

Students' Sports Behavior in the Kahayan River Basin, Palangka Raya City

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Abstract

Sports are movement activities carried out by a person. Sports is an activity that is needed by a person to maintain physical fitness, so that these activities can be carried out optimally. Individuals who have carried out sports activities should be appreciated and made a matter of course, because if humans have done physical activities by exercising which is also accompanied by maintaining a healthy lifestyle, then later it will shape the body to be fit and not easily attacked by diseases that make the body healthy. The purpose of this study is to find out about Student Sports Behavior in the Kahayan River Basin, Palangka Raya City. This study uses a descriptive quantitative method. A total of 278 students living in the Kahayan River watershed were used as samples. The data collection technique in this study is a questionnaire in the form of indirect communication assisted by filling out through google forms. The conclusion obtained from this study is that every day students do sports activities with a minimum duration of 30 minutes in the afternoon. The purpose of students doing sports activities every day is to maintain a healthy body. In addition, there are also sports facilities around their homes, so parents or families always motivate them to do sports activities, especially around the house. At school, the majority of students have participated in extracurricular activities and like to watch sports matches. However, sometimes students are lazy to do sports activities due to insufficient time due to their individual busyness.

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1. INTRODUCTION

Sports are movement activities carried out by someone in their daily life. According to (Sulikan et al., 2020) Sport is an activity that is needed by a person to maintain physical fitness as a support for other activities, so that these activities can be carried out optimally. Meanwhile, according to Giriwijoyo in (Okta Prativi et al., 2013) Sport is a series of regular and planned physical movements, which a person has done consciously in order to improve the body's abilities. According to Hamdani in (Harvianto & Abeng, 2021) Sport is any activity that can motivate, develop and develop a person's physical fitness potential through various forms of activities such as games, competitions, contests and physical activities. According to Law of the Republic of Indonesia Number 11 of 2022 concerning Sports, in Chapter V Article 17 concerning the scope of sports it is divided into three, namely educational sports, community sports and achievement sports. According to (Harvianto, 2020) that individuals who have carried out sports activities should be appreciated and made it normal, because if people have carried out physical activities by exercising accompanied by maintaining a clean and healthy lifestyle, then the body will become fit and will not be easily attacked by diseases that make the body be healthy.

Health is one part of the main capital in human resource development. As a basic right for every Indonesian citizen, health is mandated in the 1945 Constitution (UUD) article 28. Therefore, health is very important in a person's life. One indicator that a country is strong is its students. If students are healthy, they will be able to optimally absorb and implement the knowledge gained in everyday life in various fields. Based on Susenas data in March 2023, as many as 27.84 percent of children aged 0-17 years experienced health complaints. The number of health complaints among children aged 0-17 years in urban areas is 28.61

percent, slightly higher compared to rural areas which is 26.83 percent. According to this data, it was found that in Central Kalimantan Province in 2021 the percentage of the population aged 0-17 years who had health complaints was 19.28%, but there was an increase in children's health complaints in 2023 amounting to 24.5%. Among the samples from which data has been taken are students in river basin areas. Based on the background above, researchers will research the Sports Behavior of Students in the Kahayan River Basin, Palangka Raya City.

The aim of this research is to find out about Student Sports Behavior in the Kahayan River Basin, Palangka Raya City.

2. RESEARCH METHOD

This research uses descriptive quantitative methods. A total of 278 students who lived in the Kahayan River basin were used as samples. The data collection technique in this research is a questionnaire in the form of indirect communication(Sugiyono, 2019)which is assisted by filling in via Google Form. In this research, researchers go directly to the research object in order to obtain valid data. The questionnaire distributed aims to determine the response given by the subject to a phenomenon being discussed(Creswell, 2012). Then the researcher will analyze the data obtained and then describe the presentation of the data in the form of tables and diagrams.

3. RESEARCH RESULTS AND DISCUSSION

1.1.Research result

From the implementation of the research that has been carried out, the research data obtained are as follows:

Table 1:Analysis of student answers from the questionnaire "I like watching sports matches".

No	Criteria	Frequency	Percentage
1	Yes	239	85.9
2	No	39	14.1
Number of Respondents		278	100

Based on the table above, it can be described that 85.9% of students enjoy watching sports matches, and 14.1% are unhappy.

Table 2:Analysis of student answers from the questionnaire "Every day I always do sports activities"

No	Criteria	Frequency	Percentage
1	Yes	171	61.5
2	No	107	38.5
Number of Respondents		278	100

Based on the table above, it can be described that 61.5% of students who always do sports activities every day, 38.5% do not do sports activities.

Table 3: Analysis of student answers from the questionnaire "I exercise for at least 30 minutes every time."

No	Criteria	Frequency	Percentage
1	Yes	160	57.7
2	No	118	42.3
Number of Respondents		278	278

Based on the table above, it can be described that students who exercise for at least 30 minutes are 57.5%, and less than 30 minutes are 42.3%.

