

Phenomenological Study: Recreational Sports in Urban Society

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ABSTRACT

People in the city have unique lifestyles and thoughts. Most people do not have time to do social activities because they are busy with various jobs. Urban people engage in sports activities for several reasons, such as reducing stress caused by their work and building social relationships. This research aims to collect data to provide an overview or confirmation of a concept regarding the phenomenon of recreational sports in the community in the city of Salatiga. Descriptive qualitative with a phenomenological approach. The subjects in this research were the people of Salatiga who played recreational sports. Data was obtained using in-depth interview methods with research subjects. The data analysis technique was carried out using Milles & Huberman; namely, data analysis carried out interactively includes four analysis components: Collection of data obtained from interviews, observations and documentation, Data reduction, Data presentation, and Interesting conclusion. The people of Salatiga City interpret recreational sports very well but still need to improve infrastructure. Recreational sports are a form of social phenomenon in the people of Salatiga city. Become reference material and consideration for maintaining and developing recreational sports for society as a sustainable social phenomenon identity.

Keywords: dynamism sport diplomacy; foreign policy; sport development

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INTRODUCTION

Society is a social system consisting of a group of people who depend on each other and in which social interaction, social change, and a sense of togetherness occur (Nambiar & Mathew, 2022). Society is a term that refers to a group of people living together in an organized community (Clayton, 2020). People in the city have unique lifestyles and thoughts (Lennon & Berg, 2022). Most people do not have time for social activities because of their busy work schedules. Urban communities often follow or imitate trends on social media (Knickmeyer, 2020). Society is more open to new cultural influences (Martínez-Martínez et al., 2021).

Urban people engage in sports activities for several reasons, such as reducing stress caused by their work and building social relationships (Zhang et al., 2022). They usually do not prioritize achievements in sports but rather have fun due to tiring work. Recreational sports are physical activities carried out in free or leisure time based on desires or desires that arise because they provide satisfaction and pleasure (Mihaela et al., 2013). When doing recreational sports, people prioritize the essence of pleasure



or satisfaction, being fit and without coercion (Schneider et al., 2021). Therefore, recreational sports have become one of the sports chosen by urban communities such as those in Salatiga City because they are considered fun and easy to do anywhere and anytime.

People can do many sports, including recreational sports, which involve simple activities to fill their free time. Based on the results of observations made, the majority of people in the city of Salatiga choose to do recreational sports such as cycling, jogging, games, and team sports. Recreational sports activities for the people of Salatiga city are generally carried out in their free time. This recreational sport has many benefits, including providing enjoyment and increasing people's physical fitness levels. The recreational sports activities of the people of Salatiga City still need to be more consistent. Apart from the awareness of the importance of sport that comes from within oneself and motivation, another factor that inhibits community participation in recreational sports activities is the facilities and infrastructure available to support these activities. However, there are indeed points that are recreational sports centres for the people of Salatiga City. However, it still needs to be considered more representative of community recreational sports activities.

People's creativity arises when they transform empty land or large yards into places for recreational sports such as gymnastics and playing. Another unique phenomenon is the emergence of recreational sports communities in urban areas, such as bicycle and jogging. This phenomenon has become a contemporary trend to exist in social life. The motivation and goals for doing recreational sports have yet to be discovered. This phenomenon has a good impact if carried out consistently and sustainably. Several recreational sports communities are usually carried out by the people of Salatiga, such as the community (Salatiga running buddies), which carries out a picnic run with a 10-kilometre running route and a city run with a running route. 5 kilometers long. The community (downhill Salatiga) carries out recreational activities up and down the mountain using bicycles; the community (bicycle Salatiga) carries out cross-city activities using bicycles; the community (skateboard Salatiga), which is located around the Kartini Hall Park and also around the Salatiga City Tingkir Park.

Based on the background that has been described, the problem formulation in this research is how the phenomenon of recreational sports in the city of Salatiga is viewed from a phenomenological study. This research aims to determine the phenomenon of recreational sports among the people of Salatiga.

METHODS AND MATERIALS

This research method is descriptive qualitative with a phenomenological approach. This research aims to collect data to provide an overview or confirmation of a concept regarding the phenomenon of recreational sports in the community in the city of Salatiga. The subjects in this research were residents of the city of Salatiga who played recreational sports or who were members of recreational sports communities, including futsal, skateboard community, basketball, badminton, jogging, gym, bicycle community, and also included data collection carried out at DISPORA related to policies at the government level with a total of 20 research subjects. The research instrument uses an interview guide, voice recorder, and camera to document the data collection process. Data was obtained using the in-depth interview method with research subjects. The in-depth interview guidelines consist of several indicators, namely 1) the

definition of recreational sports, 2) types of recreational sports, 3) Motivation for doing recreational sports, 4) Infrastructure, and 5) Recreational Sports Phenomenon.

