

Exploration of Community Recreational Sports: Potential, Challenges and Efforts in Creating a Golden Generation of Indonesia

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Abstract:- This research aims to explore community recreational sports: potentials, challenges, and efforts in realizing the Golden Generation of Indonesia. The type of this research was a descriptive qualitative and quantitative study. The research population was 41 students of the Sports Science study program, Faculty of Sports and Health Sciences. The research sampling used a total sampling technique, which was used as a research sample of 41 students of the Sports Science Study Program, Faculty of Sports and Health Sciences. The data collection technique used a questionnaire. The data analysis technique used quantitative and qualitative analysis, by describing the research results obtained from distributing questionnaires. The results of the research are made in the form of bar and line charts, the results show that in the strongly agree at 11.6 is in the very good category, agree at 16.575 is in the very good category, while 0 is in the poor category, disagree at 1.5 is in the very poor category and very disagree in the very poor category. The overall result of the data analysis of 29.7 is in the very good category. The conclusion in this study is that community recreational sports are fully supported to manifest the Golden Generation of Indonesia.

Keywords: *Community Recreational Sports, Golden Generation of Indonesia.*

1. Introduction

In contemporary society, a significant proportion of individuals rely heavily on electronic devices for their everyday activities throughout the lifespan, so neglecting the importance of engaging in physical activity (Novitasari, 2019). As technology develops and there are many job demands, people don't have time to do sports (Hernawan & Widyaningsih, 2018). Sport is a physical activity that everyone likes for their daily needs (Marpaung & Manihuruk, 2022). Sport refers to a form of physical exercise that is undertaken with the purpose of promoting and sustaining bodily health and muscular development. (Supriyoko & Mahardika, 2018).

Sport is a physical activity that can be done by all ages to get health and physical fitness (Manihuruk et al., 2023). Exercise is a physical activity that is carried out regularly to improve cardiovascular fitness (Goodyear et al., 2023). Sport is a physical activity to improve body health, but exercise can also increase performance (Lochbaum et al., 2022). The role of sport as an engine of *nation and character building* has been tested, because sport has the function of building a national spirit and sport is used as a unifying tool for the nation, forming individual and collective character, and has the potential to dynamize other development sectors and the obligation to contribute to achievement national sports should be our shared responsibility (Utami, 2015).

Community recreational sports were very popular before technology entered Indonesia, and previously children did community sports using makeshift tools (Saputra, 2017). Community recreational sports are a cultural heritage in a country that must be preserved because community sports are liked by all levels of society, including Indonesia (Hanief & Sugito, 2015). Community sports can also improve basic skills and physical abilities (Saputra

& Ekawati, 2017). Indonesia is a country that has a community of recreational sports religion which is a characteristic (Anggita, 2018; Rusli et al., 2022).

Meanwhile in Indonesia, with reference to the contents of the Law on the National Sports System, community sports are referred to as Recreational Sports which means, Recreational Sports are sports carried out by people with hobbies and abilities that grow and develop according to the conditions and cultural values of the local community. for health, fitness and joy (Ks, 2013). This is in line with article 19 Chapter VI Law Number 3 of 2005 which states that "recreational sports aim to gain health, physical fitness and joy, build social relationships and or preserve and enhance regional and national cultural wealth" (Hardika et al., 2022). Community recreational sports are basically carried out to fill spare time with the main purpose of recreational sports being to rest and refresh (relaxation) and also allow for social contact (Nababan et al., 2018).

Through community recreational sports, individual talents can be found and developed, both in sports and other creative aspects (Kasriman, 2017). Recreational sports can be a tool for building social relations and solidarity between community members, reducing inequalities, and increasing interaction between generations (Natalia et al., 2016). The public may not be aware of the importance of recreational sports in shaping Indonesia's Golden Generation and consider them to be less of a priority. Busy and busy lives often make it difficult for people to allocate time for recreational sports (Asri et al., 2021). By optimizing the potential of recreational sports, overcoming existing challenges, and implementing these efforts, Indonesia has a great opportunity to create a superior, healthy and highly competitive Golden generation in various fields (Firdaus & Kurniawan, 2019).

In almost all parts of the world including in Indonesia, community sports are now increasingly advanced so that many sports are now used as objects or attractions for tourists, especially sports that utilize natural facilities such as mountains, lakes, rivers and oceans (Firdaus & Purnomo, 2015). The development of community recreational sports has great potential as an attraction and a means of promotion in the local area. People who come to witness an *event* or championship can also travel while people who watch the championship through television viewing will be interested in visiting the area (Sudiana, 2018). Likewise, it will have a positive impact on the region and the community as well as small and medium enterprises in the implementation area, so that community recreational sports can realize the Golden Generation of Indonesia by building partnerships between the government, the private sector, and non-governmental organizations to increase access to and participation in community sports.

