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Sports activities at the fitness center while pandemy COVID-19 in the city of Mataram

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Abstract

This study aims to determine the phenomena, motives, and benefits of sports activities at the physical fitness center during the COVID-19 pandemic in the city of Mataram. This type of research is a qualitative research with a phenomenological approach. The technique of taking informants uses the Snowball Sampling technique. Data collection techniques using observation, interviews, and document analysis. The data validity technique uses two triangulation techniques, namely data triangulation and method triangulation. Data analysis was carried out in four stages, namely: data collection stage, data reduction stage, data presentation stage, conclusion drawing stage. The results showed that various methods were carried out by each individual to meet all the needs to stay healthy during the COVID-19 pandemic, one of which was by exercising at a fitness center (Fitness Center) because the place was clean as well as sports equipment and the place of exercise was adequate. But it must also adopt a healthy lifestyle and social distancing. The motives of the community to do sports activities during the COVID-19 pandemic are: want to maintain a healthy body, want to get the ideal body, want to tighten the muscles of the body, want to get happiness and recreation. Benefits of sports activities during the COVID-19 pandemic are: burning fat, increasing physical strength, can prevent disease, detoxification, increase metabolism, reduce stress, increase concentration, train breathing.

Keywords: Sports Activities, Physical Fitness, COVID-19 pandemic

Introduction

COVID-19 is a serious health problem today in various countries in the world and also in Indonesia (Mas'udi & Winart, 2020). The world health organization, WHO has declared COVID-19 a pandemic and the Indonesian government has also declared COVID-19 a national disaster (WHO, 2020). The attack of Corona Virus Disease (covid) -19 has a significant impact on all aspects of human life (Widyaningrum, 2020).

A positive case of COVID-19 in Indonesia was first detected on March 2, 2020, when two people were confirmed to be infected by a Japanese national. As of April 9, the pandemic has spread to 34 provinces with DKI Jakarta, East Java and Central Java as the provinces most exposed to the corona virus in Indonesia. As of September 30, 2020, Indonesia has reported 287,008 positive cases, ranking the second most in Southeast Asia after the Philippines. In terms of mortality, Indonesia is in the third rank in Asia with 10,740 deaths (Wikipedia, 2020).

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A pandemic or global epidemic status indicates that the spread of COVID-19 is very fast (Velavan & Meyer, 2020). Several quick steps were taken by the government so that the corona virus did not spread quickly, such as implementing work from home (WFH), Social Distancing, and others. The community is also educated to adopt a healthy lifestyle by washing their hands with soap as often as possible, wearing a mask when traveling outside the house, and maintaining distance (Rinaldi & Yuniasanti, 2020).

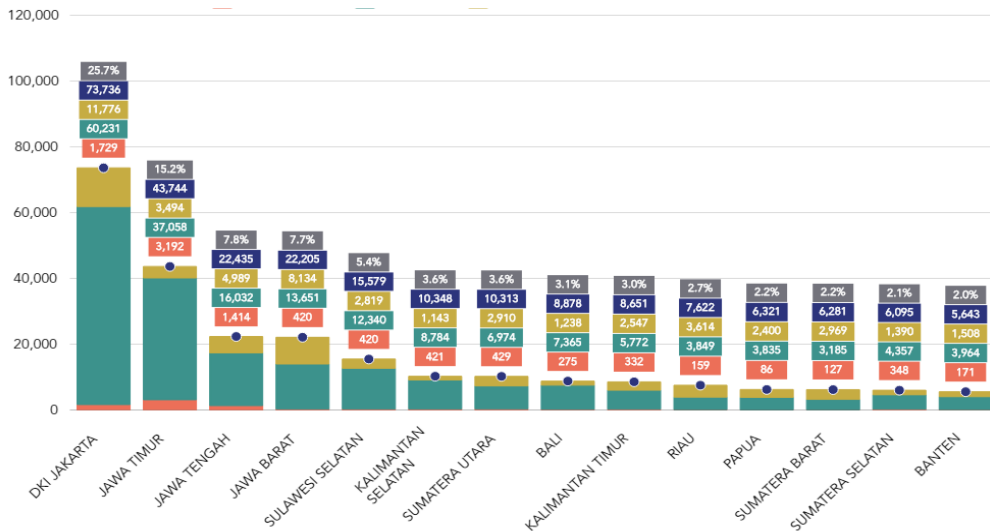


Figure 1. Graph of the distribution of COVID-19 in Indonesia with the status of Dead, Healed, and Still Under Treatment cases (Gugus Tugas Percepatan Penanganan COVID-19, 2020)

From the graphic image above, it can be seen that the city of Mataram is not included in the top 10 provinces in Indonesia which are affected by the COVID-19 virus case. This proves that the spread of the COVID-19 virus in the city of Mataram is not as much as in other cities in Indonesia.

Sports is one of the physical and psychological activities of a person that is useful for maintaining and improving the quality of one's health, improving living standards, social inequality and aims to achieve the highest achievements. Physical fitness (physical fitness) is one of the physical aspects of total freshness (total fitness). Physical fitness gives a person the ability to do productive work every day without excessive fatigue and still have the energy to enjoy his free time well or to do sudden activities. (Roji, 2006).

