



## Benefits Recreational Sports of Mountain Climbing for Physical Health, Psychology, Social, and Spiritual

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### **Abstract**

The purposes of this study were to identify the gotten benefit of the mountain climbing for climbers. The study was conducted in the Mount Merbabu National Park, Boyolali Regency, Central Java Province. It was a qualitative research by using phenomenological approach, research objectives phenomenology was to comprehend a phenomenon about what happened to the research subject. The results of the study could be concluded as follows benefits for physical activities of mountain climbing to climber; a) benefits for physically: as a sport, maintenance health of the body, physical training, and helpful to lose weight; b) benefits for psychology: revitalizing the mind or refreshing, relaxation and recreation, character building, getting pleasure or satisfaction, learning to live independently, and getting a new experience; c) benefits for socially: adding friends and as a means of socializing; d) benefits for spiritually is closer to God.

**Keywords:** Physical Activity; Recreational Sports; Mountain Climbing

### **Introduction**

Recreation becomes their basic needs to every single human being to achieve welfare be alive all of the human race. Recreation in all recreatively sorts of activities, who can restore the soul and physical a computation, even it becomes ever more fresh and fit, from which it is the pressure is on (stress) before as a result of the precision routine of yanking from work every day that can cause in surfeit, the point of boredom on the great commission nor weary as well as the lack of motion that can cause the various kinds of diseases non-infection, and among a humanly disease, such as the diseases of cardiovascular, spiritual souls such as stress, difficult to concentrate, disruption of emotional, social interaction and others. The precision routine of yanking the daily acts that are required quite high supporting with the balanced psychological and physical condition of the body, in order to minimalize the level of stress and to stay the physical condition healthy. The balance of their condition, it can be reached by human effort, one of the ways is the recreational activity. According to a dictionary Indonesian by WJS Purwodarminto, recreation literally means of having fun or recreating.

Recreation is a leisure time activity involving a physical, mental or emotional and social that contains a recovery of conditions arising from the daily activities and implemented with its own self-sense (Kusmaedi., 2002). Recreational purposes lead to improve the quality and welfare of human life achievement, therefore, recreational activities and their implementation must be integrated with the healthy efforts, it means fun activities that can threat the mental and physical health should really be avoided. Recreation is carried out during free or leisure time. Every individual has the same right to get satisfaction and enhance the use of the leisure time. Many people use the leisure time to do sports activities. Sports had become a trend or lifestyle for humans and also become a basic necessity in their life. Sports are also a reflection of a nation's public life (Mutohir & Maksum., 2007). Sports, as their development, have a vital value in the daily life of mankind. They are very important because it is inseparable from the basic needs of the man himself which in principle is always moving. Simultaneously (Giriwijoyo., 2013), “motion is characteristic of life, no life without movement”.

Therefore, many people use their leisure time to choose and exercise as a means of recreation or well-known recreational sports. Sport is not only a physical problem, that related to the movements of limbs, muscles, bones and so on (Husdarta., 2011). Recreational sport is a physical activity who is more dominant, the real activity, carried voluntarily out in his leisure time, and there is a social aspect (Lutan et al., 2002). Recreational sports also included the three pillars of sport developing by the government. Recreational sports can also mean the healthful activities on the social, physical, and mental aspect, is in line with the concept of the World Health Organization (WHO) as the definition is that health is physical welfare, spiritual and social, neither merely the absence of disease, disability, nor weakness.

Information technology nowadays provides a fertile ground for the growth of the instigators of the open nature activities in Indonesia and makes the outdoors as a recreational sports activities. Sports activities are often used as a means of recreation, especially related to the natural, one of them is a recreational sport of mountain climbing nature exploration. People previously assume that the mountain is a dangerous, spooky, eerie, and mystical area, so to climb up or explore a mountain area down into something percussion, just the nature lover or a limited community who preferred choose to do mountain climbing. This activity is not an easy activity to do, there are hiking, it is a carried activity in dangerous areas such as river banks, lake or mountain (Kristin., 2002). Therefore, in mountain climbing should be known lot of things, such as the rules, equipment, true and well preparation of mountain climbing and others, those are included in the fields of mountain climbing (Erone., 2010). Regarding this activity carries days with bag carrier a heavy containing provisions and imagined of fear and apprehension of the something undesirable. Those are a challenge faced by climbers. Furthermore, according to (Cooke., Bunting., & Hara., 2010) in an expedition that is important and should be prepared: planning, expediency, simplicity, teamwork, and flexibility. Many people's self-motivating factor in choosing the mountain became a favourite location for nature exploration activities as recreational sports, supporting factor is a mover in human beings, directed to specific purposes (Komarudin., 2015). Even mountain climbing might already is an honour, existence other than enjoying the holiday. Thousands of people chose to spend her vacation with mountain climbing activities.

## ***Methodology***

This study was a qualitative research by using a phenomenological approach. Qualitative research aims to understand the phenomenon about experiences by the subjects of the study such as behaviour, perception, motivation, action, and so on holistically by way of description in the form of words and language, in a natural specific context and by using various scientific methods (Lexy., 2007).

This study was to identify benefits of the mountain climbing physical activity recreational sports. The research location was conducted in the National Park of Mount Merbabu (TNGMb), Boyolali Regency, Central Java Province, Indonesia. The study began in September to November 2017. Data collection techniques in this research were interview. Data analysis in this study was conducted in four phases: data collection, data reduction, data display, and conclusion.

