

# Motivation of Running Community Members in Semarang City

*By Wahyu Fitri Adi .*



## Motivation of Running Community Members in Semarang City

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### Abstract

**Study purpose.** This study aims to determine the level of motivation among running community members in Semarang City regarding the sport of running.

**Materials and methods.** This study used a survey-based research methodology. The fifty participants in the study were runners in the Semarang City neighborhood. 40 males and 10 women make up this group. The motivation questionnaire used in the research instrument has a reliability value of 0.946 and a validity score of 0.36 to 0.75. Finding the mean, standard deviation, lowest and maximum values is the method of quantitative descriptive analysis used in the data analysis approach. Microsoft Excel and SPSS 25 versions are used for data analysis.

**Results.** Based on the research results regarding the motivation of running community members in Semarang, it shows that their motivation level reaches 60%, which falls into the very high motivation category. The running community in Semarang is influenced by the aspect of enjoyment, with a percentage value of 35%, and the aspect of fitness also at 35%, both categorized as very high. Meanwhile, extrinsic motivation has a percentage value of 45%, driven by social interaction, with 53% of community members classified as having very high motivation.

**Conclusions.** Based on the research findings, the motivation level of running community members in Semarang City to engage in running is classified as very high, influenced by intrinsic motivations such as enjoyment and fitness, as well as extrinsic motivations like social interaction.

**Keywords:** Intrinsic Motivation, Extrinsic Motivation, Sport Participation

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### Introduction

Sports are a part of culture and serve as a way to appreciate social phenomena in society. Furthermore, sports are a human necessity for maintaining health (Salma Cahaya Rachmawati, Puji Lestari, and M.Hum 2019). This annual survey covers popular global trends in sports and fitness, such as running (Randell et al. 2021). In recent years, running has become more popular, and many people in the city have formed running enthusiast communities (Hafizh, Asriwandari, and Hidir 2022). Running is one of the popular sports. Generation X, Millennials, and Generation Z have shown how the popularity of outdoor activities like running has increased (Harahap et al. 2024). Many people around the world are now enjoying running outdoors,

including in Indonesia. Public open spaces can include areas specifically designed for interaction, such as streets, pedestrian areas, parks, parking lots, and recreational sports areas (Anggiani and Rohmat 2020). Every city has many running clubs and communities that demonstrate this (Dinata, Usmany Leandra Erdina I Made Krisna S. Indra Lesmana, J.Alex Pangkahila, Luh Made Indah Sri Handari Adiputra 2017).

The community that is currently growing includes sports communities for urban dwellers (Gumilar, Kusmayadi, and Zulfan 2018). The type of community referred to is a sports community because the context relates to a healthy lifestyle (Hikmah and Danang Tandyonomanu 2021). One alternative way to increase participation and raise awareness of the importance of exercising in daily life is to join a sports community (Atikah; Habsyah 2020). One sports community offers benefits to its members, such as friendship, health, and networking (Zhou and Kaplanidou 2018). A community is a group of people who have a common place and a common purpose (Lazuardi, Yudiarti, and Putri 2020).

Recreational sports are one of the most commonly practiced types of sports by people (Pramadya and Andun Sudijandoko 2017). Recreational sports are a type of sport that is done during leisure time. It is an alternative to make use of free time by engaging in low-intensity exercise that is enjoyable for individuals and groups (Rahmawati and Rumini 2020). Running, one of the most popular types of sports, is becoming increasingly popular in various cities in Indonesia. Running events are being held more frequently at local, national, and even international levels (Larassary 2020). The development of running in Indonesia is marked by the numerous Car Free Day (CFD) events and other prestigious events such as the Borobudur Marathon, Maybank Marathon Bali, and so on. Environmental activities and transportation usually encourage those activities. Developing walking paths, cycling routes, and mass transportation is the main goal of the CFD movement (Kasriman 2017).

