



Analysis of public interest in the recreational sport of gateball in tabalong district

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Abstract: This study aims to analyze the interest of the Tabalong Regency community in the recreational sport of gateball, focusing on external (social support and facilities) and internal (knowledge, skills, and physical condition) factors. The research method used a quantitative descriptive approach with data collection techniques through questionnaires distributed to 16 respondents. The results showed that community interest in gateball was in the moderate to high category, with external factors contributing 37.5% and internal factors such as physical condition reaching 43.75%. However, the community's knowledge and skills are still diverse, with an even distribution in the low, medium, and high categories (31.25% each). These findings indicate that increasing interest in exercise requires a holistic approach, including the provision of adequate facilities, education and community strengthening. The limitations of this study lie in the limited number of samples and have not examined cultural/local factors, so further research is recommended to broaden the scope of respondents and explore additional aspects that may be influential. With the implementation of the right strategy, gateball sports have great potential to develop as a popular recreational activity in Tabalong Regency This study recommends collaboration between the government, sport players, and the community to increase participation in the sport of gateball.

Keywords: public interest;recreational sports; gateball; external factors; internal factors.

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INTRODUCTION

Physical activity is anything that shows activities related to a person's body or physical (Kusuma & Setyawati, 2019). Humans perform activities to improve physical fitness and implement a healthy lifestyle. Physical activity is an important component in maintaining health and well-being (Jannah et al., 2024). Physical fitness is the ability of a person to carry out work every day effectively without excessive fatigue so that they can still enjoy their leisure time (Kusuma & Setyawati, 2019). Every human need good physical fitness to do productive and efficient work without experiencing physical fatigue. Based on some of these descriptions, it can be concluded that on weekends, humans carry out recreational sports activities related to physical exercise as a means of fulfilling physical needs to improve physical fitness and adopt a better lifestyle.

Recreational sports are important leisure activities. However, most studies investigating barrier factors and motivation for participation in recreational sports have been limited to specific areas (e.g., a city or school) or demographic groups (e.g., adolescents) (Chen et al., 2017). Recreational sports is a sports activity that is carried out in leisure time so that the perpetrator obtains emotional satisfaction such as pleasure, joy, happiness, and obtains physical and physiological satisfaction such as maintaining health and fitness, so as to achieve overall health (Fitriantono et al., 2018). Recreational sports are to achieve overall health, do leisure activities that provide emotional and physical-physiological fulfillment, such as pleasure, joy, and happiness, and sustain physical health and fitness (Antonius & Pramono, 2022). Nowadays, people prefer recreational sports to find happiness, satisfaction, and especially to improve physical fitness.

Recreational sports can be found in tourist attractions, the types are increasingly varied from adventurous to challenging, one of which is Gateball sports (Apriyadi et al., 2023). Gateball emphasizes teamwork, the use of tactics and playing strategies, and the skill of using the bat. In addition, this sport is known as a "barrier-free sport" because it can be played by all groups, regardless of age or gender (Viii & April, 2012). The uniqueness of the sport of gateball is that it does not need extraordinary physical toughness to become a player (Sibarani et al., 2024).

Interest is an internal component in an individual that greatly influences his actions, a liking, craze, pleasure or something without someone telling him to accept the relationship

between himself, something and the outside world, the stronger and more intimate the bond the higher the interest (Rosalina et al., 2024).

In increasing people's self-interest in carrying out recreational sports, of course, it is supported by interest. A person's feeling of like or pleasure towards an object is referred to as interest. This is according to (Kusuma & Setyawati, 2019). The term "interest" refers to a strong desire to enjoy something. In addition, an unspoken liking and attachment to something or activity (Abidin & Yuliasrid, 2022).

From the initial observations of public interest in Gateball sports, there began to be enthusiasts, because Gateball sports were still considered new by the community. However, over time the Gateball sport has decreased in demand. So that researchers are interested in conducting research on the analysis that affects interest in Gateball recreational sports in Tabalong Regency. Researchers will also use data collection methods, such as questionnaires to ensure that researchers can collect accurate and representative information. The purpose of this study is to analyze the influencing causes of interest in Gateball recreational sports conducted in Tabalong Regency.

MATERIAL AND METHODS

The method in this study uses quantitative descriptive techniques using a questionnaire prepared by the researcher. The object of this research is the people who follow the recreational sport of Gateball in Tabalong. The sampling technique in this study is to use random sampling techniques or sampling from a population that is carried out randomly without looking at the strata in the population (Rahmadi & Irianto, 2021).

The process of collecting data was carried out by distributing questionnaires to respondents to obtain data on public interest in Gateball recreational sports in Tabalong Regency. In this study the questionnaire distributed to respondents consisted of 26 statement items with a Likert scale. Based on the analysis carried out on a problem in the research, a research instrument is prepared, the research instrument used is a questionnaire or questionnaire.

