

**MAKNA OLAHRAGA REKREASI BAGI MASYARAKAT MODERN SEBAGAI GAYA HIDUP
UNTUK TETAP AKTIF DAN BUGAR**

***THE MEANING OF RECREATIONAL SPORTS FOR MODERN SOCIETY AS A LIFESTYLE TO
STAY ACTIVE AND FIT***

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Abstrak

Penelitian ini bertujuan untuk menggali makna olahraga rekreasi bagi masyarakat modern sebagai gaya hidup untuk tetap aktif dan bugar. Penelitian ini merupakan penelitian kualitatif dengan pendekatan fenomenologi dilakukan di Kota Salatiga di beberapa tempat olahraga terbuka dan tertutup juga di fasilitas olahraga terbuka yang disediakan oleh pemerintah kota. Partisipan merupakan masyarakat Kota Salatiga yang melakukan olahraga rekreasi. Partisipan yang diambil dalam penelitian ini berjumlah total dua puluh lima responden dari berbagai kelompok komunitas olahraga maupun secara individu. Teknik pengumpulan data menggunakan in-dept interview. Teknik analisis data menggunakan metode dari Milles dan Huberman yang dibagi menjadi 4 tahapan yaitu pengumpulan data, reduksi data, penyajian data, dan penarikan kesimpulan. Hasil yang ditemukan adalah masyarakat modern belum mengetahui definisi olahraga rekreasi dengan baik, mereka melakukan olahraga rekreasi di waktu luang untuk menjaga kebugaran, olahraga rekreasi dijadikan gaya hidup bersama keluarga, lingkungan dan media masa menjadi faktor pendukung dalam pemahaman dan aksesibilitas dalam melakukan olahraga rekreasi. Kesimpulan penelitian ini adalah masyarakat modern belum memaknai dengan baik olahraga rekreasi, namun secara sadar mereka melakukannya dengan motivasi internal dan juga dukungan dari lingkungan termasuk keluarga dan media masa.

Keywords: olahraga rekreasi, masyarakat modern, kebugaran

Abstract

This research aims to explore the meaning of recreational sports for modern society as a lifestyle to stay active and fit. This research is qualitative research with a phenomenological approach carried out in Salatiga City in several open and closed sports venues as well as in open sports facilities provided by the city government. Participants are residents of Salatiga City who do recreational sports. The total number of participants taken in this research was 25 respondents from various sports community groups and individually. Data collection techniques used in-dept interviews. The data analysis technique uses the method from Milles and Huberman which is divided into 4 stages, namely data collection, data reduction, data presentation, and drawing conclusions. The results found are that modern society does not know the definition of recreational sports well, they do recreational sports in their free time to maintain fitness, recreational sports are used as a lifestyle with the family, the environment and mass media are supporting factors in understanding and accessibility in doing recreational sports. The conclusion of this research is that modern society does not have a good understanding of recreational sports, but they consciously do it with internal motivation and also support from the environment, including family and mass media.

Keywords: recreational sports, modern society, fitness

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INTRODUCTION

Society can be defined as a group of people who live together in a specific geographical area and have social interactions (Cobigo et al., 2016). The definition of society involves relationships between individuals that apply certain norms, values, culture, and social structures (McDonald & Crandall, 2015). Communities can be small, such as village communities, or large, such as urban communities (Yahya & Yahya, 2020). The dynamics of society continue to develop over time, influenced by economic, political, social and cultural factors (Guzel et al., 2021). The definition of society can vary depending on the sociological, anthropological, or other social science perspective (Campbell, 2021). Society types can be divided based on several criteria, including size, structure, culture, and interaction patterns, including modern societies that continue to experience scientific and technological transformation (Miranda & Freeman, 2020). Modern society is a social organization influenced by technological, economic, political and cultural developments in the contemporary era. In contrast to traditional societies, which tend to be more static and limited in technology and mobility, modern societies tend to be more dynamic, complex and open to change (Kulzhanova et al., 2020).

As of 2023, modern society engages in various activities and trends that reflect the dynamics of contemporary life. Of course, the actions of modern societies can vary greatly depending on geographic, cultural, and social context. The development of technology and the internet has significantly impacted the daily lives of contemporary society. Internet access has become very common worldwide, allowing people to connect with global information and interact with people from various backgrounds (Haleem et al., 2022). Social media such as Facebook, Instagram, Twitter and others have become the leading platforms for sharing information, connecting with friends and family, and keeping up with the latest news and trends (Alhabash & Ma, 2017). Instant messaging, video calling and virtual conferencing applications allow people to communicate instantly without being limited by geographical and time boundaries (Morrison-Smith & Ruiz, 2020). Everything available makes life easier. But behind the convenience of the public, there are problems due to the busyness of modern society caused by work.

