

The Study of Sports Open Space Area Factors in Affecting the Levels of Community's Sport Participation in Slawi Sub-District, Tegal Regency, Indonesia

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Type: Research Article (Received: 25.01.2018 – Corrected: 26.02.2018 – Accepted: 03.03.2018)

Abstract

The present research aims to identify and study the factors of sport open space area in affecting the levels of community's sport participation in Slawi Sub-district, Tegal Regency, Indonesia. This research was conducted by using qualitative approach and ethnography design with critical ethnography type and it was conducted in sports open space area as the center of community's recreational sport activities. The sources of data were collected from the research informants by using Purposive Sampling and Snowball technique. Data collection technique used observation, interview, and documentation studies, while data analysis was conducted inductively by using Miles and Huberman's interactive cycle. The results of the research show that there were three factors of sports open space area which could affecting the levels of community's sport participation including: 1) The condition of the physical and social environment in the sports open space area, 2) The features and attributes in the sport open space area, and 3) The accessibility of sports open space area which could be reached by the community. The factors could add the value of happiness and excitement emanated on their faces when they were doing sport activities, because they expected to be healthy, fit, safe, and comfortable to do the activities which were always be kept in their mind and heart, so that they would always be excited to do sports.

Keywords: Sport Open Space Area, the Levels of Participation, Sport Activities, Community.

Introduction

Global issue about healthy life, through physical activity has been a reference for many countries and institutions to encourage the community to be actively involved with physical activities, especially through sports. (Soegiyanto, 2013). Sport is an important thing in the world which becomes an inseparable part of all communities, because it is the main priority of health to prevent obesity and other lifestyle-related degenerative diseases. (Bedimo-Rung et al., 2005; Gabbe et al., 2005). According to Kristiyanto (2012:2-3), sport has to be seen as a purpose and developmental asset. In their previous study Eime et al. (2013) explain a health model through sports which is developed for child, adolescent, and adult, and there are many psychological and social health benefits, the most common ones are increasing self-esteem and social interaction/integration, followed by preventing the symptoms of depression.

The development and growth of sport in community shows that there are many dimensions and they play an important role related to life enrichment, character building, moral education, and be able to balance the physical, spiritual, and social needs. One of the sports which can comprehensively realize the foundation of sport development is recreational sport to the community (MacPhail et al., 2009). Sport activities done by the community are identical with recreational sports because they can be a lifestyle which is considered to give a contribution in balancing the condition of physical, spiritual, and social needs of those who do sports (Hanani, 2017; Priyono et al., 2017).

The results of initial observation show that recreational sport activities in day off or leisure time done by the community of Tegal Regency in some open space areas gave positive development from the number, variation, and form of the activities. As for the type of recreational sport activities that were mostly done including aerobics with its varieties, cycling, walking, jogging, football, badminton, and volley, while the traditional sport activities often done by the community were gobag sodor, egrang, and bakiak jumbo, all of them were done in open space areas, and mostly those who did the sports were from middle and lower group and classified among adolescents and people aged 35 years old and over. Usually those who did the sports were adolescents. The areas of recreational sport activities were on the tracks of Slawi Square, Trisanja Slawi Sport Centre, Taman Rakyat Slawi, around the Struggle Monument of Gerakan Banteng Nasional (GBN), and around the housing complex environments in Tegal Regency.

To be able to do sport activities optimally, sport facilities and infrastructures are needed including the open space areas which can be accessed for sports. Therefore, people can move freely without any obstacle. Maksum (2004:5) argues that more available public sport facilities and infrastructures make people easier to use and utilize them for sports, conversely limited available public sport facilities and infrastructures make limited opportunity for the community to use and utilize them for sports. According to Kristiyanto (2012:189) the correlation of public open space and sport activities in the community is reciprocity and mutually strengthening.

