

THE EFFECT OF TREKKING SPORT TOURISM ON SELF-CONTROL AND COOPERATION IN NOKILALAKI MOUNTAINERS SIGI REGENCY

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Abstract

The purpose of this study was to determine the results of the analysis of the influence of trekking sport tourism on self-control and cooperation on mountain climbers, Nokilalaki, Sigi Regency. This study uses a quantitative descriptive approach without giving special treatment to respondents, then data collection is carried out using survey methods in the form of questionnaires or questionnaires. Closed with the help of the media google forms whose answer is already served so that respondents can choose answers according to their respective opinions. The sample selection used a non-probability sampling technique with an accidental sampling approach that was tailored to the needs and still took into account the representation of the population. The samples used were 137 people who had done trekking on mount Nokilalaki, Sigi Regency. Data from the results of this study are grouped according to the type then analyzed using the help of the microsoft excel 2013 application. The results showed the effect of trekking sport tourism on self-control and cooperation in Nokilalaki mountain climbers, Sigi Regency with a percent age very low 7%; low 15%; moderate 49%; high 22%; very high 7%. So, it can be concluded that overall trekking activity sports tourism have a moderate influence on aspects of self-control and cooperation of Nokilalaki mountain climbers, Sigi Regency.

Keywords: *Trekking, Sport Tourism, Self-control, Cooperation*

Introduction

Over the past few decades, tourism activities (cultural, sports and business-related events) have become a rapidly growing segment of the leisure travel market (Getz & Page, 2016). The progress of the sports industry today has followed the times. From year to year the development of sports, especially in Indonesia, has experienced a very significant increase so that sports become part of activities that can introduce the Indonesian people to other countries. One of them is the sports tourism industry, namely sport tourism. Sport tourism is a collaboration between tourism and sport that is developing and interesting increase of tourists around the world to visit (Jiménez-García et al., 2020). According to the United Nations World Tourism Organizations (UNWTO) sport tourism is a tour that combines tourism and sports activities which are increasing so rapidly by influencing the interest and motivation of tourists to do sports activities. Sport tourism is a new term in Indonesia. This put forward (Astuti, 2015) sport tourism is the development of tourism and sports that affect tourism potential so that it becomes a tourist attraction and creates multicultural tourism activities. Sport tourism is defined as: a trip that encourages a person to temporarily leave his daily place to actively participate in sporting activities or become a spectator (Slak Valek et al., 2014).

Sudiana (2018) explained that sports tourism is a tourist activity with its development so fast because Indonesia has natural wealth and a supportive geographical location such as many and vast mountains, rivers, lakes and seas, so that the development of sports tourism by

utilizing natural potential can provide opportunities for sports lovers such as mountain sports (camping, climbing or trekking, cycling, and so on), water sports (snorkeling, diving, surfing, canoing and so on). According to (Rojo-Ramos et al., 2020) sports activities that are in direct contact with nature and the environment are a social phenomenon of increasingly popular sports tourism activities.

Part of sports tourism (sports tourism), namely trekking or often referred to as a form of mountain climbing activity. Pramudya & Hidayat, (2017) Mountain climbing is a travel activity that passes through the mountains with a specific purpose such as conducting scientific research activities, expeditions, tours and explorations to very high peaks with very dangerous terrain, mountain climbing can be interpreted as mountaineering or alpine activities. This activity is mostly done as a sport for teenagers and adults today because it is a hobby with the aim of seeing and enjoying the scenery from the mountain, getting new experiences and seeing the flora and fauna that exist in nature. According to UU no. 11 Years, 2022 Article 1 Chapter I No. 11 concerning Sport states that "Community Sports are sports carried out by the community based on hobbies and abilities that grow and develop in accordance with the conditions and cultural values of the local community which are carried out continuously for health, fitness, and fun". So that community sports activities become one of the most important needs in people's daily activities.

Current activity trekking sports or commonly known as mountain climbing activities are part of sport tourism which is mostly done by individuals or groups to spend their vacation time exploring the mountains. The phenomenon of mountain climbing activities is often carried out by the people of Central Sulawesi Province by climbing on mount Nokilalaki which is located in Palolo sub-district, Sigi Regency.

