

Fun Football during the Covid 19 Pandemic as a Community Recreational Sport in Karanganyar Regency



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ABSTRACT: This study aims to determine the phenomenon of Fun Football in the Covid 19 Pandemic Period as a Community Recreational Sport in Karanganyar Regency. This type of research is a qualitative research with a phenomenological approach. The informant retrieval technique uses the Snowball Sampling technique. Data collection techniques using observation, interviews, and document analysis. The data validity technique used triangulation technique. Data analysis was carried out in four stages, namely: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion drawing stage. Based on observations and interviews, it was found that out of 141 respondents, 97.2% or 137 respondents stated that public awareness had increased after the COVID-19 pandemic came to Indonesia. There were 80.1% or 113 respondents stated that after the COVID-19 pandemic, there were many fun football activities in Karanganyar Regency. As many as 60.3% or 85 respondents stated that the football field before the COVID-19 pandemic was not actively used and after the Covid-19 pandemic was actively used for fun football activities. A total of 55.3% or 78 respondents stated that there was a football group or club which before the covid-19 pandemic was not active and after the covid-19 pandemic actively played fun football. Then 95% or 134 respondents stated that when there were fun football activities in Karanganyar Regency there were photographers who were often present to take pictures of fun football players. So it can be concluded that the majority of respondents like funfootball, while the benefits are that it can maintain health and physical fitness, increase body immunity, fill spare time, get fun, build friendship, self-existence.

KEYWORDS: Fun Football, Recreational Sports, Covid-19

INTRODUCTION

Exercise at home provides an opportunity to stay healthy and fit during the Covid-19 pandemic. Everyone knows that we are aware of the importance of mental health and the need to boost our immune system which is very important to fight disease. Staying at home can cause stress and anxiety. The best way to overcome this is through exercise and the importance of a healthy diet during the Covid-19 pandemic cannot be underestimated (Hammami et al., 2020). The effectiveness of the human immune system plays an important role in preventing a person from being infected with the covid-19 virus. The Covid-19 pandemic has required the application of social distancing and staying at home which will result in a decrease in physical activity or sports, in addition to negative psychological and social effects that can reduce the immune response. Evidence has shown that exercise can counteract this effect (Ranasinghe et al., 2020).

There are also many outdoor sports that can be done while maintaining a distance, such as walking and running. Walking has benefits on several cardiovascular disease risk factors, including body composition, blood pressure and maximal oxygen consumption (Oja et al., 2018) and running is beneficial with a reduced risk of cardiovascular disease (Pedisic et al., 2020). Other outdoor sports that can be done are cycling and outdoor gyms such as in parks, but you must bring a hand sanitizer to avoid transmission of microorganisms (Jansson et al., 2019). With the development of technology, we can use applications on smartphones where the application provides a home exercise program with instructions such as photos, videos and explanatory text and suggestions about the number of sets and repetitions, rest periods (Tavares et al., 2020). The importance of exercise for health is recommended to continue during the Covid-19 pandemic. However, care must also be taken to follow existing health protocols, such as social distancing and washing hands (Fröberg, 2020).

The effects caused by the COVID-19 pandemic have had an impact on various fields of society, including sports (Boschilia et al., 2021). The Covid-19 pandemic is indeed a threat to humans because no specific treatment has yet been identified. Proper nutrition and exercise are important factors to help humans stay safe in a pandemic. Therefore, regular exercise is very important to continuously improve the immune system (Ding et al., 2021; Khoramipour et al., 2020). While the world is racing to find ways to deal with the Covid-19 outbreak, there is a growing need among society to exercise, not only children and youth but adults as well to improve their fitness. Sport is not only useful during the pandemic, but also after the pandemic to help improve human health and quality of life (Ghram et al., 2020).

Fun Football during the Covid 19 Pandemic as a Community Recreational Sport in Karanganyar Regency

The current situation of the covid-19 pandemic is something that is important to maintain health (Wijayanto et al., 2020). One of them is that recreational sports are important as an alternative way to improve health, reduce and prevent stress, as well as efforts to maintain and implement a clean and healthy lifestyle (Hadi, 2020). Sports are some of the many ways to live a healthier life and increase immunity, because many people choose and do sports as a means of recreation or called recreational sports (Ardi Sulata & Aziz Hakim, 2020). Recreational sports are the basic needs of all people, especially Indonesia. One of these activities is playing soccer on the field. After working psychologically the majority of people become bored and bored because there are some busyness from work, problems and tasks, so they need rest, adequate sleep, relaxed exercise and feel safe from the risk of illness, including safe from exposure to covid 19 (Ardiyanto et al., 2020).

