

Contribution of Leisure Time and Community Motivation to Visit Padang City Coastal Environmental Park

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Abstract—Complete coastal environmental park facilities contribute to visitors to meet physiological needs, and social interaction, and create passive and active recreation opportunities. This study is qualitative, aimed at providing a deep understanding of the use of free time and motivating people to come to visit the coastal environmental park in Padang City. The number of respondents was 32, who had free time to go to the coastal park and had lived in Padang City for a long time. Data collection was carried out through observation and semi-structured interviews, which were carried out in depth and then transcribed verbatim. The analysis approach used was interpretative phenomenology. The results of the study revealed that the coastal environmental park provides a place to do physical activities such as sports, walking, gymnastics, seating to relax with family while enjoying culinary, open space, so that visitors are more responsive and enjoyable to the coastal park. The comfort felt by visitors can increase community motivation and visitors provide free time to come to the coastal park, especially on Sundays and holidays. The practical and theoretical implications of the experiences of visitors to the coastal environmental park can be utilized to provide better coastal environmental park needs for the Padang City government.

Keywords— Physical activity; gathering place; social interaction; physiological motivation; environmental motivation

I. INTRODUCTION

The parks in Padang City's coastal areas are well-designed, quality urban public spaces that have positive social, economic, and environmental impacts on the community. Parks as quality public spaces can improve the community's health and economic well-being. The quality of good parks is very relevant to the community's motivation to visit parks in coastal areas.[1]

West Sumatra, especially Padang City, is one of Indonesia's provinces with beautiful natural scenery, especially coastal areas. West Sumatra has many beaches, increasing the appeal of people to live in Padang City. West Sumatra and Indonesia are developing countries and most of Indonesia's population continues to increase. Currently, 56.7% of Indonesia's population lives in urban areas, and this trend is expected to continue to increase to 66.6% by 2045. [2] The increasing urban population and high daily life activities require free time for recreation, and physical activities such as sports and walking to improve fitness. In addition, participation in free time can be a means of overcoming stress related to work..[3]

In addition, in 2020 the number of Indonesians living in urban areas was 220 million people [4]. This will increase the number of people living in rural areas who will move to the city, along with the increasing economy of urban communities. This urbanization trend will affect the quality of the urban environment [5]. The increase in urban population means additional attention to the quality and public facilities, housing, and infrastructure. Therefore, real urban growth and development must be accompanied by responsive and inclusive public places, to achieve proper and effective urbanization.

Today's modern society, with high work routines and very little free time for physical activity. People realize that physical activity is very important to improve health. In this case, the coastal and urban environment is designed as an area for physical activity and recreation to meet their daily needs. Now slowly parts of the coastal and urban environment are designed to be more impersonal and fragmented, especially in Asian cities [6]. Therefore, it is important to strengthen the functional and symbolic values of public places, so that people are interested in visiting the beach and providing leisure time, especially during a break from the daily work routine. The importance of public open spaces is to facilitate interaction between the community and its environment. Although parks are important places for socialization. [7], In the social network of coastal environments in the context of planned coastal and urban areas, many coastal environments are still not fully utilized for the benefit of the community[8]. Conditions like this make people lose the opportunity to socialize, which is considered a very important human need [9].

The problem of underutilization of coastal parks persists, despite a large body of literature including theoretical and empirical studies discussing methods for improving the physical aspects of parks [8]. The reason is that in developing countries like Southeast Asia, these public spaces are not sensitive and relevant to the local social and cultural context. In addition, the design of coastal environmental parks mostly follows the Western model and adopts top-down initiatives for the planning process [6]. These issues are serious obstacles for the government in Indonesia, especially in West Sumatra, in providing a decent park environment for the community. Currently, the Indonesian population has begun to be disturbed by a sedentary lifestyle and lack of activity. According to the performance report on the quality of life of Indonesians released in December 2020, only around 31.4% of Indonesians take the time to do recreational activities at least once a week. Leisure time contributes to people visiting parks in coastal areas because parks in coastal areas provide facilities for physical activity. Leisure or free time has a positive and significant role in improving public welfare and health. In particular, health mediates the relationship between leisure time and health spent in parks [10].

