The Involvement of Recreational Sport Enthusiasm in Regular Sport Activities with Musical Integration

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***Abstract*—Nowadays many of us give many excuses when to do some exercise. To make exercise more interesting some recreational sports fans exercise with integration of elements music. Can music really improve involvement to exercise routine regularly? The purpose of this study is the know the level involvement of recreational sports enthusiasts in routine sports activities and identify musical element links with the involvement of recreational sports enthusiasts during routine activities. This study using qualitative phenomenology research design method. Three participants who are recreation sports enthusiast were chosen as participant using purposive sampling. Observation, video recording and interview unstructured were carried out to bring the real experience participant views. The collected data have been analysis by thematic analysis. There are three themes that have been identified, namely motivation, benefits and elements of music are all explained in detail in this study. Indeed, participation in recreational sports fans do exercise regularly with the involvement of elements of music when doing recreational sports. For future research, study should be conducted using case study or using larger sample with different population.**

Keywords—music integration; recreational sports; sports activities

I. INTRODUCTION

The brain is an electrochemical organ that controls the spinal cord system as well as the peripheral nervous system. Brain conscious or unconscious controls all activities of the human body [1]. The brain is responsible for blood circulation and respiratory control, various body metabolism, receiving and transmitting sensory information, maintaining body posture and expanding muscle contraction for movement purposes [2]. The brain was able to communicate electronically and chemically with thousands of other nerve cells because it contains millions of neurons [3]. The brain was able to produce 10 watts of electricity in full working condition [4,5]. Electric activity in the brain is translated in the form of brain waves. Therefore, it is important to ensure the health of the brain is at an optimal level.

According to Ford and Brown, recreation is a program that involves the use of a natural environment that aims to strengthen the teaching and learning of existing curriculum [6]. Recreation also contributes an individual, community and nations welfare [7] and can reduce depression [8]. Recreation also includes the development of knowledge, skills, knowledge, and attitudes. Hammerman says that recreational sports are the cornerstones of identifying knowledge and knowledge that can be used and applied in everyday life [9].

Recreation is a planned activity for leisure, peace of mind, and relaxation [10]. Restlessness means the leisure time used to engage in fun activities and to provide personal satisfaction. So, the use of music in recreational sports provides some interesting impact. Music is not just a part of life but also life itself. Hence, we cannot separate the music in our daily lives. The use and integration of music in life and sports is likened to become a tool that can enrich the minds of individuals more thoroughly [11]. Without music in life, the activity is becoming bland and boring. Therefore, we need to study the integration of music in exercise and sports by using empirical scientific methods to see the effectiveness.

Music has become something of a good day's treatment. Humans often use music as a hobby in daily activities. Indirectly, the music actually help us in many ways, such as acting as a cooling-up agent, reduce a physical or mental illness [12,13], treating a disheartening heart as a substance to help remember or memorize something [14], it is beyond just entertainment. In fact, in the launch of any campaign by the government or the private sector, the song is an important element that exists for the success of the campaign.

Music is not just part of life, music is life [15]. Thus, we cannot separate the music in our daily lives. Multiple Intelligence Theory by Gardner [16] outlines musical intelligence as something important for human intellectual development. Some of the key-points in this study are either the element of music influences the involvement in routine sports recreation enthusiasts or the music make activities more enjoyable.

Sport activities in the school system should provide every students meeting basic human needs like biological need for play and exercise and the need for security, self-esteem, belonging, and self-actualization [17]. The weak encouragement of physical education in school education to influence the students to do sports outside school environment

does not match its importance [18]. The synchronous lack of enjoyment and learning in Physical Education provide a long overdue rethink as to the comprehensive purpose of Physical Education [19]. Maybe we should look another angle forward to use music as one with sports and physical activities, to encourage involvement recreational sports enthusiasts in routines sports activities.

