



Semarang Citizens' Culture And Psychosocial Behavior In Physical Activity At The Fitness Center

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Abstract

With the lack of public knowledge in physical activities, some people worry and excessively do not have self-confidence. Everyone has different attitudes, behaviors, personalities, and needs. The purpose of this study is to determine the culture and psychosocial behavior of Semarang City's citizens in carrying out physical activities at the fitness center. This study was done using the qualitative method. The purposive sampling techniques were used to determine the respondent and the data sources obtained from 29 respondents. The data was collected using observation, documentation, and interview techniques. Source triangulation, method triangulation, and peer discussion were used to check the validity of the data. Meanwhile, the data analysis procedure was done through the stages of various data sources, namely observation, interviews, and documentation. The result of this study is that the culture of doing physical activity in the fitness center of West Semarang District has moral, attitude, and physical aspects. For psychosocial, there are psychological and social aspects. From Ericson's eight stages of development, there are three groups of age stages, namely stage V Adolescent (12-20 years), stage VI Early Adult (20-40), and stage VII Middle Adult (40-65).

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INTRODUCTION

Sports science studies sports phenomena, and those who exercise are humans, therefore sports science has a very complex study dimension in line with the complexity of human existence. Sports Science developed

from the predecessor sciences that studied humans in their various sizes by focusing on humans who carry out sports activities, sports that are carried out, and all the intricacies accompanying them to provide solutions to human health problems both for athletes (Kim, 2019) and non-athletes (Almeida Marinho, D., & Pereira Neiva, 2020) (Haglund, 2020) Human

and culture are two unseparated things that create a living together. Humans gather themselves into the socio-cultural unit, become a citizen. Human citizens give birth to, produce, enhance, and enhance culture: there is no human without culture, and vice versa, there is no culture without humans; there are no citizens without civilization, there is no culture without citizens (Kistanto, & Nurdien, 2017).

Physical activity is divided into three levels, namely low, medium and high. Along with the development of technology, everything is now more accessible and more practical, supporting to speed up doing a job (Hasan et al., 2020). A dynamical lifestyle change in carrying out physical activities or sports is one of the factors in reducing a person's fitness level to be lower.

The development of communication and transportation technology has resulted in changes in humans' innate nature who are actively moving to be replaced by gadget activities. Video games make people less likely to move, so that it has an impact on decreasing physical activity (Kusuma, 2013 cited in (Moh Nanang Himawan Kusuma, Muhamad Syafei, 2019)). "Global issues related to a healthy lifestyle, one of which is physical activity, has become a reference for many countries and institutions always to advise the public to become more active in sports activities, by doing sports activities. Sports institutions in Indonesia in general and Central Java and Semarang in particular also use the global issue of a healthy lifestyle as a reference for developing programs and as a purpose of

various activities." (K.S., 2010). The development of the globalization era has changed the human point of view and gave birth to new habits that do not agree with a healthy lifestyle. People are competing to create a variety of fully automatic equipment which takes over almost all the work done by humans. The lack of movement (hypokinetic) can cause various degenerative and non-inflammatory diseases. Dealing with this matter, citizens can try different sports activities, such as aerobic exercise and sports games (Agus, D., Tommy, S., Dwi, T.P., 2021). However, because the citizens usually work on weekdays, including Saturday, thus the appropriate time to try those activities is on Sunday.

Sports activities also significantly affect and have a significant role in physical fitness. Moreover, these activities indeed contribute to the component of physical fitness. Sports activities must still be adjusted to a person's age, for example, the type of activity, safety aspects, and the equipment used.

There are three impactful aspects of participation in sports, namely the people aspect, the area aspect, and the socio-cultural aspect. Health sport is a sport that can specifically improve the health status of the performer. It does train not only the physical part but also reach the spiritual and social aspects. The community's acknowledgment in sports supports the development of intelligent, healthy, skilled, challenging, competitive, prosperous, and dignified people and communities (Prasetyo, 2013).

Nowadays, socio-cultural growth in sports has created social phenomena that affect the dynamics of the socio-cultural interactions of citizens. This is in line with the development of sports, which is hoped to grow in harmony with the culture many of the responses of educational figures which after that resulted in human civilization.

