

# Motivation to Exercise and Physical Activity of The Community on The Situation of The Covid 19 Pandemic In Surakarta

Sunjoyo Satrio Sakti<sup>1 a)</sup> Rumpoko<sup>2</sup>

<sup>1</sup> *Fakultas Keguruan dan Ilmu Pendidikan, Universitas Tunas Pembangunan, Jl. Walanda Maramis no.31 Cengklik, Surakarta, Jawa tengah, 57135, Indonesia*

<sup>a)</sup> *Corresponding author: [saktirumpoko1@gmail.com](mailto:saktirumpoko1@gmail.com)*

**Abstract.** The purpose of this study is to determine the motivation to exercise and physical activity of the community in the Covid 19 pandemic situation in Surakarta. This type of research is quantitative descriptive research. Subjects in this study were 30 people who carry out sports activities that were randomly selected. The data collection technique used a questionnaire. The data analysis technique used is the percentage. The results of research on intrinsic motivation showed that 56% of respondents had very high motivation, 20% of respondents had high motivation, 7% had moderate motivation and 17% of respondents had low intrinsic motivation. The results of the study on extrinsic motivation referred 20% of respondents had very high extrinsic motivation, 10% of respondents had high extrinsic motivation, 23.3% of respondents had moderate extrinsic motivation, while 46.7% of respondents had low extrinsic motivation. Whereas the results of research on physical activity showed that 53.3% of respondents often did physical activity during the pandemic, 26.7% sometimes, 13.3% rarely and 6.7% of respondents never did physical activity during the Covid-19 pandemic. From the data above, it shows that the people of Surakarta have a strong inner motivation to exercise in the Covid-19 pandemic situation in Surakarta. It can be concluded from the results of this study that in the Covid-19 pandemic situation, the community has sufficient motivation to do physical activity to exercise.

**Keywords:** Motivation, Exercise, Physical Activity, Covid-19

## INTRODUCTION

In the situation of the covid 19 virus pandemic experienced by the country of In-donesia and in particular in the city of Sura-karta the transmission rate is quite high (WHO, 2020) This causes the government to impose large-scale social restrictions (PSBB) and the latest is the program of enforcing restrictions on community activities (PPKM) to reduce the transmission and termination of the covid 19 virus chain (Inmendagri, 2021), (Susana D, 2020). The impacts of these regu-lations include limiting a person from exercis-ing motivation, and daily physical activity. Basically the motivation of exercise and physical activity can be done individually to maintain one's fitness, daily activities do not require space or a large place to do it easier and more practical (Tison, G. H., Avram, R., Kuhar, P., Abreau, S., Marcus, G.M., Pletch-er, M. J., &b Olgin, J. E., 2020). Moreover, today the world is faced with an outbreak of the covid-19 virus that has infected many people in various backgrounds where they are all struggling to a coronavirus infection called COVID-19 was first discovered in Wuhan, China in December 2019. The virus is spreading very quickly and almost to all countries including Indonesia. Efforts to avoid corona virus are to stay away from crowds, social distance, boost immunity and exercise (Füzéki, E., Groneberg, D. A., & Banzer, W., 2020).

Physical activity is a series of gestures resulting from skeletal muscle movements that produce energy expenditure (Bouchard, C., Blair, S. N., &Haskell, W. L., 2012), (Haskell,2007). Physical activity in daily life can

be categorized in work, exercise, conditioner, homework and various other activities (Gabriel, K., Pettee, K., & Morrow, J.R., 2010). A framework for physical activity as a complex and multidimensional behavior. Presented at Measurement of Active and Sedentary Behaviors: Closing the Gaps. To see the meaning of physical activity can begin more explicitly in identifying the types, traits, and contexts of activities they learn that are important in generating externality. Most physical activity researchers described what their study participants did, and carefully measured the activity participation (Meyer, A. L., & Gullotta, T. P., 2012). thus can be drawn conclusions understanding of physical activity that is a series of gestures in various activities in daily life.