II. Problem Statement

In Malaysia, Youth and Sports Minister, Khairy Jamaluddin Abu Bakar said that only 40% of Malaysian practice healthy lifestyle [20]. They often give a variety of excuses for not engaging in light workouts such as time, motivation, work, and so on. The research had also shown that the number increases every year and few of the main reasons of this were due to unhealthy lifestyle, food intake, and lack of exercise [21]. People prefer to use their free time with less beneficial things and do not provide a goof lifestyle.

In addition, our environment is now more individualistic, people prefer to less mingle in their society [22]. Therefore, less interaction with neighbors and friends will make them not interested in exercise. They prefer doing activities that do not require interaction with other individuals. To overcome this problem, some study believe we can still be active in exercise or sports without the need or minimum interaction with the community by using music when doing exercise.

Music is an element that can stimulate human emotion and physiology. Then music can be used before competition or training as a stimulant, or as a sedative to calm anxious [23]. Most athletes will use strong music to improve physiological factors to the optimum level of sports performance when training. Although the physiological process tends to respond to the rhythmic components of music, extra musical lyrics or associations which will have an impact on emotion. So, fast-tempo music has a higher stimulus level than slow-moving music [24].

III. Objectives

- To see the involvement of recreational sports enthusiasts in routine sports activities
- Identify musical links with the involvement of recreational sports enthusiasts during routine activities.

IV. Literature Review

A. Music

Music is one of the elements in a very dynamic life [25]. According to individual interpretation, the meaning and function of music in life are diverse. The basic function of music is as entertainment. Based on this function, music is one of the dominant cultural areas. This is because, besides melodies, music contains messages in the form of lyrics. The combination of both melodies and lyrics can put music into one of the most powerful aspects of communication in human life. Based on Chamorro-Premuzic and Furnham [26], The questionnaire mainly used to see pertains of relationship between individual differences musical uses in everyday life. Different people listen and understand to music in different ways [27-29].

Another study by Cabredo, Legaspi, Inventado and Numao, stated that everyone responds differently to music [30]. This study identifies a specific set of musical features that have a significant impact on emotions for individuals. Past studies have used self-reported emotions to separate music segments using discrete labels. Emotional spectrum analysis method was used to analyze different emotions within the music segment. The music features obtained by music information processing from MIDI files are divided into multiple segments using windowing techniques. Music features are extracted and classed in two different algorithms. This study shows that music plays an active role in individual emotional states.

B. Music and Brain Activity

Music has been used to aid cognitive processing for decades [31]. The latest advances in empirical technology have empirically affected music, especially to the brain structure as well as on cognitive, affective and motor. In another study, Gruzelier mention that professional proficiency in music and dance performances with the EEG-Neuro feedback protocol that increases theta's ratio to alpha waves even in closed eyes [32]. Although the origin of the protocol is designed to stimulate hypnogogic, the history of creativity-related, the result shows that there is a psychological integration, and therefore focuses on enhancing theta-alpha ratio, reducing depression and anxiety in alcoholism and post-stressed stress-traumatic syndrome (PTSD). The study confirms creativity collaboration in music performances, and techniques and communications.

The research study by Geethanjali et al., also found that music had a great impact on the human body and mind as well as a positive effect on the hormonal system [24]. This study aims to analyze the effects of music (Carnatic, hard rock and jazz) on brain activity during increased mental workload using electroencephalography (EEG). Eight Healthy individuals without knowledge and experience in music education have participated in this study. EEG signals have been obtained in the presence of (Fz), parietal (Pz) and center (Cz) of the brain lobes while listening to music in three experimental situations (resting, music without mental tasks and music with mental tasks). The spectrum power of this feature is separated into alpha, theta and beta. When listening to jazz music, the alpha and theta equivalent ($p < 0.05$) waves are in rest as compared to music with and without mental tasks in Cz. This strengthened the study while listening to jazz and Carnatic brain waves over breaks compared with Hard rock during mental tasks.

