



## Student Interest in Traditional Sports in the Era of Society 5.0

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### ABSTRACT

Given the strong connection between physical activities, such as sports, and factors like quality of life, health, and overall well-being, it is crucial for every person to cultivate an interest in sports. Many sports that are popular throughout the community are categorised as "traditional." Traditional sports are activities that take place on a flat or level surface and involve the use of conventional equipment. There are two sorts of characteristics, namely intrinsic and extrinsic variables, that can impact an individual's inclination for traditional athletics. The investigation sought to ascertain the level of enthusiasm for conventional sports among students at Bina Guna STOK. This inquiry utilised quantitative descriptive analysis. The population being utilised refers to the group of students from the 2023 cohort at PJKR STOK Bina Guna Medan. The snowball sample technique, encompassing a total of fifty individuals, was employed. A questionnaire is a research tool that is utilised. The findings of the comprehensive analysis indicate that students at STIKP Pasundan have a significant inclination towards traditional sports, with a 4% share classified as "moderate," 58% as "high," and 28% as "very high." Based on the percentage of interest, the average value obtained for the interest of Bina Guna STOK students in traditional sports is classed as "High".

*Traditional Athletics, University Students, Sports Interest*

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## INTRODUCTION

One of the myriad aspects that contribute to the abundant cultural diversity of Indonesia is the country's traditional activities, which are distinct to each place. Various traditional activities in specific places gradually transform into traditional sports. Traditional sports play a crucial role in promoting the distinct regional culture of the Indonesian country, making them of utmost strategic importance.

Traditionally, children have been the main participants in traditional sports, which are folk activities that develop within the community. However, the progress in science and technology has made it so that playing is no longer considered a type of physical

activity that adds to an individual's growth and development (Iptek). According to Efendi (2021), modern games like PlayStations are increasingly replacing traditional sports games as the most popular form of amusement. Contemporary individuals engage in digital-based electronic games, which encompass internet games (Ariyanto, Puspitasari, and Utami 2020). These games are the most widespread among the present generation. The goal is to make the experience of playing games on integrated devices more appealing than traditional sports. The current matter requires immediate attention, as there is a concern that the national sport of this country may be eliminated due to the younger generation's lack of enthusiasm and apathy towards traditional sports.

Traditional sports refer to a classification of recreational activities that involve physical exertion in a broad sense. Engaging in physical activity offers several advantages, including a reduced likelihood of developing conditions including diabetes, cardiovascular disease, hypertension, osteoporosis, and obesity-related complications (Sinuraya and Barus 2020). According to a study conducted by Rosalina and Khaerunnisa in 2021, children who engage in physical exercise can experience numerous health advantages. These include improved cardiovascular endurance, achieving a healthy and optimal body weight, and enhancing their mental well-being and overall quality of life. Traditional sports can be a practical option for people looking to participate in physical activity, as physical activity is crucial for human well-being.

Traditional sports activities can also work as a means to promote individual engagement in physical activities with the aim of attaining enhanced health goals, similar to other types of sports. This includes those who are undergoing the process of maturation, such as adolescents. Conventional sports provide teenagers with the chance to engage in physical activities, participate in sports, and uphold the cultural legacy of their country. Engaging in traditional sports can provide these chances for adolescents. At the national level, there are five clearly defined categories of traditional sports. The four sports in consideration are Hadangan, Terompah panjang, Sumpitan, and Dagongan.

Indonesia has multiple universities that have established conventional sports activity departments. Currently, there is one of these placed at STOK BINA GUNA Medan. The establishment of the STOK BINA GUNA Medan traditional sports student activity unit took place in 2020. The major objective is to preserve traditional sports that are in danger of being forgotten over time, especially within the educational setting at STOK BINA GUNA Medan. Therefore, this student activity unit, focused on traditional sports, functions as a platform for safeguarding and introducing these sports to unfamiliar audiences.

The Medan student activity unit, STOK Bina Guna, specialising in traditional sports, successfully competed and won the inter-university championship organised by

the STOK Bina Guna alumni association as part of the recreational sports festival. Delegates from the campus took part in a range of competitions, such as hadangan, terompah panjang, and egrang. Seven universities and seven individuals from each university participated in the competition. This traditional sport has a significant amount of promise in the sports sector, especially in the domain of traditional sports, due to its potential.

