

Giving Sports Burden to Behavior of Students of the Faculty of Sports Science, Universitas Negeri Medan

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ABSTRACT

This study aims to determine the provision of sports loads on the social behavior of Unimed Fiction students. The methodology in this study uses descriptive analytic which is a method that describes the relationship between the provision of sports loads and social behavior. The sample in this study used a purposive sampling technique or conditional sample where the sample selection was based on students who had a sports load in accordance with the indicators in the questionnaire. The research instrument used in this study was a questionnaire given to a sample of unimed fiction students. The data analysis technique used SPSS Version 23 software. The results of the data analysis carried out showed the magnitude of the correlation coefficient of sports load on social behavior with a value of 0.956. The results showed that there was a relationship between the provision of sports loads on social behavior with a significant value of 0.000 sig with a significant correlation of 0.01.

INTRODUCTION

Humans are social creatures who need other humans to be able to grow and develop. Every human being basically has behavior different socialIt relates to behavior that will manifest when something is needed to elicit a response. According to (Romi, 2019) explaining a person's social behavior can be seen in the pattern of responses between people expressed by interpersonal reciprocity. Social behavior is also synonymous with a person's reaction to other people. The behavior is indicated by feelings, actions, attitudes, beliefs, memories, or respect for others. A person's social behavior is a relative trait to respond to other people in different ways.

Physical activity is all work in daily life in low or high intensity. In carrying out daily activities, everyone will experience fatigue. At this time we usually do a lot of physical activity every day but the condition of the body is not fit and we experience fatigue very quickly. Therefore, to carry out daily activities with a fit body and not experience fatigue, it is necessary to improve physical fitness (Wardiman Majid, 2019). Stimulus from activities that can bring up a person's social behavior is by exercising. Socio-psychologically, sports can be considered as social institutions that exist in society. In addition to the rule system that completes it, sports activities also involve the emotions of people who participate in them intensely and are a link between skills, cognitive, attitudes, behaviors, and values contained therein.

According to Romi Cendra & Novri Gazali, 2019 explaining in his book, *Individual In Society*, he explains the nature of the response between individuals which is classified into three categories, namely: 1) role dispositions (tendency for role behavior), namely socially courageous and cowardly traits; power and obedience; socially initiative and passive nature; 2) sociometric dispositions (behavioral tendencies in social relationships) which can be accepted or rejected by others; sociable and unsociable; friendly and unfriendly nature; sympathetic or unsympathetic; 3) expressive dispositions (expressive behavior tendencies), namely competitive (uncooperative) and non-competitive (cooperative) dispositions; aggressive and non-aggressive nature; a calm or socially calm nature; showing off or showing off.

For advanced and modern societies, sports activities have become a necessity in everyday life. Sport has been seen as having various functions that are not only to develop the quality of physical fitness, but also to develop the mental qualities of individuals and society in a more complete and steady manner. Through sports, individuals can develop the mental aspects of personality, morals, leadership, loyalty, devotion, intra and interpersonal relationships better. Therefore, it is no exaggeration to say that sport provides learning in building a culture of excellence in a broad sense (Syarifudin, 2010).

The routines or habits of people doing sports activities will have an impact on their social behavior, such as role behavior, behavior in social relationships and expressive behavior in interacting with both friends and in their style of doing sports activities. Because in carrying out sports activities that are intense or habitual, courageous nature, power, nature of social initiative, friendly nature,

sympathy, likes to compete, aggressive nature, calm nature, teamwork, calmness in playing, and sportsmanship will appear. both positive and negative behavior.

At this time sports have become a necessity for some people, many people devote their time to sports activities, both morning, afternoon and even at night. Sports routines carried out by the community have many purposes, both for health, relieving stress, for fitness, achievement, and the formation of one's character or behavior. Without realizing it, the intensity of exercise carried out by a person will have an impact on him, both when doing sports and in his daily activities.

Therefore, the authors conducted this study with the aim of wanting to see or examine more deeply the intensity of people doing sports activities on their social behavior, so that in the future the results of this study can be a reference that exercise habits can provide a stimulus for the formation of one's character and social behavior. So that the world desires in the article of the International Charter of Physical Education and Sport (2015): Physical education and sport programs must be designed to suit requirements and personal characteristics of those practicing them, as well as the institutional, cultural, Socio-economic and climatic conditions of each country . Sport as an instrument of character formation can be achieved. Feriyani & Fitri (2011) explained in their research that intensity can be measured based on the extent to which the depth of information can be understood by respondents. Meanwhile, according to Kartono & Gulo (in Putro, H. D, & Kurniawan, IN 2007) intensity is the magnitude or strength of a behavior, the amount of physical energy needed to stimulate one of the senses. Meanwhile, (Romi Cendra & Novri Gazali, 2019) divides intensity into four aspects, namely 1) Frequency or level of frequency; 2) Attention or concentration power; 3) appreciation or understanding; 4) The duration or quality of the depth.

