

Identification of The Impacts and Prospects of Recreational Sports for Urban Communities in Semarang

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Abstract—The background of problem is that recreational sports activities on weekends and holidays have become a lifestyle trend for urban communities. These recreational sports activities are considered to be capable of contributing to the fulfillment of health need and values of physical, mental, and social aspects. The substance focus of the problem is to identification of the impacts of recreational sports activities on weekends and holidays for urban communities in Semarang. Research methods were done through survey and observation. Data collection techniques were carried out through interview, direct observation, and documentation. Instrument of research optimizes uman instrument actively participating in gathering data and information from informants. Research targets: 1) Forms of community recreational sports: walking, jogging, cycling, aerobics, and elderly gymnastics; 2) Manifestation of the impacts of community recreations sports activities on health, from physical, mental, and social values, 3) Prospects for the actors, stakeholders, FORMI (Federation of Indonesian Community-Recreational Sports), and sports institutions regarding the government policy regulation on RTH and RTO. Contributions of the research findings are mapping of the forms of activity or community, mapping of RTH and RTO policies, mapping of the manifestation of physical, mental, and social aspects values.

Keywords— *sports, recreation, impact, prospect, community*

I. INTRODUCTION

Community recreational sports activities, specifically for people in urban areas, have become a lifestyle trend since the activities are considered to be able to contribute to balancing the conditions between physical, spiritual, and social needs of the actors [1]. It is based on the condition that the average people in urban areas, from children to adults and events elderly, experience motionlessness in their daily lives [2].

Community recreational sports are a medium of communication and integration among different elements of societies from different groups and classes. Law No. 3 of 2005 concerning the National Sports System, which mandates that in order to support the smooth implementation of government policies related to efforts to improve health (from physical, mental, and social aspects) and quality of life of community can

be pursued through the development of community recreational sports as the embodiment of program to increase community participation in culture of doing sports [3].

The real condition of community recreational sports, comprehensively, is still alarming that requires the attentions from the government, sportsmen, and sports stakeholders. The development and establishment of sports in the society shows various dimensions, able to play a significant role in relation to education of nation's life, character building, moral education, and be able to balance, physical, spiritual, and social needs. One sport that is able to realize the foundation of sports development comprehensively is community recreational sports [4], [5].

Recreational sports as a health recovery process are carried out as part of processes to restore health and fitness that can be performed by every individual, an educational unit, a sports association or organization [6], [7]. Recreational sports aim at: a) gaining health, physical fitness, and joy, b) building social relations, c) preserving and enhancing the wealth of local and national culture. Every person who performs a particular recreational sport which carries risks on the preservation and maintenance of facilities and safety must: a) Obey the provisions and procedures set in accordance with the type of sport, b) Provide instructor as a guide who has the knowledge and skills in accordance with the type of sport. Thus, recreational sports possess a strategic position in the framework of fostering health and fitness by paying attention to the rules and agreements without harming the actors and capable of encouraging the social integration process [4], [7].

The characteristics of recreational sports include: 1) are carried out on their own accord, 2) have positive influence on the actor, 3) are accepted by the community, since they do not violate the norms, 4) the actor gains satisfaction for the activities are pleasant and carried out according to self-choice, 5) are performed at leisure time, 6) if the recreation involves physical activities, it may provide an opportunity for the body to be fitter and fresher; which basically the modern society have lost the moments of motion or motionlessness in everyday lives since most of their duties have been replaced by automatic machines [8].

Recreational sports activities carried out by urban communities in urban areas may bring benefits to the actors, namely feelings of well-being, happiness, friendship (psychological), freedom from physical stress (fit), and social integration since the people can choose recreational sports based on pleasures and hobbies, are accepted by the society because do not violate the social norms, and gain fitness health directly and immediately. In addition, the prospect of recreational sports for urban communities in urban areas fosters microeconomics, services, and culinary [9]. However, it must be supported by government regulations for those related to RTH and RTO in order to encourage people to enhance the culture of doing sports which provides benefits in life [10].

II. METHODS

A. Research Design

This research employs qualitative descriptive approach. Qualitative approach was selected by the author for it is appropriate to obtain an in-depth picture regarding the identification of the impacts of recreational sports on health, from physical, mental, and social aspects; and their prospects on the regulations of RTH and RTO for the urban communities in Semarang. Design of this research identifies the impacts and prospects of community recreational sports activities for urban communities in Semarang. The units of problems studied consist of identifications of community recreational sports forms, the impacts, and the prospects for the actors, stakeholders, sports institutions, and FORMI.

