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# Jogging and Padel Physical Activity, Physical Health, Sports FOMO in Urbans Communities

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***Abstract***

Urbanization has contributed to lifestyle changes characterized by reduced daily physical activity and increased sedentary behavior. Consequently, participation in recreational sports has emerged as an important strategy for maintaining physical health. Jogging and padel have become increasingly popular, not only because of their health benefits but also due to the influence of the Fear of Missing Out (FOMO) phenomenon promoted through social media. This study investigated the relationship between the intensity of participation in jogging and padel and the physical health of urban residents in Semarang. A quantitative study with a cross-sectional correlational design was conducted involving 70 participants selected through purposive sampling, including 35 joggers and 35 padel players. Data on physical activity intensity and physical health were collected using structured questionnaires developed based on the International Physical Activity Questionnaire (IPAQ) and the Short Form-36 (SF-36) health survey and analyzed using the Spearman rank correlation test at a significance level of 0.05. The results indicated significant positive correlations between jogging intensity and physical health ($r = 0.372$, $p = 0.028$), padel intensity and physical health ($r = 0.547$, $p < 0.001$), and overall physical activity intensity and physical health ($r = 0.468$, $p < 0.001$). The association between padel participation and physical health was stronger than that observed for jogging. These findings suggest that greater participation in jogging and padel is associated with improved physical health among urban communities. The study reinforces existing evidence on the health benefits of regular physical activity and provides practical implications for developing sport promotion programs aimed at enhancing the health and well-being of urban populations.

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**INTRODUCTION**

In recent years, the lifestyle of urban communities has undergone changes marked by increased sedentary behavior due to work demands, high mobility, and increasingly intensive use of technology. The situation may contribute to lower levels of physica; activity and increase the likelihood of developing various non-communicable diseases, including cardiovascular disorders, obesity, and diabetes melitus. Physical activity is an important determinant of physical health, with adequate frequency and intensity contributing to improved fitness, quality of life, and a reduced risk of morbidity (Meylissa et al., 2025; Hasan et al., 2026)

In line with this, the development of urban lifestyle patterns has encouraged the emergence of various sports trends that are not only health-oriented, but are also influenced by social factors. Jogging remains a popular physical activity due to its ease of use, flexibility, and the lack of special facilities. Regular practice has shown it can improve cardiorespiratory fitness, improve body composition, and lower blood pressure (Sari et al., 2024) . Meanwhile, the trending racket sport of padel is experiencing rapid growth in major cities . As a racket sport that combines aerobic and anaerobic activity, padel has the potential to improve coordination, muscle strength, and overall physical fitness (Siregar et al., 2025) . However, empirical evidence regarding the relationship between the intensity of physical activity in padel and public health remains relatively limited (Wardah & Harlianty, 2026).

The popularity of jogging and padel is also inseparable from the development of social media, which has given rise to the Fear of Missing Out (FOMO) phenomenon (Setyasari et al., 2025). This phenomenon describes the tendency of individuals to participate in popular activities to avoid feeling left behind in their social environment. In the context of sports, the FOMO phenomenon causes most people to participate in these activities, not only for health reasons, but also due to social pressures, lifestyles, and the influence of social media, which consistently portrays sports as part of the modern identity of urban communities (Riu, 2025). Currently, jogging and padel are quite popular sports among urban communities because they are considered healthy activities that also support the social lifestyle of modern society (Sandira et al., 2025).

Several previous studies have focused more on the general physical activity levels of urban populations or examined health benefits based on objective physiological parameters (Hanani, 2017; Hasan, 2026) Research on the relationship between physical activity intensity and emerging sports, particularly jogging and padel, remains limited. The journal (Liang et al., 2025) shows that most of the research evaluates objective aspects of health such as biometric pa-rameters or cardiorespiratory fitness, while the relationship between physical activity intensity and subjective perceptions of health is still less clearly understood. Thus, there is still a re-search gap regarding how the differences in physical activity intensity characteristics in jogging and padel relate to the physical health of urban communities in the context of modern sports trends.

Unlike previous studies that generally examined recreational sports participation in general terms or relied on objective biometric indicators to assess health outcomes (Hanani, 2017; Liang et al., 2025), the present study specifically compares two contrasting forms of physical activity, namely jogging as a low-cost, low-equipment aerobic activity and padel as an emerging racket sport that combines aerobic and anaerobic demands, in relation to the perceived physical health of urban residents. This comparative focus and its emphasis on subjective physical health outcomes distinguish the present study from prior research and directly address the gap identified above.

