

## THE IMPOTANCE OF HEALTY PSYCHOLOGY, EXERCISE IN DAILY LIFE FOR A HEALTY AND FIT BODY

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**Abstract:** Regular exercise has been proven to be effective in maintaining physical and mental fitness, but there are still many people, including farmers in Pondokrejo Village, who ignore it because they are busy and believe that farming activities are enough to replace exercise. Lack of understanding and limited facilities contribute to low interest in regular exercise, which risks reducing long-term fitness. This research aims to describe the interests and habits of the people of Pondokrejo Village, Tempurejo District, Jember Regency, towards sports activities. Using a descriptive quantitative approach, data was collected through an online questionnaire from 100 respondents aged 18–59 years. The research results show that the majority of respondents have good and regular exercise habits, with a frequency of 3-5 times a week, and are accompanied by an understanding of the importance of warming up and cooling down. These findings indicate that respondents not only live an active lifestyle, but also realize the physical and psychological benefits of exercise. However, there are still some people who pay little attention to sports because of busy work activities, especially among farmers. Therefore, ongoing education is needed regarding the importance of exercise as part of a healthy lifestyle and long-term disease prevention.

**Keywords:** Healty Psychology; Exercise In Daily Life; Healty And Fit Body



## INTRODUCTION

Physical fitness is a person's physical capacity to carry out various daily activities optimally, efficiently and sustainably without experiencing excessive fatigue or losing energy too quickly (Lengkana, 2021). This condition indicates that the body is in a healthy, fit and ready state to face various physical demands. Physical fitness is determined by five main components, namely cardiovascular system endurance (heart and lungs), muscle strength, muscle endurance, body flexibility, and a balanced body composition between muscle mass and fat (Setyawan, 2022).

Various factors influence a person's fitness level, including innate factors such as genetics, age, and gender, as well as external factors such as exercise patterns, smoking habits, and nutritional adequacy (Fadilah, 2023). Among all these factors, physical activity or sport has a very important role in maintaining and improving fitness (Rohmah, 2021). Physical exercise that is done regularly, with appropriate intensity, consistent frequency, and sufficient duration, has been proven to be effective in improving the body's overall abilities (Isnanta, 2024). In addition to having a positive impact on physical health, sports activities also function as a medium for channeling energy, managing stress, and expressing emotions in a healthy way, thereby contributing to the mental and social well-being of individuals (Nada, 2025).

Sport is a form of physical and mental activity that is carried out in a planned and regular manner with the aim of maintaining and improving the quality of overall health, both physically and mentally (Prianto, 2021). In this fast-paced and stressful modern era, many individuals tend to ignore the importance of exercise in everyday life. In fact, exercise is a very economical method of maintaining health but has an extraordinary impact on physical fitness (Sobarna, 2021). Through exercise, a person not only gains physical benefits such as increased stamina and endurance, but also gains emotional stability and peace of mind (Bekti, 2022). Another advantage of sports is its flexibility, it can be done anytime and anywhere according to comfort, whether morning, afternoon, or evening. This flexibility makes sports an ideal choice for anyone who wants to live a healthy life without being burdened by time and place (Yusfi, 2025).

Sports play an important role in maintaining fitness and health. This physical activity can strengthen the immune system so that the body is not easily attacked by

disease. In addition to providing individual benefits, sports also support government efforts in creating a healthy lifestyle culture and strengthening national resilience (Rajab, 2024). Various benefits of exercise include preventing diseases such as heart disease, diabetes, osteoporosis, obesity, and increasing endurance. In addition, exercise is also beneficial for mental health because it can reduce stress, depression, and anxiety, and increase self-confidence, sleep quality, and concentration (Nababan, 2024).

