



Analysis of Interest in Physical Activities of Pucang Boyolali Residents in the New Order

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Abstract

The purpose of this study was to determine how the interest in physical activity in the new order and the factors that influence it. This research is quantitative descriptive. The method used is a survey method with data collection techniques using questionnaires, interviews, observation and documentation. The population used is the residents of Dukuh Pucang Boyolali and uses a sample of all members of the youth organization who are in their teens and adults totaling 53 people. The number of samples of adolescent age is 16 people, while the number of samples of adult age is 37 people. Interest indicators used in this research are awareness indicators, desire indicators and needs indicators. The results of this study are that the interest in physical activity of the residents of Dukuh Pucang Boyolali in the new new order still needs to be improved. Overall residents of Dukuh Pucang Boyolali who have an interest in physical activity with a high category of 15%, while residents with an interest in moderate physical activity are 60%, and residents who have a low interest in physical activity are 25%. The average physical activity intensity of Dukuh Pucang Boyolali residents is 2 times a week with an average time of 55 minutes per week. Factors that influence the physical activity of Dukuh Pucang Boyolali residents are 72% job factor, 15% age factor and 13% environmental factor.



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INTRODUCTION

According to (Indricha, 2019) interest is a tendency that has existed for a long time towards something or an object, when someone does an activity or activity that is based on feelings of love or interest and pleasure, which arise from within a person's heart or self. The factors that influence interest are motivation and ideals. Strong motivation and ideals in a person can be a driving force in increasing his interest in something, as well as relating to the goals to be achieved. While motivation can be divided into two types, namely intrinsic motivation or motivation that arises from within a person without any external stimulation such as physical and psychological factors. While extrinsic motivation is motivation that arises because of stimuli that come from outside the individual such as from family, society and the environment. According to (Valianto & M. Sirait, 2018) someone who has an interest in an object, they will feel interested and happy by having a high enthusiasm for the object. Therefore, interest or willingness can affect the actions and activities of a person. Interest is something that is very basic or important for someone to carry out activities and activities where interest can make someone struggle more in achieving goals. Meanwhile, according to (Indarto et al., 2018) sports interest is the tendency of individuals to choose the desired sport to achieve goals.

Physical activity is an activity that uses the muscles of the body that is carried out every day. Each individual requires different physical activity depending on age, gender and living habits. According to the World Health Organization (WHO) physical activity is a series of motion activities carried out by all skeletal muscles of the body that require energy expenditure. Physical

activity is needed by a person in maintaining health, endurance and stamina in order to get fit. Some of the effects of physical activity on health include helping in energy balance, preventing obesity, increasing endurance, maintaining fitness and reducing the risk of various diseases.

Community participation is the involvement of individuals or individuals and community groups without coercion, voluntarily in an activity starting from the planning, implementation and process of the activity (Permana, B.P, 2015). Participation is very important to develop a person's sense of being active in an activity. According to (Deviyanti, 2013) there are factors supporting and inhibiting community participation. The existence of participation as an expression of human nature in carrying out activities, where the behavior is influenced by the existence of supporting factors, namely one's ability, one's willingness and opportunity to participate. Meanwhile, according to (Prasetyo.Y, 2013) various factors that affect a person's participation in physical activity include:

1. Individual Factor

Thoughts, perspectives, lack of time, injury or physical disability can influence a person to perform physical activities

2. Environmental Factors

A good environment is an environment that can support physical activity. In addition, the family and the surrounding community also affect a person's physical activity. Sports activities can be classified based on age, type of activity and influencing factors (Prativi, 2013). Activities are activities that are carried out by someone who is planned or not to get results related to body movement. According to (Imansyah et al., 2021) the method used to increase endurance is by doing physical activity or sports and getting enough rest. Sports

activities that are carried out regularly will bring good benefits to the body and can improve a person's quality of life. According to (Unan et al., 2015) If a person performs a sports activity regularly and uses sufficient intensity and volume in a regular time, it will have a significant impact on a person's health or fitness level.

Sport has a very important role in human life. Exercise can improve physical fitness and body health. During this new order, exercise should be a necessity so that the level of fitness and immunity in the body increases. But there are still many who consider the importance of exercise less. Some people will be increasingly busy with their respective work routines so that there will be less time for sports activities to maintain physical fitness or even no time for sports activities. Therefore it is necessary to have an interest or awareness of physical activity in sports. Exercise is a natural way to maintain health and keep away from the risk of disease. Regular exercise makes mentally healthier, less stressful, and triggers a sense of happiness. According to (Indricha, 2019) Sport is a series of body movements that are organized and have a structure to improve the quality of motion or it can be said to improve the quality of life as well as eating, the motion of sports activities is a necessity in life that is sustainable, which means exercise as a basis for maintaining and improving the quality of health, developing the level of physical and spiritual function. Sports activities have a major effect on a person's health and physical fitness, because sports activities can be beneficial for physical fitness.

