



Motivation to Community for Following Aerobic Sports

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Abstract

The purpose of this study is to determine the role of motivation what is the basis of the community following aerobic gymnastics. The method used in this research is using qualitative descriptive. Data collection techniques used are using survey techniques. The research results show that the role of motivation for the public to participate in aerobic exercise is very important. People who follow this aerobic gymnastics come from different backgrounds that is from the educational environment both teachers and students, teenagers, housewives, and elderly. The results of five aerobic gymnastics workshops namely Yoyok Fans Community amounted to 18 people, Maria Center amounted to 63 people, Lotte Mart Morning Gymnastic Community, 82 people, Ira Gymnastic Studio numbered 12 people and Dee Dee Gymnastic Studio numbered 11 people. Of the five gymnastics studios studied then the total amounted to 186 people. The motivation of society is so that body become healthy and fit 108 people then get 58,06%, recreation 30 people then get 16,13%, add friend 21 people then get 11,29%, want to channel knowledge to other people equal to 14 people then obtained 7.53%, and became the champion when following the race 13 people then obtained 6.98%.

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INTRODUCTION

Physical fitness is a primary requirement of all levels of society, through fitness then any performance will increase. A study conducted by Dian Windarwati (2014) on public fitness exercise conducted at the time of government car free day policy in Semarang City showed that 77% of participants have high motivation on relevance factor requirement ie body desire to be healthy and fit. In addition to awareness of the needs of the public, there needs to be a high motivation both from within and from outside to push toward the fit through exercise and sports. Hamzah B. Uno (2016) says that "motivation as an inner strength of the individual, which affects to do something. Sardiman, (2012) says "motivation is a business under certain conditions to do something. While the opinion of Sary, I(2015) understanding of motivation is the power (energy) of an individual individual either sourced from within and from outside a person.

Improved physical fitness requires a regular, planned, periodic physical activity and has a beneficial effect on physical and mental health. One form of physical activity that is cheap and fun and cause a fit effect is gymnastics. In line with the opinion Wardani, (2012) states that Gymnastics is a physical exercise that is planned and systematic to form and develop personally in harmony. Aerobic aerobics is a sport that has been known by the public, fun and provide a fit effect. In the opinion of Chrisly M. Palar & Djon Wongkar ., (2015) says that aerobic exercise is a sport that has a category of physical activity from low intensity to moderate intensity in a certain time one of them is Aerobic Gymnastics is also associated with the utilization of oxygen. It was also conveyed by Fajar et al. (2014) that aerobics need extra oxygen because this sport lasts a long time. This sport is very good for health if in the execution done with regular and regular. While understanding aerobic exercise by Adi Trisnawan (2010) is a series of movements and music created intentionally to achieve certain goals. Aerobic aerobics have received positive responses and high interest for the community. It is seen in every public place on the morning of a gymnastic event along with always attended by many people.

So here can be seen that the role of society is very important. Syahrial Syarbaini and Fatkhuri (2016) said that "society is a group of people interact and stay together for a long time". While "Participation is the involvement of the community in the activities and implementation in its environment". (Remiswal, 2013; Fadil, 2013).

Surakarta is one of the big cities in Central Java with a population of about 514171 people spread in 5 districts of Lawean, Serengan, Pasar Kliwon, Jebres and Banjar sari. It appears that growth is increasing, this requires handling of various things, especially in the health section as shown in **table 1** below.

Table 1. The rate of growth and population of Surakarta City.

Growth Popula- tion	2012	2013	2014	2015	2016
Total Popula- tion	505413	507825	510077	512226	514171
Popula- tion Increase From The Previos Time	2547	2412	2252	2121	1945
Growth Popula- tion	0.08	0.08	0.08	0.47	0.46

<https://surakartakota.bps.go.id/dynamictable/2018/03/14/43/pertumbuhan-penduduk-per-tahun-kota-surakarta.html>

Awareness of participating in aerobic fitness gymnastics led to the emergence of gymnastics centers began to grow and develop in the city of Surakarta. Recorded 5 (five) gymnastics regularly and growing in serving aerobic gymnastic activity Surakarta City Community is Yo-yok Fans Community, Maria Center, Lotte Mart Morning Gymastic Community, Ira Gymnastic Studio, and Dee Dee Gymanstic Studio. In addition, the notion of community participation is not seen from the participation of the community to perform gymnastics only. In the opinion of Permana & Sastaman (2015) community participation involves the planning and development of gymnastics activities. People who follow aerobic exercise are not only followed by women, but aerobic exercise is also followed by men. Similarly aerobic exercise is not only done for adults only, but done by children, adolescents, and elderly. However, the level of community participation in gymnastes varies depending on the participants' motivation. The author feels the need to know what motivation underlies the participation of participants in aerobic gymnastics at gymnasium. It aims to improve the service of aerobic gymnastics activities at studios in Kota Surakarta.