Sporting is a series of continuous and planned exercises that the performer carries out consciously to improve their functional abilities. Physical activity is any body movement produced by skeletal muscles that increase energy expenditure above the basal level (rest level). Physical activity, primarily, can contribute to maintaining a large quality of life, which is directly related to improved health. Everyone is obliged to protect health and protect physical fitness (Pomorskiej and Medycznej, 2014).

Maintaining their health, keeping active, and having a healthy lifestyle, of course, they will keep conditions to stay fit and avoid various kinds of diseases and viruses that are not known to roam around their homes and surroundings (Ahmad Taufik Ali, Encep Sudirjo, 2021). Based on the explanation above, physical activity or sport is an activity that exercises the body in an orderly, planned, and sustainable manner to improve functional skills. The American College of Sports Medicine (ACSM) recommends cardiorespiratory exercise and resistance training to improve physical fitness and health, flexibility or flexibility exercises to maintain range of motion, neuromata training, and

various activities to maintain and improve the physical condition to reduce the effects of falling ill, especially for elderly. Bort wrote in 1983 in the Journal of the American Medical Association as follows: "There is no current or future drug that promises to consistently promote and maintain better health than a regular life of exercise" (Garber et angkatan Laut (AL), 2011).

As an initial study by researchers, the results of initial observation at Flozor's Gym formulated the demographic number of respondents 72 people, showed that the percentage of men was 79.2%, women 20.8%, age ranged from 15 to 56 years. In addition, 68.6% agree from some respondents, and 31.4% disagree about the fitness center as an option in doing sports. Through a survey in the form of google form distribution, the respondents shared positive and negative perceptions regarding exercising at the Fitness Center. There is also an optimistic assumption that "people who have big and muscular bodies look fitter, have a better appearance, and seem appropriate when wearing any clothes. It is normal and natural for a person who has a muscular body to carry out physical activities at the fitness center, especially if the goal is to set an example for exercising; thus, their health is maintained. For example, someone will get optimal results through a good diet and regular exercise. Besides, it can be used to get achievements for people who excel. People who have physical fitness will appear good looking". On the other hand, from an opposing point of view, "it takes a lot of funds to be

spent on members of the fitness center. There is a perception that the body will look less good or loose when you finish or stop weight training. When they do weight training, it causes their body to be muscular (masculine). Stereotypes of people always associate people with big and muscular bodies having an LGBT orientation, and muscular people seem a bit scary that they have a fierce impression and so on".

The fitness center is necessary because one does not need to look for time off, does not need much time, and can be adjusted to exercise. In this place, they can exercise safely because various types of equipment are suitable for their needs and modern. Therefore, a fitness center is introduced that fits their finances and describes how vital understanding is in carrying out physical activities and sports.

METHODS

This study benefited from an ethnographic qualitative descriptive analysis method. The respondents of this study were determined using purposive techniques; they were directly involved in physical activities at the fitness center (West Semarang). There were 29 respondents in this study, including 1) two owners and managers, 2) three instructors, and 3) 24 fitness members. The data collection techniques used were observation, interviews, and documentation. The data validity of this study used source triangulation, method triangulation, and peer discussion. Meanwhile, the data analysis procedure was done through

the stages of various data sources, namely observation, interviews, and documentation.

RESULTS AND DISCUSSION

Result

The background of this study is the culture and psychosocial behavior of Semarang City's people in carrying out physical activities at the fitness center of West Semarang district. Every place or community certainly has its background and purpose of establishing a business for sports. On the other hand, the community naturally has a rule and entrenched values.

The function of rules in the fitness center is to maintain attitude and manners, maintain cleanliness, and maintain equipment or facilities in the gym. It is related to everyone's needs and comfort during exercise. They should adjust themselves when exercising at the fitness center. For instance, they must maintain good manners, both in communicating and dressing style, get to know each other, greet each other (easy to mingle). Appearance is essential because it is related to work, and appearance is the vital thing judged by others.

