

Conference Paper

Mapping the Leisure Time of Students at Universitas Negeri Yogyakarta During the COVID-19 Pandemic

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Abstract

The purpose of this research was to map the leisure time of Universitas Negeri Yogyakarta Indonesia (UNY) students during the COVID-19 pandemic. The sample size was determined by referring to the Morgan and Krecjje table. To avoid the drop-out response, the sample size was rounded to 560 respondents, and the sample included representatives from across the seven faculties in UNY, with 80 respondents for each faculty. This research used a quantitative approach, with descriptive techniques. Quantitative data were collected through a survey by using a Google form. The results showed that free time usage by UNY students for educational activities was 65.87%, sport and recreation was 57.86%, religious activities was 65.67%, time with family was 84.89%, community activities was 53.28%, and economic activities was 54.04%. Meanwhile, the use of media during free time was high.

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1. Introduction

1.1. Background

Human activity is an important aspect that has implications for the quality of life. Productivity is expected to have an effect on welfare and happiness. Human happiness can be determined by the management and use of time in daily activities. However, there is a new phenomenon related to the life orientation of the younger generation and the use of leisure time. Along with the process of change in the unstoppable 4.0 industrial revolution era, the changes that occur regarding the values and habits of society are increasingly supported by information technology and the increasingly massive use of media [9]. This change is a challenge in itself in the development of a nation, especially in building its young generation. The new direction of orientation in an increasingly egalitarian government provides wider space for young people in the landscape of social transformation [8]. Currently, it is important to discuss Indonesia's

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future and efforts to anticipate the changing times that can be started by reading the reality of today's youth.

In preparing the future of Indonesian leadership that full of challenges, it takes a young generation who is creative and productive. They need to be given a wide space so that they can participate actively. Creative spaces also need to be opened up for activities that develop positive potential. This is to avoid social dysfunction, both in educational institutions and in community social institutions. But in reality, currently there is a shift in people's behavior, including the younger generation, in utilizing their spare time. A number of studies have shown that leisure time is not only filled with positive and productive activities, but many are also filled with destructive and less useful activities. The '*klithih*' case [12] shows that the available free time is actually used to commit crimes that harm society.

The reality revealed from a number of these studies implies that the use of leisure time is largely determined by human orientation, habituation, and autonomy in managing behavior and also time management. Orientation concerns the matter of goal setting or the purpose of human life in life, while habituation is related to habits that have been carried out for a long time continuously, and this is greatly influenced by social support from family institutions and other educational institutions. Based on this explanation, it is necessary to map the use of student leisure time to determine the proportion of time spent on academic, non-academic, recreational, productive, and consumptive activities among students. This research is important as a medium for extracting data, because the availability of adequate data can become the source for policy makers in formulating policies for managing and developing resources on campus. The formulation of the problem in this research is: "How do UNY students use their spare time?"

2. Literature Review

2.1. Leisure Time

The discussion about leisure time cannot be separated from the study of space, especially public spaces. The space is the social capital of society, social capital to maintain life, where politics and economy are run. So far, historical glimpses show that the public space that has been built has often marginalized the public expression of citizens, because the power of the state and the market dominates activities that take place in the public space [9]. Furthermore, it is explained that in the social context, both in rural and urban communities, it is necessary to question the extent to which the public space

can become an ecosystem capable of providing space for civilization to grow and at the same time maintaining the social and economic capital of society for healthy and productive human and human growth for the purpose. well-being.

In sociology, the study of leisure time cannot be separated from the development of society and the modernization process in the era of capitalism. As a new discipline in sociology, the sociology of leisure is always developing in the context of societal transformation. Free time can routinely consist of categories, which are generally related to how the entertainment industry is organized and organized, such as: media, sports, recreation / tourism, and so on. The following are a number of aspects related to the use of free time.

Research by Sidik Jatmika on teenage gangs shows that free time is almost always filled with gathering or hanging out, either at crossroads, around entertainment locations, and so on after school or at night [7]. However, along with changes in information and communication technology, in the 2000s the expression patterns of adolescent activities changed. If previously there were more frequent gatherings and gatherings, then it became an activity in cyberspace (internet and social media). The culture between nations has been widely studied, including Lincoln & Kalleberg's research on differences in American and Japanese cultures which showed that Japanese workers work culture longer hours, are less absent, and hold fewer protests / demonstrations compared to American workers [5].

2.2. Young Generation and Its Potential

In every historical narrative of a nation's civilization, young people are an invaluable national asset. The progress and destruction of a nation is determined by the younger generation as agents of change [3]. This nation needs a qualified young generation for progress and leadership relay in the future. To prepare for it, it is necessary to develop superior competencies from a young age. Especially the development of moral characters and performance characters such as fighting power, perseverance, honesty, endurance, critical attitude, expression skills, and communication skills [10].

