

Sport Activities during the Covid-19 Pandemic

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Abstract:- *This study aims to determine the phenomena and benefits of sports activities during the COVID-19 pandemic. This type of research is a qualitative research with a phenomenological approach. The population of this research is the people of Lampung province. The informant retrieval technique 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: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion drawing stage. The results of the study show that various ways are carried out by each individual to meet all needs to stay healthy during the COVID-19 pandemic. The benefits of sports activities during the COVID-19 pandemic are: burning fat, increasing physical strength, preventing disease, detoxifying, increasing metabolism, reducing stress, increasing concentration, practicing breathing.*

Keywords:- Sports Activities, Covid-19 Pandemic

Introduction

Sport has become a lifestyle for humans and has become a basic need in life. In addition, sport has an important and strategic role in the development of the nation (Mutohir & Maksum, 2007). Sport is also a reflection of the life of a nation's society (Pieter et al., 2006). Sport along with its development has become something that has a vital value in the daily life of mankind (Rosyid et al., 2019). Sport is very important because it cannot be separated from the basic needs of humans themselves, which in principle are always moving (Tarigan et al., 2018). Sport itself is a series of regular and planned exercise for various purposes (education, health, recreation, achievement) (Zalaff et al., 2017). Maintaining motion is maintaining life, increasing the ability to move is improving one's quality of life. The purpose of a person exercising is to increase the degree of dynamic health (healthy in motion), and static health (healthy at rest) (Purwono et al., 2019).

Sport if it has grown and developed and is entrenched in society, at the next stage it will become a necessity for the community (Iwandana et al., 2018). Thus, people who are aware of sports, no longer need to be forced or ordered to do sports.

However, what happens is that the condition of society in Indonesia has not yet been comprehensively reached to this level. If people have considered sport as a necessity, then people will learn more about sports. People will learn proper exercise for health purposes, so that they can improve their health status (Adiyudha Permana, 2016).

Health sports are sports to maintain or improve dynamic health degrees, so that people are not only healthy at rest (static healthy) but also healthy and have the ability to move that can support every activity in their daily life (dynamic health) that is routine, as well as for recreational needs. Sports Health increases the degree of Dynamic Health (healthy in motion), of course also static health (healthy when at rest). Health sports are very directly related to the community, because basically health sports involve the community equally regardless of age, gender, certain layers of society (Iwandana, 2013). Health sports are able to maintain and improve the physical functional abilities of the participants with the loading that can be adjusted gradually in the right dose.

Health sports do not only train physical aspects but can also reach spiritual and social aspects. This can

be seen from the large number of participants in an informal atmosphere, creating a sense of joy that will have a positive influence on spirituality and encourage associations that are free from obstacles that stem from differences in social position and economic level.

Sport is an activity that is very important to maintain good physical condition and human health (Eime et al., 2015). In this way, public awareness of the importance of sports at this time makes people start to be interested in doing various sports activities. Sport is one of a person's physical and psychological activities that are useful for maintaining and improving the quality of one's health, improving living standards, social inequality and aiming to achieve the highest achievement (Giriwijoyo et al., 2007). It all depends on each person who sets goals for exercise in his life (Sharkey, 2003).

Physical fitness is a person's physical ability to get to do daily work efficiently without causing excessive fatigue, so that they can still enjoy their free time (Djoko Pekik I, 2000). Keeping physically fit is important, especially for people who are at risk of contracting non-communicable diseases. However, in the midst of a COVID-19 pandemic like this, physical activity and space for movement are limited. Most non-communicable diseases are chronic, that is, they develop slowly and can last for a long time. Over time, this condition can have an impact on the body's immune system, making the sufferer susceptible to infection. People are advised to always keep their immune system strong to avoid infection with the Corona virus. One way that can be done is to do physical activity and exercise but also pay attention to the cleanliness of the sports equipment and the place to exercise.

Methods

This type of research is a qualitative research with a phenomenological approach. The population of this research is the people of Lampung province. The informant retrieval technique 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: the data collection stage, the data reduction stage, the data presentation stage, and the conclusion drawing stage.