The data analysis technique used Milles & Huberman analysis, which was carried out interactively while in and after returning from the field. The Huberman system (interactive data analysis) includes four components of the results of the analysis, namely 1) Collection of data obtained from interviews, observations, and documentation, 2) Reduction of data used to solve problems or answer research questions, 3) Presentation of data which aims to make it easier to provide an overview to researchers and 4) Concluding is carried out during the research process as well as the data reduction process after the data has been collected sufficiently, then interim conclusions are drawn, and after the data is entirely complete then conclusions are drawn.

RESULTS AND DISCUSSION

The main research subjects in this interview were divided into 2: the people of Salatiga city and DISPORA informants. Research subjects from the community are randomly selected while in the field. Meanwhile, locked research subjects are research subjects who have been selected for interviews. The results of this research were obtained using data collection techniques through observation, documentation, and interviews. This data collection is used to obtain accurate data according to phenomena that have occurred previously. The results of this research are translated into five answer components following in-depth interview guidelines consisting of 1) definition of recreational sports, 2) types of recreational sports, 3) Motivation for doing recreational sports, 4) Infrastructure, and 5) Recreational Sports Phenomenon.

Definition of recreational sports

Subject PB is a mechanic at a motorbike repair shop who likes to do sports in his spare time. According to PB, the definition of recreational sports is "sports done for fun and to fill free time." Meanwhile, according to SN, a student, "Recreational sports are sports that are done to find joy, pleasure, as well as holidays and without compulsion, as well as sports that are done when you no longer have activities." From the answers above, the subject understands the definition of recreational sports. Recreational sports can be done anywhere and at any time without binding rules.

Types of recreational sports

Based on the results obtained, according to the research subject, JH, who is a chef, explained, "The types of recreational sports available around the Sitalang Salatiga park include cycling, jogging, white water rafting, and special walking facilities for arthritic people." This is also supported by the opinion of PD, who works as a lecturer, namely, "Recreational sports are sports that are done in groups or together, such as cycling, doubles badminton, table tennis, and jogging."

Meanwhile, according to HN: "recreational sports are divided into three types, namely sports in the fitness and health group, second are challenge sports, and third are traditional sports. Fitness and health sports groups include running, aerobics, cycling, and cardiovascular exercise. "Then the challenge sports group includes scuba diving, rock climbing, surfing, while the traditional sports group includes pencak silat, kite flying, stilts and so on." In general, recreational sports can be seen and their characteristics. Active recreational sports involve active physical activity for each

individual, and the type in a passive perspective means that we can enjoy recreational sports by watching.

Motivation

Based on the results obtained from the research subjects, according to HN, who is the head of a volleyball club, "a person's motivation for doing recreational sports is because of a need for body immunity, a desire to socialize with other people, a sport that is not too heavy, has many benefits, and is cheap. Rousing". This opinion is also supported by NS, a head of the sports service who said that the motivation for doing recreational sports is "to improve the quality of health and fitness, be healthy, happy and happy." Meanwhile, according to PA, a hotel salesperson, he does recreational sports "to improve the body's immune system. He must care for himself to increase his immunity so that he is not easily exposed to disease. Exercise, which is easy not heavy, makes him happy and healthy. Such as sunbathing in the morning, walking in the evening."

However, several subjects argued that "adequate rest, such as maintaining a healthy diet and eating without exercising, is enough to increase the body's immunity because they are busy with college assignments and committees, so they do not have time to do recreational sports." The motivation that each individual has can be different. Motivation is based on a person's desire to achieve something based on his goals. Motivation can also come from oneself and external factors.

Infrastructure

Regarding the facilities and infrastructure factor, according to HN: "There are a lot of recreational sports and infrastructure facilities in Salatiga, but the needs of the community are still lacking because the population of the Salatiga community is not small and also the newly provided places are still lacking so more must be provided." For example, in the Pancasila area, where pedestrians are at the side of the corridor, they need a comfortable place for that. However, because that is where people's livelihoods are, they are like street vendors, so some disturb people when they do sports there.

Similarly, NS said, "that recreational sports infrastructure in Salatiga is still lacking, because almost all sports facilities require buildings, all require space, and Salatiga is very minimal." There is only one soccer field highlighted in Kridanggo, and our sports field only has two tennis courts and the Faithful Heart Stadium. The goal tennis is specifically for tennis, while the heart of faith is used for basketball, volleyball, and futsal. It is also tiny; there must be more to hold matches, and Salatiga needs a sports center or sports center.

According to research subject JH: "I take advantage of existing and readily available facilities such as on the road; cycling is a sport that is suitable for getting around and walking along the streets." This agrees with NS, "the usual place that is often used for recreational sports is in the courtyard of the housing complex, there is a basketball court, not infrequently also in the Pancasila square" PD "any place can be used for recreational sports unless there is already a certain sport, the place Anything can be used in open or closed spaces because the aim is to improve health "such as in parks, residential yards, closed rooms that have air ventilation. Meanwhile, in open places such as Pancasila Square in Salatiga, Selamat Kartini Park, Tingkir Park in

Salatiga City, and Salatiga Smart Park. The community uses the many sports facilities to meet their health needs”.