The conventional sports activity unit has a substantial capacity to evolve into a platform where students can showcase their achievements, as demonstrated by this explanation. Therefore, it is anticipated that the conventional sports programme would attract a significant amount of attention from students at STOK Bina Guna Medan. This is because traditional sports are essential for physical activity and a way to attain achievement.

In contrast, traditional sports maintain a comparatively diminished degree of significance among students when compared to other sports such as athletics, basketball, and football. The issue is worsened by the limited enthusiasm of participants who enrol in conventional sports competitions, the absence of spectators who are interested in observing traditional sports competitions, and the scarcity of traditional sports competition events that take place annually (Mudzakir 2020).

According to Baresi, Permadi, and Hermawan (2023), the inclusion of sports programming in higher education significantly influences the growth of both amateur and professional sports. Another matter that necessitates consideration is the inadequate acquaintance students possess regarding conventional sports. An erroneous belief commonly held by students is that traditional sports are simply conventional pastimes. In addition, traditional sports have not been implemented by institutions, and there is still a lack of socialisation surrounding traditional sports. Moreover, traditional sports have not been put into practice. Despite the considerable benefits of traditional sports for physical activity, they consistently receive limited publicity in the mainstream media, thereby worsening the problem.

The purpose of sports, which encompass physical activities conducted with the aim of achieving health, fitness, accomplishment, and rejuvenation, has been extensively examined in many research (Efendi 2021). These studies have focused on the importance of physical activity, especially among adolescents. According to Ariyanto, Puspitasari, and Utami (2020), the social support elements offered by the surroundings, such as professors or lecturers, family members, classmates, and others, have a substantial impact on an individual's ability to participate in physical activities, including sports.

The first determinant is the level of motivation to participate in sports, followed by the receipt of support as the secondary factor of significance. The motive is the

volitional impetus that drives behaviour. Motivation can be defined as the state of being driven by one's own volition, according to Rahman (2021).

Some academics are working to clarify the underlying motivation behind physical activity-related behaviour. Previous studies have consistently demonstrated a correlation between volition and conduct by employing Icek Ajzen's Theory of Planned Behaviour (TPB), which was initially proposed in 1991 (Pradana, 2021). The theory of planned behaviour (TPB), as described by Agung and Marisa (2019), is a theoretical framework that examines and predicts human behaviour and responses. This theory is commonly used to anticipate how individuals would behave in reaction to an object, such as their level of curiosity.

Interest is commonly characterised as a powerful inclination or attraction towards something. The attribute of interest is one that exhibits a high degree of consistency in an individual. According to Hartanto et al. (2021), interest is a preexisting predisposition to focus on or develop an interest in something based on its perceived importance or value. Interest is a subjective measure of the likelihood of engaging in various behaviours, which is influenced by the individual's desires and is a component of their personality (Putri, Fitriyah, and L. 2022). The person has a characteristic called interest.

Upon careful examination of various definitions of interest, it becomes clear that there are two separate components: intrinsic and extrinsic. Intrinsic factors refer to internal variables that arise from within an individual, whereas extrinsic factors refer to external influences that originate from the outside and impact an individual's outward look or behaviour (Prasrihamni, Zulela, and Edwita 2022).

Here are several indicators: An interest refers to a cognitive inclination to obtain something, sometimes accompanied by feelings of enjoyment or a sense of attraction towards a certain subject (Suwandaru and Hidayat 2021). An individual's level of interest in a particular issue can be influenced by various elements, including their level of attentiveness and the degree to which they gain pleasure from it (Besare 2020).

Several studies employ interest indicators to determine the level of interest in engaging in sports activities. Motivation can be categorised into two distinct types: internal motivation and extrinsic motivation (Rahman 2021). Therefore, the author plans to conduct a more thorough examination of the level of interest that students at STOK Bina Guna Medan have in traditional sports.

## **RESEARCH METHOD**

The authors of this study used a descriptive methodology in addition to a quantitative approach. This implies that the researcher will offer a detailed account or explanation of an occurrence, use numerical data to aid in the process. The researcher

aims to determine the level of students' interest in traditional athletics during this examination.