Modern society experiences various unique and complex phenomena due to technological developments, globalization, social change, and other factors. The spread of digital technology, especially the internet and social media, has changed how people communicate, work, and access information. This phenomenon has positive impacts, such as global connectivity, but also creates new challenges like internet addiction and privacy issues. Modern society tends to prioritize the values of individualism, where people tend to pursue personal freedom, individual rights, and personal achievement. This can lead to a lack of social solidarity or concern for the common good. Although modern societies often aspire to equality, social inequality remains a significant problem. Whether in economics, education, or access to health services, inequality can continue to widen gaps between societal groups.

The busyness of modern society is reflected in various activities that reflect the lifestyle, needs and demands of the current social, economic and technological environment (Festini et al., 2019). Many work demanding jobs and careers, often applying long hours and pressure to achieve results. Technology and social media use can be a significant source of busyness, with many people communicating online, consuming content and participating in online activities (Dwivedi et al., 2023). Busy lives also involve roles as family members and friends, including time spent gathering, celebrating special events, and establishing social relationships. Modern

society is more individualistic, thinking about oneself without considering good social relationships and interactions (Amati et al., 2018).

Modern society faces various health problems that are often related to lifestyle changes, economic pressures, and the impact of technology. Busy lifestyles, work pressures, and financial concerns can lead to increased stress levels, which can harm physical and mental health (Guan et al., 2022). Increased consumption of processed foods, unhealthy eating patterns, and inactive lifestyles have led to rising obesity rates in modern society (Cordova et al., 2021). Many people spend long periods sitting in front of a computer or cell phone screen, which can lead to a less active lifestyle and contribute to health problems such as obesity and heart disease. Mental health is becoming an increasingly important issue with the increasing pressures of modern life (Cianconi et al., 2020). Depression, anxiety, and other mental health problems can be influenced by factors such as work pressure, social isolation, and high expectations (Mofatteh, 2021). Lifestyle-related diseases, such as cardiovascular disease, type 2 diabetes and respiratory diseases, are often linked to unhealthy diets, lack of physical activity and stress (Galaviz et al., 2018).

Recreational sports play an essential role in maintaining modern society's physical and mental health, which is often faced with busyness and pressure. Recreational sports are activities undertaken for fun, relaxation, and entertainment without competitive pressure or highly competitive goals (Aksoy & Arslan, 2019). This form of sport is more relaxed and not bound by strict rules or performance demands. Recreational sports aim to provide physical fitness, improve health, and provide enjoyment while creating a social and relaxed atmosphere (Malm et al., 2019a). In contrast to competitive sports, which often involve competition for victory or highest achievement, recreational sports emphasize aspects of fun, relaxation and fitness. This activity can be done by individuals or groups in various settings, including parks, beaches, recreation areas, or fitness centres (Wibowo et al., 2023).

Recreational sports provide health and fitness benefits without the intense competitive pressure. This can be a fun and rewarding way to stay active and maintain life balance. If we look at urban communities, they often do recreational sports both indoors and outdoors. They do various recreational sports such as playing ball, jogging, cycling, going to the fitness centre and many more. But the problem is that only a few people do it; they are tired and busy with their work, which results in a lack of enthusiasm and no time to do recreational sports activities. Sometimes, they also play recreational sports because they follow trends without understanding the urgency and purpose of recreational sports themselves, this is the phenomenon studied in this research.

From the description of the background of the existing problem, research questions can be formulated: how does modern society interpret recreational sports as a lifestyle to stay active and fit? This research aims to discover the meaning of recreational sports as a vibrant and healthy lifestyle for modern society.

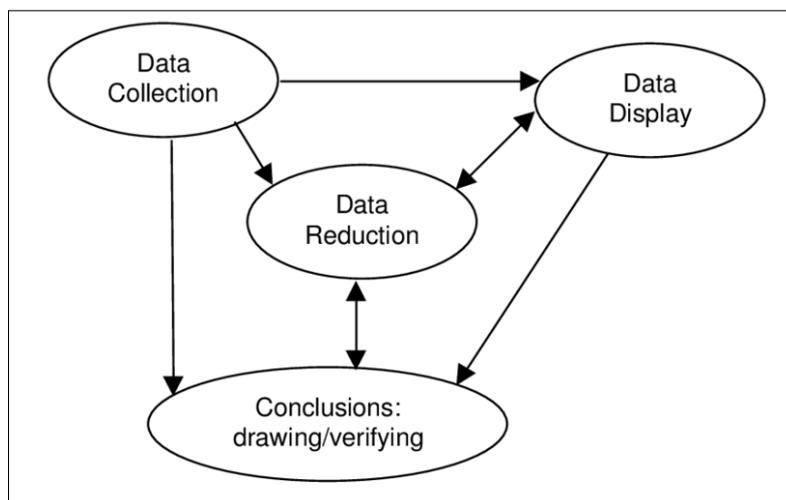
METHOD

This qualitative research with a phenomenological approach studies the meaning of recreational sports in modern society (Williams, 2021). Phenomenological research is used to understand and explore people's lived experiences from their perspective. This method profoundly explains how people experience a phenomenon or event. Phenomenological research often involves in-depth interviews with participants who have direct experience with the phenomenon being studied (Bliss, 2016), such as recreational sports. This research aims to express opinions and thoughts about what they feel about recreational sports. This approach emphasizes appreciation or understanding of each respondent in this research. This research was conducted in Salatiga City in several open and closed sports venues and open sports facilities provided by the city government. Participants in this research are urban residents who

do recreational sports in Salatiga. This research included 25 participants from various recreational sports community groups and those carried out individually, such as recreational sports jogging, cycling, futsal, etc. The criteria for participants in this study were men or women between the ages of 18 and 45 who consciously engaged in recreational sports.