According to Regional Profile Information System (2016), currently Tegal Regency has 1.420.132 people and an area of 87.870 Ha. In the reality, Tegal Regency has faced an obstacle in providing green space area which can be accessed by the community to do recreational sport activities in weekends and day offs. According to Wahdah and Dewi (2013) Green Space Area (GSA) is used for the fulfillment of sport needs in Slawi City where the area becomes the center of the most crowded activities in Tegal Regency which is currently not be able to be fulfilled. The recapitulation of the fulfillment of the need of sports fields in Slawi City can be seen on table 1.

Table 1. The Calculation of the Need of Sports Fields in Slawi Sub-district Tegal Regency

Region	Name of Village (Desa)/Administrative Village (Kelurahan)	Total Population	The standard of sports fields (m ² /person)	The Existing Area of Sports Fields (m ²)	The Need of Sports Fields (m ²)	Note
The Centre of the City	Kudaile	7169	3,5	1157	2150,7	Unfulfilled
Sub-Urban	Slawi Kulon	7688	3,5	1705	2306,4	Unfulfilled
	Pakembaran	7670	3,5	126	2301	Unfulfilled
Peri-Urban	Kalisapu	9707	3,5	1304	2912,1	Unfulfilled
	Kabunan	65524	3,5	750	1957,2	Unfulfilled

Source: Research by Wahdah and Dewi (2013)

The data is also supported by a research conducted by Zulfa (2017), based on the data which were concluded from the available open space areas in the coastal area in Tegal Regency show that it still had a minimum area under 5.272,1 m². The number of open space areas included in big category over 5.272,1 m² was 5 sports fields, 20.83% from the total sports fields available in the regency. The first sports field was Suradadi football field which had an area of 6.052 m², the second was Ki Gede Mlangse football field with an area of 6.372,68 m², the third was Larangan football field with an area of 6.862,88 m², the fourth was Padaharja football field with an area of 6.996,6 m², and the last was Tekstil football field with an area of 6.391,6 m². The number of open space areas was still categorized as small with the areas under 5.271,1 m² were 19 fields, that was 79.19% from the total sports fields available in the regency. Based on the facts above, therefore, the conditions make the community in Tegal Regency lacks access to sports.

Open space area is a need of the community to do physical activities. The availability of sports open space area which is easy to be accessed by all people will encourage the creation of a community who likes to do sports and physical activities. Natalia et al. (2017) also reveal that the Ratio of open space area influences the community's participation in doing sports. According to Mutohir and Maksum (2007:38), sports open space area refers to a place used by people (community) to do sports and the form of the place is a building or land. The open building or land can be a standardized or unstandardized, indoor or outdoor sports field, or a land which is designed for the community to do sports.

The results of a research conducted by Satriawan (2015) shows that the public interest in the utilization of public open space area as a place to do sports was categorized as high with the percentage was 76.14% in child category, 74.42% in adolescent category, 82.08% in adult category, and 76.86 in old people aged 50 years old and over from 50 respondents for each age category. The public interest in the utilization of public open space area was also influenced by the indicator of interest, with the description that the community tried to get

close and act to get the information about the utilization of public open space as a place to do sports. The indicators which became the factors of public interest in the utilization of public open space area as a place to do sports consisted of attention, interest, desire, belief, decision, and act indicator.

Based on the data and the phenomena above, the problem statement of the present research is 1) How are the factors of sports open space area in affecting the levels of community's sport participation in Slawi Sub-district, Tegal Regency, Indonesia ?. The present research aims to identify and study the factors of sports open space area in affecting the levels of community's sport participation in Slawi Sub-district, Tegal Regency, Indonesia.

Material and Method

This research was conducted by using a qualitative approach and ethnography design with critical ethnography type. (Creswell, 2012:476). The research was conducted in sports open space area as the center of community's recreational sports activities of the community in Slawi Sub-district, Tegal Regency, Indonesia.

The sources of data in this research consisted of primary and secondary data. The primary data were collected by an interview process with the community and observation in the sports open space area, while the secondary data were collected by the study of documentation analysis. The sources of data were obtained from the research informants by using Purposive Sampling and Snowball technique.

