



Analysis of the level of interest of the in volleyball: a survey-based descriptive study

Asah Iskandar^{1ABCD*}, Wildan Qohhar^{1BDE}, Egiesta Dwi Ariani^{1CDE}

¹Universitas Situs Jaya Banten, Indonesia,

*Author's correspondent: Asah Iskandar, Universitas Situs Jaya Banten, Indonesia, Email; asahiskandar@unsijabanten.ac.id

Authors' Contribution: A – Study design; B – Data collection; C – Statistical analysis; D – Manuscript Preparation; E – Funds Collection

Info article	Abstract
<p>Filed in: 2025-08-13 Accepted: 2025-11-30 Published: 2025-11-30</p> <p>Keyword: <i>Analysis; Interest; Volleyball</i></p>	<p>Public interest in sports plays a crucial role in improving health, fitness, and active participation in physical activities. Observations in Puri Anggrek indicate that although volleyball is quite popular, community involvement is not yet optimal. This study aims to analyze the level of interest in volleyball among the Puri Anggrek community based on intrinsic and extrinsic factors. The research method used a descriptive approach with 66 respondents aged 20–40 years selected through purposive sampling. Data collection was conducted using a closed-ended questionnaire containing 33 statements that had been tested for validity and reliability. Data analysis used descriptive statistics in the form of mean, median, standard deviation, and interest categorization based on standard deviation intervals. The results showed that overall community interest was in the moderate category. Intrinsic factors, including enjoyment, attention, and activity, were also in the moderate category, as were extrinsic factors, including environmental and family support. These findings illustrate that community interest has been established, but still requires strengthening through increasing positive experiences, access to activities, and consistent environmental support.</p>

1. Introduction

Sport is a common activity among men and women, from young children to adults, and is an integral part of modern society, playing a crucial role in

improving health and physical fitness (Qohhar et al., 2024, 2025). In various regions, including residential communities, sporting (Qohhar et al., 2024, 2025). In various regions, including residential communities, sporting activities are viewed not only as a physical necessity but also as a means of recreation, fostering a healthy lifestyle, and enhancing social interaction. Volleyball is a popular sport in Indonesia, growing rapidly due to its ease of play, the lack of complex facilities, and its high social value in fostering community unity (Nugrahani & Anam, 2022).

However, despite volleyball's popularity, community participation in sporting activities is not always consistent. Initial observations in Cipocok Jaya District revealed an interesting phenomenon: community enthusiasm for participating in matches or tournaments between neighborhood associations (RT/RW) and even between villages, while participation in regular training tends to fluctuate. Some people prioritize work or other activities over training, so their emerging interest doesn't fully align with active involvement in volleyball. This situation indicates a gap between potential interest and actual commitment to the sport.

Research on public interest in volleyball has been conducted previously, such as a study (Ansori et al., 2022) on the level of interest in volleyball among adolescents and research on extracurricular motivation and interest in students. However, most of these studies focused on adolescents, students, or groups of athletes, rather than the general population in residential communities. Therefore, there is limited research specifically mapping sports interest among adults in residential communities, particularly using an approach to intrinsic and extrinsic factors such as enjoyment, attention, activity, environmental influences, and family support. This presents a scientific gap that needs to be filled.

The novelty of this research lies in its approach to surveying community interest using a standardized questionnaire developed based on psychological

and social factors, and its application to a community of adults aged 20–40 who are active in volleyball activities in the Cipocok Jaya District. Furthermore, this study offers a mapping of interest categories (very high–very low) that can serve as a reference in developing community sports development programs, particularly at the sub-district or local community level.

The primary objective of this article is to analyze the level of interest in volleyball among the Cipocok Jaya community, both overall and based on intrinsic and extrinsic factors. This research also aims to provide a measurable overview of the community's interest trends and the factors influencing them.

This research is expected to provide empirical information for local governments, community volleyball club managers, and community sports activists to design training programs, development strategies, and sports activities based on the needs and interests of residents. Furthermore, the results of this study enrich scientific research in the field of sports participation studies, particularly in the context of the general population, not just students or athletes.

2. METHOD

This study used a descriptive design with a quantitative approach to describe the level of public interest in volleyball without manipulating variables. The study was conducted in Cipocok Jaya District, Serang City, on September 23–24, 2025.

