

# Opportunities for Self-Development in Sports and Recreation for PJKR/PJSD UNNES Students Through Outdoor Education Courses

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## Abstract

This study aims to provide an overview of these opportunities through out-of-class education courses, as a guide for students in developing themselves in this field. This study used a descriptive qualitative method to understand the phenomenon at the Faculty of Sports Science, Universitas Negeri Semarang. The respondents were PJKR and PJSD alumni who had attended out-of-class education courses, to gain in-depth insights into opportunities to develop their potential in the field of sport recreation. The results showed that PJKR and PJSD students at Semarang State University have a good understanding of the opportunities in sport recreation, although there are still challenges. They are aware of the importance of safety and early treatment in outdoor activities. The study also found students' high interest in entrepreneurship in this field, although they still need guidance. These findings indicate students' readiness for a career in sport and recreation, as well as the importance of curriculum development that is more in line with industry needs. The conclusion of this study shows that PJKR and PJSD alumni of Semarang State University have a high awareness of career opportunities in the field of sport recreation, such as becoming educators, coaches, massage therapists, or entrepreneurs. The knowledge gained during college is considered very valuable. The study also emphasized the importance of understanding safety in outdoor activities and the need for support for entrepreneurship.

**Keywords:** self-potential development; sport recreation; out-of-class education

## 1. Introduction

Sports are now increasingly recognized in the eyes of the world. For example, in sporting events involving various countries, each country competes to be the best. This is what makes sports have a major influence on a country's development. Sports that are carried out positively can also provide positive benefits for the country. Sports can serve as a unifying force and a platform for global peace, as well as a venue for collaboration or cooperation among nations worldwide. PJKR/PJSD FIK UNNES is an educational field that focuses on sports, in which case the department will produce brilliant graduates in the field of sports, especially in physical education. However, the department also has great opportunities in the sports industry (Pramono et al., 2023). The tropical climate and geographical position surrounding Asia and Australia create an unmatched fauna and flora area. This land formation and geographical characteristics make Indonesia have tourism resources that can be optimized as recreational destinations, such as nature tourism and anthropogenic tourism (Ridwan et al., 2022). Tourist attractions in the area include hiking, diving, fishing, surfing, outbound activities, rafting, paragliding, flying fox, and so on (Pauweni et al., 2022).

Recreational sports are types of sports activities carried out in one's spare time and are very much needed by humans (Gumantan et al., 2020). Recreational sports can be defined as sports that are carried out for recreational purposes (Kusnadi, 2017). Recreational sports are physical activities carried out in one's spare time based on a desire that arises because they can provide satisfaction or pleasure (N. Indri Rahayu & Suhayat, 2011). Based on Law Number 3 of 2005 concerning the National Sports System article 1 paragraph (12), recreational sports are defined as sports carried out by the community based on their interests and abilities that develop in accordance with local conditions and cultural values to maintain health, fitness, and happiness. Safety and security in recreational sports are very important aspects to consider in order to prevent injuries or even serious accidents. Recreational sports, such as amusement parks, water parks, or other playgrounds, often involve high-risk activities, especially if they are not properly supervised or if they do not comply with strict safety standards. Ensuring adequate supervision, regular maintenance of equipment, and providing instructions and rules to visitors are key steps in maintaining safety and security at recreational facilities. The role of outdoor education, especially for students, is very important because sports and activities such as scouting in the school environment require knowledge about safety and security outside the classroom in order to avoid unwanted incidents. Out-of-class education in this case is provided to students with the hope of giving them knowledge about the applicable operational standards for out-of-class activities, well-planned and well-prepared out-of-class activity management, high-quality and adequate tools, facilities, and infrastructure, a good understanding of both physical and non-physical aspects, including local wisdom related to the activity location, competent human resources, and the skills, knowledge, attitude, and behavior needed for out-of-class activities (T. Rahayu et al., 2019). Thus, physical education students who have received education about outdoor education are expected to use this knowledge as a foundation for their future lives, whether in the world of education or in the tourism sector (sport tourism). This is because, in essence, sports students have a very wide range of opportunities in sport tourism. Armed with knowledge about outdoor education, students can pay more attention to safety and security in sport tourism so that they can manage it better.