Motivation is very important to encourage people to participate in recreational sports in open spaces (Ab Dulhamid et al. 2023). Motivation is very important to encourage people to exercise. The driving force or incentive for someone to do something is known as motivation (Kuncoro and Rahayu 2023). Motivation is an important concept for determining and understanding the reasons why people engage in certain activities during their free time. Furthermore, motivation is an internal component that guides, stimulates, and integrates behavior, which in turn influences actions. These internal factors are created by circumstances that enable individuals to make an effort (Vanessa Gaffar 2019). Someone can motivate themselves to exercise based on five factors: enjoyment, appearance, social interaction, fitness, and challenge (Gutama and Herpandika 2021). Motivation is divided into two types: intrinsic and extrinsic motivation. Intrinsic motivation, or motives that function without external stimuli, comes from within, but the drive exists within the individual. This motivation generates strong goals, both for the organization and the individual, that can be fulfilled (Sari and Yanta 2019). Therefore, motivation is defined as the drive, stimulus, desire, and mental state that encourages someone to fulfill their needs. Motivation is also defined as a condition within a person's personality that fosters the desire to engage in specific activities to achieve particular goals (Sitepu, Cahyadi, and Tarigan 2020).

In recent years, the running trend and community in Semarang have grown rapidly. Many In recent years, the running trend and community in Semarang have grown rapidly. Many regularly running events, ranging from recreational runs to more competitive competitions, demonstrate the public's interest in leading a healthy lifestyle and participating in physical activities. An active running community also allows runners to support each other, share experiences, and motivate one another to achieve their fitness goals. This shows that running is not just a sport, but also a lifestyle in Semarang. Gor Tri Lomba Juang is the main training venue for runners in Semarang because it has a good running track and a safe environment for exercising. Additionally, as a training place, Gor Tri Lomba Juang allows runners to socialize

with one another and foster a sense of solidarity. Gor Tri Lomba Juang is one of the most frequently used sports facilities in the city of Semarang for exercising. In its history, it was called the Tri Lomba Juang Stadium, and it has the capacity to accommodate thousands of people. Players can exercise both inside and outside the building (Muwaffa 2022). However, in reality, the running trend among people today reflects more of a tendency to follow trends rather than a deep interest in the sport itself.

Based on the background presented above, the main issue in this research can be formulated in the form of a research statement as follows: what is the level of motivation among running community members in Semarang City in the sport of running? From the description above, this research was conducted to determine the "Level of Motivation Among Running Community Members in Semarang City in the Sport of Running."

1  
**Materials and methods**

**Study participants**

This research involves 50 members of a running community, consisting of 40 men and 10 women, who are still active members of the running community in the city of Semarang.

1  
**Study organization**

The research method used in this study is descriptive with a quantitative approach, focusing on finding the average, standard of deviation, minimum, and maximum values, as well as determining the percentage of sports motivation categories. The research technique employs a survey method and the distribution of questionnaires. The data collection technique using purposive sampling.

1  
**Statistical analysis**

The data obtained is then processed and analyzed. The sequence of data analysis conducted in this study is statistical description, percentage, determine by the formula:

$$P = \frac{f}{N} \times 100\%$$

Explanation:

P = Percentage

100% = Nominal percentage

F = Frequency of alternative answers

N = Number of respondents

(Taufik et al. 2020)

2  
**Results**

The results of this research have been obtained and presented in a table with calculations showing the mean, standard deviation, maximum, and minimum values using SPSS version 25.

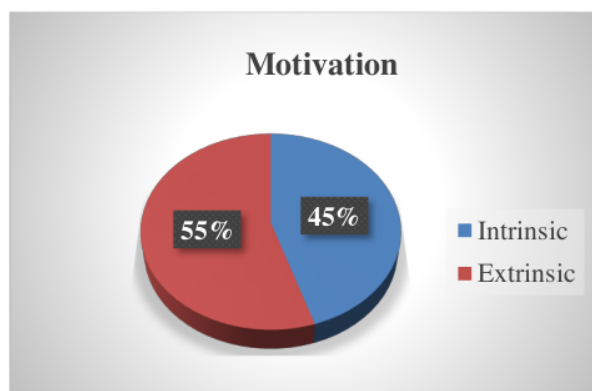
**Tabel 1.** Descriptive Statistic

	N	Minimum	Maximum	Mean	Std. Error	Std. Deviation
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
Motivation Intrinsic	50	54	80	68,98	1,032	7,297
Motivation extrinsic	50	39	68	55,56	1,041	7,360

Valid (listwise)	N	50
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**Table 1** percentage sample data consisting of 50 individuals, with the intrinsic motivation yielding a mean score of 68.98, a standard deviation of 7.297, a maximum score of 80, and a minimum score of 54. Meanwhile, the descriptive data for extrinsic motivation shows a mean score of 55.56, a standard deviation of 7.360, a maximum score of 68, and a minimum score of 39.