The study population included the entire Cipocok Jaya community, totaling 643,205 people. The sample consisted of 66 respondents selected through purposive sampling, with the criteria being women aged 20–40 who regularly practice volleyball and have participated in inter-neighborhood/community (RT/RW) and inter-subdistrict (subdistrict) tournaments. This technique was used because the selection of respondents was tailored to the research needs.

Data were collected using a closed-ended questionnaire based on a Likert scale consisting of 33 items regarding intrinsic factors (pleasure, attention, activity) and extrinsic factors (environment and family support) (Alfazani & Khoirunisa, 2021). The instrument was declared valid through a Product Moment correlation test and reliable through a Cronbach's Alpha test with a value of 0.887.

Data analysis was conducted using descriptive statistics, calculating percentages, means, and standard deviations, as well as grouping interest categories into five levels: very high, high, medium, low, and very low (Indriaty et al., 2023). This approach provides a measurable picture of the Cipocok Jaya community's interest in volleyball. The following formula was used to determine the percentage (Setyawan, 2025):

The analysis of the research data obtained was then used to calculate the assessment/categorization norms (Rahmiyati et al., 2024).

Table 1. Kategorisasi Skor

Categorization	Criteria
Very Low	$X \leq Mi - 1,5 Sdi$
Low	$Mi - 1,5 Sdi < X \leq Mi - 0,5 Sdi$
Moderate	$Mi - 0,5 Sdi < X \leq Mi + 0,5 Sdi$
High	$Mi + 0,5 Sdi < X \leq Mi + 1,5 Sdi$
Very High	$X > Mi + 1,5 Sdi$

3. RESULTS AND DISCUSSION

The study was conducted on 66 respondents from the Cipocok Jaya community. Data were analyzed using descriptive statistics, including minimum, maximum, mean, median, standard deviation, and distribution of interest categories. The instrument used consisted of 33 statements.

Overall, public interest in volleyball is moderate. The mean value is 137, the minimum value is 107, the maximum value is 165, the median is 138, and the standard deviation is 12.

Tabel 2. Overall Description of Research Results

Description	Score
Mean	137
Median	138
Minimum	107
Maximum	165
Std. Deviation	12

Table 3. Overall Community Interest Categories

Category	Interval	Frequency	Percentage
Very High	$X > 156$	3	5%
High	144–156	19	29%
Moderate	131–144	22	33%
Low	119–131	19	29%
Very Low	< 119	3	5%
Total		66	100%

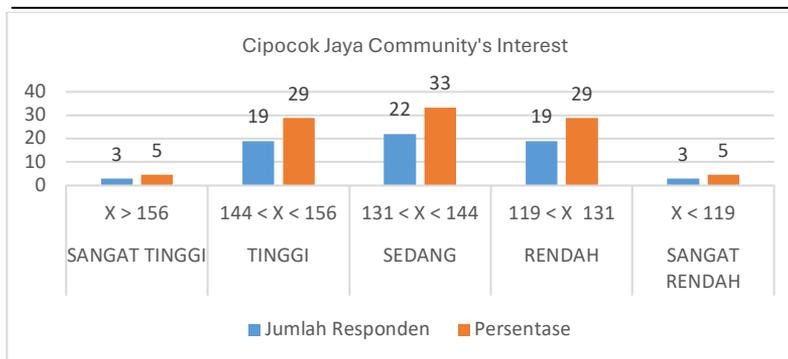


Figure 1. Results of the Cipocok Jaya Community's Interest in Volleyball

a. The Results of Interest Based on Intrinsic Factors

Interest based on intrinsic factors was in the moderate category with a frequency of 28 respondents (42%).

