

REVITALIZING SPORTS CENTERS TO INCREASE PUBLIC AWARENESS OF THE IMPORTANCE OF HEALTH

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Abstract

Community welfare can be measured from the level of community health. To create a healthy community, adequate facilities, infrastructure and infrastructure are needed, namely by establishing a sports center. The sports center at Pesanggrahan Pratama Housing has long been neglected due to lack of maintenance. The purpose of this community service program is to revitalize the neglected sports center at Pesanggrahan Pratama Housing so that it can be used properly for sports activities and to socialize the importance of healthy life. The method of implementing PKM consists of three stages including preparation, implementation and evaluation. The result of this service is the formation of a sports center with a new face and sports activities of residents can be seen in the morning and evening. Based on the results of the evaluation and monitoring using the Guttman scale, it shows that the revitalized sports center and the socialization of the importance of healthy life have a significant impact on residents. Residents start exercising and living a healthy life. So that this community service program is successful and has a positive and sustainable impact on residents of Pesanggrahan Pratama Housing.

INTRODUCTION

One of the parameters of community welfare is public health. To achieve shared prosperity, the safety and comfort of community members must be met. Every citizen activity must also be supported by adequate infrastructure, both in the form of public and private functions (Kristanto et al., 2023). Maintaining and improving public health, both physical and mental, is very important (Handayani et al., 2020; Kurniawan et al., 2023). Public health scientists emphasize preventive and promotional methods over curative methods. One of the preventive approaches that can be done is with exercise, exercise is a series of systematic physical activities aimed at keeping a person awake and maintaining his body fitness and health (Sumaryati, 2019; Surahman & Sudibyo Supardi, 2016). Exercise is the simplest activity that can be done by the community. It can be done independently or in groups. Regular exercise will improve the body's hormonal function (Pane, 2015). Sukendra, (2015) states that true immunity can be defined as the ability to fight various types of bacteria, protozoa, viruses, and fungi and maintain a good immune system. This shows that exercise is very important for maintaining the immune system. Exercising regularly also increases the amount of oxygen in the blood, lowers the risk of stress, and lowers cholesterol. To support sports activities, of course, it must be supported by an adequate sports center (Munar et al., 2018; Pamungkas, 2013).

Complete sports center facilities are one of the attractions for people to come and do sports. Residential sports centers have a strategic role in promoting healthy lifestyles and

improving the quality of life of local residents (Giriwijoyo, 2015.) . Sports facilities play an important role in building community in society. Sports facilities are not only places to exercise but also places to socialize and conduct community activities that can strengthen relationships between residents. Basically, humans are social creatures who always live with others. When the environment becomes safe, tranquility, and peace helps to increase the sense of brotherhood in the community (Maulidar et al., 2022; Pamungkas, 2013)

To maintain survival, the entire community must continue to implement a culture of healthy living. Therefore, even though they have a lot of work activities every day, it is hoped that they will still do regular exercise activities (Kristanto et al., 2023) . The development of people's lifestyles that have begun to transform into a healthy lifestyle should be a concern for housing business owners. However, in fact, not all housing has a sports center that supports community demand. There are several problems in the provision of sports centers in some housing. First, there are housing conditions that do not have enough land for the construction of sports centers. Second, housing is equipped with a sports center, but it is not supported by optimal maintenance so that it is not maximally utilized. One of the housing estates in Malang Regency is Pesanggrahan Pratama Housing. Until now, Pesanggrahan Pratama Housing has a sports center that can be utilized by the community. However, due to less than optimal *maintenance*, it has an impact on the abandonment of the sports center so that it cannot be used properly. The damage to the sports center facilities is an obstacle for residents to do sports activities to improve their health. Residents become lazy to exercise because they are not supported by adequate sports center facilities. From these problems, it is necessary to revitalize the sports center in Pesanggrahan Pratama Housing.

Based on problems related to the sports center in Pesanggrahan Pratama Housing which is abandoned and has not been optimized so that it has not had a positive impact on sports activities for residents. Therefore, the Brawijaya University devoted partner team through the Community Service Activity of the Mengabdi Partner Scheme aims to revitalize the abandoned sports center in Pesanggrahan Pratama Housing to encourage residents to actively exercise to maintain a healthy body. With an adequate sports center, it will be an attraction for residents to come to the sports center.

IMPLEMENTATION METHOD

Mengabdi's partner in this community service is Pesanggrahan Pratama Housing which is located in Karang Ploso District, Malang Regency. This housing is a strategic residence and has been built long enough, namely in 1997. So that some public facilities in housing need to be addressed and revitalized. The partner program was attended by 50 residents who were very active in helping the program run. With an average of *well-educated* residents, it is very helpful *step by step* this program is implemented.

