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Comparison of Quality of Life Between Fun Run and Slo-Pitch Communities in Bandung City

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Keywords

quality of life; physical activity; community; Fun Run; Slo-Pitch

Abstract

This study aimed to compare the quality of life between members of the Fun Run and Slo-Pitch sport communities in Bandung City. A cross-sectional comparative study design was employed involving 125 participants, consisting of 65 Fun Run members and 60 Slo-Pitch members, selected through purposive sampling. Quality of life was measured using the WHOQOL-BREF instrument, which assesses physical, psychological, social, and environmental domains. Data were analyzed using descriptive statistics and an independent samples t-test. The results showed that the mean quality of life score of the Fun Run community (M = 92.9) was slightly higher than that of the Slo-Pitch community (M = 91.7); however, the difference was not statistically significant (p = 0.585). These findings indicate that there is no significant difference in overall quality of life between the two communities despite differences in activity characteristics. Given the cross-sectional nature of the study, the findings should be interpreted descriptively and do not imply a causal relationship. Further studies using longitudinal or mixed-methods designs are recommended to explore the underlying mechanisms linking community-based physical activity and quality of life.

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INTRODUCTION

Quality of life is a multidimensional concept that describes how individuals assess their position in life, taking into account cultural dimensions, personal values, and the standards and goals they hold in life (WHO, 2020). This method is consistent with the biopsychosocial paradigm, which holds that social, psychological, and biological elements interact to determine an individual's level of well-being. Physical activity stands out as a crucial behavioral component that significantly affects a person's social, psychological, and physical well-being within this multifaceted framework (Engel & L., 1977). According to (Nur & Mukhlis, 2020) several factors influence quality of life, including physical health, psychological conditions, social relationships, and residential environment. In this context, physical activity is an important aspect that contributes to improving the quality of life of individuals and society. Aspects of quality of life include various complex components, including physical and mental conditions, individual freedom, social relationships, and the quality of the residential environment (Geograf, 2024). Physical activity stands out in this multifaceted framework as a crucial behavioral component that significantly enhances people's and even communities' quality of life.

Regular physical activity has emerged as a critical strategy for maintaining both physical and mental fitness in response to the growing sedentary lifestyle. The increasingly passive lifestyle of modern society or minimal physical activity has an impact on decreasing fitness levels and overall health. (Bachri & Muliyati, 2021). A person has a similar desire to change their life in the future, Remembering their past and considering their partner's life in relation to the satisfaction and quality of life they have (Gumilar et al., 2022). Therefore, involvement in community physical activities such as sports is an effective solution to improve physical and mental well-being. According to (Andriana & Ashadi, 2019) Besides strengthening the immune system, physical activity also plays a role in helping reduce stress, improve sleep quality, and increase individual life satisfaction. Physical activity can be defined as any form of bodily movement that involves muscle function and results in energy expenditure. Participating in community-oriented sports offers additional social and psychological advantages through shared activities and regular relationships, in addition to individual sporting activities.

In urban environments like Bandung, sports groups are increasingly emerging as an accessible platform to support an active and healthy lifestyle. Bandung City, as a metropolitan city with a high level of social activity, has a variety of rapidly growing sports communities. Various movement activities that are organized and routinely carried out involve movement (Abduljabar, 2011). Two of these are the Fun Run and Slo-Pitch communities. Fun Run is known for its casual running activities focused on fitness and recreation, while Slo-Pitch is a softball variant with a lighter intensity but still emphasizing teamwork and social interaction. Regular physical activity routines are known to provide positive stimulation in improving cognitive function and maintaining optimal brain function in maintaining nerve cell stability (Slamet, 2018). These types of activities contribute to strengthening collaboration and social bonds between people, which have beneficial effects on mental and emotional health (Burnham et al., 2010). Both offer different forms of physical activity, but both have the potential to have a positive impact on the quality of life of their members.

