



Paradigm of Village Physical Activity During Pandemic

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Sekolah Tinggi Olahraga dan Kesehatan Bina Guna

DOI: <https://doi.org/10.15294/ajpesh.v1i2.49410>

Article Info

Article History

Submitted 2021-08-25

Revised 2021-10-29

Accepted 2021-12-10

Keywords

Paradigm, Physical Activity, Pandemic Period

Abstract

The purpose of this research was to find out the differences in the paradigm of physical activity of the residents of Dusun XI, Pond Village, especially those aged 17 years and over, between before the Covid-19 pandemic and during the Covid-19 pandemic. This is a quantitative study with descriptive approach. The paradigm of sports activities for the residents of Dusun XI, Pond Village, which was studied by researchers on a one-week scale, was the intensity of sunbathing, duration of sunbathing, intensity of exercise, duration of exercise, and type of exercise. The research instrument used to measure the physical activity paradigm of residents is the Short-Form version of the Physical Activity Question (PAQ), which is filled out by 50 residents via Google Form. The answers to the questions in the questionnaire which were filled out by the residents of Dusun XI, Pond Village, are the conclusions of this scientific article. The results showed that the Covid-19 pandemic has caused the majority of the residents of Dusun XI of the Pool Village to increase their sunbathing intensity to every day, the majority of the residents of Dusun XI of the Pool Village have decreased their exercise intensity to once a week.

INTRODUCTION

Currently, the world is being hit by an outbreak of covid (corona virus disease) which has been reported to have originated in the city of Wuhan, China since December 2019 (Susanto, 2020). The Covid-19 virus has been officially declared to have entered Indonesia since March 2020 and the spread of this virus is very fast in Indonesia, especially in North Sumatra. This was conveyed by the Head of the Covid-19 Task Force (Task Force) Doni Monardo on the official website for the Covid-19 distribution map. Seeing the very fast spread of the Covid-19 virus, the Indonesian government through the Instruction of the Minister of Home Affairs Number 6 (2021) issued several rules for the public with the aim of slowing the spread of the Covid-19 virus. Several regulations issued by the government since the beginning of the Covid-19 pandemic in Indonesia include; implementing 3M (Keeping Distance, Using Masks, & Washing Hands), PSBB (Large-Scale Social Restrictions), Micro PPKM (Implementation of Restrictions on Small-Scale Community Activities), Macro PPKM (Implementation of Restrictions on Large-Scale Community Activities), and Emergency PPKM (Nawang Sari et al., 2021). Broadly speaking, these government regulations urge people to reduce mobility outside the home if the priority level is low. For example, social mobility with a low priority level is recreation, walking in shopping centers, and traveling out of town without an emergency reason (Susanto, 2020).

Government regulations certainly have an impact on several social activities in Indonesia, including; all city borders are strictly guarded, shopping centers are limited in the number of visitors,

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restaurants are not allowed to accept customers who eat on the spot, schools are held online, places that have the potential to trigger crowds are also closed (Nawang Sari et al., 2021). One of the places that has the potential for crowds is city parks, city parks that are identically used by the community to exercise on weekends may not operate since the Covid-19 pandemic in Indonesia (Wibowo et al., 2020). The impact of government regulations causes people to be unable to use public facilities to exercise, so that sports activities are carried out in their respective homes (Herlina & Maman, 2020).

Through the official website of the Covid-19 Task Force, one form of self-prevention from exposure to the Covid-19 virus is to keep the body's immunity in balance (Susanto, 2020). Ways to keep the body's immunity in balance include; diligently bask in the sun, eat nutritious food, and exercise regularly (Andria, 2013; Aman & Masood, 2020). According to Daniel Landers, Professor of Sports Education from Arizona State University in Mead (2008), states that the right time for sunbathing is 10 am with a duration of 10-15 minutes, the intensity of exercise is good for the body is 3-5 times a week with a duration of 10-15 minutes. every 30-60 minutes of exercise, as well as nutritious foods are foods that are contained in 4 healthy 5 perfect and free from harmful chemicals.

In the midst of the Covid-19 pandemic, to keep the body's immunity maintained (stable), it is necessary to exercise regularly, but not all sports can be done at home (Wibowo et al., 2020). Some types of sports that cannot be done at home, where these sports require an open field as an absolute requirement for implementation (Furkan, 2021). During the Covid-19 pandemic, people can only do some types of light exercise at home so they can maintain physical fitness (Herlina & Maman, 2020). There are several types of light exercise that can be done at home (Wibowo, 2020).

