

# The Perceptions of Junior High School Students in Yogyakarta on Effects of the Internet on Sport Participation Events

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**Abstract:** The management of internet use has become a great social problem among children or adolescents worldwide. The aim of this study is to show the contribution of internet on the sport participation events. This is a descriptive research with qualitative and quantitative approach. The samples of the study were 59 students; 20 boys and 39 girls with ages between 12-16 years. The data were collected using two techniques; literature review and Google form with closed questions. The instruments were from Young (1998) about Internet Addiction Test (IAT) and Cho's research (2010) about participation of sports. The result showed that most of the students spent their time by not looking at sport events but for other else. This result showed the need for consistent education of using the internet for the students or adolescents to allow all the benefit from sports to them, like physical and mental benefit as wellbeing, and also to allow the discounted results of future athletes as a high performance. In conclusion, if internet is well used by junior high school students, it will provide them with the knowledge of physical sports and education. Moreover, the physical sports teachers and coaches will get the facility to train athletes so quickly. In contrast, it will negatively affect students if they don't know how to manage the time allocated to use the internet

## 1 INTRODUCTION

Nowdays, technological progress can be felt increasingly and makes everyone able to take advantage of internet facilities as a fulfillment of the needs. The main advantage of the Internet is its ability to connect billions of computers and devices. US Department of Health and Human Services 2008 explains that not only does the internet create convenience in sharing and receiving information between users, another advantage of the modern internet is its ability for automation like (1) Information, knowledge, and learning, (2) connectivity, communication, and sharing, (3) Address, mapping, and contact information, (4) Banking, bills, and shopping, (5) Selling and making money, (6) Collaboration, work from home, and access to a global workforce, (7) Donations and funding, (8) Entertainment.

Internet users in Indonesia experienced an increase in 2018. Based on the results of an Indonesian Poll study in collaboration with the Association of Indonesian Internet Service Providers (APJII), the number of internet users in Indonesia grew by 10.12 percent. According to APJII, this

survey involved 5,900 samples with a 1.28 percent margin of error. The result of a total population of 264 million people in Indonesia was that there are 171.17 million people or around 64.8 percent who have been connected to the internet. This shows an increase compared to 2017 where Indonesia's internet penetration rate was recorded at 54.86 percent in which it is possible that there may be opportunities for it to continue to increase every year. On Internet usage penetration by age, the highest position was obtained at the age of adolescents or 13-18 years at around 75.50%. This certainly can be concluded that the majority of internet use is school students. This survey also reveals that the internet use by the sample was mostly for chatting and accessing social media. In other words, the Indonesian samples used internet for entertainment activities (compas.com).

Coleman, R., & Ramchandani, G, (2010) explain that nowadays internet is used as a social media for learning in every field like sport industry, sport marketing, physical education, sport nutrition, self-defense sport and other else. Many professional sports organizations use their websites to enhance communication with customers by providing

information about organization and products (scores, news, ways to acquire and renew season tickets, etc.)

The effectiveness and success of these sites depend on how consumers perceive their value and quality provided by (X. Zhang and V. R. Prybutok, 2005). The popularity and growth of online sport consumptions suggest a clear opportunity for sports-related marketers to effectively use the Internet as a key component within an overall marketing strategy. To effectively leverage the opportunities that the Internet affords to an organization, organizations must gain a clear understanding of online sport fan behavior (Y. Hur, Y. J. Ko, and J. Valacich, 2011). The growth of Internet usage among online sport participants are also evidenced by traffic patterns at popular websites.

Currently, Internet plays a major role in the lives of young people. Children and youngsters engage in online activities both inside and outside the classroom (Sefton Green, 2004). Nevertheless, media generates profit through sports while sports and its contents are transmitted through media. Sports and media are developing and expanding through this symbiotic relationship. This interdependent phenomena and symbiotic relationship can be referred to as sports media (Weedon, G., Wilson, B., Yoon, L., & Lawson, S., 2016). If a sport or game has legislation to protect it, it will get benefit from technology. Technology ensures fairness in sports and games. Sports are big businesses, and there is a lot of money invested into the design and development of sport equipment and clothing to help athletes improve their performance (Rothschild, P. 2011).

Even though it provides more benefit, sometimes the negative effects occur. Some of the disadvantages of the internet for students in points are: students become addicted and are dependent on internet, and may not focus on personal works and studies. Compared with adults, adolescents are more vulnerable to Internet addiction, because they have high novelty-seeking but low self-control (Spada, 2014) and are particularly sensitive to peer influence (Somerville, 2013).

The Pew Research Center in 2014 found that 53% of internet users admitted that it is very difficult if they do not to use their internet and smartphones. They consider smartphones and the internet to be very important in everyday life (Caumont, 2014). About 1 of 8 Americans shows signs of internet addiction and 82% of respondents who took the survey reported that the time they spent online was

more than 5 hours per day, increasing internet addiction.