### **Safety and Security in Recreational Soccer**

Safety comes from the root word aman, which means free from danger; safety also means free from disturbance. (Kamus Besar Bahasa Indonesia, 2012: 46). Meanwhile, security comes from the word selamat, which means free from danger, disaster, or catastrophe, or can also be interpreted as the absence of disturbance from any party. (Kamus Besar Bahasa Indonesia, 2012: 1248). In the world of industry or recreational sports entrepreneurship, work safety is a very important aspect that must always be considered in every activity, including in the world of recreation, where currently many businesses are developing various recreational activities for the community. Companies must pay close attention to the safety of every type of recreational facility they offer, as this relates to the safety of tourists and employees (Parino, 2022). Workplace safety plays a major role as a tool to proactively improve the quality of life of internal customers and extend their lives, as well as reduce the risks faced by workers. This is an effective way to implement occupational health and safety through good knowledge, compliance with system requirements, comprehensive and up-to-date risk assessments, and building a strong safety culture within the organization (Kurdiawan et al., 2021). Thus, it can be concluded that safety and security in recreational sports refer to efforts to keep participants, spectators, and the surrounding environment safe during sports activities. The official definition may vary depending on the organization or agency that regulates recreational sports, but in general, safety and security in the context of recreational sports includes measures to prevent injuries or hazards that may occur during recreational activities. This

can include supervision, protective equipment, emergency procedures, safe facility arrangements, and training for managers or users of recreational facilities.

### **Outdoor Education**

Etymologically, the word “education” comes from the Greek word “Paedagogike,” which is a combination of “paes,” meaning child, and “ago,” meaning to guide. Thus, “Paedagogike” can be interpreted as guiding children. Therefore, literally, education means providing guidance to children so that they can adapt to society (Zohriah et al., 2023). Meanwhile, the definition of education in the National Education System Law No. 20 of 2003 is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, morals, and the skills needed by themselves, society, nation, and state (Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System, 2003). Out-of-class education is teaching and learning activities between teachers and students that are carried out outside the classroom (Sukanti et al., 2019). Out-of-class education is a series of activities outside the school environment that involve activities in the open air or other places, such as playing in the school yard, park, agricultural village or coast, camping, and other adventure experiences (Damanik et al., 2020). Outdoor education in physical education, sports, and health learning, also known as outdoor games activities, involves activities outside of school that include games, physical activities, or outbound games. The outbound game approach with game circuits can influence the improvement of students' emotional and spiritual maturity (Pratama & Hudah, 2020).

### **The Purpose of Outdoor Education**

Outdoor education not only contributes to physical fitness, but also aims to enable students to adapt to the natural environment, develop social maturity, understand the importance of life skills, gain life experience in nature, and appreciate the environment and nature (Setyawan, H., 2020). Thus, it can be said that outdoor education aims to enable students to adapt to the environment and nature, realize the significance of life skills and experiences in the environment and nature, and develop an appreciation for the environment and nature.

### **Functions of Outdoor Education**

Outdoor education has a significant influence on student learning outcomes (Nadya & Santoso, 2022). In this case, outdoor education serves to educate students and teachers so that when carrying out educational activities or other outdoor activities involving nature, they can pay more attention to the safety and security of the participants. A study found that through participation in physical activities, a person can improve their cardiorespiratory fitness, thereby promoting health and fitness (Sudirjo & Sudrazat, 2024).

### **Self-Potential Development**

The term “potential” is adopted from English, namely “potency.” There are two main meanings of the word, namely (1) ability; strength and (2) potential; possibility (Mona, E. 2022). In the Big Indonesian Dictionary, Potential is defined as the ability that has the possibility to be developed (KBBI (Big Indonesian Dictionary), 1989). Potential is a basic ability that is not yet visible. Each individual has different potential for development. Purwanto (2006:18) states that potential is “all the possibilities or abilities that a person has and can be fully realized during the development process.” Personal potential is the basic ability that a person has that has not yet been revealed, but has the opportunity to be developed with the support of the environment, training, and

adequate facilities (Masni, 2017:58-74). Personal potential is an innate skill possessed by a person that is not yet fully revealed and has the potential to be improved with support from the environment, training, and adequate resources (Amaliyah & Rahmat, 2021). Personal potential can also be interpreted as the strength, energy, or hidden abilities possessed by a person but not yet fully utilized. Another source states that self-potential is the abilities and strengths possessed by an individual, both physical and mental, which have the possibility of being developed if trained and supported with adequate facilities (Akmal & Imron Rosadi, 2021).

