



## **A Survey of motivation on Bima Town People to Participate in Recreational Sports Activities In the New Normal Era**

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### **Abstract**

**Study purpose.** This study aims to determine the motivation of the people of Bima City to participate in recreational sports activities in Am understand Park in the new normal era.

**Materials and methods.** This research is a quantitative research with a survey approach. The population in this study were all people from Bima City who were present in recreational sports activities in Am Understanding Park in the new normal era, and the sampling of this study used a random sampling method with a total sample of 150 samples. This research data collection technique uses a questionnaire method, uses a sports motivation questionnaire instrument.

**Results.** The results showed that the motivation of the people of Bima City to carry out recreational sports activities in the new normal era was high, as evidenced by the percentage of research results showing that 85% of 150 respondents had high motivation, while 15% had moderate motivation, and 0% had low motivation.

**Conclusion.** The conclusion from this research is that the motivation of the people of Bima City to do recreational sports activities in the New Normal era is high. Suggestions in this research are for the City Government of Bima to be able to provide space and support community recreational sports activities in various areas of Bima City.

**Keywords :** Motivation, Recreational Sports, New Normal

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### **Introduction**

Basically a sport is an integral part of human life throughout the ages. But in era modern as it is today, it is undeniable that society is increasingly many are preoccupied with various kinds of affairs and their daily work, so that more time to exercise and recreation with family reduced or even absent. According to

(Satriawan, 2019) , sport is the simplest activity can be done to maintain physical fitness and body health as balancing the routine or bustle of today's society. Therefore, sport is physical activity in which there are games, competitions and activities physical activity that a person does in order to get pleasure, victory, and optimal performance.

In accordance with sports activities, we know a few sports goals include, 1) sports that have the aim of educating, 2) sport whose goal is health coaching, 3) sport whose goal is to pleasure, 4) sports for rehabilitation purposes, 5) sports for the purpose to achieve the highest performance. Therefore, (Law of the Republic of Indonesia No. 3 of 2005, 2005) Article 1 paragraph 4 states that "sports are all systematic activities to encourage, foster and develop physical, spiritual and social potential". It is further disclosed in detail in article 4 of UUSKN that, the purpose of "National Sports aims to maintain and improve health and fitness, human quality achievements, instilling moral values and noble character, sportsmanship, discipline, strengthening and fostering national unity and integrity, strengthening national resilience." , as well as elevating the dignity and honor of the nation".

According to (Nendi, 2015) states that motivation has enthusiasm, perseverance, tenacity and passion in carrying out physical activities. more (Janice H emmonsbey , 2019) focuses on three things (1) the need to achieve success ( *need for achievement* ), (2) the need for power or work authority ( *need for power* ), (3) the need for affiliation ( *need for affiliation* ). Meanwhile, according to (Komarudin, 2015) stated that motivation is a fundamental mental skill that needs to be owned by the community.

Recreational sports activities in the new normal era require us to do many things, one of which is to improve physical fitness through recreational activities. According to (Nainggolan, Indrawati, & Pradono, 2019) Regular physical activity is an important lifestyle behavior for the development and maintenance of healthy individuals and populations to achieve well-being. Recreational activities are not only carried out in beautiful nature, but can also be carried out in different places. According to (Holden, Linnerud, & Banister, 2014) tourism facilities are divided into three elements, namely primary, secondary, and additional elements. The primary elements consist of cultural facilities (for example: theaters, museums and art galleries, and exhibitions), sports facilities (both indoor and *outdoor* ). and *outdoor* ), entertainment facilities (for example: organized events, celebratory parties, and nightspots), physical characteristics (for example: monuments and statues, unique and interesting buildings, historical roads, parks and greenery, water, canals, and rivers), socio-cultural characteristics (eg: folklore, hospitality, language, customs, everyday life, and security). The secondary elements consist of hotel and catering service facilities, markets and shopping facilities. Additional elements consist of accessibility and parking facilities, and tourist facilities (information office, maps and *leaflets* ).

Recreation is an activity carried out to refresh one's body and soul. So, (Karol, 2018) said " families choose destinations that are close to where they live, so the city that becomes a family tourism destination needs to pay attention to the accessibility of the

surrounding cities to the destination city or vice versa". This is an activity that someone does besides work.