A number of studies show that physical activity serves to develop a person's basic movement skills and motor abilities (Bangun, 2016). Not only that, physical activity can also reduce symptoms of depression, stress, and anxiety, and increase self-confidence (Yuniar et al., 2023). Participating in community-based physical activities can improve people's mental and physical well-being, foster stronger social ties, and give them a sense of community and social vitality. Research comparing quality of life across sports communities with different activity characteristics is still controversial, especially in the context of Indonesian sports communities, despite the fact that many studies have looked at the relationship between physical activity and quality of life (Arifan & Wahjuni, 2020; Khois Jajiyah et al., 2024). The research gap in this study is crucial to determine whether variations in social and physical activity characteristics among sporting communities significantly impact the quality of life of their members.

However, there has not been much research specifically comparing quality of life in community sport activities, including the more relaxed Slo-Pitch and the energetic Fun Run. Thus, the purpose of this study is to use the WHOQOL-BREF paradigm to examine the disparities in quality of life between residents in Bandung City's Fun Run and Slo-Pitch areas. This study will specifically look at differences in the environmental, social, psychological, and physical aspects of quality of life. Additionally, it is anticipated that it will enhance theoretical research based on the biopsychosocial model and offer a

useful foundation for the development of public health policies and community sports programs that prioritize involvement, inclusivity, and the desire for sports. Related, Is there a significant difference in the quality of life between members of the Fun Run and Slo-Pitch communities in Bandung City?

METHOD

This study uses a comparative quantitative design to examine the differences in quality of life between members of the Fun Run and Slo-Pitch communities in Bandung City. This design was chosen because it allows for direct comparison between two independent groups at a single point in time, which is consistent with the study's aim of identifying potential differences in quality of life based on different physical activity characteristics. Sampling was conducted using purposive sampling techniques. in which the sampling determination technique is based on specific considerations according to research goals, is used to carry out this sampling process (Moleong & J., 2018). Participants were selected through a defined sampling method, as this method allows for the selection of people who meet certain requirements related to the research objectives. The criteria that must be met include: (1) being an active member of the Fun Run or Slo-Pitch community for at least six months, (2) regularly participating in community activities, and (3) being willing to provide informed consent.

The research instrument used was the WHOQOL-BREF (Organization, 2013; Skevington et al., 2004) a metric created by the World Health Organization to evaluate an individual's quality of life using four primary parameters. The WHOQOL-BREF consists of 26 questions covering four aspects, namely the dimensions of physical, psychological, social relationships and environmental health, which have been translated into Indonesian by a team from the Ministry of Health and academics.

Data collection was conducted by participating in routine activities and events organized by the Fun Run and Slo-Pitch communities in Bandung City. Data collection lasted for one month until the desired number of respondents was reached. Before the information collection process began, participants were explained the purpose of the study and were required to provide their consent before completing the questionnaire. Questionnaires were distributed in person and through an online form to accommodate participant availability. The final number of participants was 125, consisting of 65 members of the Fun Run community and 60 members of the Slo-Pitch community. This sample size was deemed sufficient to conduct comparative statistical analysis between the two groups.

Attending regular activities or events hosted by the Fun Run and Slo-Pitch communities in the Bandung City region was how data was collected. The research instruments were given both in person and online via electronic forms. The data obtained from the WHOQOL-BREF questionnaire were processed and analyzed using Jamovi statistical software. An open and free statistical program with a graphical user interface, was used to analyze the data. (Sihombing and others, 2024). Prior to hypothesis testing, descriptive statistical analysis was conducted to summarize respondents' characteristics and to describe the quality of life scores of both communities, including the mean, standard deviation, minimum, and maximum values. Before conducting inferential analysis, a normality test was performed using the Shapiro–Wilk test to examine whether the quality of life data were normally distributed. This test was chosen due to its suitability for small to moderate sample sizes. The data were considered to meet the assumption of normality when the significance value was greater than 0.05.

An independent samples t-test was used to compare the mean quality of life values between members of the Fun Run and Slo-Pitch communities once it was shown that the data were normally distributed. This test was chosen because the study sought to determine whether there was a statistically significant difference in the two independent groups' quality of life. $p < 0.05$ was chosen as the threshold for statistical significance. The analysis's findings were then examined to ascertain whether the two towns' disparities in quality of life were statistically significant.

RESULT AND DISCUSION

To provide an initial overview of the quality of living conditions in the two sports communities, descriptive analysis was conducted prior to hypothesis testing.

