



## **THE SOCIETY FAMOUS SPORT: THE ANALYZING STUDY OF SPORT FOR BANDA ACEH COMMUNITY IN NEW NORMAL ERA**

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### **Abstract**

The purpose of this study is to determine the favorite sport of the people of Banda Aceh City in the new normal era. descriptive research method with survey techniques. The sampling technique used random sampling techniques, the object was 350 people. Data collection techniques using google form. The data analysis technique used descriptive statistics. The results of the study were sports carried out by the people of Banda Aceh in the new normal era, including jogging by 58.3%, cycling by 27.8%, martial arts 4.3%, badminton sports 4.3% and agility sports 1.9%. Based on the results of the study it can be concluded that the favorite sport of the people of Banda Aceh in the new normal era is jogging.

**Keywords:** *Society Famous, Sport, Banda Aceh Community, New Normal*

## **A. Introduction**

Coronavirus disease 2019 (Covid-19) has not ended, in an Indonesian country, Covid-19 has not been resolved properly. The typical graph of Covid-19 sufferers until December 5, 2020 is still increasing. Aceh is one of the provinces where the typical number of Covid-19 is still increasing and Banda Aceh City is the city with the most Covid-19 cases in Aceh Province with 1257 typical. Responding to this problem, the Banda Aceh city government continues to make maximum efforts to prevent Covid-19 from spreading to its people, therefore the Banda Aceh city government in this new normal era continues to urge its people to adhere to health protocols including wearing masks when go out, wash your hands often and keep your distance.

Conditions like this make the movement of people limited, especially in the field of sports, which previously people could exercise freely in public areas, now it is limited. In fact, exercise is one way to make a person's immune system awake and even increase. As stated by (Anak Agung Gede Eka Septian Utama, 2020) that to maintain fitness and health during the Covid-19 period, it is necessary to do regular exercise at all times, because doing routine sports activities can increase the immune system in the body. This is also strengthened by the statement (Lia Amalia, 2020), namely to reduce the risk of contracting the Covid-19 virus, do a healthy lifestyle, not stress, exercise diligently. As well as the opinion of (Winne Widiyanti, 2014) someone who does not do physical activity / sports in their daily life will be more likely to suffer from obesity, because obesity occurs due to poor diet and is not accompanied by physical activities or activities or good sports.

Before the Covid-19 outbreak in Banda Aceh, people routinely carried out sports activities in public areas such as morning exercise together, playing football, tennis, jogging, playing sports, takraw and cycling. However, since the Covid-19 outbreak and the Aceh government implemented a lockdown, all sports activities that are often carried out by the community have stopped completely, no activities are allowed outside the home or in public areas for nearly four months. Since August, the Banda Aceh government has implemented a new normal era system. In this system, the government allows people to move in public areas, but still applies health protocols. Responding to these regulations, people are now starting to have activities in public spaces, especially sports activities. Many people in Banda Aceh use public areas such as the Banda Aceh City Hope Stadium complex, Banda Aceh City, Banda Aceh and football and volleyball fields in the Banda Aceh City. The community considers that in the current covid-19

pandemic conditions one has to maintain body fitness, one of which is by doing regular sports activities. Regular exercise makes a person's immune system increase (Pranata, 2020). However, good sports that are able to increase body immunity are not arbitrary sports, but sports that take into account the duration or time when doing sports activities, namely mild and moderate sports (Sukendra, 2015).

Based on this problem, the problem formulation is written, namely what sports are the favorites of the people of Banda Aceh in the new normal era. The purpose of this research is to find out which sport is the favorite of the people of Banda Aceh in the new normal era.

## **B. Research Method**

This research is survey research. The survey research method is used to obtain or collect information data about a large population using a relatively smaller sample. Survey research is used to solve actual large-scale issues with a very large population, so a representative sample is needed (Sugiyono, 2008). In line with the above opinion, in survey research information is collected from respondents using a questionnaire. This research was conducted in the city of Banda Aceh in August 2020. The sampling technique in this study used a random sampling technique, so the number was 350 people.

Data collection technique is a technique used by researchers in retrieving information in research, in order to provide concrete evidence of answers to certain phenomena in the environment. Data collection techniques in this study are to use electronic-based questionnaire sheets such as google form.

