



Activity Analysis of Sports Games at Night: Case Studies in Indonesia and Malaysia

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Abstract

Study Purpose. The increasingly hectic activities of society cause a person's free time to rest and exercise is decreasing. This, of course, has a huge impact on one's health. Game sports activities at night are the remaining options for those who have a very busy schedule.

Materials and Methods. The research method used an intrinsic case study method. A case study is research conducted on an object that is carried out in a complete, comprehensive, and in-depth manner using various data sources. The type of research conducted was from various sources such as field surveys, journals, books, the internet and other literature.

Results. Game sports activities at night were a frequent activity to fill good leisure time for UNIGA and UPSI students after completing activities during the day, as well as relieving stress after learning activities, night sports can also help students to maintain and strengthen bonds or bonding with friends, build togetherness, and create very valuable memories.

Conclusion. It can be concluded that there was no significant difference in evening activities between the two universities. There were various reasons for choosing to exercise at night, namely: busyness for some students.

Keywords: Sports Activities, Evening, Health.

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Introduction

In the era of modernization, people's activities have become increasingly hectic, resulting in less free time to rest and exercise. This certainly has a negative impact on people's health, as they cannot exercise in the morning or evening due to their busy schedules. Therefore, nighttime exercise is an option for those who are very busy. Exercise is a very important activity

for everyone, especially in this era of modernization (Soegiyanto, 2013). Exercise has become a lifestyle for people, and an inseparable part of their daily routine (Eko Nopiyanto & Pujiyanto, 2022). By exercising regularly, students can reach their full potential and build a strong health foundation for the future. Apart from providing health benefits, such as keeping the body healthy, fit, and smart, exercise also has many other benefits (Rahman et al., 2023). Exercise can improve concentration, and discipline, and teach values of togetherness, reciprocity in competition, and personality (Safitri & Indarto, 2023). Therefore, if you want to be healthy and physically fit, you need to exercise regularly. Sport is a physical activity that is done regularly and intentionally to improve physical fitness, health, and skills (Rizky Baresi et al., 2022). Exercise can involve a wide range of activities, such as running, swimming, cycling, weight lifting, or playing other sports games. By exercising regularly, we can maintain our overall health and quality of life.

Exercise can be done at any time of the day, morning, afternoon, evening, or night (Ratna Ambarwati & Setiowati, 2023). However, there are some differences between exercises performed at these times, one of which is the environmental temperature. The air temperature in the morning is usually cooler and fresher, so many people choose to exercise in the morning. In addition, the air quality in the morning is also better than in the afternoon or evening. However, some people prefer to exercise at night, for various reasons, such as being busy during the day or afternoon, or because the atmosphere is calmer and quieter at night.

Evening exercise has many benefits, such as relieving stress, improving sleep quality, and helping to stay active. Research shows that night exercise can increase physical capacity by up to 30%. This is because the muscles become warmer after a day of activity. It is important to choose an exercise that suits your physical condition and the surrounding environment (Rubiyanto, 2014). In addition, the exercise schedule also needs to be adjusted to your preferences and daily activities. This is to maintain a balance between physical health and daily routines. However, it should be noted that exercising at night also has some risks, such as increasing the amount of free radicals and lowering oxygen levels in the blood. Therefore, it is important to exercise wisely at night.

Nighttime exercise is a popular choice of activity for some people, especially for those who are busy during the day. Some popular types of evening exercise include jogging, cycling, badminton, football, basketball, tennis, and swimming. The choice of nighttime sports largely depends on your preferences, schedule, and the accessibility of the facility. The most important thing is to ensure safety and comfort while exercising at night. Some aspects to consider include: 1). Timing: Exercise should be done at least 1-2 hours before bedtime to give the body time to rest. 2). Weather: The weather at night is usually cooler and more comfortable, so exercising at night can be a good choice. 3). Light: Sports areas should be well-lit to prevent injuries. On the campuses of Garut University and Sultan Idris University of Education, there are specialized areas in sports. These include sports education and sports student activity units (UKM). Sports UKM is a forum for students to develop their interests and talents in sports. Sports are not only useful for maintaining physical fitness but can also be an opportunity to showcase abilities and talents (Fahmi Abdulaziz et al., 2016).

The interest of Uniga and UPSI students to participate in night sports in games is an interesting topic to research. This study aimed to identify and analyze the factors that influence the interest of students from both universities to participate in night sports, especially in games. Thus, it is expected that this study can provide a deeper understanding of the impact and relevance of night sports for students at both institutions.