The American Medical College says that exercise with musical accompaniment is an activity that uses a large group of muscles on a regular basis that can be held rhythmically to increase cardiovascular levels. Music has effects on the heart during exciting music [33]. It is human nature that always wants fun in everything they do includes learning itself. This statement is supported by Choong Lean Keow [34], which describes the Friedrich Wilhelm Froebel theory (1782-1852), the ideal game that can help individuals to think and be able to give pleasure, independence, satisfaction, inner and outer peace

and peace in the world of children as children are always looking for something fun for them.

Hence, music is highly desirable to be integrated in sports as the music itself is synonymous with its impact that will bring pleasure to the child and be able to meet the individual's basic desires [35]. This coherent with the theory of Emile Jaques-Dalcroze (1865-1950) which has introduced the Dalcroze method [36]. This method is a method of creative movement that takes into account the basic human desires [37]. This Dalcroze method is based on the principle that music and motion are always related and it involves the method of music learning experience through movement.

The integration of this musical art with exercise equips the development of the left and right brain and at the same time an active and fun learning person [38]. The movement accompanied by music is an activity enjoyed by humans. This activity develops their focus, coordination and imagination. Even this movement can train the individual to repair the balance and the motor skills while improving the chewy muscles. Melody can stimulate the human mind to focus on what is being done. Without the presence of music and rhythm, it is definitely something that becomes bland and we will feel bored quickly [39].

C. Physical Activity and Its Benefits

Physical activity is defined by the World Health Organization (WHO) [40] as *'any body movements produced by skeletal muscles that require energy'*. Physical activity is defined as "any body movements produced by the skeletal muscle which causes a major increase over rest energy spending" [41]. It refers to the movement of large muscle groups, as it moves the whole body. The main features of this physical activity are intensity, duration and frequency and the main settings are vacation, work, home and transportation. All kinds of physical activity have physiology. Our cells in the body, organs and systems react immediately to the stimuli directly and indirectly with such activity and adjust the structure and function accordingly.

Godbey and Mowen, in their study entitled The Benefits of Physical Activity: The Scientific Evidence shows most people using parks and recreational services [42]. Government and large agencies likely provide parks and recreation for physical activity for various health benefits. Studies have found that about four out of five Americans use government recreation parks. Recent studies find that 85% of middle age groups have visited local parks in the last 12 months.

Another study by Warburton et al., lack of physical activity plays a role in the development of chronic diseases and early death [43]. The study confirms that physical activity often helps in the prevention of some chronic diseases such as cardiovascular disease, diabetes, cancer, high blood pressure, obesity, depression and osteoporosis and early death. It appears that there is a linear relationship between physical activity and health status, it continues to increase in physical activity and fitness and will lead to increased health status.

D. Recreational Sports and Its Benefits

The word recreation comes from Latin *recretio* which means health refreshment [44]. In other words, recreation means a person's physical and physical refreshment. Torkildsen also notes that recreation is an individual experience (what the individual does as a human being), as an activity or as an institution (structure constructed for the community) or other means as a process (what happens to individuals) and as a structure (framework where recreation trained) [44]. Whereas according to McLean and Hurd, recreation is activity including physical, mental, social or emotional involvement as contrasted with sheer idleness or complete rest [45]. Recreation can be described as an act of an individual participating in an activity with the willingness and pleasure of leisure. In addition, recreation can also be identified as an experiential experience during engagement in activities. In other words, recreation must involve one's self-care.

According to Ford, recreation is a program that involves the use of a natural environment that aims to strengthen the teaching and learning of existing curriculum [6]. It also includes the development of knowledge, skills and attitudes. Other research also found that recreation program has become a fascinating approach to enhancing physical and psychological achievement of youth with disabilities [46]. Studies provide an overview of the constraints commonly encountered by participants and their families, and also identifying thirteen major components of the sport included in recreational programs.

