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STUDENTS' INTEREST IN CYCLING DURING THE COVID-19 PANDEMIC

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Abstract

This study aims to find out how much interest in cycling sports during the Covid-19 pandemic. The subjects in this study were students of the Department of Physical Education, Recreational Health, STKIP Pasundan Cimahi, Class of 2016. This research was a quantitative descriptive study using a survey method. The sampling technique used is simple random sampling, namely taking samples from the population randomly. The population in this study found 1,478 people. to determine the sample using the slovin formula which results in 49 samples. The instrument in this study used a questionnaire, with a reliability test using the Cronbach Alpha formula and obtaining a reliability coefficient of 0.968. The validity test uses the product moment formula with the original statement of 34 items and 1 item falling, so that the valid statement is 33 items. Analysis of the data used is descriptive quantitative statistical analysis with percentages. Based on the research data, it was shown that the interest in cycling during the Covid-19 pandemic was the students of the Department of Physical Education, Health, Recreation, STKIP Pasundan Cimahi, Class of 2016 in the category. It can be concluded by considering that the average of 49 respondents is 120. Based on the data from the category results, it appears that 0 respondents (0%) are stated to be very high, 15 respondents (31%) are stated to be high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low it was shown that the interest in cycling during the Covid-19 pandemic was the students of the Department of Physical Education, Health, Recreation, STKIP Pasundan Cimahi, Class of 2016 in the category. It can be concluded by considering that the average of 49 respondents is 120. Based on the data from the category results, it appears that 0 respondents (0%) are stated to be very high, 15 respondents (31%) are stated to be high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low it was shown that the interest in cycling during the Covid-19 pandemic was the students of the Department of Physical Education, Health, Recreation, STKIP Pasundan Cimahi, Class of 2016 in the category. It can be concluded by considering that the average of 49 respondents is 120. Based on the data from the category results, it appears that 0 respondents (0%) are stated to be very high, 15 respondents (31%) are stated to be high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low.

Keywords:

Interests, Cycling, Pandemic, Covid-19



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Introduction

Doing physical activity is a thing that shows activities related to one's body or physical, the purpose of humans doing physical activities is to increase physical fitness and apply a healthy lifestyle. With the application of a healthy lifestyle, it has a major impact on human physical activity so that more time is spent doing sports activities. Sport is one of the needs or part of human life throughout the ages. From time to time sports have a good meaning starting from when humans exist and will not end as long as humans still exist. Starting from the function, position, and nature of the sport itself it will not change its meaning, but what is most likely to change is the purpose of the sport itself in accordance with the times,

Then sports achievements whose main goal is to foster and develop athletes in a planned, tiered and sustainable manner through competition in order to achieve the best performance. Furthermore, educational sports are sports that are carried out as part of a regular and continuous educational process to acquire knowledge, personality, skills, health, and physical fitness. Every human being has aspects and goals that he aspires to, these goals can be achieved in the near or long-term depending on how much effort and struggle has been carried out, especially in a process to improve quality, ability, physical condition, muscle strength, endurance and endurance. body flexibility. Because essentially sport is an activity that is very important and useful for one's health and fitness. Nugroho (2013)

Then the purpose of the last sport, namely recreational sports, is a sport carried out by the community with a hobby or ability that grows and develops in accordance with the conditions and cultural values of the community to obtain fitness, health, and joy. Every human being has aspects and goals that he aspires to, these goals can be achieved in the near or long-term depending on how much effort and struggle has been carried out, especially in a process to improve quality, ability, physical condition, muscle strength, endurance and endurance. body flexibility. Another advantage of cycling sports activities is that it will avoid traffic jams, gain physical fitness, be fun and not pollute the air. Muhammad Iqbal Arys Agustavian (2013)

However, although there are many benefits of cycling, this sport also has its negative effects if done in excess. In the short term, such as fatigue, muscle aches, back pain, and in the long term, such as joint degeneration, heart disease, sexual disorders in men, and even menstrual disorders. Because basically something that is done in excess will have a bad impact on the body. The intensity of exercise training that is too excessive will usually cause an effect that is very easy or prone to injury because the muscles are still in a state of fatigue. Setiawan (2011)



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Cycling is one of the most popular sports these days during the new normal. During the pandemic, people view cycling as not just a sport, but as an interesting pastime during the pandemic, driving away boredom for people who miss exercise outdoors, until it has become a trend for young people. Of course, one of the reasons is for the sake of social media such as WhatsApp stories, Instagram, even for uploading photos on Facebook.