The results of the descriptive analysis showed that the average quality of life of Fun Run community members ($M = 92.9$) was slightly higher than that of Slo-Pitch community members ($M = 91.7$), with 65 and 60 respondents, respectively. Both groups had no missing data and showed a relatively good data distribution with a standard deviation of 12.9 in Fun Run and 11.0 in Slo-Pitch. The

Shapiro–Wilk normality test showed that the quality of life data in both communities were normally distributed ($p > 0.05$), thus meeting the assumptions for parametric statistical analysis. Descriptively, these findings indicate that the level of quality of life in both sports communities is in a relatively similar category.

Table 1. Description of quality of life data of fun run and slo-pitch communities

	Physical Activities	Quality of Life
N	slo-pitch community	60
	fun run community	65
Missing	slo-pitch community	0
	fun run community	0
Mean	slo-pitch community	91.7
	fun run community	92.9
Standard deviation	slo-pitch community	11.0
	fun run community	12.9
Shapiro-Wilk W	slo-pitch community	0.970
	fun run community	0.983
Shapiro-Wilk p	slo-pitch community	0.146
	fun run community	0.536

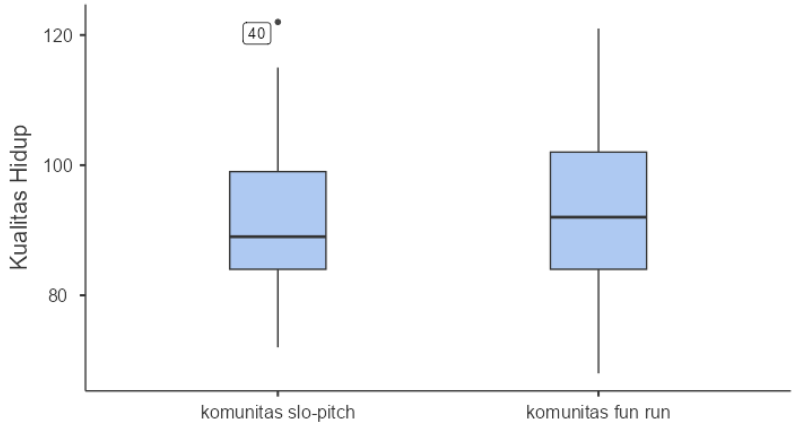

Figure 1. Average Value of Normality Test of Quality of Life of Fun Run and Slo-Pitch Communities

The next normality test using the Shapiro-Wilk Test, resulted in the data from both communities being normally distributed, with a p-value of 0.146 for the Slo-Pitch community and 0.536 for the Fun Run community ($p > 0.05$), thus the normality assumption was met so that it could proceed to the Independent Sample T-Test test stage.

Table 2. Independent Sample T-test of quality of life of fun run and slo-pitch communities

		Statistic	df	p
Quality of Life	Student's t	-0.547	123	0.585

Note. $H_a\ \mu_{\text{community slo-pitch}} \neq \mu_{\text{community fun run}}$

The results of the Independent Sample T-Test showed a t value = -0.547 with df = 123 and p = 0.585, which indicated that there was no significant difference between the two groups. (H□ is accepted, μ Fun Run = μ Slow-Pitch).

Based on the results of data analysis, this study shows that the average (mean) value of the quality of life of members of the Fun Run community is 92.9, Meanwhile, in the Slo-Pitch community,

the figure was 91.7. This value indicates that members of the Fun Run community have a slightly higher quality of life than members of the Slo-Pitch community, although the difference is not statistically significant.