Increased participation in leisure activities gives positive satisfaction [47]. The study found that individuals participating in recreational activities had positive relationships with life satisfaction. Studies tend to focus on the number of frequencies of activity between happiness and satisfaction during leisure and sports. Specific leisure activities, such as listening to music or watching television, provide a mental benefit to the individual.

In conclusion, all studies presented demonstrate that physical activity and music can affect individual brain waves, physical, mental, health and social especially those who are active in sports.

V. METHODOLOGY

This study was conducted using phenomenological method. According to Merriam is studying affective, emotional, and often intense human experiences [48]. Phenomenology is the interpretation of the experience of the glasses or the informants. Geertz states that researchers using phenomenological methods strive to "enter" the world of individual conception investigated [48]. Therefore, to obtain rich information, open-ended interviews without much reliance on observation. The design of this phenomenological method was chosen as the researcher wanted to study and deepen the contents of the informant's hearts on the involvement of recreational sports enthusiasts in conducting routine sports activities and the use of musical elements in routine sports activities.

This qualitative methodology requires researchers to gather all informants in an area and to interview subjects and keep track of routine activities as well as research-related needs. During interviews, the questions raised are flexible, organized and intensive to explore the perception of informants in conducting recreational sports activities that are always interest informants. Before that, the researcher asked and explained the routine activities performed and the type of music used according to the interests of informants. In addition to making field notes, researchers also recorded interviews using video recorder tools. Video footage is necessary to ensure that all subjects' reactions, behaviors and mimics can be observed. Video recording and research notes are the materials to be analyzed. The analysis of the study involves transferring data from video recording to data in written form and then formulation and interpretation will be made.

A. Population and Samplings

In this study the population of the study comprises recreation enthusiasts around Kota Kinabalu, Malaysia. Sports enthusiasts are selected through routine sports informants such as runner and cycling enthusiasts. The selection of respondents is done by using simple purposive sampling techniques. The sample of the study consisted of 3 recreational sports enthusiasts in Kota Kinabalu. The location selection is due to the need for informants who are active in recreational sports in Kota Kinabalu.

B. Collecting Data

The data collection was triangulated using interviews, video recording and observation. Before collecting data, the researcher explains the study procedure first and explains the study protocol. In addition, researchers also make observations before and during the activity. During the observation, the researcher provided a field note which is an entry pertaining to the activity and physical movement of the informant during the activity. After that, researchers also conducted formal and informal interviews with informants. The data obtained through this interview were collected and analyzed in accordance with the research questions.

C. Data Analysis

- The data obtained from interviews will be transcribed and transcriptional data will be manually analyzed to answer the question of the involvement of recreational sports enthusiasts in routine sports activities. The data obtained will be encoded and the coding codes will be used to answer the questions of the study. Unnecessary data will not be used. In addition to facilitating interview data analysis, one respondent will be encoded to A1 and the two respondents will use code A2, and so on
- For observation data, notes writing time will be recorded. Researchers will use the observation form for collecting observation data. The observation form is a document prepared to record what was observed during the activity. In the observation form and checklist, facial aspects, informal engagement, informal movements, informal excitement, body language and so on will be recorded. Additionally, researchers will also write additional notes during observations so that no missed observations may be helpful to the findings of the study. Additional notes may include feelings, reflections, or new ideas. Observation data will also use digital video recorders.
- Video recording is used to record all conversations, sounds and all movements can also be captured through the video camera. This recording material will be used by researchers to view and review a situation that has been recorded in a more effective manner than audio recording. The situation is more clearly can be seen and patterns of behavior can be detected as well as examining verbal and non-verbal communication. All this data will be coded, revised repeatedly, filtered and analyzed in the form of writing.

VI. FINDINGS

The themes are based on qualitative data analysis from interview. The interpretation of research data focuses on two things namely context and process. The context aspect is seen through the implied data and the process is repeated and accurate data interpretation, from interview data. There are three main themes generated from the analysis of the study: motivation, interest and expectation.

