

Surveying Interests of Community in Performing Exercises towards the Utilization of Public Open Spaces

¹Cucu Hidayat, ²Aang Rohyana

¹Physical Education Department, Faculty of Educational Sciences and Teachers Training, Siliwangi University, *E-mail:* cucuhidayat@unsil.ac.id

²Physical Education Department, Faculty of Educational Sciences and Teachers Training, Siliwangi University, *E-mail:* aangrohyana@unsil.ac.id

ABSTRACT

This study aimed at determining the interests of community in utilizing the public open spaces as a place to exercise commonly. Another purpose of this study was to inform stakeholders about the outcomes related to the low level of community interests in employing public open spaces. Grounded in quantitative research paradigm, this study applied survey as a research method. The data were collected through Cluster Sampling (Area Sampling). Besides, Stratified Random Sampling was deployed as well since the population encompasses non-homogeneous members viewed from the age groups. The present study involved 100 people as samples classified into four age categories, namely the children under 15 years (N=25), the adolescents with 15-25 years (N=25), the adults with 26-50 years (N=25) and the elderly beyond 50 years (N=25). The results demonstrated that children under 15 years reached 81.78% of interests representing a very high or very interested attitude. Besides, the adolescents with 15-25 years indicated a very high or very interested attitude signified by 82.65% as the amount of interests. Moreover, the adults with 26-50 years designated their interests about 80.20% epitomizing high level of interests and an interested attitude. Furthermore, the elderly beyond 50 years showcased their intererests at 82.64%. With this in mind, the existence of Dadaha Public Open Space (hereafter, DPOS), particularly in Tasikmalaya encouraged people to perform exercises with a high level of interests.

Keywords: Public Open Spaces (POSs), Community, Interests of performing exercises

INTRODUCTION

In this globalization era, changes in human functions, notably in the workplaces have turned to narrower working functions facing the era of the fourth industrial revolution of the new generation. It is characterized by the emergence of intelligent robots with multi-tasking, autopilot vehicles, genetic editing and the development of neurotechnology allowing humans to be able to use motor networks as stipulated by Klaus Schwab, Founder and Executive Chair of the World Economic Forum. Additionally, the development of science and technology has increasingly fostered and altered the world issued from generation to generation. The worse, it historically replaces the roles of manpower and animal power. As a result, such a paradigmatic shift has dynamically varied the pattern of daily activities (e.g. physical movements) to a severely limited portion.

Performing exercises is a periodic necessity of life. It functions as a tool to maintain and foster health. It is also a medium to stimulate physical, spiritual and social growth. Therefore, performing exercises remains highly valuable for the body. Metaphorically, it is illustrated as a machine which has never been operationalized sustainably. It will be inoperative and gradually stop working because of damaged mechanical parts. A similar consequence can occur to human bodies when they terminate to move. Galloza (2017) argues that performing exercises is regarded as an effective strategy to prevent and treat the harmful effects and changes of aging. By doing exercises, muscles are trained, blood and oxygen in the body circulates well, metabolism functions

optimally. Hence, both the body and the brain systems become naturally fresh and enhanced.

Exercising is one of the ways carried out by the people to maintain health and fitness and restore the functions of freshness of the mind. Currently, people tend to enjoy creative sports for fulfilling psychological needs, such as satisfaction, excitement, and physical fitness. Physical activities undertaken by people as a form of effort to maintain fitness are in line with the evolving paradigm and the instant needs of the community in performing activities. Exercising carried out beyond the sport general regulations leads to spontaneous, flexible, enjoyable, simple and practical activities. This kind of exercising activities belongs to the utilization of public open spaces facilitating people to practice. Kim (2017) contends that Public Open Spaces (hereafter, POSs) have become primary aspects of sustainable urban development and catered various advantages. Given this fact, POSs accommodate the wider community to execute miscellaneous activities both physical and social ones. Therefore, the local government (e.g. Tasikmalaya local government) should be responsible for enhancing the people's interests in performing exercises. One of the appropriate attempts is to provide representative and accommodative POSs to facilitate them in doing exercises.

