



The Interest of the People of South Kalimantan in Practicing and Developing Pickleball

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Article Info

Article History :

Received : July 2023

Revised : September 2023

Accepted : September 2023

Keywords:

Development,
Interest,
Pickleball,
South Kalimantan,

Abstract

Pickleball is a new sport. In South Kalimantan there are IPF management in 10 Regencies and Cities. The task of each management is to increase interest in pickleball participation at the regional level and explore the potential of talented athletes. The IPF management as a whole has not been active in socializing pickleball in the general public. We only meet this sport quite actively in a few areas. The aim of this study . This research is a descriptive quantitative research. The variable studied in this study is the development of community interest in pickleball. Data collection techniques using instruments in the form of questionnaires and interviews. The population and sample of this study are all branch management at the city and district levels in South Kalimantan. The sampling technique used is total sampling. This study used an instrument with a Likert scale with 5 answer choices. The data analysis used is descriptive statistics. The results of this study showed that from the intrinsic elements there were as many as 37.8% strongly agree and 34.9% agreed stating that the success of pickleball to be able to develop must come from one's own will first. There are extrinsic elements as much as 22.7% strongly agree and 24.8% agree that for the success of pickleball to be able to develop there must be support from outsiders themselves.



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INTRODUCTION

The growth and development of sports is increasingly rapid. Sport is a medium for humans to gather, act and express, because in exercising humans have the freedom to move individually and in groups (Aswadi et al., 2015). Sport at this time has become a way of life for some people (Hidayat & Indardi, 2015). The development of sports is strongly influenced by the demands of the times. The development of sports is also influenced by old values inherent in society which are then developed to suit the needs of the times, these values become new values accepted by society. One of the sports inspired by the development of old values into new values is pickleball. Pickleball is a new sport that combines 3 old sports and has been well received in society. The combined sports are tennis, badminton and table tennis. The court used was adopted from badminton, the installation and height of the net used was adopted from tennis, the type of paddle (racket) was adopted from ping-pong bat. Pickleball can be played both indoors and outdoors. (USA Pickleball, 2023) explained that Pickleball is a Paddle sport that is played using a special hollow ball on a 20 x 44 foot court with a tennis-type net. This court is divided into right/even and left/odd service fields and a non-volley zone.

The uniqueness of pickleball is that it can be played by all ages. In all competitions both at the national and international scale, pickleball provides opportunities for all age levels to take part in the age categories provided. Both men and women, old and young, can play in a team or against a team with the same rules. In general, the benefits of exercise can make you happy, lose weight, increase positive energy, reduce chronic risk, maintain skin health, maintain brain

memory, relax, and reduce pain in the body due to lack of movement. Playing pickleball has health benefits for the body. Pickleball has many benefits, including socializing with other players, improved physical health, enjoyment, and companionship in life (Iqroni et al., 2022). Several studies have examined the health benefits derived from playing pickleball, namely 1) burning calories. The movements made in the pickleball game can burn the calories of the players. 2) improve cardiorespiratory health. Research conducted (Smith et al., 2018) recommends that playing pickleball as an alternative is worth playing because it can evoke a metabolic response so that it can maintain cardiorespiratory fitness. 3) increase the feeling of joy. Pickleball echoes the motto easy and fun. Easy means this game is easy to play, fun means this game is fun, if you try it once you will definitely be addicted. Pickleball is still relatively new in Indonesia. In some areas pickleball is developing so rapidly. This development can be seen from the public's interest in taking part in pickleball training as well as the parent organization that is actively organizing championships. Championships have been held including the World Pickleball Championship (international level) on 24 September 2022 (Ni Putu Putri Muliantari, 2022). Championships at the national level include the Pickleball National Championship in Balikpapan, East Kalimantan which will be held from 19 until 21 August 2022 (Aryadi, 2022).