A. Demography

A total of three recreational sports enthusiasts were involved in this study. One informant from Kota Kinabalu, one from Ranau and one from Papar. Throughout the study, researchers were using fun run runners and bike sports fans to watch, interview and video recording. Informant consist of one female and two men. The female name given is Joyah (not a real name). Meanwhile, male informants namely Khai and Abu (both are not a real name)

Joyah is a 23-year-old woman from Ranau and from Dusun ethnic. Joyah has started engaging in running activities since elementary school and she always represents the school in a sports competition. Khai is a 27-year-old man. He is from Kota Kinabalu and is the son of a policeman. He started to engage in running activities in the last 2 years. Abu is a 35-year-old father. Abu comes from the Papar district. Abu is also an active cycling for the past 12 years and has been a member of the bike clubs in.

B. Motivation

The first theme of the findings was motivation. Generally, motivation is a change in energy in a person (personal) characterized by the emergence of feelings and reactions to achieving goals. Motivation is also a hidden power within us that encourages us to behave and act in a special. The three informants said they had the motivation to engage in recreational sports.

All motivated informants enjoy recreational sports activities for fun. Informants feel the activity is fun and they are motivated to do so. According to Khai, one of the informants

said he was having fun doing his running routine. While for Joyah he is happy to do his regular routine that is running.

In addition, Khai also noted that recreational sports activities were encouraging from his parents. For Khai doing recreational activities there is no objection from his parents. Joyah also acknowledged that her parents were encouraging her to run. On the other hand, for Abu he is motivated to do recreational sport because of his family like his children love to ride with him. In short, Abu motivated to do recreational activities because of his family involvement:

"... they like to ride with me because they can relax when cycling ..."

The majorities of informants agree that recreational sports activities are fun and deeply feel the excitement by informants. Abu when asked about their friend's view of recreational sports, he stated that his friends likes and interests with recreational sports activities. Abu also said they were committed to doing recreational sports, he told:

"... they spent a lot of time participating in the competition and attending cycling clinics ..."

This proves that not only informants enjoy recreational sport but also informants motivated and willing to attend the relevant clinics. All of informants when asked about their peers' opinion on recreational sports, most informants say their friends are involved. It is stated by Joyah in her statement that her friends are involved in recreational sports and explore the hills:

"... running down the hills and sometimes participating in the event elsewhere ..."

In addition, most informants when interviewed are motivated to conduct recreational sports activities due to the involvement of their friends in recreational sports activities. According to Khai, he can play with his friends when doing recreational sports. Khai states:

"... I can compete with them and show my abilities ..".

Particularly, informants motivated to engage in recreational sports activities when they are competition. All the informants said she was motivated by recreational sports because they could compete with their friends. Khai said that he wanted to compete with his friends and show her abilities. Through recreation sports he feels it is a platform for him to prove that he is better than his friend. Clearly that Khai wanted to highlight his potential in this recreational sporting event by saying:

"... I can compete with them and show my abilities ..."

Joyah during the interview said she wanted to run faster than her friend

"... if you want to be faster than anyone else ..."

Informants' achievement in recreational sports when entering the competition is also a catalyst for informants continuing to engage in recreational sports activities. All informants have a good track record while following the recruitment sports activities in the form of competition. Khai and Abu stated that they usually get the top 10 in one of the organized activities.

"... a lot of the run I've got numbered too, in the top ten ..."

(Khai)

"... If the competition comes, usually I try to get 10 of earliest finisher ..."

(Abu)

Furthermore, Khai tells that he will continue to run better in near future. He will continue to practice diligently and set higher targets in the future.

"... I will keep running until satisfied and able to achieve better time or result ..."

"... continue to want to practice. I will practice hard and target is run better .. "

While for Joyah, he is motivated and will continue to run and be the best he can in her hobby.

"... want to keep running and running and being the best ..."