Although sports seem easy to do and have various benefits, some people still do not pay enough attention to sports activities. Most of them do not prioritize sports activities because they are busy working or carrying out their daily activities (Winanda, 2024). Likewise, what happened in Pondokrejo Village, Tempurejo District, Jember Regency, most of whom work in agriculture. Farmers generally rarely do specific sports for various reasons. Farming activities that drain energy such as hoeing, planting, and harvesting are often considered sufficient as a substitute for exercise. In addition, the dense working hours and fatigue after a day in the fields make them prefer to rest rather than do additional physical activities (Fitriana, 2021). Lack of understanding about the importance of regular exercise for long-term health is also a contributing factor. In addition, limited sports facilities in rural areas and local cultures that have not made exercise a part of their lifestyle also reinforce this habit. As a result, even though farmers are physically active, they are still at risk of experiencing a decline in fitness if not balanced with regular and targeted exercise.

Based on the description above, it is important to conduct a more in-depth study related to health and sports psychology for the people of Pondokrejo, Tempurejo District, Jember Regency, East Java. This is very necessary considering that the village community itself tends to ignore sports activities because they have a tendency to work. Moreover, most people work by relying on their physical activities, so they assume that physical activity while working is the same as sports activities. Therefore, there needs to be health psychology to provide an understanding to the community regarding the importance of maintaining health through sports activities.

## **METHOD**

This study uses a descriptive quantitative approach that aims to obtain an overview of community interest in sports, especially in Pondokrejo Village, East Java, in March 2025. The details of the implementation of this study are as follows. The

research was conducted over a period of four days, from March 2 to March 5, 2025, and took place in Pondokrejo Village, Tempurejo District, Jember Regency. This location was selected due to its relevance to the study objectives and accessibility to the target participants involved in the intervention. This research design is systematically designed to answer the problems while controlling the influencing variables. Data collection was carried out through an online questionnaire using Google Form, which was distributed to respondents aged 18–59 years. The sample was selected using quota sampling, which is sampling based on a certain number without random, and also random sampling, where each individual has an equal chance of being selected (Suriani, 2023). The total number of respondents in this study was 100 people.

The research instrument in the form of a questionnaire with a rating scale of 1–5 was used to measure public interest in sports activities. Before being used, the questionnaire had been tested for validity and reliability. The data analysis technique used descriptive statistics, namely by grouping data, calculating frequencies, percentages, and analyzing the results based on certain categories (Melyza, 2021). The final results are presented in the form of a percentage that shows the level of public interest in sports, which is then classified into high or low categories based on the specified interval criteria.

## **RESULT AND DISCUSSION**

### **RESULT**

Based on the data displayed in eight bar charts, it can be interpreted that most respondents have good and regular exercise habits. The first chart shows that almost all respondents have done sports activities, while the third chart shows that all respondents agree that sports provide positive benefits for health with a percentage of 100%. The most dominant exercise frequency is 3 to 5 times a week (chart 2), which reflects consistency and commitment in maintaining body fitness through physical activity.

In terms of preparation before exercising, the majority of respondents started their physical activities by warming up first (graph 4). This shows that respondents have a good understanding of the importance of warming up as an initial step to prevent injury and prepare the body optimally. The most common warm-up duration is between 5 and 10 minutes (graph 5), while the most common exercise duration is between 15

and 20 minutes (graph 6), which is a fairly ideal time range for maintaining fitness and heart health. After finishing exercising, most respondents also took 15 to 20 minutes to cool down (graph 7), which is an important step in helping the muscle recovery process and maintaining body stability after physical activity.