This study aims to examine how physical activity intensity among joggers and padel athletes is associated with the physical health of urban residents in Semarang City, with the phenomenon of sports-related FOMO considered as part of the broader social context. The findings are expected to provide valuable insights for sports science, especially in understanding the connections between exercise intensity, emerging sports trends, and physical health within urban communities.

## METHODS

This research adopted a quantitative methodology using a correlational cross-sectional design to examine the association between physical activity intensity in jogging and padel and the physical health status of urban communities. The study was carried out in Semarang City, involving urban residents who regularly participate in either jogging or padel activities. The research sample used a purposive sampling technique based on the criteria, namely respondents who regularly do jogging and padel sports within a certain minimum frequency range per week, are of productive age, and are willing to be respondents. This study included 70 participants as the research respondents.

Data were collected through a structured questionnaire comprising three sections, covering respondent characteristics and the distribution of the research variables. Measurement of physical activity intensity refers to the concept of the International Physical Activity Questionnaire (IPAQ) which includes the frequency of activity, duration of activity, exercise intensity, and physiological responses during exercise (Craig et al., 2003) . Meanwhile, physical health variables are compiled based on the concept of the World Health Organization (WHO) and the dimensions of physical health in the Short Form-36 (SF-36) which include perceptions of body health conditions, fitness levels, ability to perform physical activities, and the benefits of exercise for health (Ware & Sherbourne, 1992) . The instrument used had previously been validated by experts to ensure the suitability of the indicators with the constructs being measured, then construct validity and reliability tests were conducted to ensure that the instrument had an adequate level of validity and consistency as a data collection tool.

The data were analyzed using IBM SPSS Statistics. Descriptive statistical analysis was first conducted to summarize the characteristics of the respondents and describe the distribution of the research variables. Prior to inferential analysis, tests of normality and linearity were performed to verify that the data met the assumptions for subsequent statistical procedures. Multiple linear regression analysis was then employed to determine the simultaneous contribution of jogging and padel physical activity intensity to the physical health of urban residents. Statistical significance was established at a 5% level (α = 0.05).

## RESULTS AND DISCUSSION

**Table 1**. Result of Descriptive Statistical Analysis

| Variables | Std def | N | Mean | Max | MIX |
|---|---|---|---|---|---|
| Physical Activity Intensity | 8,535 | 70 | 32.04 | 45 | 9 |
| Physical Health | 4,229 | 70 | 25.64 | 30 | 6 |

Based on the research results, data was obtained on the distribution of respondents based on of the descriptive statistical analysis in the table above, it is known that the number of respondents in this study was 70 people consisting of joggers and padel players. Descriptive analysis shows that the physical activity intensity variable has an average value of 32.04 ± 8.54 , while the physical health variable has an average value of 25.64 ± 4.23 . These results indicate that most respondents have a level of physical activity and physical health conditions that are classified as good.

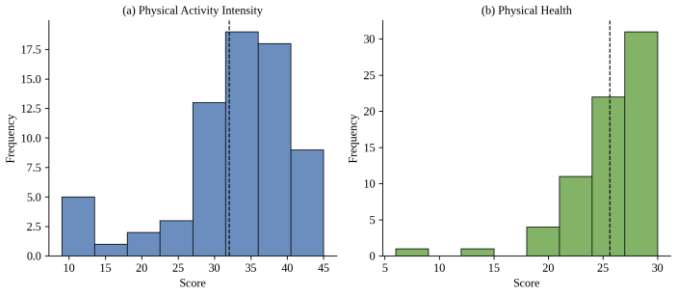



**Figure 1.** Distribution of Physical Activity Intensity and Physical Health Scores (N = 70).

Prior to hypothesis testing, the data were examined for normality and linearity. The Kolmogorov-Smirnov test yielded significance values of $p < 0.001$ for both physical activity intensity and physical health. Because these values were below the established significance threshold of 0.05, the data were considered to be non-normally distributed. Consequently, a non-parametric statistical approach was adopted, and the relationship between physical activity intensity and physical health was evaluated using the Spearman rank correlation test. Furthermore, the linearity test indicated a significant linear relationship between the two variables ($p < 0.001$), confirming that the association was sufficiently linear to support the subsequent correlation analysis.

