



Playground Management on Physical Activity Children and Adolescents

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Abstract

This research aims to find out contribution management park play to activity physique children and teenager. Method research used _ on study This is study with type descriptive literature review. Study This choose article and combine a number of results appropriate research _ with title research that has been set by researcher. The article will have analyzed and in accordance with title study is effect park play to promotion activity physique on children and teenager. Data collection using gathering article research that has been published and in accordance with the theme will be discussed in Playground Management _ To Activity Physique Children and Teenagers. Technique deep data analysis study This use technique analysis method analytic that is through a data analysis process or information with give argumentation through think logical and the next one taken something conclusion. The results of data collection obtained 10 articles with quartiles Q 1 and Q2. Based on results interpretation of existing cause and effect data be included of 10 all articles _ discuss linkages between park play with activity physique children and teenager. So it can be concluded that the park plays very important and No can have separated with world children and teenager for still do activity physical.

Keywords: *Management; Park; Children*

Introduction

Physical education is very important for children and teenagers who are less active because physical education is the only opportunity for children and teenagers to be physically active. However, for students who are more active, the adequacy of moderate to vigorous physical activity if they only depend on physical education learning fails to reach the target of 50% (Vlček et al., 2021) . Physical education teachers must continue to encourage children and adolescents to remain active outside of physical education lessons. Utilizing the free time they have at school and at home to do physical activity on the playground is very important to continue to improve to achieve the expected targets.

Opportunity for children and teenager for Can do activity physical pleasure, exercise, recreation _ active, doing interaction social, play for free without exists limitation time will have obtained if children and teenager visit park play. Availability room public or adequate *playground* _ will impact appearance motivation for do activity sport in society. On the contrary , cheer up And great awareness _ public For

Keep going exercising will bring up creativity in utilise room open or *playground* (Bajuri et al., 2018) . Existence park playing around _ place stay very important for children and teenager. Lack fulfillment activity physique daily can have fulfilled if children and teenager Want to do activity physically in the park play. Moment management lands designated blank _ as park play as you can have utilized by children and teenager as center activity activity physique Still very not enough and must Keep going improved.

Attention government moment This is related to residential management and efforts to provide playgrounds for children and teenagers which are still very lacking. The lack of attention to urban planning that takes into account the physical activity needs of children and adolescents has resulted in an increasing reduction in playgrounds and play areas that are used by children and adolescents for physical activity. The increasingly dense family environment narrows and reduces empty land that previously could be used by children and teenagers as a playground for physical activities.

Seeing the decreasing number of play areas for children and teenagers, it is very necessary to manage playgrounds that utilize available empty land. Managing empty land into a playground optimally will be a solution if you want children and teenagers to continue doing physical activities on the playground. Abandoned empty land can be transformed into a productive and useful playground. The school yard can be packaged as a playground that children and teenagers can use during recess. Apart from increasing the number of playgrounds, the parties in charge of the policy must also be willing to involve children and teenagers when creating playground designs that are intended to support the physical activity of today's children and teenagers. The goal is that more and more children and teenagers will want to visit and do physical activities at the playground so that sedentary lifestyles can be overcome immediately.

Playground management must be carried out properly by paying attention to the needs of children and teenagers as the main target visitors to the playground itself. Many playgrounds have not been managed properly so that children and teenagers are not interested in visiting and doing physical activities on the playground. This of course needs serious attention because playground management has a huge impact on physical activity in children and teenagers.

The author, through this research, attempts to explain the management of playgrounds so that they can contribute to increasing the physical activity of children and teenagers. How big the contribution of playgrounds is to the physical activity of children and teenagers and how playgrounds are managed and the supporting and inhibiting factors that influence playground visits among children and teenagers are the main focus of research that will be carried out by researchers.

Research Methods

Method research used _ on study This is study with type descriptive *literature review*. Study *literature review* is something study literature with method do summary or explain through results review , results analysis And study from something core main, and it's not something argumentation nor conjecture but something based study _ by a number of study (Hidayatullah, 2022) .

Carrying out a *literature review* has a purpose to investigate scientific and technological knowledge to produce original research. A *literature review* can be conceptualized as research that aims to map, evaluate, and combine the results of studies produced on a particular topic or field of knowledge (Gauss, 2021) .

Use a number of article as example study Not yet There is agreement in a way general related with year final articles used , will _ but on most studies that have been done by researcher previously use three until nine year final article the published (Hadi et al., 2020) .

Study This will choose article and combine a number of results appropriate research _ with title research that has been set by researcher. The article will have analyzed and in accordance with title study is effect garden. Technique data collection used with method gather And utilise articles kind especially articles that have been published in a way national or in a way international, articles the Also must be able to be read by anyone , then collected become One form article (Hidayatullah, 2022) .

Deep data collection something *research* involve primary data source later will become a research target with technique data collection uses gathering article research that has been published and in accordance with the theme will be discussed ie Playground Management _ To Activity Physique Children and Teenagers. Collection And data *screening* can done with use *digital library* , determination *keywords* , and operationalization *keyword* on *digital library* (Hadi et al., 2020) .

Technique deep data analysis study This use technique analysis method analytic that is through a data analysis process or information with give argumentation through think logical and the next one taken something conclusion (Ulhaq, 2018) .

Results and Discussion

Researcher carry out the search process in several *databases* with enter combination related *keywords* _ with *research* that has been done determined, from results searches carried out researcher obtained results article that is *Science Direct* amounting to 743 articles, MDPI as many as 2 articles, Scopus 555 articles and springer 69 articles, so the total population articles found _ amounting to 1,369 articles. Researcher Then carry out the screening process, *eligibility*, and *included*, so obtained sample article amounting to 30 articles. After That done review to every article with use standard *Quartile*, then will SANRA is used for do evaluation every articles used.

