while the first issue in 2022 focused heavily on authors from Central and Southeast Asia, subsequent issues incorporated authors from Africa (Nigeria), the Middle East (Iraq), and Oceania (Australia), signifying an expansion in international reach.

Table 2. Annual publication output of AJOPESS (2022–2025).

Year (Volume, Issue)	Articles	Authors	Institutions	Countries
2022 (Vol 1, No 1)	7	12	6	4 (Uzbekistan, Indonesia, Malaysia, India)
2023 (Vol 2, No 1)	8	16	8	5 (Uzbekistan, Indonesia, Australia, Russian Federation, India)
2023 (Vol 2, No 2)	5	10	6	3 (India, Iraq, Nigeria)
2024 (Vol 3, No 1)	6	8	7	4 (India, Iraq, Philippines, Nigeria)

This trajectory reflects the dual challenge faced by emerging journals: sustaining consistent output while expanding academic diversity. Previous studies note that early-stage journals often begin with concentrated authorship before gradually broadening their international networks (Donthu *et al.*, 2021). In this regard, AJOPESS shows promising growth in balancing editorial quality with inclusivity. An analysis of authorship reveals that AJOPESS publications are predominantly multi-authored, suggesting collaborative research practices in the field of sport science and physical education.

Table 3 presents the distribution of single versus multiple authorship, along with the average number of authors per article. The findings reveal that collaborative writing dominates most issues, particularly in 2023, when nearly 90% of the articles were co-authored. This trend aligns with global shifts in research culture, where interdisciplinary collaboration is increasingly valued (Katz & Martin, 1997).

In the context of sport science, collaboration is particularly significant because many studies involve empirical testing, pedagogical interventions, or health-related trials that require teamwork across departments or institutions. However, it is also notable that single-authored contributions remain present in each issue. These articles often take the form of conceptual papers, theoretical discussions, or case-based analyses, suggesting that AJOPESS accommodates both individual and collaborative scholarship. Compared with other regional journals in education and sport science, the balance between single and multi-authored works positions AJOPESS as inclusive, promoting methodological and disciplinary diversity (Sweileh, 2020).

Table 3. Authorship patterns in AJOPESS (2022–2025).

Year (Volume, Issue)	Total Articles	Single Author	Multi-Author	Average Authors/Article
2022 (Vol 1, No 1)	7	2	5	1.7
2023 (Vol 2, No 1)	8	1	7	2.0
2023 (Vol 2, No 2)	5	2	3	2.0
2024 (Vol 3, No 1)	6	2	4	1.3

Institutional representation across AJOPESS volumes highlights the diversity of academic and professional contributors. A total of over 20 institutions from Asia, Africa, and Oceania have published in the journal within its first four years. **Table 4** lists the institutional distribution based on affiliations explicitly mentioned in each publication.

Table 4. Institutional contributions to AJOPESS (2022–2025).

Country	Institutions Represented	Year(s) of Contribution
Indonesia	Universitas Pendidikan Indonesia	2022, 2023
Uzbekistan	Termez State Pedagogical Institute	2022, 2023
Malaysia	Universiti Utara Malaysia	2022
India	Ministry of Education; Osmania University; Sant Baba Bhag Singh University	2022–2024
Australia	The University of Sydney	2023
Russian Fed.	Moscow Polytechnic University	2023
Iraq	Basrah University	2023–2024
Philippines	Sultan Kudarat State University; Bohol Island State University	2024
Nigeria	Kwara State University; University of Ilorin; University of Ibadan	2023–2024
United States	University of Alabama (via Nigerian collaboration)	2023

The data reveal that India has emerged as the most consistent contributor, appearing across three consecutive years (2022-2024). This is consistent with the country's strong tradition of research in both physical education and health sciences. Indonesia and Uzbekistan also hold prominent positions, reflecting AJOPESS's ASEAN identity and regional network.

The inclusion of authors from Australia and the Russian Federation in 2023 demonstrates the journal's ability to attract contributions beyond Asia and Africa. This pattern of international engagement mirrors trends observed in other emerging open-access journals, where initial regional dominance gradually transitions toward global diversification (Sweileh, 2020). By maintaining this trajectory, AJOPESS is positioning itself as a credible international platform for physical education scholarship. An examination of article keywords and thematic content provides insights into the evolving focus of AJOPESS.

Early issues in 2022 were dominated by topics related to sport performance, particularly boxing, yoga, and physical training in different environmental contexts. As the journal matured, themes shifted toward broader issues such as nutrition, teacher development, innovative pedagogy, and mental health. **Table 6** presents a synthesis of keyword frequency across the four years.

Table 6. Dominant keywords in AJOPESS Articles (2022–2025).

