

Shiddiq Ahmad Nizamuddin, Kristiyanto Agus, Doewes Muchsin. Freeletics as sports activities community recreation (Phenomenological study of community groups that carry out recreational sports in the city of Yogyakarta). *Journal of Education, Health and Sport*. 2019;9(4):469-474. eISSN 2391-8306. DOI <http://dx.doi.org/10.5281/zenodo.2650279>
<http://ojs.ukw.edu.pl/index.php/johs/article/view/6848>

The journal has had 7 points in Ministry of Science and Higher Education parametric evaluation. Part B item 1223 (26/01/2017).
1223 *Journal of Education, Health and Sport* eISSN 2391-8306 7

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The authors declare that there is no conflict of interests regarding the publication of this paper.

Received: 02.04.2019. Revised: 20.04.2019. Accepted: 24.04.2019.

FREELETICS AS SPORTS ACTIVITIES COMMUNITY RECREATION (Phenomenological study of community groups that carry out recreational sports in the city of Yogyakarta)

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ABSTRACT

This study aims to describe the phenomenon, the motives of the people, the enthusiasm of the people, the benefits of freeletics sports activities in the city of Yogyakarta. This type of research is qualitative research with a phenomenological approach. The informant retrieval technique uses the Snowball Sampling technique. The technique of collecting data uses 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: the stage of data collection, the data reduction stage, the data presentation stage, the stage of drawing conclusions. The results showed that Freeletics is a sport that focuses on body weight or body weight. For basic freeletics movements namely jumping jacks, squats, burpees, leg raises, push-ups, sit-ups and runs. The motive of the community is to participate in freeletics sports in the city of Yogyakarta, namely: want to maintain a healthy body, want to get an ideal body, want to tighten the muscles of the body, want to get happiness and recreation. Enthusiastic of the people of

Yogyakarta City are quite high towards freeletics activities even though this sport is a new sport in the city of Yogyakarta. The benefits of freeletics are as a sports medium for maintaining health, recreation, adding friends, in addition to saving money can also get the ideal body.

Keywords: Freeletics, Recreational Sports

INTRODUCTION

As a social creature with a variety of activities and activities, as well as a fairly high activity. This causes people to become stressed due to various kinds of daily work thoughts and lack of movement that can invite various types of non-infectious diseases, including physical illnesses such as cardio-vascular disease, spiritual or mental illnesses such as stress, difficulty concentrating, emotional disturbances, social interactions etc. The daily routine that is quite high must be supported by a balanced psychological and physical condition in order to minimize stress levels and maintain a healthy physical condition. The balance of physical and psychological conditions can be achieved by human effort, one of which is through recreational activities aimed at reducing stresses on the mind and body (refreshing and relaxation).

Recreation is a basic need for every human being to achieve the welfare of all humanity. Recreation with all forms of recreational activities, which can restore the condition of the soul and body to become even fresher and fitter than those who were experiencing stress due to the routine of daily work that can lead to boredom, boredom or fatigue. Recreational goals lead to improving the quality and achievement of human well-being,

therefore recreational activities and their implementation must be in harmony with healthy efforts, which means that fun activities that can threaten mental and physical health really must be avoided. Recreation is done at leisure, or free time. Every individual has the same right to gain satisfaction and enrich the use of his free time.

In this free time, many people use it by doing sports activities. Sport has become a trend or lifestyle for humans and has become a basic need in his life. Besides that sports have an important and strategic role in nation building. Sport is also a reflection of the life of a nation's people. Sport along with its development becomes something that has a vital value in the daily life of mankind. Sport becomes very important because it is inseparable from the basic human needs themselves which in principle are always moving.

In this era of globalization, sports is very important as one of the efforts to reduce and prevent stress levels, improve health, and maintain and maintain a balance of quality of life. Sports is one of the means to make a healthier and more quality life. Sports can be done by anyone, anytime and anywhere regardless of any caste, gender, religion and so on, because many people use their free time to choose and do sports as a means of recreation or called recreational sports.

One of the recreational sports that can be done is freeletics. Mass sports which aim for recreation can also provide ideal health and body. Like a restaurant, freeletic also has a menu of movements in each exercise. Movement menus that you can do are push-up movements, sit-ups, planks, leg levers, squats, jumping jacks, and burpees. Sounds easy, but what is focused on freeletics is the accuracy of the movement and repetition.

Freeletics began to be loved by people from various circles, especially for people with high activity and lack of exercise and the people who wished to have an ideal body especially for people who have an ideal stomach size.

METHODOLOGY

The place for conducting this research was conducted at the Freetics Community in Yogyakarta. On the UGM campus and Rooftop lippo plaza. The time of this study starts from August to December 2018. This type of research is qualitative research with a phenomenological approach. The informant retrieval technique uses the Snowball Sampling technique. The technique of collecting data uses 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: the stage of data collection, the data reduction stage, the data presentation stage, the stage of drawing conclusions.