The attitudes or actions they take at the fitness center regarding deviant behavior and violating the written rules will be reprimanded or reminded politely so that the person concerned is not offended and condemned through other people's intermediaries or deliberation. Also, they have a responsible attitude or awareness of what they do. For example, they are responsible for cleaning and returning to their original place after using a

load or tool. In addition, they have a caring attitude towards their fellow members.



Picture 1. Rules at the fitness center (source: researchers,2021)

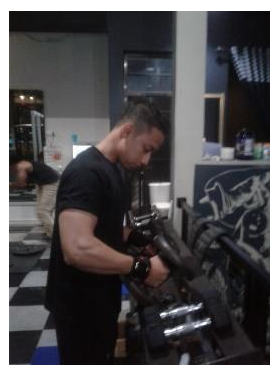
If deviant attitudes or actions are done at the fitness center and violate the written rules, they will be reprimanded or reminded politely; thus, the person concerned is not offended and condemned through third parties or discussion. In addition, they have a responsibility or

awareness of what they are doing. For example, after using a weight or tool, they are responsible for cleaning and returning it to its original place. They also care for other members.



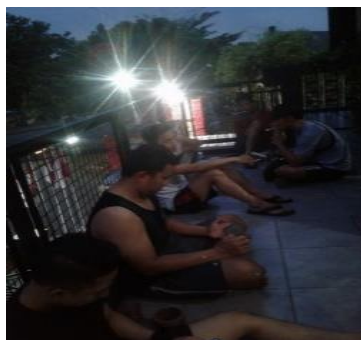
Picture 2 Helping each other during exercise (Source: researchers,2021)

The self-image obtained after doing fitness sports activities is slightly different from people who do not do fitness sports. For example, the body looks fitter and cooler, and the level of self-confidence increases in socializing. There is a hope of an image of the ideal body in general and in the future, which are fit body, proportional, and overly muscular.



Picture 3 Returning the Dumble after using it (Source: researchers,2021)

The data of the statement and observation showed that there is a value of mutual help among fellow members during practice. However, the observation data revealed there are still members who are not aware of it. For example, after using weights, sometimes people refuse to return them because one of the gyms does not have a fitness instructor.



Picture 4 The presence of cultural values and psychosocial of fitness members in west Semarang district (Source: researchers,2021)

Discussion

Culture is a guideline for people's lives as a general and comprehensive reference in dealing with the environment and meeting community members' needs to support the culture. It means that culture in a society has a particular value system used as a way of life by the people who support it.

Culture has three forms, 1) culture is a complex idea, values, norms, rules, and so on. Its abstract nature cannot be touched or photographed. It is located in the heads or minds of the community's citizens where the culture concerned developed. 2) The form of culture is a complex of patterned activities and actions of humans in society. This second form is called the social system, which concerns the patterned actions of humans themselves. As a series of human activities in a society, the social system is concrete, occurs around us every day, can be observed, photographed, and documented. 3) The form of culture as objects made by humans. The third form of culture is called physical culture. It is in the form of all the physical activity results and the deeds and works of all humans in society.

Fitness sports culture in Semarang City, West Semarang district, is a culture of the fitness members. This knowledge system has ideas contained in the human mind so that in everyday life, the culture is abstract. At the same time, the abstract embodiments are objects created by humans as cultural beings, in the form of behaviors and things that are real, for example, patterns of behavior, social organization, religion, art, sports, traditional games, and so on, all of which are used to help humans in carrying out social life.

Moral norms measure the right and wrong of human action as a human being. The moral is related to standards and rules that are rooted in self-control. While the word honest itself comes from mores in Latin which means procedures in life, customs, and habits. Moral behavior is behavior by the values/traditions that exist in a group. In society, there may be various kinds of boundaries regarding moral values; this is much influenced by the cultural factors of a social group or organization (Khoirot, 2012). Physical appearance is the first thing seen when someone interacts with other people. Therefore it is not surprising that every

individual is very concerned about their physical appearance (Papalia, 2015). Sedangkan menurut (Rohaeni, Hikmah, and Rahmayani, 2018) personal appearance (grooming) is very important in everyday life. Since everyone surely wants always to look harmonious and attracts the attention of others. An attractive appearance reflects one's personality.