The method of implementing the Community Service Activities of the Mitra Mengabdi Scheme consists of three stages, namely preparation, implementation and evaluation. First, the Mitra Mengabdi Team of Universitas Brawijaya conducted the preparation stage. The **preparation stage** includes (i) conducting surveys and discussions with residents of Pesanggrahan Pratama housing to identify the needs of residents in terms of sports center development; and (ii) analyzing data and information obtained from field observations of the sports center to determine the design of the sports center.

After the preparation stage is carried out, the next **stage** is the **implementation stage**. The Brawijaya University Mengabdi Partner Team carries out assistance or implementation of service to target partners. The implementation stage of the assistance consists of several activities, namely (i) Inviting experts and practitioners in the field of sports to provide a deep understanding of the importance of sports for life (ii) implementing the revitalization design of the sports center by involving residents. The final stage of this program is **evaluation and monitoring**. After the community service activities are carried out, evaluation and *monitoring* will be carried out to ensure the resulting impact. The PKM team will identify the success of the community service program and identify inhibiting factors and solutions.

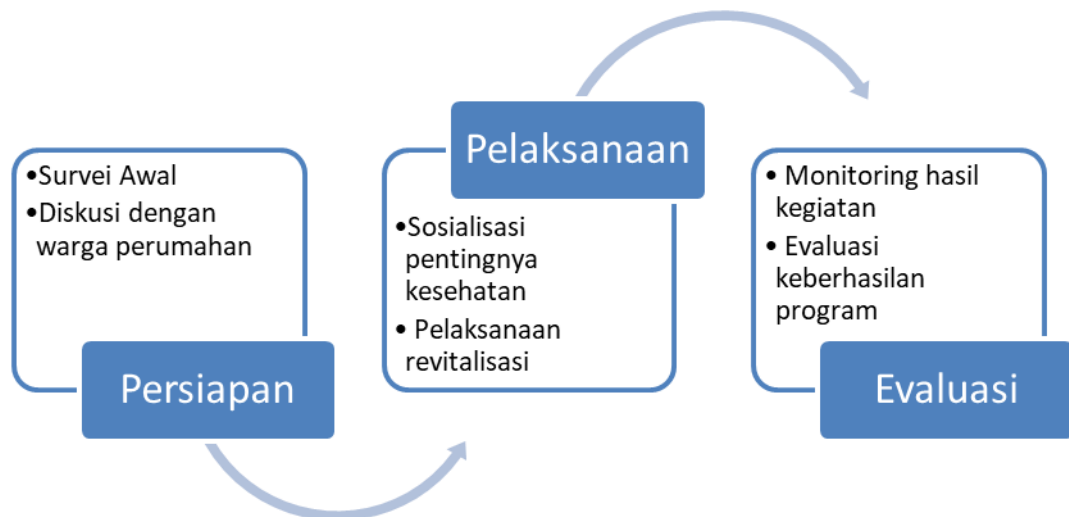


Figure 1: Flowchart of PKM Program Implementation

RESULTS AND DISCUSSION

Preparation

Based on the method of implementing the Community Service Activities of the Mitra Mengabdi Scheme described above, it can be seen that there are three main stages. The preparation stage has been carried out through identifying the needs of residents in terms of building a sports center and the economic potential that can be developed. The results of the first survey or pre-implementation of activities, can be seen mapping the problems, needs, and potential of the community in Pesanggrahan Pratama Housing. The results of this pre-activity survey then become a reference for implementing community service activities.



Figure 2. Initial Condition of Sports Center in Pesanggrahan Housing Estate
Source: Mitra Mengabdi Team (2023)

The potential for developing a sports center in Pesanggrahan Pratama Housing is supported by the existence of land conditions that have been used before. Second, community participation in efforts to revitalize the abandoned sports center tends to be high. Thus, the potential of land availability and community participation can be the main capital in an empowerment. Through this community service scheme, community service partners is expected to optimize the potential side and minimize problems in terms of revitalizing the sports center in Pesanggrahan Pratama Housing.

Revitalizing sports facilities plays a crucial role in fostering a healthy sports culture within a community. With modernized facilities, people are more likely to engage in regular physical activities, which are essential for improving overall health and well-being. Renovating or upgrading existing sports infrastructure ensures that these spaces meet the current needs of the population and provide safe, comfortable, and accessible environments for everyone. Whether it's upgrading a gym, building new sports courts, or enhancing outdoor parks, these efforts contribute significantly to motivating individuals to adopt healthier lifestyles.

One of the primary benefits of revitalizing sports facilities is the increased accessibility they offer. Modernized and well-maintained facilities are typically designed to accommodate a diverse range of users, from children and adults to those with disabilities. By ensuring that sports spaces are easily accessible to all, communities create inclusive environments that encourage participation in physical activities, regardless of age or ability. This inclusivity helps foster a sense of belonging and supports the development of a more active and health-conscious society.