The instruments used in this research were 1) The interview guidelines on interview data collection technique, 2) The observation guidelines on observation data collection technique, and 3) Checklist blank on data collection technique of documentation study, the supporting media used a tape recorder, camera, and notebook. To collect primary data for this research, there were three kinds of data collection technique: 1) Direct observation, 2) Semi-structured interview, 3) Documentation study or documentation searching and documentation in the form of archives used as the supporting data or secondary data.

The validity of data in this research was investigated by triangulation technique and reviewing the sources of the data. The triangulation techniques used by the researcher were technical and source of triangulation.

Data analysis used in this research was based on the interactive analysis model developed by Miles and Huberman (1984) in Sugiyono (2015:534). Processing and analyzing data consisted of 4 interactive components 1) Data Collection, 2) Data Reduction, 3) Data Display, and 4) Conclusion/Verifying. Data analysis was done during data collection process. Data reduction was done by summarizing data into some pre-defined categories. This division used the coding method. Data display was done by using a brief description, table, or diagram. Table and diagram were based on the pre-defined categories.

Results

The description of the region

Slawi Sub-district is one of the sub-districts and the capital district of Tegal Regency which consists of 5 administrative villages (*kelurahan*) and 5 villages (*desa*). This region cannot be separated from the activities done by the communities of various sub-districts in Tegal Regency. The longitude of Slawi Sub-district is 109°04'25" E - 109°08'04" E and the latitude

of Slawi Sub-district is 6°53'44" S – 6°55'11" S, it has an area consisting of land, with a flat slope.

Slawi Sub-district region is the smallest sub-district in Tegal Regency with an area of 1.363 Ha (1.55% of the total area of Tegal Regency, that is, 87.879 Ha), it consists of 32% rice fields and 68% non-rice fields, while the irrigated rice field area is decreasing year by year. The area of dry land is 868.41 Ha and it consists of buildings and yards, and 494.63 Ha is used for dry and wet rice fields.

The average precipitation of Slawi Sub-district in 2016 was 184.27 mm, while the humidity in 2016 was 76.00 to 80.00 %. As a city, Slawi Sub-district is experiencing the effects of global warming and the temperature reached to 24.90—32.90 C° (Source: Central Bureau of Statistics (BPS) of Tegal Regency)

The availability of sport open space area which can be accessed by the community

In Slawi Sub-district, green space area is rarely encountered due to dense development. Many green space areas have been converted into business areas, supermarkets, and housing complexes, however, there are more sport facilities and infrastructures built in this sub-district, such as the construction of volleyball and badminton courts, futsal fields, and swimming pools as well as open space areas for playgrounds that can be accessed to be sport areas by the community. Not all of the sport facilities are owned by the administrative village or sub-district government, some of them are also owned by private parties in Slawi Sub-district as the places for the community to do sports in their leisure time.

Table 2. The Data of Sports Open Space Area in Slawi Sub-district Region, Tegal Regency

No.	Name of Field	Location (Administrative Village/Village)	Type (Indoor/Outdoor)	Ownership Status	Area (m ²)
1.	Football Field (1 Field)	Kalisapu	Outdoor	Government	4.200
2.	Badminton Court (8 Courts)	Kalisapu	Outdoor	Government	776
3.	Volleyball Court (4 Courts)	Kalisapu	Outdoor	Government	882
4.	Football Field (1 Field)	Dukuh Ringin	Outdoor	Government	4.200
5.	Badminton Court (2 Courts)	Dukuh Ringin	Outdoor	Government	147
6.	Volleyball Court (2 Courts)	Dukuh Ringin	Outdoor	Government	335
7.	Football Field (1 Field)	Dukuh Salam	Outdoor	Government	4.115
8.	Badminton Court (5 Courts)	Dukuh Salam	Outdoor	Government	370
9.	Football Field (1 Field)	Slawi Kulon	Outdoor	Government	4.232
10.	Badminton Court (9 Courts)	Slawi Kulon	Outdoor	Government	752
11.	Volleyball Court (2 Courts)	Slawi Kulon	Outdoor	Government	337
12.	Football Field (1 Field)	Slawi Wetan	Outdoor	Government	4.225