(Rahman & Bhakti, 2020) explained that the new normal is a situation that was previously unusual and unfamiliar to humans, then used as a benchmark, hope or habit that must be

lived. The new order is a new pattern of life that is carried out by adopting new habits in order to live a healthy, productive life and avoid diseases, especially viruses. With the pandemic, we have to adapt to the life we live. Increase exercise, consume nutritious food and be good at maintaining personal health. In living life, of course, change is something that absolutely happens and we should always think positively that the changes that occur will produce something good.

In the pre-pandemic period and during the pandemic, the residents of Dukuh Pucang Boyolali were quite active to do physical activity, but when they entered the new order, the community's physical activity decreased. Various physical activities such as sports have decreased and are less carried out by the community. The public's interest in doing physical activity is not known for certain. These problems must be identified to find out how interested in physical activity is in the new order. The factors that influence the physical activity of the community also need to be known so that it can be used as a reference or guideline if later breakthroughs will be made to increase interest in physical activity in the new order. Based on the background described above, it is necessary to conduct research to find out how the interest in the physical activity of the residents of Dukuh Pucang Boyolali and the factors that influence the physical activity of the community during the new order.

METHODS

The research method used in this research is a descriptive quantitative research method, namely by seeking information about what happened by answering existing problems regarding a

condition in the event to be studied by numerical calculations.

Participants

The subjects of this study were the residents of Dukuh Pucang Boyolali who were included in the Karang Taruna members in the category of teenagers and adults. The total number is 53 with 16 teenagers and 37 adults.

Sampling Procedures

The population can be said as the whole unit that has been set to obtain the desired information, therefore the population can differ from one another according to the problem to be studied (Barlian, 2016). The population used in this study were the residents of Dukuh Pucang Boyolali. While the samples used were members of the youth organization totaling 53 people.

The sampling technique in this research is survey technique and purposive sampling technique is used. Purposive sampling technique is a sampling technique based on criteria. The criteria used were previously known based on population criteria by grouping samples based on age, namely adolescents and adults.

Materials and Apparatus

1. Questionnaire
2. Interview Draft
3. Stationery
4. Phone

Procedures

The instructions for conducting the survey are that the researcher uses a questionnaire or questionnaire instrument, namely by giving the respondent's statement according to the data needed by the researcher. The questionnaire used is a closed questionnaire with already provided answers and respondents choose answers according to the situation experienced.

The questionnaire in this study used a Likert scale with 5 scales and totaled 13 statement items that had been tested for validity and reliability. It must be tested because according to (Sugiyono, 2013) it is explained that the instrument can be said to be reliable if the instrument is used to measure several times against the same object, the results will be the same even though the time of use is different. In addition to questionnaires, researchers used interviews to obtain deeper data. After the respondent finished filling out the questionnaire, an interview was conducted. The data collected later will be processed and the results obtained from this research.

Design or Data Analysis

This study uses descriptive statistical data analysis. After the data is obtained and collected, data analysis is carried out. If so, from the results of the data, conclusions can be drawn using descriptive statistical data analysis. Meanwhile, the percentage technique is used to calculate the questionnaire numbers. To determine the grouping category, one must know or find the mean (M) and standard deviation (SD). Based on the formula above, it will get the calculation results that are presented from each question item, then group the answers into 3 categories, namely high, medium and low based on the respondents' answers.

RESULT

The results of this study are the interest in physical activity of the residents of Dukuh Pucang Boyolali in the new order. This research was conducted on June 5, 2022 with 53 respondents as members of the youth organization in Pucang Boyolali. From the results of research data analysis that has been done, it can be explained that the

interest in physical activity of adolescents and adults is in the moderate category. While the most influential factor on physical activity is the work factor.