The questionnaire that will be distributed to respondents must pass the validity test stage. The way to determine whether a research instrument is valid or not is to look at the results of the correlation calculation with the correlation coefficient value table at a significant

level of 5% (Solehah & Ratnasari, 2019). If $r_{count} > r_{table}$, then the statement in the questionnaire is declared valid (Anggraini et al., 2022). After calculating the validity test on 30 statement items presented to respondents, there were 4 invalid statement items, leaving 26 valid statement items. According to (Widyaningsih et al., 2022) data reliability based on the results of the statistical calculation of the Cronbach's alpha column reached a value of 0.80 in the results of a questionnaire trial survey of 25 respondents with 26 statement items. It can be concluded that the Cronbach's alpha value is greater than the r_{table} , which means that the instrument provided is reliable and can be used as a measuring tool for data collection.

The data analysis technique used in this study is descriptive percentage statistics. The method used by researchers is to give a score or assessment on each statement item from a questionnaire or questionnaire filled out by respondents. The data is then processed to obtain research data in the form of raw data to get a clear picture of the research results. The percentage level is calculated using the descriptive percentage formula. For processing and analysis, researchers use tools in the form of Microsoft excel.

RESULTS

This study aims to determine the level of public interest in recreational sports Gateball in Tabalong Regency city park conducted by 16 respondents. The data in this study is descriptive quantitative data obtained using a questionnaire in the form of a questionnaire via google form and distributing questionnaires directly to the public. Researchers use quantitative descriptive data using descriptive statistical analysis with percentages. The instrument measurement scale in this study uses a Likert scale with ratings ranging from 1 to 4, with information 4 = strongly agree, 3 = agree, 2 = disagree, and 1 = strongly disagree.

The initial purpose of this survey was to find out how the level of public interest in the recreational sport of Gateball at the Tabalong Regency city park. Therefore, researchers used descriptive percentage data to analyze the data filled in on questionnaires distributed to the community. Based on the results of the data using descriptive percentage questionnaire survey public interest is divided into five categories of results as shown in the following table.

Table. 1 Descriptive calculation results of the percentage of public interest in recreational sports gateball

Interval	Category	Frequency	Percentage
$X \leq 77.5$	Very Low	2	12.5%
$77.5 < X \leq 84.5$	Low	3	18.75%
$84.5 < X \leq 91.5$	Medium	5	31.25%
$91.5 < X \leq 98.5$	High	6	37.5%
$X > 98.5$	Moderately High	0	0%
	Total	16	100%

Based on table 1 above, the results obtained on the extent to which the level of public interest in gateball recreational sports in the city park of Tabalong district which is included in the category is quite high 0 respondents or 0%, high category 6 respondents or 37.5%, medium category 5 respondents or 31.25%, low category 3 respondents or 18.75%, and very low category 2 respondents or 12.5%. The level of public interest in gateball recreational sports in the city park of Tabalong Regency is influenced by two factors, namely external factors (from outside) and internal (from within), which can be explained as follows.

External factors are factors from outside that influence interest. Indicators of external factors consist of social support and facilities. Meanwhile, internal factors are factors that influence the growth and development of interest that comes from the individual. The results of research on external factors in this study were measured through 11 items and internal factors 15 statement items with a rating range of 1 to 4. The distribution table on the results of research on external and internal factors is as follows.

Table. 2 Calculation data of external and internal factors

Faktor	Eksternal			Internal	
	Social support	Facilities	Knowledge	Skills	Physical Condition
Very Low	12.50%	6.25%	6.25%	6.25%	12.50%
Low	12.50%	31.25%	31.25%	31.25%	18.75%
Medium	37.50%	37.25%	31.25%	31.25%	25%
High	37.50%	12.50%	31.25%	31.25%	43.75%
Moderately High	0%	12.50%	0%	0%	0%
Total	100%	100%	100%	100%	100%