In Ashadi's research (2020), Zaenal Muttaqin Sofro as an expert in sports medicine at UGM stated that there are two types of exercise, namely neural exercise (respiratory exercise) to maintain health and physical exercise (physical exercise) to maintain fitness. Zaenal Muttaqin in Ashadi's research (2020) also explained that breathing exercises or what can be called neural exercises include *tera gymnastics* and *yoga*, this type of exercise can be done anywhere and anytime. Physical exercise or what is called physical exercise is a sport that involves large muscles, is rhythmic, and sustainable. Some of the sports that are included in this type of physical exercise include jogging, cycling, and swimming. This type of sport requires a place and even special facilities. Therefore, the right type of exercise to do to maintain physical fitness in the midst of the Covid-19 pandemic is the type of respiratory exercise. This is due to respiratory exercise (neural exercise) can be done anywhere and anytime, so that people do not need to go out of the house to do sports.

Government regulations such as 3M, PSBB, Micro PPKM, Macro PPKM, to Emergency PPKM apply throughout Indonesia, including North Sumatra province, especially in the city of Medan. Therefore, the people of Medan, including the village of Ponds, also feel the impact of the government regulation. One of the impacts is not being able to do activities outside the home freely, including exercising. Based on observations by researchers, the residents of Dusun XI of Pond Village can only carry out sports in the environment around the village. Based on field observations by researchers, it was found that the residents of Dusun XI of Pond Village aged 17 years and over felt the impact of government regulations regarding self-quarantine.

METHODS

This study uses quantitative research methods that are presented in descriptive form to see the paradigm shift in sports activities of the residents of Dusun XI, Swimming Village before and during the Covid-19 pandemic. The research instrument used to measure the physical activity paradigm of residents is the Short-Form version of the Physical Activity Question (PAQ), which has been validated by the supervisor. The questionnaire consisted of several questions about the paradigm of citizen sports activities before and during the Covid-19 pandemic. The sports activities studied in this study were sunbathing intensity, sunbathing duration, exercise intensity, exercise duration, and types of exercise before and during the Covid-19 pandemic.

The sampling technique used in this scientific article is purposive sampling, and there are 50 residents of Dusun XI, Pond Village, aged over 17 years as the research sample. The researcher chose Dusun XI Village residents of Pond Village who were over 17 years old as the research sample because residents aged over 17 years and over felt the impact of government regulations regarding Covid-19 and the mobility of activities outside the home was quite dense. The data collection technique was by distributing questionnaires to 50 residents using Google Form, then conclusions were drawn in the

form of descriptive data.

RESULT AND DISCUSSION

The results of the questionnaire which have been filled out by 50 residents of Dusun XI, Pond Village aged 17 years and over, are presented in the following tables:

Table 1. The results of the survey comparing the intensity of sunbathing of residents before and during the pandemic

	1 x Week	2 x Week	3 x Week	Every day
Before the Pandemic	69%	31%	0%	0%
During the Pandemic	26%	26%	26%	22%

Prior to the Covid-19 pandemic, public awareness of Dusun XI, Pond Village, on the importance of sunbathing to meet their vitamin D needs was minimal. This is proven based on Table 1 as many as 69% of residents only sunbathe once a week. Based on the results of a survey conducted by researchers, it shows that the intensity of sunbathing residents of Dusun XI, Pond Village since the Covid-19 pandemic was declared by the government to be entered by the government, especially North Sumatra, the intensity of sunbathing of residents has become more frequent so that there are 22% of residents who sunbathe themselves every day. . It can be concluded that the Covid-19 pandemic has had a positive influence on the physical activity of residents, namely the residents of Dusun XI, Pond Village, who often sunbathe.

Table 2. Comparison of the results of the survey of residents' sunbathing duration before and during the pandemic

	10 minutes	10-15 minutes	15 minutes
Before the Pandemic	79%	21%	0%
During the Pandemic	29%	53%	18%

In Table 2, it can be seen that before the Covid-19 pandemic, on average, the residents of Dusun XI of Swimming Village only sunbathe for 10-15 minutes and no one sunbathed for more than 15 minutes. Although the number of residents who sunbathe for less than 10 minutes has decreased, the number of residents who sunbathe for 10-15 minutes has increased by 21% and there are 18% of residents who sunbathe for more than 15 minutes. Of course this is a positive impact because it is in accordance with the government's appeal which states that the ideal duration of sunbathing to increase the body's metabolism is more than 10 minutes.

