

The Effectiveness of Sports Open Spaces in Facilitating Community Sports Activities During the Covid-19 Pandemic in Tegal District

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Abstract

During the pandemic some people in Tegal district only spend time at home to work and study virtually, this makes it difficult to exercise for several reasons, physical activity is very important for everyone of all ages. The availability of open sports spaces that are easily accessible to all levels of society can encourage the creation of a society who likes to exercise or do physical activities. This research was conducted using a qualitative approach. The results of the study and analysis will later be able to describe and explain the facts of the state of open sports spaces. Based on the results of interviews and observations. This is indicated by the important points in spatial planning as stipulated in Law No. 26 of 2007 concerning Spatial Planning that has not been fully implemented. The utilization of sports open space planning in Tegal Regency has been maximized for its mechanism, but its development and development has not met its effectiveness. Region of Tegal Regency in 2012-2032. However, the control over the use of open space and sports open space in Tegal Regency has not been carried out optimally, based on the results of observations of the rules for the use of sports open spaces for other activities in the sample sub-districts, and there is no direct involvement of related parties in supervising and maintaining the space. open and open sports spaces that are often used for people to exercise. The phenomenon of the participation rate of community recreational sports activities in Tegal Regency shows a decrease from before the pandemic, the community is very enthusiastic about doing sports activities carried out on holidays or free time and sports activities are carried out in groups with friends, family, or the community.

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INTRODUCTION

Physical activity is an activity that causes an increase in energy by the body beyond resting energy. (Wildani & Gazali, 2020) Physical activity is the movement of limbs that causes energy expenditure which is very important for maintaining physical and mental health, as well as maintaining physical and mental health. quality of life to stay healthy and fit throughout the day (Gössling, Scott, & Hall, 2020). According to US Health and Human Services (2017) only 1 in 3 children are active in physical activity every day. Routine physical activity that is done properly has the potential to prevent the severity of Covid 19. During the covid-19 pandemic some people only spend time at home such as working and studying virtually, this condition makes difficult to exercise for several reasons. During the pandemic, physical activity is actually very important for everyone of all ages. Doing physical movements during work from home with light intensity for 3-4 minutes such as walking or stretching can help relax muscles and accelerate blood circulation and muscle activity (WHO, 2020). Global news related to the spread of the covid 19 virus (coronavirus) has made institutions throughout Indonesia tightened, especially in Tegal district government agencies, both schools and offices are worked from home, even some agencies are closed as an effort to suppress spread of the virus. In addition, one of the ways to suppress the spread of the virus, the government also requires that all people pay attention to a healthy lifestyle, through physical activity by regularly exercising, consuming healthy and nutritious food and paying attention to a clean environment. This has become a reference for many countries and institutions to always encourage people to be actively involved in physical activity, particularly through sporting activities (Nopiyanto, Raibowo, Sugihartono, & Yarmani, 2020). According to Suryanto Rukomono, sport is activities where every

activity is to train the human body so that the body feels healthier and stronger, both physically as well as spiritually (Vegara-Ferri, Carboneros, Deliautaite, Díaz-Suárez, & López-Gullón, 2021) Doing physical activity is very beneficial for the body and mind. Furthermore, doing it regularly can reduce high blood pressure, help manage weight, and reduce the risk of heart disease, stroke, diabetes, and cancer. (Gilchrist & Wheaton, 2017). the benefits of physical activity include maintaining blood pressure and cholesterol, reducing the risk of heart disease and stroke, maintaining weight, reducing stress levels, strengthening the heart and improving blood circulation, strengthening bones and muscles, maintaining joint flexibility, and reducing depressive symptoms and improve quality of life. The people of Tegal Regency, the problem they face is that people are less enthusiastic and lazy to do sports actively). People are more interested in playing electronic games such as online games, gadgets and other electronic games. during the pandemic Virus circulated where the government implemented social restrictions (Moore et al., 2020). Teenagers feel very comfortable playing the game without feeling bored for a long time. The use of smartphones also has a negative impact on student development which is marked by the laziness of students in carrying out movement and interacting activities (Widyastuti, Mayang, Ayu, & Nistiana, 2020). This reduces playing time with peers and changes in student life patterns from moving a lot to moving less. This phenomenon will cause disturbances in the body's metabolism resulting in a decrease in physical fitness, health, overweight or obesity, skills, heart attacks, diabetes, and even affect capacity, creativity, emotional, social, and intelligence (Nababan, Dewi, & Akhmad, 2018). Furthermore, lack of movement activity will experience delays in social, emotional, and cognitive development (Zulfa & Pramono, 2014) With students less interested in physical fitness and more likely to be passive in

moving due to addiction to games and the internet, the learning outcomes of physical fitness are less than optimal and affect health.