The discussion about young generation attracts the attention because it can help construct cultural representations, both in real and virtual spaces. Youth culture can be considered as a culture that is positive or negative. In society, young people are media consumers and users of various media and cultural artifacts. They also produce a series of dynamic subcultural identities [4]. Furthermore, Hebdiege argued that when it comes to representation, there is a simple opposition that is recognized about the younger

generation, namely both as pleasure and as a problem. Meanwhile, by Brake, subculture is defined as a variety of meaning systems, forms of expression, and lifestyle developed by groups in a subordinate structure when facing dominant meaning systems [4]. Thus, the subculture of the younger generation can be recognized when they present different things, when they struggle to face power, which can be seen as discourse in families, schools, campuses, and in society.

By studying the topic of young generation in the process of transformation is aligned with understanding the process of change from the perspective of the younger generation. Thus, studying the youth paradigm is important to understand the youth perspective map. Discussions about youth can use both a pathology perspective and a representational perspective (Subando in [2]). In a pathological perspective, for example, an explanation of the storm and stress approach influenced by psychology is used to understand the issue of puberty which is quite dominant in the phenomenon of stress. Meanwhile, in a sociological perspective, the reality is that there is uncertainty in the younger generation in facing their social life and in dealing with the world of work. Whereas the representation perspective is more of an active approach in viewing the younger generation, where youth are seen in the role of acting, as an active social category.

Howard Gardner argues that basically every individual has got multiple intelligences which are defined as intelligence and the ability to solve various problems in real situations [6]. There are 9 multiple intelligences, namely: logical-mathematical, verbal-linguistic, visual-spatial, interpersonal, intrapersonal, musical-rhythmical, kinesthetic, natural, and existential intelligence. Each individual has multiple intelligences, what distinguishes is the profile of each intelligence. Each individual needs to be encouraged to be able to develop multiple intelligences optimally, in accordance with their respective intelligence profiles. Free time can be used as a vehicle for developing the potential and multiple intelligences of students

3. Material & Methodology

3.1. Research Method

This type of descriptive research with a quantitative methods aims to describe the use of free time for UNY students. The research was conducted at Yogyakarta State University by involving a number of samples, namely some UNY students who were taken from seven faculties including FIP, FBS, FMIPA, FIS, FT, FIK, and FE with a random sampling

model, cluster random sampling, which was carried out by dividing the sample into seven groups.

3.2. The Population and Samples of the Research

The research population was all UNY students. The research sample was 560 UNY students who came from FIP, FIK, FBS, FMIPA, FIS, FE, and FT. Respondents were determined by purposive random sampling. The population in this study were all UNY students from seven faculties, as shown in the following table.

TABLE 1: Types and Number of Samples

No	Faculties	Population	Samples
1.	FIP	4131	80
2.	FBS	4380	80
3.	FMIPA	3466	80
4.	FIS	3329	80
5.	FT	3627	80
6.	FIK	2592	80
7.	FE	2033	80
	Total	23558	560

The sampling technique in the study was determined by referring to the Morgan and Krejcie table which states that if the population is over 20000, the minimum sample size is 377 respondents representing the population of the seven faculties. To avoid drop out responses, the number of samples was rounded to 560 respondents in which 80 respondents were taken for each faculty (as in the table above).

3.3. Data Collection Technique

Quantitative data were collected through a survey to identify the types of activities carried out by UNY students in using their spare time. The research data were obtained through a questionnaire. The instrument used was a questionnaire that had been developed by the Education Faculty team of Universiti Kebangsaan Malaysia (UKM), which examined leisure time.

The data collection technique used in this research is the use of online media with a google form which can be accessed via <https://forms.gle/cfjDZGBQj3mN4Gxb8>. As well as reports made by other parties that are relevant / supporting the purpose of the research. The details are as follows:

TABLE 2: Techniques, Respondents, and Information Targets

No	Techniques	Respondents	Information Techniques
1.	Questionnaire (using online application)	UNY Students	Use of UNY students' spare time
2.	Documentation	Researchers	Relevant data to the research title

3.4. Research Instruments

The questionnaire of leisure time was developed referring to a model from the Faculty of Education, Universiti Kebangsaan Malaysia (UKM). The questionnaire was adopted, adapted, and modified according to the research objectives. The aspects that will be explored from student free time activities are:

1. Educational Activities
2. Sports and Recreational Activities
3. Religious Activities
4. Activities with Family
5. Community Activities
6. Economic Activities

3.5. Data Analysis Techniques

This research uses a quantitative approach, with descriptive statistical techniques. Quantitative data were collected by survey in order to identify the types of activities carried out by UNY students in using their leisure time. The influence of the social environment such as family, peer groups, campus, community, and the media was also studied for determining student activity choices in using their leisure time. The research data in the form of numbers (quantitative) are analyzed computationally percentages using Microsoft Office Excel program to describe the use of UNY student' leisure time. In addition, the data were analyzed descriptively by using the Microsoft Excel categorization method based on the calculation of the percentage as follows:

$$\text{Score} = \frac{\text{raw score}}{\text{maximum score}} \times 100$$

The percentage calculation value (%) is then converted into words and sentences which are then given meaning (interpretive) by reducing the data (selection, centering,

TABLE 3: Score Categories

Score (%)	Category	Rating
≤ 55	VL	Very Low
56 - < 71	L	Low
71 - < 86	H	High
≥ 86 – 100	VH	Very High

simplifying and abstraction of crude data) in accordance with the research objectives to describe the use of UNY students' leisure time.