In South Kalimantan, the potential for the development of the pickleball sport can be seen from the achievements of the pickleball athletes from South Kalimantan who have won the World Pickleball Championship in Bali. South Kalimantan sent 5 pickleball athletes to the world championship and all of them managed to win at each level they participated in (Rizky Hidayat,

2022). The potential for achievement of the people of South Kalimantan can continue to grow if the community is given support to develop pickleball in each region. Based on field observations, pickleball has not been played by many people. Management in 9 cities and districts of South Kalimantan as a whole has not actively socialized pickleball in the general public. We encounter this sport quite actively or it is played only in a few areas. Areas that actively play this sport are Banjar Regency, Banjarbaru City, and Banjarmasin City. In the 2 cities and 1 district, they routinely carry out exercises every afternoon and morning on weekends. In several other districts, pickleball is less socialized by the administrators. This resulted in the game of pickleball being less popular in several regions.

The uneven development of pickleball in South Kalimantan needs to be reviewed from the aspect of community interest. Interest and participation in sports differ from one another. Each region has its own norms or rules that govern its social life so that it will create a different environment and individual character (Harvianto, 2019). Interest can be interpreted as a conscious individual state to be able to present an interest in certain activities. Motivation is a motive that occurs in the tendency to be carried out in order to achieve certain goals. (Komarudin, 2013) states that intrinsic motivation is an encouragement that comes from within. The existence of intrinsic motivation is likely that an activity can last longer than other motivations. Extrinsic motivation is the willingness to carry out an activity because of reciprocity from outside. Thus, extrinsic motivation is a stimulus to interest from outside.

This research was conducted to reveal the actual situation in each region of how pickleball developed in the

community and was fostered in the South Kalimantan area in terms of people's interest in this sport. From the data obtained in the field, it will be known the interest of the people of South Kalimantan in practicing and developing pickleball. The results of this study are expected to be able to provide input or recommendations to city and district provincial pickleball administrators in South Kalimantan in improving the quality and quantity of pickleball.

METHODS

This research is a descriptive quantitative research. The quantitative research method is a method used to answer research problems related to data in the form of numbers and statistical programs, which then describe the numerical data to draw conclusions (Wahidmurni, 2017). In quantitative research the data obtained in the field will be analyzed which will be presented in the form of numbers through statistical processing (Noer Fadlan et al., 2023). Research variables are characteristics of the nature of a person's values or objects that have certain variations to be studied and drawing conclusions (Sugiyono, 2016). The variable that will be examined in this study is the development of interest in the people of South Kalimantan to do pickleball.

Participants

The population and sample of this study are all branch management at the city and district levels in South Kalimantan. The population is the whole object that is the center of research attention and a place to generalize research results (Faridah, 2021). The sample is part of the population which is taken according to certain procedures so that it can represent the population (Astriani & Praja, 2020). The sample in

this study were all 94 members of the IPF management in South Kalimantan. There are 9 IPF management in South Kalimantan. IPF Banjarmasin City, Barito Kuala Regency, Banjar Regency, Tapin Regency, HSS Regency, HST Regency, Tanah Laut Regency, Tanah Bumbu Regency, and Banjarbaru City. Each management has 10-11 members.

Sampling Procedures

The technique used in this study is the total sampling technique. Total sampling is a sampling technique where the number of samples is equal to the population (Sugiyono, 2015). The reason for taking total sampling is because according to (Sugiyono, 2015) the total population is less than 100, the entire population is used as a research sample. The sample used in this study was city and district pickleball administrators in South Kalimantan, totaling 94 people.