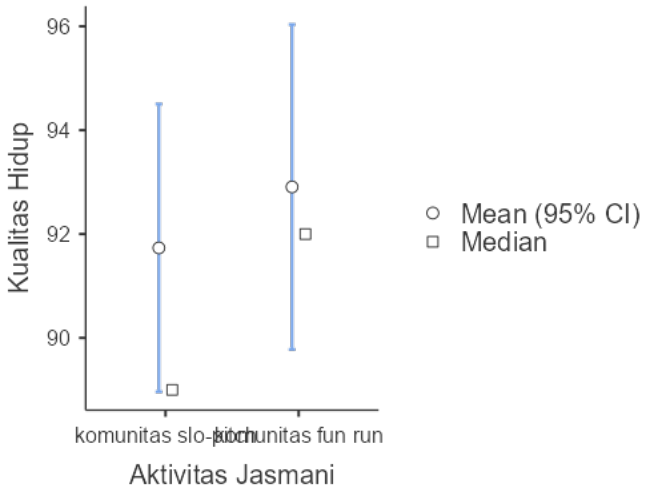

Figure 2. Average Quality of Life Scores Between Fun Run and Slo-Pitch Communities

Discusion

The results of this study show that there is no significant difference between the quality of life of the Fun Run and Slo-Pitch communities in Bandung City. Although the Fun Run community had a slightly higher average quality of life (92.9) than Slow-Pitch (92.7), this difference was not statistically significant.

The findings of this study suggest that quality of life in both communities may be associated with psychological and social dimensions, rather than being solely related to physical aspects. This aligns with research by (Prastyawan Riyandi et al., 2024), who reported that psychological and social factors were associated with quality of life among members of Fun Run and Slo-Pitch communities. A study of adolescents found a positive correlation between physical activity and the WHOQOL-BREF social, psychological, and physical quality of life. These findings align with findings that both exercise communities demonstrated a good quality of life (Langi, 2021). These findings indicate that both high-intensity activities such as Fun Run and more recreational activities such as Slo-Pitch show comparable associations with participants' quality of life, which includes dimensions of physical health, psychological health, social relationships, and the environment. This includes the level of well-being felt by an individual or group of people (Laratmase, 2016).

Furthermore, extensive research on recreational exercise has demonstrated that engaging in community-based physical exercise is linked to social cohesiveness and mental health, both of which are frequently connected to active lives and high quality of life. (Hasyim & Aksir, 2025). The study's findings are in line with earlier research showing links between quality of life and continuous participation in community-based physical activity (Pomatahu et al., 2025)). Furthermore, there has been evidence that regular exercise makes adults more physically active. Additionally, having access to recreational activities, sports facilities, and community-based programs improves people's experiences and quality of life, particularly among adolescents (Tammelin & Na, 2003) & (Lee et al., n.d.).

In Bandung City, which is a big city When it comes to combating inactive lives in metropolitan areas, sports communities could be helpful. which tends to be sedentary, while encouraging a healthy lifestyle which includes balanced exercise and has a good effect on the environment (Bachri & Muliyati, 2021). Previous research has shown a strong correlation between physical activity and both mental and physical well-being. People that are interested in and enjoy their sports are typically more driven to keep playing (Ibrahim et al., 2023). Strong social support from friends, family, and the community has been shown to be crucial for enhancing people's wellbeing and quality of life, particularly for teenagers. (Call et al., 2002). Things like this encourage teamwork and social interaction, which can help mental and emotional health. (Burnham et al., 2010). and encourage sustainable improvements in health, mental well-being, and participation in physical activity (Sandi et al., 2021).

These findings show that members of different sports communities in Bandung City have similar

quality of life levels, regardless of the type of activity. Overall, this study has identified factors that influence quality of life. (Nuryadi et al., 2019) In fact, through sport, character and social development can be built. According to earlier research, this might have something to do with the importance of physical activity.

CONCLUSION

The results showed no statistically significant difference between the quality of life of Fun Run and Slo-Pitch community members ($p = 0.585$). These findings indicate that participation in community-based physical activities, whether more dynamic such as Fun Run or more recreational such as Slo-Pitch, is associated with comparable levels of quality of life among participants. Within the context of this study, involvement in sports communities is linked to physical, psychological, social, and environmental dimensions of quality of life, suggesting that elements such as togetherness, social interaction, and regular participation may accompany similar quality of life outcomes regardless of the type of sport practiced.

This study has several limitations, including the restricted study area, the cross-sectional design, and the absence of in-depth examination of biopsychosocial factors as independent variables. Therefore, future research is recommended to employ longitudinal or mixed-methods designs and involve broader populations to obtain a more comprehensive understanding of the relationship between community-based sports participation and quality of life.

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