### **Sport Recreation Entrepreneurship**

In its literal meaning, “Wira” describes courage, while “Usaha” refers to power and effort. Entrepreneurship reflects an attitude, spirit, and capacity to produce something new that has significant value and benefits for individuals and society as a whole. It encompasses a mentality and spirit that is always active, creative, and productive, which seeks to create, innovate, and increase income through business activities (Hastuti et al., 2021). Norman M. Scarborough and Thomas W. Zimmerer (1993) in Soedrajat (2011) state that an entrepreneur is a person who has the skills to take advantage of opportunities in advancing their business with the aim of improving their life, “An entrepreneur is one who creates a new business in the face of risk and uncertainty for the purpose of achieving profit and growth by identifying opportunities and assembling the necessary resources to capitalize on those opportunities”. Entrepreneurs are individuals who have the independence and capacity to run their business independently. They have the freedom to plan, manage, and control all aspects of their own business (Hastuti et al., 2021). Entrepreneurs are key players in economic progress and their role is to create innovations or combine new elements to create breakthroughs (Hendro, 2021). Nowadays, sports recreation can be used as an entrepreneurial opportunity, in line with the times and market demand for sports as a means of recreation, commonly referred to as sports tourism. Sport tourism is generally considered an opportunity to boost economic growth and urban development (Rahmiati, 2020). Sport tourism or recreational sports are sports activities carried out by individuals with desires and skills that develop in accordance with cultural values and local community conditions, with the aim of improving health, fitness, and enjoyment. (Hadi & Yulianto, 2021). Sport tourism in this context refers to tourism that involves participation in enjoyable sports activities, without pressure, and is generally carried out in natural tourist locations by utilizing the natural environment (Isnaini & Hasbi, 2020).

## **2. Method**

The approach applied in this study is a descriptive approach. Qualitative research is a research approach that focuses on natural phenomena or symptoms (Abdussaanad, 2021). Waters (in Basrowi & Suwandi, 2008:187) states that qualitative research is research that focuses on in-depth understanding and interpretation of significance, reality, and relevant information. According to Bogdan & Taylor (1975:5), qualitative research methods can be defined as a research process that produces descriptive data consisting of written or spoken words from individuals, as well as observed behavior. This method is basically a method of meaning or interpretation of a phenomenon or symptom, both in terms of the perpetrator and the product of their actions. The focus of this research is to determine the opportunities for developing the potential of PJKR/PJSD students at Semarang State University through out-of-class education courses, which will later be used as research results to provide insight to PJKR/PJSD students that they can develop their potential in their careers or in the world of work, not only in the world of education. The target of

this research is PJKR/PJSD UNNES alumni who have taken the Out-of-Class Education course during their previous studies.

### **Research Data Sources**

Data sources refer to where the research data was obtained. If the research uses interviews as a means of collecting data, then the data source is referred to as respondents, who are individuals who provide responses or answer questions, either in writing or orally (Suharsimi Arikunto, 2002). Information from primary data sources in qualitative research can be obtained more comprehensively through the use of observation and interview techniques. This research comes from two data sources, namely primary data sources and secondary data sources. Primary data in a study is obtained directly from the source by conducting measurements, calculations using questionnaires, observations, and interactions through interviews (Hardani et al., 2020). In this study, the primary data are students who have taken the Outdoor Education course, namely alumni of the PJKR/PJSD department. Secondary data are obtained through indirect sources such as reports, profiles, or references from offices or other individuals in the form of manuals or libraries (Hardani et al., 2020). The secondary data sources in this study were books and journals, both in conventional and online forms.

### **Data Collection Techniques**

Qualitative research data is usually soft data consisting of words, expressions, sentences, and actions, unlike hard data in the form of statistical numbers commonly found in quantitative research. In this study, the researcher acts as the main instrument. Data is presented in the form of words or images, rather than numbers. This study emphasizes the process rather than the final result. Data analysis is conducted inductively, and emphasis is placed on the meaning behind the data observed by the researcher (Mekarisce, 2020). The techniques used by researchers in this study are interactive and non-interactive techniques. Non-interactive techniques include document analysis (content analysis) and open-ended questionnaires, while interactive techniques include in-depth interviewing and participant observation (Nurfandi, 2022). The use of observation and interview techniques is a typical and important method in qualitative research. In addition, data in qualitative research can also be collected through secondary data sources such as documents, which can take various alternative forms. In collecting data for this study, the researchers used an open-ended questionnaire. A questionnaire is a data collection technique that involves providing a set of questions or written questions to respondents to answer (Sugiyono, 2011:142).

#### **1. Observation Technique**

Observation in the context of research refers to the focus given to an object by involving the use of all the senses to obtain data (Alhamid & Anufia, 2019).