Results and Discussion

1. An overview of the phenomenon of sports activities during the Covid 19 pandemic

The level of public awareness of the importance of sport has increased rapidly. This is due to the current COVID-19 pandemic. Because the purpose of the community is to exercise for recreation and health, they tend to choose places that offer a comfortable atmosphere so that they feel more relaxed. In addition, the place can be a new socializing place. The fitness center also has various tools and facilities that have been designed in such a way that it can be used as a tool for proper physical training. In addition to complete facilities, the fitness center also provides equipment and places that are clean and sterile from disease.

Some people use sports to meet their needs. This relates to human needs which include physiological, safety, self-actualization, self-esteem, and the need for love and dependence. Every individual has done various ways to fulfill all their needs to stay healthy during the COVID-19 pandemic. Health is one of them obtained by exercising. But also must apply a healthy lifestyle and social distancing, including avoiding physical contact or chatting with other people, wearing a mask when exercising, wearing gloves or frequently washing hands with soap before or after exercising, it is forbidden to wipe sweat with hands but use a clean towel.

2. The main components of fitness from health-related fitness that must be considered are five components including:

- A. Cardiorespiratory endurance or aerobic conditions is the ability of the heart. Lung blood vessels and large muscle groups to perform vigorous exercises over long periods of time such as brisk walking, jogging, swimming, aerobics, rowing, cycling, jumping. Cardiorespiratory endurance is the most important component of physical fitness.
- B. Muscular strength is the ability of the muscles to use maximum or near maximum power to lift weights. Strong muscles can protect the

joints that surround and reduce the possibility of injury due to physical activity.

- C. Muscular endurance is the ability of the skeletal muscles of the body to use force (not necessarily maximal) within a certain period of time.
 - D. Flexibility is the area of motion of the muscles and joints of the body. The natural flexibility of the skeletal muscles that have been stabilized is stretched beyond the normal length of rest. Increasing flexibility will improve the appearance of the body and the possibility of injury.
 - E. Body composition is the percentage of body fat from lean weight to lean weight (muscle, bone, cartilage, vital organs). Being obese, usually starting in childhood has an effect on other components of fitness.
3. Maintaining physical fitness by exercising is very important for the human body, including:
- A. Fat burning
Exercise will definitely burn fat, no matter how small the exercise is, of course there will be fat burning in our bodies. And this is often the main goal for those who want to lose weight.
 - B. Physical strength
In doing exercise programmatically in addition to getting body building and weight loss, physical strength and the amount of muscle mass will increase according to the portion of the exercise performed. By undergoing regular physical exercise, over time our bodies will get used to the burden of physical exercise, even in a certain period, the load is increased so that it can be even stronger.
 - C. Reduce the risk of disease
The first goal and benefit that will be obtained is to keep the body healthy. By exercising the body will become strong and can prevent diseases such as the Corona virus / COVID-19.
 - D. Detoxification
In addition to building physical and strength training, exercising regularly will help the detoxification process, namely the process of removing toxins from the body which naturally can come out through saliva, urine and breath. And exercising will help improve the quality of

breathing so that the performance of the kidneys will be better for smooth detoxification.

- E. Increase metabolism
Exercising will help the metabolic process to be maximized. So there is no need to worry if you eat calorie foods during regular exercise.
- F. Reduce stress
Exercising will help reduce stress or at least eliminate the risk. As a result of the pressure of work 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 regular physical exercise, it will help the body melt stress and hold back anger.
- G. Increase concentration
With increasing age, memory and concentration will decline. 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. Practice breathing
Exercising is one way to practice breathing that is recommended by various professionals. By exercising regularly, you will have excellent breathing.

Conclusion

Based on the research results that have been obtained, it can be concluded that various ways are carried out by each individual to meet all needs to stay healthy during the COVID-19 pandemic. The benefits of sports activities during the COVID-19 pandemic are: burning fat, increasing physical strength, preventing disease, detoxifying, increasing metabolism, reducing stress, increasing concentration, practicing breathing.

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