Such an attempt was carried out because the majority of people, especially those living in cities and having no time to perform exercises. Additionally, conflict of interest in various countries in the world has caused POSs cannot be maximized well including in Indonesia

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(e.g. Dadaha Sport Center in Tasikmalaya). As a matter of fact, the participatory role of local government to manage POSs remains insufficient.

Geographically, Dadaha Sport Center is located in 7 ° 20'10 "S-108 ° 13'17" E. It is a strategic area for the local people to gather, to perform exercises, to have recreational activities, to trade, to commemorate flag ceremonies, etc. This reinforces the roles and functions of Dadaha Sport Center as an ideal POSs for the Tasikmalayan and other neighboring local people to conduct various activities either official, entertaining, commercial or physical. Likewise, Dadaha Sport Center provides supportive facilities to assist visitors to perform their physical activities (e.g. badminton, basketball, archery, football, swimming, volleyball, tennis and jogging). Such facilities encompass badminton hall (e.g. Susi Susanti Sport Arena), tennis court, football stadium (Wiradadaha Football Stadium), basketball fields, swimming pools (Sukapura Pools), volleyball courts, archery court and jogging tracks (e.g. Dadaha Jogging Tracks). Even, these sport facilities have become pride for the locals because it can be utilized as venues to hold sport championships either in local or provincial scope. Further, their pride of Dadaha Sport Center are manifested from their enthusiasm in carrying out assorted physical activities, such as jogging, swimming, cycling, skating, playing football, or only sightseeing.

RESEARCH METHODS

This study employed quantitative research method, specifically survey. The procedures began by reviewing various relevant literatures to obtain initial information about the investigated issue until reducing the obtained data (questionnaire distribution results) to outline to what extent people's interests to performing exercises in Dadaha Sport Center as a POS in Tasikmalaya.

The data were collected through distributing questionnaire by applying *Cluster Sampling (Area Sampling)*, namely the samples were taken based on prescribed population area. In addition, the present study utilized *Stratified Random Sampling* to gather the data

from heterogeneous samples (different ages). There were 100 people involved as the samples classified into four major age groups, viz. the children under 15 years, the adolescents with 15-25 years, the adults with 26-50 years and the elderly beyond 50 years. They were proportionally grouped in 25 members for each age group.

This study deployed close-ended questionnaire consisting of four responding choices which their validity and reliability have been tested. Technically, the questionnaire was distributed directly to the people performing exercises in Dadaha Sport Center as the determined samples. The measuring indicators of the questionnaire relied on attention, interests, desire, beliefs, decisions, and actions. Furthermore, the gained data were analyzed quantitatively through descriptive analytical technique and statistical approach.

DISCUSSION

The results obtained to date are testing the level of validity and reliability of the questionnaire instruments compiled by researchers to reveal to what extent the level of the Tasikmalayans' interests in utilizing POSs in Dadaha Sport Center.

The validity and reliability tests were a stage carried out by the researcher as a condition to meet a more valid and reliable study, especially in determining a measuring tool. Fenanlampir & Faruq (2015, p. 13) verbalized that a measuring instrument is considerably regarded as a valid one if it is in accordance with what will be measured (the objectives of the specified subjects). In this case, the researcher employed multiple choice questions (question items) to discover the understanding of students' learning. The researchers used observation sheets to identify to what extent the students' learning activities run well during the learning process in the classroom.

1. Validity Test

In testing the validity of this instrument, the researcher made 35 multiple choice questions and gave them to 40 non-sample respondents as a trial. From the results of this trial, the researchers obtained the following data:

Table of the results of Test items validity

Criteria	Number of test items	
Valid	1,3,4,5,6,7,8,9,10,11,12,13,14,15,16,19,20,21,22,23,24,25,27,28,29,30,31,32,33,34,35	31
Invalid	2,17,18,26	4

From the results of the data analysis, the test items validity illustrated that 31 items showed r count greater than r table (0.532). With this in mind, 29 items were considered feasible to be applied as a medium to explore the Tasikmalayans in utilizing Dadaha Sport Center as POSs.