Tables & Figures

From the results of the research that has been done, it can be categorized as the level of interest in physical activity of the Dukuh Pucang residents in the new order. These percentages are presented in the following table :

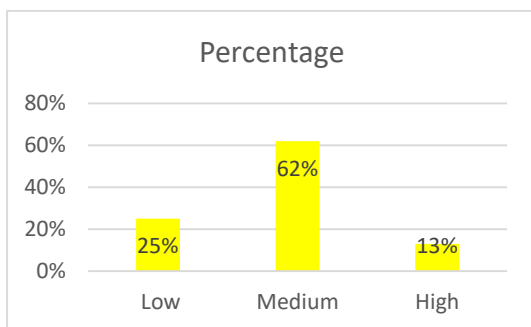


Figure 1. Interest in Physical Activity of Dukuh Pucang Boyolali Residents in the New Order of Adolescence

Based on Figure 1, it can be seen that the level of interest in physical activity of the residents of Dukuh Pucang in their teens is in the low category by 25%, the medium category by 62% and the high category by 13%.

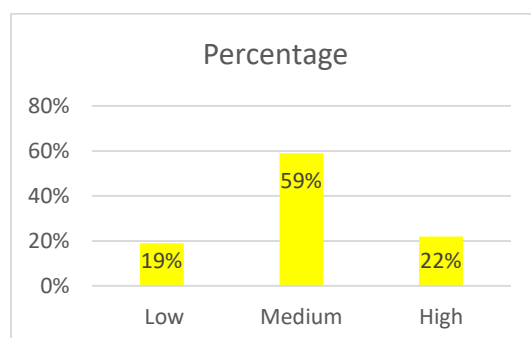


Figure 2. Interest in Physical Activity of Dukuh Pucang Boyolali Residents in the New Order of Adult Age

Based on Figure 2, it can be seen that the level of interest in physical activity of the adults of Dukuh Pucang is in the low category by 19%, the medium category by 59% and the high category by 22%.

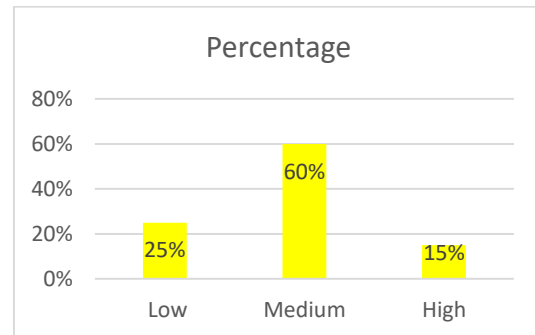


Figure 3. Category of Physical Activity Interests of Dukuh Pucang Boyolali Residents in the Overall New Order

Based on Figure 3, it can be seen that the overall level of interest in physical activity of Dukuh Pucang residents with the highest percentage is in the moderate category, which is 60%. While the high category has 15% and low has a percentage of 25%.

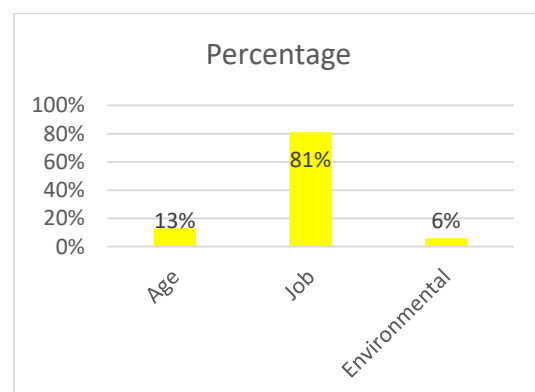


Figure 4. Factors of Interest in Physical Activity of Dukuh Pucang Boyolali Residents in the New Order of Adolescence

Based on Figure 4, it can be seen that the factors of interest in physical activity of Dukuh Pucang residents in their teens are the age factor of 13%, the

job factor of 81% and the environmental factor of 6%.

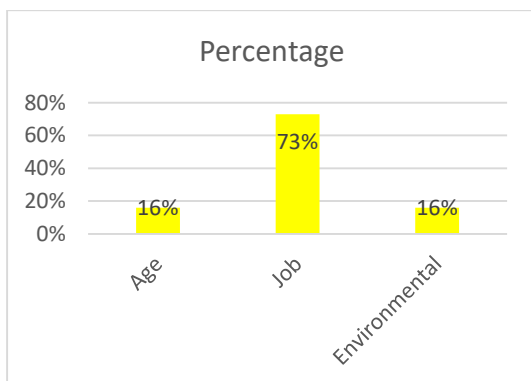


Figure 5. Factors of Interest in Physical Activity of Dukuh Pucang Boyolali Residents in the New Order of Adult Age

Based on Figure 5, it can be seen that the factors of interest in physical activity of Dukuh Pucang residents in their teens are the age factor of 16%, the job factor of 73% and the environmental factor of 16%.