Materials and Apparatus

This study uses a questionnaire as an instrument to obtain data. Questionnaire in the form of questions to respondents as a data collection technique. Using a questionnaire as a tool to help collect data for the following reasons 1) researchers do not have to be present, 2) can share with respondents simultaneously, 3) respondents can answer according to opportunity and at their leisure, 4) respondents can be anonymous so they are free, honest, and not ashamed to answer, 5) All respondents' questions can be made standard. This study uses a Likert scale instrument. Menurut (Budiaji, 2013) Likert scale has four or more items with choices of answers to questions to measure individual behavior, namely strongly agree, agree, moderately agree, disagree, and strongly disagree. The form of the test used is a checklist (v) in the column provided. The measuring scale in

this questionnaire uses a Likert Scale with answer points 1, 2, 3, 4, and 5 on the side of the respondents according to the wishes of the respondents in giving the answer values from the questionnaire.

Procedures

Before the instrument is used to obtain data, the researcher first tests the validity (validity) and reliability (reliability). Validity is a measure that shows the level of reliability of a test. A questionnaire is declared valid if the questions on the questionnaire are able to reveal something that will be measured by the questionnaire (Ghozali, Imam, 2018). Reliability is an index that shows the extent to which a measuring device can be trusted or relied upon (Janna & Herianto, 2021). The purpose of this reliability test is to test whether the questionnaires distributed to respondents are really reliable as a measuring tool. Reliability means to be trusted, so reliable (Arikunto, 2016). In making reliability decisions, an instrument is declared reliable if the Cronbach Alpha value is greater than 0.70 (Ghozali, Imam, 2018). After the instrument has been validated, the researcher will use the instrument to collect data in the field. In obtaining research data, the researcher was assisted by research officers distributing questionnaires directly to the sample. Researchers used structured observation techniques as data collection techniques. According to (Sugiyono, 2016) structured observation is an observation that has been systematically designed about what will be observed when and where it is. A structured interview guide, or closed questionnaire can be used as a guide for observation. Researchers also conducted interviews and direct observations in the field to obtain supporting data.

Design or Data Analysis

After obtaining the research data, the next step taken by the researcher is to analyze the data. This study uses descriptive statistics to analyze the data. Descriptive statistics are statistics for analyzing data by describing or describing the data that has been collected as it is without intending to make general conclusions or generalizations according to (Sugiyono, 2016). Researchers use SPSS to analyze research data.

RESULT

The research data illustrates the interest of the people of South Kalimantan in developing pickleball. The data analyzed were data obtained from questionnaires, interview sheets, and observation sheets. Researchers divided interest in the questionnaire into 2, namely interest in intrinsic elements and interest in extrinsic elements. Intrinsic elements include aspects of needs, aspects of expectations and aspects of interest. Extrinsic elements include aspects of family encouragement, environmental aspects, and gift aspects. Researchers complete the data through interviews with pickleball organization officials from each city and district and make direct observations in cities and districts regarding the implementation of pickleball developments.

1. Aspects of Needs

Aspects of the needs examined include the need to improve body fitness and the need to maintain a healthy body.

Table 1. Aspects of Needs

Answers*	Participant Answers	Percentage (%)
SA	55	58,0
A	29	30,9

S	4	4,3
L	4	3,7
VL	3	3,2

* Strongly Agree = SA, Agree = A, sufficient = S, Less = L, Very Less = VL

Based on the data above, it can be seen that the public's interest in practicing pickleball in the aspect of needs is as much as 58% answered strongly agree, 30.9% answered agree, 4.3% answered quite agree, 3.7% answered disagree, and 3.2% answered very disagree.

2. Aspects of Hope

Aspects of expectations examined include aspiring to become a pickleball player, becoming champions in various competitions, the rapid development of this sport, and honing skills for the better.

Table 2. Aspects of Expectations

Answers*	Participant Answers	Percentage (%)
SA	26	27,9
A	34	36,4
S	20	21,5
L	9	9,8
VL	4	4,3

Based on the data above, it can be seen that the public's interest in practicing pickleball in the aspect of expectations as much as 27.9% answered strongly agree, 36.4% answered agree, 21.5% answered quite agree, 9.8% answered disagree, and 4, 3% answered strongly disagree.