The data collection technique used in this research is in-depth interviews. In-depth interviews are a type of qualitative interview designed to gain an in-depth and detailed understanding of a person's views, experiences, or perspectives regarding a particular topic or phenomenon. In-depth interviews give researchers the freedom to gain in-depth insight into individual experiences (Rutledge & Hogg, 2020). Personal involvement between researcher and respondent and flexibility in interview design allow this research to explore layers of information that may not be revealed in other research methods. The steps taken by the researcher were to conduct observations in the field and determine subjects to be interviewed, prepare questions consisting of factors 1) Definition of recreational sports, 2) personal experience, 3) needs, 4) lifestyle, 5) family, 6) Environment, 7) Mass media, then carry out interviews, and identify follow-up interviews using documentation media such as sound recordings, videos and images.

The data analysis technique used in this research is Milles and Huberman's method. This analysis method divides data into four main stages: data collection, data reduction, data presentation, and conclusion. After getting data from respondents, the author will recapitulate to find out the data distribution.



Picture 1. Milles dan Huberman analysis (McKenna et al., 2001)

RESULTS

The findings from this research were obtained from respondents who did recreational sports in the Salatiga city area, with several question factors that were essential points in collecting this data. Researchers are trying to dig up information about the meaning of recreational sports for modern society to stay active and fit.

Definition of recreational sports

Recreational sports are activities carried out in addition to gaining pleasure but also impact improving the quality of physical fitness. This sporting activity is carried out in free time based on desires or wishes that arise because it gives satisfaction and pleasure. In this study, the participants' knowledge regarding the definition of recreational sports could be deficient. Following are the participant's expressions:

"... Recreational sports, wow, I do not know the exact definition or what... I do not think

that is true... If recreational sports are fun, they are sports but have an entertainment element; the aim is yes. Be healthy so your body is healthy, and then what can you do? What do you mean by being more fit? Sometimes you exercise with office friends, you laugh and laugh when you're too busy at the office, you exercise and laugh, laugh a little, that's it, at this age, in my opinion, badminton is sometimes too forced, it's better if you're over 40, don't play, but because "We already have a club team, that is fine, that is fine, we have a team; theoretically, I think it's too risky because it is a kind of high-intensity sport, right?" (R1)

"... I do not know, bro..." (R2)

"... So, it is a type of sport, in the form of recreation so... it is not heavy, but it is for health... it is definitely for health..." (R3)

"... Not enough... what? How is that? (R5)

"... Maybe that is a new vocabulary for me... yes, it is still normal, I do not understand it" (R6)

"... No, what do you mean? Recreational sports... the goal is to be healthy and lose weight because I am already over-winged; I want to be fitter and stay younger. I also have diabetes from my parents, so I am trying very hard to prevent it from appearing in me. The only thing is that my diet and exercise have just started. I have been doing it for 2-3 years, but it has been up and down, and I have not been able to be consistent. It is worth it, and it is a sport that does not look at age, and it is okay (R7)

"... Not yet, I do not know... my body feels better than before and every week there must be exercise. If you skip exercise for 1-2 weeks and do not exercise, your body will start to feel unwell" (R10)

Several facts, including education, information sources and socio-cultural factors, influence respondents' lack of understanding about recreational sports. However, respondents' ignorance about sports recreation makes them engage in sports recreation without realizing it. Respondents appeared to be aware of the benefits of recreational sports, which may explain their ignorance of the recreation concept. Respondents' responses showed that participating in recreational sports aims to maintain physical fitness, fill free time, relieve stress, and strengthen social relationships.

Personal Experience

We are the first person we know before we know anyone else. However, in this discussion, what is meant by oneself is how a person gets, realizes, and understands what a person experiences when doing recreational sports activities.

"... I play badminton... one experience is health, of course in terms of breath, in terms of our energy, it is guaranteed, secondly, from a physical perspective, I was already fat, but after continuing to exercise, my weight has decreased, bro. (R2)

"In my free time, I jog in the morning. I mostly play badminton, but it is not recommended. Nevertheless, I have always had badminton as my hobby. At this age, I still only do it once

a week... If you have experience, it is possible because it is usually outdoors, right?" "If it is in Salatiga, it is in the Salatiga square, so from there I see many people aged 40 and above because proper exercise is recommended and not too strenuous" (R13)

"...yes, I think it is worth it because it is not hard, jogging is just a brisk walk, it is not hard on your body at this age, and this is also recommended...experience, bro, e...yes, once when I was jogging, bro, yes While jogging there was an incident which of course was an event where I did not wear it right. When I was jogging, suddenly my foot sprained, sir, so maybe it was an event that was not good for me because when I was enjoying the weather in the afternoon, going for an evening walk, suddenly my foot sprained, and the position was in place. It is quite like that, bro. I am alone in a quiet place because there are a few friends I usually jog with who are having obstacles like that, bro (R14)

"... if there is a problem with experience, there is also togetherness between friends. If that experience is, for example, almost getting hit, it often happens. If we are usually busy, especially if we are not careful, we almost get hit because we are cycling; yes, there is a risk because we are cycling, but we must be careful (R15)

"... if we have experience, we know bicycle paths that we have not gone through or other recreation areas that we have not been to that cannot be passed by motorbikes, our cars can cycle to remote areas (R6).