Sports open space is a community need in fulfilling physical activity (Hartono, 2009). The availability of open space is accessed by all people in realizing a society that likes sports and other physical activities (Nababan, Dewi, & Akhmad, 2018). Lack of physical activity in children is mostly caused by watching television (TV) and playing gadgets. In this era, the use of the internet has become commonplace for teenagers. They are willing to sit for hours in front of the computer to spend time. This tends to lead to a lack of physical activity and adequate sleep duration for adolescents, besides the food consumed is not given much attention because it is too focused on playing games so that the intake of nutrients that enter is reduced. Adolescents who lack daily physical activity cause their bodies to expend less energy coupled with poor nutritional intake. Teenagers will be more vulnerable to nutritional problems. Young women are mostly chosen indoor activity such as doing housework than young men that prefer outdoor activity. Regular physical activity is very beneficial for one's health, especially during this Covid-19 pandemic. Doing physical activity even helps improve mental health and lowers the risk of depression during a pandemic. Based on the background described above, it is necessary to conduct research on the effectiveness of open spaces in facilitating community sports during the Covid pandemic in Tegal Regency. Preliminary observations of recreational sports activities in Tegal Regency show that the profile of recreational sports activities carried out during this pandemic is getting more and more concerning because only these people are doing sports activities in open spaces facilitated by the Tegal regency government. One thing that sports players need to consider is having an open space and an accessible environment. On average, the perpetrators are with their friends, family, and

community. From various places in Tegal Regency, the places chosen by the perpetrators showed positive indications, the perpetrators showed that they wanted to get the situation and environmental conditions that supported their sports activities.

METHODS

This research was conducted using a qualitative approach. The qualitative approach was chosen because it was appropriate to examine and analyze the problem of the effectiveness of open sports spaces in facilitating community sports activities during the pandemic in Tegal Regency. The results of the study is expected to be able to describe and explain the facts of the state of open sports spaces. The data obtained in this study consisted of primary data and secondary data. Primary data was obtained from interviews and observations in open sports spaces, while secondary data was obtained from data collectors in the form of documentation analysis study data. Sources of data were obtained from research informants using the Purposive Sampling technique, where the researcher considers someone as a research informant and this initial informant is expected to be able to open the door to recognize the entire field broadly and then the initial informant can suggest the second and third informants and so on until the researcher obtains data that complete and accurate. To obtain primary data in this study, three kinds of data collection techniques were used, namely: 1) Observation, 2) interviews, and 3) Documentation studies or document tracing. Documentation in the form of existing archives is used as supporting data or secondary data. Supporting media used to facilitate data retrieval using a tape recorder, camera, and notebook (Hidayat, Rustiana, & Pramono, 2014). The instruments used in conducting this research are 1) Guidelines for collecting interview data, 2) Guidelines for observing in observational data collection

techniques, and 3) Blank in collecting data for documentation studies (Budi & Rumini, 2015). The acquisition of primary and secondary data sources in the study was carried out to: Department of Public Housing, Settlement and Spatial Planning (Perkimtaru), 2) Department of Tourism, Youth and Sports (Disparpora), 3) Regional Planning and Development Agency (Bappeda), 4) Central Statistics Agency (BPS), 5) District / village, and 6) recreational sports players (community) who are considered to be able to provide information or data with the field of study in the research being carried out, namely the effectiveness of open sports spaces during a pandemic in Tegal Regency. In this study, the collection of document materials is needed to explore data relating to the availability, planning, utilization and control of the use of sports open spaces with regard to the effectiveness of sports open spaces in facilitating community sports activities in Tegal Regency, as well as digging up information on the efforts of the Tegal Regency government in fostering and developing recreational sports. The documents to be analyzed are data archives owned by: 1) Perkimtaru Office, 2) Disparpora, 3) Bappeda, 4) BPS, and 5) District/village parties as well as administrative records and other documents that can provide information.

RESULTS AND DISCUSSION

Well-prepared tables and or figures must be of significant feature of this section, because they convey the major observations to readers. Any information provided in tables and figures should no longer be repeated in the text, but the text should focus on the importance of the principal findings of the study. In general, journal papers will contain three-seven figures and tables. The interview guide above is used to identify the effectiveness of sports open space which is the main focus of the research, the unit of problem studied consists of the availability, planning, utilization and control of the use of sports open space. These guidelines are used for informants who are considered to be able to provide the information needed verbally and directly (Riyoko, Soegiyanto KS, Sulaiman, 2014). Same data can not be presented in the form of tables and figures. The results of the study are discussed to address the problem formulated, objectives and research hypotheses. It is highly suggested that discussion be focused on the why, how, what else of the research findings can happen and to extend to which the research findings can be applied to other relevant problems. Explain your your research contributions to science. The following is a list of the use of open space for activities carried out by the community in Tegal Regency.