The participants in this study were students who were currently enrolled in the STOK Bina Guna Medan PJKR study programme. The data for quotas is gathered by a snowball sampling technique in this study. The researchers employed Google Forms to disseminate questionnaires to many responders in this manner. Afterwards, they were tasked with identifying the subsequent respondent, and so forth. The researchers distributed questionnaires to the students enrolled in the PJKR study programme in the third semester of the 2023 academic year. A total of fifty respondents were gathered.

This investigation utilises a questionnaire as a research instrument. The questionnaire consists of a structured set of questions that are arranged systematically and utilise a Likert scale approach. Prior to its release to the public, the questionnaire underwent thorough evaluation to determine its reliability and validity.

This inquiry utilises descriptive analysis as its chosen methodology for data analysis. The researcher employs SPSS version 25 as a tool for data processing during the data analysis phase. The researcher use the Excel software to input the data and carry out the categorization procedure once the data gathering in the field has been finished. The cross tabulation formula component of SPSS was utilised to examine the entirety of the data gathered for the study (Cahyono, Naheria, and Fauzi 2021). The researchers in this study (Ishartono et al. 2022) did not run the Chi-Square test due to the fact that the respondents fell into the same age cluster. The data was initially categorised using the interval formula prior to the researchers' further analysis by cross-tabulation. The categorization of the assessment of each interval, together with the interval equation introduced by Tsionou in 2017, can be summarised as follows:

$$P = F/N \times 100$$

Description:

P: Percentage

F: Frequency of respondents' answers

N: Expected frequency of answers

## RESULT AND DISCUSSION

The research took place at Bina Guna STOK and involved students in their third year of studies at PJKR. To collect data, researchers delivered questionnaires to research participants using Google forms that were sent through WhatsApp. Surveys were disseminated to gather this information. In addition, the researcher actively participated in a conversation to ensure that the research findings were applied in the most appropriate way. The researchers strictly followed the prescribed techniques for data collection and the different stages of the study throughout their research process. Once the data has been gathered, it is crucial to analyse it in order to display it in a visually

appealing and understandable way, and to derive insights that address the research question. Furthermore, the data is classified based on the sub-indicators that are integrated into the current lattice structure. The sub-indicators include the lecturer's role, attention, behaviour, facilities, and level of interest. The data is explained in the following manner:

**Tabel 1.**  
**Descriptive Statistics**

No	Item	Pleasure	Attention	Behaviour	Facilities	Lecturer
1	N	50	50	50	50	50
2	Lowest	1	1	1	1	1
3	Highest	5	5	5	5	5
4	Mean	4,23	4,25	4,17	3,92	4,19
5	Median	4	4	4	4	4
6	Modus	4	4	4	4	4
7	SD	0,65	0,67	0,73	0,96	0,69
8	1,5 SD	0,99	1,01	1,1	1,45	1,03
9	2 SD	0,33	0,34	0,37	0,48	0,34

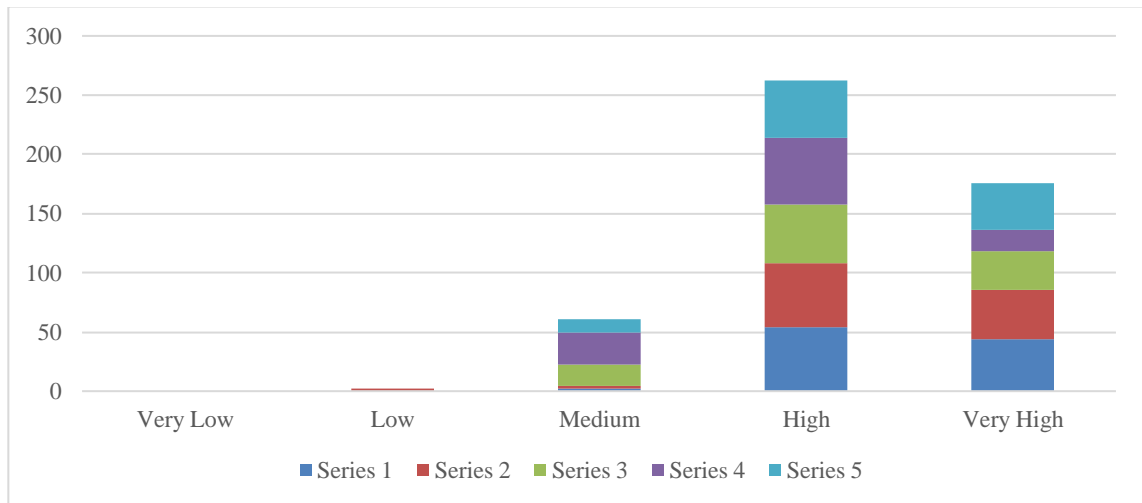
The sub-indicators indicate that the level of interest in traditional sports among pupils at STOK Bina Guna is average, ranging from 3.92 to 4.2. The spectrum of the mean values, ranging from the highest to the lowest, comprises various characteristics including attention, interest, lecturer performance, conduct, and facilities. Moreover, Table 2 presented below demonstrates the frequency distribution of students' inclination towards conventional sports, as ascertained by the five sub-indicators. These findings are relevant to students of STOK Bina Guna.