Another important aspect of revitalization is the promotion of community engagement. When sports facilities are revamped, they often become centers of community interaction. Events, tournaments, and recreational activities become more frequent and diverse, giving people the opportunity to connect and share experiences. This social aspect of sports participation further strengthens the culture of fitness and well-being, making exercise not just a personal activity but a communal one that brings people together. In this way, revitalized facilities can serve as hubs of positive interaction and support social cohesion.

Moreover, revitalizing sports facilities contributes to long-term health benefits. By providing updated spaces for physical exercise, people are more likely to take part in regular fitness routines. This consistent engagement in sports helps reduce the risk of chronic illnesses such as heart disease, diabetes, and obesity, while also promoting mental health by reducing stress and anxiety. These health benefits, when experienced by a large number of individuals, create a ripple effect that improves the overall health of the entire community, reducing healthcare costs and increasing productivity.

Finally, the revitalization of sports facilities also has a cultural impact. By investing in modern and appealing sports infrastructure, communities send a clear message that health and fitness are valued and prioritized. This cultural shift encourages the younger generation to view physical activity as an integral part of their lives. As children and teenagers grow up in environments that promote active lifestyles, they are more likely to carry these habits into adulthood, thus ensuring that the culture of healthy living continues to thrive for generations to come. Through these efforts, revitalized sports facilities help lay the foundation for a healthier, more active society.

Implementation

Based on the results of pre-service activities, the Mitra Mengabdi Team mapped out activities, from the side of counseling about health to assistance in revitalizing the sports center. first stage of service implementation is the revitalization of the sports center. This overhaul activity received a lot of support from housing residents who had high enthusiasm in helping with these activities. The residents worked together to help clean the sports center and then paint the field according to the *plan and design* that had been decided.

In the implementation stage of this revitalization, there are several steps, namely the first socialization of *plans and designs* to residents who are ready to help. The second step is the implementation of the *design and plan*, which of course is assisted by skilled personnel to

help direct what residents should do. The last step is the evaluation of the *design* that has been determined whether the revitalization has been in accordance with the initial plan.



Figure 3: Cleaning and casting of the sports center.

After the revitalization process is complete, the next program implementation is the socialization of the importance of exercise for the body and how to live a healthy lifestyle with the aim of increasing the awareness of Pesangrahan Pratama Housing residents in maintaining health. With this socialization, it is hoped that residents will have additional knowledge about body health by utilizing the revitalized sports center. Public health is very important, according to Sumaryati (2019) public health will indirectly affect the progress of an area. In order for the body to perform daily tasks and work without getting tired, physical fitness is essential. This means that by having energy left over, one can enjoy leisure time and deal with unexpected emergency situations. Health is very important to humans because without it, everyone would find it difficult to carry out daily activities. Exercise is the least expensive method of maintaining health (Juniarto et al., 2022; Selvia & Nurzaelani, 2022) .

At this stage the partner team brought in resource persons who are *experts in* the field of health to provide in-depth knowledge about the importance of exercise and healthy living patterns. At this stage of the implementation using the lecture method which was then followed by a discussion about health with very interactive with residents. Residents asked many questions about the implementation of healthy living and healthy food consumption. The resource person explained about PHBS (clean and healthy living behavior) that must be done as an effort to prevent the risk of infection with viruses, bacteria, or other disease-causing germs. Because an unhealthy body condition can hinder the fulfillment of the body's daily nutritional needs (Prawati et al., 2021; Sipahutar et al., 2024) .



Figure 4: Socialization of the importance of exercise for health

Evaluation

The provision of sports centers in residential areas depends on the scale of service and the number of people served. The sports center is very important because it is one of the social facilities needed to support community activities in open spaces. The sports center can be easily used by the community as needed. Sports centers are usually used for a variety of sports, such as soccer, volleyball, and badminton. However, sometimes it is also used for events that do not occur every day, such as ceremonies, Eid prayers, music concerts, markets and night markets.

From the evaluation results conducted by the service partner team, since the inauguration of the new sports center and the socialization of health, many Pesanggrahan Pratama Housing residents have begun to actively exercise. It can be seen in the morning and afternoon activities where residents began to crowd the sports center. This is also reinforced by public opinion that utilizing the sports field is more comfortable in the afternoon because it is not hot. Because in the morning it is used for work. However, there are also people who use the sports center to sunbathe in the morning and most of them are senior citizens who are no longer productive at work.