Thus, the data analysis process flows from the initial stage to drawing conclusions, drawing conclusions and verification. At this stage the researcher tries to understand, analyse and look for the meaning of the data collected. After all the data were collected, the conclusion will be obtained.

4. Results and Discussion

4.1. Result

The use of leisure time of UNY students which is in the spotlight is the aspects of educational activities, aspects of sports and recreation activities, aspects of religious activities, aspects of family activities, aspects of community activities, and aspects of economic activities.

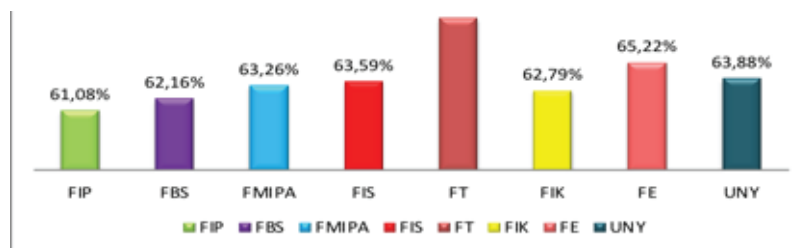


Figure 1: Utilization of leisure Time of UNY Students (Source: primary data managed by the researcher)

From the picture above, it can be explained that the use of UNY students' spare time in terms of aspects of educational activities, aspects of sports and recreation activities, aspects of religious activities, aspects of family activities, aspects of community activities, and aspects of economic activity as a whole, if referring to decision-making criteria: (≤ 55); Low (56 - <71%); High (71 - <86%); Very High (≥86 - 100%), from the picture it explains that the overall use of UNY students' spare time is in the low category with a percentage value of 63.88%.

The chart above explains that the use of UNY student spare time in terms of the aspect of educational activities as a whole is in the low category, with a proportion value of 65.87%; the utilization of UNY students' spare time in terms of sports and recreation activities as a whole is in the low category with a percentage value of 57.86%; the utilization of UNY students' spare time in terms of the aspect of religious activities as a whole is in the low category with a percentage value of 65.21%; the utilization of UNY student leisure time in terms of family activities as a whole is in the high category with a percentage value of 84.89%; the utilization of UNY students' spare time in terms of social activities as a whole is in the very low category with a percentage value of 53.28%; the utilization of YSU students' spare time in terms of overall economic activities is in the very low category with a percentage value of 54.04%.

4.2. Discussion

The use of leisure time by UNY students can be seen from 6 aspects, including: aspects of educational activities, aspects of sports and recreation activities, aspects of religious activities, aspects of family activities, aspects of community activities, and aspects of economic activities. From the results of the study it can be seen that the use of UNY students' spare time with a percentage value of 63.88% is in the low category. The usage of leisure time was categorized as low as in this pandemic era there is a change in student's activity, from offline learning to online learning. The study from home policy disguises boundaries between academic and non-academic activity, as all activities can be done from home. A lot of college assignments also causes flexibility in managing study time.

In a study of leisure time, George Torkildsen explains that leisure time is an activity [11]. Leisure time is described as leisure time after the main needs are done or is the time available after the time for the fulfillment of basic needs has been met. Leisure time is used based on self-selection and direction (free will). This condition is important for achieving welfare [1]. By filling free time productively according to their potential, the younger generation can increase happiness and reduce the pressure they feel. Time management becomes critical to be concerned, so the students do not experience psychological disorders such as stress and burn out. The proportional academic and non-academic activity brings balance in physical and mental fulfillment.

Research in Malaysia showed that there are significant differences in social environmental support and leisure activities based on genders, ethnicity and socio-economic status. However, there is no significant difference in multi-ethnic wellbeing based on

gender [13]. The research in Indonesia showed that Indonesian youth are more likely to spend their leisure time with their family [14]. The usage of student's leisure activity is influenced by many factors; one of them is supportive surroundings. The usage of leisure time in pandemic era needs to get concern so it can be filled and utilized for productive and creative activity. The utilization of leisure time among the young generation is an important study because it has implications for the welfare of the nation's future generations. The results of this research can be used to provide information to policy makers in human resource development programs.

5. Conclusion

Activities carried out during leisure time are important ways in developing the potential of the young generation, such as fulfilling physical and non-physical development as well as developing knowledge, character and skills as a whole. The aspects extracted from the leisure time variable are educational, sports and recreational activities, religion, family, community, and economy. The positive utilization of leisure time for young people with various backgrounds can improve their quality and welfare. Likewise, on the other hand, leisure time that is not managed properly can plunge youth into activities that are unsettling to society, such as delinquency and crime. This research is important to do as an effort to conduct data exploration because the availability of adequate data will be very valuable for policy makers in formulating policies in the field of resource management and development on campus.

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