13.	Badminton Court (3 Courts)	Slawi Wetan	Outdoor	Government	220
14.	Volleyball Court (2 Courts)	Slawi Wetan	Outdoor	Government	329
15.	Open Space Area Taman Rakyat Slawi (TRASA)	Slawi Wetan	Outdoor	Government	2.700
16.	Football Field (1 Field)	Kagok	Outdoor	Government	4.100
17.	Badminton Court (6 Courts)	Kagok	Outdoor	Government	443
18.	Volleyball Court (1 Court)	Kagok	Outdoor	Government	170
19.	Badminton Court (6 Courts)	Procot	Outdoor	Government	440
20.	Volleyball Court (3 Courts)	Procot	Outdoor	Government	492
21.	Open Space Area Taman GBN	Procot	Outdoor	Government	752
22.	Football Field (1 Field)	Kudaile	Outdoor	Government	4.120
23.	Badminton Court (7 Courts)	Kudaile	Outdoor	Government	439
24.	Volleyball Court (4 Courts)	Kudaile	Outdoor	Government	672
25.	Football Field (1 Field)	Trayeman	Outdoor	Government	4.100
26.	Badminton Court (8 Courts)	Trayeman	Outdoor	Government	582
27.	Volleyball Court (1 Court)	Trayeman	Outdoor	Government	172
28.	Trisanja Sport Centre Slawi (1 Football Field and Jogging Track)	Pakembaran	Outdoor	Government	8.850
29.	Open Space Area Slawi Square	Pakembaran	Outdoor	Government	2.200
30.	Badminton Court (3 Courts)	Pakembaran	Outdoor	Government	225
31.	Bangun Tirta Swimming Pool	Pakembaran	Outdoor	Government	3.500
32.	Futsal Field (2 Fields)	Pakembaran	Indoor	Private	2.200
33.	Hj. Muria Swimming Pool	Pakembaran	Indoor	Private	3.200
Total Area (m²)					64.447 m²

Source: The Results of the Research

Based on the data on table 2, it can be described that the total number and area of available sports open space area was 92 and the total area was 64.447 m² and they could be accessed by the community to do sports. The available sports open space area including futsal fields,

swimming pools, and parks. The majority of open space areas are football fields, volleyball and badminton courts.

The surface of the sports open space area is made of grass, plaster/cement, soil, brick, and wood. The condition of the sports open space area was fairly good, however, there were also bad areas that made of grass, for example in the rainy season they could not be used because they became muddy and even had to be covered by more soil, and sometimes there was a flood as well.

The profile of location and form of the community's sport activities

The results about what the community did through their active participation to obtain information about the community's recreational sport activities in a day off or leisure time in some places show that the development was quite positive, from the number, variation and the form of the activities. The type of recreational sport activities done by the community can be seen on Table 3 as follows:

Table 3. The Profile of Location and Type of the Community's Recreational Sport Activities

No	Location	Type of Activities	Form of Activities	Time		Note
				Morning	Afternoon	
1.	On the tracks of Slawi Square, Pendopo of Tegal Regency's Government, Dr. Soetomo Street.	Walking, cycling, and jogging	Mass, recreational sport activities and a day off	√	√	The participants are common, on Sunday in car free day event
2.	Complex of Trisanja Sport Centre Slawi	Walking, cycling, jogging, football, volley, roller skating, badminton, and fitness activities (such as pushup, backup, and pullup)	Mass, recreational sport activities, day off, and leisure time.	√	√	The participants are common, in the afternoon and Sunday morning in car-free day event
3.	Complex of Taman Rakyat Slawi (TRASA)	Healthy walking, aerobics, cycling, jogging, and badminton.	Mass, recreational sport activities, day off	√		The participants are common, on Sunday morning
4.	Complex of the Struggle Monument	Healthy walking, jogging,	Mass, recreational	√	√	The participants