Internet addiction is referred to as pathological internet because this lifestyle is very dependent on normal life which is always dependent on the internet for the users (Ozturk & Ozmen, 2011). Internet addiction can be broadly conceptualized as an inability to control one's use of the Internet which leads to negative consequences in daily life (Spada, 2014). Internet addiction also means more important on mental problems to many people around the world. Wang et al., (2013) hopes that the formation of internet addiction can be interpreted by internet users who have low self-control. Internet addiction also causes a person to become unfocused on his work even on the study that he is currently undergoing. Another negative impact is social isolation due to heavy use of internet. Obesity and depression may also occur through spending more time on computer.

In the case of internet addiction, according to research by (Liang, L., Zhou, D., Yuan, C., Shao, A., & Bian, Y. (2016) for 1,715 adolescents in grades 6-8 in China, internet addiction was caused by depression. Internet addiction shown between women and men are different; men use the internet only more for entertainment and use it less on the internet to find information compared to women. Although men and women tend to have the same activities in using the Internet, men prefer to go online with friends compared to women.

For children, we can suggest many benefits from watching sport events through internet because there are many types of learning and teaching in education. One of them is visual methods, imagery which can help children to improve skills, motoric, and their competences. Gilchrist, P., & Wheaton, B. (2017) in his study found that sport helps children to developmental and physical toughness. Sports shape their bodies and make them strong and active. Children should actively participate in sports to avoid being tired and lethargy. This is because sports improve their blood circulation and their physical well-being (Wankel, L. M., & Berger, B. G. 1990). Regarding the benefits of exercise according to (Hassmen, Koivula, & Uutela, 2000; Salmon, 2001; Scully, Kremer, Meade, Graham, & Dudgeon, 1998; Warburton, Nicol, & Bredin, 2006), sports activities have many positive effects to the body and to psychology such as reducing stress, depression, and anxiety because exercising can produce endorphin hormones that make a person happier during and after carrying out sports, and can reduce activities that are less nature such as playing games.

Much research already showed the benefits of using the internet, and the relationship between the internet and sport participation for everybody. However, how children in Yogyakarta uses internet is still unknown. There is a need for investigation to know if the use of the internet allows the development of sports in all branches, and to know the effects of internet on the result of children in the class. This study is concentrated on Yogyakarta junior high school children. This section is made up of different parts. First, we reviewed some of the most important studies that have been carried out on sports and the internet. Subsequently, we would go on to comment on the most representative concepts related to the study, among which we find attitudes, and perceptions of students. In addition to the attitudes aspect, a section would be devoted to analyze the effects of internet on development of sports that have taken place in this research topic, specifically on the development of scales to measure the construct of attitudes towards the internet.

## 2 RESEARCH METHODOLOGY

This study is a descriptive research with mixed-method approach; qualitative and quantitative approach. The samples were junior high school students in Yogyakarta, ages 12-16 years, who are still using internet as a source of information. The whole samples were 59 students by quota sampling. The data were collected using two techniques; literature review and internet Google form with closed questions.

The Questionnaires have 6 subscales, adopted from Young (1998) about Internet Addiction Test (IAT) and Cho's research (2010) about participation of sports. After getting the data, we analyzed the data by SPSS 24 to know the prevalence and frequency of the feeling and the using of the internet in the field of sport participation.

The questions related to sports participation were adopted from research by Cho, Kwon, and Jeon's (2010) including frequency, intensity, and duration. The Frequency question is "During the week, how often do you participate in sports or physical exercises in your free time?". The frequency of sports participation is categorized into almost none, 1-2 days /week, 3 days /week, 4-5 days /week, and 6-7 days /week. The intensity of sports participation is the question of "How is your level of exercise seen from your breathing during your exercise". The answers are categorized into several types including using very light breathing (such as breathing

normally, can still laugh and chat with people around), mild breathing (controlled with breathing that starts fast), moderate breathing (slightly panting), heavy (panting and still able to talk a little), and breathing very heavy (very heavy (unable to chat, very focused). The response to the above questions consists of A 5 point Likert type format which is used with values ranging from 1 (very light breathing) to 5 (very severe breathing). The duration of exercise participation is categorized to be less than or equal to 10 minutes, 20 minutes, 30 minutes, 40 minutes, and more than 50 minutes. The 5-point Likert type response format is used with values ranging from 1 (almost 10 minutes) to 5 (more than 50 minutes). Average frequency, intensity, and duration values are used for analysis. Higher scores reflect higher levels of physical exercise and sports participation.

## 3 RESULT

In this part, we would have to make up the results from the research and a kind of discussion. Counting was done by gathering the identical answers. The results obtained were calculated as a percentage of the totals from the questionnaires. Pie was used for interpretation of results. The following are the results from all the respondents.