RESULT AND DISCUSSION

1. An overview of the phenomena of freeletics in Yogyakarta

Freeletics is one of the sports in Indonesia which currently only exists in 9 cities in Indonesia, including Jakarta, Bandung, Bali, Surabaya, Samarinda, Makassar, Pontianak, Sukabumi and Yogyakarta. Freeletics Yogyakarta is a community that was originally small, only carried out by four people, but now its membership has reached approximately ninety and this community allows anyone to join and follow freeletics without any cost so that in its development many people of the city of Yogyakarta are enthusiastic about joining from children children to parents both men and women.

Freeletics is a combination of bodyweight training and high intensity interval training (cardio training that uses a combination of high intensity exercise with moderate or low intensity at certain intervals) which makes fat burning more optimal or freeletics is a shorter sport that focuses on body weight or body weight. For basic freeletics movements namely jumping jacks, squats, burpees, leg raises, push-ups, sit-ups and runs.

2. The motives of the community in participating in freeletics sports activities in the city of Yogyakarta

The following are the motives for participating in freeletics in Yogyakarta:

a. Want to maintain a healthy body.

People who carry out freeletics want exercise to maintain their body condition in order to get fitness so they get health.

b. Want to get the ideal body.

People who carry out freeletics want exercise to maintain their body condition so that they are not overweight and get the ideal body as desired.

c. Want to tighten the muscles of the body.

People who take part in freeletics want to tighten their muscles, the funds are not loose 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 carry out freeletics do not feel bored and bored with their daily activities of working or there are also those who have personal problems, so that they need exercise to help release endorphine hormones to feel happy and get recreation from freeletics carried out together with the community so that they can -refresh or revitalize the mind when it returns to its routine later.

3. Public enthusiasm for the phenomenon of freeletics sports activities in the city of Yogyakarta

Freeletics activities in Yogyakarta are increasing in demand, which at the beginning of the activity was only attended by 4 people, each day practicing its membership activities reaching approximately 90 people, of course, the enthusiasm of the community is quite high, considering the new sports activities in the city of Yogyakarta and activities that have no cost at all free. The people who took part in freeletics activities in the city of Yogyakarta were not only men, but many were enthusiastic, namely women and children who joined the Freeletics Yogyakarta activities, these women wanted healthy bodies with strong muscles and ideal bodies so that very enthusiastic in participating in freeletics activities which are not costly activities.

While some of the children who joined and participated in freeletics activities in the city of Yogyakarta were initially invited by their parents or by their siblings, then because they felt many benefits they began to invite their friends to join the freeletics community in Yogyakarta. Some members of Freeletics Yogyakarta also schedule their training agenda at night because of the many requests from people who want to join the freeletics but because they work so they want to be able to join outside of working hours, namely at night.

4. Benefits obtained by the community from freeletics sports activities in the city of Yogyakarta

The following are the benefits obtained from Freeletics Yogyakarta activities:

- a. As a sports media to maintain health.

Freeletics activities are dominated by physical movements that require strength and speed and endurance, so as to maintain one's physical health in addition to being one of the healthiest and enjoyable facilities for exercise and avoiding non-infectious diseases.

- b. Get the ideal body

Physical activity or exercise carried out routinely and regularly will help someone not to have excess weight and even have an ideal body as well as doing freeletics on a regular and regular basis.

- c. Want to revitalize the mind (refreshing) and recreation.

The people who do the activities feel the benefits besides a fresh body and a fresh mind because exercise helps release endorphine hormones to feel happy and get recreation from freeletics activities carried out together with the community such as event running which is usually called a picnic run. different times and moving places or locations, so as not to get bored and can refresh or revitalize the mind when it returns to its routine later.

- d. Add new friends or relationships.

The community that participated in the Yogyakarta freeletics community because it was done with communities and many people and new in addition to wanting to maintain health also add new friends or relations from various backgrounds and might be able to support their work or others.

- e. Save costs for exercise.

Freeletics Yogyakarta is a container for free business that is open to anyone who wants to join without any charge, unlike the sport that is done like in the fitness center where there is a membership fee.



(Research Documentation)

CONCLUSION

Based on the results of research that has been obtained can be concluded that Freeletics is a sport that focuses on body weight or body weight. For basic freeletics movements namely jumping jacks, squats, burpees, leg raises, push-ups, sit-ups and runs. The motive of the community is to participate in freeletics sports in the city of Yogyakarta, namely: want to maintain a healthy body, want to get an ideal body, want to tighten the muscles of the body, want to get happiness and recreation. Antusias of the people of Yogyakarta City are quite high towards freeletics activities even though this sport is a new sport in the city of Yogyakarta. The benefits of freeletics are as a sports medium for maintaining health, recreation, adding friends, in addition to saving money can also get the ideal body.

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