

Roller Skating Activities as a Reflection of the Community Life Style in Semarang Municipality

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Abstract

Roller skating activities have become one of the choices of urban community to develop the quality of their physical fitness. This type of sports is popular in the Municipality of Semarang and even becomes a part of sports education and sports recreation. Sports and roller skating activities conducted around Simpang Lima relate to a sports culture that identifies the lifestyle of urban communities in Semarang Municipality. The purpose of this study was to assess the activities of roller skating that became the choice of the community in Semarang Municipality, to identify community groups doing roller skating activities in the Municipality of Semarang, to describe the sports institutions that were formed, all of which became a reference for the people of Semarang Municipality, to explain the purpose of the sport skaters in conducting their activities, and to understand and explain the orientation of values that encourage the citizens to engage in the roller skating activities. The orientation of the sports values indirectly contributes to community empowerment with the high degree of community participation in sports development. It can determine the profile and progress of sports development in the region. People not only need to be encouraged to make sports as a necessity but also take a role in advancing sports achievements in the region including roller skating sports.

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INTRODUCTION

For the advanced and modern urban community, sports activities have become a necessity in everyday life. Exercise has been seen to have many functions, not only to develop the citizens' quality of physical fitness but also to develop their mental qualities more comprehensively and steadily. Through sports, for example, individuals can develop better mental, personality, loyalty, leadership, loyalty, dedication, and intrapersonal as well as interpersonal relationships. Therefore, it would be no exaggeration to say that sports provide learning to build a superior culture in a broad sense.

Roller skating activities have become one of the choices of urban community to develop their quality of physical fitness. Roller skating activities are now popularized in the municipality of Semarang to be a type of sports. There is a general tendency that skate rolling becomes a part of the educational and recreational sports goals. Roller skating, which is held around Simpang Lima Semarang, using its available facilities and infrastructure, ie sidewalks and roads around Simpang Lima. This type of sports has become part of a healthy life for the people of Semarang Municipality in running their daily life.

Roller skating sports activities involve many people who interact to or communicate with each other. At the same time, this activity also strengthens many interests in it. On the one hand, the particular sport has become an arena that combines all the interests, needs, and expectations of everyone involved in it. That is roller skating sports function to facilitate the expression of each individual or group. On the other hand, the sport has the potential to be a source of conflict between different groups of people involved. From this point of view, sports not only contribute positively to human life but also contain negative potential that must be prevented.

Roller skating sports that are held around Simpang Lima contain values as an educational and recreational sport. The mobile activity in the sport can help improve the fitness of its player. The skating activities among the urban

community can provide a dual advantage, that is, (1) the body becomes healthy and fit and (2) both sports can be a means to release boredom or as entertainment and leisure.

Sports is a series of organized and planned physical motions to maintain the motion (which means sustaining life) and improve the ability of motion (which means improving the quality of life). Ahira (2012, p.17) states that "the concept of roller skating is gliding quickly over the roller skates and gives a pleasant sensation along the hard track". It is also mentioned that in addition to providing sports sensation roller skating also provide physical fitness.

Bont (2012, p.62) states that rolling rapidly is the application of shear force on roller skates to accelerate, that is to change the speed by increasing the speed of the direction of motion. The player must know the direction as it turns or when it moves straight. Leaning the body causes wind pressure not to impede the rate movement resulting in additional speed. If the body does not lean forward, the wind will be held back by the body and the movement cannot be quick or maximal. The strength of the muscles is used to balance the body when the player stands on the roller skates.

The gliding speed over the skates and the fitness achievement in roller skating sports requires a good physical condition. Yuyun (2012, p. 88) states that physical condition is a very important element in almost all sports. Physical activity is any body's movement produced by skeletal muscles that require energy expenditure. The absence of physical activity is an independent risk factor for chronic disease, and can generally lead to death.

The regular physical activity provides a beneficial effect on human health, namely that he/she will avoid heart disease, stroke, osteoporosis, cancer, high blood pressure, diabetes, and the like. In addition, his/her weight can be controlled, his/her muscles are more flexible, his/her bones become stronger, his/her body shape becomes ideal and proportional, and he/she is more confident, more energetic, and fitter.