Methods

In this study, researchers used quantitative descriptive research methods. Quantitative descriptive research was conducted to describe a phenomenon, events, and events that occurred factually, systematically, and accurately. In this study, the authors tried to describe the events that became the center of the study without giving special treatment to these events. The research was conducted to measure the value of the independent variable, either one or more (independent) variables without making comparisons or connecting with other variables. Qualitative descriptive method focuses on observation and natural atmosphere so that researchers go directly to the field, acting as observers. Thus, researchers can describe how interested in cycling sports in the midst of covid-19.

This method carries out a quantitative descriptive approach process which is the main focus of this research, namely to examine the causal relationship of research that focuses on the object of research by conducting a survey method to take research samples from a population using a questionnaire in the process of collecting data. Mukhsin, Mappigau, & Tenriawaru (2017)

Participant

Students of STKIP Pasundan Cimahi Class 2016

Population & Sample

The population is a generalization area consisting of objects/subjects that have certain characteristics and qualities that have been determined by researchers before conducting research to study and then draw conclusions. Purwanti & Dewi (2014).

As for in this research, the material or object of this research is students Physical Education, Health and Recreation STKIP Pasundan Cimahi Academic Year 2016 as many as 1,487 people. In this case the researcher uses an error rate of 10%, because basically in a study it is impossible for the results to be 100% perfect, the greater the error rate, the smaller the sample size. The total population that will be used is 1,478 people who are students of STKIP Pasunda Cimahi. With the slovin calculation formula, the population members taken as samples are 48.6 respondents. In the calculation to produce a fraction (there is a comma) it should be rounded up, this is intended to be safer than the results that are less below it. So the sample used is based on the population above, namely students of the 2016 STKIP Pasundan Cimahi class, namely 49 students.

Instrument



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Please describe in detail the instruments used in the study. Instruments can be questionnaires, The research instrument is a tool used and chosen by the researcher in the collection process so that the research becomes systematic and facilitated by him. The data collection instrument is the method used in the data collection process. The instrument also functions as a tool in using data collection methods, namely facilities that can be realized in the form of scales, objects, observation guidelines, interview guidelines, questionnaires and so on.

Data collection was carried out on 2016 Pasundan Cimahi Stkip Students by using questionnaires. Questionnaire is a statement regarding a problem or field that must be done to be given to Students of the Department of Physical Education, Health and Recreation, Stkip Pasundan Forces 2016. Questionnaire is one of the data collection tools in this study, namely questions or statements submitted to respondents, by collecting this questionnaire it can provide a number of relevant information, in this study, using a closed questionnaire type.

Procedure

The procedure in this study consisted of 4 stages, namely: (1) the preparation stage; (2) implementation stage; (3) data analysis stage; and (4) the stage of making conclusions.

Preparation Stage.

1. Identifying problems, potentials, and opportunities related to interest in cycling.
2. Make observations to the research site.
3. Determine the subject matter that will be used in the research.
4. Make a research design which is then carried out in seminars with the aim of getting meaningful inputs for the research to be carried out.
5. Making research instruments.
6. Judgment of research instruments by experts.
7. Determine and select a sample from a predetermined population.
8. Re-contact the campus to consult the time and technical implementation of the research.
9. Conducting trials of research instruments.
10. Revise and test the revised instrument (if necessary).

Implementation Stage

1. Provide interest questionnaires to students.
2. Conducting interviews
3. Data analysis stage
4. Collect the data obtained.



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5. Processing and analyzing the results of the data obtained which aims to answer the formulation of the problem in this study.
6. Conclusion making stage. At this stage, conclusions are made based on the hypotheses that have been formulated.

Data Analysis

The next step is compiling, processing and analyzing the data. To analyze the data, the researcher used descriptive statistics while the calculation technique was as follows:

1. Find the percentage with the formula:

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

Information:

P: Percentage figures

F: Frequency

N: Number of subjects or respondents

2. Find the average with the formula:

$$\bar{X} = \frac{\sum x}{n}$$

Information:

\bar{X} : Average

$\sum x$: the number of scores obtained

N : Number of subjects or respondents

3. Finding the standard deviation / standard deviation:

$$S = \sqrt{\frac{\sum (x - \bar{x})^2}{n - 1}}$$

Information:

S : standard deviation

\bar{X} : Average

$\sum x$: the number of scores obtained

N : Number of subjects or respondents

4. Finding the maximum and minimum values by looking at the highest and lowest values of the data obtained.



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5. Find the range of the data obtained with the formula: maximum value- minimum value.

6. Find the middle value (median):

$$Me = b+p \left[\frac{\frac{1}{2}n-F}{f} \right]$$

Information:

Me : Searched median

b : The lower limit of the median class, is the class where the median lies

p : median class length

F : The sum of all frequencies with a class sign less than the median class sign

f : Median class frequency

7. Search for the most frequently occurring value (mode):

$$Mo = b+p \left[\frac{b_1}{b_1+b_2} \right]$$

Information:

Mo : Search mode

b : The lower limit of the modal class, is the interval class with frequency the most.

p : Modal class length (interval)

b1 : mode interval class frequency minus interval class frequency closest before.

b2 : mode interval class frequency minus interval class frequency next closest.

