

The interest students in cycling sport during the Covid-19 pandemic

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ABSTRACT

This study aims to find out whether there is interest of Senior high school no5 Jambi students in cycling sport during the Covid-19 pandemic. This study is quantitative and descriptive. The instruments in this study are in the form of documentation sheets and questionnaires containing 25 questions. This study is conducted using a google form distributed to students of Senior high school no5 Jambi through social media. The samples of this study are 25 male students of Senior high school no5 Jambi who met the criteria. The test instrument used is the validity test and the reliability test. The analysis technique used in this study is descriptive, while the calculation in the questionnaire uses the percentage descriptive. The results of this study indicate that students' interest in cycling sport during the covid-19 pandemic at Senior high school no5 Jambi is included in the category of very good with a percentage of 88.64%, where the score was in the interval range between 85-100%.

Keywords: interest, sport cycling, pandemic

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INTRODUCTION

Lately, most people do sports activities every weekend, starting with children, teenagers, adults, and old people in the field, on the side of the road, or in a large parking lot used as a place to carry out physical activities. Sports activities are carried out by everyone regardless of the age difference (Sun et al., 2013). Sports activities are far from discriminatory nuances, cultural differences, religion, and poverty. All can run together, move together, and be happy. It is a fact that proves that sport can be a tool that can bring society, nation, and state to be more peaceful and harmonious (Beutler, 2008).

To keep healthy and fit, people cannot be separated from sports (Abou Elmagd, 2016). There are so many types of sports that can be done, one example is cycling. A bicycle is a two or three-wheeled vehicle, that has handlebars, a seat, and a pair of pedals that are driven by the feet to run it (Muhs & Clifton, 2016) A bicycle is a tool for having fun, going on adventures, and maintaining health (Mulley et al., 2013) In addition, it is an economical means of transportation. This two-wheeled vehicle glides on the highway by pedaling on two

legs. Cycling activities can be done in your free time, for example on weekends. To simply maintain fitness and as a means of recreation, cycling does not require long distances (Heesch et al., 2012). Now, in big cities, cycling has become one of the people's lifestyles, especially for the students of senior high school no Jambi. There are even some students who join the cycling club and have regular activities for cycling together.

However, at this time the whole world is being shaken by the coronavirus which people often call Covid-19 Pandemic, so makes all activities are limited, and even some activities in public places must be stopped to prevent the transmission of the coronavirus. Coronaviruses are a large family of viruses that cause mild to moderate upper respiratory tract infections, such as the flu (Mitchell, 2020) Many people are infected with this virus, at least once in their life (Jain & Barhate, 2020). However, some types of coronavirus can also cause more serious diseases, such as Middle East Respiratory Syndrome (MERS-CoV), Severe Acute Respiratory Syndrome (SARS-CoV), and Pneumonia (Park, 2020). During this pandemic, many people exercise to increase their immunity, one of which is cycling. By cycling all parts of the body can be moved, so we stay active and can increase endurance in our bodies (Joyner & Coyle, 2008). Many factors influence the interest of senior high school no 5 Jambi students to cycle during the Covid-19 Pandemic, such as the limitations of carrying out activities in the community due to large-scale social restrictions, and the unknown interest of senior high school no Jambi students in cycling during the COVID-19 pandemic. This study aims to find out whether there is an interest of Senior high school no5 Jambi students in cycling sports during the Covid-19 Pandemic.

METHODS

This study is a descriptive quantitative study. A descriptive quantitative study method is designed to collect information about the current real situation. According to Arikunto, (2006), in general, descriptive study is a non-hypothetical study, so in the study step, it is not necessary to formulate a hypothesis.. Authors can use heading 2 style for the subhead and use this heading style for the subheads in other sections of this manuscript.

The sample of this study is 25 male students of Senior high school no5 Jambi who meets the criteria. The sampling technique that will be used is purposive sampling or a purposive sample. Arikunto, (2006) stated that the purpose sample was carried out by taking the subject not based on strata, random or regional but based on the existence of a particular purpose, and the sample taken really had the intended characteristics.

In collecting the data, the researcher uses some instruments, such as documentation and questionnaire. Documentation is a data collection method that is carried out by recording and copying various documents that exist in related agencies (Arikunto, 2006). In this study, the data obtained from the documentation method is the activities of students' interest in cycling. Meanwhile, questionnaires are a number of written questions that are used to obtain information from respondents in the sense that a report containing a list of questions is shown to students. The data obtained by the questionnaire method is data about students' interest in cycling. Furthermore, to find out alternative answers, of course, a scale is needed. The type of scale used is a Likert scale. According to Sugiyono (2009), The Likert scale is used to measure attitudes, opinions, and perceptions of a person or group of people about social phenomena. Alternative answers are made from strongly agree to strongly disagree.