Ultimately, informants are motivated to involvement in sports as they enjoy and have a common interest with their friends. In addition, informants are motivated to compete with their friends while performing various recreational sports activities and have their own target.

C. Benefits

The second theme in the findings is the benefits of recreational sports. Recreational sports are physical activity, some will give benefits to informants. All informants point out that the benefits of major recreational sports are healthy. This statement is highlighted by Abu, he noted that the benefits of recreational sports activities are the health of the body. The statement was followed by Joyah and Khai who also stated that the benefits of recreational sports are healthy for physical activity. Khai states:

"... I think it can revitalize our body and body ..."

Furthermore, the findings also show the benefits of recreational sports like eliminating stress or stress. There are 2 informants who say so. According to Khai, he felt that recreational sports were able to relieve him. When he was doing exercise, he was delighted and he was losing pressure from thinking about problems. Similarly, the Joyah statement also supports Khai's statement:

"...I can release tension ..."

In addition, Abu also said recreation sports were easy to do compare other things. Abu said sports recreation was more relaxed. Meanwhile, if we examine Abu's statement. Abu is a diabetic patient, but after engaging in recreational sports and he feels more's healthy. Abu said:

"... and can improve my health because before I was diagnosed with bad diabetes ..."

Additionally, the three informants also said they felt a satisfaction in doing this recreational sport. All informants

agree that this recreational sport able satisfy them and for Joyah is a solid appreciation. This is confirmed by Khai statement:

"... one satisfaction if I can jog or running ..."

According to Joyah:

"... satisfaction and a reward ..."

Additionally, the three informants stated that when doing their recreational sports, they feel more confident in themselves and being able to challenge themselves to achieve more potential. This belief is gained while engaging in recreational sports. According to Khai:

"... I feel more confident ..."

This is supported by Joyah who also stated the same thing:

"... more excited and confident ..."

In conclusion, the second theme gives positive insights on recreational sports. Recreational sports able to provide some benefits to informants such as healthy body, stress relief, satisfaction and confidence.

D. Involvement Element of Music

The final theme in the findings is the elements of music in the involvement of recreational sports. This music element is defined in the statement of 3 informants namely Joyah, Khai and Abu. All three informants said that they often heard music during recreational sports activities. The findings of the study show that music elements are a catalyst for informants conducting recreational sports activities. This was stated by Khai:

"... if I listen to music, I think my whole body is moving fast, because the songs are always having a beat ..."

Khai insists on listening to music can make he feels more excited and can calm down as if he were in another world.

"... if there is have a music, I feel so much fun like us in our own world and run in our own dimensions. We have our own rhythm and no need to think of others because we just listen to music ... "

At the same time, Joyah also said music helped her to do recreational sporting activities. Recreational sports are casual activities and by listening to music he is more eager to run. Joyah states:

"... if the music is more interesting, as we run we can hear the songs we love, and sometimes give me the urge to run faster ... "

Examining Abu's statement, the informant felt that music could give him pleasure in addition to making him feel more calms especially, when we listen to music or songs that we are interested in said Abu:

"... feel calmer, more relaxed and more fun ..."

"... music is the best, we enjoy it, listen to the songs we love ourselves".

E. Conclusion

Findings from interviews, informants like to involve in recreational sports and the role music elements can have to be involve in recreational sports. The findings of this research answer the questions of study. As a result, interviews have 3 themes, namely motivation, benefits and music elements that show the involvement of recreational sports informants.

Motivated informants are doing recreational sports because they enjoy it and there is joint involvement with their friends. In addition, informants are motivated to compete with their friends while performing various recreational sports activities and have their own target.

The second theme gives positive insights on recreational sports. Recreational sports able to provide some benefits to informants such as healthy body, stress relief, satisfaction and confidence. Additionally, informants also state that music elements are elements that help them engage in recreational sports because it can give them peace and make them more excited.