No	Location	Type of Activities	Form of Activities	Time		Note
				Morning	Afternoon	
	of Gerakan Banteng Nasional (GBN), the Monument of Poci Slawi	badminton, cycling	sport activities, day off, and leisure time.			are common, on Sunday morning and afternoon
5.	Village fields	Aerobics with its varieties, volley, football, badminton	Mass, recreational sport activities, day off, and leisure time	√	√	The participants are common to do sports in a day off/weekend , leisure time

Source: The Results of the Research

The results of the community's recreational sport activities show that the activities were done in a day off or leisure time and the participants were increasing more and more. The activities were done in groups together with friends, family, or their communities. There was the value of happiness and joy emanated on their faces because they expected to be healthy, fit, safe, and comfortable to do the activities which were always be kept in their mind so that they were excited. The people who came to do sports in open space areas were not only the local people but also people from some sub-districts in Tegal Regency.

Sport activities done by the community were influenced by the availability of open space areas and the existed culture. The people who jogging cycled, walked, and did aerobics aged $\pm 16-60$ years old, while those who did football, volley, badminton, and fitness activities aged $\pm 18-27$ years old. The times for doing sport activities were in the morning and afternoon and most of the activities took place in Trisanja Sport Centre Slawi and on the tracks of Slawi Square, *Pendopo* of Tegal Regency's Government, and Dr. Soetomo Street. From the various places, the chosen place showed a positive indication, the people wanted to get supporting situation and condition for their sport activities. One of the considerations of the people in doing sports was having open space areas and environments which could be accessed.

The factors of sports open space area that affected the levels of the community's sport participation

Based on the results by using the study of participant observation and interview with the community there are 3 factors that influenced the community in choosing sports open space area in Slawi Sub-district Region as the places to do sports, including 1) The condition of the physical and social environment in the sport open space area, 2) The features and attributes in the sport open space area, and 3) The accessibility of sport open space area which could be reached by the community.

The first factor is the condition of the physical and social environment. It refers to the condition of quality and feasibility of sports open space area and the places around them,

based on the observation results toward the quality and feasibility of sports open space area in Slawi Sub-district almost all people who did sports in those places argued that they wanted to get the benefits of the sport activities they did for their bodies. They realized that the factors of quality and feasibility of places they had chosen to do sports were really helpful for their movements because they were effective and efficient and would not cause injury. The weather was cool the atmosphere was shady, being in the sports open space area was also a reason why people chose those places, and the criteria referred to the potential environment which gave healthy nuance and the availability of O₂ (oxygen), sunlight, green and clean environment, so that they were motivated to do sport activities in order to maintain their physical condition, as well as keep their mental and social consistency. In the condition of social environment, some people revealed that they felt safe and comfortable because the sports open space area they had chosen did not disturb their sport activities, because there were some security guards who maintained and secured the areas and there was no conflict between people in the community. This safety feeling was marked because around the sports open space area there was a participation of the authorities.

The second factor is the features and attributes in the sports open space area. This factor refers to the facilities in the sports open space area. People argued that sports open space area in Slawi Sub-district had enough facilities; they could do various sport activities so that every day they did different sports and they did not get bored. They also argued that the sports open space area had fitness facilities that could be used, some toilets for those who wanted to defecate, cafeterias or stalls so that the sport activities they did could be facilitated and they would not be bothered or confused. They also argued that the attributes in sports open space area were quite interesting such as size, form, and function designed for the community's recreational sport activities.

The third factor is the accessibility of sports open space area which could be reached by the community. This factor refers to how people easily, comfortably, and safely went to the sports open space area. The opinions revealed by some people were they wanted their sport activities to be effective and they did not want to run out of time to do sports. Most of the sports open space area in Slawi Sub-district are located near people's houses. Slawi Sub-district has a quite strategic geographic location which is lowland and it is located between some sub-districts in Tegal Regency, the options of available land transportations do not make people confused and the distance is quite near to go to the available sports open space area.