Reliability Test

The results of the reliability test were conducted through the use of Microsoft Excel with the alpha cronbach formula showing r count = 0.759213 and greater than r table = 0.532 obtained from the distribution list of the product moment critical table. It means that such test items demonstrated a fairly reliable degree. Tabel Hasil Uji Reliabilitas

Table of reliability test results

r count	r table	status
0,759213	0,532	Reliable

Research Results

Based on the results, 100 respondents classified into four 26-50 years (N=25) and the elderly beyond 50 years (N=25) indicated the people's interests (e.g. the Tasikmalayans) in performing exercises in Dadaha Sport Center as the main POSs in Tasikmalaya. Initially, the children under 15 years showcased their interests in carrying out the exercises. Statistically, their interests were categorized into a number of aspects, such as *feeling* (86.40%), *attention* (78.00%), *needs* (85.8%), *satisfaction* (77.12%), *recreation* (83.20%), *facility* (83.20%) and *environment* (83.20%). In addition, the average amount of interests designated by people to do exercises in Dadaha Sport Center yielded assorted statistical results as the level of interests. As a matter of fact, the children under 15 years denoted 81.78%. It

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means that this age group signified a very high level of interest to perform exercises in POSs, such as Dadaha

Sport Center. The subsequent diagram is a description of exercising interests of children under 15 years:

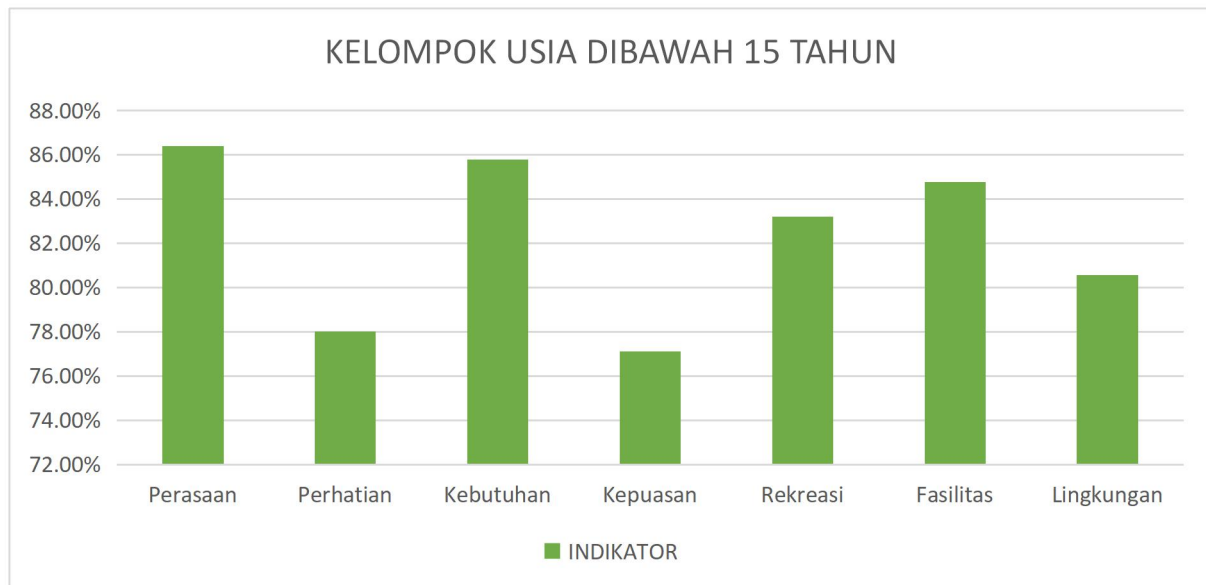


Diagram of Exercising People's Interests in Age Groups under 15 Years

Meanwhile, the adolescents with 15-25 years revealed that their interests in performing exercises in Dadaha Sport Center as POSs viewed from these indicators, namely *feeling, attention needs, satisfaction, recreation, facility and environment*. More specifically, their view on *feelings* occupied 85.60%, their evaluation on *attention* signified 80.00%, their perceptions on *needs* denoted 86.00%, their responses on *satisfaction* illustrated 74.44%, their opinions on *recreation* reached 79.20%, their perceptions on facilities attained 84.00% and their viewpoints on *environment* gained 85.48%. The average statistical calculation results inferred that the adolescents with 15-25 years demonstrated a very high level of interests in doing exercises at Dadaha Sport Center. The diagram of their interests was outlined as follows:

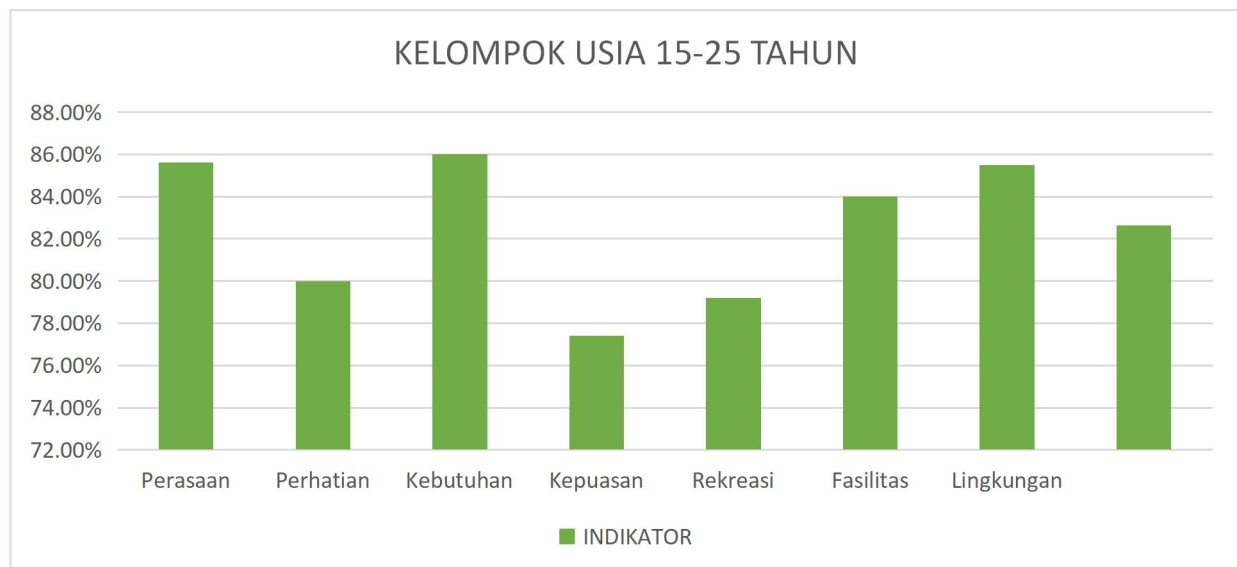


Diagram of Exercising People's Interests in Age Groups between 15-25 Years

While the results of data reduction delineating that public interests in performing exercises in Dadaha Sport Center as a POS indicated miscellaneous statistical amount based on the adolescents with 26 – 50 years. As an illustration, the adolescents with 26-50 years signified their perceptions on performing exercises in Dadaha Sport Center as a POS were *feeling* (89.20%), *attention* (78,24%), *needs* (86,20%), *satisfaction* (78,24%), *recreation* (78,13%), facilities (82,00%) and environments (77,37%). The average statistical calculation results inferred that the adolescents with 26-50 years illustrated high level of interests in performing exercises at Dadaha Sport Center. The diagram of their interests was deciphered as follows:

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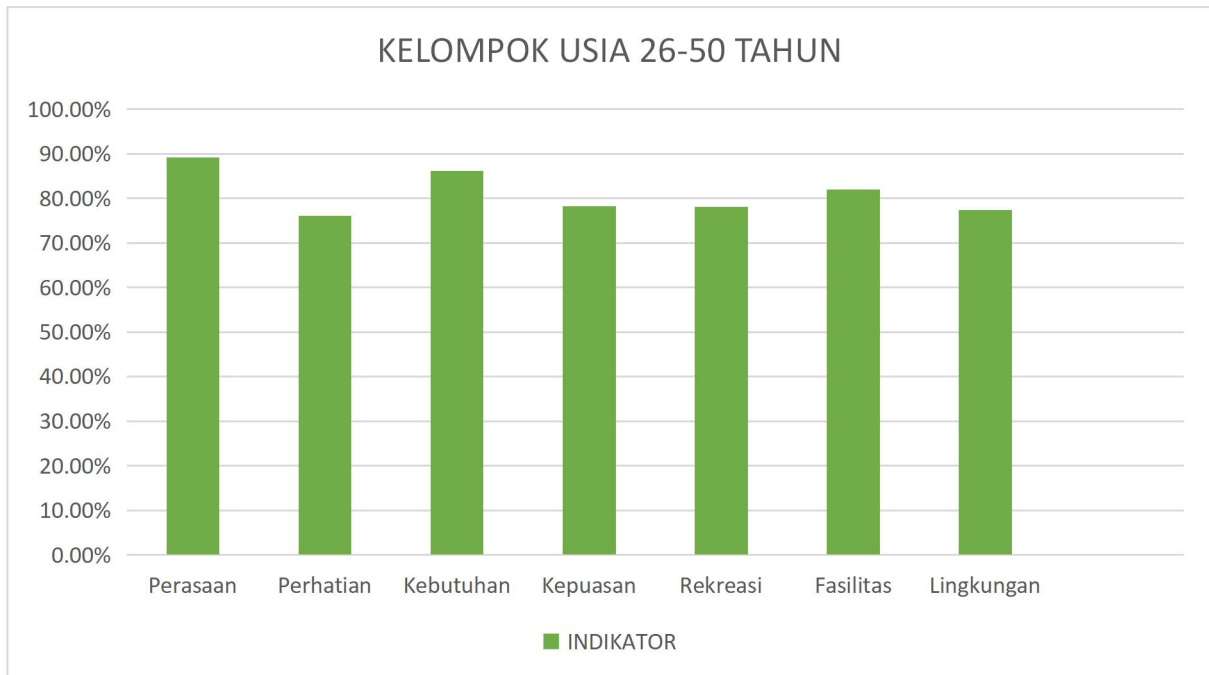


Diagram of the interest of the 26-50 Years Age Group

In relation to the elderly beyond 50 years, they perceived that each indicator on the employment of Dadaha Sport Center as POS showcased *feeling* (84.80%), *attention* (75.60%), *needs* (85.20%), *comfort* (80.00%), *facilities* (84.93%), *satisfaction* (77.60%) and *environments* (78.51%). The average statistical calculation results were 80.64%. It means that the elderly beyond 50 years describing high level of interests in performing exercises at Dadaha Sport Center. The following diagram presents the results of data reduction in accordance with the indicators depicted as follows:

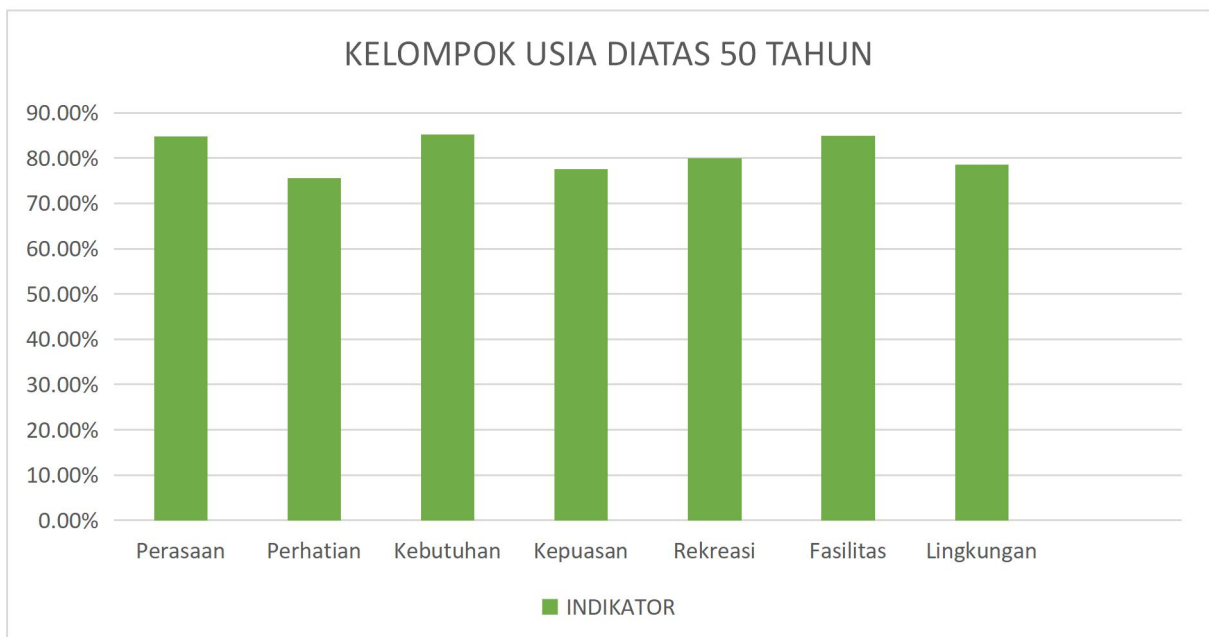


Diagram of the Interest of the Age Group Above 50 Years

The comparing results of performing exercises interests in Dadaha Sport Center as the POS encompass the children under 15 years (81.78%/very high interests), the adolescents with 15-25 years (82.65 %/ very high interests), the adults with 26-50 years (80.20%/high interests) and the elderly beyond 50 years (82.64%/high interests). More specific descriptions can be viewed in the following table:

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Diagram of Interests of the entire age groups

The abovementioned diagram elicited the questionnaire data analysis distributed based on the Likert scale. The scale covers the level of agreements among the samples. The results revealed comments and suggestions of the samples as a starting point for the researchers to build the convincing arguments. For instance, the entire levels of age groups commented on the facilities in Dadaha Sport Center as a prominent POS in Tasikmalaya. They contended that Dadaha Sport Center has not provided complete facilities for the visitors performing exercises there. Moreover, the neglected facilities worsened the comfort since they turned dysfunctional. In addition, commercialization of Dadaha Sport Center into other

public functions, such as trading (e.g. street vendors, Kojengkang market), services offering (e.g. various children's games) and other entertaining shows (e.g. band concerts, speech competitions, singing competitions, etc.) have damaged the facilities and their functions from sports activities into various public activities irrelevant to the primary functions of Dadaha Sport Center. As a result, the visitors argued that Dadaha Sport Center has not fulfill their needs, such as clean sport areas, safe exercises zone, hygienic toilets, etc. Their arguments were based on the facts that the local government has not totally and sustainably maintained Dadaha Sport Center.