Materials and Methods

Study participants.

The research participants were UNIGA and UPSI students who played sports games at night. The research participants were selected purposively, based on certain criteria determined by the researcher. The criteria included the type of sports games played, frequency of activity, and reasons for playing sports games at night.

Study organization.

The design of this study was to find out sports activities at night at UNIGA and UPSI using a case study research method. A case study is research conducted on one subject conducted in-depth and comprehensively using various data sources. The types of research conducted were field surveys, interviews, and observations. This research conducted field surveys and interviews to collect the necessary data.

When starting a case study, the researcher first identifies the problem or question to be investigated and develops the rationale used in the case study (Yuliani, 2018). In addition, case studies are great for use in research that answers questions about how and why a topic is studied. A case study is an empirical inquiry that investigates a contemporary phenomenon in a real-life context.

Statistical analysis.

In this research, the mathematical-statistical method used was descriptive analysis. Descriptive analysis was used to describe the data quantitatively. This method was used to calculate various statistical measures, such as mean, median, mode, standard deviation, and so on. The purpose of using mathematical-statistical methods in this research was to get a clearer picture of sports activities at night at UNIGA and UPSI.

Results

Below is a table of some of the differences and similarities in nighttime sports games in Indonesia and Malaysia, as follows :

Table 1. Differences and Similarities in Night Game Sports

No.	Type of Sport	Equality	Difference
1	Futsal	Popular in both countries as an evening sport.	Playing style preferences and levels of competition differ.
2	Martial arts	Cultural heritage and popular in both countries as a user of exercise at night.	Variants of movements, styles of performance, and competition are different.
3	Badminton	Popular in both countries as an evening sport.	Different styles of play, levels of participation, and achievements of athletes vary.
4	Volleyball	Popular in both countries as an evening sport.	Differences in level of competition, style of play, and regional popularity.
5	Taekwondo	Popular in both countries as a nighttime sport.	Differences in technical variants, competition styles, and achievements of different athletes.
6	Tennis court	Popular in both countries as an evening sport.	Differences in participation levels, facilities, and local popularity.
7	Golf	Popular in both countries as an	Facilities, participation levels,

evening sport.

and regional popularity vary.

Based on observations in the field, the number of students involved in game sports activities at night at both universities, especially students at Garut University and UPSI, especially game sports activities at night in campus areas based on game sports, the number of students involved in game sports activities at night at Garut University and Sultan Idris University of Education is quite significant. At Garut University, the number of students involved in game sports at night was estimated to reach 30% of the total students. Meanwhile, at Sultan Idris University of Education, the number of students involved in game sports activities at night was estimated to reach 25% of the total students. The following is an overview of the number of students involved in gaming activities at night at the two universities, by type of gaming sport:

Table 2. Description of the number of students involved in sports game activities at night

Types of Sports Games	Garut University	Sultan Idris University of Education
Futsal	10%	12%
Badminton	8%	7%
Volleyball	6%	5%
Basketball	4%	3%
Taekwondo	2%	2%
martial arts	2%	2%
Badminton	2%	2%
Handball	1%	1%
Dodge ball	1%	1%

This figure shows that the most popular sports played by students at the two universities are futsal, badminton, and volleyball. These three sports games have characteristics that are suitable for playing at night, namely that they do not require heavy or expensive equipment, and can be played by many people. Apart from that, this figure also shows that the number of students involved in gaming sports activities at night at the two universities tends to be more male students than female students. This may be caused by several factors, namely: Sports games are generally more popular among men, male students have more free time in the evenings than female students and male students are more motivated to exercise than female students. Overall, the figure for the number of students involved in sports gaming activities at night at the two universities shows that this activity is quite popular and has the potential to be developed further.

Discussion

Physical activity at night has a number of benefits, but there are also some things to consider (Ratna Ambarwati & Setiowati, 2023). Temperatures at night are usually lower, which can make physical activity more comfortable. In addition, nighttime is also a good time for people who have a lot of activities during the day. However, it is necessary to pay attention to safety aspects and adequate lighting. The data collected in this research is the result of data analysis, case studies, and discussions with UNIGA and UPSI students. This data is used to fulfill the research needs, namely to find out the role of night game sports training activities at UNIGA and UPSI. Furthermore, the data will be analyzed and discussed to provide an

interpretation of the results of the data analysis.

