

MOTIVATION TO CARRY OUT RECREATIONAL SPORTS ACTIVITIES ON CAR FREE DAY AT SEMARANG

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Abstract: The activities of the people of Semarang, especially in terms of doing recreational sports, are currently lacking. In addition to the awareness factor of the importance of exercise for the body, another factor that encourages people to do recreational sports is the facilities and infrastructure available to support these activities. The purpose of this study is to find out the motivation of the people of Semarang to do recreational sports through the Car Free Day (CFD) program at Simpang Lima Semarang in 2024. The research uses qualitative and quantitative research approaches. The research location is around Pahlawan Road, Semarang. The target in this study is the people of Semarang with an age limit of 18 years - 45 years who take part in CFD, then a sample of 100 people is taken. In this study, the instrument used is a questionnaire. The indicators of motivation variables are 1) intrinsic which is described in sub-indicators: a) exercise, b) maintaining health, c) refreshing, 2) extrinsic which is described in sub-indicators: a) friends, b) location, c) cost, d) weather, e) role of the government. The descriptive analysis used is a percentage descriptive analysis. The results of the study concluded that the community's motivation for recreational sports through CFD on Pahlawan Road, Semarang has a percentage of 75% above the average price, so it can be concluded that the community's motivation for recreational sports through CFD on Pahlawan Road, Semarang is in the high category.

Keywords: motivation, recreational sports, car free day

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INTRODUCTION

The Car Free Day (CFD) program is the day that all vehicles that are fueled by oil and produce smoke such as cars, motorcycles, and other emission vehicles are prohibited from passing on the road that has been determined as the location of the CFD (Prabowo et al., 2019). The implementation of CFD in Semarang was first carried out on December 19, 2010 along the Pahlawan Road section. CFD aims

to socialize to the public to reduce people's dependence on motor vehicles (Proklamlatu & Hidayati, 2021). These activities are usually encouraged by activists engaged in the environment and transportation. The main idea promoted in the CFD movement was to develop mass transport, cycling and walking. The response of the people of Semarang was very extraordinary when CFD was enforced because several activities were carried out by the community to carry out various fun activities such as fun bikes from several communities, pedestrians, skateboard communities, toy communities and from the media that participated in enlivening.

The problem behind the holding of CFD in Semarang is the traffic jam that occurs in the area, so it is hoped that the implementation of CFD will contribute to reducing the vehicles volume that will pass through the center of Semarang. The social impact of CFD activities is an opportunity for people from various social levels or different backgrounds to gather and socialize. This kind of thing certainly has a positive impact on social relations between communities present at CFD activities. The implementation of CFDs in Semarang can represent the interest of visitors who come. This can be seen from the variety of activities presented in CFD activities, including dance, music, sports, education, and other entertainment activities.

The problem in this study is how to motivate people did recreational sports through the CFD. Motivation is the process of causing action, encouraging activities and regulating activity patterns. Motivation as a stimulus, encouragement and power generator, the process takes place within oneself, but can be seen from real behavior (Werdhiastutie et al., 2020). Motivation departs from the main principle that humans only do a job that is fun to do, this principle does not rule out the possibility that in a forced situation a person will do something he does not like. Man only takes the object he likes and stays away from the unpleasant object, where man only does something that benefits him.

Motivation is a process that cannot be observed, but can be interpreted through the actions of individuals who behave, so motivation is a construction of the soul. The position of motivation is parallel to the contents of the soul as creation (cognition), karsa (conation), and taste (emotion). When creation, karsa and the sense inherent in a person, combined with motivation, can become a chess force or four power impulses that can direct individuals to achieve goals and meet needs. Motivation is a condition that encourages or causes a person to do an act or activity that is done consciously, although it is possible that in a forced situation a person may do an activity that he does not like. Activities that are driven by something that is not liked in the form of activities that are forced to be carried out tend to be ineffective and inefficient.

Motivation can also be considered as a driving force that causes people to do something to achieve a goal. Motivation refers to a symptom that involves the

urge to act towards a specific goal (Fishbach & Woolley, 2022). Motivation is essentially an encouragement to do everything better than others in activities to achieve goals. Thus, in the end, the individual's activity will lead to something valuable (Teixeira et al., 2020). For example, motivation that leads to efforts to increase individual satisfaction in their work.

A healthy person is not necessarily fit, because to be able to do daily tasks a person is not only required to be free from disease, but also required to have dynamic fitness. A person who has good physical fitness will also have relatively better strength compared to those who are not fit.

Recreational sports have a very important role in shaping physically and spiritually healthy human beings. Recreational sports can also be called a type of sports activity that is carried out in leisure time or leisure time, some sources say as follows (Kang et al., 2019). The definition of sports recreation is a fun activity that contains elements of positive movement. Sports Recreation is an indoor and outdoor activity that is dominated by sports elements (movement), so it can be fun. Recreational sports are a type of sports activity that is carried out in leisure time or leisure time (Suhartini & Pradipta, 2022). Recreational sports are an alternative in utilizing leisure time by doing low-intensity, fun sports individually or in groups. The following is the definition of recreational sports. 1) Recreational sports are sports carried out by people with passions, abilities that grow and develop in accordance with the conditions and cultural values of the local community for health, fitness and joy.. 2) Recreational sports are a type of sports activity that is carried out in leisure time or leisure time.