Keyword/Theme	Frequency	Year(s) Prominent
Boxing / Combat Sports	4	2022–2023
Yoga	4	2022–2024
Physical Education Pedagogy	5	2022–2024
Health and Wellness	6	2023–2024
Nutrition / Weight Reduction	2	2023
Teacher Skills / Development	2	2024
Play-based / Innovative Learning	2	2024
Stress / Mental Health	2	2022, 2024

Thematic analysis suggests a gradual broadening of scope. While the first year emphasized sport-specific training and physical performance, subsequent years increasingly addressed holistic aspects of education and health. For instance, the growing presence of yoga-related research demonstrates an intersection between sport, health promotion, and mental well-being. Similarly, the inclusion of topics such as play-based learning and teacher competencies reflects the journal's responsiveness to educational innovation in physical education.

The evolution of these themes parallels global research trends in sport science, where traditional focuses on performance and biomechanics are now complemented by pedagogical, psychological, and health-oriented studies. Through this thematic expansion, AJOPESS is aligning itself with the interdisciplinary nature of physical education research, enhancing its relevance to a wider academic audience. Beyond academic growth, AJOPESS's contribution can be situated within the framework of the United Nations SDGs. By promoting research in physical education, health, and pedagogy, the journal addresses several targets directly linked to sustainable development. **Table 7** illustrates how the thematic coverage of AJOPESS aligns with specific SDGs.

Table 7. Linkages of AJOPESS Themes to SDGs (2022–2025)

SDG	Relevant AJOPESS Themes	Example Articles
SDG 3: Good Health and Well-being	Yoga, weight reduction, rehabilitation, exercise, and chronic conditions	Kamraju (2022, 2023, 2024) ; Adesokan et al. (2023)
SDG 4: Quality Education	Pedagogy, teacher training, play-based learning, innovative curriculum	Suherman et al. (2022) ; Bantilan (2024) ; Sulyman et al. (2024)
SDG 17: Partnerships for the Goals	International collaboration across 9+ countries	Multi-country issues in 2023 and 2024

The findings suggest that AJOPESS's most significant contributions are toward SDG 3 and SDG 4. Articles addressing yoga, rehabilitation, and physical exercise interventions directly contribute to public health discourse. Likewise, studies on pedagogy, teacher skills, and play-based methods promote educational innovation. The journal's international authorship, representing at least nine countries, exemplifies SDG 17 by fostering cross-border academic partnerships. This alignment with the SDGs enhances AJOPESS's academic and societal impact. Scholars have argued that journals integrating SDG-related themes are more likely to attract international recognition, funding opportunities, and interdisciplinary collaborations ([Salvia et al., 2019](#)). For AJOPESS, this represents not only an academic responsibility but also a strategic pathway to establishing legitimacy within the global publishing ecosystem.

While AJOPESS has demonstrated significant progress within its first four years, several challenges remain in its path toward global recognition. The most evident challenge is the limited number of articles per issue, which constrains the journal's visibility and citation potential. Established international journals often publish higher volumes annually, allowing broader thematic coverage and greater readership ([Donthu et al., 2021](#)).

AJOPESS's current output of 5–8 articles per issue, although sufficient for maintaining quality, may slow its trajectory toward wider indexing in databases such as Scopus or Web of Science. Another challenge concerns citation impact. As a relatively new journal, AJOPESS has yet to build a substantial citation base. This is common among early-stage journals, as citations typically accumulate over several years ([Martín-Martín et al., 2018](#)). To address this, AJOPESS must strengthen dissemination strategies, such as encouraging authors to promote their publications, expanding collaborations with research networks, and enhancing digital visibility through indexing services and social media.

Despite these limitations, AJOPESS holds promising opportunities. Its international authorship base across Asia, Africa, and Oceania provides a strong foundation for positioning itself as a unique platform representing the Global South. Moreover, the thematic expansion from sport-specific studies to broader areas of pedagogy, health, and well-being aligns with global academic priorities and societal needs. The journal's alignment with Sustainable Development Goals further enhances its relevance, particularly in addressing SDG 3, SDG 4, and SDG 17. By leveraging these opportunities (through fostering collaborations, improving editorial standards, and strengthening outreach), AJOPESS can continue its evolution as an ASEAN-centered hub with expanding global engagement. Such strategies not only benefit the journal but also contribute to diversifying the voices and perspectives represented in international sport science and education scholarship.

4. CONCLUSION

Over its first four years, the AJOPESS has demonstrated steady growth in publication output, international authorship, and thematic diversity. The journal's contributions are most notable in advancing research on health, pedagogy, and well-being, while fostering cross-country collaborations aligned with the SDGs. Despite challenges of limited output and emerging citation impact, AJOPESS shows strong potential as an ASEAN-centered academic hub that bridges regional and global scholarship in physical education and sport science.

5. ACKNOWLEDGMENT

This study is supported by Yayasan Bumi Publikasi Nusantara.

6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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