According to information collected from each respondent, they still exercise when they have free time. To maintain their health, respondents stated that they took part in sports to maintain their body fitness. Respondents chose several sports they liked, such as futsal, jogging, badminton, cycling and the gym to maintain their fitness. They received mixed responses from the more experienced respondents. Some respondents had negative experiences, such as being injured or almost having an accident while taking part in sports. However, some respondents had experiences or goals in participating in recreational sports, such as those who learned about a new location and initially did not know about it but became familiar with cycling.

Needs

Need is a condition where a person needs something to maintain life, grow, develop, or feel adequate. Basic human needs can be classified into two main types: primary needs and secondary needs. However, this discussion tends to discuss secondary needs. Following are the respondents' expressions:

"... Oh yes, the routine is only twice a week, Tuesday and Sunday, if it is routine, but it is not routine. Yes, sometimes some people usually invite people to walk or jog, but it is not scheduled" (R1)

"... 4 times... Exercise is a necessity, bro" (R12)

"... I do it every day, apart from Sunday I jog every day (R3)

"... this week e... that is once a week, bro, but if I do not have time for work from the office, bro, I do it two to three times a week, bro, in the afternoon, bro... if that is the case, bro... I think that all this time, I have felt the impact, sir, it is essential for our own needs because apart from making ourselves healthy, it is also one part of managing our lifestyle (R4)

"... m.... what? If Saturday is between Saturday and Sunday, we often cycle, bro, with friends from high school together. However, after graduating high school, we still communicate, often cycling together. However, the schedule is uncertain: on Saturday and Sunday, cycling in Pancasila, in the morning, sometimes in the afternoon, it depends. It is busy in the morning, sometimes in the afternoon... yes, it is necessary, bro, primarily as I work from morning to night, so I need exercise. If I do not exercise, it is like illness will suddenly come (R5)

"... it does not necessarily depend on the job if the job involves much cycling but if the job does not involve a lot of cycling (R16)

"... if I am in the mood, that means sometimes five times a week, I spend five days (R7)

"... yes, you cannot say how many times a week, maybe I am busy once a week, maybe... if now I consider it necessary at 40, what do I do? Sorry, I am at this age, and the disease is elementary; I also have asthma, so I do not want to exercise heavy, heavy, just light (R18)
".... if it is once a week, it is mandatory, bro, but if a friend invites you, it can be up to 3 or 4 times, bro, so if I get a day and night shift, I am sure if someone invites me, I will play (R19)

"... for futsal twice a week, if you jog every morning, you can, but if you do sports, climb a mountain at most once a month, at least you have to go up (R20)

Information obtained from respondents indicated that they engage in sporting activities at least once a week, with some respondents undertaking sporting activities six times a week. However, respondents' responses show that some people view physical activity as a requirement for a healthy lifestyle because it is seen as a prerequisite. In addition, respondents gave reasons why they rarely participate in sports; from all their responses, it can be concluded that they are too busy with work to participate in sports, mainly recreational sports.

Lifestyle

Lifestyle refers to the way an individual or group of people lives their life, including their behaviour, habits, decisions and daily activities. Lifestyle includes various aspects of life, such as health, diet, physical activity, hobbies, social interactions, finances, and the facilities used. Lifestyle reflects an individual's choices regarding how they spend their time, their values, and how they manage daily life. The following are respondents' responses regarding lifestyle or facilities used in recreational sports:

"... Yes, if it is badminton, it has a racket, it has other properties, for example, I had shoes, so I finally chose badminton shoes, there are also clothes that absorb sweat if it is a bicycle, lots of helmets and shoes that adjust, that is what (R1)

"... It is like shoes and sports clothes like that (R2).