Table 4. Category of Intrinsic Factors

Category	Interval	Frequency	Percentage
Very High	$X > 88$	3	5%
High	81–88	18	27%
Moderate	74–81	28	42%
Low	67–74	13	20%
Very Low	< 67	4	6%
Total		66	100%

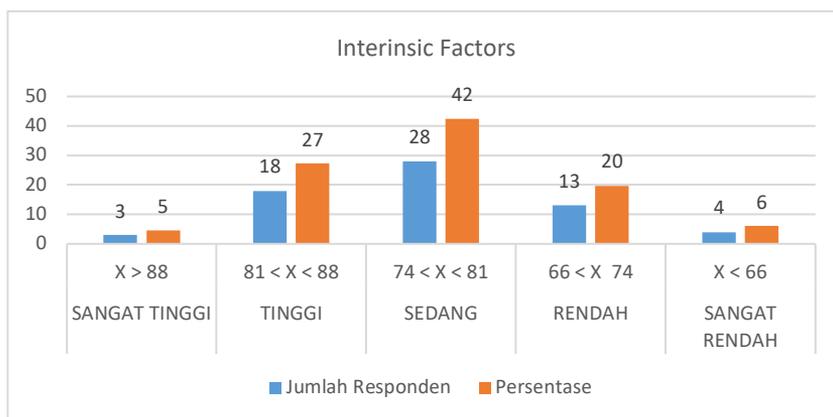


Figure 2. Results of the Interest of the Cipocok Jaya Volleyball Community Based on Intrinsic Factors.

b. Interest Results Based on Extrinsic Factors

Interest based on extrinsic factors was in the moderate category with a frequency of 27 respondents (41%).

Table 5. Category of Extrinsic Factors

Category	Interval	Frequency	Percentage
Very High	$X > 70$	4	6%
High	63–70	14	21%
Moderate	57–63	27	41%
Low	50–57	17	26%
Very Low	< 50	4	6%
Total		66	100%

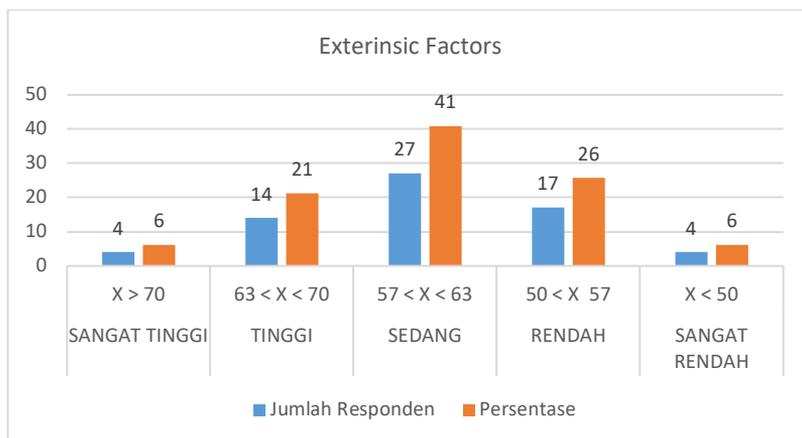


Figure 3. Results of the interest of the Cipocok Jaya community in Volleyball Sport based on Extrinsic Factors

Discussion

The results of the study indicate that the Cipocok Jaya community's interest in volleyball is moderate. This finding indicates that community participation in this sport has been established, but has not yet reached an optimal level. According to the theory of interest proposed by (Baidawi & Mairman, 2019) interest arises when a person has interest, attention, experience, and a tendency to participate consistently. A score of "moderate" in this study indicates that these factors are present, but not yet dominant in many respondents. Intrinsic factors consist of pleasure and interest, attention, and activity. Overall, the moderate category was the main finding for this factor. Sports psychology theory states that intrinsic motivation plays a crucial role in igniting a person's interest in engaging in physical activity (Buana & Kristiyandaru, 2021). When individuals feel pleasure and derive personal satisfaction from an activity, they are more likely to maintain participation.

This indicator falls into the moderate category. Pleasure is the most fundamental component in developing interest. According to (Peng et al., 2025) enjoyment arising from positive experiences will increase interest in an activity. The findings of this study indicate that people enjoy volleyball, but the level of

enjoyment is not yet strong enough to encourage more intensive involvement. Attention also showed a moderate level. According to (Nadra & Mangun, 2023) attention is a form of mental readiness to focus on a particular activity. Low levels of attention can be caused by the many other responsibilities people have, such as work or household activities. This aligns with (Crossman et al., 2024) that adults have social demands that can reduce attention to recreational activities. Activity indicators showed a moderate trend. Activity is defined as how actively a person engages in an activity. Sports participation theory (Antonius & Pramono, 2022) states that ease of access, free time, and physical condition are determining factors for participation. In the context of this study, although people showed interest, activeness in exercise was not evenly distributed across all respondents.