Discussion

Open space area is a need for the community to do sport activities. The availability of sports open space area which is easy to be accessed by all people can encourage the creation of a community who likes to do sports and physical activities. The sports open space area available in Slawi Sub-district is still not enough because they are not effective to be used in doing sports.

The results are in line with the research conducted by Maas et al. (2008) that the availability of open space areas had only little influence and could not guarantee and improve the community's participation in sports. The most important of sports open space area was the noticed condition and feasibility so that they could give effective contribution according to the purpose of the use, because the influence of the environmental condition around the sports open space area would influence the community's sport participation, such as physical and social environment and guaranteed security, the things would make people feel comfortable

when they were doing sports. (Cheryl et al., 2004; Abdulaziz et al., 2016; Setiawan et al., 2017).

Fermino et al., (2013) reveals that the number of positive attributes in all environments is related to the increasing of the use of public open space, the management of public open space should aim to improve and maintain the characteristics around the environment and sports open space area to be better placed near parks to facilitate and/or encourage the use of sports to open space area. Open space area with more facilities will be more accessed by the community to do sports, such as the facilities of sports, toilets, worship facilities, and playgrounds so that they can facilitate the community to do sports in the open space areas. (Cherly et al., 2004; Kaczynski et al., 2008). Sports open space area with interesting attributes such as size, form, and function designed for sport activities as well as the easiness of the access, and the location that is near people's houses can trigger the people to do sports such as walking and cycling because they will be a consideration for the people. (Corti et al., 2005; Cohen et al., 2007; Priyono et al., 2017).

The weaknesses and bad quality of open space area can be a serious limitation for the community welfare because they cannot support the people in developing a healthy lifestyle, including spending their time outside, walking, playing, and so on. (Holt et al., 2008; Mitchell and Popham, 2008). Open space area in community's environment is an important thing, particularly for certain groups such as old people, children, mothers who have babies, and disabled people, the availability of sports open space area can also support the healthy physical and psychological development for the community particularly children. (Lestan et al., 2014)

Therefore, investment in architecture project that will be built should have great innovation and idea, such as improving building aesthetics by planting and conserving trees so that the areas will be greener, it is encouraged to make the more enjoyable, interesting environment and increase the use of public open space. The use of public open space can promote physical activities affected to the physical and psychological welfare of certain population because the quality of facilities for physical activities is an important factor to the use of public open space (Fermino et al., 2013).

Conclusion

Based on the results and discussion explained above then it can be concluded that there are factors of sports open space area which can influence the levels of the community's participation in doing sports, including 1) The condition of the physical and social environment in the sports open space area, 2) The features and attributes in the sports open space area, and 3) The accessibility of sports open space area which could be reached by the community. The factors could add the value of happiness and excitement emanated on their faces when they were doing sport activities because they expected to be healthy, fit, safe, and comfortable to do the activities which were always be kept in their mind and heart, so that they would always be excited to do sports.

The suggestions from the author on the utilizing of sports open space area are, there should be rules of Regional Law on the utilizing, controlling and managing sport facilities and infrastructures in order to make clear rules on the implementation of sport facilities and infrastructures management so that sports open space area used by the community will always be qualified.

The structure of good management should always put the importance of the management purpose on the open space itself. The government can cooperate with private parties for the management. Indirectly the management of sport facilities will be good because the management held by private parties can always be kept, even they put the business thing first, but it is used for the safety and security of the community in doing sports. However, socialization should be given prior the management in order to make the community understand. Although it will be more expensive but the services, comfort, and safety are the advanced people's desires. The system can help the government in managing sports open space area. Sport facilities and infrastructures will be better and well maintained. If the management of sport facilities and infrastructures is better, it will positively influence the development of sport to be better and advanced.

Conflict of Interest

The author has not declared any conflicts of interest.

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