"... yes, if we talk about equipment, of course, there are shoes, bro, there are also sports shoes, and usually when I run, it is clothes. Sports clothes are the jerseys, bro, as you say, bro (R4)

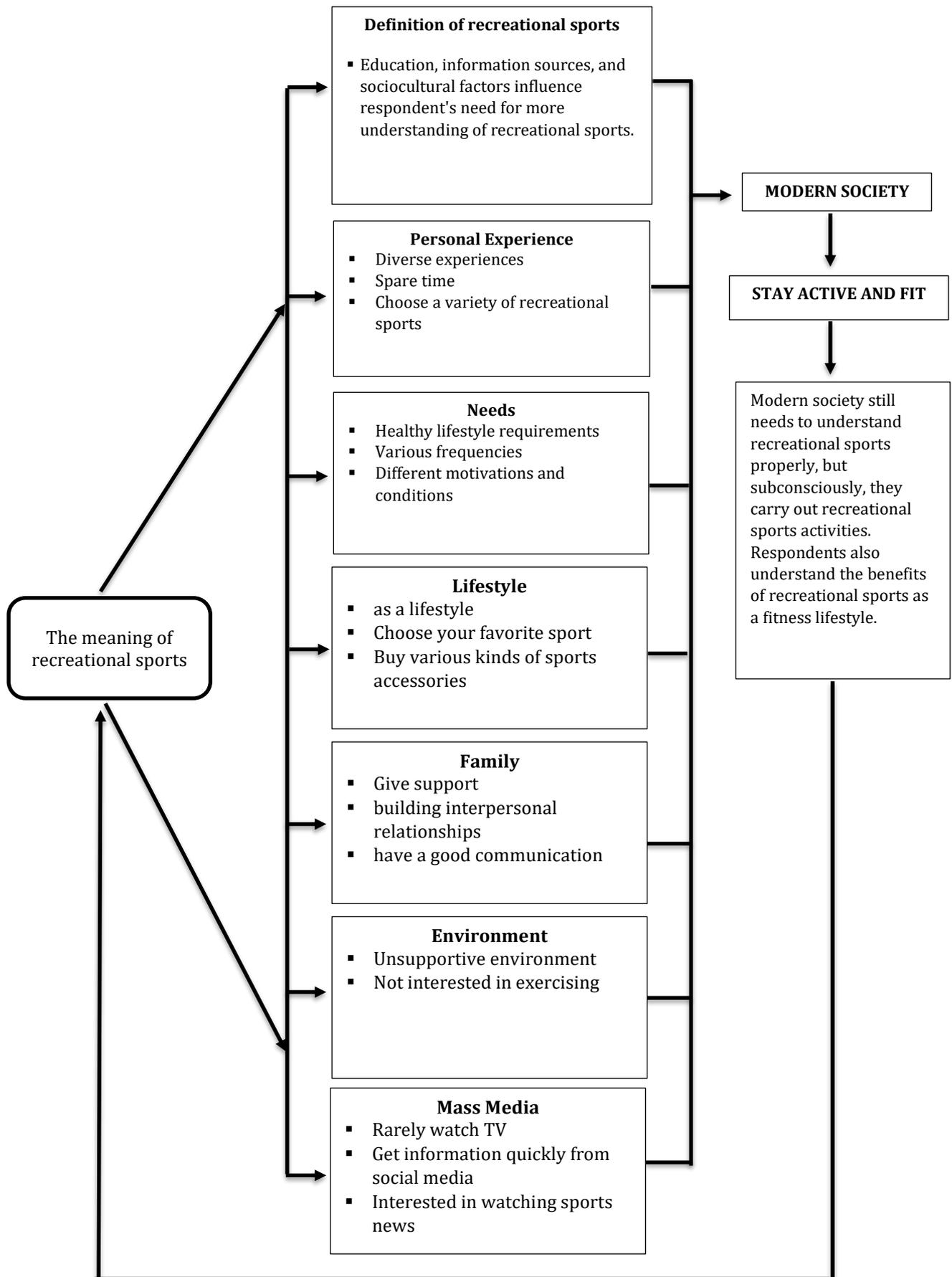


Chart 1. The meaning of recreational sports

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"...m... there is something specific: bicycles have helmets, protectors, gloves, glasses and jerseys. We also have association jerseys; that is how our union is; every Saturday and Sunday, we cycle in uniforms like that (R5)

"... if it is just like cycling, at least a helmet, shoes, fashion tools that are suitable for sweating (R6)

".... I have been going to the gym since 2003, there is a gym there, a gym here, yes, I am invited to go to the gym, it is nice, it is simple; I went to the gym yesterday and yesterday I wore futsal shoes; the costumes were the same as that (R8)

"... I have been in futsal since high school, bro. For futsal, I have something like jerseys, bro, and Ortus Black Venom futsal shoes, and those are the only socks I have (R9)

"... for cycling and jogging, it is more straightforward, it does not cost a lot, if you go up a mountain, it is more about the price. The atmosphere can also be sweaty. If you follow futsal, join your friends... As for the equipment to support my activities, I thank God they are all complete. Even though you do not have to go to the expert level, we can get it at a regular sports shop or regular outdoor equipment shop; it is easy to get (R10)

Respondents' information indicates that the recreational sports they enjoy are enjoyable; they also listed recreational sports they enjoyed. Alternatively, equipment that helps sports and recreation, such as t-shirts, bicycle helmets, shoes, glasses, socks, and other personal support equipment.