VII. DISCUSSION

This study aims to identify and see the involvement of recreational sports enthusiasts on the favorite routine sports activities. What is the essence of their involvement in recreational sports? As a result, the study was finally able to answer the questions raised in objective. There is, however, the diversity of research findings found through recreational sports such as motivation, benefits and musical elements. The involvement of today's recreational sports is a trend that spreads everywhere and is increasingly in place among the people. However, the role of researchers is important in assessing and identifying and looking at the level of involvement of recreational sports enthusiasts in routine sports activities.

Recreational sports are one of the sports that can improve the health of the community if practiced [43]. Overall, the findings are summarized based on the objectives of the study described in detail. The benefits gained in recreational sports have enabled the active involvement of informants. The experience of informants in previous recreational sports such as Joyah and Abu for eleven years and Khai experience for 2 years helped them to actively engage in recreational sports.

Meanwhile, another issue that shows the involvement of informants is their own motivation. Researchers see this issue can interest or value added to existing recreational sports activities. Recreational sports enthusiasts involved like Khai think the program is a competition for him. While other students such as Joyah and Abu are motivated because of their involvement with their colleagues. The researcher discusses the issue of motivation in interviews conducted with informants. When talking about this recreational sport, informants during their interviews can be observed that they are excited with assessable body language that they love recreational sports.

A. Motivation

This motivation is more focused on the internal motivation of informants as the study is made entirely on them regarding

their voluntary involvement in recreational sports. But their motivation and their involvement are actively described in the findings of the study. Generally, motivation is a change in energy in the our self that is characterized by the emergence of feelings and reactions to achieve the goal [49]. Motivation is also a hidden power within us that encourages us to behave and act in a special way [50]. Joyah, Khai and Abu are motivated to engage in recreational sports because of the activities they are interested in and challenge themselves. This challenge has become a driving force for them to be more motivated to engage in recreational sports activities.

Another factor they are motivated is the involvement with their friends. A peer group is a reference group that provides 'moral support' in seeking self-identity and image creation [51]. Joyah and Khai are motivated by their friends together when doing recreational sports. This can increase their involvement in recreational sports and giving them the opportunity to socialize. This form of indirect cognitive relationship actually increases the confidence of informants in conducting regular sports activities [52,53]. They are excited when friends together make an activity and give a positive stimulus.

When viewed from the findings of interviews with Khai, Khai sees recreational sports as a competition with his other friends. He is motivated because he may be a passion and competition and wants to show his potential. According to David McClelland in his book The Achievement Motive and Human Motivation, it is suggested that individuals have the potential energy, how this energy is released and developed, depending on the strength or motivation of individual motivation and available situations and opportunities [54]. Khai belongs to the achievement motivation. Achievement motivation are an impetus to outperform, superior performance standards and fight for success [55]. He wants recognition through his positive attitude and strives to be the best [56].

B. Benefits

Based on the findings of the study, there are some benefits that the students gain in recreational sports. Among the most important benefits is the health of the body [43,57]. When doing recreational sport, the exercise involves physical movement and causes sweating. Through sweating, it removes toxic waste in the body as well as regulating body temperature [58]. This physical movement causes more fat burning than normal activity [59]. Encouraging individuals to exercise for longer periods of time each day may help to enhance weight loss [60]. This study demonstrates the benefits of physical movement such as recreational sports in helping individual health. Joyah, Abu and Khai also agree that the benefits of recreational sports can make them healthier.

On the other hand, all informants agree that the benefits of recreational sports are to reduce stress or stress. Physical exercise can contributes to effective coping by enhancing better problem-focused coping derived from positive emotion when exercise [61]. They may be depressed by their work. Recreational sports can relieve or at least reduce their stress.