Table 1. The Likert Scale

Point	Alternative Answers
1	SA: Strongly Agree
2	A: Agree
3	N: Neither Agree or Disagree
4	D: Disagree
5	SD: Strongly Disagree

Data analysis techniques are an important part of the study because they can provide useful meaning in solving problems in the study (Johnson et al., 2007) From the data obtained and then analyzed. The data in this study are analyzed descriptively, while the calculation in the questionnaire uses the percentage descriptive with the following formula:

$$P = \frac{F}{N} \times 100$$

Information:

P = Percentage sought (Relative Frequency)

F = Frequency

N = Number of Respondents (Sugiyono, 2009)

RESULTS AND DISCUSSION

Questionnaires distributed to students of senior high school no Jambi are considered to have adequate construction validity. Furthermore, the study was conducted on a sample of 25 students as respondents within 5 minutes. The respondents can fill out the questionnaire properly via the Google Form link that has been distributed. The data were processed in

tabular form and then analyzed.

Results

The results of the following study are to answer the formulation of the problems in this study. Based on the results of data processing, the results of this study are as follows:

Table 2. The Results of The Overall Students Interest

No	TOS	MNS	%
1	74	100	74
2	68	100	68
3	89	100	89
4	82	100	82
5	92	100	92
6	86	100	86
7	83	100	83
8	86	100	86
9	91	100	91
10	90	100	90
11	95	100	95
12	90	100	90
13	94	100	94
14	86	100	86
15	91	100	91
16	77	100	77
17	92	100	92
18	89	100	89
19	97	100	97
20	99	100	99
21	98	100	98
22	93	100	93
23	88	100	88
24	91	100	91
25	95	100	95
JSP		2500	
JSM	2216		
	2500		88.64

Information :

TOS: Total Opinion Scale

MNS: Maximum Number of Scale

From the results of the above calculations, it can be concluded that the interest of Senior high school no 5 Jambi students in cycling sports during the COVID-19 pandemic is included in the category of very good with a percentage of 88.64% where the score is in the interval range between 85-100%.

Table 3. Students Interest Category

NO	NAME	TOTAL OPINION					TOTAL SCORE	CATEGORY
		A	SA	N	D	SD		
1	Muhammad Raihan Fikri	9	5	3	2	1	74	Good
2	Ramadhan	6	6	1	4	3	68	Fair
3	M. Faza Halim	6	12	1	1	0	89	Very Good
4	Ahmad Farizt Ichsan	6	9	3	2	0	82	Good
5	Joni Irawan	4	12	2	0	0	92	Very Good
6	Ananda Tri Saputra	9	9	1	1	0	86	Very Good
7	M. Haris Perdana Putra	14	5	0	1	0	83	Good
8	Riyan	5	11	3	1	0	86	Very Good
9	Dolly Baringbing	7	12	1	0	0	91	Very Good
10	Muhammad Hilal Akbar	10	10	0	0	0	90	Very Good
11	Aditya Pramana Saputra	5	15	0	0	1	95	Very Good
12	Yudha Pratama	5	13	1	1	0	90	Very Good
13	M. Irfan Gustian	4	15	1	0	0	94	Very Good
14	Ifra Muzahri Asyafi	11	7	1	0	1	86	Very Good
15	Ilham Naufal Riyadi	9	10	1	0	0	91	Very Good
16	M. Haigel Jimiy	16	1	2	1	0	77	Good
17	Pebrian Yoza Pratama	3	15	1	0	1	92	Very Good
18	Midriansyah	11	9	0	0	0	89	Very Good
19	Muhammad Fariq Hegel	3	15	2	0	0	97	Very Good
20	Muhammad Dhavid	1	18	0	0	1	99	Very Good
21	Yuwana Farhan	2	18	0	0	0	98	Very Good
22	Malik Setyonegoro	7	13	0	0	0	93	Very Good
23	Anugrah Tri Wibawa	8	11	0	1	0	88	Very Good
24	Muhammad Dhava Qodama	5	13	1	1	0	91	Very Good
25	Raden Muhammad Revaldi	4	14	2	0	0	95	Very Good