Attitude is a pattern of behavior, anticipatory tendencies or readiness, predisposition to adjust to social situations, or simply a response to coordinated social stimulation (Basuki, 2019). Human attitudes are the main predictors of daily behavior (actions), although other factors, namely the environment and one's beliefs. By knowing a person's attitude, one can predict how the response or behavior that the person concerned will take. However, not all attitudes can affect a person's behavior. Consideration of the positive and negative impacts of an action plays a role equally in determining whether a person's attitude becomes a natural action or not (Mahmuda, 2016).

Body image includes a person's thoughts, perceptions, and thoughts about their body. Usually, it estimates body size, evaluation of the body, and emotions related to body shape and size. This allows body image to affect a person's interpersonal relationships. According to (Basuki, 2019) body image is a reflection of the body's shape, which includes the dimensions, form, and appearance of the body itself. Body image is subjective because it is influenced by social factors and the social

experience of each person that makes a person feel satisfied or dissatisfied with body parts and the appearance of body shape in general.

When someone considers their physical condition is unequal to their ideal concept, it makes them feel physically deficient even though, in the eyes of others, it is deemed to be attractive. The gap that is too far between the bodies perceived by the ideal image causes a negative assessment of the body; this makes them less confident. It results from a negative evaluation of the body image, not the ideal image (Denich & Ifdil, 2015).

The term psychosocial is a combination of psychological and social. Sports are done for physical fitness and health and reach political, economic, social, and cultural aspects. Sociopsychologically, marks can be considered social institutions that exist in society. The psychosocial behavior of the fitness members in West Semarang District (Semarang City) was found out by observation, interviews, and documentation by the researchers.

The interviews data related to psychosocial of the fitness members in the West Semarang District (Semarang City) regarding the psychological aspect is a process within a person that takes place in the social scope to affect the individual. It can be concluded that the fitness members in adolescence, early adulthood, and middle adulthood have things in common. For instance, they have excellent and harmonious relationships and communication, which is supportive because it is positive. Then there is a

difference between feelings and self-assessment.

Many relationships are obtained during a physical activity at the fitness center, such as friendship and close friends and family. Besides doing exercises, they also chat with people at the fitness center to maintain the relationship. In addition, to get a friend, they believe it can be done by communicating intensely, getting together often, and exercising not only in one place.

Sports are done for physical fitness and health and reach political, economic, social, and cultural aspects. 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 the people who participate intensely and link skills, cognition, attitudes, behaviors, and values. A person's routines or habits in sporting activities impact their social behavior, such as role behavior, behavior in social relationships, good expressive behavior in interacting with friends, and their actions in carrying out sports activities at the fitness center. In carrying out sports activities that are intense or habitual, both positive and negative behavior will appear, namely courageous nature, power, nature of the social initiative, friendly personality, sympathy, competitive, aggressive character, calm temperament, teamwork, calmness in playing, and sportsmanship (Cendra and Gazali, 2019).

Behavior is influenced by several aspects such as customs, attitudes, emotions, values,

ethics, power, power, and genetics (Adliyani, 2015). Ego equality is a conscious feeling developed through social interaction. According to Erikson, the development of ego can also change according to new experiences and information obtained by the individual in interacting with others. It can also develop different coping abilities with each adjustment demand from society. Erikson also believes that motivating, attitudes, and actions can help psychosocial development.

Psychosocial is a condition that occurs within individuals, including psychological and social aspects, so that the two elements are interrelated. Of course, this is closely related to carrying out physical activities at the fitness center.

Below are described the findings seen from all the elements in the psychosocial behavior aspect of the community in carrying out physical activities at the Semarang City fitness center. People who do physical activity at the fitness center are divided into three groups of steps based on age, namely:

Stage V Adolescent (12-20 years)

This stage is in the fifth position of "Identity versus Role Confusion," children begin to enter adolescence, where their identity in the social sphere and the world of work begins to be found. It can be said that adolescence is the beginning of the search for self-identity so that children are at the stage of crossing between childhood and adulthood.