Table 1. Research Results

Have you ever played sports?	100		
Is exercise useful?	100		
Frequency of exercise per week?	0-1 times/week 10 people	1-3 times/week 30 people	3-5 times/week 60 people
How to start exercising	eat first 5 people	Wake up 25 people	Warm up first 70 people
Warming up ?	30-60 times 28 people	5-10 times 42 people	15-20 times 30 people
Cooling down?	30-60 times 28 people	15-20 times 50 people	5-10 times 32 people
Exercise duration?	30-60 times 33 people	15-20 times 39 people	5-10 times 28 people
Condition after exercise?	Tired 28 people	Weak 0 people	Fit 72 people

The data shows that all respondents (100%) have experience in playing sports and believe that exercise is beneficial. However, the frequency of weekly exercise varies: only 10 respondents reported exercising 0–1 times per week, 30 respondents reported 1–3 times, and the majority—60 respondents—engaged in physical activity 3–5 times per week. This indicates a relatively good level of exercise frequency among participants. Regarding how participants initiate exercise, most (70 people) start with warming up, which aligns with standard health and sports guidelines. Meanwhile, 25 participants begin exercise right after waking up, and only 5 eat before starting physical activity. In terms of warming-up duration, 42 participants do it for 5–10 minutes, 30 for 15–20 minutes, and 28 for 30–60 minutes. For cooling down, 50 respondents spend 15–20 minutes, 32 spend 5–10 minutes, and 28 spend 30–60 minutes. Exercise duration also varied, with 39 respondents exercising for 15–20 minutes, 33 for 30–60 minutes, and 28 for 5–10 minutes. After exercising, the majority of respondents (72 people) reported feeling fit, while 28 felt tired and none reported feeling weak. This data suggests that most respondents not only engage in regular exercise but also adopt proper practices

such as warming up and cooling down. Moreover, the majority feel energized after exercise, indicating good physical condition and recovery.

## **DISCUSSION**

Based on the results of the interpretation of the survey on exercise habits, it can be said that most respondents have a positive and organized physical activity pattern. The data shows that almost all participants have experience of exercising and overall believe that exercise has a positive impact on health, both physically and mentally. The high level of participation and awareness of the benefits of exercise reflects that an active lifestyle has become part of the daily lives of most respondents (Nabilah, 2025).

The dominant frequency of exercise, which is 3-5 times per week, shows that physical activity is not done sporadically, but has become a routine habit. This is an important indicator of a healthy lifestyle because physical activity that is done regularly has been proven to strengthen the immune system, maintain fitness, control weight, and reduce the risk of various degenerative diseases such as diabetes, hypertension, and heart disease (Yusfi, 2025).

Furthermore, the habit of starting exercise with a warm-up shows that respondents have a fairly good understanding of safe exercise practices. Warming up, which generally lasts between 5–10 minutes, is very useful for increasing blood circulation, preparing muscles and joints for more intense activities, and minimizing the possibility of injury (Siregar, 2024). This awareness shows that there is education or knowledge that supports responsible exercise practices.

In terms of activity duration, the majority of respondents chose exercise time between 15 and 20 minutes, which is considered quite ideal for maintaining fitness if done routinely (Alfirdaus, 2021). This activity is also followed by a cool-down phase for the same duration, which is 15–20 minutes. This cool-down step is an important aspect in the recovery process after exercise, because it helps the body return to normal conditions, reduces muscle tension, and prevents pain or soreness later on.

Interestingly, most respondents felt fresher after exercising. This shows that the intensity and type of activity carried out are in accordance with the capabilities of each individual's body. Feeling fresh and fit after exercise is also an indication that the activity is not only physically healthy but also contributes to improving mood, reducing stress, and emotional stability (Sriratih, 2022). In general, the results of this survey

provide an overview that respondents have implemented an exercise pattern that is not only regular but also accompanied by a good understanding of the implementation procedures. These results are very useful as a basis for developing health promotion strategies, especially in cultivating sports as part of a healthier, more productive, and more balanced modern lifestyle.

## **CONCLUSION**

The majority of respondents have regular exercise habits and do it in the right way. They not only exercise routinely 3-5 times a week, but also understand the importance of warming up and cooling down, and choosing the appropriate duration to maintain fitness. The high awareness of the benefits of exercise and the feeling of freshness after physical activity indicate that respondents live an active lifestyle that supports overall physical and mental health. These findings reflect a healthy lifestyle that is worth maintaining and can be used as an example in efforts to promote public health.

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