There are three types of physical activities that can be done to maintain a healthy body; they can be presented as the following.

1) Endurance

Physical activity that is intended to train resistance can help the heart, lungs, muscles, and blood circulation system to stay healthy and make people more energetic. In order to obtain endurance, physical activities can be done for 30 minutes (4-7 days a week). Some activities to choose from include walking, for example, getting off the bus for work to spend approximately 20 minutes walking, going back to the bus stop to spend 10 minutes walking. In addition, walking to the house, running lightly, swimming, gymnastics, and playing tennis are examples of other activities.

2) Flexibility

Physical activities intended to train flexibility can help make movement easier and keep the muscles of the body stay flexible and the joints function properly. In order to achieve flexibility, physical activities can be done for 30 minutes (4-7 days a week). Some activities to choose from include stretching that starts slowly without force or jolt. These activities can be done regularly for 10-30 seconds, which can start from hand and foot movements, taichi gymnastics, and yoga.

3) Strength

Physical activities intended to exercise strength can (1) assist the muscles of the body to retain acceptable load to keep the bones strong, (2) maintain the body shape, and (3) help increase the body's resistance to the prevention of diseases such as osteoporosis. In order to achieve flexibility, physical activities can be done for 30 minutes (2-4 days a week). Some activities that can be selected include push-up activities, going up and down stairs, weight lifting, and attending gymnastics classes which are all structured and measured (for fitness). Therefore, the correct techniques to prevent muscles and joints from accidents need to be learned comprehensively.

A community is a group of people who live in a relatively independent manner together for a relatively long period of time, inhabit a certain territory, have the same culture, and do most of the activities in the group (Harton).

According to Syani, a community is a group of people who gather and live together as well as affect each other.

Wirt says that the city is a relatively large, densely, permanently dwelling, inhabited by people whose social standing is heterogeneous. Meanwhile, according to Weber, an area is called a city if the local residents can fulfill most of their economic needs for their daily life in the local market.

Some prominent features of the urban community are the following. 1) Their religious life is diminished and sometimes is even less thoughtful because their life tends toward the mundane; 2) the citizens in the community can generally take care of themselves without having to rely on others (Individualism); 3) the division of labor among urban residents is also more assertive and has real limits; 4) the possibility of the city residents to get more jobs; 5) the way of life in the city is relatively fast. This has resulted in the importance of the time factor for the citizens so that careful time-sharing is essential to meet the needs of each individual; 6) changes seem more real in the city because cities are usually open to external influences.

According to Kamus Besar Bahasa Indonesia, "lifestyle" is the pattern of everyday behavior of people in a community. Lifestyle shows how people manage their private lives, public life, and public behavior, and differentiate their status from others through social symbols. Lifestyle can also be interpreted as anything that has the characteristics, specificity, and ordinances in the life of a particular society. Lifestyle can be understood as a characteristic of a visible person, marking the value system, and strict to oneself and the environment. Lifestyle is a combination and totality of manner, order, and habits, and the choice of objects that support it. In reality, lifestyle is based on a certain value or belief system.

Lifestyle is the behavior of a person who is shown through activities, interests, and opinions that are particularly related to the self-image to reflect his/her social status. Lifestyle is the frame of reference used by a person in behaving and consequently will form a certain pattern of behavior (Cloud, 2009). Meanwhile, according to Lisnawati (2001), a healthy lifestyle

depicts patterns of daily behavior that lead to efforts to maintain physical, mental, and social conditions so that they are in a positive state. Healthy lifestyles include the habits of sleeping, eating, controlling weight, not smoking or drinking alcohol, exercising regularly, and skillfully managing the stress that he/she experiences. In line with Lisnawati's opinion, Notoatmojo (2005) mentions that healthy behaviors are behaviors or activities which are related to the efforts to maintain and improve the human health.