This study aims to explore community recreational sports: potentials, challenges, and efforts in realizing the Golden Generation of Indonesia

2. Material and Methods

The type of this research was a descriptive qualitative and quantitative study. Population was the total number of subjects in a study (French et al., 2013). The research population was 41 students of the Sports Science Study Program, Faculty of Sports and Health Sciences. The sample was part of the population that would be studied in a research (Rose et al., 2017; Zalla & Yates, 2020). Sampling in this study used a *total sampling technique*, *total sampling* is a sampling technique in which 41 students of the Sports Science Study Program, Faculty of Sports and Health Sciences, used all of the population as research samples. This research was carried out by the Faculty of Sports and Health Sciences, Yogyakarta State University, Jalan Colombo No.1, Karangmalang, Yogyakarta. This research was conducted in May 2023. The data collection technique in this study was using a questionnaire. Data analysis techniques using analysis quantitative and qualitative, namely by way of describing the research results obtained. Quantitative data analysis was obtained from distributing questionnaires and calculated by calculating the formula: $P = \frac{\text{Skor Riil}}{\text{Skor Maksimal}} \times 100\%$. And on qualitative data analysis based on data collection, data reduction, data presentation, and conclusion and verification. The categorization of data success criteria obtained from the research results can be seen in table 1.

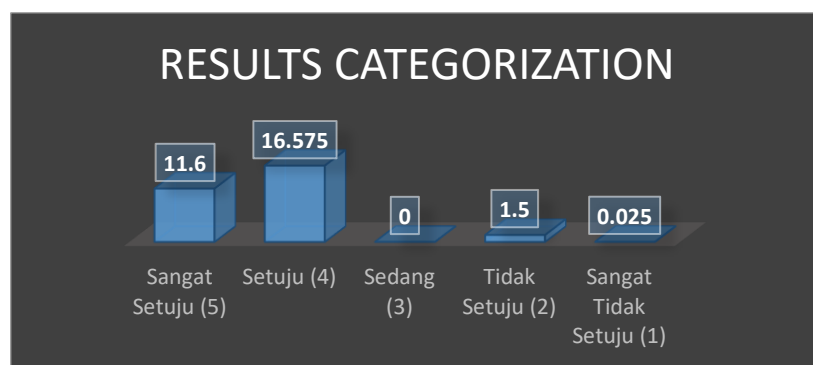
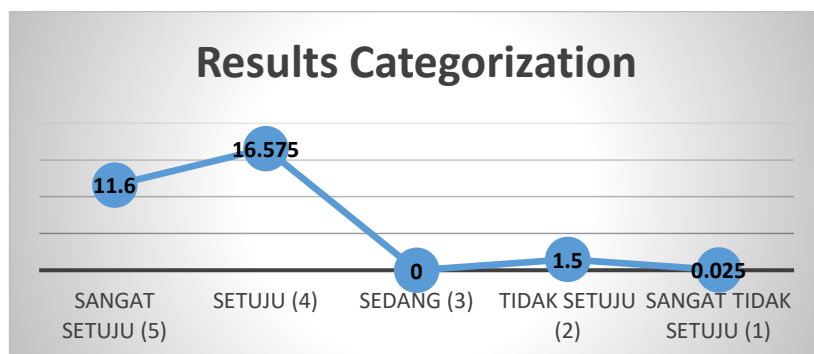
Table 1. Results categorization

No	Percent Index	Information
1	≥ 4.4	Very good
2	3.6 – 4.3	Good
3	2.8 – 3.5	Enough
4	1.7 – 2.7	Not enough
5	≤ 1.8	Very poor

Source: Widoyoko (2013)

3. Result

Based on the research results obtained from the questionnaire and analyzed using statistical analysis, the results are as shown in Figures 1 and 2 below.

**Figure 1. Results Frequency Percent Bar Chart****Figure 2. Results Frequency Percentage Line Chart**

From the research results that were analyzed and made in the form of bar and line charts, the results obtained strongly agreed at 11.6 in the very good category, agreed at 16.575 into the very good category, while 0 was in the very less category, disagreeing 1.5 was in the very category less and strongly disagree in the very less category. The overall result of the data analysis of 29.7 is in the very good category, so it can be concluded that community recreational sports are fully supported to realize the Golden Indonesian Generation.

4. Discussion

In light of the envisioned Golden Generation of Indonesia and the associated opportunities, obstacles, and endeavors, it is imperative for the government and relevant stakeholders to allocate resources towards the establishment of community recreational sports infrastructure that is universally accessible. Community

recreational sports have an important role in developing the potential of Indonesia's young generation (Munir, 2022). Community recreational sports are widely recognized for their significance in fostering economic growth within their localities. In addition, these recreational activities play a crucial role in generating substantial state revenues by leveraging tourist attractions to entice both domestic and international visitors (Kustiawan, 2018).