Recreational sports phenomenon

The phenomenon of recreational sports often occurs in several cities. Salatiga is one city that has recreational sports enthusiasts. From the COVID-19 period until now, recreational sports from various communities continue to emerge and are more likely to emerge and disappear. A unique phenomenon occurs in many recreational sports communities that have emerged, such as the cycling community. This can affect the economic development of society; for example, many people want bicycles, and they flock to buy bicycles in shops or go to bicycle repair shops to repair and make their bicycles more modern. AN is a student who enjoys exercising, observing this: "I like jogging on the street, and I see lots of rows of bicycles passing by." Indirectly, recreational sports form a social phenomenon where each forms a group to carry out sporting activities. This is a positive trend if done consistently.

DISCUSSION

Sports have a strategic role in efforts to form and improve the quality of human resources for development (Ghildiyal, 2015). A city/district/province that wants rapid progress in various fields should not even spontaneously consider sports important. Awareness of the strategic meaning of sport must be manifested through development planning that supports progress (Camiré et al., 2023). Sport is a social phenomenon; each individual can form groups and communities by doing sport (Naumenko, 2018a). With the formation of groups, there will be a holistic exchange of information. Recreational sports are sports that are easy to do. Therefore people like this type of sport. Recreational sports can be done anywhere and at any time according to needs and conditions (Rodríguez-Bravo et al., 2020); many urban residents do recreational sports from the morning until they do it in the evening after coming home from work (Wieland et al., 2015). Based on the research results presented, the people of Salatiga City are enthusiastic about recreational sports, whether individually or in groups. The people of Salatiga city already understand the meaning of the definition of recreational sports itself. They interpret recreational sports as activities in their free time to have fun or fill their free time. This is a reasonable basis for everyone to have a healthy and active lifestyle.

Recreational sports have their own types; they can be done in groups or individually. Recreational group sports can increase enthusiasm and excitement because you can interact with others and not feel alone. Recreational sports in groups usually involve invasive games, such as big ball games (basketball, football, futsal, etc.) (Deelen et al., 2018). Recreational sports carried out in groups can build cooperation and bonding between individuals (Vermeulen & Verweel, 2009). The people of Salatiga city can already understand this type of recreational sport well. They do it with awareness to fit with the entire motivation. Motivation is essential for every individual to carry out activities, in this case, recreational sports (Moradi et al., 2020) (KINCZEL et al., 2020). Without the right motivation, each individual will not do recreational sports sincerely and happily. Motivation is a condition that exists within a person to do something to achieve a goal (Cook & Artino, 2016) (Simpson & Balsam, 2015). Motivation arises because there is encouragement (Sugiarto, 2021). Based on the results of this research, this encouragement is motivation to get fit. Public

awareness of living fit is an excellent motivation. By being fit, people can maintain and continue their lives and do many things to achieve their life goals. Children must be motivated to stay healthy and fit from an early age (Pannekoek et al., 2013). By understanding the importance of fitness, they will have the habit of doing physical activity throughout their lives (Hagger, 2019) (Warburton, 2006). Facilities and infrastructure can be used to carry out an activity (Siswanto & Hidayati, 2020). Infrastructure in recreational sports can be in the form of used equipment and buildings (Nagy & Tobak, 2015). Infrastructure is a significant factor in supporting recreational sports in a city (Wicker et al., 2013a). With adequate facilities and infrastructure, people can participate in recreational sports. In the city of Salatiga, there are already facilities and infrastructure to support recreational sports activities. However, based on the results of this research, it is clear that the facilities and infrastructure still need to be deemed adequate, disproportionate to the number of community groups in Salatiga. Supporting infrastructure will make people more active in playing sports (Wicker et al., 2013b) (Wicker et al., 2013c). Sports facilities and infrastructure should be easy, attractive, and safe (Barghchi et al., 2009; Haydarov et al., 2020).

The phenomenon of recreational sports means freedom to move, and anyone can move anytime and anywhere with joy and pleasure. The sports phenomenon is a social phenomenon and becomes the identity of a group living in a particular place (Kaplan, 2013; Naumenko, 2018b). Recreational sports will gradually change the dynamics of life (Gayman et al., 2022; Hanani, 2017). By carrying out recreational sports activities, people will become more active in moving and building relationships between individuals (Arundell et al., 2022). Recreational sports will also make the city they live in more prosperous (Bangun, 2014). (Biddle, 2016; Eigenschenk et al., 2019; Malm et al., 2019; Mills et al., 2019).

CONCLUSION

Based on the results that have been explained, it can be concluded that the people of Salatiga City have a good understanding of the definition of recreational sports, and the motivation of the people of Salatiga City in doing recreational sports is the need to improve and maintain body fitness, which is done with a happy heart. People who do recreational sports also have various methods. Some gather with the community, family and relatives. Sports facilities and infrastructure in Salatiga are available. However, the community's needs are still lacking because the population of the Salatiga community is not tiny, so it must be increased in quantity because sports facilities and infrastructure support the implementation of a sports activity process. Recreational sports are a form of social phenomenon in the people of Salatiga city.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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