



# PROCEEDINGS

## THE 1<sup>ST</sup> YOGYAKARTA INTERNATIONAL SEMINAR ON HEALTH, PHYSICAL EDUCATION, AND SPORTS SCIENCE.

*Evidence-Based Practice of Sports Science in Education, Performance, and Health.*

October 14<sup>th</sup>, 2017. Eastparc Yogyakarta, Indonesia



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# YISHPESS PROCEEDINGS

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## **OPENING SPEECH**

As the Dean of Faculty of Sport Sciences Universitas Negeri Yogyakarta, I would like to welcome and congratulate to all speakers and participants of the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) 2017 entitled "Evidence-Based Practice of Sport Science in Education, Performance, and Health".

This international seminar is actually an implementation in the framework of the assessment of the achievements and sports culture in society that can support the achievements of the Indonesian people, so that there will be a significant role of practitioners, academicians, sport people, and sports observers from Universities, Institutions and Sports Organizations to help actively facilitate in the development, assessment of innovative sports science development so as to achieve sport achievements at the National and International level.

Finally, we thank all the committee of YISHPESS for their hard work in organizing this activity, and congratulate the invited speakers and all participants. Hopefully, this seminar is significant for the development of physical education, health, and sports sciences.



**Dean of Faculty of Sport Sciences,**  
Universitas Negeri Yogyakarta

**Prof. Dr. Wawan S. Suherman, M.Ed.**


## **PREFACE**

*Alhamdulillahirobilalamin*, thank Allah the First Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) has been prepared well and on time. With all humility, we welcome and congratulate the speakers and participants of Yogyakarta International Seminar on Health, Physical Education, and Sport Science (YISHPESS) organized by the Faculty of Sport Sciences, Universitas Negeri Yogyakarta.

The YISHPESS 2017 is designed to updating and applying evidence-based practice in sports science aspects, including: education, performance and health. We hope that the invited speakers of this seminar can reduce the gaps between academic and field to get best output in the daily sport and health practices.

We would like to thank to Rector and the board of Universitas Negeri Yogyakarta for supporting this seminar come true. Praise and be grateful to the Lord, so that this proceeding can be issued. Hopefully, the publication of this proceeding can bring benefits to the participants in particular and readers in general.

Yogyakarta, October 14<sup>th</sup>, 2017  
Chairperson of the Committee



**Dr. Or. Mansur, M.S.**

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## SURVEY OF THE LEISURE TIME ACTIVITIES OF THE STUDENTS OF FACULTY OF SPORTS SCIENCE, UNIVERSITAS NEGERI YOGYAKARTA

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### Abstract

**Objectives:** The objective of this study was to investigate the leisure time activities of the students of Faculty of Sports Science, Universitas Negeri Yogyakarta.

**Methods:** This study was an observational study which used a questionnaire as a research instrument. The population of this research was the students of the Faculty of Sports Science which consists of students from Sports Science Study Program; Coaching Education Study Program; Physical Education, Health and Recreation Study Program, and Elementary School Physical Education Teacher Education Study Program. The sampling technique of this study was simple random sampling. There were 201 students participated in this study. The data collection technique used a closed-questionnaire, in which the students choose the most suitable option with themselves. The data were analyzed using a quantitative descriptive analysis in form of percentage.

**Results:** Results shown the using of leisure time related to free activities were for playing (72%), doing favorite sports (97%), doing art activities (58%), visiting friends (88%), playing gadget (91%), adding sleep time (88%), adding study time (76%), enjoying time (87%), and watching TV (76%). Furthermore, the using of leisure time to enhance skills as a students were for visiting library (39%), joining extra courses (24%), reading newspaper (41%), having a discussion (70%), doing group tasks (54%), and increasing understanding of courses (55%). Related the using of leisure time for community, the students used their leisure time to get involved in organizations (62%), get involved in organizations on the campus (31%), get involved in organizations in the village (46%), get involved in religious organizations (18%), and get involved in scout organization (7%). For the use of leisure time regarding to promote themselves as a college students, the students used their leisure time for watching sports games (97%), joining sports games (88%), trying to get involved in games (73%), doing sports (945), and are proud to be a sports science students (96%).

**Conclusions:** The leisure time of the students of the Faculty of Sports Science of UNY was utilized meaningfully and positively, although not optimally. The institution should have periodic guidance and monitoring. The students should understand this better and select leisure time activities which support their main duty as students.