Table 1. Open Space Utilization

Location	Type of activity	Time		Information	
		Morning	Afternoon		
GOR Trisanja, Tegal Regency	Jogging, Volleyball, futsal, football, badminton	Gymnastics, cycling,	√	√	The participants are generally residents of Tegal Regency every morning and afternoon
Slawi People's Park Complex	Jogging, Volleyball, futsal, football, badminton	Gymnastics, cycling,	√	√	The participants are generally residents of Tegal Regency every morning and afternoon

Slawi Square, Tegal Regency Government Hall Jl Soetomo	Jogging, Volleyball, football, badminton	Gymnastics, futsal, cycling, badminton	√	The participants are generally residents of Tegal Regency every morning
The Tugu Poci Complex of the Great Mosque of Slawi	Jogging, Volleyball, soccer, Gymnastics, Volleyball, futsal, cycling, soccer, badminton	Gymnastics, futsal, cycling, badminton	√	The participants are generally residents of Tegal Regency every morning

Based on the results of interviews and a study of planning documentation regarding the objectives, policies and strategies for structuring open sports spaces in Tegal Regency, basically it has been stated in the Tegal Regency Regional Regulation, Number 10 of 2012 Tegal Regency Spatial Planning for 2012-2032 and the reference used is Law No. 26 of 2007 concerning Spatial Planning. However, specifically, regional regulations only apply to open sports open spaces that are managed directly by the local government such as the Trisanja Slawi Sports Center and public open spaces that can be accessed for exercise such as the Slawi Square, GBN Park, Slawi People's Park, and the Pemkab Pendopo Complex. Tegal Regency, while the open sports space in each sub-district is regulated by the village or sub-district itself through youth youth groups. The direction of planning goals, policies and strategies for structuring open sports spaces in Tegal Regency in general, there is no rule that states that sports open spaces are specifically designed for sports. for people to exercise only. For open spaces for sports in villages/kelurahan, even though in the form of a soccer field, sometimes the field is also used for other activities such as parking spaces for celebrations, promotional activities from private partners, camping activities, night markets and others. Public open spaces that can be accessed for public exercise are also the same, such as in Slawi People's Park and Slawi Square the jogging track is used for trading residents, in GBN Park it is used for art performance training activities by several schools. However, based on observations,

there are several sports open spaces that are directed towards goals and policies, the accessibility is only for sports activities such as the Trisanja outdoor and indoor sports hall, the Tegal Regency Government Pendopo Complex and several sports open spaces managed by private parties. The following is an excerpt from the interview that can be informed. (M. Afifudin, S.Hut., M.Sc, Head of Sub-Division of Infrastructure Development, Bappeda, Tegal Regency). If the planning direction of the objectives is analyzed, the policies and strategies for structuring open sports spaces in Tegal Regency are not implemented optimally, because there are many considerations that must be considered, such as the turmoil of other activities from the community that require the use of existing sports open spaces and the income that can be obtained from the utilization of the open space. the sports open space. The local government still thinks that the existing sports open space can have a multifunctional role for its users, so that all existing community activities can be facilitated. In addition, there is also a need for public awareness in trading that utilizes land so that they can use their work ethic, so as not to interfere with local government activities in increasing regional competitiveness (Nababan et al., 2018) Planning for the determination of conservation areas in the form of regional regulations is indeed very necessary, this is done so that the area has legality and keeps the area from being converted and to avoid regional overlaps, conflicts, and conflicts of interest between sectors and actors, especially in areas close to industrial or mining areas.

CONCLUSION

The availability of open sports spaces in the Tegal Regency area during the pandemic and before the pandemic was still not fulfilled, judging by the visitors who came only using simple facilities, they were not even prepared with masks or personal protection. local people. Even distribution of the development of sports open spaces is also not comprehensive, only fixing on the Slawi District Area as the center of regional government, so many residents choose Slawi District as a place to exercise. Planning for the availability of open sports space in Tegal Regency is still not optimal, this is shown by the important points in spatial planning as stated in Law No. 26 of 2007 concerning Spatial Planning that has not been fully implemented. Some open spaces that are often used for people to exercise are also not fully utilized for community sports activities, such as in Slawi Square which is currently used by local residents for trading on Sundays, so people cannot take advantage of it.

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