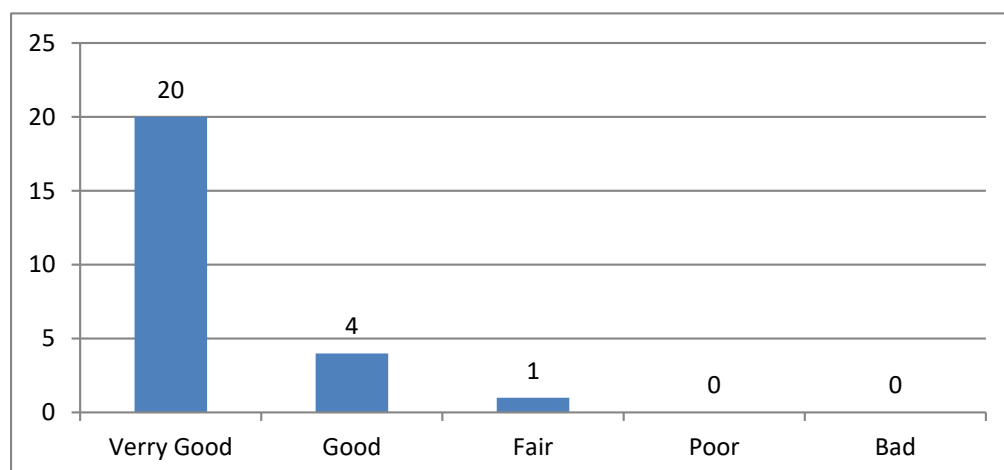


Figure 1. Students Interest Category

Students Interest Category

Very Good : 20 students

Good : 4 students

Fair : 1 student

Poor : 0

Bad : 0

Discussion

Interest is a permanent tendency to pay attention and remember some activities to be noticed continuously accompanied by a sense of pleasure (Djamarah & Zain, 2006) Those who are interested in an activity will give more effort into learning everywhere than someone who has little interest (Ratnawati, 2014) Students with interest in particular subjects tend to give greater attention (Hidi & Anderson, 1992) such as interest in cycling. A pandemic, or Covid-19, according to the World Health Organization (WHO), is a family of viruses that can cause disease in animals or humans that attack the human respiratory system (Susilo et al., 2020) Students' interest in cycling sports during the covid-19 pandemic can be seen from the attitude of students who do things without coercion and with pleasure so that when taking a decision will defend it with their whole personality. The personality of the student will have a positive impact on his attitude (Kamargianni & Polydoropoulou, 2013). From the opinion of the characteristics of interest, the conclusion is that the characteristics of the student's interest, especially with no coercion from himself, are serious and happy in carrying out activities (Aldred & Jungnickel, 2014) Cycling is a recreational activity or sport using bicycles (Carmichael & Rutberg, 2003) Bicycles were first introduced in the 19th century to maintain fitness and as a means of recreation. Cycling does not require long distances, and students can do it in the surrounding environment (Li & Zhao, 2015).

The research results showed the interest of Senior high school no5 Jambi students in cycling sports during the COVID-19 pandemic is included in the very good category with a percentage of 88.64%, where the value is in the interval range between 85-100%. From the scores obtained, there is an interest in students doing cycling sports during the covid-19 pandemic, where 20 students fall into the very good category (80%). It is in the category of very good because the average result of the student opinion scale is in the interval range of 85-100, where the student is interested in cycling during the covid-19 pandemic due to several factors, such as wanting to be healthy, wanting to follow trends, hobbies, improve physical fitness, and parents who always support to participate in cycling activities. The students always prioritize cycling sports activities outside of school learning hours. When cycling, they always apply the health protocols set by the government, such as wearing masks, washing hands, and keeping a distance when cycling outdoors. Four students fall into the good category (16%). It can be said to be in a good category because the average results

of the opinion scale are in the interval range of 69-84, where they do cycling activities not because they want to follow trends but because they want to be healthy and have hobbies. Some students rarely use the attributes of cycling equipment because they are considered too inconvenient. However, they still adhere to health protocols by wearing masks and washing their hands after cycling activities outdoors. In addition, one student is in the medium category (4%). It can be the medium category because the average opinion scale results are in the interval range of 53-68 because he thinks cycling makes him tired. He follows cycling activities, not because of a hobby but for trends and health. During the pandemic, he feels afraid because there are many viruses everywhere, and never uses the attributes of cycling equipment because it is considered too troublesome, but obeys the health protocols set by the government. Additionally, his parents sometimes do not allow him to ride a bicycle because they think it will disrupt his child's concentration to study if he continues to do cycling activities. However, he can still manage time to learn and do cycling activities, so it will not interfere with the learning process.

CONCLUSION

The conclusion of this study is that students' interest in cycling sports during the COVID-19 pandemic at Senior high school no5 Jambi City is included in the category of very good with a percentage of 88.64% where the score is in the interval range between 85-100%.

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