According to (Utari, 2007) physical fitness has two main components, namely: fitness component related to health, among others: muscle strength, muscular endurance, aerobic endurance, flexibility. As well as physical fitness components related to appearances include: coordination, agility, speed of movement, muscle bursting power, and balance. Physical fitness is the ability to carry out daily activities or work and adapt to physical loading without causing excessive fatigue and still have reserves of energy to enjoy leisure time or work that is sudden and free from disease (Jasmani et al., 2017). Components of physical fitness are determinants of the degree of condition of each individual. Someone said to be fit if able to do all the activities of daily life without experiencing significant obstacles and can do the next task immediately (Prasetio et al., 2018). As for someone

who is fit in relation to sports and physical activity is defined as a person who is able to carry out daily life without exceeding the limits of stress resistance in the body and has a healthy body and is not at risk of experiencing illness due to low levels of fitness or lack of physical activity (Endang Rini Sukamti, 2016).

Physical activity and sports that are good, correct, measured, and organized can reduce the risk of non-communicable diseases and can increase the degree of physical health and fitness (Bryantara, 2016). Sports are physical activities carried out for the purpose of getting fitness, health, achievement and education (Semarang et al., 2016). Regular physical activity has health benefits for all age groups (Amtarina, 2017).

In the current era of globalization, exercising at a fitness center is a lifestyle that is being loved by the community, both among students, students, and parents. Healthy lifestyle trends become a very important thing and must be applied in daily life, by implementing healthy lifestyle people can improve their quality of life and avoid various diseases, healthy lifestyle trends can be done with sports fitness activities in the gym. Fitness according to (Adrian, 2014:12) Fitness is a fitness activity that involves a variety of movements, including cardiovascular exercise and weight training. According to (Suharjana, 2013) Fitness centers are indoor sports venues that offer a variety of fitness training programs with modern facilities and equipment for the purpose of achieving health and achievement. Fitness center is derived from the English fitness center which is from the word fitness and center which in the context of the Indonesian fitness means fitness and center means the center, thus the fitness center is a fitness center. Public awareness of the importance of exercise is increasingly high, this is evidenced by the development of fitness. There is a fitness center in Bandung which has an advantage and prioritizes health sports (Hambali et al., 2019).

(Giriwijoyo et al., 2007:35) states that a fitness center is an indoor activity by offering sports activities using equipment, or without using expensive and sophisticated equipment, which among others aims at health or achievement. According to (Butarbutar, 2002:19) The reason individuals do fitness sports activities in a fitness place is to satisfy their needs, in other words individuals have different motivations in doing sports fitness activities in a fitness place. Another opinion (Sharkey, 2003) fitness (fitness) is a combination of aerobic capacity and strength and muscular endurance that stabilizes health and quality of life.

The existence of a fitness center through a program in the pattern of community life creates a new phenomenon, especially concerning the diversity of community needs that appear in its activities (Hidayat, 2017). Some people use sports to make ends meet. This relates to human needs which include physiological, security, self-actualization, self-esteem, and the need for love and dependence. Various methods are carried out by each individual to meet all needs, one of them by becoming a member at the fitness center. According to (Muttaqin et al., 2016) Community needs for a lifestyle that is practical but still healthy is an opportunity for fitness businesses (Rohman, 2020). Moreover, urban areas are mostly workers with a high level of activity. There are a variety of reasons urban communities prefer to exercise in a fitness center including, a fitness center equipped with sophisticated equipment and facilities, as well as a variety of programs that make members eager to move their bodies and be overseen by professional trainers, as well as classes in the fitness center can increase the variety of exercise so it is not boring, other benefits in certain fitness center members are considered to increase one's prestige (Kumbara, 2019). Besides getting health benefits the fitness center is also a comfortable place to socialize, can get acquainted with new people, including the opposite sex, or an appointment with friends, go to hangout after exercise to a location that is usually close to the fitness center.

Keeping your physical condition fit is an important thing to do, especially for people who are at risk of non-communicable diseases. However, in the midst of a COVID-19 pandemic like this, physical activity and space are limited. Most non-communicable diseases are chronic, which develops slowly and can last for a long time. Over time, this condition can have an impact on decreasing endurance, so that sufferers are susceptible to infection. People are encouraged to always keep their immune system strong to avoid Corona virus infection. One way that can be done is to do physical activity and exercise but also must pay attention to the cleanliness of sports equipment and sports facilities.

Methods

The place of this research was conducted in a physical fitness center located in the city of Mataram. The place of this research was chosen because there were many founding centers of physical fitness and the community that exercised from various walks of life. This type of research is a qualitative research with a phenomenological approach. The technique of taking informants uses the Snowball Sampling technique. Data collection techniques using observation, interviews, and document analysis. The data validity technique uses two triangulation techniques, namely data triangulation and method triangulation. Data analysis was carried out in four stages, namely: data collection stage, data reduction stage, data presentation stage, conclusion drawing stage.