Based on data from several sources and student surveys about sports activities at night at Garut University, the results show that the sources and factors of sports game activities are as follows: 1). Sports Education Study Programme students were required to join Sports UKM at Garut University. This was because students of this study program needed to deepen their skills in certain sports activities to support their studies. 2). UNIGA students who took sports education study programs or related study programs can also join sports UKM. This could help them deepen their skills in certain sports activities and apply what they learned in class. In addition, this experience may have also helped them understand the practical aspects of the sport that they will teach later on. 3). Non-Sports Education Study Programme students also participated in sports activities in UKM to fill their spare time and do things they like.

Sports activities at night are an option for students because some sports games can be played after completing lectures. Students are motivated to achieve certain achievement goals and improve physical fitness (Asnaldi et al., 2018). Such motivation can help students achieve success, both in academic and physical aspects (Diky Hadyansah, 2019). Motivation can be defined as the desire, willingness, and drive to achieve, surpassing one's past achievements or those achieved by others (Putra, 2020). By staying focused on this goal, students can maximize their potential and gain long-term benefits in building skills, health, and self-discipline (I Ketut Yoda, 2020). Some sports games, such as futsal, volleyball, and badminton, require specific field usage schedules. Sports fields are usually empty at night, so this is a good time for students to exercise. In addition, the evening is also a good time to relieve stress after a long day of activities.

Based on the survey results of sports activities at night at Sultan Idris University of Education, it was found that the sources and factors of sports game activities are as follows: students who were active in extracurricular sports activities and sports clubs at Sultan Idris University of Education, students who wanted to fill their spare time after completing academic commitments, students who wanted to maintain and strengthen relationships with friends. Evening sports at Sultan Idris University of Education could be a good way to strengthen social relationships between fellow students, build togetherness, and create valuable memories.

Activities carried out by students involved in extracurricular sports and clubs at UPSI could provide various benefits. With sports facilities on the UPSI campus, students could:

1. Skills: Students could improve skills in developing different types of sports and games, which could be useful in improving sports performance.
2. Competition and Achievement: Through sports clubs, students could participate in inter-campus or local competitions, providing opportunities to achieve sporting achievements and make the university proud.
3. Health and Fitness: Sports activities assisted in maintaining students' health and fitness, which was an important aspect of daily life.
4. Leadership and Teamwork: Being involved in a sports club could also help develop leadership skills, teamwork and communication skills.
5. Entertainment and Relaxation: Sports also provide entertainment and a chance to relax from the academic routine, helping students maintain a balance in their lives.
6. Maintaining Community Spirit: Sports clubs often create a strong community amongst their members, which could be a source of social support and camaraderie.

With a wide variety of sports games that could be played at UPSI's campus sports area, students had many opportunities to explore their interest in sports and the benefits offered by active participation in such activities.

Along with the increase in sports practiced by UNIGA and UPSI students at night, exercise was identified as a physical activity that has been identified to reduce insomnia.

Maintaining health is essential for fitness. Exercise helps the body stay young, relaxed, and flexible. However, the trend of exercising at night can be seen with the increasing number of visitors to fitness centers. Busy work schedules force people to utilize nighttime to keep the body healthy and fit (Caturia Sasti Sulistyana, 2019). One of the night sports that is often done will certainly affect the quality and intensity of student sleep. To reduce the risk of sleep disturbances due to night exercise by trying things such as exercising at the right time, doing lighter exercise, the importance of warming up and cooling down, and paying attention to sleep patterns (Gunarsa & Wibowo, 2021).

From the explanation above, it can be concluded that night sports activities at UNIGA and UPSI were carried out by students from various study programs for various reasons, including improving skills, achievement, health, and fitness. Night exercise can also have benefits such as reducing insomnia, but it is necessary to pay attention to the right time to exercise, the type of exercise performed, and sleep patterns to avoid sleep disturbances.

Conclusions

Based on the results of the study, it can be concluded that nighttime sports activities at Garut University and Sultan Idris University of Education have several similarities, namely: The reasons students do sports at night: Busy schedule, relieve stress after a day of study, strengthen bonds with friends, fill free time. Sources and factors of sports game activities: students who were active in sports, students who wanted to fill their free time. Benefits of night sports: reducing insomnia and maintaining health and fitness.

These similarities show that evening sports activities at both universities had an important role in supporting students' health and fitness. Evening sports can be a great option for students who have a busy schedule, want to relieve stress, or want to strengthen relationships with friends. However, you need to pay attention to the right time to exercise, the type of exercise you do, and your sleep patterns to avoid sleep disorders.

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Conflict of interest

If the author has any conflict of interest to declare.

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