Activities to do for recreation are travel, sports, games, and hobbies. In general, recreation can be done in two categories, namely recreation in closed places and outdoor recreation. According to (Amar, Rahayu, & Budi, 2020) , the level of community participation in sports is still high. But on the other hand, public space must respond to community activities so that it can be used for broad range of activities and interests. Democratically what is meant is that public space should be used by the general public without having to compartmentalized due to social differences, economy, and culture (Myburgh, Kruger, & Saayman, 2018) . In fact, elements democracy is attached as one the character of public space because public space must accessible (accessible) for residents with his physical condition. Open space has many functions in it, in addition to being city lungs, absorption areas and add the beauty of the city, green open land too has a function as a sports ground (Kantola, Uusitalo, Nivala, & Tuulentie, 2018) . Sports can be done in nature, however, due to time constraints, many people prefer to exercise in the area around where they live (Firdaus & Purnomo, 2015) .

Community activities in terms of doing recreational sports for now are still lacking. In addition to the awareness factor of the importance of sports comes from within oneself, other factors that hinder society to doing recreational sports is about the facilities and infrastructure available to support these activities. According to (Amar & Satriawan, 2020) the development of sports is an abstraction so that it can create people who are competitive, have integrity, and excel. (Jiménez-naranjo, Coca-pérez, Gutiérrez-fernández, & Fernández-portillo, 2016) sports facilities and infrastructure that exist in Indonesia to support recreational sports carried out by the community can be said in all cities in Indonesia the facilities and infrastructure have problems that the same, namely the lack of places and facilities to carry out these activities is no exception in the City of Bima.

Judging from the limitations and lack of existing facilities and infrastructure in Kota Bima, then the implementation of recreational sports activities in Taman Amahami Kota Bima. This is a form of the government's role in an effort to overcome the lack of places and facilities for carrying out recreational sports activities. The local government must also be adequately informed about what the community likes or needs and how the interests of the local community are involved in an activity developed by the Government (Satriawan, Sugiharto, Rahayu, & Nasuka, 2020) . With recreational sports activities at Amahami Park, the people of Bima City have the opportunity to exercise. In addition to sports, the community is also given the opportunity to selling it in the place that has been provided.

However, what is of particular concern is recreational sports activities at Amahami Park, Bima City, with the increased participation of the community in recreational sports activities in this *new normal era*, in contrast to before the Covid-19 pandemic, the level of community participation in Bima City was less when compared to the *new normal era* as it is now. This.

Recreational sports activity in *the era This new normal* has an impact on increasing the economy of residents around the Amahami Park area where local people can take advantage of recreational sports activities to be used as a selling area, so that it will indirectly increase the standard of living and economic income of the community. Meanwhile according to (Williams & Shaw, 2009) the position of motivation is parallel to the contents of the soul as creativity (cognition), intention (conation), and feeling (emotions) which are tridaya.

The social impact of this recreational sports activity is to become a gathering place for all forms of visitors from various social levels. So that it will have a positive impact on the brotherhood between people who attend recreational sports activities (Hua & Chiu, 2013). It can be said that the implementation of recreational sports in Amahami Park has been able to represent the wishes of every visitor who comes. That is evidenced by the various activities that are presented in recreational sports activities such as gymnastics, tourism, education, play, and entertainment. This research is to determine the level of motivation of the people of Bima City in participating in recreational sports activities at Amahami Park in the *new normal era*, and it is hoped that the results of this study will be a follow-up to the Bima City Government in making policies regarding the implementation of recreational sports in open areas. So that researchers are interested in examining the motivation of the people of Bima City to participate in recreational sports activities at Amahami Park in *the new normal era*.

## **Materials and methods**

### **Study participants.**

The population in this study were all the people of Bima City who attended recreational sports activities at Taman Amahami in the *new normal era*, and the sampling of this study used a grouping method into 4 age categories, namely children, adolescents, adults, and the elderly or elderly. With a total of 105 samples. Survey research is used to solve actual large-scale issue problems with very large populations, so a large sample size is required.

### **Study organization.**

This type of research is quantitative research with a survey approach. This research was conducted at Amahami Park, Bima City. The data collection technique in this study used a questionnaire method, using a sports motivational questionnaire instrument. Data collection was carried out by distributing questionnaires that were given to respondents in data collection was a closed questionnaire, namely a questionnaire that already had answer choices in it in the form of a *check list*. It is intended that in filling out the respondents it does not take up a lot of time but to get the data accurate. In order for the statements in the research instrument to be more systematic and to be able to hit the intended target, then as a first step an instrument grid is made. From the grid is then translated into a statement which is finally used as a data collector. The questionnaire in this study was given to respondents who carried out recreational sports activities at Amahami Park, Bima City, which had previously been grouped into 4 age categories, namely 25 children, 50 teenagers, 15 adults and 15 parents or elderly.