Stage VI Early Adulthood (20-40)

This stage is in the sixth position, "Intimacy versus Isolation," closely related to

affectionate relationships with other people or partners. The early adult developmental task of establishing intimate relationships is related to the crisis of intimacy versus isolation. If at this early adult stage cannot form this commitment, the individual will feel isolated and self-absorbed. Intimacy is an experience characterized by closeness, warmth, and communication, which might involve sexual contact.

Stage VII Middle Adult (40-65)

This stage is in the seventh position, "Generativity versus Stagnation," a person continues to build a life or explore self-identity, where many things become a lot of questions when a person has entered adulthood, has responsibilities as they should, build partnerships, work, build relationships, and self-establishment. According to Ericson, in this stage must have hope, willingness, progress, competence, loyalty, and love to care for the people they care about, and a sense of caring is not a duty or obligation but a natural impulse, which arises from the conflict between generativity versus stagnation or self-adherence.

The presence of physical activity at the fitness center healthy lifestyles can be obtained continuously, and in the modern era in some ways, one of them is the fitness center. It can be used to exercise that develops amid urban society. The lifestyle of the people of West Semarang District is divided into various groups of ages, teenagers, adults, adults, and even the elderly.

Fitness Sports Activities as a Fulfillment of Cultural Values and Psychosocial Behaviors. **First**, the fitness center in the West Semarang District environment is at an affordable price, easily accessible to the public with adequate facilities, a safe and comfortable environment.

Second, a safe and comfortable situation can educate people to participate in physical activities at the fitness center, the performer can fulfill the needs of cultural values and psychosocial values in carrying out physical activities at the fitness center, which are carried out three to five times per week, both individually, groups, communities, or with family, couples and so on.

Third, the existence of a fitness center as a place for sports that is comfortable, enjoyable, and also a good location has indeed been known from time to time, so this business is undoubtedly worthy of being developed into an alternative fitness sport business.

Furthermore, when viewed from environmental conditions, the fitness center is a place to exercise mainly outdoors. However, some are outdoors and offer various fitness training programs with the latest equipment and facilities.

Fifth, over time, there are many communities that they have formed, especially the community for fitness lovers (fitness mania).

Sixth, the performers who carry out activities at the fitness center can build a new atmosphere in social interaction regardless of differences in social status, can help each other,

greet, and joke that cannot be separated from the natural context.

Seventh, in general, doing sports at the fitness center of West Semarang District can function as a unifier in social interactions in the community without recognizing status and differences, feeling of mutual respect, maintaining a conducive environmental situation. Hence, people can build the image of a modern human who can view fitness sports as a lifestyle in a dignified society.

Fitness exercises can provide culturally and psychosocially valuable benefits, Two benefits of fitness sports have cultural values. The performers, who do sports in a fitness center, must surely follow the rules written in a community. Besides, it makes the performers sportier, honest, responsible, and respects themselves.

Sports Fitness Goals and Benefits

There are several goals for a person to carry out sports and fitness activities, namely: **Healthily**, the performers who do fitness sports or start sports for health reasons. **Shaping**, the performers who do fitness sports want to get the ideal body according to their views or others. **Sport**, the performers who do regular fitness sports to increase stamina, or athletes who want to improve their performance. **Strength**: The performers who do fitness sports aim to increase body strength.

Maintaining physical fitness is very important because fitness sports have many benefits for the human body, namely: **It prevents osteoporosis**, a type of bone disease that is often experienced by the elderly because

of low bone mass, micro-architecture of bones, and a decrease in the quality of bone tissue that can cause bone fragility. **Fat burning**, exercise will burn fat, no matter how small the training is, there must be fat burning in our bodies. Being overweight or even obese has a risk that decreases sports performance and even can cause disease. Diseases that can arise from obesity and even obesity are degenerative diseases (Haryanto et al., 2021)

Physical strength, in doing exercises and fitness programs and gaining body shape and weight loss, physical strength, and muscle mass will increase according to the portion of the training performed. **Reducing the risk of disease**, physical activity is essential to prevent or manage the prevalence of chronic conditions such as type two diabetes, especially among people in high-risk populations. In addition, experts suggest that physical activity participation can be culturally encouraged ((Tshiswaka et al., 2018).