Table 4: Analysis of student answers from the questionnaire "At school I take part in extracurricular sports."

No	Criteria	Frequency	Percentage
1	Yes	146	52.6
2	No	132	47.4
Number of Respondents		278	100

Based on the table above, it can be described that 52.6% of students at school take part in extracurricular activities, and 47.4% of students who do not take part in extracurricular activities.

Table 5: Analysis of student answers from the questionnaire "There are no sports facilities in the area around my house."

No	Criteria	Frequency	Percentage
1	Yes	135	48.7
2	No	143	51.3
Number of Respondents		278	100

Based on the table above, it can be described that 51.3% of students in their home environment have sports facilities, and 48.7% of students do not have sports facilities.

Table 6: Analysis of student answers from the questionnaire "I'm not interested in exercising because"

No	Criteria	Frequency	Percentage
1	No time	110	39.7
2	Lazy	32	11.5
3	There are no sports facilities	96	34.7
4	Not a hobby	39	14.1
Number of Respondents		278	100

Based on the table above, it can be described that students are usually not interested in exercising because 39.7% don't have time, 11.5% are lazy, 34.7% don't have facilities and 14.1% don't enjoy exercising.

Table 7: Analysis of student answers from the questionnaire "I enjoy doing sports activities in"

No	Criteria	Frequency	Percentage
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1	School	61	21.8
2	Around the house	89	32.1
3	Sport Centre	46	16.6
4	Public facilities	82	29.5
Number of Respondents		278	100

Based on the table above, it can be described that 21.8% of students enjoy doing sports activities at school, 32.1% around the house, 16.6% in the sports hall and 29.5% in public facilities.

Table 8: Analysis of student answers from the questionnaire "I exercise because to"

No	Criteria	Frequency	Percentage
1	Maintain health	217	78.2
2	Looking for friends	11	3.9
3	Fill the free time	50	17.9
Number of Respondents		278	100

Based on the table above, it can be described that 78.2% of students exercise to maintain their health, 3.9% make friends, and 17.9% fill their free time.

Table 9: Analysis of student answers from the questionnaire "I prefer to exercise at any time"

No	Criteria	Frequency	Percentage
1	Morning	78	28.2
2	Afternoon	7	2.6
3	Afternoon	164	59
4	Evening	29	10.2
Number of Respondents		278	100

Based on the table above, it can be described that 28.2% of students like to do sports activities in the morning, 2.6% in the afternoon, 59% in the afternoon, and 10.2% in the evening.

Table 10: Analysis of student answers from the questionnaire "What always motivates me to exercise is"

No	Criteria	Frequency	Percentage
1	Parents/family	135	48.7
2	Friend	53	19.2
3	Teacher	32	11.6
4	Coach	57	20.5
Number of Respondents		278	100

Based on the table above, it can be described that those who always motivate students to exercise are parents/family at 48.7%, friends at 19.2%, teachers at 11.6%, and coaches at 20.5%.

1.2. Discussion

According to Law of the Republic of Indonesia Number 11 of 2022 concerning Sports in chapter 1 article 1 it is said that sports are all activities that involve the mind, body and soul in an integrated and systematic way to encourage, foster and develop physical, spiritual, social and potential. culture. In everyday life, a person should exercise regularly and consistently. Because by exercising regularly a person has implemented and implemented a healthy lifestyle. That way, the person has good

fitness. This is in line with what was expressed by (Refayanti Agustina et al., nd) that sports activities are one of the applications of a healthy lifestyle in everyday life. Based on research results, it shows that the majority of students do sports activities every day, perhaps they are motivated by what they see, because the majority show that students like watching sports. This is in line with what was said by (Jannah et al., 2022) which says that a person's environment can influence what they will achieve, so that a person will do everything to achieve their goals. Based on the research results, it also shows that students will do one sports activity for at least 30 minutes, this is in line with what is recommended by the WHO (World Health Organization) that someone should do physical activity for at least 30 minutes a day. Based on the research results, it has also shown that the majority of students do sports activities around their homes, this is because the majority of them have sports facilities around their homes. This is in line with the results of research conducted by (Supriyadinata et al., 2023) that the high motivation of people to do sports is partly due to the availability of sports facilities. The majority of students also do sports activities in the afternoon with the aim of maintaining health. This is in line with what was said by (Harvianto, 2019) that the majority of people do sports in the afternoon because it is relatively free time.

4. CONCLUSION

The conclusion obtained from this research is that every day students carry out sports activities with a minimum duration of 30 minutes in the afternoon. The aim of students doing sports activities every day is to maintain a healthy body. Apart from that, there are also sports facilities around their house, so that parents or family always motivate them to do sports activities, especially around the house. At school, the majority of students also take part in extracurricular activities and like watching sports matches. However, sometimes students are lazy about doing sports activities because they don't have enough time due to their busy lives.

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