The promotion of community recreational sports necessitates a focus on coaching and development. This approach aims to popularize sports as a means of enhancing public awareness and improving health, fitness, enjoyment, and social relationships. The responsibility for implementing this lies with the government, regional authorities, and the community. They must leverage available resources, community recreational sports infrastructure, and facilities. Additionally, efforts should be made to explore, develop, preserve, and utilize traditional sports within the community. The community-based approach focuses on adhering to the principles of accessibility, affordability, aesthetics, effectiveness, and scalability. This approach aims to foster the development of studios and promote the engagement of sports associations within society. Additionally, it seeks to facilitate the organization of tiered and sustainable recreational sports festivals at regional, national, and international levels (Kustiawan, 2018).

In the *Grand Design* of National Sports Development for 2010–2024 in the field of community recreational sports it is very clear that community recreational sports have a close relationship with the sports industry both in mission, goals and objectives (Fitriantono et al., 2018). From a policy perspective, regulations at the level of presidential instructions are needed in order to implement the concept of fostering and developing recreational sports, specifically intended as an effort to achieve the goals of organizing community recreational sports and besides that, of course the presence of implementing regulations at the level of presidential instructions is also meant to realize government programs in directing *sports* programs for all (*sport for all*) that is structured, widespread and sustainable (Prayoga, 2018).

Community recreational sports involve social interaction between people from various backgrounds, this can enrich social experiences, promote cooperation, and build communication skills and through various community recreational sports activities in realizing a golden Indonesian generation in learning about teamwork, respect for differences, and respect the rules of the game (Prastya & Susila, 2019). Community recreational sports also encourage every community to solve problems and develop creativity, this can help realize the golden Indonesian generation to be more independent, innovative, and think critically (Rangkuti et al., 2023).

From the research results it was found that the overall result of 29.7 was in the very good category so that community recreational sports: potential, challenges, and efforts in realizing the Golden Generation of Indonesia were fully supported by the community. Community recreational sports can be started at an early age through education and coaching in schools or community institutions, this will help children develop their interest in various types of sports and help identify potential talents (Nirwana & Mistar, 2022). Engaging in research regarding the favorable effects of community recreational sports on both physical and mental well-being can provide a more comprehensive understanding of its advantages. Additionally, advancements in the development of facilities, equipment, and training techniques can further enhance the participation experience. By fostering an environment that acknowledges the significance of community recreational sports, we can contribute to the realization of the Golden Generation of Indonesia.

Through community recreational sports, the younger generation can learn about national values, the spirit of patriotism, and cultural identity. Community recreational sports activities that reflect local heritage or national traditions can strengthen a sense of love and pride for the country (Sudagung, 2015). Through recreational sports, the community can find sporting talents that have the potential to be developed into national athletes with a population that is physically active and has talent (Rahmawati & Rumini, 2020), Indonesia has a greater chance of achieving great achievements at the international level and can create generations golden Indonesia.

Community recreational sports are inseparable from the lifestyle of people who have a need for entertaining activities (*entertainment*). One of the new breakthroughs includes the need for movement which is packaged in community recreational sports (Aqil & Farida, 2022). Modern lifestyle changes that tend to be more fast-paced

and digital can reduce people's interest and time to do recreational sports (Saputro et al., 2019). Some communities may not be fully aware of the importance of community recreational sports in maintaining health, quality of life and can increase cultural sustainability (Zain et al., 2020). Every community has the same right to get satisfaction and enrich the use of their free time to do recreational sports (Sharif, 2022).

Sports activities serve multiple functions that contribute to the development of physical fitness, which is closely associated with dynamic health concerns. Additionally, sports activities also play a role in educating the nation's citizens, as outlined in the Preamble of the 1945 Constitution. This is demonstrated through the comprehensive and extensive enhancement of individual and community capacities, including but not limited to: intellectual growth, physical, spiritual, and social development, mental advancement, cultivation of spiritual values, ethics, morals, and noble character, fostering a sense of responsibility, acquiring knowledge and values related to leadership and innovation, among other aspects. (Ma'mun, 2014). A sports progress fully supported by the government system and with the development of sports in terms of the sports development index is expected to be a way to improve quality (Purwono & Irsyada, 2019). Collaboration between the government, educational institutions, the private sector, and civil society can optimize efforts to increase public recreational sports participation to realize Golden Indonesia. Realizing Indonesia's Golden Generation through community recreational sports is not an easy goal, but is a challenge worth facing. With the right investment, continuous education, and collective spirit, Indonesia can direct the future towards a society that is healthy, strong in character, and united in the spirit of sports to realize the golden generation of Indonesia through community recreational sports.

5. Conclusions

Based on the results of the research analyzed, the results showed that strongly agree at 11.6 is in the very good category, agree at 16.575 is in the very good category, while 0 is in the very poor category, disagree at 1.5 is in the very poor category and strongly disagree is in the very poor category. The overall result of data analysis at 29.7 is in the very good category. The conclusion in this research is that community recreational sports are fully supported to realize the Golden Generation of Indonesia.

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