**Keywords:** college students, leisure time

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### INTRODUCTION

Generally, time usage depends on a person's interests. Time will keep running until the end of days and has been set by its creator, Allah. In [www.wikipedia.org](http://www.wikipedia.org), "time is the entire series of moments when process, action or action takes place or happens." Time is an interval between two conditions/events, or the length of time an event takes place. According to Christopher (1992: 4) the French call *leisure* as *Loisir* meaning free time. According to Maslow (Soekidjo, 2007: 224), one's needs are classified based on priority scale into several stages; (1) physiological needs, (2) safety needs, (3) social/affiliation needs, (4) esteem needs, and (5) self-actualization needs. Jensen (1977: 2) states that time in a day is classified into three which are; working time (economic requirements), self-care time (biological requirement), and spare time (leisure time). Working time is time used to fulfill life necessities, such as earning a living, while for students working time is time used to study at school. Self-care time is time to take care of oneself to look proper such as; resting, eating, drinking, and improving appearance. Leisure time is remaining time besides to work and take of oneself. Christopher (1983: 5) classifies leisure time into true leisure and enforced leisure. True leisure is the



real spare time which we can use in any way we want. Enforced leisure is forced spare time such as sickness or unemployment.

Time cannot be stored and searched, but it must be utilized. Time will keep running indefinitely. Someone who can manage their time well masters life and is able to utilize time for various things in their life. Conversely, someone who cannot use time wisely will always be disadvantaged and will not get a replacement. In Al-Quran in *Al-Ashr* (103): 1-3, Allah says, “by time, indeed mankind is in the loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience.”

College students have the same opportunity to use their time to do various activities on the campus and the society. Within 24 hours, students join lectures for around six (6) to eight (8) hours, take care of themselves for eight (8) hours, and use their leisure time freely for eight (8) hours a day. So, they perform activities they want, activities expected by the society, activities to enhance their skills as students, and activities for promotion as students.

In the academic regulation of Universitas Negeri Yogyakarta, one credit (1 sks) consists of 50 minutes of meeting lecturer, 60 minutes of performing a structured task, and 60 minutes of performing independent task or self-enrichment. So, if a student uses their time optimally, they will go to lecture and learn for 8 hours, sleep, bathe, etc. for 8 hours, and have spare time for 8 hours.

Based on cursory observation, in average, students graduate in over four years although the curriculum allows them to finish their study in four (4) years. The question is how do students use their time to finish their study? Especially, while studying, they have Academic Advisor (PA). Based on this description, it was identified that the use of leisure time of the students of Faculty of Sports Science of UNY was poor and not optimal, their awareness in developing their knowledge outside of their class was low, and their utilization of their leisure time should be reviewed. Therefore, this study only discusses the time utilization of students outside of time for joining lectures and time for self-care. Leisure time means they are free to use it any way they want but it should be useful for themselves and their environment. The problem was determining the usage of leisure time of the students of Faculty of Sports Science of UNY. The study was performed to determine the utilization of leisure time of the students of Faculty of Sports Science of UNY.

## **METHOD**

This study is an observational study which used a questionnaire to collect data. The study describes student's usage of leisure time outside of classroom and self-care in a certain period. The variable in this study was the utilization of leisure time, i.e. true leisure time which is leisure time to be used freely in any way one wants. Utilization of leisure time is activities outside of lecture time and self-care time. The activities were measured by questionnaires with the indicators of free usage of leisure time, usage of leisure time for the society, usage of leisure time to enhance skill, usage of leisure time for promotion as a college student. Arikunto (1998: 115) states that the definition of population is the entire research subjects. In this study, the research population was the students of Faculty of Sports Science of UNY, consisting of IKOR, PKL, PENJAS, and PGSD Physical Education study program students. The sampling technique was simple random sampling. The total sample was 201 students. The instrument was a questionnaire. Arikunto (1998: 140) states that questionnaire is a number of written questions to gain information from respondent on themselves or things they know. According to Sutrisno Hadi (1991: 7) there are three main steps to prepare instrument which are; defining construct, investigating factor, and preparing question items with outline of free usage of leisure time, usage of time to enhance student skill, usage of leisure time for the society, usage of leisure time for promotion of main duty. Data was collected by a closed questionnaire which is questionnaire which contains answers, so respondents only have to select answers by leaving checkmark on the corresponding column. The analysis technique was descriptive quantitative presented in percentage. Percentage (P) was calculated by dividing cumulative frequency (F) by total respondent (N) multiplied by 100%, using equation:  $P = F/N \times 100\%$ .

## **RESULTS AND DISCUSSION**

The research results were described in detail, i.e. free usage of leisure time based on four categories of the background of usage, which are the free usage of leisure time, usage of leisure time to enhance skill, usage of leisure time as expected by society, and usage of time for self-promotion. According to Hartoto (1983: 40), utilization of leisure time based on activity location are indoor and outdoor activities. Indoor activity is an activity performed inside building, e.g.; indoor sport, art performance, hobby, music, etc.. Outdoor activity is an activity performed outside of the building, e.g.; outdoor sport, hobby, music, art, etc.. Nearly all activities can be classified in these categories, the difference is the location. The research results are described below:

#### 1. Free usage of leisure time

Based on the research results, 72% students liked playing outside of college hours, 97% students had sport as their hobby, 58% students performed arts when they had the opportunity, and 88% students visited their friends. A number of 91% students used their leisure time freely to use their cell phone, 88% students used their leisure time freely to nap, 76% students used their leisure time freely to study, 87% students used their leisure time freely to relax with friends and 76% students used their leisure time freely to watch TV.