Table of interest categories from various age groups

No	INDICATORS	THE CHILDREN UNDER 15 YEARS	THE ADOLESCENTS WITH 15-25 YEARS	THE ADULTS WITH 26-50 YEARS	THE ELDERLY BEYOND 50 YEARS
1	Perasaan	86,40%	85,60%	89,20%	84,80%

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2	Perhatian	78,00%	80,00%	76,00%	75,60%
3	Kebutuhan	85,80%	86,00%	86,20%	85,20%
4	Kepuasan	77,12%	77,40%	78,24%	77,60%
5	Rekreasi	83,20%	79,20%	78,13%	80,00%
6	Fasilitas	84,77%	84,00%	82,00%	84,93%
7	Lingkungan	80,57%	85,48%	77,37%	78,51%
PERCENTAGES		81,78%	82,65%	80,20%	80,64%
CRITERIA	VERY INTERESTED	VERY INTERESTED	INTERESTED	INTERESTED	INTERESTED

CONCLUSION AND SUGGESTIONS

Conclusion

Based on the data analysis results, the Tasikmalayans showcased various interests in employing Dadaha Sport Center as a POS. To begin with, the children under 15 years showcased their interests in carrying out the exercises. Statistically, their interests were categorized into a number of aspects, such as *feeling* (86.40%), *attention* (78.00%), *needs* (85.8%), *satisfaction* (77.12%), *recreation* (83.20%), *facility* (83.20%) and *environment* (83.20%). In addition, the average amount of interests designated by people to do exercises in Dadaha Sport Center yielded assorted statistical results as the level of interests. As a matter of fact, the children under 15 years denoted 81.78%. It means that this age group signified a very high level of interest to perform exercises in POSs, such as Dadaha Sport Center.

Besides, viewed from the age group of adolescents with 15-25 years, they denoted that their interests in performing exercises in Dadaha Sport Center as POSs viewed from these indicators, namely *feeling*, *attention*, *needs*, *satisfaction*, *recreation*, *facility* and *environment*. More specifically, their view on *feelings* occupied 85.60%, their evaluation on *attention* signified 80.00%, their perceptions on *needs* denoted 86.00%, their responses on *satisfaction* illustrated 74.44%, their opinions on *recreation* reached 79.20%, their perceptions on facilities attained 84.00% and their viewpoints on *environment* gained 85.48%. The average statistical calculation results inferred that the adolescents with 15-25 years demonstrated a very high level of interests in doing exercises at Dadaha Sport Center.

Furthermore, based on the age group of the adolescents with 26-50 years, they signified their perceptions on performing exercises in Dadaha Sport Center as a POS were *feeling* (89.20%), *attention* (78.24%), *needs* (86.20%), *satisfaction* (78.24%), *recreation* (78.13%), facilities (82.00%) and environments (77.37%). The average statistical calculation results inferred that the adolescents with 26-50 years illustrated high level of interests in performing exercises at Dadaha Sport Center. Eventually, the age group of the elderly beyond 50 years, they reflected that each indicator on the employment of Dadaha Sport Center as POS showcased *feeling* (84.80%), *attention* (75.60%), *needs* (85.20%), *comfort* (80.00%), *facilities* (84.93%), *satisfaction* (77.60%) and *environments* (78.51%). The average statistical calculation results was 80.64%. In other words, the elderly beyond 50 years designated high level of interests in performing exercises at Dadaha Sport Center.

Suggestions

The facilities of Public Open Spaces (POSs) at Dadaha Sport Center indicated insufficient, unsupportive, disfunctioned and poorly-maintained facilities. For these reasons, the local government (Tasikmalaya local government) should be able to maximize the facilities and functions of Dadaha Sport Center in order to provide

representative and effective POSs for the Tasikmalayans performing exercises and any other activities in such a place. Then, Dadaha Sport Center should be appropriately utilized as a particular public open space for ensuring the visitors (the Tasikmalayans) enjoy and deploy such a place as a sport center only. Further, the government should concern with the quality of facilities, such as toilets, litter bins, and other supportive sport facilities to regenerate the value of such a place as a sport center and public open space. By doing so, the satisfaction and quality of performing exercises in such a place can be attained well.

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