### **Statistical analysis.**

After all the required data has been collected, then the data is analyzed. The step taken by the researcher was to give a score to each question item from the questionnaire which was distributed to each respondent. Then all scores are added up and analyzed with statistical data. To analyze the data in this study using statistical analysis percentage. This analysis is to get an

overview of the distribution of research results for each aspect and indicators that measure the motivation of the people of Bima City to take part in recreational sports activities at Amahami Park in the *new normal era*. The total score of each respondent who is closer to the ideal score can be interpreted as more positive or higher motivation. The descriptive analysis used is percentage descriptive analysis. In this analysis all scores from each aspect are added up and compared with the ideal score so that a percentage score will be obtained. From this descriptive percentage, it is then compared with the criteria used and the level is known. Because the highest score of each score is 3 and the lowest score is 1, you can counted;

$$\text{Percentage maximum} = \frac{3}{3} \times 150\% = 150\%$$

$$\text{Percentage minimum} = \frac{1}{3} \times 150\% = 33.3\%$$

$$\text{Range} = 150\% - 33.3\% = 66.7\%$$

$$\text{Long intervals} = 66.7\% : 3 = 22.2\%$$

With an interval length of 22.2% and a minimum percentage of 33.3, the following levels are obtained:

**Table 1.** Descriptive Percentage

No.	Percentage intervals	Information
1	77.8 % - 150 %	Tall
2	55.6 % - 77.8 %	Currently
3	33.3 % - 53.6 %	Low

Table 1 is used for each aspect and indicator in the study, because many items are used and each aspect and indicator is different. The percentage score is obtained by comparing the total score with the ideal score. The ideal score is obtained from the number of items multiplied by the ideal score, which is 3 and multiplied by percentage.

### Results

The results of the data use the percentage descriptive formula from the motivational survey questionnaire for the people of Bima City to participate in recreational sports activities at Amahami Park in the *new normal era*, which are classified into 3 outcome categories, as listed in the table 2 following.

**Table 2.** Frequency Distribution of Respondents

intervals	Information	Frequency	Percentage
77.8% - 150%	Tall	85	85%
55.6% - 77.8%	Currently	15	15%
33.3% – 55.6%	Low	0	0

Amount	1 0 0	1 0 0%
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Table 2 shows that of the 150 respondents who filled out the questionnaire that was distributed by the researchers, there were 85 respondents (85%) who had high motivation in both the community and the age categories of children, adolescents, adults and the elderly. And there are as many as 15 respondents (15%) who have the motivation to engage in sports in recreational sports activities categorized \_ currently. While the motivation of the people who attended the recreational sports activities in the city of Bima which is in the low category of 0% or which can be interpreted that there are no people who have low motivation to engage in sports to welcome the policy of recreational sports activities in town Bima. From the data in above shows that in general the motivation of the Bima community is to engage in sports activities in recreational sports activities categorized as high with a percentage of 85%.

The average motivation of the people of Kota Bima to carry out recreational sports activities at Amahami Park reaches 85% which is between the interval of 77.8% -150% which means it is in the high category. The average of each age category also shows similar results, namely in the high category. For more details can be seen in table 3.

**Table 3.** Categories of Recreational Sports Motivation by Age Group

Age	class	Percentage	Category
≤ 15 years	Children	88.6 %	Tall
16 - 25 years	Teenager	93.2 %	Tall
26 – 50 years	Mature	96.6 %	Tall
≥ 51 years	Old	94.1 %	Tall

Table 3 there is a difference in the results of the numbers 85%, 15%, and 0% which shows the level of motivation of the people of Bima City is a calculation of the incoming data obtained through a questionnaire from various respondents who attended with 4 predetermined age categories , namely children ≤10 years, youth 16-25 years, adults 26-50 years, and the elderly ≥50 years.