Although parks are useful for city planning, the findings of this study are useful for park planning in coastal areas, especially in Padang City as a place of recreation, public space, and physical activity, but the impact of park quality can be felt by visitors to meet psychological, emotional, cognitive needs, has not been explored well. The problem in this study emphasizes more on the relationship between society and place, in meeting basic needs in the park. In addition, efforts to explore the factors of place dependence on parks in coastal areas as a social and cultural understanding. The purpose of the study is to examine the contribution of free time to increase community motivation to meet physiological needs.

1.1. Parks as a place for social interaction

Promoting a place for social interaction is the most basic function of public open spaces such as parks. In his book *Life Between Buildings*,^[11] suggests that public space can facilitate opportunities for social interaction. Space should be comfortable for living, walking, sitting, listening, talking, playing, and exercising. Beyond these functions, public space should also encourage opportunities to participate in useful activities that can provide identity to individuals and groups. At the same time, ^[5] argues that the park should be responsive in terms of context. The planned design of the coastal park should be by the needs of visitors. Therefore, the design process should consider the visual aesthetics of the setting, the security, and safety felt by park visitors, followed by clarity and legibility in the urban structure to create coherence and order for park visitors.

Several factors influence the use of public spaces, including road quality, aesthetic aspects, perceived safety, temperature and atmosphere, park facilities and features, maintenance, cultural aspects in terms of awareness of city parks, and social, environmental, and personal benefits ^[12]. On the other hand, well-designed parks, whether in residential areas, or coastal areas, create spaces for social interaction, which helps develop visitor participation. The most important value in utilizing parks remains the ability to have social interaction between visitors and the ability to provide open spaces for gathering, meeting friends, and meeting places to share experiences with visitors. ^[13]

Furthermore, the importance of park planning provides informal meeting spaces, as a place to socialize outside the home provide social experiences, and create a sense of community. This is a core characteristic of parks as places of social interaction. This characteristic often involves regular, voluntary, informal groups of people, and the same at all times. Therefore, the opportunity for residents to recreate, gather, relax, and meet others is greatly reduced in the social and health context. Furthermore, parks in coastal areas should receive further attention as places of social interaction that promote quality of life, physically, as the main place that improves the quality of life, well-being, and health ^[14]. However, little is known about the place-based physical qualities that support social skills and place attachment, especially in terms of cognitive, functional, and emotional attachment. Furthermore, very little research is available on promoting social functioning, health, and well-being across all segments of society ^[15]. Therefore, exploring how to enhance the engagement of coastal parks for socialization, health, and well-being can help advance key aspects of the concept of how park design has its characteristics in attracting visitors.

The concept of parks 'reflects conducive places for people to engage in social interaction, outside the home and workplace. The existence of parks is at the heart of public life which provides socio-special opportunities for passive and active social interaction. In addition, parks are essential for the well-being and development of cohesion and a sense of community. Parks function as 'ports of entry' to integrate and socialize, especially newcomers to support 'public character. Parks as "public places that host regular, voluntary, informal, happy meetings of both individuals and groups outside the home ^[16].

Parks as indicative of wider informal activities and offer physical spaces for communities to mix and gather. This includes spaces for walking, socializing, and recreation to meet the various needs of the community ^[17] with its main characteristics including:

1. Parks are established on 'wide land' where people can gather, come and go.
2. Parks are inclusive 'intermediary' places
3. Parks are places of social interaction to carry out activities both actively and passively.
4. Parks are easily accessible and provide accommodation needed by visitors
5. Parks attract more new visitors.
6. Parks are low profile, and affordable.
7. Parks are a second home that must be visited.
8. Parks provide a pleasant mood

Therefore, the coastal environmental park is a place to carry out social interaction, socialization, and exchange between communities. In addition, the park provides complete facilities to strengthen social interaction among residents. [18]. Furthermore, the quality of the park can be positively influenced by providing a place for physical activity, sports, walking, and social interaction that provides visitors with natural enjoyment. Therefore, coastal environmental parks also play a fundamental role as a place for social interaction by fulfilling all the criteria mentioned above. However, the fundamental role depends on the culture of the environment, and more importantly, the extent to which the park is in line with the needs of visitors. To better understand the human-place relationship in parks, it is necessary to understand the relationship between park use and visitor needs, through the concept of place dependency, and how it can shape the behavioral tendencies of park users. Thus, the following section highlights the concept of place dependency and human behavior.