METHOD

The research approach is with qualitative and quantitative approaches. Qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from observable people and behaviors. Qualitative research is the appearance of oral or written words that are observed by the researcher, and objects that are observed in detail so that the meaning implied in the document or object can be captured.

The research population is the people of Semarang city who participated in the CFD program which amounted to 100 people. The research sample was randomly selected using the Random Sampling technique with the criteria of visitors aged 18 – 45 years. This technique is carried out because it is in accordance with the researcher's own considerations so that it can represent the population. In this study, the sample requirements are individuals who are in and doing recreational sports activities along the CFD area of Semarang.

RESULTS

After the data of 100 CFD visitors was obtained, then processed to obtain the following results: The minimum score of the study was 65 while the maximum score was 92. The average score is 74.24, with a median of 76, Mode 77, standard deviation of 5.57 and variance of 30.30.

Table 1. Description of Community Motivation Data for Recreational Sports Through the CFD Program on Pahlawan Road, Semarang

Mean	74.24
Median	76.00
Mode	77.00
Std. Deviation	5.57
Variance	30.30
Minimum	66.00
Maximum	92.00

DISCUSSION

Public motivation for recreational sports through CFD on Pahlawan Road, Semarang has a percentage of 75% above the average price, so it can be concluded that public motivation for recreational sports through CFD in Semarang is quite high. The accessibility of sports open spaces is the foremost imperative portion for the arrangement of a conducive climate for a sports-cultured society. The sports culture expecting is within the total scope of sports, which incorporates accomplishment sports, instructive sports, and community sports or recreational sports. Open offices, open spaces, or open spaces are indeed a prerequisite for activity for the arrangement of collective community behavior to create the sports culture.

Within the setting of community sports/recreation, open space leads to a more shifted concept of open space. Open spaces for community sports/recreation can be within the frame of city parks, squares, areas in towns, as well as different shapes of family recreational offices that are as of now broadly created in a few cities within the nation. The arrangement of recreational sports open space some of the time emerges from the inventive control of the community in overcoming the issue of arrive impediments. Individuals now and then got to be inventive to conjure up stopping parts to play tennis or tumbling together. The community must moreover be imaginative in orchestrating plans when they have to be take advantage of open spaces utilized for accomplishment sports. This recreational wear is carried out by the community since it is to fill up free time.

The location of CFD on Pahlawan Road, Semarang is the main road in Semarang and is the center of the city filled with many vehicles. Some people take

advantage of the location by doing sports activities that are classified as recreational sports such as physical fitness gymnastics, cycling, roller skating, skateboarding, tennis playing, jogging and one of the recreational sports that attracts a lot of attention from visitors is Street Mini 4 WD. Public motivation for recreational sports through CFD in Semarang is quite high because recreational sports are fun and easy for everyone to do with friends and family. Open consideration to CFD to move each Sunday morning is included within the criteria is very tall, as prove by the rate of 75% having high motivation for CFD.

CFD activities held on Pahlawan Road, Semarang have many benefits and uses. Both in terms of the environment, economy, social, and physical for the community and the Semarang government. Another thing that is still lacking in the implementation of CFD is the lack of appreciation made by CFD organizers to visitors who participate with one of the activities is by holding a competition for the community who attend CFD activities with a prize or award for participating in the CFD event.

CONCLUSION

After conducting inquire about and evaluation on the overview of community inspiration to do recreational sports through the CFD program in Pahlawan street, Semarang, the analyst therefore concludes that the community's inspiration for recreational sports through CFD in Semarang contains a rate of 75% above normal, so it can be concluded that the community's inspiration for recreational sports through CFD in Semarang is very tall. Based on the depiction over, the analyst expressed the yield of the investigate comes about which is anticipated to be an important commitment to at that point be considered in connection to the inspiration of the community to do recreational sports through the CFD program in Semarang, as takes after:

1. Seeing the high motivation of the individuals of Semarang towards recreational sports through CFD on Pahlawan Street Semarang, it is fundamental for the important organizations to supply the leading benefit enhancement so that people are still inquisitive about coming to Pahlawan Street Semarang to require portion in CFD whereas doing recreational sports. .
2. Recreational sports in CFD Semarang are progressively in request by guests, it is trusted that the Youth and Sports Office can offer assistance in giving a gathering and organizing within the improvement of recreational sports, particularly in CFD.
3. There needs to be more new recreational sports communities participating in CFD in Semarang such as the Street Mini 4WD Community which at the time of the survey was very popular with CFD visitors.

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