

# Utilizing Public Space as a Recreational Sports Area

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**Abstract:** *This research aims to elaborate the community interest and motivation to utilize the public space as recreational sports through Car Free Day Program in the Losari Beach in Makassar City. The sample in the study amounted to 60 people taken by random sampling from the community who do the sports in the car-free day program with aged between 15-35 years. The results showed that the community has very high interest to do the recreational sports in public space based on the mean value is 83.56. Furthermore, the motivation of the city also in a very high category with a mean value is 82.02. The research suggests that the local government should support Car Free Day program and develop in the broader area.*

**Keywords:** Public Space, Recreational, Sports

## 1. Introduction

The sports as human activities are not only for a chance a medal or chance to on muscle, but games have a complex issue of achievement. Sport has many functions for a human such as: developing of quality human resources, improving the quality of life, improving the physical health, mental, social and emotional [1]. Many various forms of action sports. Human is doing sports as part of the educational program in the school or universities. Many humans do sports as recreational terms [2]. The other side, there is sports activity has done for health purpose. Furthermore, there was young human is doing sports for to achieve a feat highest [3]. In many cities in the world, the increasing number of the population needs the broader area to doing sports. Makassar as a big city in Indonesia also has not been adequate the sports area. Although, many public areas used as sports field by the community in the morning or the afternoon. The form of the public sector is a garden city, the unutilized space, office yard and main city road.

One program to motivate the community doing sports is Car Free Day. CFD program was first carried out in the country of Netherlands and Belgium to reduce energy crisis on 25 November 1956 to 20 February 1957. On April 19, 2001, program Earth Car Free Day (ECFD) held first and simultaneously throughout the world. More than 300,000 organizations and Cities around the world participated in the activities organized by The Commons WC/FD program and Earth Day Network. Car-free day in Makassar City Government conducted is one form of initial steps as anticipation about the depletion of the reserves of resources. Another function, it has an asocial impact on the activities of the car-free day is to be the event gathering any visitors from various social levels. The CFD program will be a positive influence for the fraternity between people who are present in the car-free day activities. The car-free day in the city of Makassar can also represent the desire of visitors to come to Makassar. The events that performed in the games of the car-free day like sports, education, entertainment, and much more.

The support facilities in the cities affected the increase of community motivation to doing activities. Furthermore, the motivation for the controlling action of a human [4], [5]. Public space is one kind of city facility for the community has are creational function [6]. Based on the community

motivation with the city facilities, this research elaborates the interest and motivation of community to doing sports in public space. The availability of open space in the city is the most critical part of the game for the formation of society's cultural atmosphere conducive sport [7]. The culture of the game in question is within the scope of the complete sports coverage, namely sports covering the achievements, sports education, sports and community recreation or sports.

Public facilities, public space, open space or even the action is a prerequisite for the formation of the collective behavior of the community to develop the exercise culture. In the context of Community Sports/Fitness/Recreation, open space leads to the concept of public space are more varied. Open space community sports/fitness/recreation can be either gymnastics group, Futsal Court, square, court settlements, as well as the various forms of family recreation facility that now this lively developed in several cities in the country.

The provision of open space recreational sports often arises from the creative power of the community in addressing the issue of limited land [8]. Cities sometimes have to get creative to conjure up the parking lot for a game of tennis or gymnastics [9].

The community must also be creative when scheduling should utilize open space used for sports achievements. The town does little sports recreation due to a charging leisure. Spare time and free space. The location of the car-free day in Makassar city located along the street entertainers (Losari Beach). This site is approximately 1100 m length, and the scenery of the area is charming and a wide range of relaxation. Some people exploit the situation by engaging in sporting activities such as gymnastics of physical freshness, stroll, bike or just simply make jogging.

## 2. Method

This type of the investigation is quantitative data which are collected and processed in the form of figures and numbers. The number of the sample is 60 respondents who represented the communities are using public space in Makassar. Further data is descriptive quantitative which takes the results of the calculation of the figures regarding the interest and motivation of the community survey do recreational sports through the car-free day in the Losari Beach Makassar. The

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interpretation of interest and motivation based on Table 1.