8. To give meaning to the existing scores, separate categories were created from five groups, namely very high, high, medium, low, very low. The categorization uses mean () and standard deviation (SD). Categorization is arranged into 5 categories According to Slameto (2001: 186), the formula used in compiling categories can be seen in the following table: \bar{X}

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Table 3. Data categorization

No	interval	Category
1	$\bar{x} + 1.5 SD < X$	Very high
2	$\bar{x} + 0.5 SD < X + 1.5 SD \leq \bar{X}$	Tall
3	$\bar{x} - 0.5 SD < X + 0.5 SD \leq \bar{X}$	Currently
4	$\bar{x} - 1.5 SD < X - 0.5 SD \leq$	Low
5	$X - 1.5 SD \leq \bar{x}$	Very low

Result

This research was conducted at STKIP PASUNDAN CIMAHI, Jalan Permana No. 32 Citereup Village, North Cimahi District, Cimahi City, West Java Province (40512). Before conducting the research, the researcher sent a letter to the STKIP PASUNDAN Cimahi campus to ask for permission to conduct research on the interest in cycling during the COVID-19 pandemic. After obtaining permission from the campus, the researcher determined the time of the study. This research was conducted on Wednesday, November 18 at 08.00 WIB to 22:00 WIB with the assistance of a class leader to distribute Google Form questionnaires to respondents in the WhatsApp group of each class class 2016.

The subjects in this study were students of physical education, health and recreation, STKIP Pasundan Cimahi, class of 2016, totaling 49 people.

Table 1. Research subject data

No	Student	Amount	Percentage
1	Male	42	86%
2	Female	7	14%
Total		49	100%

The data obtained in this study are in the form of scores derived from several factors, namely intrinsic factors and extrinsic factors. Intrinsic factors include drives, desires, needs, goals. While the extrinsic factors consist of the environment, infrastructure. The questionnaire aimed to find out how much interest STKIP Pasundan Cimahi students were in cycling during the covid-19 pandemic, which was filled out by respondents or research subjects containing 33 statements with 4 alternative answers, namely: SS (Strongly Agree), S (Agree), TS (Disagree), and STS (Strongly Disagree). After all the questionnaires are filled and collected, then the score is calculated for each questionnaire.



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Test Results and Data Analysis

The data in this study is the score data from filling out the questionnaire about how much interest STKIP Pasundan Cimahi students are in cycling during the covid-19 pandemic, obtained by distributing the help of the class leader to spread google form questionnaires to respondents in the whatsapp group of each class class. 2016. The data from this study obtained a score consisting of two factors, namely intrinsic interest and extrinsic interest. This section will describe the data as a whole and each factor seen from the average value (mean), median value (median), frequently occurring value (mode), standard deviation, highest value and lowest value. After all respondents filled out the questionnaire, then the score was calculated for each statement item.

Descriptive Statistical Research Results of Cycling Interests Survey Research During the Covid-19 Pandemic Period.

From the results of research on interest in cycling during the covid-19 pandemic as measured by a question questionnaire about interest in cycling during the covid-19 pandemic, which amounted to 33 items with a score of 1 to 4 with 49 respondents. Overall, the maximum score is 132 and the minimum value is 99, the mean is 120, the median is 124, the mode is 132 and the standard deviation (SD) is 12.

Tabel 2. Descriptive statistics

Statistics	Score
mean	120
Standard deviation	12
Maximum value	132
Minimum value	99
median	124
Mode	132
Range	33

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Table 3. Combined score category for cycling interest during the covid-19 pandemic

No	interval	Category	Number of Respondents	Percentage
1	$x > 139.5$	Very high	0	0%
2	$126.5 < X \leq 139.5$	Tall	15	31%
3	$113.5 < X \leq 126.5$	Currently	20	41%
4	$100.5 < X \leq 113.5$	Low	9	18%
5	$X \leq 100.5$	Very low	5	10%
Amount			49	100%

Based on these categories, it appears as many as 0 respondents (0%) stated very high, 15 respondents (31%) stated high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low. When viewed from each category, it can be seen that the interest in cycling for STKIP Pasundan Cimahi students from 2016 during the covid-19 pandemic is in the moderate category.

Intrinsic factors that influence interest in cycling during the covid-19 pandemic

From the results of research on interest in cycling during the COVID-19 pandemic as measured by a questionnaire about interest in cycling during the Covid-19 pandemic, which amounted to 19 items with a score of 1 to 4 with 49 respondents. Overall, the maximum score is 99 and the minimum score is 76, the average is 70, the median is 73, the mode is 76 and the standard deviation (SD) is 8.