3. Aspects of Interest

The aspects of interest studied include this sport which is very interesting, developing the basic

techniques in the game, and the experience of playing similar sports using rackets.

Table 3. Aspects of Interest

Answers*	Participant Answers	Percentage (%)
SA	35	37,5
A	33	35,4
S	9	9,8
L	12	12,5
VL	5	4,8

Based on the data above, it can be seen that the public's interest in practicing pickleball in the aspect of interest is as much as 37.5% answered strongly agree, 35.4% answered agree, 9.8% answered quite agree, 12.5% answered disagree, and 4, 8% answered strongly disagree.

4. Aspects of Family Encouragement

Aspects of family encouragement studied include families who become athletes, encouragement from family, families want to make athletes, families meet training needs.

Table 4. Aspects of Family Encouragement

Answers*	Participant Answers	Percentage (%)
SA	13	13,3
A	16	16,8
S	21	22,2
L	22	23,2
VL	23	24,5

Based on the data above, it can be seen that the community's interest in practicing pickleball in the aspect of family encouragement was as much as 13.3% answered strongly agree, 16.8% answered agree, 22.2% answered quite agree, 23.2%

answered disagree, and 24.5% answered strongly disagree.

5. Environmental Aspects

The environmental aspects studied include the location of the field close to the house, many friends participating in practice, the field is available, the field can be used, and there is a tournament being held.

Table 5. Environmental Aspects

Answers*	Participant Answers	Percentage (%)
SA	26	27,5
A	30	31,7
S	20	21,5
L	11	12,1
VL	7	7,3

Based on the data above, it can be seen that the public's interest in practicing pickleball in environmental aspects was as much as 27.5% answered strongly agreed, 31.7% answered agree, 21.5% answered quite agree, 12.1% answered disagree, and 7, 3% answered strongly disagree.

6. Aspects of Reward

Aspects of reward studies include the desire to get awards/achievements, the desire to get reward, get lots of friends, and gain experience competing.

Table 6. Aspects of Reward

Answers*	Participant Answers	Percentage (%)
SA	28	29,5
A	25	26,3
S	17	18,4
L	14	15,2
VL	10	10,6

Based on the data above, it can be seen that the public's interest in practicing

pickleball in the prize aspect was as much as 29.5% answered that they strongly agreed, 26.3% answered that they agreed, 18.4% answered that they quite agreed, 15.2% answered that they did not agree, and 10.6% answered strongly disagree.

DISCUSSION

According to (Kambuaya, 2015) Interest is a strong and deep concern accompanied by a feeling of pleasure towards an activity so that it directs a person to carry out the activity voluntarily. Someone basically will need encouragement within himself in carrying out the activities carried out. The link in this research is the community's interest in developing pickleball in the regions. To develop something new requires encouragement both from within oneself and from external influences. This encouragement will move someone to be actively involved in efforts to develop themselves and develop pickleball sports.

The encouragement that makes a person carry out certain activities is also called interest. Interest has an important role and a positive impact that gives satisfaction to a person to do every activity he likes. Interest adds joy to every activity one engages in. The joy of sports activities, self-satisfaction, and personal well-being enable a person to express himself so that happiness can be achieved or can be said to have good psychological well-being (Utami & Kriswanto, 2019). To see the dominant factors that influence someone in developing pickleball in the area can be seen from the results of this study.

Based on the results of the research that has been done, it is known that 37.8% strongly agree and 34.9% agree that the success of pickleball to be able to develop must be self-willed. yourself first. Meanwhile, from extrinsic elements or those originating outside

oneself as much as 22.7% strongly agree and 24.8% agree that for the success of pickleball to be able to develop there must be support from outsiders themselves.

Based on the results of the study, it can be seen that the dominant factor for the community to develop pickleball is their own will to develop pickleball. Someone who has an interest from within will encourage himself to be involved in efforts to develop something that he believes has a good impact on him. With this encouragement, someone will try to channel what he believes is something that has a positive impact on society or the surrounding environment. Humans are naturally social beings who need the surrounding environment. Through this, that person will try to create a certain community that he believes is something that is in line and will have a good impact on people who are in line with his thoughts.