Result

Table 1, Interpretasi Artikel

No	Judul Artikel	Quartile	X	Y
1.	<i>The Effects of Playground Interventions on Accelerometer Assessed Physical Activity in Pediatric Populations: A Meta-Analysis</i>	Q2	Managed playground _ _ with method add sign play, exploit design zone , added equipment small , provide place For do game free.	Can increase opportunity do activity physical.
2.	<i>Understanding the impact of the installation of outdoor fitness equipment and a multi-sports court on park visitation and park-based physical activity: A natural experiment</i>	Q1	Management park play with installation tool fitness.	No impact to visit park play on children And teenager.
3.	<i>Deprivation amplification due to structural disadvantage?</i>	Q1	Limitations facility park play available. _	Become obstacle Children living in

	<i>Playgrounds as important physical activity resources for children and adolescents</i>			the area dense population – resident in do activity physical .
4.	<i>Investigating the barriers preventing adolescents from physical activities in urban green spaces</i>	Q1	Designing design park play at the start of Development.	Remove preventing obstacles – teenager do activity physically in the park play .
5.	<i>Critical factors influencing adolescents' active and social park use: A qualitative study using walk-along interviews</i>	Q1	Characteristics park play accordingly _ with need teenager.	Factor pusher visit park play And do activity physique for teenager.
6.	<i>Public open space characteristics influencing adolescents' use and physical activity: A systematic literature review of qualitative and quantitative studies</i>	Q1	Availability trajectory road nor run as well as availability various facility field exercise in the park play .	Factor supporter main visit park play on teenager .
7.	<i>A cluster randomized controlled trial of an after-school playground curriculum intervention to improve children's physical, social, and emotional health: study protocol for the PLAYground project</i>	Q1	Provision environment park playing at school	Increase opportunity activity physique children after school hours finished .
8.	<i>The Effectiveness of Interventions to Increase Participation and Physical Activities in Parks: A Systematic Review of the Literature</i>	Q2	Easy access _ And safe , care And renovation , availability equipment fitness , as well ongoing design _ updated .	Become factor main supporter visit to park play.
9.	<i>Associations between Park and Playground Availability and Proximity and Children's Physical Activity and Body Mass Index: The BEACH Study</i>	Q2	Provision park play	Influential on health status children Because support chance For play active outside _ room .
10.	<i>Understanding children's preferences for park features that encourage physical activity: an adaptive choice based conjoint analysis</i>	Q1	Management design park accommodating play _ desire play , adventure .	Push children For do activity physical.

Discussion

Based on the results of the interpretation of cause and effect data which has been included in table 1, there are 10 articles, all of which discuss the relationship between playgrounds and the physical activity of children and adolescents. The result was 3 articles discussing the availability of playgrounds in schools and their influence on the physical activity of children and adolescents. Meanwhile, 2 articles discuss the factors that motivate children and teenagers to visit playgrounds for physical activity, while 5 articles

discuss playground management which influences the physical activity of children and teenagers. The results of the review of 10 articles are described as follows:

1. Playground _ And opportunities for physical activity for children and adolescents.

The research results from the 2 articles above concluded that the availability of playgrounds in schools increases opportunities for physical activity while at school and when they come home from school for children and teenagers. Meanwhile, 1 article concluded that pre-school age children prefer natural playgrounds to maintain physical activity. The results of other research provide an illustration that the lack of availability of playgrounds or play spaces and play facilities in urban areas increases the social and physical dangers faced by urban youth (Yep, 2009) .

2. Playground _ And Encouraging factors and inhibiting factors for visiting children and adolescents.

The conclusions from 2 articles which have similarities conclude that the perspective or point of view, playground design and innovation carried out to adapt the playground to the characteristics desired by children and teenagers as well as easy access to the playground are the driving factors for children and teenagers visiting. to the playground.

The results of other research also confirm that the attractiveness and excitement of the playground equipment and the proximity of the playground to the house are the two main factors that encourage the use of playgrounds. Available facilities are the main obstacle (Of & Hat, 2021) .

Having a common ground between city governments, developers and school playground groups in the planning and development process of newly built playgrounds will ensure an optimal balance of play opportunities for all playground visitors in the future (Of & Hat, 2021) .

3. Management park play and its influence on the physical activity of children and adolescents.

The conclusions from 5 similar articles conclude that the management of playgrounds provides facilities and equipment for team sports, climbing equipment, challenging adventure games and is managed with focus with professional supervision and continues to innovate so that all visitors are comfortable without any problems. Gender differences influence moderate to high physical activity for children and adolescents.

Expert opinions contained in the book support the importance of management park play including without _ supervised play _ And safe place _ For play teenager will free roaming the streets , so more big the possibility For caught danger physical and moral (Yep, 2009) .

Ensuring maximum play diversity and the nature of the play experience should be a key consideration when playground investments are made. Contrary to some perspectives, all sizes and classes park play can developed For provide element game level continue (“ game risky ”), game natural , and game adventure as well as serve various age . All size park play And class Also can given theme (Of & Hat, 2021) .

Conclusion

Playgrounds are very important and cannot be separated from the world of children and teenagers to maintain physical activity. To increase visits to playgrounds, the government and developers must design playgrounds according to the wishes and characteristics of children and teenagers. Playgrounds must be managed professionally, equipped with sports, adventure and climbing facilities if desired children and teenager involved activity physique currently until high.

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