In addition to normality and linearity, a homogeneity of variance test (Levene's test) was conducted to determine whether the jogging and padel groups had equal variances on each study variable, since the study compares two distinct exercise groups. The results showed that for physical activity intensity, the variances between the jogging and padel groups were not homogeneous ($F = 8.922$, $p = 0.004$), reflecting the greater variability of activity intensity among padel participants (SD = 10.32) compared to joggers (SD = 5.68). For physical health, the variances between the two groups were homogeneous ($F = 2.222$, $p = 0.141$). Because the primary hypothesis testing in this study relies on the non-parametric Spearman rank correlation, which does not require homogeneity of variance between groups, the unequal variance found for physical activity intensity does not affect the validity of the correlation analysis; it is reported here as part of the prerequisite testing and as a methodological note on the greater heterogeneity of activity intensity among padel participants.

**Table 2**. Results of Homogeneity Test (Levene's Test)

| Variables | Levene Statistic | Sig. | Information |
|---|---|---|---|
| Physical Activity Intensity | 8.922 | 0.004 | Not Homogeneous |
| Physical Health | 2.222 | 0.141 | Homogeneous |

**Table 3**. Correlation Test Results

| Variables | r | p | Information |
|---|---|---|---|
| Jogging- physical health | 0.372 | 0.028 | Significant |
| Padel-physical health | 0.547 | <0.001 | Significant |
| Physical activity-physical health | 0.468 | <0.001 | Significant |

The analysis of the jogging participants using Spearman's rank correlation produced an r-value of 0.372, with the statistical significance recorded at $p = 0.028$.These results indicate a significant positive relationship between the intensity of jogging physical activity and physical health. Thus, the higher the intensity of physical activity in jogging, the better the physical health condition of the respondents.

In the padel group, a Spearman correlation coefficient of $r = 0.547$ was obtained with a significance value of $p < 0.001$ . This value indicates a positive relationship with moderate correlation strength. These findings indicate that increasing the intensity of physical activity in padel sports is followed by an improvement in the physical health conditions of respondents. Following Cohen's (1988) benchmark, an r-value of 0.547 represents a moderate correlation, with the coefficient of determination ($r^2$) indicating that padel intensity accounts for approximately 29.9% of the variance in physical health. This proportion is roughly twice that explained by jogging intensity, suggesting that padel's combination of aerobic and anaerobic demands may exert a comparatively stronger influence on respondents' physical health.

Analysis of all respondents, namely for the variable of physical activity intensity on physical health, showed a Spearman correlation coefficient of $r = 0.468$ with a significance value of $p < 0.001$ . These results show that there is a significant positive relationship between the intensity of physical activity and the physical health of urban communities. The higher the intensity of physical activity carried out through jogging or padel sports, the better the physical health condition felt by respondents. Overall, the study results indicate that physical activity intensity has a significant relationship with physical health in urban communities. Compared

to jogging, padel showed a higher correlation coefficient with physical health ($r = 0.547$ vs. $r = 0.372$), although both types of exercise had a significant positive relationship.

This overall pattern is consistent with Wang et al. (2025), who reported that moderate-to-vigorous physical activity intensity was associated with better health outcomes in a large longitudinal cohort, reinforcing the intensity-dependent relationship observed in the present study. In addition, the comparatively stronger association found for padel aligns with Sánchez-Alcaraz and Courel-Ibáñez (2022), who noted that racket sports combining aerobic and anaerobic components may confer broader physical fitness benefits than single-mode aerobic activities such as jogging.

The findings demonstrated a significant positive association between physical activity intensity and physical health among urban residents. This result suggests that respondents who participated in higher-intensity activities, such as jogging or padel, tended to have better physical health outcomes. These findings are consistent with the view that physical activity is an important determinant of health, as regular exercise can enhance cardiovascular function, improve physical fitness, support metabolic capacity, and lower the risk of various health disorders (Dewi & Wuryaningsih, 2019). In addition, moderate- to vigorous-intensity physical activity is generally associated with greater physiological benefits compared with low-intensity activity, which may contribute to improvements in overall health and well-being (Herbert, 2022; Nakagawa et al., 2020)

The analysis revealed a significant positive relationship between jogging intensity and physical health, with a correlation coefficient of $r = 0.372$ and a significance value of $p = 0.028$ ($p < 0.05$). The magnitude of the correlation indicates a low to moderate relationship between the two variables. This finding suggests that individuals who jog at a higher intensity tend to report better physical health. Conversely, lower jogging intensity is associated with less favorable physical health outcomes.