Next (Rahman et al., 2017) explained that sports tourism with mountain climbing activities can provide benefits to a person's physical, psychological and social aspects. Before doing trekking sports with mountain climbing activities, a person or group must plan and prepare in advance the equipment and have physical readiness such as physical endurance, mental health, cooperation, self-control and other psychological aspects. It is explained (Nurajab, 2019) before climbing the mountain, it is necessary to find out in advance information about the mountain and the weather before climbing and prepare physically and mentally because many mountain climbers just climb so they are not aware of things that can cause the climbing trip to be hampered due to lack of preparation and can also cause fatigue, accidents at the time of climbing. through the hiking trail. This sport activity can be done by everyone but needs good preparation before the implementation with the aim of anticipating the occurrence of things that endanger life when doing trekking. Problems like this often occur when trekking in groups because each individual has a background, character, different characters and thoughts so that there are often problems of disagreements, causing problems in the group. The purpose of this study was to analyze the effect of Trekking sport tourism on self-control and cooperation on mountain climbers Nokilalaki, Sigi Regency.

Method

This research method is a quantitative descriptive approach without giving treatment to the respondents with the help of the survey method. According to (Sugiyono, 2016) quantitative descriptive research is a research procedure whose data is in the form of numbers and then analyzed using statistics. The descriptive data is intended to provide results from the formulation of this research problem. Furthermore, data collection using a questionnaire or question naire closed with the help of google forms, the answer is already served so that

respondents can choose answers according to their respective opinions, then the data from the results of this study are grouped according to their type.

Data collection was carried out from April to May 2022, the population in this study used people who had visited or climbed Mount Nokilalaki, Sigi Regency with an unlimited population type. Unlimited population is the total population so that it is not possible for researchers to calculate it (Hendryadi et al, 2019). The sample selection used a non-probability sampling technique with an accidental sampling approach that was tailored to the needs and still took into account the representation of the population. The sample used by people who have done trekking on Mount Nokilalaki, Sigi Regency. (Sugiyono, 2016), the technique of determining the sample by accidental sampling is the determination of the sample by chance that can be used as a source of research data. The data analysis technique used in this research is descriptive analysis with the help of the likert scale assessment method to measure the results of respondents' answers. Then, the results of this study were tabulated and analyzed with the help of the 2013 microsoft excel application. The questionnaire instrument category consisted of 2 types of statements, namely positive and negative, with answer choices that had been determined by the researcher for respondents and classified as follows: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The results of the research were analyzed descriptively with percentages using:

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

Information:

P = Percentage sought

F = Frequency of answers

N = Number of cases (number of individuals)

Then the results of the descriptive analysis produce the Mean and Standard Deviation values and then input them into the norm reference assessment category formula (PAN).

Table 1. Scale Category Score

No	interval	Information
1	$M + 1.5 S \leq X$	Very high
2	$M + 0.5 S \leq X < M + 1.5 S$	Tall
3	$M - 0.5 S \leq X < M + 0.5 S$	Currently
4	$M - 1.5 S \leq X < M - 0.5 S$	Low
5	$X < M - 1.5 S$	Very Low

(Source: Azwar, 2016)

Information:

M = mean

X = Score

S = Standard Deviation (SD)

Result and Discussion

Based on the results of the study in the form of data obtained from questionnaires with a total of 39 statements distributed with the help of google forms to people who have carried out activities to climb Mount Nokilalaki, Palolo District, Sigi Regency as many as 137 people. This research describes and describes about analyze the influence of trekking sport tourism on self-control and cooperation on Nokilalaki Mountain Climbers, Sigi Regency. The description is done by categorizing the results of two aspects, namely self-control and cooperation. Next datatabulated and analyzed using the help of microsoft excel 2013

application to find out the data information includes the standard deviation value and the mean of each aspect as a whole.

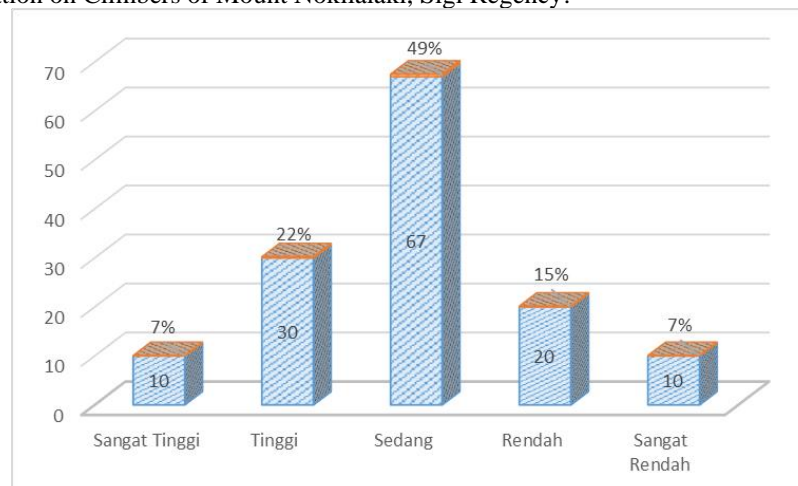
From research results the effect of trekking sport tourism on self-control and cooperation on climbers of Mount Nokilalaki, Sigi Regency which has been done. So, the results of data analysis obtained are: minimum value: 75,000; max value: 156,000; standard deviation: 14,260; mean: 123,029.