1. The following are the results of data based on the motivations of running community members in the city of Semarang regarding running sports.



**Figure 1.** Percentage Diagram of the Motivation of Running Community Members in Semarang City.

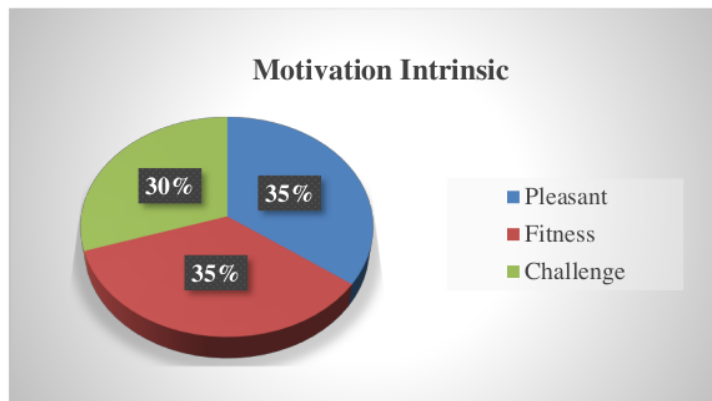
Based on the **Figure 1** above, it is known that the intrinsic motivation received a percentage value of 45%, while the extrinsic motivation had a percentage value of 55%.

**Table 2** of Results for the Running Community Motivation Categories in Semarang City Based on Intrinsic Motivation Indicators.

**Table 2.** Categories of Intrinsic Motivation

No	Variable	Category	Frequency	Percentage
1	Pleasant.	Very Low	0	0%
		Low	1	2%
		High	14	28%
		Very High	35	70%
		<b>Total</b>	<b>50</b>	<b>100%</b>
2	Fitness	Very Low	0	0%
		Low	0	0%
		High	11	22%
		Very High	39	78%
		<b>Total</b>	<b>50</b>	<b>100%</b>
3	Challenge	Very Low	0	0%
		Low	0	0%
		High	26	52%
		Very High	24	48%
		<b>Total</b>	<b>50</b>	<b>100%</b>

<b>Total</b>	<b>50</b>	<b>100%</b>
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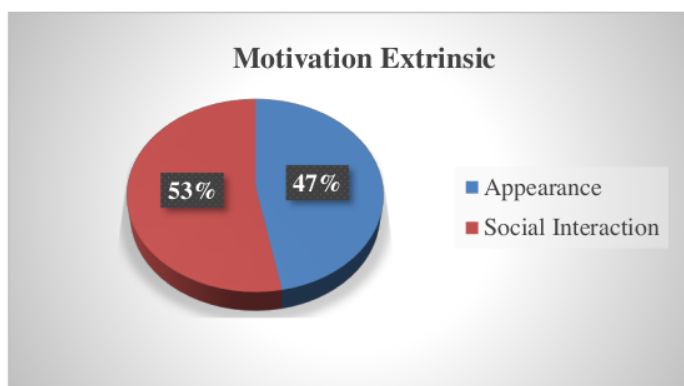
**Figure 2.** Diagram of the percentage of intrinsic motivation among running community members in Semarang City regarding running sports.

Based on the **Figure 2** above, it is known that the percentage results of intrinsic motivation indicators in three aspects are as follows: the aspect of enjoyment has a percentage of 35%, the aspect of fitness also has a percentage of 35%, and the results for the challenge aspect have a percentage of 30%. The enjoyment and fitness indicators have a very high criterion, while the challenge indicator has a high criterion.

**Table 3** of Results from the Analysis of the Interpretation of Running Community Motivation in Semarang City on Running Sports in the Extrinsic Motivation Indicator.