### **Discussion**

The large number of respondents who came from various backgrounds and ages motivated them to attend recreational sports activities *different from one person to another* . According to (Qian, Law, & Li, 2019) o Sport must be seen as a goal as well as a development asset. Many different factors among children, youth, adults, and parents influence their attendance at recreational sports activities held in the City Bima. The high percentage of respondents who have different age groups is 85% of the research that has been conducted shows the motivation of the people of the city of Bima to engage in sports activities in recreational sports activities influenced by many factors, both internal and external factors (Zhang, Lan, Qi, & Wu, 2016) . The factors are more commonly known as intrinsic factors and extrinsic factors self. (Inoue, Heffernan, Yamaguchi, & Filo, 2017) f intrinsic actors are motives that actively carry out encouragement or action without having to be pushed from outside or their function does not need to be stimulated from outside. While extrinsic factors are active motives that function after getting stimulation from outside.

Both intrinsic and extrinsic factors influence the motivation of the Bima community to engage in sports activities in recreational sports activities interconnected with one another. When people come in for recreational sports activities with intrinsic motivation, then indirectly extrinsic motivation will also affect the community (Funk, Toohey, & Bruun, 2007). Vice versa when someone's reason for coming is in recreational sports activities is from extrinsic motivation so it is unknowingly influential. thus making both their intrinsic motivation and their extrinsic motivation to exercise enter the high category with a large percentage value 85%. Of the various intrinsic factors that influence the motivation of the Bima community to exercise, it is included in the high category, including a series of activities in recreational sports activities. become an attraction for people to come. In addition, the activities held can be regarded as a surprise for the community (Baldigara & Mamula, 2012). Another thing that is the reason why people's motivation in exercising is in recreational sports activities reaching 85% is the consistency of implementation every week.

Another factor is regarding recreational sports activity events themselves, the people of Kota Bima are proud because they remember that Bima is a small city as the recipient of an award as the recipient of Adipura as the cleanest small city in 2012. Recreational sports activity events *can be used as a springboard to defend the Adipura award in the following years through a series of campaigns to protect the environment and to familiarize a healthy lifestyle* for the people of Bima, where the estuary of the Adipura award is a daily healthy lifestyle that is run.

For the motivational results of the Bima people who are included in the moderate category there is 15%. This value indicates that every community member who is present in recreational sports activities in Taman Amhami Kota Bima is not all with the intention or motivation to do sport. The 15% figure in the results shown by the bar chart above means that what influences people to come is not only from their intrinsic factors, but also influenced by extrinsic factors from outside such as looking for entertainment or just recreation at recreational sports activities.

From research that has been done the figure is 15% which shows that people's motivation to exercise in the moderate category mostly comes from the age category  $\leq 15$  years in the children category. This is because they come in recreational sports activities the majority with extrinsic motivation including through invitations from parents, assignments from school, as well as for refreshing with family. With children under 15 years of age do not really understand the purpose of recreational sports activity events which is held.

Meanwhile, the results show a low category of 0% which can be interpreted that everyone is present at recreational sports activities have the motivation to come to enjoy the events that exist both in the age group of children, adolescents, adults, and elderly. This shows that recreational sports activities able to embrace all the interests of age groups, the same as research results (Hales & Jennings, 2017) shows that recreational sports can bring together many people to do positive activities. The many activities that were presented were able to provide free entertainment for the people who came.

## **Conclusions**

Based on the results of the research and discussion, it can be concluded that the motivation of the people of Bima City to participate in recreational sports activities at Taman Amahami in the *new normal era* is included in the high category, several categories of community motivation are high as follows: a) The category of children who do sports activities in Amahami Park in the new normal era it reached 88.6%. b) The category of teenagers who do sports activities in the Amahami park in the new normal era reached 93.2%. c) The category of adults who carried out sports activities in Amahami Park in the new normal era reached 96.6%. d) The old category who did sports activities in the Amahami park in the new normal era reached 94.1%. The Amahami Park area is a vehicle for recreational sports for the people of

Bima City in *the new normal era* as it is today. Amahami Park is a strategic area that can be developed into a green park so that the community does not only carry out sports activities as a vehicle for improving good physical quality. However, as a domain to increase adrenaline thinking in the surrounding community. For this reason, the Amahami Park is not only considered as a recreational location, but also as a place for symbolic interaction between the local community, namely as an amusement park, shopping park, discussion park and also as a center of worship at the floating mosque in the Bima City Amahami park .

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### **Conflict of interest**

All authors declare that there is no conflict of interest whatsoever in this research

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