Data analysis technique is a data processing technique that aims to get the right conclusions. In this survey research, researchers used quantitative data analysis techniques with a descriptive approach. The quantitative approach is a research approach primarily using a postpositivist paradigm in developing science (such as thinking about cause and effect, reducing specific variables, hypotheses and questions, using measurement and observation, and theory testing), using research strategies such as experiments and surveys requires statistical data (Emzir, 2008).

## **C. Research Result**

The people of Banda Aceh before the Covid-19 were very active in doing sports activities every morning and evening, such as team sports (football, volleyball, takraw,

badminton and basketball), martial arts, physical fitness, and jogging. However, all these sporting activities stopped immediately when the Covid-19 virus spread throughout the country and the central government imposed a lockdown, so that each local government imposed a lockdown following orders from the central government, as well as the Banda Aceh city government. However, currently, the central government has lifted the lockdown rule and replaced it with a new normal era system.

The new normal era is a system used by the government to continue to stop the spread of the Covid-19 virus and maintain the stability of the national economy. The difference between lockdown and the new normal era is when the lockdown of all activities in public areas is stopped, office activities and so on are carried out at home, while in the new normal era, all activities can be done but must comply with health protocols such as maintaining distance, wearing masks and washing hands frequently. Based on the results of research conducted during this new normal era, it turns out that the people of Banda Aceh have their favorite sports as seen in the following table;

Tabel 1. Sports activities of the people of banda aceh in the new normal era

No	Type Of Sport	Percentage
1	Jogging	58.3 %
2	Cycling	27.8 %
3	Martial Sport	4.3 %
4	Team Sports	3.4 %
5	Badminton	4.3 %
6	Agility Sport	1.9 %

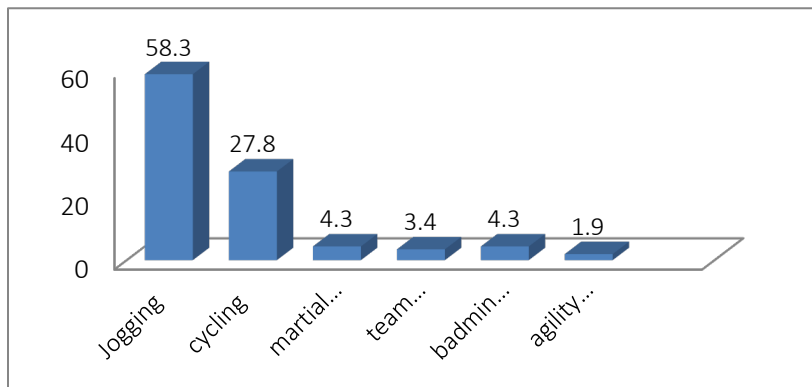


Figure 1. Sports Activities of The People of Banda Aceh in The New Normal Era

Based on the picture above, it can be detailed that the sports carried out by the people of Banda Aceh in the new normal era are as follows jogging 58.3%, cycling 27.8%, martial arts 4.3%, Team sports 3.4%, badminton 4.3%, and agility sports 1.9%. The data

above shows that jogging is in first place, cycling is in second place, martial arts and badminton are in third, and team sports are in fourth place and agility is in fifth, in other words jogging is the sport most practiced by people in Banda Aceh in this new normal era.

Basically, the sports activities that the people of Banda Aceh City have are very beneficial for their physical fitness, even if it is done regularly continuously, the immune system in the community will be very good. This is very much needed during the Covid-19 pandemic like now.

Basically, exercise is a necessity for every human being in life, so that their physical condition and health are maintained properly. Exercise can improve health and prevent the onset of diseases including heart disease, type 2 diabetes, osteoporosis, forms of cancer, obesity, and injuries. Participation in sports is also known to reduce depression, stress and anxiety, increase self-confidence, energy levels, sleep quality, and the ability to concentrate (prasetyo, 2013).