Considering the research result, a college student is a student studying in college. Generally, college student's obligation is finishing study various knowledge to develop intellectual intelligence, emotional intelligence, and spiritual intelligence within a set period. Undergraduate students take 144 credits in four years. According to academic regulation, one credit (1 sks) consists of 50 minutes of meeting lecturer, 60 minutes of performing a structured task from the lecturer, and 60 minutes of performing the independent task.

Based on student's free usage of leisure time, most students use the time for positive activities for themselves and their environments. This fact is in line with the recreational principle that all human have the same opportunity to use leisure time in any way they want. However, some students used time freely to nap. It was a significant loss because they had slept enough at night. It supported Al Qurans *Al Al-Ashr* (103): 1-3, Allah says, "by time, indeed mankind is in the loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience." However, well studied closely, this is understandable because students of Faculty of Sports Science also practice sports besides theoretical lectures, so they were tired and needed rest.

#### 2. Usage of leisure time to enhance skill

The research results showed that 39% students used their leisure time to enhance their skills by visiting library 1-3 times a week. 24% students used their leisure time for courses and 41% students used their leisure time to read the newspaper. 70% students used their leisure time for discussion and finishing group task. 54% students used their leisure time for discussion when there was an opportunity, i.e. when there was an assignment. 55% students used their leisure time to study.

The research result illustrated that student's opportunity to study in the library was not used optimally. Only 39% students visited the library. The analysis showed that every subject did not require being discussed and finished using books in the library, but using skill practice in the field and or electronic books. On the other hands, lecturers did not demand students to go to the library to look for material and enrich their insight in learning.

The habits of going to the library, taking the course, reading the newspaper, and having a discussion with friends were under 50 %, meaning the students were not really able to use the opportunity to add activities outside of college hours. So, they relied on the knowledge they gained from their lecturers. According to Monks (1999) in [www.library.usu.ac.id](http://www.library.usu.ac.id), a college student is a teenager who studying in college. According to Kartono on the same site, college time is full of challenges, demanding students to determine their attitudes and choices, as well as demanding ability to adapt. Therefore, students should use their leisure time to enhance skills which support their main duty as college students of sports science.

### 3. Usage of time for the society

The research results showed that 62% students used their leisure time for the society to join the organization, 46% students used their leisure time to join the organization in the village, 18% students used their leisure time to join the religious organization as RISMA, mosque staff, head of department, section and network head, female Muslim affairs, treasurer, security. A number of 7% students used their leisure time to join scout as Bayangkara, BMP guide, vice chairman, scout board, scout guide, cub scout.

Using leisure time for the society meant that students used their leisure time for activities outside out college hours and or in accordance with the demand of the society they live in. The activities included being administrators of a student organization, student cooperative, youth organization, religious organization, etc.. Students desire to join organization was moderate. It meant usage of time for social activities was quite positive. According to the Department of Education and Culture (1997: 28), "From a recreational activity, many positive values for physical, psychological-emotional, intellectual/educational, and spiritual growth and development can be found."

### 4. Usage of leisure time for promotion as student

The research results showed that 97% students used their leisure time to watch sports match, 88% students used their leisure time to join sports match, 73% students used their leisure time to try to be involved in a sports match, 94% students used their leisure time to work out in a week, and 99% students were proud to be sports student.

According to Maslow (Soekidjo, 2007: 224), one's needs are classified based on priority scale into several stages; (1) physiological needs, (2) safety needs, (3) social/affiliation needs, (4) esteem needs, and (5) self-actualization needs. Physiological needs are needs to survive, so this is the primary need of every human. Safety needs are broad because it could be safe from the physical or psychological threat of human, nature, etc.. Social needs are needs to integrate into an environment. Esteem needs motivate someone to unleash their skills maximally. Self-actualization needs are ones need to always enhance their personal abilities. The research result showed that almost all students of faculty of sports science were proud to be sports students. This was signified by their involvement in sports activities passively (as spectators) and actively (participant of sports match and or competition.)

## CONCLUSION AND SUGGESTION

Based on the results of analysis and discussion, it is concluded that free usage of leisure time, usage of leisure time to enhance skill, usage of leisure time for the society, and usage of leisure time for promotions student, were utilized for positive activities, although not optimal. The institution should have periodic guidance and monitoring. The students should understand this better and select leisure time activities which support their main duty as students

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