Family

The family is the basic unit in the social structure of society, consisting of individuals related by blood, marriage, or adoption. The family is not only a biological group but also forms a robust framework of emotional, social, and economic relationships. However, the family referred to in this discussion is how respondents respond to or introduce sports to their family members. Following are the respondents' expressions:

"... Wow, support, even if you want to do sports, you will be given lots of support. Do not let the children or the generation become lazy about sports. I hope these children will be used to sports from a young age. Do you know that my family members' hobbies are sports, right? What kind? However, these kids seem like they are not the type of people. His favourite thing is children's futsal, but the other one likes taekwondo, martial arts, yes, if the wife does not mind, sometimes she likes doing exercise because she is happy, and that exercise is also aerobics, like that, yes, yes, I have done sports together, such as swimming, cycling, but "The thing that often happens is swimming. Swimming is quite enjoyable while exercising for both of you." Yes, if it is positive, we are closer, so the family is closer and more open, even when swimming; what kind of closeness arises at home? Sometimes, we do not even have time to chat when in the swimming pool; there is a change in relaxation. Well, sometimes we are always teaching each other because swimming is a style. Some so many kids are better at it; it is like Freestyle already knows what we are up to; it is okay, it is okay for the child to be an instructor, no problem, that is also a positive thing; he also has moments of being a teacher at home, right? Sometimes, he thinks the child is in the same position when he is in the swimming pool. Ah, I am the teacher. Yeah, never mind (R21)

".... of course, bro will allow it.... if my father plays volleyball, bro, if my mother's hobby is cooking, bro" (R22)

"..... yes, it supports... if the children like swimming and playing basketball, if the father is more inclined to badminton... what is clear is that togetherness with the family will be of better quality because for one week maybe each child goes to school Dad works so the one moment, we exercise together is our opportunity to be with our family (R23)

".... I support them more, bro. It will be necessary for their lives because it makes them healthy, so I support them like that... if I look at my brothers and sisters, they are also sports fans. However, my mother usually does activities; only my mother does it every time. I do sports movements in the morning, like cooling down before doing activities. My father also goes for a run in the morning. My brother's hobby is volleyball. Sir, he plays volleyball. If it is a girl, he does not really like sports... So far, I have never exercised with my family; maybe after we communicate like this, I can do it, bro (R24)

".....m... it is rare, bro. When you were in middle school, you often cycled together, but in New Week, you do not just cycle badminton or other sports, but you often cycle... It is undoubtedly impressive, especially since you cannot exercise with your parents. Being able to cycle together is the most impressive impression. Now you cannot do that anymore, so I miss cycling with my family... It is supportive, bro. Judging from Indonesian people, some think that this sport cannot be successful, but if you think about it, For me, it could be a promising future if, for example, we get a trophy, it could be a promising future if my child were there I would allow him to play whatever sport he is interested in, so it must be instilled first that sport is a necessity (R25)

"...not yet, because there are small children at home so it is not possible yet... if the child likes soccer, if the wife does not really like sports... if the family may be just walking around the house... at least I will buy a bicycle if the child (R6)

teaches them to do safety reading so they know what traffic conditions are like or what traffic signs are, they also do sports and learn at the same time (R8)

".... ever, but because it is raining lately, we usually swim or jog around SWCU every Saturday... what is the story? It is just fun; it is just an ordinary experience that has nothing to do with it... if my husband is a badminton player, the big one likes futsal, and if the little one is an enthusiast of swimming, he can do futsal. (R17)

".... exercise in the morning is the most relaxing walk, to the Tiban market or wherever... if you tell me, maybe we intend to exercise, but the children think they want to buy and buy, so we have to bring more money just to exercise... I support it, to be honest; since Covid until now, I rarely interact; I rarely go out at home, I rarely go out, but I still walk... for children, my child is still underage, and I do not think he can see it yet, but physically he seems to be supportive if my wife is from, I used to get tired quickly so (R20)

According to information gathered from respondents, they support their family's desire to participate in sports because they know that exercise is essential for a person's body. Respondents also know what sports their parents, family members, husbands and wives, and children like. Respondents said that exercising together with their family can help them become

closer to each other because everyone in the family is very busy, and exercising together can also help improve communication and the quality of their bond.

Environment

The environment is an area where a group of relatively independent humans live together, have the same culture, and carry out most of their activities within that group. However, the environment referred to in this discussion is how respondents know how other people engage in sports activities. Based on respondents' expressions:

"... yes, for sure, if it is the same recreational activity, yes, if you want to help; also, on August 17, there will be a leisurely walk, a happy walk, in other words, a healthy walk, but what I said earlier is that in this housing complex, there are lots of people who like to ride bicycles. Yes, that is also the environment of the father, father or mother, mother or mother, so the father brings a bicycle, and sometimes he goes out together, laughs and laughs. Well, there are many people whose awareness of sports is minimal; yes, ours is also minimal, which means that the more minimal they are, the more they feel that this activity is a waste of time, right? I would rather hang out smoking cigarettes like that" (R1)

"... in the community of volleyball, badminton and futsal guys... some guys do not do it because one of them does not have a hobby in terms of sports; one might be in terms of work and busyness (R2)