Extrinsic factors include the environment and parental support. Overall, they fall into the moderate category. According to (Irdyandiwa & Maksum, 2019) the social environment significantly influences a person's behavior. People's interests can develop if the environment supports these activities. Environmental indicators fall in the moderate category with the highest frequency. In the context of this study, volleyball is often played on open fields and is a social activity within the community. According to theory (Kepper et al., 2019) microenvironments such as neighbors and peers have a significant influence on a person's activities. These results indicate that environmental support is good, but not yet intense or consistent.

Parental indicators also fall in the moderate category. In adulthood, parental support is no longer a primary factor. However, family support generally still influences a person's willingness to participate in physical activity. The theory (Latif et al., 2025) also suggests that emotional family support can increase motivation. The results of this study indicate that this support is present, but not yet dominant.

A moderate category for overall interest indicates that the community has an interest in volleyball, but the intense involvement that reflects high interest is not yet widespread. Bronfenbrenner's ecological model of interest theory (Roh & Chang, 2025) asserts that interest can develop if supported by positive experiences and repeated opportunities to engage in desired activities. These findings indicate that volleyball activities in Cipocok Jaya are running well and are popular with the community. However, there is a need to strengthen personal motivation, practice time, facilities, and environmental support to increase interest to a high or very high level.

4. CONCLUSION

This study concludes that the Cipocok Jaya community's interest in volleyball is moderate, indicating that community interest and participation have developed but have not yet reached optimal levels. The novelty of this study lies in mapping adult community sports interest based on two main factors: intrinsic and extrinsic factors, using a standardized instrument that has been tested for validity and reliability, and applying interest category analysis constructed through a statistical approach based on standard deviation intervals. These findings make an important contribution to the development of community sport development strategies by emphasizing the importance of positive experiences, repeated opportunities, and consistent social support to increase interest and sustained sport participation.

5. REFERENCES

- Alfazani, M. R., & Khoirunisa, D. A. (2021). Faktor Pengembangan Potensi Diri: Minat/Kegemaran, Lingkungan dan Self Disclosure (Suatu Kajian Studi Literatur Manajemen Pendidikan dan Ilmu Sosial). *Jurnal Manajemen Pendidikan Dan Ilmu Sosial*, 2(2), 586–597. <https://doi.org/https://doi.org/10.38035/jmpis.v2i2>
- Ansori, A. A., Astuti, R. K., & Dicky, A. (2022). Survei Minat Remaja Terhadap