#### **2. Interview**

In-depth interviews are the main technique for collecting data, allowing researchers to obtain as much information as possible in a comprehensive and in-depth manner (Farida, 2008). An interview is an interaction between two individuals who exchange information and ideas through questions and answers, with the aim of building a deeper understanding of a particular topic (Abdussamad, 2021).

#### **3. Open Questionnaire**

An open-ended questionnaire is a type of questionnaire in which respondents are free to write their answers in narrative form or free-flowing descriptions. Unlike closed-ended questionnaires, there are no pre-determined answer options. Open-ended questionnaires give respondents the

opportunity to answer in their own words (Djollong, 2014). Respondents are asked to express their opinions, views, or experiences openly without the limitations of predetermined answer choices.

#### 4. Documentation

Documentation is a data collection method used to obtain information related to the object of research, especially documents relevant to the focus of the issue being studied. These types of documents include important notes, laws and regulations, manuscripts, photographs, manuscripts, and other documents that can support research (Saleh, 2017).

### Data Validity

A study must be valid and reliable by paying attention to data validity. In this case, qualitative research has several points that must be met in its validity test. Some of these include: credibility testing (internal validity), transferability (external validity), dependability (reliability), and confirmability (objectivity) (Abdussaamad, 2021).

#### A. Credibility

This criterion aims to ensure that the data and information collected are accurate. Testing the credibility of data or trust in the results of qualitative research can be done by extending observation, increasing accuracy, triangulation, negative case analysis, using reference materials, and conducting member checks.

#### B. Transferability

In this technique, researchers will convey the research results as carefully and accurately as possible, reflecting the context in which the research was conducted and referring to the focus of the research. This is done so that others can understand the research results and have the potential to adopt the findings. Therefore, in preparing the report, researchers need to provide detailed, clear, structured, and reliable descriptions.

#### C. Dependability

Dependability testing is carried out through an audit, which involves collecting and evaluating evidence on the entire research process. An independent auditor or supervisor can audit all of the researcher's activities, from determining the problem/focus, field visits, identifying data sources, analyzing data, testing data validity, to drawing conclusions. All of these steps must be demonstrated and accounted for by the researcher.

#### D. Confirmability

Testing confirmability in quantitative research is often referred to as testing the objectivity of the research. Research objectivity is achieved when the research results are accepted by many parties. In the context of qualitative research, confirmability is similar to dependability, so these two aspects are often tested simultaneously. Testing confirmability means assessing the research results by relating them back to the process that has been carried out.

### Data Analysis

Qualitative data analysis involves in-depth observation of data to digest its significance, interpretation, and consequences, while recognizing patterns and directions that may be hidden within it (Daniel & Harland, 2018). Miles and Huberman 1984 in (Abdussaamad, 2021) state that the qualitative data analysis process is carried out interactively and continuously until all data has been fully explored. Activities in data analysis include reduction (data reduction), data display (data presentation), and conclusion drawing/verification (drawing conclusions or verification).

### 3. Result

This research was conducted at Semarang State University, specifically in the Faculty of Sports Science. The research was conducted from March 10 to March 22, 2024. Data collection in this study used interactive and non-interactive techniques. Non-interactive techniques included document analysis (content analysis) and open-ended questionnaires, while interactive techniques included in-depth interviews and participant observation. As described in the data sources section above, the data was obtained from respondents in this study, namely PJKR/PJSD alumni.

This research was conducted with the aim of answering the phenomenon that the researcher explored in order to shed light on the phenomenon. In this research, the researcher obtained various research results from the description and explanation of opportunities for self-potential development in the field of sports recreation for PJKR/PJSD UNNES students through outdoor education courses.

### 4. Discussion

#### **Level of Understanding of PJKR PJSD FIK UNNES Students regarding Opportunities for Self-Potential Development in the Field of Sport Recreation**

Based on the results of research on PJKR/PJSD UNNES alumni, various answers were obtained from respondents regarding opportunities for self-potential development in the field of sport recreation. It can be concluded that the respondents understand that alumni from the PJKR/PJSD department have opportunities to pursue careers in the field of sport recreation. This is evidenced by the data obtained by the researcher from the respondents' statements that PJKR/PJSD alumni have job opportunities in several fields of sport recreation, including as educators/sports teachers, sports coaches, masseurs (sports massage therapists), mountain guides, tourism business operators, gymnastics instructors, sports advisors, sport event organizers, sports psychologists, personal fitness trainers, civil servants, and so on. The respondents believed that what they had learned during their studies was very useful for their future lives, particularly in the world of work. This statement is very relevant if students understand or pursue at least one course that they are interested in during their studies, as they will certainly find their way through that course. For example, one respondent said that he took a massage course during college and after graduating, he pursued a career as a masseur (massage therapist).