Results and Discussion

1. A description of the phenomenon of sports activities at the physical fitness center during the COVID-19 pandemic

The level of public awareness of the importance of sports has increased rapidly. This is influenced by the current COVID-19 pandemic. Because of the purpose of the community to exercise recreation and health, they tend to choose a place that presents a comfortable atmosphere so that it feels more relaxed. In addition, this place can be a new place to socialize. Fitness center also has a variety of tools and facilities that have been designed so that it can be used as a tool for proper physical training. In addition to complete facilities, the fitness center also provides equipment and a place that is clean and sterile from disease.

Some people use sports to make ends meet. This relates to human needs which include physiological, security, self-actualization, self-esteem, and the need for love and dependence. Various methods are used by each individual to meet all needs to stay healthy during the COVID-19 pandemic. Health is one of them obtained by exercising at a fitness center. At the place of the fitness center at this time is much in favor of the community because the place is clean as well as sports equipment and adequate exercise. But it must also adopt a healthy lifestyle and social distancing, including scanning physical contact or chatting with others, wearing masks in sports, wearing gloves or frequently washing hands with soap before or after exercise, it is prohibited to wipe sweat with your hands but use clean towels .

Sports in a Fitness center is weight training or commonly called weight training or with other equipment such as treadmills, static bicycles, and gymnastics. Many goals can be achieved with this exercise, such as developing aerobic fitness, strengthening muscles, losing weight, shaping the body, and raising muscles, reducing the risk of disease,

detoxification, increasing metabolism, preventing stress, increasing concentration, training in breathing, even for rehabilitation illness and injury.

2. Motives of the community to do sports activities during the COVID-19 pandemic:

a. Want to maintain a healthy body.

People who do sports activities to maintain their body condition in order to gain fitness and immune immunity so as to get health and avoid the Corona virus.

b. Want to get the ideal body.

People who do sports activities want to exercise to maintain their body condition so they are not overweight and get the ideal body as desired.

c. Want to tighten the muscles of the body.

People who participate in sports activities want to tighten their body muscles and not relax so they can actively move their bodies, strengthen their leg muscles, arm muscles and their entire body.

d. Want to get happiness and recreation.

People who do sports activities do not feel bored and bored with their daily activities, that is working or there are also those who have personal problems, so they need exercise to help release endorphine hormones to feel happy and get recreation from the activities of freeletics carried out together with the community in order to be able refresh or revitalize the mind when returning to its routine later.

3. The benefits of sports activities during the COVID-19 pandemic:

Maintaining body fitness is very important, because fitness has many benefits for the human body, including:

a. Fat Burning

Exercise will definitely burn fat, no matter how small the exercise that is done, it must be burning fat in our bodies. And this is often the main goal for those who want to lose weight.

b. Physical strength

In doing exercises and fitness programs, in addition to getting body formation and weight loss, physical strength and the amount of muscle mass will increase according to the portion of the exercise done. By undergoing regular physical exercise, over time our bodies will get used to the burden of physical exercise, even in certain periods, the burden is increased so that it can be even stronger.

c. Reducing the risk of disease

The first goal and benefit that will be obtained is to keep the body healthy. By exercising the body will be strong and can prevent diseases such as the Corona / COVID-19 virus.

d. Detoxification

In addition to physical formation and strength training, a fitness program that is carried out regularly, will help the detoxification process, which is the process of removing toxins from the body that can naturally come out through saliva, urine and breath. And fitness will help improve the quality of breathing so that kidney performance will be better for smooth detoxification.

e. Increase metabolism

Practicing fitness will help the metabolic process to be maximal. So no need to worry if you eat calorie foods during regular exercise.

f. Reducing stress

Fitness program will help reduce stress or at least eliminate the risk. As a result of work pressures and daily routines, people can experience stress on a small scale. But if it continues to be a burden on the mind, then it will affect physical health. By doing physical exercise routinely, it will help the body melt away stress and hold back anger.

g. Increase concentration

With increasing age, memory and concentration will decrease. But these problems can be overcome by balancing physical exercise. A fit and well-trained body will be free from the risk of decreased concentration. h. Train breathing Fitness is one way to practice breathing recommended by various professionals. With fitness, it will have very prime breathing.



(Research Documentation)

Conclusion

Based on the results of the research that has been obtained, it can be concluded that various methods are carried out by each individual to meet all needs to stay healthy during the COVID-19 pandemic. Health is one of them obtained by exercising at a fitness center because the place is clean as well as sports equipment and the place of exercise is adequate. But it must also adopt a healthy lifestyle and social distancing. The motives of the community to do sports activities during the 19th pandemic are: want to maintain a healthy body, want to get the ideal body, want to tighten the muscles of the body, want to get happiness and recreation. Benefits of sports activities during the 19th pandemic are: burning fat, increasing physical strength, can prevent disease, detoxification, increase metabolism, reduce stress, increase concentration, train breathing.

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