Jogging is an effective physical activity in supporting the physical health of urban communities. As an aerobic exercise that can improve cardiovascular function, lung capacity, endurance, and physical fitness if done regularly (Vanhees et al., 2022). Furthermore, jogging is easily accessible because it doesn't require special facilities, allowing it to be done independently according to an individual's ability and available time. This finding supports the results of Wang et al. (2025) , suggesting that moderate- to vigorous-intensity physical activity is associated with greater health benefits. Regularly active individuals also tend to have better physical health than those who engage in physical activity less frequently. Therefore, increasing the intensity of jogging activity has the potential to positively contribute to the physical health of urban communities (Wicks et al., 2022; Zhong et al., 2024). However, the low to moderate strength of the relationship suggests that physical health is not solely influenced by the intensity of jogging. Other factors, such as diet, sleep quality, stress levels, age , medical history, and lifestyle, also play a role in determining a person's physical health.

In comparison with the jogging group, the analysis of the padel group produced a correlation coefficient of $r = 0.547$, indicating a moderate association. This result suggests that the relationship between physical activity intensity and physical health was relatively stronger among padel participants than among joggers in the present study. The findings demonstrate a positive and statistically significant association between padel activity intensity and physical health among the urban residents who participated as respondents. Therefore, the second hypothesis ($H_2$) is supported, while the null hypothesis ($H_0$) is rejected, indicating that physical activity intensity in padel is significantly associated with physical health.

Padel is a sport that combines elements of aerobics, speed, motor coordination, agility, balance, and social interaction in one game activity (Sánchez-Alcaraz & Courel-Ibáñez, 2022). During the game, players are asked to move actively in response to the direction of the ball so that the body experiences quite high levels of physical activity. These activities contribute to improving physical fitness and physical health if done regularly. The results of this study support previous research which explains that regular physical activity is related to improving a person's health condition. Physical activity involving active body movement can improve physiological functions, thus positively impacting physical health. This study suggests that

padel, a sport currently popular in urban communities, can provide similar health benefits (Sadok, 2026).

The analysis revealed a correlation coefficient of 0.468 between physical activity intensity and physical health among urban residents, indicating a moderate and positive association between the two variables. These findings suggest that physical activity intensity is associated with the physical health status of urban communities. In general, individuals who engage in higher-intensity physical activities, such as jogging or padel, tend to report better physical health. This finding is consistent with Ibsen et al., 2023, who reported that perceptions of physical health are associated with an individual's level of physical activity. Moreover, the present study extends the findings of Bachtiar et al., (2025), which highlighted the limited number of studies examining the association between physical activity intensity and perceived physical health, particularly among urban populations.

## CONCLUSION

This study proves that the intensity of physical activity has a positive and significant relationship with the physical health of urban communities. In jogging, increased intensity of physical activity correlates with better physical health. The same relationship was also found in padel, with a stronger correlation than jogging. Overall, the intensity of physical activity through both jogging and padel contributes to improved physical health, indicating that the higher the intensity of regular physical activity, the better the individual's physical health. Therefore, the public needs to be encouraged to engage in regular physical activity at an intensity appropriate to their individual abilities. Further research is recommended to examine other factors that potentially influence physical health, such as diet, sleep quality, and stress levels, and to involve a larger number of respondents and a broader research area to obtain a more comprehensive picture.

## AUTHOR CONTRIBUTION STATEMENT

All authors contributed equally to the conceptualization, methodology, data collection, analysis, and drafting of the manuscript. All authors have read, revised, and approved the final manuscript for publication.

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## AI USAGE STATEMENT

The authors used Grammarly solely for grammar checking and language refinement during the preparation of this manuscript. No generative AI tools were used for data collection, analysis, or content creation. All scientific findings and conclusions were generated and verified entirely by the authors.

## CONFLICT OF INTEREST STATEMENT

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

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