ABSTRAK

Hendriko Saragih, Nim 6213210001. Partisipasi Masyarakat yang Berolahraga di Sarana dan Prasarana Olahraga Taman Cadika Medan. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan.

Penelitian ini bertujuan untuk mengetahui tingkat partisipasi masyarakat dalam berolahraga di Taman Cadika Medan, bentuk aktivitas yang dominan, distribusi usia partisipan, serta frekuensi olahraga yang dilakukan. Penelitian menggunakan pendekatan kuantitatif dengan metode survei. Teknik pengumpulan data meliputi kuesioner, observasi terstruktur, dan dokumentasi. Sampel penelitian berjumlah 120 orang yang merupakan pengguna fasilitas olahraga di Taman Cadika Medan. Hasil penelitian menunjukkan bahwa tingkat partisipasi masyarakat tergolong tinggi. Aktivitas yang paling dominan adalah jogging (35%), diikuti sepak bola (31,67%), sepatu roda (14,17%), senam (10%), basket (5%), berkuda (2,5%), dan skateboard (1,67%). Partisipasi tertinggi berdasarkan usia berada pada usia 16 tahun (11,67%), diikuti usia 10, 11, dan 19 tahun (masing-masing 9,17%). Sebaliknya, usia balita dan lansia memiliki tingkat partisipasi rendah (0,83%). Berdasarkan frekuensi, sebagian besar responden berolahraga 3 kali seminggu (50%), 4 kali seminggu (15,83%), dan sesekali atau tidak teratur (11,67%). Mayoritas partisipasi bersifat aktif dengan keterlibatan langsung dalam aktivitas fisik. Simpulan dari penelitian ini adalah bahwa Taman Cadika Medan telah berfungsi sebagai ruang publik yang efektif dalam mendukung gaya hidup sehat masyarakat, dengan didorong oleh keberagaman fasilitas, lokasi yang strategis, kesadaran akan pentingnya olahraga, serta keberadaan komunitas yang aktif.

Kata Kunci: *Partisipasi, Masyarakat, Sarana Olahraga, Taman Cadika*

ABSTRACT

Hendriko Saragih, Student Identification Number 6213210001. Community Participation in Sports Activities at the Sports Facilities of Taman Cadika Medan. Thesis. Study Program of Sports Science, Faculty of Sports Science, State University of Medan. State University of Medan 2025.

This study aims to determine the level of community participation in sports activities at Taman Cadika Medan, the dominant types of activities, the age distribution of participants, and the frequency of sports activities conducted. The research employed a quantitative approach using the survey method. Data collection techniques included questionnaires, structured observations, and documentation. The research sample consisted of 120 individuals who were users of the sports facilities at Taman Cadika Medan. The results of the study indicate that the level of community participation is relatively high. The most dominant activity was jogging (35%), followed by football (31.67%), roller skating (14.17%), gymnastics (10%), basketball (5%), horse riding (2.5%), and skateboarding (1.67%). The highest participation by age was at 16 years old (11.67%), followed by ages 10, 11, and 19 (each at 9.17%). Conversely, toddlers and the elderly showed the lowest levels of participation (0.83%). In terms of frequency, most respondents engaged in sports three times a week (50%), four times a week (15.83%), and occasionally or irregularly (11.67%). The majority of participation was active, with direct involvement in physical activities. The conclusion of this study is that Taman Cadika Medan has effectively served as a public space that supports a healthy lifestyle among the community, driven by the diversity of facilities, strategic location, increased awareness of the importance of exercise, and the presence of active sports communities.

Keywords: *Participation, Community, Sports Facilities, Taman Cadika.*

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