B. Data resource

The research data are in the forms of written or oral words, pictures, photos, or actions or events obtained from the data sources, namely: the actors, documents, writings, and locations of recreational sports events of urban communities in Semarang.

Data collection is defined as recording of events, things, statements, and characteristics of all elements that support a research. The primary data of this research were obtained through observations, interviews, direct experience, documents tracking, and documentations of archives used as the supporting or secondary data.

III. RESULT & DISCUSSION

Based on the data analysis, it shows a picture as a narrative through a theoretical concept view that the activities of community recreational sports: 1) have become icon of sport as lifestyle, self-expression, image of society in the millennium era, 2) are able to fulfill the need for movement where people in the modern era experience motionlessness that may impact on their health from various aspects and prospects of physical environment, especially the availability of RTH and RTO.

The results of the research and discussions of the description and the analysis are narrated as follows:

1) Identification of weekends and holidays' recreational sports chosen by the communities:

a. Walking, are chosen by many of the urban communities especially from the middle to lower classes because it is easy to do, cheap, and can be performed by anyone from children to elderly, males and females. It can be done in open areas,

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individually or in groups, by institutions or organizations. Form the activity of walking alone, if done regularly 2 to 4 times a week for 30 minutes constantly; it will impact on the level of body fitness [11], [12].

b. Jogging, the actors are mostly teenagers from a group of junior high school students, senior high school, and university students; performed 2 to 3 times per week in average. The main motivation is to possess stronger muscles for fitness because they intend to become a sports athlete and to continue to service schools, in addition to be able to physically and socially healthy and be able to meet other communities in the area [13].

c. Cycling is a choice of recreational sports that is mostly carried out by the community, especially males, with missions to maintain fitness, establish communication in the community. This activity has its own prestige for the doers through the performance with their respective styles; the mission is to learn the environment for adventure [14].

d. Aerobic gymnastics, is mostly chosen by females, especially young mothers, with their respective styles and appearances which suggest that life should still full of passion in order to be able to do activities according to their respective roles and functions. The doers express themselves according to style, are aware to stay together in activities in their groups, and establish a sense of caring, togetherness, and caring for each other [15], [16].

e. Elderly gymnastics, this activity is specifically attended by elderly men and women, is carried out 2-3 times a week in a week. The main motivation is to maintain and endure physical fitness while also maintaining the mental and social balance at once; also, establishing communication within the community to maintain mood that ultimately will reduce feelings of depression [17], [18].

2) The impact in fostering recreational sports activities needs to done collectively from the actors, communities, stakeholders, sports institutions, and FORMI. In order to advocate regulations that can become legal standards when things that violate formal law or social norms occur.

3) The prospect for urban communities, the community recreational sports can stimulate awareness and desire to be creative in developing self-potential as in culinary fields, and services. The communities can provide input to the government on the importance of RTH and RTO mappings as facilities that can be accessed by the communities when carrying out the recreational activities during the weekends and holidays.

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IV. CONCLUSIONS

Based on the results of this research, some basic issues can be concluded, they are: 1) Forms of recreational sports activities that become choices of urban communities include walking, jogging, cycling, aerobics, and elderly gymnastics with various types. The reasons for the actors to carry out weekends and

holidays' recreational sports activities because they are considered to be able to fulfill the need of health from the physical, mental, and social aspects; in addition to trend of lifestyle and image to express as a modern society. 2) Mapping of the impacts of recreational sports on health values from physical aspects : feeling of fitness to the body, the heart works more stable; from mental aspect: pleasant feelings, uplifting, discipline, caring; and from social aspects : communications and social interactions in their own respective communities, 3) The prospects can be done by mapping government policy regulations regarding public spaces either RTH or RTO or real economic spaces that can be accessed by urban communities in performing their recreational sports activities to fulfill the needs and the impacts. Furthermore, FGDs with pertinent institutions need to be conducted to formulate the mapping that later can be publish through media, 4) The environment should have the potentials of providing contributions from the aspects of security, comfort, affordable distance, no indications of conflicts, and green environment.

V. SUGGESTIONS

From this study and analysis, it is expected to provide scientific information for the society, especially for the actors, to always increase the culture of doing sports properly without violating social norms. Furthermore, the government as the policy maker along with stakeholders, sports institutions, and FORMI can formulate policy regulations concerning public spaces and the infrastructures so that the communities can access them to carry out activities during the weekends and holidays.

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