"Yes, there are those in the neighbours, too. Usually, they do gymnastics twice a week, but it tends to be for the mothers if the fathers have badminton and ping pong. Some may rarely do sports and do not have the time, perhaps because they are busy (R3)

"... e... there are several sirs who participate together in afternoon runs and evening walks like that, sir. They are enthusiastic to participate together because they have the same goals as me, such as making themselves healthy. They... there is also, bro... one of the reasons is laziness because, looking at it from a job perspective, our work is more inclined towards laziness, bro, that is what I see (R4)

"Yes, some do sports, such as cycling and gymnastics. Some do not do sports because they are busy working (R5)

"... in the village, there are also bicycles, not all of them, maybe because of work factors, but in the village, I do not do sports, but my job is like sports (R6)

"... I wonder if it is like going for a morning walk together or something here. Usually, people prefer to be outside the housing complex; if you stay around the housing complex, you do not exercise. Instead, you end up chatting... That is an assumption; I do not know either because it continues. My house is in a corner, so the exercise schedule is different. (R7)

"Recreational sports are rare, maybe you do not know about them, usually volleyball, but after Covid, it is not usually busy here. Nowadays, technology and online games are the first to try. If you go to Alfamart now, you must use a motorbike. simple spoiled right(R8)

"... if my environment often does sports, it is usually jogging; maybe there is also that, bro, but some of it might be due to busy work (R9)

"... in my environment, because I live in an environment where everyone is a nature lover, so most of them, almost 99%, like sports, bro... some of them are like me, jogging on a bicycle and climbing a cycle just there... coincidentally in the area where Since I was little, my village has had a community of nature lovers, so every year there are new regenerates, my young people were also introduced to me by my family, why mountain climbing is such a simple sport, my environment is almost the same... I rarely do not do sport, even though I am in a small town, but for sports in my village it is essential (R10)

According to information gathered from each respondent, most people in the surrounding area also do recreational sports, including jogging with their families, because they live in inadequate sports facilities, and some exercise outside their housing complex. From the people's responses, they said that their busy work schedule meant they could not exercise, so they preferred to relax rather than exercise.

Mass media

Mass media conveys messages directly related to the broader community, for example, radio, television, mobile phones and newspapers. However, in this discussion, mass media is a means of information about sports. Based on respondents' expressions:

"Yes, of course, but I like news; I do not like news like anything else. I take the time to watch the news; that is the news I like. CNN is the right time when I am free, but now the media is YouTube, and there is no TV media anymore, "Yes, I also watch sports news and sports TV, but I prefer football transfer news. It seems interesting, and the profession and life seem good. Just how many years do you have to work until you get old, but abroad" (R11)

"... I rarely watch TV at night because I already have YouTube on my cellphone, so I focus more on watching YouTube... I watch sports news, especially now that the World Cup (R12)

"... still usually at night, right... usually, people like sports (R13)

".... yes, you still often use mass media, bro, because it is straightforward, bro, because you already have cellphones, you still open social media, bro... sometimes it is hot news in Indonesia, sometimes it's sports news too... I like watching. I often follow sports news on football and volleyball, and I also often follow badminton; yes, I really like sports, bro (R14)

"... if you watch news and television, you rarely have a cell phone now, so it is like that is the sum of everything that goes viral on cell phones, that is all... on television, I like to watch tennis, badminton and cycling events, that is often the case. It is related to the most frequent sport (R15)

"... if you do not have TV, you rarely watch television because you have to spend time. If the news is in online media, we open our cell phones, and we can see all the news.... everyone watches it, but for now, it is football (R16)

"...watch, watch, yes, but not every weekend... do not watch the news but watch films... if it is sports news, I am not interested. If it is football season, I like watching it with the kids, but not specifically for watching football. But if it is fun, come along (R17)

".... if so, the tendency is more towards gaged nowadays; it does not have to be on TV because it is losing quickly, so the most you can watch on TV is just watching live football or Moto GP, that is all (R22)

"..... e... if you watch it quite rarely, bro, you only watch it once, bro, but rarely, bro... at least you watch football, for example, you never watch futsal, bro... watch football on TV (R23)

"....if I watch TV, it has been a long time since I watched TV. The most I follow is just football and MotoGP. Apart from that, it is nothing else; I never follow other news... Yes, I like daily food (R25)

According to respondents, they rarely watch television because they often carry gadgets and consider it outdated compared to gadgets because they think the information they get on gadgets is more up-to-date. However, some respondents watch television only to watch live sports matches and news broadcasts. Some respondents are very interested in news about the transfer market for football players because they are considered a more exciting profession. However, these respondents are more interested in the transfer market for top European players. Respondents are interested in watching sports news, which they like through live television broadcasts and social media accounts.