Motivation by definition, concerning the direction and magnitude of behavior, are:

- a selection of specific actions,
- persistence
- efforts made

In other words, motivation is responsible for:

- why people decide to do something,
- how long are they willing to maintain activities,

• How difficult they will be to pursue (Dörnyei, Z., & Ushioda, E., 2021), Heckhausen, J. E., & Heckhausen, H. E. (2008).

The term motivation then refers to (1) the existence of an organized phase sequence, (2) towards a direction and (3) persistence in a certain direction, or the stability of the content." Peters, R. S. (2015). The concept of motivation. Routledge. In addition, motivation is the motivation that arises from someone who comes from inside the person and from outside.

Motivation from inside and out is often referred to as intrinsic motivation and extrinsic motivation. Intrinsic motivation is a type of basic motivation that exists in a person's basic interest in a variety of activities that have novelty and challenges. Intrinsic motivational behavior requires no outside reward, as it is expressive of a person about who they are, from what their interests are (Deci, E. L., Ryan, R.M., 2010). While extrinsic motivation is the opposite of intrinsic motivation or it can be said that motivation is done because there are rewards from outside. (Reiss, S., 2012). Motivation can give rise to a person's desire to do a motion activity. This has an association between motivation and physical activity. Physical activity has many purposes. Physical activity performed with certain intensity and exercise can improve and maintain physical fitness.

Physical fitness has many meanings including the ability to perform daily tasks vigorously and alertly without causing fatigue (American College of Sports Medicine, 2013). Physical fitness is the ability of the heart, blood vessels, lungs and muscular to perform optimal efficiency (American College of Sports Medicine, 2013). Subsequent physical fitness is a set of attributes that a person has to achieve abilities related to physical activity (American College of Sports Medicine, 2013).

Although in carrying out sports activities must follow the recommendations that have been given by the government by following the health protocol in order to reduce direct contact with others in the pandemic covid 19 virus.

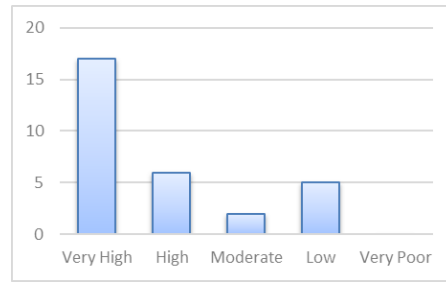
## **METHOD**

This study uses a descriptive quantitative approach, which aims to explain a phenomenon by using numbers that describe the characteristics observed and then described. Data collection techniques in this study were used questionnaires. The subjects in this study were people who were doing sports activities that were randomly selected as many as 30 people. Data analysis techniques are used with percentages.

## **RESULT AND DISCUSSION**

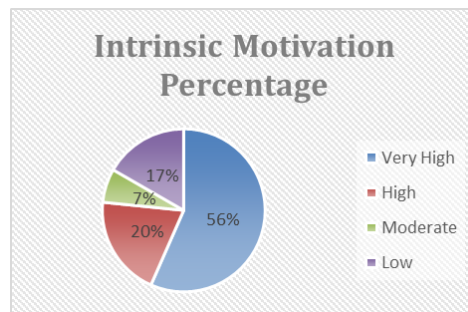
### **Intrinsic Motivation**

Based on the results of calculations known that out of 30 people known as many as 17 people have very high intrinsic motivation and 6 people have high motivation, 2 people have moderate motivation and 7 people have low intrinsic motivation. The above results are presented in the form of diagrams:



**Figure 1.** Intrinsic Motivation Histogram

From the table, it is known that as many as 56% of respondents have intrinsic motivation in the very high category, 20% in the high category, 7% in the moderate category and 17% in the low category. The above results when presented in the form of diagrams:



**Figure 2.** Intrinsic Motivation Histogram Percentage

While the results of descriptive analysis for each item of the question on intrinsic motivation variables are as follows:

*After exercising you feel happy*

Based on the results of the calculation of answers that after exercising feel happy as many as 15 people strongly agree, 5 people agree, 2 people answer undecided and 8 people disagree. Here are the calculation results in the table:

**Table 1.** Frequency Distribution Item Question 1

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	15	50%
2	Agree	5	16.7%
3	Undecided	2	6.7%
4	Disagree	8	26.6%
	Total	30	100%

*After exercising increase confidence*

Based on the results of calculations known that the purpose of exercising to increase confidence as many as 16 people strongly agree, 7 people agree, 1 person answers undecided and 6 people disagree. Here are the calculation results in the table:

**Table 2.** Frequency Distribution Item Question 2

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	16	53%
2	Agree	7	24%
3	Undecided	1	3%
4	Disagree	6	20%
	Total	30	100%

*Exercise motivation to improve fitness*

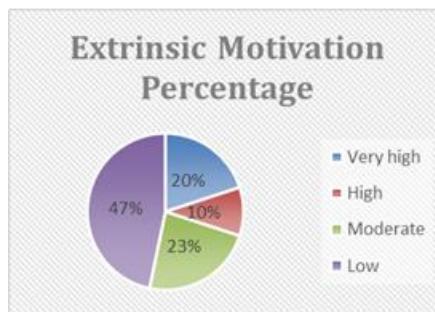
Based on the results of the questionnaire answer calculations it is known that exercise to improve fitness as many as 17 people strongly agree, 5 people agree, 2 people answer undecided and 6 people disagree. Here are the calculation results in the table:

**Table 3.** Frequency Distribution Item Question 3

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	17	56.6%
2	Agree	5	16.7%
3	Undecided	2	6.7%
4	Disagree	6	20%
	Total	30	100%

**Extrinsic Motivation**

Based on the results of calculations known that out of 30 people known as many as 6 people have very high extrinsic motivation and 3 people have high motivation, 7 people have moderate motivation and 14 people have low intrinsic motivation. Known that as many as 20% of respondents have extrinsic motivation in the very high category, 10% in the high category, 23.3% in the moderate category and 46.7% in the low category. The above results when presented in the form of diagrams:

**Figure 3.** Extrinsic Motivation Histogram Percentage

While the results of descriptive analysis for each item of the question on intrinsic motivation variables are as follows:

*After exercising get praise*

Based on the results of the calculation of answers that after exercising want to get praise as many as 7 people strongly agree, 3 people agree, 8 people answer undecided and 12 people disagree. Here are the calculation results in the table:

**Table 4.** Frequency Distribution Item Question 4

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	7	23.3%
2	Agree	3	10%
3	Undecided	8	26.7%
4	Disagree	12	40%
	Total	30	100%

*Exercise to increase brotherhood*

Based on the results of the calculation it is known that the purpose of exercising to add brotherhood as many as 6 people strongly agree 3 people agree, 6 people answer hesitantly and 15 people disagree. Here are the calculation results in the table:

**Table 5.** Frequency Distribution Item Question 5

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	6	20%
2	Agree	3	10%
3	Undecided	6	6%
4	Disagree	15	15%
	Total	30	100%

*Exercise motivation to gain sympathy*

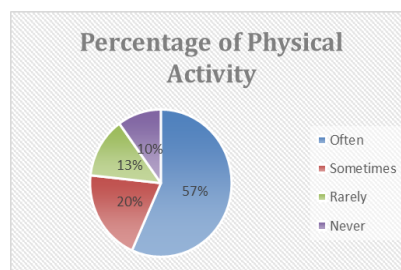
Based on the results of the calculation of questionnaire answers it is known that sports to get sympathy as many as 5 people strongly agree, 2 people agree, 7 people answer undecided and 16 people disagree. Here are the calculation results in the table:

**Table 6.** Frequency Distribution Item Question 6

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	5	16.7%
2	Agree	2	6.7%
3	Undecided	7	23.3%
4	Disagree	16	53.3%
	Total	30	100%

**Physical Activity During The Covid 19 Pandemic**

Based on the results of calculations it is known that out of 30 people are known as many as 17 people often do exercise, 6 people sometimes do exercise, 4 people rarely exercise and 3 people never exercise. Known that 57% of respondents often exercise, 20% sometimes exercise, 13% respondents rarely exercise, and 10% never exercise. The results when presented in the form of diagrams.

