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The Interest and Motivation of the Nganjuk Community in Performing Physical Activity on Ahmad Yani Street Nganjuk Regency

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Abstract
This study aims to determine the level of interest, intrinsic and extrinsic motivation of Nganjuk residents aged 12-65 years in carrying out physical activity on Jl. Ahmad Yani, Nganjuk Regency. This study uses a descriptive quantitative research method. The sample of this study amounted to 400 people selected using a purposive sampling technique. The instrument was a questionnaire via Google Form consisting of 22 statement items. The data analysis technique used a reliability validity test and descriptive statistical analysis with data presentation in the form of frequency tables and percentages. The results of the study showed that the interest of the community in doing physical activities from all ages and genders was in the high category with 97% of male adolescents, 91.7% of adults, and 89.5% of parents. While female adolescents were 94.7%, 98.9% of adults and 90.9% of parents. Intrinsic motivation was in the high category of male adolescents 97.0%, 96.8% of adults, and 100% of parents. Meanwhile for female adolescents 100%, 97.8% of adults, and 95.5% of parents. Extrinsic motivation in the community showed a heterogeneous pattern. 54.5% of adolescent males had moderate motivation, 56% of adults had moderate motivation, and 57.9% of older adults had low motivation. Meanwhile, 68.4% of adolescent females had high motivation, 69.7% of adults had high motivation, and 72.7% of older adults had moderate motivation. The research found that physical activity in the community is driven more by personal awareness of the importance of health and fitness than by external factors. The provision of safe, comfortable, and easily accessible public spaces can increase community participation in physical activity.

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1. INTRODUCTION

Technological advancements, growing public awareness of the importance of a healthy lifestyle, and the development of public facilities have encouraged increased public participation in physical activity. Physical activity is any bodily movement produced by skeletal muscles that require energy expenditure and plays a crucial role in maintaining health and improving physical fitness (Novianto et al., 2021). Regular physical activity not only benefits physical health but also mental health and quality of life (Pranata, 2022). Therefore, providing comfortable public spaces is one factor that can encourage people to adopt an active lifestyle.

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In Nganjuk Regency, the Regional Government has begun development and development of the Jalan Ahmad Yani area in 2021. This area has been improved through the construction of wider and more comfortable sidewalks, Nyawiji Park, the Jayastamba Monument, and the implementation of a one-way street system. These improvements have made Jalan Ahmad Yani a popular public space for walking, running, cycling, and various other forms of physical activity. This demonstrates that the provision of representative public facilities can increase the use of public spaces for sports and recreation.

Besides the availability of public facilities, the increase in public physical activity is also influenced by developments in information technology and social media. Various social media platforms have become a platform for people to share sports activities, such as running, cycling, gymnastics, and fitness training. This phenomenon has made exercise not only seen as a means of maintaining health, but also as part of a modern lifestyle and social interaction. This condition has given rise to the phenomenon of Fear of Missing Out (FoMO), a feeling of worry or anxiety that arises when someone feels left out of the experiences or activities of others. According to Przybylski et al. (2013), FoMO is the anxiety that others are having enjoyable experiences without them(Carolina & Mahestu, 2020). In the context of physical activity, this phenomenon encourages some people to participate in trending sports activities to remain involved and accepted in their social circles.

The increase in public participation in physical activity is ultimately influenced not only by available facilities and emerging social phenomena, but also by psychological factors, particularly interest and motivation. Interest is a person's tendency to enjoy and voluntarily engage in an activity according to their needs and desires(Agung Nurwand et al., 2022). .Individuals with high interest tend to be more consistent in physical activity than those with low interest. Furthermore, motivation acts as a driving force that drives someone to initiate and maintain active behavior. According to Uno (2013) in (Surya, A. 2020), motivation is a drive that originates from within or outside an individual to achieve a specific goal.