**Table 1:** Value and category

Value	Category
Less than 20	Very low
21 – 40	Low
41 – 60	Average
61 – 80	High
More than 80	Very High

### 3. Result and Discussion

#### 3.1. The interest of the community on Recreational Sport in the Losari Beach.

Public interest for recreation while exercising on the Car Free Day program shows the government's success in encouraging affirmative action. The results of community interest frequency analysis presented in Table 2.

**Table 2:** Percentage of community interest for recreational sports

Category	Frequency	Percentage
Very low	0.00	0.00
Low	0.00	0.00
Average	1.00	1.67
High	9.00	15.00
Very High	50.00	83.33

Table 1 represented that there was 83.33% respondent have high interest for the recreational sport. Most respondents stated that the community need for cheap and accessible recreation space is very high. Car Free Day becomes the recreation facility for people of Makassar City. Based on data obtained from the 60 respondents research by statistically processed shown in Table 3.

**Table 3:** Interest of the community on Recreational Sport in the Losari Beach

Statistic	Value
Mean	83.5667
Median	85.0000
Mode	83.00 and 84.00
Std. Deviation	7.71388
Variance	59.504
Minimum	48.00
Maximum	98.00

Table 2 shows that the maximum value of community interest is 98 while the minimum amount is 48. The result indicated that community interest value between average category and very high category. Also, no one respondent has low interest to use public space as a recreational sports area. The mean value of the investment is 83.56 and indicates that people community has a very high category.

#### 3.2. The motivation of Community on Recreational Sport in Losari Beach.

People's motivation to exercise is high shown in Table 4.

**Table 4:** Motivation of community on recreational sports

Category	Frequency	Percentage
Very low	0.00	0.00
Low	0.00	0.00
Average	1.00	1.67
High	9.00	15.00
Very High	50.00	83.33

Table 3 represents that community has high motivation for recreational sports. On further observations, researchers found that internal motivation in recreational sports is a desire to live healthy, fit and enjoy togetherness with family. The external motivation that emerged in the location of Car Free Day is the sharing of communication that develops in the sports location. Car-free day into a place to gather and meet with friends while exercising.

Based on data obtained from the 60 respondents research by statistically processed shown in Table 5.

**Table 5:** The motivation of Community on Recreational Sport in Losari Beach

Statistic	Value
Mean	82.0167
Median	83.0000
Mode	84.00
Std. Deviation	9.29824
Variance	86.457
Minimum	52.00
Maximum	100.00

Table 3 shows that the maximum value of the motivation of community is 100 while the minimum amount is 52. The result indicated that motivation of community value between average category and very high category. Also, no one respondent has low motivation to use public space as a recreational sports area. The mean value of motivation is 82.01 and indicates that people community has a very high category.

People's interest towards recreational sports through the Car-Free Day on the Losari Beach Makassar city is quite high because the recreational game is a sport that's fun and easy to do by every person with family and friends. Car-free day activities have many benefits namely: environmental, economic, social, and physical for the community [10]. The social function of the recreational sports is regarding with the promotion on citizen emotional bond and further increasing the social capital of the population [11], [12].

Open space must be responsive, democratic, and meaningful [13]. A public space that is responsive to its meaning should apply to a wide range of activities and interests. Democratically, what meant is that the free area should be able to be utilized by the general public without being fragmented due to social, economic, and cultural differences [14]. In fact, typical elements attached as one of the characters of open space because it must be accessible for people with various physical conditions, including people with disabilities and elderly [15].

#### 4. Conclusions

The conclusion of the research is the Car free day program at the Losari Beach in Makassar city is useful for the community. The utilizing of public space as recreational sports area is very interestingly for citizens. The results showed that the community has very high interest to do the recreational sports in open space based on the mean value is 83.56. Furthermore, the motivation of the city also in a very high category.

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