Today, the quality of life tends to reflect a lifestyle that he/she lives. Modern lifestyle is actually a lifestyle that follows the pattern of development of the times, with all forms of science and technology progress. Lifestyle is not a new or strange thing in human life. Development and change cannot be dammed by anything. This is what happens in human civilization. Since the most primitive lifetime, man has experienced remarkable developments leading to a form of modern lifestyle. This is certainly inevitable. Man cannot escape from any advances in science and technology. Basically, humans are required to be able to adapt to anyone, anywhere, anytime, and under any circumstances including the advancement of science and technology.

The concept of the modern lifestyle has already existed and will continue to experience various forms of change and development. In general, experts agree that the main characteristics underlying any system or model in a modern society are the high degree of rationality (which is related to the level of the human mind), that is, the activities in modern society are organized based on values and patterns that are objective and effective. In other words, science and technology are the driving force for the process of transformation.

Today, lifestyle is often misused by most teenagers, specifically those who are in metropolitan cities. They tend to live their lifestyle by following the current fashion. Of course, the fashion which they imitate is the fashion of the westerners. If they can filter culture well and appropriately, then the cultural influence will be positive. On the other hand, if

they are not smart at filtering out the western culture, it will negatively affect them.

In line with the above background, this study aimed to find out how is the relationship between the lifestyle Semarang residents who are loaded with busy school and work with the roller skating sports activities.

METHODS

This research employed a qualitative approach was designed as a case study. A case study is a case specification in an event that either includes an individual, a cultural group, or a portrait of life.

This research focused on the implementation of roller skating activities in Semarang Municipality. The subjects of this study were community residents who performed physical activities of roller skating, traders who rented roller skates as key informants, and roller skating associations as supporting informants. The data that were mostly in the form of descriptions were obtained from three sources of data, i.e. events, actors, and documents. In accordance with the data sources, the data collection techniques used in this study were observations, interviews, documentation, and visual recording of events of the roller skating sports activities. The data in this study were analyzed using interactive model consisting of the components of data reduction, data presentation, and conclusion or data verification.

RESULTS AND DISCUSSION

The results of this study show that 85% of 36 respondents were domiciled in Semarang Municipality although some of them were not original residents of Semarang Municipality. In addition, 15% of the respondents came from the Regency/Municipality directly adjacent to Semarang Municipality, among them were from Semarang Regency, Kendal Regency, and Demak Regency. Of all the respondents, 30% were children's roller skating activity actors, 45% or 17 were teenagers, and the remaining 35% were adults. The children include school aged kindergarten, elementary school, and junior high

school. The teenagers ranging from high school age to university students. While the adults were those aged 25 and up, either civil servants or private employees. They did roller skating activities during the Car Free Day in the Simpang Lima Semarang area for various reasons, from just filling the spare time up to the aim of achievement (club practice). Some adults even did the skating activities with the purpose of entertainment/recreation to remove boredom.

The activities were conducted every day from afternoon until evening, even from Saturday evening to Sunday morning. Citizens did the roller skating sports activities and play skates around Simpang Lima. They came individually and also in groups. They usually rent roller skates from renters around the Simpang Lima area. Currently, roller skates are hired and they become the livelihood for roller skates traders.

Sports have become a necessity for a society whose fulfillment is guided by its culture, in which various aspects of culture are intertwining in a way of thinking that is acceptable to the mind, the morals, and the society.

Roller skates that once boomed in the Municipality of Semarang in the era of the 1980s, is now re-demanded by children, teenagers, and even adults. Simpang Lima has become the center of the activities of Semarang residents who want to relax after work and fill their spare time. Roller skating games have become a means of activity that they do in their spare time.

In material units viewed in terms of space, facilities, circumstances, time, and community development, sports are reflected as a community effort to meet its needs. Within the community, sports play a role in educating children and fostering integrity as a disclosure of human identity. An exercise is a tool for people who are designed to meet their health-related needs.

Therefore, it can be said that sports are the embodiment of the community's efforts to meet their needs of space that provides a place to move or be mobile. Exercise provides the benefits of personal health, allowing the freedom to develop hobbies, and simultaneously

accommodate the moral and intellectual expression to become fully human.