### 3.1 What Do You Do When You Open Your Internet?

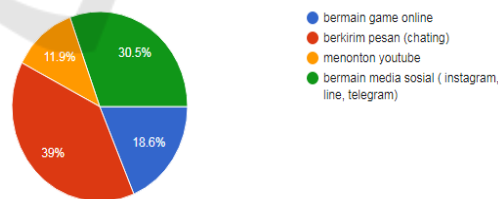


Figure 1: Things that are often opened when playing the internet

The result of this question showed that junior high school students used internet for other activities like watching movies which is not related to sport events or participation. Only 18 students or 6% of the population surveyed were watching game like sport events. 81,4% of the samples surveyed used internet for chatting, social media, and watching YouTube. So, there is a lack of correlation between the use of the internet and sport participation.

### 3.2 Are You Able to Manage Your Time Allocated to Use Internet?

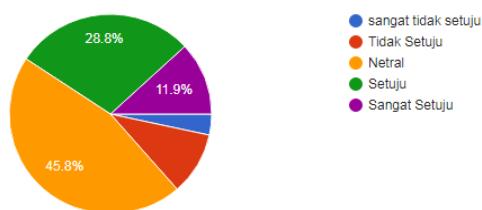


Figure 2: Allocating time towards using the internet

The surveyed showed that only 40,7% were able to manage the time, but 59,3% were not able to take care of the time, in other words, it means that they spent a lot of time doing activities online with the internet instead of watching sport events. The effects of the loosing of most time influenced the decrementing of performance in sports and in results of study in other courses. These are reasons why parents and high school teachers have to educate students of high school on how to get profit from the internet of watching sport events.

Playing sports helps reduce body fat or controls your body weight. Sports allow you gain the satisfaction of developing your fitness and skills. Sports can help you fight depression and anxiety. Playing sports helps strengthen bones. Not only that, exercises also provide another good benefit which is to make our brain more intelligent. By actively participating in sports, our body becomes fitter so we are more focused on receiving and processing information.

### 3.3 Correlation between Results in Class and Time Used on the Internet

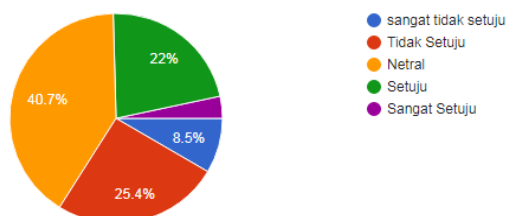


Figure 3. correlation between results in class and time used on the internet

The result showed that 66,1% of students were having a lack of good results in the class. This result

explains from the most time spent on the internet. This result should help teachers and students' parents to emphasis on the students' education in order to allow incrementing of performance in every course.

## 4 DISCUSSION

The research showed the perception of junior high school students on using the internet. It was found a great lack of using internet on sport participation where more than 66% of them used the internet for chatting, watching YouTube, and accessing social media. The use of the internet shows that most students only used the internet as entertainment, not for learning activities. Students were very familiar with the entertainment features in their devices and it happened every day. The reserch done by Kominfo (2015) confirmed that the use of the internet in Indonesia is dominant in news and entertainment searches. In educational content, it was only a very small amount, which is 5 percent of the total. It was also illustrated that the programs most favored by dominant viewers are entertainment and information (Kusuma dan Hardiyanto, 2015). That was very worrying considering that children and adolescents still have a very unstable emotional condition, and they have not been able to sort out the good information from the thousands of information they get through their devices. So, prevention not to use the internet in digital age for teenagers now this is considered very difficult.

They also tend to be easily influenced by the social environment without first considering the positive or negative effects received when doing internet activities (Ekasari & Dharmawan, 2012). In fact, Longstreet, Brooks, and Gonzalez (2019) revealed that there is a significant relationship between someone who is addicted to the internet with negative emotions. Individuals with internet addiction were 2–3 times more likely to suffer from depression or anxiety than those without internet addiction (Ho et al., 2014). This problem is also caused because young students have not been able to sort out useful internet activities.

The result of the time allocation of the internet use by junior high school students in Yogyakarta was that more than 50 percent of the survey results revealed poor time management in internet use. This resulted in sleeping late at night, poor control of time to play the internet, and often delaying work school just to play the internet.

The positive influence offered by the internet is not proportional to the negative impacts of the use of the internet itself if it is not well managed. This incident is a problem that occurs in Yogyakarta adolescents students even though these students will be the spearhead of the nation. In fact, they are complacent when getting internet facilitation that is presented to facilitate all their activities without creating new creativity in the world of education that is being lived. Of course, if it is associated with educational institutions, internet addiction is the responsibility of all elements in the schools, especially to teachers.