METHODOLOGY

The research method used is descriptive analytic with an approach that is a research method that aims to create a description or description of the relationship between the provision of sports loads as the independent variable and social behavior as the dependent variable (Romi Cendra & Novri Gazali, 2019). The population in this study were 190 students of Sports Coaching Education. Determination of the sample in this study was carried out by purposive sampling (Sugiyono, 2015), namely the category of students whose exercise intensity was determined according to the questionnaire indicators that had been distributed to the population, each answer item from the sample was rated from the largest to the smallest and was taken 27% of the value. The largest sample obtained in this study amounted to 50 people. The instrument in this study used a questionnaire using a Likert scale (Azwar, 2013). Before entering the trial phase for the sample, the instrument is first tested on similar samples which aims to test the validity and reliability of the instrument that will be used as a data collection tool. Similar samples are intended not for the same sample but for students of Physical Education, Sports and Health, totaling 40 people.

RESEARCH RESULT

The research data used is to analyze the results of research that has been done. The data is divided into 2 groups, namely from a questionnaire (given sports load) and a questionnaire using the Likert attitude scale (behavior sports then the data were analyzed through statistical requirements test which aims to determine the correlation between the sports load on behavior of students in doing sports. Then the provision and analysis of questionnaire and attitude scale questionnaires were given to the research sample. The description of the data can be seen in table 1 as follows:

Table 1. Description of the Data on the Provision of Sports Loads and Social Behavior

Statistic al Description	N	Min	Max	Sum	Mean	Stdev	Variant
of Sports Load	50	23	27	1372	25.40	1,158	1,334
Social Behavior	50	111	130	6343	117.40	Based	6480 40,705

On Table 1 above can be seen from the description of exercise intensity data with a sample of 50 people with the lowest score 23, the highest score 27, a total score of 1372 with an average (mean) of 25.40, a standard deviation of 1.158, and a variance of 1.334. While the description of social behavior data can be seen that the sample size is 50 people with the lowest score of 111, the highest score of 130, the total score of 6343 with an average (mean) of 117.40, standard deviation of 6.480, and variance of 40,705.

Normality Test The

A data normality test was then carried out. The data normality test was conducted to determine whether the data obtained and to be tested were at the normal distribution level or not. In addition, the normality test is also carried out to determine the steps of parametric or non-parametric statistical tests (Sugiyono: 2009). The following is a summary of the results of the normality test of sports load data and children's social behavior in sports:

Table 2. Data Normality Test

Kolmogorov-Smirnov			
	Statistic	df	Sig.
Sports Load	0.233	50	0.000
Social Behavior	0.195	50	0.000

From table 2 above it can be concluded that. Referring to the decision criteria, the probability value (Sig.) for the sample tested based on Kolmogorov Smirnov obtained the value of Sig. smaller than 0.05 , it can be concluded that the data is at the level of abnormal distribution, then the nonparametric test will then be carried out.

HYPOTHESIS

Hypothesis testing is carried out to answer the problem formulation that has been proposed. Hypothesis testing is used to test the product moment correlation, this is done because there are data that are not normally distributed. The product moment correlation test was conducted to determine the relationship between exercise load and social behavior in exercising. The results of the product moment correlation test of sports loads on children's social behavior in sports can be seen in table 3 as follows:

Table 3. Hypothesis Testing

Correlations				
			Sports Loads	Social Behavior
Spearman Rho	Sports Load	Correlation Coefficient	1,000	0.976
	0.195	Sig. (2-tailed)	.	0.00
		N	50	50
	Social Behavior	Correlation Coefficient	0.976	1.000
		Sig. (2-tailed)	0.000	.
		N	50	50

From the results of the data analysis or the output generated based on the table above, it shows that the magnitude of the Spearman Rank correlation coefficient between exercise intensity and social behavior in exercising is 0.966. This means that there is a very strong relationship between the intensity of exercise and social behavior in sports for students of Sports Coaching Education, Faculty of Sports Science, State University of Medan. Where the relationship between variables is significant, it is known from the significant level (sig) of 0.000 with a significant correlation of 0.01 (2-tailed). This means that H0 is rejected and Ha is accepted