There are two main factors that make people of Semarang Municipality choose wheel skating as an option to exercise. First, globalization awakens the awareness that they are living in a millennium era that requires everyone to work harder to meet their needs of life. Nevertheless, the globalization will hit the people of Indonesia. 24 hours a day is not enough for work and activities. That is why sports activities have become an option as a means to release the fatigue of urban communities. Thus, sports skating has become mandatory and important for the citizens of the Municipality of Semarang. The sport of roller skating has become a reference for their cultural behavior.

Secondly, the citizens in the Municipality of Semarang as roller skaters claimed to love to watch the roller skating sports. The more human minds are filled with fun activities, the stronger their tendency to be part of the sport. This is one of the strong factors that triggered the small amount of attention to the sport. The communities carry out sports activities because they are buffeted by sports events/news from the mass media. Mass communication has a major impact on the people's way of thinking that causes news of sports to be more popular than the sports themselves.

The development of roller skating in Semarang Municipality is increasing; the interest of the people in Semarang Municipality to this game will increase. Its popularity can be seen with the increasing number of roller skating enthusiasts in Simpang Lima every day. This is followed by the rise of roller skates owners who rent their skates to visitors. Today, roller skating is beginning to be found in many downtown areas every day. The increases public interest in this particular sport should be used as a means to capture the prospective roller skating athlete in Semarang Municipality. They can join one of the skate clubs.

The Indonesia Roller Skating Association (Porserosi) Semarang held an event titled "Fun Skate" in the Car Free Day arena, Jl. Pahlawan Semarang. Besides providing roller skates, the car-free day event at Simpang Lima is also a

great moment to socialize, popularize, and introduce the activities and achievements of all skates clubs in the Municipality of Semarang so that the activities and achievements can be sustainably maintained.

Among the clubs that took advantage of the arena of activities are the ISS, Genesis, Eagle, Kairos, Silver, and Ikos skates clubs. The event was held because the potential of playing skates or In-Line Skate in the Municipality of Semarang was lately more popular. Unsurprisingly, the event is a special attraction for residents who are exercising in the area during the car-free day, especially for children. The reason is that the Fun Skate in cooperation with *Suara Merdeka* also provides facilities for a coaching clinic.



Picture 1. The community interest in roller skating sports in the area of Simpang Lima Semarang

Sports activities conducted in the Simpang Lima area implicitly reflect the values of sports. The values are seen in the activities undertaken by the community, namely the value of abstinence. The unyielding value of aging skate players is an example that needs to be replicated in regulating the balance even though the activity is painstaking but it is felt very exciting and fun.

Another value of the visible sports is the utilization of leisure time. The utilization of leisure time is evident from the activities of the skaters among the high school and university students as well as people in general. Simpang Lima and Car Free Day activities are perceived as an arena to take advantage of the spare time and to eliminate boredom.



Figure 2. Roller Skating Activities during the Car Free Day around Simpang Lima Semarang Municipality

The value of cooperation is seen in the activity when the players help each other improve skills in doing the activities of roller skating done with his/her friends. In this activity, they can help each other so that they are quickly skilled in the skating sports.

The orientation to sports value indirectly contributes to the community empowerment and participation in sports development. This can determine the profile and progress of sports development in the area. The community not only needs to be encouraged to make sports as a necessity but also take a role in advancing sports achievements in the area including the roller skating sports.

CONCLUSION

Socializing sports has an implication to implant sports in the perspectives of the life of Indonesian people, both in the form of values and habits. In short, these activities either directly or indirectly try to increase the public's attention to the sports, especially the roller skating. Furthermore, to cultivate the community means to instill sports activities to the community. If both activities are realized properly, then the attention and activity will synergize in the community which in turn will shape the sports culture.

The orientation to sports values indirectly contributes to community empowerment and participation in sports development, which will determine the outcomes and progress of sports development in the area. The community not only needs to be encouraged to make sports as a

necessity but also take a role in advancing sports achievements in the area including those of skating sports.

The municipality of Semarang is one of the areas where its citizens are enthusiastic in participating in socializing the sports and drawing the community's interest in sports. Skate activities not only foster achievement, but also make it as one of the activities to refresh the body and eliminate boredom, and as a recreational sport.

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