Motivation for physical activity can be divided into intrinsic and extrinsic motivation. Intrinsic motivation arises from within the individual, such as the desire to maintain health, improve fitness, obtain pleasure, or achieve personal satisfaction. Conversely, extrinsic motivation is influenced by external factors, such as the support of family, friends, the environment, sports facilities, and emerging trends in society Sardiman, 2014 in (Surya, A. 2020). Both forms of motivation play a crucial role in determining a person's decision to engage in physical activity on a sustained basis.

Various studies have shown that motivation to maintain health and fitness is a dominant factor driving people to engage in physical activity (Wulandari et al., 2022). Research by (Agung Nurwand et al., 2022) also found that recreation, social interaction, and enjoyable experiences contribute to increased interest in outdoor physical activity. Furthermore, research by (Fadilah et al., 2025) shows that the FoMO phenomenon also encourages individuals to follow various physical activity trends emerging on social media. These findings suggest that physical activity behavior is influenced by a combination of environmental, psychological, and social factors.

Although the Jalan Ahmad Yani area in Nganjuk Regency has developed into a center for community physical activity, to date, there has been no research describing the level of interest, intrinsic, and extrinsic motivation of residents engaging in physical activity in the area. Furthermore, it is unknown how the interests and motivations of residents across various age groups who utilize the area for physical activity are described. This information is crucial for evaluating the utilization of existing public spaces and for developing programs to increase community physical activity.

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Based on this description, this study aims to determine the level of interest, intrinsic, and extrinsic motivation of residents of Nganjuk Regency aged 13–65 years old, engaging in physical activity in the Jalan Ahmad Yani area.

2. RESEARCH METHODS

This research is a descriptive quantitative study, using a survey method. Information or data collection can be done using a questionnaire via Google Forms. Descriptive research aims to systematically describe a phenomenon, condition, or characteristic of a population as it exists, without examining the relationships between variables (Fadillah & Mahyudin, 2026).

The population of this study based on the Statistics Agency of Nganjuk Regency in 2026, the population of Nganjuk Regency in 2025 was approximately 1,154,896 people. The sample in this study was people who did physical activities on Jl Ahmad Yani. The number of samples taken based on calculations using the Slovin formula with a margin of error e 5% = 0.05 was approximately 400 people. Sampling was carried out using a purposive sampling technique, namely a deliberate sampling technique based on certain criteria (Subhaktiyasa, 2024). Namely 1) People who were doing physical activities walking, running, cycling on Jl A. Yani, 2) People who were willing to be research samples, 3) People aged 13-65 years, 4) People who were physically and mentally healthy, 5) People who could operate a gedjed.

The research instrument was a questionnaire scored on a 1-4-point Likert scale. It consisted of 22 items, including six items for interest (interest, participation), six items for intrinsic motivation (health, fitness, social-emotional health), five items for extrinsic motivation (FOMO, social environment), and five items for physical activity (frequency, intensity, and type). Data collection was conducted by distributing the questionnaire directly through Google Forms.

The instrument was tested on 40 non-sample respondents using a validity test and was declared valid, with an r-value above the r-table of 0.312, with an average value of 0.729. Furthermore, the reliability test showed that all participants achieved a Cronbach's alpha value above 0.6, with an average value of 0.791, and was deemed reliable. Data were analyzed using descriptive percentage statistical analysis techniques to describe interest and motivation. All data analysis was performed using SPSS version 16.

3. RESULTS AND DISCUSSION

Based on the results of distributing questionnaires to 400 respondents, the characteristics of the respondents are shown in table 3.1 as follows.

Table 3.1 Respondent Characteristics

Category	Male	Fermale	
adolescents 12-17 Years	33	19	52
	63.5%	36.5%	100%
Adults 18-40 Years	218	89	307
	71%	29%	100%
Parents 41-65 Years	19	22	41
	46.3%	53.7%	100%
Total	270	130	400
	67.5%	32.5%	100%

The table above illustrates the gender distribution of the 400 respondents. The largest age group was adults (18–40 years old), with 307 respondents, consisting of 218 (71.0%)

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males and 89 (29.0%) females. The adolescent group (12–17 years old) numbered 52 respondents, consisting of 33 (63.5%) males and 19 (36.5%) females. The 41–65 age group consisted of 41 respondents, consisting of 19 (46.3%) males and 22 (53.7%) females. Overall, the respondents were predominantly male (270 respondents, 67.5%), while the females were 130 (32.5%).