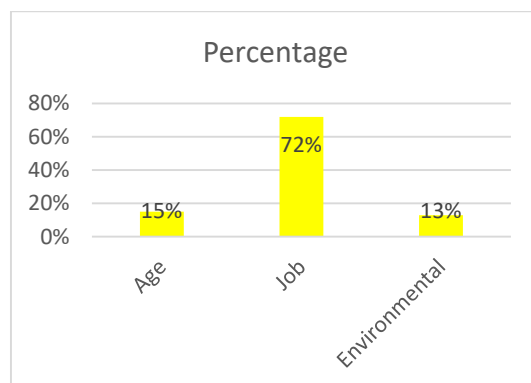


Figure 6. Factors of Interest in Physical Activity of Dukuh Pucang Boyolali Residents in the Overall New Order

Based on Figure 6, it can be seen that the factors of interest in physical activity of the Dukuh Pucang residents as a whole are the age factor of 15%, the job factor of 72% and the environmental factor of 13%. Based on the results of the research above, it can be explained that the interest in physical activity of the residents of Dukuh Pucang Boyolali in

the new order still needs to be improved. Based on the results of the interview, there are elements of interest, which consist of elements of awareness, desires and needs. According to (Achru P, 2019) attention is the level of awareness in carrying out activities. An important concern in one's participation in activities, this affects one's interest. Residents with teenagers and adults have the same awareness of physical activity, which is aware of the importance of physical activity in the new order. However, the awareness of adolescents and adults still needs to be improved because there are some whose awareness of physical activity is still lacking.

According to (Indricha, 2019) Desire or willingness is an urge to lead to a goal to be achieved where there will be interest in the individual. Residents with adolescent age have a greater desire than the adult category. This is because teenagers are more interested in physical activity and have more time and have more desire to continue to develop things that make them feel happy. Meanwhile, in adulthood, the desire to do physical activity tends to be less because there are various factors that must be considered. Adults age have less time because of the work that is too much to make the desire to do physical sports activities become inhibited.

According to (Djaali, 2013) explains that interest does not just exist by itself in the individual but interest is also related to the element of need. Residents with teenagers and adults have a need for physical activity that is almost the same at the time of the new order. Because both make physical activity such as sports a hobby. Physical activity is done only when they have free time and is uncertain, although there are a small number of people who do it regularly. Teenagers and adults also prefer to see physical activity in sports rather than doing it. But if the

activity is carried out in groups or together, it can increase the interest of teenagers and adults because physical activity carried out together will increase the enthusiasm and need for physical sports activity. The need to exercise individually for teenagers and adults still needs to be improved.

Factors that influence interest are intrinsic and extrinsic factors (Indricha, 2019). Residents with teenagers and adults in carrying out physical activities are affected by various factors. The most influential factor is the work factor because most teenagers and adults are already working and only a few teenagers are still in school. Most of the jobs they have are laborers, where working hours and busy schedules have a big influence because they only have little time to do physical sports activities. Although there are also various other influencing factors such as age and environmental conditions, the employment factor is a factor that affects the physical activity of the residents of Dukuh Pucang Boyolali.

According to (Bushman, 2019) in Physical Activity Guidelines for Americans: The Relationship between Physical Activity and Health, a person in the category of adults aged 18-64 years normally does 150-300 minutes of physical activity a week with moderate intensity or for 75-150 minutes. with high intensity. Residents with adolescent age have a slightly more intensity of physical activity than adults. The intensity of adolescent physical activity is higher because they have more time and their bodies and physical conditions are still capable. Teenagers' interest and enthusiasm is still good. Although it is still below the normal limit for the intensity of physical activity. Meanwhile, adults have a lower intensity of physical activity than adolescents due to various factors. The factor of busy work makes the intensity of adult physical activity a

little low because of the lack of free time to do physical activity or sports.

DISCUSSION

Based on the research results that have been described, the implications of the research results are:

1. The results of this study can be used as physical activity data for adolescents and adults.
2. The results of this study can be used as a reference to increase interest in physical activity in the new order.
3. Can provide an overview and facts about how the interest in physical activity in the new order.

CONCLUSION

Based on the results of the research that has been described, it can be concluded that the interest of the residents of dukuh pucang boyolali in the new order for adolescents and adults still needs to be improved or is included in the moderate category. The most influential factor on the physical activity of the dukuh pucang boyolali residents is the work factor.

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I declare that the results of the scientific work that i have made are the results of scientific research that i have done and have never been published in any kind of publication. If there is plagiarism or similarities with other articles, i will be responsible and ready to accept the consequences in accordance with the existing provisions.

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