#### **Understanding Safety, Security, and Early Intervention as a Sports Teacher when Conducting Activities in an Outdoor Environment**

Based on the data obtained by the researcher from the respondents, the respondents' answers varied. The researcher concluded the respondents' statements as follows: Safety is a condition in which individuals are free from dangers that can threaten their lives or well-being. This involves efforts to protect oneself from potentially dangerous and fatal situations. To achieve safety, efforts or controls are needed to prevent unwanted things from happening. In addition, anticipating the possibility of unwanted events is also an important part of ensuring safety. Safety is something that must be applied by every individual, where everyone is responsible for ensuring their own safety. Thus, in every action or activity carried out, whether small or large in scale, personal safety must be the main priority.

### **Understanding of PJKR PJSD FIK UNNES Students regarding Opportunities in the Field of Sports Recreation Entrepreneurship**

Based on the data collected by researchers from PJKR/PJSD UNNES alumni, there were many varied answers from the respondents, and the discussion can be summarized as follows. Entrepreneurship in sport recreation involves the development of business ideas related to the sports industry, including various forms of business such as buying and selling goods, managing recreational facilities, and managing sports businesses. This includes the creation and management of fitness centers, sporting events, and sports products, with the aim of creating added value for customers and supporting the growth of the sports and recreational tourism industries. Graduates of physical education and recreational health (PJSD/PJKR) have great opportunities in this field thanks to the knowledge and skills acquired during their studies, enabling them to create innovative and sustainable businesses. Additionally, sport tourism is a rapidly growing industry that encompasses various exciting sports activities such as whitewater rafting, paragliding, diving, and marathons. These sports have great potential to attract tourists and boost the local economy. For UNNES PJKR/PJSD students, entrepreneurship in the field of sport tourism provides an opportunity to develop their potential, think critically, and gain practical experience that strengthens their entrepreneurial skills. This prepares them for a successful career in the sport tourism industry, opening up opportunities beyond the profession of teaching.

### **5. Conclusion and Recommendation**

Based on the results of the research conducted by the researcher on PJKR/PJSD UNNES alumni, it was found that the respondents were aware of career development opportunities in the field of sports recreation. The data shows that PJKR/PJSD alumni have job opportunities in various fields, such as educators/sports teachers, sports coaches, sports massage therapists, mountain guides, tourism entrepreneurs, gymnastics instructors, sports advisors, sports event organizers, sports psychologists, fitness personal trainers, and civil servants. Respondents assessed that the knowledge and skills acquired during lectures were very useful as preparation for the world of work. This is evident, for example, from a respondent who pursued massage therapy after taking a massage course at the university. This approach emphasizes the importance of studying at least one course of interest in order to guide one's future career.

Based on the data obtained regarding understanding safety, security, and early intervention as a physical education teacher when conducting activities in an outdoor environment, the researcher concluded that safety is a condition in which individuals feel free from dangers that could threaten their lives or well-being. To achieve this condition, efforts and controls aimed at preventing dangerous situations are necessary. Anticipating unwanted events is also an important part of ensuring safety. Safety is the responsibility of every individual, which must be prioritized in every action or activity, whether small or large in scale. Therefore, personal safety must be the main priority to ensure personal well-being.

Based on the results of research conducted by researchers on the opportunities for PJKR PJSD FIK UNNES students in the field of sports recreation entrepreneurship. Based on data obtained from PJKR/PJSD UNNES alumni, the researcher concluded that entrepreneurship in sports recreation offers various opportunities, including the development of business ideas related to the sports industry, such as buying and selling goods, managing recreational facilities, and managing sports businesses. This includes the creation and management of fitness centers, sporting events,

and sports products, with the aim of creating added value for customers and supporting the growth of the sports and recreational tourism industry. PJKR/PJSD graduates have great opportunities in this field thanks to the knowledge and skills they acquired during their studies, which enable them to create innovative and sustainable businesses. In addition, sport tourism, which includes activities such as rafting, paragliding, diving, and marathons, is a rapidly growing industry with great potential to attract tourists and boost the local economy. Entrepreneurship in the field of sport tourism provides opportunities for PJKR/PJSD UNNES students to develop their potential, think critically, and gain practical experience that strengthens their entrepreneurial skills, preparing them for successful careers in the sport tourism industry and opening up broad opportunities beyond the profession of teaching.

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