Based on the above background the fo-

cus of the problem you want to know is how the motivation of participants who joined aerobic gymnastics at gymnasium in the city of Surakarta. The purpose of this research is to know the motivation of aerobic gymnastics participants in Surakarta gymnastics gigs.

METHODS

This study used descriptive qualitative. Where in taking data using survey technique. For the results of the study indicated by the percentage. Implementation of this research was conducted in September 2017 until December 2017. The location of this research is in five gymnasium namely Yoyok Fans Community, Maria Center, Lotte Mart Morning Gymnastic Community, Ira Gymnastic Studio, and Dee Dee Gymnastic Studio. Instrument data collection is carried out based on the opinion of Sugiyono (2013) namely interviews, observation and questionnaire (questionnaire).

The data collection technique is done in three ways, namely as follows:

a. Interviews were conducted by asking the gym instructors and the people who follow aerobic exercise. Where it is very important to be interviewed is related to the role of motivation for the community and the actual motivation of what is the basis of the community to follow aerobic gymnastics in the city of Surakarta.

b. Observations made is observing aerobic exercise activities that have been running in the community of Surakarta.

c. Questionnaire distribution (questionnaire) done after the community finished doing aerobic exercise. So in the questionnaire the researchers should be helped, because the community after aerobic exercise is usually in a hurry to go home, although previously it has been told there will be a questionnaire. Filling in the questionnaire (questionnaire) takes about five to ten minutes, because the answer type is a multiple choice.

This data analysis technique uses descriptive percentages (%) based on opinions from (Sudjana, 1990). With the formula below:

$$P = \frac{f}{N} \times 100 \%$$

Keterangan

P = Percentage result

f = the number of acquisition data

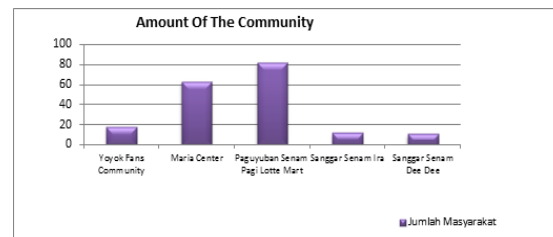
N = Total data

RESULTS AND DISCUSSION

Surakarta city is a densely populated city of 512 thousand inhabitants. The second most populous city after the city of Semarang which amounted to 1700 thousand inhabitants. Public awareness of health and cultivate physical activity to maintain body fitness increases with the proliferation of fitness centers in Surakarta. In table 1 below will first be shown the number of people who follow aerobic gymnastics in each aerobic gymnastics.

Table 2. Number of Communities Following Aerobic Gymnastics.

Studios Name	Amount
Yoyok Fans Community	18
Maria Center	63
Lotte Mart Morning Gymnastic Community	82
Ira Gymnastic Studio	12
Dee Dee Gymnastic Studio	11
Total	186



Picture 1. The Number of Participants in Aerobic Gymnastics

The number of participants in gymnastics enthusiastically follow the course of aerobic gymnastics must be based on certain motivations both extrinsic and encouragement from within.

Picture 2. Spirit and enthusiasm of Aerobic Gymnastics at Lotte Mart Morning Gymnastic Community



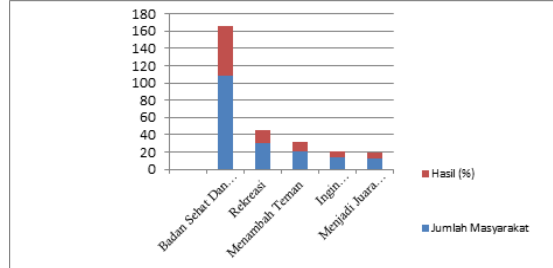
Every aerobic gymnast in the community has an underlying motivation so they are willing to participate in aerobic exercise. Data collected through the results Questionnaire, interview on gymnastics participants, then analyzed using descriptive percentage. The results are illustrated and found what

underlies the motivated people to follow aerobic gymnastics. Table 2 below shows the percentage of aerobic exercise motivation participants:

Table 3. The Underlying Motivation of People Following Aerobic Gymnastics

Motivation	Participants	Results (%)
HealHealthy Body	108	58.06
Recreation	30	16.13
Adding Friends	21	11.29
Channel knowl- edge	14	7.53
Being a winner in Competition	13	6.98

Picture 3. Underlying Motivation of People Following Aerobic Gymnastics



DISCUSSION

The role of motivation of what is the basis of society following aerobic exercise is very important. People who follow this aerobic gymnastics come from different backgrounds that is from the educational environment both teachers and students, teenagers, housewives, and elderly. The motivation that becomes the basis of society following aerobic exercise is to want the body to be healthy and fit, recreate, add friends, distribute knowledge to others, and become the champion while following the race. According to research results, the greatest motivation comes from within a person or intrinsic motivation. Intrinsic motivation will spur someone to get good results because the activity is done with cheerfulness and without coercion (Zuraida & Ifwandi, 2016).

The greatest motivation of people following aerobic exercise is to want the body to be healthy and fit. The results showed that of the 186 people who followed aerobic gymnastics, 108 people stated that the motivation is the basis for the body to be healthy and fit. This result is also supported by research from (Ircham Nur

Majid, 2015) which takes issue with the theme of "Motivation of aerobic gymnastics participants in Eristy Management Semarang City in 2013. The results show the motivation of people following aerobic exercise is because to maintain body health and fitness. In addition according Utomo et al., (2012) Aerobic gymnastics has also been proven to maintain the elasticity and health of the skin so it does not quickly wrinkles and looks ageless. There are other discoveries about aerobic exercise with high intensity category its function can burn approximately 100 calories in the body (Dawn & Permana, 2014).

Motivation to follow aerobic exercise is for recreation. Recreation is needed to eliminate saturation and tension for the body. Recreation is also entertainment. Recreation can be done anywhere, anytime and by anyone. Recreational sports is a sport that is done in his spare time so as to obtain physical satisfaction (Retnoningsih & Subyono, 2015).

Motivation to follow aerobic exercise is to add friends. Goal here because basically we live can not own and always need other people to social interaction. Ssocial interaction occurs because of contact and communication with other people (Nismawati, n.d., 2014) Because in society we encounter different characteristics, then we must be careful in choosing friends. Do not let us get carried away to negative things. Because the motivation to follow aerobic exercise to add friends, then usually in following the gymnastics movement is not maximal and many jokes.

Motivation to follow aerobic exercise is to channel knowledge to others, especially about gymnastics. This is usually done by a gym instructor, teacher and student. Each has a different background according to the field. The goal is to increase knowledge so that in the delivery of science is not monotonous because it has a lot of uptake of new science and make those who receive knowledge is not bored and saturated. In addition, the community also needs a place or a container to always be able to exercise regularly and regularly there must be sports facilities (Prasetyo, 2013).

Motivation to follow aerobic gymnastics is to become a champion when following the race is usually done by athletes and ordinary people. The purpose of following this aerobics gymnastics is to prepare yourself if one day there is aerobic gymnastics body condition is ready. Because the preparation of the race can not be sudden and must follow step by stage so that the body condition becomes ready. To follow the race required a high motivation for maximum results. Motiva-

tion will affect performance (Mediawati, 2010).

CONCLUSION

Based on the results of research conducted it can be concluded that the role of motivation in following aerobic exercise is very important. People who follow this aerobic gymnastics come from different backgrounds that is from the educational environment both teachers and students, teenagers, housewives, and elderly. The results of five aerobic gymnastics workshops namely Yogyakarta Fans Community amounted to 18 people, Maria Center amounted to 63 people, Lotte Mart Morning Gymnastic Community, 82 people, Ira Gymnastic Studio numbered 12 people and Dee Dee Gymnastic Studio numbered 11 people. Of the five gymnastics studios studied then the total amounted to 186 people. The motivation of society is so that body become healthy and fit 108 people then get 58,06%, recreation 30 people then get 16,13%, add friend 21 people then get 11,29%, want to channel knowledge to other people equal to 14 people then obtained 7.53%, and became the champion when following the race 13 people then obtained 6.98%. The results of this survey can be the basis for action in serving aerobic exercise participants.

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