DISCUSSION

According to (Syechalam, 2021) the frequency of exercise is related to the level of sports participation, in this case the frequency of sports, namely how often do sports activities. So, if the frequency of exercise is high, the level of participation in sports is also high. The results of this study showed that the majority of people answered exercise with a frequency of 1-2 months and 1-2 times a week. As for the time required, the community considers that although exercising with a duration of less than 30 minutes can be said to be sufficient as a condition to maintain health, but if you look at the frequency of exercise carried out by the community, the amount can be said to be low. By maintaining physical fitness by doing low, moderate or high intensity physical activity, it can improve health and prevent disease in old age. The benefits of maintaining fitness by doing physical activity in addition to maintaining fitness and health also prevent the emergence of non-communicable diseases such as obesity, heart disease, diabetes, cancer, activity injuries and other diseases that we often encounter in old age. If we are less in doing physical activity on a regular basis, there are many risks that we will get in the future. If there is a lack of physical activity or people are less mobile or lazy to move who always rely on technology it can cause problems for health. The human condition lacks movement (hypokinetic) which has several problems as described above, namely degenerative or non-infectious diseases (Prativi, 2013).

According to (Wardiman Majid, 2020) therefore the effect of lack of physical activity on the community really needs to be considered because the impact is very large when people lack exercise and lack of movement. Physical activity is all daily activities by moving the body that requires energy to do it. Physical activity is divided into several intensities, namely moderate intensity such as walking, sweeping, and washing, moderate intensity such as jogging, cycling and swimming and high intensity such as strenuous exercise. As is the case at this time, many people do physical activity every day but are not in good shape and experience fatigue very quickly.

From the results of data analysis or the output generated based on the table above, it shows that the magnitude of the Spearman Rank correlation coefficient between sports loads and social behavior in sports is 0.976. This means that there is a very strong relationship between the load of sports on social behavior in sports for students of Sports Coaching Education, Faculty of Sports Science, State University of Medan. Where the relationship between variables is significant, it is known from the significant level (sig) of 0.000 with a significant correlation of 0.01 (2-tailed). This means that H₀ is rejected and H_a is accepted. The magnitude of the effectiveness of the exercise load on social behavior in exercising can be calculated using the calculation of the Coefficient of Determination (KD) with the formula $KD = r^2 \times 100\%$ (Ghozali: 2012), the result is 93.3%. So it can be concluded based on the calculation above that the contribution of the effectiveness of the intensity of exercise to social behavior in sports in the students of Sports Coaching Education, Faculty of Sports Science, State University of Medan, amounted to 93.3%.

Based on the analysis of the data above, a person who does exercise intensely and or often will be closely related to changes in his social behavior in exercising because the stimulus obtained from sports activities will be related to his social behavior in the sport activity itself. The higher the exercise load, the greater the change in social behavior in exercising. This means that social behavior tendencies that are carried out during exercise will have an impact on changes in social behavior itself during exercise, both positive and negative, for example being brave and socially cowardly; power and obedience; socially initiative and passive nature; can be accepted or rejected by others; sociable and unsociable; friendly and unfriendly nature; sympathetic or unsympathetic; nature likes to compete (uncooperative) and do not like to compete (cooperative); aggressive and non-aggressive nature; a calm or socially calm nature; showing off or showing off. In a study conducted by (Cendera, 2016) related to a group of heavy viewers (often intensity) watching football matches on television will gradually teach them how to think and do things according to what they see, especially children whose routines play football they certainly watch. Football matches on television are not only for entertainment but are also used as lessons and will shape their social behavior in playing football. In this study, it is very clear that one of the factors in the formation of children's social behavior is the intensity of activities that are often carried out. This is confirmed by the theory of SOR (Stimulus Organism Response) from psychologist Skinner (in Notoatmodjo, 2007) which formulates that behavior is a person's response or reaction to a stimulus (stimulus from outside). Therefore, behavior occurs through the process of a stimulus to the organism, and then the organism responds. In my research, the external stimulus or stimulus is a sport activity that is carried out intensely or frequently so that changes in social behavior will be formed due to a person's reaction to the stimulus (sports activity).

CONCLUSION

The conclusions in this study are:

1. There is a very strong relationship between exercise intensity and social behavior in sports
2. . Someone who does exercise intensely and or often will be closely related to changes in social behavior in sports

CONTINUOUS RESEARCH

Further research that is expected in this study is to test a larger sample of other universities, especially to students of the Faculty of Sports Science who have samples who often exercise.

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