Recreational sports can be carried out by individuals, groups, between agencies, communities, or organizations. In addition to connecting friendships or creating social interactions (Kasrman, 2017), recreational sports can also increase fitness, health, and joy, or preserve regional and national cultural wealth. Recreational sports are an integral part of the scope of sports activities which are a form of sports activity that is carried out and followed by groups or many people (Deddy Whinata Kardiyanto, 2020). The coronavirus disease 19 or covid-19 pandemic that continues today has caused various dynamics in society, including increasing awareness of health and the importance of immunity or resistance to disease or viruses which then causes a person to be unwilling or unable to move his body so he chooses to look for something simple, so that a person's physical activity increases by hoping that the body becomes healthier, fitter and has high immunity (Shahrudin, 2020). Besides that, the new normal lifestyle should also be a new lifestyle during the covid-19 pandemic and health protocols should be enforced in carrying out sports activities to stay fit and avoid the covid-19 virus (Rinaldi & Yuniasanti, 2020).

One of the group recreational sports that can be carried out is playing football. Football games are one of the sports activities of group games or team games, therefore a good, strong, tough team is a team consisting of players who can carry out a compact game, meaning that they have solid cooperation. Football is the most popular team game in society and easy to play. Football does not recognize a person's social status because it is liked by many people (Prastyo et al., 2014).

METHODS

This type of research is a qualitative research with a phenomenological approach. The informant retrieval technique uses the Snowball Sampling technique. Data collection techniques using observation, interviews, and document analysis. The data validity technique used triangulation technique. Data analysis was carried out in four stages, namely: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion drawing stage.

RESULTS AND DISCUSSION

Based on observations and interviews, data showed that from 141 respondents, 97.2% or 137 respondents stated that public awareness had increased after the COVID-19 pandemic came to Indonesia. There were 80.1% or 113 respondents stated that after the Covid-19 pandemic there were many fun football activities in Karanganyar Regency. As many as 60.3% or 85 respondents stated that the football field before the COVID-19 pandemic was not actively used and after the Covid-19 pandemic was actively used for fun football activities. A total of 55.3% or 78 respondents stated that there was a football group or club which before the covid-19 pandemic was not active and after the covid-19 pandemic actively played fun football. Then 95% or 134 respondents stated that when there were fun football activities in Karanganyar Regency there were photographers who were often present to take pictures of fun football players.

How the implementation of Fun Football activities after the Covid-19 pandemic came is an interesting thing to describe, with a large number of people how to coordinate it. Some time running, this Fun Football community activity still continues to exist and routinely carries out football games, here raises a real question what are the benefits of playing Fun Football soccer activities for participants and for the people of Karanganyar Regency.

Fun Football is a term used to refer to fun football activities. Derived from two syllables, namely fun which means happy and football which means football. Fun Football is an amateur football game carried out by groups or communities of football fans (Wany, 2020). The purpose of a fun football game is just to have fun, so you are not prone to injury. In addition, fun football activities also help the players maintain their fitness during the COVID-19 pandemic and their existence on social media.

Madura United coach Rahmad Darmawan revealed that the fun football phenomenon is a common thing in the midst of the COVID-19 pandemic situation. The perpetrators of fun football activities fill their spare time happily, meeting with communities because that way they will get happiness and happiness is the best immunity (Firdausy, 2020). Not only looking for happiness, fun football can also connect friendships to meet other people or other communities.



Figure 1. Fun Football Activities (Source: Researcher)

CONCLUSION

Based on observations and interviews, it was found that out of 141 respondents, 97.2% or 137 respondents stated that public awareness had increased after the COVID-19 pandemic came to Indonesia. There were 80.1% or 113 respondents stated that after the COVID-19 pandemic, there were many fun football activities in Karanganyar Regency. As many as 60.3% or 85 respondents stated that the football field before the COVID-19 pandemic was not actively used and after the Covid-19 pandemic was actively used for fun football activities. A total of 55.3% or 78 respondents stated that there was a football group or club which before the covid-19 pandemic was not active and after the covid-19 pandemic actively played fun football. Then 95% or 134 respondents stated that when there were fun football activities in Karanganyar Regency there were photographers who were often present to take pictures of fun football players. So it can be concluded that the majority of respondents like funfootball, while the benefits are that it can maintain health and physical fitness, increase body immunity, fill spare time, get fun, build friendship, self-existence.

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Fun Football during the Covid 19 Pandemic as a Community Recreational Sport in Karanganyar Regency

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