Table 4. Descriptive statistics

Statistics	Score
mean	70
Standard deviation	8
Maximum value	99
Minimum value	76
median	73
Mode	76
Range	23

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Table 5. Intrinsic interest score category for cycling during the covid-19 pandemic

No	interval	Category	Number of Respondents	Percentage
1	$x > 82$	Very high	0	0%
2	$74 < X \leq 82$	Tall	20	41%
3	$66 < X \leq 74$	Currently	14	29%
4	$58 < X \leq 66$	Low	6	12%
5	$X \leq 58$	Very low	9	18%
Amount			49	100%

Based on these categories, it appears as many as 0 respondents (0%) stated very high, 20 respondents (41%) stated high, 14 respondents (29%) stated moderate, 6 respondents (12%) stated low, 9 respondents (18%) stated very low. When viewed from each category, it can be seen that the interest in cycling for STKIP Pasundan Cimahi students from the 2016 class during the covid-19 pandemic which was driven by intrinsic factors was included in the high category.

External (extrinsic) factors that influence interest in cycling during the covid-19 pandemic

From the results of research on interest in cycling during the COVID-19 pandemic as measured by a questionnaire about interest in cycling during the COVID-19 pandemic, which amounted to 14 items with a score of 1 to 4 with 49 respondents. Overall, the maximum score is 56 and the minimum score is 42, the average is 51, the median is 52, the mode is 56 and the standard deviation (SD) is 6.

Table 6. Descriptive statistics

Statistics	Score
mean	51
Standard deviation	6
Maximum value	56
Minimum value	42
median	52
Mode	56
Range	14

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Table 7. Extrinsic score category for cycling interest during the covid-19 pandemic

No	interval	Category	Number of Respondents	Percentage
1	$x > 60$	Very high	0	0%
2	$54 < X \leq 60$	Tall	24	49%
3	$48 < X \leq 54$	Currently	11	22%
4	$42 < X \leq 48$	Low	14	29%
5	$X \leq 42$	Very low	0	0%
Amount			49	100%

Based on these categories, it appears as many as 0 respondents (0%) stated very high, 24 respondents (49%) stated high, 11 respondents (22%) stated moderate, 14 respondents (29%) stated low, 0 respondents (0%) stated very low. When viewed from each category, it can be seen that the interest in cycling of students at STKIP Pasundan Cimahi class of 2016 during the covid-19 pandemic which was driven by extrinsic factors was included in the high category.

Discussion

This study aims to find out how much interest in cycling sports during the COVID-19 pandemic. In this case, the researchers took research samples from students of STKIP Pasundan Cimahi 2016 which amounted to 49 respondents. A total of 0 respondents (0%) stated very high, 15 respondents (31%) stated high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low.

When viewed from each category, it can be seen that the interest in cycling for STKIP Pasundan Cimahi students from 2016 during the covid-19 pandemic is in the moderate category. With these results, it means that students' interest in cycling during the COVID-19 pandemic has not been too strong. Because basically interest can be influenced by intrinsic factors from oneself such as encouragement, will, needs, and goals. As well as extrinsic factors from outside such as the environment, infrastructure factors. Sirait (2016)



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Conclusion

Based on the research that has been done, the author concludes that the interest of students majoring in physical education, health and recreation, STKIP Pasundan Cimahi 2016 in cycling is classified as moderate. Evidenced by the data that has been collected from 86% of respondents are male and 14% of respondents are female. Based on these categories, it appears as many as 0 respondents (0%) stated very high, 15 respondents (31%) stated high, 20 respondents (41%) stated moderate, 9 respondents (18%) stated low, 5 respondents (10%) stated very low. When viewed from each category, it can be seen that the interest in cycling for STKIP Pasundan Cimahi students from the 2016 batch during the COVID-19 pandemic is in the moderate category. This is influenced by extrinsic factors, what, when viewed from the results of calculations and categories, obtained a result of 49% which when compared to the intrinsic value only obtained a value of 41%. This makes students' interest in cycling in the moderate category due to infrastructure, environmental factors and also limited costs in buying cycling sports equipment.

Acknowledgment

This research is realized that during the process there must be many obstacles and obstacles. This is not due to intentional factors, but there are limitations in the study.

Some of the limitations experienced in the study are as follows:

Location Limitations

This research was conducted only for students majoring in physical education, health and recreation, class of 2016 STKIP Pasundan Cimahi.

Limited Time

Time also plays a very important role, and this research was only carried out for 7 days. This has implications for the distribution of questionnaires to respondents.

Communication Limitations

Researcher communication to informants is also important in this study, because in this study researchers could not communicate directly with informants to distribute questionnaires because there were several factors such as the COVID-19 pandemic and large-scale social restrictions that were re-imposed by the government.

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