The combination of benefits include broad range of physical and mental health outcomes but also for the personal and social development for individuals and groups and for benefits affecting communities as a whole [62]. Abu saw the benefits of recreational sports in terms of motivation and psychology and its success in the academic and curriculum aspects. He stated that the findings of his recreational activities, he become more active, confident and could reduce the risk of his diabetes. Abu saw a more extensive perspective and channeled the positive energy of recreational sports towards the development of her health. Abu is a manifestation of recreational sports benefits towards individual health development.

C. Music Involvement

The findings of music element in the study are a priority in engaging in sports activities routines. Music is very much appreciated in doing sports because the music itself music is special in many ways [63]. According to Abu, Khai and Joyah, they all agree that music can play a role in the engage recreational and routines sports and make them more eager to do regular sporting activities.

Taking into Jones's views, exercise with musical accompaniment has interests from many aspects [31]. Physical is one of them. It works to reduce the risk of premature death and reduces the risk of bringing of dying event from heart disease due to cardiovascular improvement [64]. Additionally, exercise performance was better when subjects were exercising with music (slow melody or fast beat) compared to no music [65]. Music reduces feeling of fatigue and appropriate musical accompaniment can enhance the effects of physical exercise and help overcome the effects of brain atrophy [66]. If we see Abu who is a diabetic patient, when involve with recreational sports as a routine, plus hearing music the risk of illness can be reduce and he feels positive towards his own health.

For a long time, exercise with musical accompaniment helps maintain bones [67], improves physiology and also helps blood pressure and controls the level of cholesterol in the body [68] and indirectly improves the health of a person and does not have to worry about the risk of injury. Without the presence of music and the rhythm, it is definitely something that becomes bland and we will feel bored quickly [69]. This is stated by Joyah and Khai, they agree that music elements help in their involvement in routine recreational sports activities. They see that the element of music helps them psychologically and increases their motivation to involvement in routine recreational sports.

VIII. CONCLUSION

First, recreational sports activities can make our body healthy. This because when we are exercise, the accumulated fat content in the human body can be reduced. For example, we can jog leisurely, engage in aerobics or kayaking and so on. In addition, the heart can pump blood fluently. Indirectly, various illnesses such as heart disease, diabetes and hypertension can be avoided in total. In this context, recreation and exercise while hear to music is important to make sure our bodies are healthy, and our brains are sharp. We need making recreational sports activities are fun by combine integration with element music in daily agenda for the ultimate health of the body by preventing risk of disease.

Unraveling from other perspectives, recreational activities that routinely can be a catalyst to reduce stress in a person. Imagine if the individual should work for 60 hours in 5 days, would not they start to experience stress? Severe fatigue, fatigue and burdensome workload will cause them to show symptoms of stress such as irritability, fatigue, lethargy and lack of enthusiasm. This will result in their bad performance either at work or in school like getting a reprimand from the superiors and so on. Workout can become an effective way to entertain us if we know the total benefits and how to make it fun. Therefore, it is essential that recreation activities should be practiced and routinely

The involvement of recreational sports enthusiasts is no longer a common but has a huge impact on the country so much that the government and private bodies channel allocations and sponsors recreational sports competition and events. Community involvement in recreational sports has not been widely because our society tends to make excuses when to exercise. are shared with the whole multiracial community in this country as those involved are all societies.

Concerns about this matter, we must involve in recreational sports is routinely and does not give a variety of excuses not to do so. The more our society involve in exercise, more opportunity we can produce a healthy citizen. How well can the involvement of individuals and communities in cultivating a healthy lifestyle? The use of musical elements is also one of the suggestions or catalysts for society to engage in recreational sports as everyone loves the music and song elements. We can make this element of music as helping us to enjoy recreational sport. The elements of music have long been in our lives.

Through this study we able to identify the involvement of recreational sports enthusiasts on their routine sports activities and to identify in depth whether the musical elements help in the involvement of individuals in recreational sports. Indeed, music is one of the elements that can increase engagement in recreational sports. Whatever the findings that has been discussed, a dynamic action should be taken so that individuals and society can benefit from recreational sports and music.

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