The results of the descriptive analysis of interest are presented in the following table.

Table 3.2 Interest

Gender	Age	Category	Percentage
Male	adolescents 12-17 Years	Height	97%
	Adults 18-40 Years	Height	91.7%
	Parents 41-65 Years	Height	89.5%
Female	adolescents 12-17 Years	Height	94.7%
	Adults 18-40 Years	Height	98.9%
	Parents 41-65 Years	Height	90.9%

The research results show that interest in physical activity among people aged 13–65 on Jl. Ahmad Yani, Nganjuk Regency, is high across all age groups and genders. The high category is dominated by adolescent males (97%), adults (91.7%), and parents (89.5%), as well as adolescent females (94.7%), adults (98.9%), and parents (90.9%). The high level of interest is primarily influenced by the participation indicator, namely the statement "I feel physical activity is a necessity," which received the highest average score. This finding indicates a high level of public awareness of the importance of physical activity as part of daily life.

This high level of interest is supported by the availability of easily accessible, safe, and comfortable public spaces. Jl. Ahmad Yani, Nganjuk Regency, boasts supporting facilities such as well-maintained sidewalks, the Nyawiji Park area, which encourage physical activity and social interaction. This finding aligns with (Permanasuri, 2022) opinion that humans, as social beings, need spaces that support activity and interaction with their surroundings.

The findings of this study also support the theory of interest proposed by (Agung Nurwand et al., 2022) which states that interest is a feeling of pleasure and attraction toward an object that arises without coercion. Therefore, the high level of public interest in this study indicates a strong interest in physical activity, supported by a conducive environment and adequate facilities.

These results align with those of (Qolbu et al., 2024), who reported that a safe, comfortable, and pedestrian-friendly environment can increase public participation in physical activity compared to less supportive environments. Furthermore, research by (Nur

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& Arfandi, 2025) indicates that productive age groups tend to have higher levels of physical activity due to their physical condition and easy access to sports facilities. This study demonstrates that interest in physical activity remains high across all age groups, indicating that the quality of public spaces plays a crucial role in encouraging people of all ages to engage in physical activity.

The results of the descriptive analysis of intrinsic motivation are presented in the following table.

Table 3.3 Intrinsic Motivation

Gender	Age	Category	Percentage
Male	adolescents 12-17 Years	Height	97%
	Adults 18-40 Years	Height	96.8%
	Parents 41-65 Years	Height	100%
Female	adolescents 12-17 Years	Height	100%
	Adults 18-40 Years	Height	97.8%
	Parents 41-65 Years	Height	95.5%

The research results show that intrinsic motivation for physical activity among people aged 13–65 on Jl. Ahmad Yani, Nganjuk Regency, is high across all age groups and genders. The high percentage for males 97.0% of adolescents, 96.8% of adults, and 100% of parents was high, while for females 100% of adolescents, 97.8% of adults, and 95.5% of parents. Analysis of questionnaire responses showed that health and fitness and mental and emotional health indicators received the highest average scores, indicating that people engage in physical activity primarily out of an intrinsic drive to maintain both physical and psychological health.

These findings suggest that awareness of the importance of health is a key factor motivating people to engage in regular physical activity. The presence of safe, comfortable, and easily accessible public spaces also supports this intrinsic motivation. In addition to providing opportunities for exercise, public spaces also facilitate social interaction that can improve mood, reduce loneliness, and strengthen people's psychological well-being.

The results of this study align with those of (Puspita & Suparto, 2024), who stated that physical activity has a positive relationship with mental health, suggesting that the higher a person's physical activity level, the better their mental health. Research by (Ardhiarto et al, 2024) also shows that physical activity contributes to reducing stress, improving mood, and maintaining physical fitness.