Detoxification, in addition to building physical and strength training, a fitness program that is carried out regularly, will help the detoxification process, removing toxins from the body that can naturally come out through saliva, urine, and breath.

There is a benefit of social support from employees, group classes, and other members. A study revealed that social support was positively related to physical activity levels among adolescents, even if this review focused on physical activity in general. Along with this study, it is reasonable to hypothesize that fitness centers can help members increase their

motivation to use fitness centers if they facilitate more opportunities for social interaction (Riseth et al., 2019).

Many people often say a fitness center is a gym that is a place where exercise equipment is provided for physical exercise. Adults' intermediate portion per week is at least 150 minutes of moderate-intensity physical activity or 75 minutes of high-intensity physical activity. On the other hand, children must participate in at least one hour of moderate or high physical activity per week (Chritianty, 2015).

Maintaining physical fitness is very important because fitness sports have many benefits for the human body (Danang et al., 2020), namely: **Increase Metabolism**, fitness exercise will help the metabolic process to be maximal. **Preventing stress** by doing regular physical exercise will help the body melt stress and hold back anger. **Increase concentration**. With increasing age, memory and concentration will decrease. **Breathing Exercise** is one way to practice breathing recommended by many professionals. **Foundation for Healthy Living**: By doing regular and continuous exercise, people can build a strong foundation for living a healthy life. **Forming a Fuller and Ideal Body**, fitness sports activities will burn more calories and enlarge muscle hypertrophy. There are changes in body shape due to exercise, and calories in the body become more balanced.

When the physical activity carried out is not balanced with a good diet, and the somatotype that is owned is also not following

the sport, this will affect the achievements that the athlete can achieve (Dwiyanti, 2020)

Improving Mood, anxiety, stress, and depression can all be overcome with fitness exercise because it can provide pleasure, satisfaction for the performers. **Lifestyle**, fitness sports in developed countries have become a lifestyle. The increasing public interest in a healthy lifestyle can be seen from the number of people who do sports activities: fitness. **Anti-Aging**, fitness exercise is an aerobic type of exercise that is one of the secrets to keeping performers young, burning calories, fat, and sweating. It also helps increase the elasticity of muscles and skin to look brighter and glowing.

The benefits of fitness sports are not only for physical health but also for balancing the mental state of mental health for the performers, namely: **Excited All Day**, it feels very unpleasant if when we wake up, our body feels weak and lethargic or not excited, and doing activities unpleasantly. **Work productivity**, one's work productivity can be obtained because of the impact of doing regular fitness sports. **Increasing Confidence**, fitness sports help the performers become more ideal, contained, and look like role models, which makes them motivated.

Having Many Relationships, fitness exercise is more fun if done together, so we can get acquainted with many people or various circles and share information in multiple ways to establish a closer relationship, add friends, and even work. **Becoming a More Enthusiastic Person**, feeling more confident,

neutral, but the fact is that there are still many people who do not do sports activities, especially fitness that done regularly because fitness routines require a big commitment, it takes a struggle to overcome this feeling of laziness. **Avoiding stress**, fitness exercise, as mentioned earlier, is not only for physical health but also for mental health because when doing fitness sports, it gives a sense of comfort and peace of mind. Moreover, it can be done with a partner or group of people so that you can have fun. **Improve Sexual Life**, a large study conducted at Harvard, said that obese people who exercise little have a 2.5 times greater risk of erectile dysfunction than those who exercise regularly. **Improve sleep quality**, and sleep problems sometimes occur with insomnia; when you wake up, your body feels weak.

CONCLUSION

The findings of this study are summarized as follows: this study revealed the data and conclusions about the reasons for doing activities at the fitness center. There are two main reasons. Firstly, doing exercises at the fitness center has many benefits and affects health and psychosocial. Secondly, factual conditions of doing physical activity at the fitness center carried out by the people of the West Semarang District (Semarang City) can be played as a person's cultural values and psychosocial behavior that can encourage social norms.

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