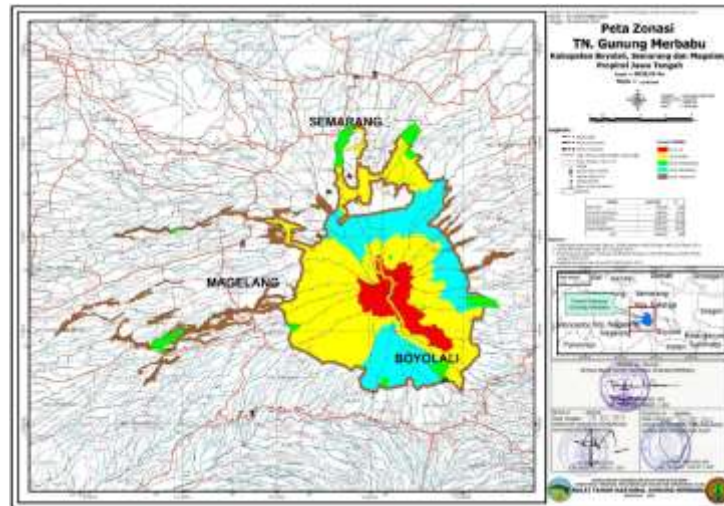


Fig. 1 National Park of Mount Merbabu

## ***Result and Discussion***

The benefits of physical activity mountain climbing are based on obtained data from informants namely as media to do physical training or exercise, a means of recreation to have fun, revitalize the mind or refreshing and relaxation from physical strain due to their daily routine, get closer themselves to the God, learning to live independently, the developing characters, adding new friends, and media to socialize.

The mountain climbing activities grow up about their enthusiasts, certainly, have benefit or advantage. The following benefit gained for the society of doing the mountain climbing activities.

### ***The Benefits Physical Health***

First, as means to do sports or exercise. Mountain climbing activities require prime physical and mental so that society of doing mountain climbing said besides the fullest benefit of others is as one means of activities in sports, because requiring physical and mental resilience, especially for those who are happy with the activities in nature.

Second, keep body health. The society of doing mountain climbing activities feel they keep a healthy body, heart and lungs become stronger thus increasing the working capacity of the organs that can increase the supply of oxygen and blood circulation, muscle strength of the body especially legs. The strength of bones also increases caused carrying loads when climbing the mountain is making it possible to minimize the risk of osteoporosis.

Third, Physical exercise. The society of doing mountain climbing activities said these events can train a physical exercise as it requires more stamina and endurance, so with more this activity endurance and stamina will be kept as well as the physical condition will improve.

Fourth, help to lose weight. Some society of doing mountain climbing activities especially body fat, these activities are one way to lose weight, because it is an activity that burns lot of calories this will certainly help to lose weight.

### ***The Benefits Psychologically***

First, revitalize the mind or refreshing. Many climbers feel the mountain climbing activities able to revitalize mind caused fatigue and boredom of work or routine or other personal problems, because the mountain are natural and beautiful environment and ecosystems so that it can provide a sense of tranquillity, those who have done the mountain climbing when returning to routine physical and the mind becomes refresh.

Second, relaxation and recreation. Society especially tired of urban life choose to do mountain climbing activities as a means of recreation to relieve fatigue and boredom during the holidays.

Third, characters building. The climbers in mountain climbing activities will find many new things that are not found in everyday life, it certainly needs of expertise in the management of better emotions and instincts, the more frequent this activity will affect the building of the mental and mind healthy and strong.

Fourth, getting satisfaction. Benefits for climbers as a hobby or anything else like recreation, they feel when to make the climb especially with the existing climbing mountain range, this will greatly satisfy the needs themselves. With the achievement of satisfaction, the quality of life will be better.

Fifth, learning to live independently. The climbers can be trained to live independently because of these activities would only rely on provisions, instinct and natural conditions around in order to survive, especially mountains extream, thus the mountain climbing activities learn to be live independently and survive without the help of advanced technology.

Sixth, new experience. While doing mountain climbing activities many climbers met with a lot of unexpected things that will certainly get a new experience for their selves.

### ***The Benefits Socially***

First, adding new friends. Climbers usually either individually or in groups, in the mid of the trip or after in the peak will meet with other climbers and get new friends to chat with each other or else in a relationship interaction.

Second, mean of socializing. Mountain climbing activities as a means of socializing and interacting with fellow climbers, locals and nature are like greeting each other, provide assistance when trouble doing in climbing, give a little his lunch, keep the nature clean and so on.

### ***The Benefit Spiritually Is Getting Closer to the God***

The climbers in the mountain climbing activities will find many unexpected things so always enhance the sense of devotion with often pray for safety, resigned to God when climbing with things that will be encountered especially related to weather and natural conditions, then it will be a lot of looking at nature with its beauty that makes more climbers given the God, as well as give gratitude if it is up to the summit and return home safely.

### ***Conclusion***

Based on the analysis and discussion of the result of research that has been conducted as follows: the benefits of the physical activities of mountain climbing: 1) The physical benefits are: as media to do sports or exercise, maintain body health, physical exercise, and help to lose weight; 2) The psychological benefits are: refreshing, relaxation and recreation, developing characters, getting satisfaction, learning to live independently, new experience; 3) The social benefits are: getting new friends and media to socialize; 4) Benefit spiritually is getting closer the God.

### ***Suggestions***

For local governments: to continually support and socializing natural beauty of the Mount Merbabu as a lure the local as well as foreign as a goal recreation or tours being used to preserve the environment.

For people to put up mountain climbing: should first make the planning and prepare all forms of tools or equipment needed. Note also the condition of physical and mental because this activity needs time and a long journey, not to themselves, environmental and they could reduce the risk and dangers to come. Then can keep, do not break, and get preserve the natural environment.

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