- Olahraga Voli di Desa Mantren Kecamatan Kebonagung. *Repository Stkip Pacitan*, 1–6.
- Antonius, D., & Pramono, M. (2022). Survei Faktor Faktor Yang Mempengaruhi Minat Olahraga Rekreasi di Taman Bungkul Surabaya. *Jurnal Kesehatan Olahraga*, 10(03), 31–36. <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/48019>
- Baidawi, T., & Maidarman. (2019). Minat Siswa Terhadap Pembelajaran Bolavoli. *Jurnal Patriot*, 42(4), 1300–1306. <http://patriot.ppj.unp.ac.id/index.php/patriot/article/view/420/199>
- Buana, I. R. A., & Kristiyandaru, A. (2021). Motivasi Siswa Mengikuti Pembelajaran Pendidikan Jasmani, Olahraga, dan Kesehatan: Intrinsik dan Ekstrinsik. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 09(01), 421–426.
- Crossman, S., Drummond, M., Elliott, S., Kay, J., Montero, A., & Petersen, J. M. (2024). Facilitators and constraints to adult sports participation: A systematic review. *Psychology of Sport and Exercise*, 72(December 2023), 01–14. <https://doi.org/10.1016/j.psychsport.2024.102609>
- Indriaty, L., Kusuma, F. B., & Thomas, G. N. (2023). Analisis Pengaruh Ukuran Perusahaan , Kebijakan Dividen dan Kepemilikan Perusahaan Terhadap Manajemen Laba Pada Perusahaan Publik Index IDX30 dengan SmartPLS versi 4 . 00. *Ikraith-Ekonomika*, 6(3), 275–286. <https://doi.org/https://doi.org/10.37817/ikraith-ekonomika.v6i3>
- Irdyandiwa, D., & Maksum, A. (2019). Dukungan Sosial, Aktivitas Fisik Siswa, dan Faktor-Faktor yang Mempengaruhinya. *Jurnal Pendidikan Olahraga Dan Kesehatan*, 07(03), 57–60. <http://ejournal.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/issue/archive>
- Kepper, M. M., Myers, C. A., Denstel, K. D., Hunter, R. F., Guan, W., & Broyles, S. T. (2019). The neighborhood social environment and physical activity: A systematic scoping review. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 1–14. <https://doi.org/10.1186/s12966-019-0873-7>
- Latif, M. S., Haryani, M., & Ponamon, M. (2025). *The Role of Familiy in Shaping Children ' s Interest and Participation in Sport Activities Peran Keluarga dalam Membentuk Minat dan Partisipasi Anak dalam Aktivitas Olahraga*. 7(2), 432–443. <https://doi.org/https://doi.org/10.52060/jmo.v7i1.2959>
- Nadra, J. G., & Mangun, G. R. (2023). Placing willed attention in context: a review of attention and free will. *Frontiers in Cognition*, 2(November), 01–16. <https://doi.org/10.3389/fcogn.2023.1205618>
- Nugrahani, I. M., & Anam, K. (2022). Validitas Isi Model Latihan Tenvol Untuk Meningkatkan Kemampuan Smash Bolavoli. *Riyadhoh : Jurnal Pendidikan Olahraga*, 5(1), 119. <https://doi.org/10.31602/rjpo.v5i1.7272>
- Peng, J., Yu, W., Wang, W., Wang, L., Shan, W., & Ren, H. (2025). Why have extensive efforts to improve adolescents' physical fitness seen limited success? A mediation analysis of physical activity enjoyment, physical

- activity and physical fitness. *Frontiers in Psychology*, 16(July), 01–09. <https://doi.org/10.3389/fpsyg.2025.1572826>
- Qohhar, W., Ariani, E. D., Wahyudin, R., & Iskandar, A. (2025). Analysis of Injury Risk toward Swimming Athletes based on the Result of Functional Movement Screening. *Physical Activity Journal*, 7(1), 43–54. <https://doi.org/https://doi.org/10.20884/1.paju.2025.7.1.15721>
- Qohhar, W., Pazriansyah, D., & Ariani, E. D. (2024). The Role of Parents in Supporting Children’s Swimming Achievements. *Physical Activity Journal*, 5(2), 143–156. <https://doi.org/10.20884/1.paju.2024.5.2.11678>
- Rahmiyati, E., Izzah, H. Y., Bakar, A., & Nurhasanah, N. (2024). Gambaran Subjective Well-Being pada Mahasiswa yang Bekerja pada Mahasiswa Fakultas Keguruan dan Ilmu Pendidikan Universitas Syiah Kuala. *EDUKASIA: Jurnal Pendidikan Dan Pembelajaran*, 5(1), 917–926. <https://doi.org/10.62775/edukasia.v5i1.895>
- Roh, S. Y., & Chang, I. Y. (2025). The ecological system’s influence on physical activities of older adults: comparison between older men and women. *Aging Clinical and Experimental Research*, 37(1), 1–9. <https://doi.org/10.1007/s40520-024-02908-2>
- Setyawan, D. A. (2025). Distribusi frekuensi. In *Statistik Deskriptif, Distribusi Frekuensi* (Vol. 3, Issue 1, pp. 1–17). Kementerian Kesehatan RI, Politeknik Kesehatan Surakarta, Jurusan Terapi Wicara, Program Studi Terapi Wicara dan Bahasa. [http://file.upi.edu/Direktori/FIP/JUR._PEND._LUAR_BIASA/196105151987031-JUANG_SUNANTO/DISTRIBUSI_FREKUENSI_\[Compatibility_Mode\].pdf](http://file.upi.edu/Direktori/FIP/JUR._PEND._LUAR_BIASA/196105151987031-JUANG_SUNANTO/DISTRIBUSI_FREKUENSI_[Compatibility_Mode].pdf)