Table 3. The results of the survey on the comparison of residents' exercise intensity before and during the pandemic

	1 x	2 x	3 x	4 x	5 x	6 x	7 x
Before the Pandemic	50%	21%	13%	8%	5%	2%	1%
During the Pandemic	35%	20%	18%	10%	9%	5%	3%

In Table 3, the number of residents of Dusun XI of Swimming Village whose intensity of exercise is three times a week and seven times a week (every day) has increased. Even though the majority of Dusun XI Pond Village residents do sports only once a week during the Covid-19 pandemic. This shows that since the Covid-19 pandemic entered Indonesia, the residents of Dusun XI, Swimming Village, are still enthusiastic about exercising to maintain their body's metabolism. After researchers searched for more in-depth information, it turned out that the majority of residents chose to exercise once a week due to their daily busyness and worries about activities outside the home. It can be concluded that the Covid-19 pandemic has an impact on the paradigm of citizens' activities in exercising.

Table 4. Results of the survey on the comparison of residents' exercise duration before and during the pandemic

	25 minutes	25-40 minutes	45-60 minutes	60 minutes
Before the Pandemic	34%	29%	24%	13%
During the Pandemic	43%	27%	15%	10%

The duration of the majority of sports for the residents of Dusun XI, Pond Village, based on Table 4 shows that before the Covid-19 pandemic was 25-40 minutes. The majority of residents exercise for 25-40 minutes at a time due to the absence of government advice to reduce community mobility outside the home, so that when the residents of Dusun XI, Pond Village, exercise outside their homes, they can spend 25-40 minutes. This situation changed when the Covid-19 pandemic caused a ban on carrying out activities outside the home. This has an effect on the duration of the residents' exercise, which was initially 25-40 minutes in a single exercise to less than 25 minutes. The reason residents exercise for less than 25 minutes is that residents feel bored when exercising independently at home.

Table 5. Results of a comparative survey of the types of sports that people are interested in before and during the pandemic

	Indoors (inside the house)	Outdoors (outdoors)
Before the Pandemic	25%	75%
During the Pandemic	65%	35%

People's interest in exercising outside the home decreased by 40% and the number of residents who exercised at home increased by 40%. This is in accordance with government regulations to reduce activities outside the home.

After the residents of Dusun XI Desa Pool filled out a questionnaire distributed by researchers via Google Form, the researchers found that the paradigm of the residents' physical activity before the pandemic and during the pandemic underwent a change. The most significant change is the duration of the selected exercise type. In accordance with Table 5, the majority of Dusun XI Village residents prefer to exercise at home compared to outdoors during the Covid-19 pandemic. This is in accordance with government regulations that limit the mobility of people outside the home.

CONCLUSION

Based on the findings of researchers in the field, it can be concluded that the paradigm of the activities of the residents of Dusun XI Pond Village during the pandemic and before the pandemic there were quite significant changes. Changes in residents' activities were seen during the COVID-19 pandemic. These changes include the intensity of sunbathing by residents changing from once a week to every day, the duration of sunbathing for residents which was initially less than 10 minutes to 10-15 minutes in one sunbathing, the intensity of exercise which was originally 5-7 times a week to 1-3 times a week, the duration of exercise which was originally 25-40 minutes a week becomes less than 25 minutes in one sport, and the type of sport that residents are interested in initially has changed to an indoor sport. Among the 5 (five) types of activities studied by researchers, The most visible changes are the intensity of the residents' sunbathing, the intensity of the residents' sports, and the types of sports of the residents. The Covid-19 pandemic has had a positive impact on changes in the intensity of people's sunbathing. The Covid-19 pandemic has a negative impact on the intensity of residents' sports because residents still feel hesitant to do sports outside their homes. The Covid-19 pandemic has forced people to choose sports at home.

The results of the research in this scientific article are in line with the opinions of several researchers regarding the paradigm of physical activity during the Covid-19 pandemic, as follows; (1) Nurhadi & Fatahillah (2020) in their scientific article stated that the Covid-19 pandemic caused a decrease in the physical activity of the Pratama Complex community of Medan Tembung Village caused by restrictions on residents' activities outside the home so that public interest in exercising decreased. (2) Hadi (2020) in his scientific article stated that during the implementation of sports in the midst of the Covid-19 pandemic, the things that need to be considered are overtraining and avoiding crowds.

Overtraining will result in fatigue and disrupt the body's metabolic system and exercise in a crowd will accelerate the transmission of Covid-19 so it is better for people to exercise at home even if only 1-2 times a week. Broadly speaking, the results between the scientific articles by Nurhadi & Fatahillah (2020), Hadi (2020) and this scientific article are that although in one area there is a paradigm shift in the physical activity of the community, especially exercising, which has decreased, people still carry out sports in order to maintain the body's metabolism.

ACKNOWLEDGEMENT

This research was funded by the STOK Bina Guna foundation. This research was conducted with 6th semester students who entered the table tennis course, students helped in this research and lectures outside of the writing team also helped in the success of this research.

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