Based on a sample of 137 people who have done trekking on Mount Nokilalaki, Sigi Regency, it can be seen that the overall results are in a very low percentage of 7%; low 15%; moderate 49%; high 22%; very high 7%. The results of the percentage of influence trekking sport tourism on self-control and cooperation on Nokilalaki Mountain climbers, Sigi Regency is in the medium category, when viewed from the average score of 123.029 at intervals of 115.90 to 130.16. So, the results of the overall data analysis concluded that the trekking activity sports tourism have a moderate influence on aspects of self-control and cooperation of Nokilalaki mountain climbers, Sigi Regency.

Table 2. Overall Distribution of Categorization Frequency the effect of trekking sport tourism on self-control and cooperation on climbers of Mount Nokilalaki, Sigi Regency.

No	interval	Category	Frequency	Percentage
1	144.42 X	Very high	10	7%
2	130.16 X 144.42	Tall	30	22%
3	115.90 X 130.16	Currently	67	49%
4	101.64 X 115.90	Low	20	15%
5	X 101.64	Very low	10	7%
Amount			137	100%

Figure 1. Overall Graph of Categorization FrequencyThe Effect of Trekking Sport Tourism on Self-control and Cooperation on Climbers of Mount Nokilalaki, Sigi Regency.



Sports trekking tport tourism for climbers of Mount Nokilalaki, Sigi Regency, influenced by two factors, namely: self-control factor (self-control) and cooperation (cooperation). This factor described as follows:

Self-control

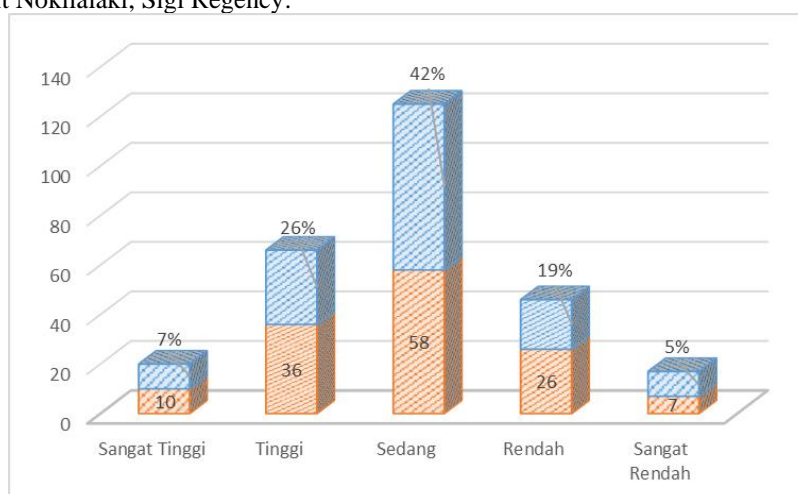
The results of data analysis obtained are: minimum value: 38.000; maximum value: 84,000; standard deviation: 7.385; mean: 68,482. Then the data is presented in tables and graphs of the frequency distribution of the categorization of aspects self-control.

Based on a sample of 137 people who have done trekking on Mount Nokilalaki, Sigi Regency, it can be seen from the results of self-control data that the percentage is very low 5%; low as much as 19%; moderate 42%; high 26%; very high 7%. The results of the percentage influence trekking sport tourism to aspects self-control are in the medium category. When viewed from the results of the average score, namely: 68,482 at intervals of 64.79 to 72.17. So, the results of self-control data analysis can be concluded that the activity of trekking sport tourism give moderate effect to aspects self-control Nokilalaki mountain climber, Sigi Regency.

Table 3. Categorization Frequency Distribution the Effect of Trekking Sport Tourism on Self-control on Climbers of Mount Nokilalaki, Sigi Regency.