**Table 3.** Categories of Extrinsic Motivation

No	Variable	Category	Frequency	Percentage
1	Appearance	Very Low	0	0%
		Low	4	8%
		High	26	52%
		Very High	20	40%
		<b>Total</b>	<b>50</b>	<b>100%</b>
2	Social Interaction	Very Low	0	0%
		Low	0	0%
		High	25	49,02%
		Very High	26	50,98%
		<b>Total</b>	<b>50</b>	<b>100%</b>



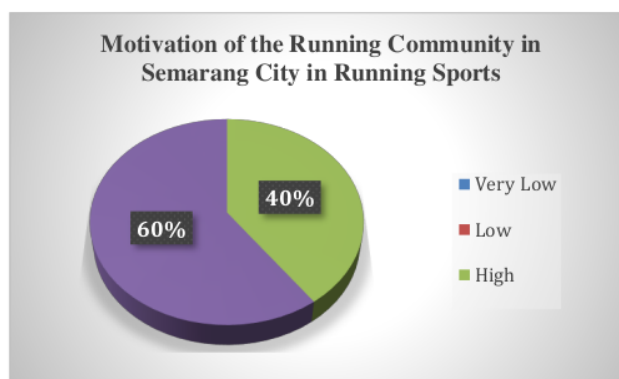
**Figure 3.** Diagram of the percentage of extrinsic motivation among running community members in Semarang City regarding running sports.

Based on the **Figure 3** above, it is known that the percentage results of intrinsic motivation indicators in three aspects are as follows: the aspect of enjoyment has a percentage of 35%, the aspect of fitness also has a percentage of 35%, and the results for the challenge aspect have a percentage of 30%. The enjoyment and fitness indicators have a very high criterion, while the challenge indicator has a high criterion.

1. Table of Results on the Motivation Level of the Running Community in Semarang City.

**Table 5.** The Level of Motivation of the Running Community in Semarang City.

No	Frequency	Percentage	Criteria
1	0	0%	Very Low
2	0	0%	Low
3	20	40%	High
4	30	60%	Very High



**Figure 4.** Percentage diagram of the motivation of running community members in Semarang City.

Based on the [Table 5](#) and [Figure 4](#) above, it is known that the percentage results for the extrinsic motivation indicators in two aspects are as follows: the appearance aspect received a percentage value of 47%, while the social interaction aspect received 53%. The appearance indicator has a high criterion, while the social interaction indicator has a very high criterion.

### **Discussion**

Based on the results above in this study, it concludes that the running community in Semarang city is 30 people, with a percentage reaching 60%, which falls into the very high motivation category. Psychological factors such as personal achievement, as well as social support from the running activities can be greatly influenced by psychological elements such as fitness growth and personal achievements, as well as social support from other runners. The success of the community in fostering a deep spirit and engagement among its members demonstrates the effectiveness of the programs and activities held, as well as increasing participation and raising awareness of the importance of exercising in daily life ([Atikah;Habsyah 2020](#)). In daily life, exercising is very important to avoid illness ([Warburton and Bredin 2017](#)). The easiest way for the community to maintain health and fitness is by exercising ([Nazirun and Wahyuningsih 2021](#)).

### **Conclusions**

Based on the research findings and discussions in this study, it concludes that the motivation level of the running community in Semarang city for running sports reaches 60%, which falls into the very high motivation category, indicating that the majority of members have a strong spirit and dedication in participating in running activities. Meanwhile, the motivation level of running community members in terms of intrinsic motivation is recorded at a percentage of 55%. The intrinsic motivation of members is influenced by the enjoyment aspect at 35%, the fitness aspect at 35%, and the challenge aspect at a percentage of 30%. In addition, the level of extrinsic motivation among running community members is influenced by social interaction with a percentage value of 53%, categorized as very high, and appearance aspects at 47%, categorized as high. This indicates that the majority of members have a strong spirit and dedication in participating in running activities. This is evident from the respondents' feedback regarding running as a sport that it can increase motivation, as running is an enjoyable activity and has many benefits, one of which is fitness. The motivation of respondents is also influenced by aspects of social interaction, where interacting with fellow community members allows them to learn and exchange experiences. Activities such as running together, group training, or social events can strengthen the bonds among members. In future research, health aspects could be added by analyzing the physical and mental benefits of regular running among the residents of Semarang. Lastly, exploring infrastructure needs, such as safe running paths and accessibility.

### **Acknowledgment**

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### **Conflict of interest**

The author has no conflicts or interests.

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