The benefits of exercise were conveyed by Daniel Landers, Professor of Sports Education from Arizona State University: 1) Increasing body resistance Regular exercise will increase the function of hormones in the body where these hormones can increase endurance. 2) Improve Brain Function Regular exercise can help improve concentration, creativity, and health. With exercise, the amount of oxygen in the blood will increase, thereby increasing blood flow to the brain. Thus improving brain function 3) Reducing Stress Stress can happen to anyone. With exercise, a person can be helped to cope with emotions and reduce anxiety, thereby reducing stress in him. Those who regularly do exercise have lower levels of anxiety than those who don't exercise. Sports activity causes the body to react, including the brain. Because the brain will release many hormones, including endorphins, which can affect your mood to be happier, happier and happier. 4) Lowering Cholesterol. When doing sports, the body moves and helps the body burn calories so that it produces the energy the body needs to work. So that it helps the body reduce accumulated fat in the body. Regular exercise can also burn LDL cholesterol and triglycerides and increase levels of good cholesterol (HDL). This really helps the body stay fit and reduces the risk of high blood pressure, stroke, obesity, and heart disease (Pane, 2015).

To reinforce the above statement, (Chrisly, 2015) explain that jogging and cycling sports activities are a form of aerobic exercise, where aerobic sports have special characteristics, namely activities that are carried out systematically by gradually

increasing the load of the activity and carried out continuously whose energy comes from combustion when using oxygen. Then (Hadi, 2020) supports Chrisly et al's statement above, namely by stating that during the Covid-19 period, cycling is currently a very good alternative sports activity, but must still follow the principles of FITT (frequency, intensity, type and time). When people do cycling 3-5 times a week and comply with the principles of FITT, the community's immunity will be maintained and even increased so that they are not susceptible to disease.

Jogging is a sport that can be done by all ages and genders, jogging can make the culprit fit and increase body immunity (Pranata, 2020). Jogging activities must also be considered in terms of duration, as stated by (Peter Schnohr, 2015) that sports associations should set an upper limit on the duration of exercise to become a reference for sports players so that exercise is more beneficial for sports players, in accordance with the results of research conducted also resulted that a person who did light and moderate jogging had a low risk of death. (Florian 'Floyd' Mueller, 2007) explains that doing long-distance jogging can increase the social level and motivation of others to exercise so as to create a healthy society as a whole.

Jogging can improve, maintain and even increase one's physical fitness level. If someone does jogging sports activities regularly every day plus drinking brown sugar water will make their physical fitness level better (Tanuwijaya rani, 2017) (Mueller, 2012) state that using a flying robot named jogobot can perform jogging sports activities to see the movement information they do, so that the movements they do are not in vain or are more useful when they should be. (Muirhead, 2014) stated the need for controlling or mentoring sports activities, therefore he made a flying quadcopter to monitor someone when doing jogging, with a flying quadcopter someone would be more motivated. Based on the results of the above research and its discussion, it can be stated that jogging is highly recommended as a safe sport during the new normal era. besides being able to improve physical fitness and even the immunity of the perpetrator, jogging is more able to maintain distance from one another who does the same exercise.

#### **D. Conclusion**

The conclusion of this research is that there are 58.3% who do jogging activities in the new normal era of the 350 subjects surveyed, so it can be stated that the favorite sport of the people of Banda Aceh in the new normal era is jogging. This is because the sport of jogging is very simple that can be done anywhere, it can be on the home page,

in a residential complex environment, on the football field, even on village streets and this jogging sport also does not require complicated equipment and can be done by all ages starting with children. children, adults, to the elderly, and jogging is also a sport that is able to maintain a distance in the implementation process.

**Suggestion.** We recommend that all sports players, whether jogging or others, keep your distance and wash your hands, and wear a mask after exercising, not while exercising, this is because when we exercise wearing a mask will inhibit breathing and discomfort because the mask is exposed to sweat. WHO (Indonesia, 2020) also recommends sports players not to wear masks while exercising. In addition, do sports activities away from air pollution, because air pollution will put us at risk of contracting diseases in the respiratory tract. Good jogging or cycling exercises do not refer to how far or near the exercise is carried out but the length of time and the air inhaled. If a person regularly and regularly exercises in areas with air pollution. This will have a negative impact on his health. Especially for people who have chronic lung disease, heart disease or diabetes when people do sports. Even at low intensity, he will breathe ten times as much as when he is resting. When exercising people tend to take deep breaths into their lungs and breathe through their mouths. So that it passes through the filtering of the ducts in the nose. This is a factor in the increased body contact with pollution, the combination of exercise with polluted air causes a risk (Lukman, 2017).

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