**Tabel 2.**  
**Frequency Distribution**

No	Interval	Category	Happy	Attention	Behaviour	Facilities	Lecturer
1	$X > (M + PI)$	Very High	44%	42%	32%	18%	40%
2	$(M - P!) < X < M$	High	54%	54%	50%	56%	48%
3	$(M - 2 P!) < X < (M - P!)$	Medium	2%	2%	19%	26%	12%
4	$(M - 3P!) < X < (M - 2P!)$	Low	0%	2%	0%	0%	0%
5	$(M - 4P!) < X < (M - 3P!)$	Very Low	0%	0%	0%	0%	0%

The data presented in table 2 clearly shows that the outcomes in the highest category vary from 18% to 44%, with the results arranged in descending order. This category includes the following elements: facilities, duties of lecturers, behaviour, attention, and enjoyment. The facilities sub-indicator has the highest value among all the categories of indicators in the high category. The "very high" group encompasses a range of 48 to 54 percent, but the "high" category surpasses this range. The facilities sub-indicator exhibits the highest value, falling into the medium category with a range of values ranging from 2% to 26%. Attention is the only sub-indicator that falls into the

moderate group. Overall, none of the sub-indicators were categorised as extremely low. Figure 1 illustrates the comprehensive results of the study, which analyse the scores of each sub-indicator that promote children's involvement in traditional sports. The analysis results are also displayed.



**Figure 1.**  
**Category distribution of all sub-indicators**

The main aim of this inquiry is to assess the level of student interest in conventional sports at STOK Bina Guna. Data is gathered in research by distributing questionnaires to participants, and then analysed using descriptive analysis techniques, such as calculating percentages. The resulting data is then discussed using tables and diagrams that have been carefully processed to ensure accurate presentation.

This specific study focused on the variable of interest. Suwandaru and Hidayat (2021) propose that interest can be classified into two distinct categories: intrinsic and extrinsic inclinations. These categories represent different psychological typologies. Both inherent and extrinsic factors influence individuals. There are multiple indications for both of the two components.

The study's findings indicate that most STOK Bina Guna pupils exhibit a "high" level of interest and affection for traditional sports. Out of the total respondents, 27 students, which accounts for 54% of the total, fall into this category. Based on this, it is clear that the participants had a significant liking and curiosity for traditional sports before they were introduced to them. This finding corroborates the claim that play is a distinctly human behaviour that brings individuals joy. Play is not a behaviour that is carried out as a result of external pressure; instead, it is an activity that is chosen willingly by an individual (Sinuraya and Barus 2020). Based on this, it is logical to infer that most kids experience genuine satisfaction from participating in conventional sports

activities. Individuals will not be motivated to engage in an activity only based on the pleasure they derive from it if they already possess a favourable disposition towards it.