No	Interval	Category	Frequency	Percentage
1	79.56 X	Very high	10	7%
2	72.17 X 79.56	Tall	36	26%
3	64.79 X 72.17	Currently	58	42%
4	57.40 X 64.79	Low	26	19%
5	X 57.40	Very low	7	5%
Amount			137	100%

Figure 2. Categorization Frequency Graph The Effect of Trekking Sport Tourism on Self-control on Climbers of Mount Nokilalaki, Sigi Regency.



Cooperation

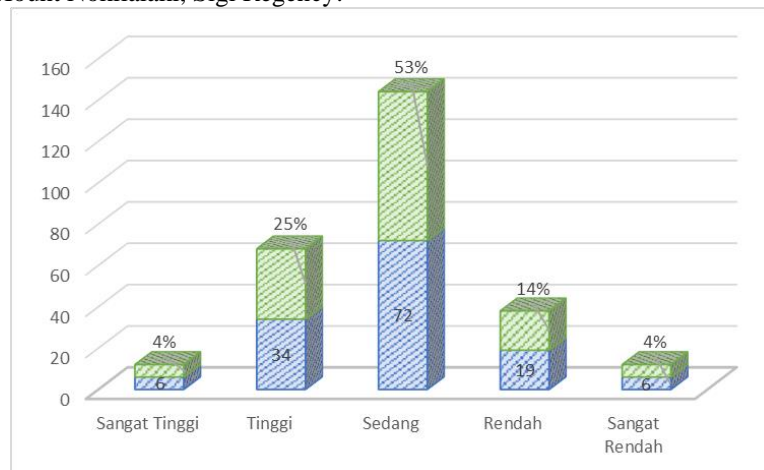
The results of data analysis obtained are: minimum value: 21,000; max value: 72,000; standard deviation: 8762; mean: 54,547. Then the data is presented in tables and graphs of the frequency distribution of the categorization of aspects cooperation.

Based on a sample of 137 people who have done trekking on Mount Nokilalaki, Sigi Regency, it can be seen from the data cooperation is in a very low percentage of 4%; low 14%; moderate 53%; high 26%; very high 4%. The results of the percentage pinfluence trekking sport tourism to aspects cooperation are in the medium category. When viewed from the results of the average score, namely: 54,547 at intervals of 50.17 to 58.93. So, the results of data analysis cooperation it can be concluded that the activity trekking sport tourism give moderate effect to aspects cooperation Nokilalaki mountain climber, Sigi Regency.

Table 4. Categorization Frequency Distribution The Effect of Trekking Sport Tourism on Cooperation for Climbers of Mount Nokilalaki, Sigi Regency.

No	interval	Category	Frequency	Percentage
1	67.69 X	Very high	6	4%
2	58.93 X 67.69	Tall	34	25%
3	50.17 X 58.93	Currently	72	53%
4	41.41 X 50.17	Low	19	14%
5	X 41.41	Very low	6	4%
Amount			137	100%

Figure 3. Categorization Frequency Graph The Effect of Trekking Sport Tourism on Cooperation for Climbers of Mount Nokilalaki, Sigi Regency.



Discussion

Improving aspects of self-control and cooperation are very important in social life, so that they play an important role in accordance with the main goal in forming skills, being honest, smart, confident, knowing one's own weaknesses and strengths. According to (Wolfe & Higgins, 2008) self-control is a part of individual behavior that can help in considering consequences. Meanwhile, cooperation is a form of social interaction and group efforts in carrying out tasks to achieve common goals (Ahmadi, 2007). It is also explained (Samani and Haroyanto, 2012: 118) Cooperation is the nature of gotong royong with others in achieving common goals and benefits. Positive character can influence individual behavior implanted with the aim of providing harmony and peace in aspects of social life in accordance with shared expectations. This can be seen from the results of the overall data analysis concluded that trekking activities sports tourism have a moderate influence on aspects of self-control and cooperation Nokilalaki mountain climbers, Sigi Regency. In addition, it also reduces bad character in adolescent and adult society, with the result that a percentage of 7% has a very low influence on aspects of life self-control and cooperation.

Conclusion

Influence trekking sport tourism to aspects self-control and cooperation of Nokilalaki mountain climbers, Sigi Regency can be concluded that this activity affects the positive attitude or character of the adolescent and adult community by instilling a positive attitude with the aim of providing harmony and peace in aspects of social life in accordance with shared expectations. This is due to a person's internal and external factors from habits in everyday life by knowing the rules according to religious and social norms, and the most basic is the attitude of tolerance between others.

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