DISCUSSION

Recreational sports are physical activities for recreation, enjoyment and relaxation, not for competition or achievement (Arundell et al., 2022). The main goals of recreational sports are to improve general health and well-being, relieve stress, and provide opportunities for socialization and fun (Herzog, 2018). From the results of this research, it was found that respondents did not understand recreational sports because several factors, including education, sources of sociocultural information, language skills, cognitive abilities, technology, and media, influenced them. However, behind the respondents' lack of knowledge about recreational sports, they did not realize they were doing recreational sports activities. Researchers also found that each respondent understood the benefits of recreational sports for their bodies. The use of recreational sports, apart from making the body healthy for urban communities, is that it can restore the condition of the soul and body and even make them fresher and fitter than those who previously experienced stress due to the routine of daily work (Malm et al., 2019).

From the results of this study, it was found that respondents were very aware that exercise was essential for them; looking at the routines that respondents carried out every day, if respondents had free time, they would do sports and the sports they chose included football, jogging, gym, cycling and badminton. The researchers also obtained information about the respondents' sports experiences; the respondents had good and bad experiences when doing recreational sports. Recreational sports are carried out consciously and are influenced by the motivation to achieve something. A person's motivation is affected by several complex and varied factors; individuals who have clear and meaningful goals tend to be more motivated (Vo et al., 2022). Plans can provide direction and an achievable goal, encouraging to try harder. A

person's level of self-confidence can influence his motivation. Confident people may be more motivated to overcome challenges and achieve their goals (Axelrod, 2017). The concept of basic needs, as described in Maslow's Hierarchy of Needs, includes physiological, safety, social, esteem, and self-actualization needs. Satisfaction with these needs can influence motivation (Rojas et al., 2023).

Respondents enjoyed the recreational sports they did; respondents also said they had equipment that supported them in doing recreational sports, such as shoes, clothes, glasses, helmets, etc. The tools used make them enthusiastic and more confident. Sports accessories can positively influence a person's self-confidence when participating in physical activities or sports. Sports accessories, such as shoes, clothing, or special equipment, can enhance one's appearance and make one feel more confident. Colour, design, and branding choices can reflect personal style and preferences. Well-designed, high-performance sports equipment can provide excellence in the performance of physical activities. When a person feels that their equipment supports version, this can increase self-confidence. Accessories that provide protection and comfort, such as appropriate shoes or technical clothing, can make a person feel safer and more comfortable during exercise. This can reduce distractions and increase focus on activities (Ouyang et al., 2020).

When asked about sports in the family, respondents are very supportive if their family members want to participate in sports, and respondents also know what sports their family members like. This research also found that exercising with the family can help them get close to each other. Others and sports are believed to make relationships between family members harmonious. Sport can have a significant impact on families, both positively and negatively. Exercise can promote a healthy lifestyle for the whole family. Involving family members in physical activities can improve heart health, stamina and overall fitness. Involvement in sports, either as participants or spectators, allows families to socialize and spend time together (Newhouse-Bailey et al., 2015). Supporting local sports teams or participating in sporting events can strengthen family bonds. Exercise can help create balance in a family's daily routine (Strandbu et al., 2020). This can be an opportunity to relax, release stress, and make particular time together. Meanwhile, the negative impact is that involvement in sports can require significant time and commitment. This can create challenges in balancing sports activities and other family responsibilities. Costs associated with sports club memberships, equipment, and other necessities can be a financial burden. This can affect the family budget (Garrick & Requa, 2003).

In the respondent's environment, most participate in recreational sports, usually jogging, because they live in a residential area and the infrastructure is very lacking, so they choose to exercise outside their housing area. However, some respondents do not exercise for work and prefer to rest in their free time. The environment can significantly influence a person's interest and motivation in exercising (Lawton et al., 2017). Environmental factors that affect sports include the physical, social, and cultural circumstances surrounding the individual (Wibowo et al., 2023; Lee & Lim, 2019). The availability and accessibility of sports facilities, such as parks, fields, or fitness centres, can influence the extent to which someone is interested in exercising (Fitri et al., 2022). Easily accessible facilities tend to increase participation (Carlsson et al., 2022).

This research also found that respondents rarely watch TV because TV is considered behind on information. They prefer gadgets because the latest news can be accessed quickly, and sometimes they get word that they don't get on TV but instead on devices. However, some respondents still watch TV for sports matches and live news. Mass media can convey information quickly to the public (Carlsson et al., 2022). Thanks to modern technology, reports can be published or broadcast almost instantly. Mass media covers a broad audience.

Information obtained through mass media can reach thousands or even millions of people in a short time (Yin & Yan, 2021). Sports mass media provides news coverage of various sporting events and competitions (Aliyev & Mammadov, 2022). This involves reporting scores, match analysis, interviews with athletes, and the latest developments in the world of sports (Pilar et al., 2019). Sports news websites and social media accounts provide breaking news, match highlights and direct interaction with fans (Filo et al., 2015). This creates active online communities around specific sports topics.

CONCLUSION

Modern society still needs to understand recreational sports properly, but when they consciously do so, they also understand the benefits of recreational sports. From the family aspect, respondents are very supportive if their family members want to do sports activities. Respondents also have sports equipment that supports the sports activities they do; in their environment, respondents also often participate in sports, and some do not do sports due to busy work reasons, and respondents admit that they are more interested in watching sports news on their gadgets rather than having to watch it on television.

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