Monitoring is still carried out by the Pengabdian Team to see the success of the program. Monitoring was conducted for the first month, then every three months. Monitoring was carried out by distributing questionnaires using a *guttman scale*. The use of this scale is in accordance with the condition that the service partner team only wants to see whether the program is successful or not. Residents of Pesanggrahan Pratama Housing will be asked to answer questionnaire questions with only two answer options, namely yes or no. So that the use of this scale is considered more appropriate by the Mengabdikan Partner Team. The evaluation results showed that 90% of Pesanggrahan Pratama Housing residents felt a significant impact

in a healthy lifestyle by utilizing the newly revitalized sports center. Residents are getting used to exercising and living a healthy lifestyle.

The table below explains the results of the questionnaire review of the service partner program.

Table 1 Results of the Post-Partner Program Questionnaire Review

No.	Question	Yes	No	Total Respondents	Description
1	The service partner program is needed by the community	90%	10%	50	Very Satisfied
2	The service program on PHBS socialization has a significant impact on housing residents	86%	14%	50	Satisfied
3	Revitalization of sports centers has a significant impact on residents' sports activities	94%	6%	50	Very Satisfied
4	The community benefits and feels helped by the service partner program	95%	5%	50	Very Satisfied
Average		91.25%	8.75%	50	Very Satisfied

Proper maintenance of sports facilities is essential for ensuring their longevity, safety, and continued usability. A well-maintained sports facility not only enhances the experience for users but also reduces the risk of accidents and ensures that the infrastructure remains in good condition over time. The strategy for maintaining sports facilities should be comprehensive, involving regular inspections, timely repairs, and efficient management practices that align with the needs of the community.

One of the first steps in a successful maintenance strategy is to establish a routine inspection system. This involves conducting regular checks on all aspects of the facility, from the playing surfaces to the lighting and safety equipment. Inspections should be carried out by trained personnel who can identify wear and tear, damage, or potential hazards before they become major issues. By addressing these problems early, facilities can prevent costly repairs in the future and ensure that the spaces remain safe for athletes and visitors alike.

Another crucial element in maintaining sports facilities is scheduling preventative maintenance. Preventative care includes tasks such as cleaning and resurfacing courts, mowing fields, and checking the functionality of equipment like gym machines, lights, and scoreboards. Regular maintenance helps to extend the lifespan of these assets, keeping the facility in peak condition. It's also important to prioritize seasonal maintenance, such as weatherproofing outdoor facilities before the rainy season or ensuring proper heating and ventilation in indoor spaces during colder months.

Staff training and awareness are key to the success of any maintenance strategy. Facility managers and staff should be educated about the proper handling, cleaning, and repair of the sports infrastructure. This training should also cover safety protocols and emergency response procedures in case of accidents. By ensuring that all staff members are knowledgeable and proactive, facilities can maintain a high standard of care, reduce downtime, and avoid costly damage due to neglect or improper handling.

Lastly, budgeting and securing funding for ongoing maintenance is vital for sustainability. A clear financial plan should be in place to allocate sufficient resources for routine maintenance and unexpected repairs. This might involve setting aside a percentage of revenue generated by the facility for upkeep or seeking additional funding through grants or partnerships. Without a proper budget, even the best-maintained facilities may face challenges when major repairs or upgrades are needed. By securing the necessary funds, sports facilities can continue to serve their communities without interruption.

In conclusion, a well-rounded strategy for sports facility maintenance ensures that these spaces remain functional, safe, and welcoming. Regular inspections, preventative maintenance, staff training, and adequate budgeting are all integral components that work together to preserve the value and usability of sports facilities. Through careful planning and consistent effort, sports facilities can continue to serve as important hubs for physical activity, fostering a healthier and more active community for years to come.

CONCLUSION

Sports in particular can improve health for the perpetrators. In sports not only train physical aspects, but also train spiritual aspects and social aspects. To support these activities, a proper and adequate place is needed, namely a sports center. The sports center in Pesanggrahan Pratama Housing has long been abandoned so that it cannot be used for exercise. The purpose of the partners serving in this program is to revitalize the abandoned sports center in Pesanggrahan Pratama Housing to encourage residents to actively exercise to maintain a healthy body. With an adequate sports center, it will be an attraction for residents to come to the sports center. The result of this service partner is the formation of a sports center with a new face that is an attraction for residents to actively exercise again. This sports activity is also supported by experts in the field of sports who have provided socialization about the important role of exercise for the body and the implementation of a clean and healthy lifestyle. After the implementation of this service partner program, the impact obtained by housing residents is quite significant. Sports activities began to appear in the morning and evening. Residents began to use the sports center not only for sports activities but for social activities such as Eid prayers, bazaars, housing events and others. Suggestions for further development of the service partner program in this housing are to bring in a coach or sports instructor to further improve the ability of residents to try other types of sports. With a coach, residents will be more enthusiastic about coming to the sports center because there is someone who guides sports activities

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