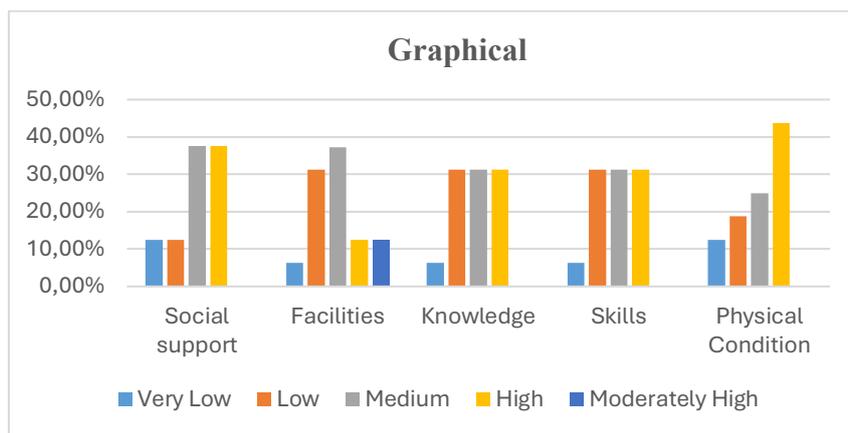


Figure. 1 Graphical results of external and internal factor calculations

Based on table 2 above, the external factors that have the highest percentage in the social support indicator are in the medium category, namely 37.5%, and the highest percentage in the facility indicator is in the medium category, namely 37.5%. The results of internal factors that have the highest percentage of knowledge indicators are in the low, medium and high categories, namely 31.25%, in skill indicators are in the low, medium and high categories, namely 31.25%, and physical condition indicators are in the high category, namely 43.75%. Research on external and internal factors is translated into 26 statement items that have been said to be valid and can be used as a research instrument to determine public interest in Gateball recreational sports at the Tabalong Regency city park.

DISCUSSION

The results of the study showed that the interest of the people of Tabalong Regency in the sport of gateball was in the medium to high category, with 37.5% of respondents in the high category and 31.25% in the medium category. However, there were still 18.75% of respondents with low interest and 12.5% with very low interest. These findings indicate that although most people have an interest in gateball, there are still groups that are less interested, so efforts are needed to increase participation across the board.

External factors, such as social support and the availability of facilities, contributed 37.5%, with the highest percentage being in the medium category. This shows that the community has benefited from existing social support and facilities, although it is not optimal. In the internal aspect, the physical condition of the community dominates the high category

(43.75%), which means that they are physically ready to participate in gateball. However, knowledge and skills are still evenly distributed in the low, medium, and high categories (31.25% each), indicating that technical understanding of the sport needs to be improved.

In the context of recreational sports, the motivation theory by Deci and Ryan (1985) in Self-Determination Theory explains that intrinsic and extrinsic motivation affects an individual's participation in sports activities. Intrinsic motivation comes from within the individual, such as personal pleasure and satisfaction, while extrinsic motivation comes from outside the individual, such as social rewards or recognition (Day et al., 2024).

Research by (Syafuruddin et al., 2022) in the journal "The role of physical education and sports in shaping the nation's character" emphasizes the importance of physical education and sports in shaping people's character and interest in sports. They state that good physical education can increase people's interest and participation in recreational sports.

In addition, research by (Muhajir, 2007) in the journal "Factors Influencing Sports Interest in Islamic High Schools" shows that factors such as social support, facilities, and knowledge have an important role in increasing sports interest among students. This is in line with your finding that social support and facilities are in the medium category.

(Arindra, 2019) in his survey on public interest and motivation in Car Free Day activities in Banyumas emphasized that interest in sports can increase if these activities are provided regularly, well facilitated, and supported by the government and the community. This shows the importance of the role of the government and the community in providing facilities and social support to increase public interest in recreational sports.

In addition, people's motivation to engage in recreational sports is also influenced by physiological needs, security, social needs, appreciation, and self-actualization (Kuncoro & Rahayu, 2023). These factors suggest that interest in recreational sports depends not only on physical aspects, but also on the psychological and social needs of the individual (Hafifah Rosalia, 2019).

Based on these results and discussions, efforts to increase public interest in gateball must be carried out holistically. The government and related parties need to provide better facilities, such as fields and equipment that are easily accessible, as well as conduct training to improve people's knowledge and skills. The formation of a community or gateball club can also strengthen social support and motivation to play. With this approach, it is hoped that

community participation in gateball can increase significantly, not only in Tabalong Regency but also in other areas.

The limitations of this study lie in the relatively small number of samples (16 respondents) and do not include cultural or local policy factors. Therefore, further research is recommended to expand the sample and explore additional factors that may influence public interest. Thus, gateball development strategies can be designed more comprehensively and effectively.

CONCLUSION

Based on the results of the research and discussions that have been conducted, it can be concluded that the interest of the people of Tabalong Regency in gateball recreational sports is in the medium to high category, with 37.5% of respondents showing high interest and 31.25% in the medium category. These findings reinforce the importance of a holistic approach to increasing community interest, including the provision of adequate facilities, education on the techniques and benefits of gateball, and community strengthening through the formation of sports groups or clubs. Collaboration between government, communities, and academia is needed to create an environment that supports the development of gateball. The limitations of this study lie in the limited number of samples and have not examined cultural/local factors, so further research is recommended to broaden the scope of respondents and explore additional aspects that may be influential. With the implementation of the right strategy, gateball sports have great potential to develop as a popular recreational activity in Tabalong Regency.

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