**Figure 4.** Percentage of Physical Activity

While the results of descriptive analysis for each item of the problem on the variables of physical activity during the pandemic covid 19 are as follows:

*Doing sports activities (cycling, swimming, running/ jogging and others)*

Based on the results of calculations known that as many as 16 respondents often do sports activities (cycling, swimming, running / jogging and others), 8 respondents sometimes, 4 respondents rarely and 2 respondents never exercise. Here are the results of the calculation:

**Table 7.** Frequency Distribution Item Question 7

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	16	53.3%
2	Agree	8	26.7%
3	Undecided	4	13.3%
4	Disagree	2	6.7%
	Total	30	100%

*Doing sports activities (football, volleyball, badminton, etc.)*

Based on the results of calculations known that 20 respondents very often do sports activities (football, volleyball, badminton, etc.), 6 respondents sometimes, 3 respondents rarely and 1 respondent never do sports activities. Here are the results of the calculation:

**Table 8.** Frequency Distribution Item Question 8

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	20	66.7%
2	Agree	6	20%
3	Undecided	3	10%
4	Disagree	1	3.3%
	Total	30	100%

*Up and down the stairs*

Based on the results of calculations it is known that as many as 14 respondents often exercise by going up and down stairs, 4 respondents sometimes, 6 respondents rarely and 6 respondents never exercise by going up and down stairs. Here are the calculation results in the table 9.

**Table 9.** Frequency Distribution Item Question 9

No	Answers	Absolute (Fa)	Relative (%)
1	Strongly Agree	14	46.7%
2	Agree	4	13.3%
3	Undecided	6	20%
4	Disagree	6	20%
	Total	30	100%

From the results of research that has been done, can be seen from the motivation of exercising and physical activity shows high results for exercise. Even in the situation of the covid 19 virus pandemic, people still maintain their health by doing various physical activities. It is also supported by a fairly high intrinsic motivation.

Based on the percentage calculation on the motivation level of exercising intrinsically and extrinsically shows quite different results. Intrinsic motivation shows higher results than extrinsic motivation. When viewed in more detail on intrinsic motivation can be seen from 1) after exercise became more pleased shown 66.7% of respondents

answered strongly agree and agree, 2) increased confidence indicated 77% answered strongly agree and agreed, 3) increased immunity indicated 73.3% answered strongly agree and agree. While on extrinsic motivation can be seen from 1) happy to get praise shown 66.7% answered disagree, 2) Exercising to add friendship was shown 50% answered agree, 3) got sympathy shown 76.6% answered disagree.

In physical activity seen in detail can be seen from 1) doing sports activities shown 53.3% answered often, 26.7% answered sometimes, 13.3% rarely and 6.7% never. 2) Doing sports game activities indicated 66.7% answered often, 20% answered sometimes, 10% rarely and 3.3% answered never. 3) Up and down stairs were shown 46.7% answered often, 13.3% answered sometimes, 20% answered rarely and 20% answered never did exercise up and down stairs.

If seen from the results of the discussion that has been stated can be concluded the motivation of exercising intrinsic is the highest factor. While physical activity is often done sports games. Thus intrinsic motivation supports respondents to perform physical activity especially in sports games.

## CONCLUSION

The motivation of exercise and physical activity that has been described above can be concluded that motivation intrinsically shows the highest results and physical activity performed shows high results in the situation of the covid 19 virus pandemic.

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