Based on the research results, elements that originate from oneself (intrinsic elements) include needs, expectations, and interests. The factor of someone actively developing and practicing pickleball is to improve body fitness as 56.4% answered strongly agree and the need to maintain a healthy body as much as 59.6% answered strongly agreed because this sport is very interesting to play as much as 53.2% answered strongly agreed. Playing pickleball has an effect on body health. Several studies have examined the health benefits derived from playing pickleball, namely 1) burning calories. The movements made in the pickleball game can burn the calories of the players. 2) improve cardiorespiratory health Research conducted (Smith Et Al., 2018) recommends that playing pickleball as an alternative is worth playing because it can evoke a metabolic response so that it can maintain cardiorespiratory fitness. 3) increase the feeling of joy. Pickleball

echoes the motto easy and fun. Easy means this game is easy to play, fun means this game is fun, if you try it once you will definitely be addicted. Through this motto people are interested in practicing and developing this sport. It can be seen on the field that this sport does not take a long time to be able to play. Because this sport is easy, people are interested in this sport.

The development of pickleball also cannot be separated from the influence of extrinsic interest. This extrinsic interest includes support that comes from outside the individual. This support is in the form of encouragement from the family that supports every pickleball training activity. Family is the closest environment that has a big influence on being able to determine one's achievements. Encouragement from the family will provide a positive spirit for a person. From the results of research on family encouragement that influences that in providing support in the form of meeting training needs as much as 18.1% answered strongly agree, 28.7% answered agree. This support makes a person feel supported to practice and develop the sport of pickleball.

Another external support is the surrounding environment. The environment in this case is the existence of pickleball training activities carried out by the community. This activity includes the availability of supporting facilities and infrastructure for training, there are many people who are actively involved in training and are regularly scheduled, there are championships held to measure and improve achievement. The results of the study show that the availability of a field that is close to home and easily accessible has an effect on people's interest in practicing pickleball. As many as 23.4% answered that they strongly agreed and 28.7% answered that they agreed that they actively practice

pickleball because the location of the field is close to home. Furthermore, as many as 41.5% answered strongly agreed, 36.2% agreed that to practice pickleball the field must be available first and the field must be usable or feasible to use with 38.3% answering strongly agree, 43.6% answering agree. Facilities and infrastructure are important in which facilities and infrastructure are one thing in increasing the motivation and achievement of athletes (Aulia & Asfar, 2021).

In general, sports infrastructure means everything that supports the implementation of a process (business or development). The process of developing sports that is carried out will run well if it is influenced by existing facilities and infrastructure and is suitable for use. The lack of sports facilities and infrastructure will hinder manipulating motion in individuals (A. Bs, Mappanyukki, Et Al., 2021). For example, the availability of a field must be adjusted according to the number of people interested in carrying out sports activities. The lack of availability of facilities and infrastructure will result in someone taking turns using existing facilities and infrastructure. These limitations will have an impact on reducing one's interest in doing sports.

CONCLUSION

Based on the results of the research that has been done, the following conclusions can be drawn as follows: public interest in practicing pickleball on intrinsic elements which includes aspects of need as much as 58% answered strongly agree, aspects of hope as much as 36.4% answered agree, aspects of interest as much as 37.5% answered very much agree. Community interest in practicing pickleball on extrinsic elements which include aspects of family encouragement as much as 24.5%

answered strongly disagree, environmental aspects as much as 31.7% agreed, reward aspects as much as 29.5% answered very agree.

ACKNOWLEDGEMENT

The author would like to thank Lambung Mangkurat University for providing support in this research. The author also thanks the physical education study program which has encouraged to conduct research in realizing the vision and mission.

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