Furthermore, these findings are supported by (Safitri & Indarto, 2023), who reported that most people engage in physical activity out of an awareness of the importance of

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maintaining health and fitness. Activities such as walking, jogging, and cycling have been shown to help reduce the risk of non-communicable diseases, such as hypertension, diabetes mellitus, and obesity. Similarly, (Rahayu et al., 2025) stated that physical activity plays a crucial role in preventing chronic diseases and improving people's quality of life. Research by (Prasetyo et al., 2023) and (Prakoso & Irawan, 2022) also shows that intrinsic motivation, particularly the desire to maintain health and fitness, is the dominant factor driving people to engage in physical activity, with no significant differences based on gender.

The results of the descriptive analysis of extrinsic motivation are presented in the following table.

Table 3.2 Extrinsic Motivation

Gender	Age	Category	Percentage
Male	adolescents 12-17 Years	Moderate	54.5%
	Adults 18-40 Years	Moderate	56.0%
	Parents 41-65 Years	Low	57.9%
Female	adolescents 12-17 Years	Height	68.4%
	Adults 18-40 Years	Height	69.7%
	Parents 41-65 Years	Moderate	72.7%

The results of the study showed that extrinsic motivation for physical activity among residents on Jl. Ahmad Yani, Nganjuk Regency, differed by age group and gender. Among males, extrinsic motivation was predominantly moderate among adolescents (54.5%) and adults (56.0%), while among older adults it was low (57.9%). Conversely, females exhibited higher extrinsic motivation, with adolescents (68.4%) and adults (69.7%) reporting high levels of extrinsic motivation, while older women reported moderate levels (72.7%). These findings suggest that external factors exert a greater influence on women, particularly adolescents and adults, than on men.

Among female adolescents and adults, the most dominant indicator was fear of missing out (FoMO). This suggests that social media, peer encouragement, and active lifestyle trends are factors that motivate them to engage in physical activity. This phenomenon aligns with the concept of positive FoMO, which is the drive to follow trends that ultimately have a positive impact on physical activity habits (Alamsyah & Wulandari, 2026). These findings are supported by (Fadilah et al., 2025) stated that FoMO can encourage individuals to engage in physical activity as a form of social participation and self-expression.

In older women, extrinsic motivation was moderate, with a relatively low influence of FoMO. Physical activity in this group was driven more by family support and the social

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environment than by social media trends. These results align with (Wulandari et al., 2022), who showed that family support is an important external factor in increasing community participation in physical activity.

Meanwhile, in adolescent and adult men, extrinsic motivation was moderate. Adolescents were still influenced by social media and physical activity trends, while in adults, social environment and peer factors were more dominant. However, the influence of these external factors was not the primary reason because the decision to engage in physical activity was based more on personal needs, such as maintaining health and fitness. This finding aligns with the opinion of (Prakoso & Irawan, 2022) that extrinsic motivation stems from factors external to the individual, such as the social environment and recognition, but its influence can vary across age groups.

In contrast to other groups, older men demonstrated low extrinsic motivation. The low influence of external factors indicates that physical activity in this group is driven more by the need to maintain health and improve quality of life than by following trends or social media influences. This finding aligns with (Rumlah, 2022) and (Lensi & Evie, 2023), who stated that physical activity in older adults plays a crucial role in maintaining fitness, preventing physical decline, and improving quality of life.

4. CONCLUSION

This study shows that the interest and intrinsic motivation of people aged 13–65 years in engaging in physical activity on Jl. Ahmad Yani, Nganjuk Regency, is high across all age groups and genders. This high level of interest is supported by the perception that physical activity is a necessity, while intrinsic motivation is primarily influenced by the desire to maintain health, fitness, and mental well-being. Conversely, extrinsic motivation shows differences between groups. Adolescent and adult women have higher extrinsic motivation than men, influenced by social media, fear of missing out (FoMO), and the social environment. In the older age group, especially men, extrinsic motivation tends to be lower because physical activity is driven more by the need to maintain health than by external factors. Based on the results of the study, physical activity undertaken by the community is driven more by personal awareness of the importance of health and fitness than by external factors. The provision of safe, comfortable, and easily accessible public spaces can increase community participation in physical activity.

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