The attention indicator of STOK Bina Guna students' interest in traditional sports is mostly classified as "high," with a significant percentage of 54% (27 pupils). This indicates that pupils possess a comparatively elevated level of interest in conventional sports. Several factors contribute to the positive outcomes, including the following: a) Offering motivation; b) Offering attention; and c) Offering enthusiasm in a way that can produce a relatively high proportion of attention. Attention is the conscious and focused mental effort that individuals use to concentrate on a certain thing, as described by Mudzakir 2020. This elucidates the reason why attention is considered an intrinsic component, emanating from inside, and why responses require a sufficient amount of attention to generate interest in regular sports. Therefore, the attentional findings indicating a moderate category suggest that the respondents' attention is remarkably unusual, and that their interest in traditional sports will naturally and spontaneously intensify.

The behavioural markers of STOK Bina Guna students' interest in traditional sports are primarily in the high category, as seen by the average value of 4.172. A total of twenty-five youngsters, which accounts for fifty percent of the learners, are impacted by this. Several factors, including the ones listed below, support this high number: a) Confidence exists in the backing of individuals who are seen as influential in terms of generating interest. b) Friendships can act as a catalyst for generating interest in the problem. Mudzakir, 2020 Exhibit self-assurance in their own skills when it comes to engaging in traditional sports. This explains the process by which behaviour might cultivate an inclination towards traditional sports.

The importance of intrinsic elements in enhancing student interest cannot be overstated. This research aligns with the concept that intrinsic drive is the primary factor influencing individual sports activity. Nevertheless, it is possible for external incentives to augment internal drive (Rahman 2021).

The facilities indicator is a determining element in the level of interest that STOK Bina Guna pupils have in traditional sports. The "high" category represents the majority of this indicator, accounting for 56% (28 pupils) of the total. This aligns with the viewpoint of experts who argue that the successful functioning of traditional game learning relies on having well-equipped and suitable venues for playing traditional games (Mudzakir 2020). As a result, there will be a significant increase in student enthusiasm for playing conventional games. The opinions and facts mentioned above indicate that facilities have a significant influence on the development of student interest. Facilities are considered extrinsic characteristics, often known as external factors, that have a role in fostering interest in certain subjects. The introduction of facilities for conventional athletics on campus will inevitably lead to an increase in



individual interest in these activities. Passionate individuals who have a strong interest in the sport are given significant support by highly advanced facilities. This is because all essential amenities, including fields, equipment, and other facilities, are given adequately.

Overall, the majority of STOK Bina Guna students (24 in total) have demonstrated a significant level of interest in traditional sports, as evidenced by the lecturer's assessment. This demonstrates that the participation of professors in student activities, namely traditional sports activities on campus, impacts the development of student enthusiasm for traditional sports. Instructors or trainers have the ability to deliver knowledge on conventional sports in a very engaging manner, even in the context of online learning, by employing video media. According to Kurniawan (2020), students' life can be greatly impacted by learning that is both captivating and innovative, resulting in a feeling of pleasure. The technique of delivering information about conventional sports involves the introduction of extrinsic factors, particularly those originating from lecturers or instructors, which stimulate students' interest in traditional sports.

This inquiry is closely connected to specific constraints. The Covid-19 epidemic prevented researchers from doing in-person research activities. Hence, the study was carried out using online means by disseminating surveys (in the format of a Google form) to participants via different social media sites. Therefore, researchers are unable to promptly observe and assess the reactions and preparedness of each participant while they fill out the questionnaire. Consequently, the researcher recommends conducting the study process directly to get supplementary data through interviews and observations, with the aim of carrying out further research studies.

## **CONCLUSION**

Interest is dependent on a range of elements, including both inherent and external factors. The intrinsic elements encompass activity, interest, preference, and focus. On the other hand, extrinsic variables refer to the available facilities and the function of instructors. Based on the findings of this study, the researchers determined that the students at STOK Bina Guna Medan recognised a significant number of intrinsic and extrinsic factors as the cause of their interest.

STOK Bina Guna is driven by a combination of both inherent and external factors that generate high levels of interest. The proficiency of Medan students in traditional sports can be attributed to their strong interest, focused attention, exemplary behaviour, the guidance of their teachers, and the availability of adequate facilities. Exploiting the significant interest that students show in traditional sports can be achieved by attempting to expand their passion. An effective approach to

achieve this goal is to arrange small-scale tournaments that not only involve students but also allow institutions to deliver additional benefits in the form of events.

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