The teacher also has a share in spreading internet addiction. Davis (2001) mentions that this event is referred to as a cognitive model of internet addiction. Social approval or social isolation will cause internet addiction in students. In schools, this relationship is the responsibility of the teachers because it is related to its relationship with the formation of students for internet addiction. According to Bronfenbrenner (1977), the ecological system model and social systems (eg, parents and teachers) can interact each other. At schools, choosing professors is an important source of social teachers for teens. Students who lack social supports from teachers are more likely to be vulnerable to Internet addiction (Casas, Del Rey, & OrtegaRuiz, 2013). Besides, quality in the relationship between students and teachers is a key factor that drives or damages school students (Wang, 2009). If students appreciate that their teachers support and care for them, they will have better academics and more problems (Wang, 2009), for example, they develop internet addiction (Casas et al., 2013). Thus, teachers' supports can play a protective role in adolescents development. Besides, perceptions of social supports from teachers have been indicated for the protection of adverse effects from negative environmental conditions or stress among adolescents (Wang & Dishion, 2012).

Rodrigues, D., Padez, C., & Machado-Rodrigues, A. M. (2017) showed that the parenting of physical sports teachers and student parents are involved to increase the behavior of students in their education. Parental participation in organized and unorganized physical activity (PA) must be associated with students' participation in extracurricular sports, then we should expect the discounted performance.

This is in line with Fahriantini (2016) who reinforces the importance of the role of parents to engage children in critical thinking, invite children to have simple discussions regarding cases arising from crimes committed in cyberspace. Parents can

also control the use of the internet but it does not have to be in a strict way, but by controlling or supervising persuasively while still respecting the privacy of children. In this case, the result of a research done by Faisal (2016) outlines that educating children in the digital age can be done by applying non-authoritarian parenting because children are not happy forced but rather persuaded and tended to be left alone, but they must also remain supervised by parents. Besides, parents must also be able to understand the variety of applications that educate children and guide children to play it well and oversee the use of the media information, but not to deviate from the values of Islamic education.

The results presented above showed that students already had mental disability because it is so hard for them to tie out from the internet. As consequences, we cannot hope for students' good result or high performance in sports if they still use the internet for other useless things instead of sport participation. It was found the decrement of results in the classes because of a high amount of time spent on the internet. Mental disability, if not corrected immediately, will add to the bad impacts. The results of the study by Park et al., (2016) revealed that to minimize internet addiction, good sports activities are needed, not only to improve physical fitness but also to increase psychological health. The more someone participates in active sports' activities, the more the internet addiction would be lost. Joker's research also revealed that the benefits of sports participation can have a positive impact by showing that the level of self-control over internet use is far better compared to people who are not involved in physical activities or sports, namely by conducting a research on 622 teenagers consisting of 428 elite athletes, 140 regional athletes, and 54 non-athletes.

The research done by Siebert, E. A., Hamm, J., & Yun, J. (2016) showed that one hundred and forty-eight parents of children with disabilities of having self-control were surveyed. The results of multiple regression revealed that parents perceived competences of their children's physical ability and parental supports were the key factors of promoting physical activity behavior of children with disabilities. Evans, D. M., & CT Smith, A. (2004), in his study, showed that if internet is well used, it will provide more benefit. Australian population was surveyed about the time used on internet. 66.67% of them were interested with internet. However, clubs demonstrated a significantly more optimistic view of website profitability, with 96% of respondents believed sites offering sports content

were capable of turning a profit on the internet at the time. According to the results from the present study, we should conclude that junior high school students in Yogyakarta badly used the internet, so physical sports teachers and parents are invited to re-educate and to show the students how to use correctly the internet to allow the performance in physical sports. So, results in other courses will be influenced by wise use of the internet.

## 5 CONCLUSION

The study in this paper showed significant lack of using internet on sport participation for the Yogyakarta junior high school students. This study provides knowledge to experts in charge of using internet. With the results obtained, we give information to these physical sports teachers and students' parents to understand better the process and the behavior of children in using internet and how they should work with the important variables to obtain better results and to be more successful for in the sport events.

So, these findings supported the need to strengthen the capacity of school teachers and parents in early identification, detection, and management of behavioral addictions among students. School teachers and parents are well placed to leverage their positions to deliver the screening, early intervention, and preventive interventions for behavioral addiction involving the use of the internet to school children. Teachers or parents should equip themselves with training or adding insight on handling internet addiction to deal with or prevent a student from being addicted to the internet.

As a limitation of the study, we find the impossibility of generalization. On the one hand, it is due to the samples which only corresponded to the Yogyakarta students. On the other hand, it is because of the context; the scope of study on sports participation and the internet use. This type of study allows us to begin to create a theoretical basis in the field and add knowledge about the subject. In future studies of the same line, we must analyze the variables in other types of events and other types of services, and have other types of samples to be able to offer more generalizable conclusions.

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## CONFLICT OF INTEREST

We declare that there is no conflict of interest to do this research.

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