1.2. Place dependency

Park visitors have place dependency which describes functional ties. It reflects the associations that individuals feel (either positive or negative) between visitors and a particular place. Place dependency continues to develop when the place can provide quality features and meet the needs of visitors. If a place can meet the expectations and needs of visitors, then the place becomes an alternative place to visit. This quality makes users dependent on the place [19]. Place relevance can provide the facilities needed for the desired activity. In that case, the higher the number of park visitors, the more positive feelings are generated from the park. Thus, the level of visitor dependence on the park is a function of how well the needs, goals, and motivations are met or how positive the experience at the location is [20].

In other words, place dependency is the sum of social and physical resources that meet the specific needs of visitors or users and reflect the unique qualities of a place [13] suggests four important factors for increasing place dependence, including:

1. Natural settings that are responsive to recreational needs
2. Facilities designed to meet the expectations of recreationists
3. Recreational facilities provide a feeling of relaxation and satisfaction to recreationalists.
4. Recreational spaces provide opportunities for recreationists to share their experiences with other participants.

Thus, park users will consider this recreational setting more valuable than other settings and cannot be replaced by others. Often, place dependence is formed after an individual evaluates how well an environment can meet his or her needs and goals. Because place dependence is usually expressed behaviorally, a deeper view of the concept of human behavior is needed.

1.3. Behavioral commitment to place

Place dependence has a significant correlation with individual personality and behavior [11]. This can result in positive behaviors that engage with the physical environment and promote sustainable recreation management. On the other hand, human behavioral commitment can be explained based on emotions and motivations that may not be consciously recognized by the individual. However, individual behavior driven to pursue certain outcomes (i.e., physiological, social, and physiological) can be understood in the context of motivation theory. Motivation theory defines how people are attracted to the natural environment in pursuit of personal gain, Motivation is a psychological state of mind where individuals aim to satisfy certain needs. It is the result of the reciprocal relationship between the individual and the surrounding environment in pursuit of personal gain. In addition, people who are attracted and motivated develop different social and physiological outcomes towards the setting.

Behavioral commitment to a particular place affects the values, meanings, and emotions of users, which in turn shape their behavioral tendencies. In addition, behavioral intentions and motivations are very important. Understanding the concept of behavioral commitment in urban environments helps this study examine the functional needs of residents for coastal environmental parks.

II. RESEARCH METHOD

This research is qualitative, the research was conducted in the coastal environmental park of Padang City, the capital of West Sumatra. The focus of the research is on the contribution of leisure time and services that can motivate people to visit the coastal park of Padang City, such as the quality of the place, behavior, and emotions that have a positive bond.

This study examines more about the leisure time and motivation of the community to visit the Padang City coastal environmental park. The population in this study were visitors to the Padang City coastal environmental park. The sampling technique used purposive sampling. The following are the criteria used to select respondents:

1. Selecting respondents who visit the Padang City Coastal Environmental Park
2. Respondents are adult women and men aged 17 years and over and not yet retired
3. Respondents are limited to people living in Padang city
4. Respondents have lived in Padang City for at least one year.

Qualitative research is used to define sample size in qualitative methodology. However,^[6] argue that a better sample size provides greater confidence in the study, it is recommended around 25 to 50 units. The sample in this study amounted to 32 people, in-depth interviews, and semi-structured face-to-face with selected respondents during the interview. Before the interview, a preliminary study was conducted on a small scale of 'five respondents' selected to prepare and check the consistency of the questions as preparation for the study and ensure that the language used can be understood and understood by the respondents, is appropriate and unambiguous. The interviews were conducted semi-structured, in-depth to describe the needs and experiences of respondents in the park in a non-directive manner. After that, discussions were held with the team in the field and triangulation to determine the reliability of the research findings.

The study was conducted from February 19 to June 2023, interviews were conducted at the Padang City Beach Environmental Park, in the morning and on holidays. Because on that day the atmosphere was quite crowded, calm and relaxed. Each interview took 30 minutes to one hour, Samsung A70 recorder. In addition, the questions asked were related to their experience of visiting the Padang City Beach Environmental Park. Furthermore, each interview was conducted, informed of the next interview time, by adopting an inductive approach, about the respondents' experience of visiting the beach environmental park.²¹ The data obtained, then processed systematically, selected and grouped, sorted according to the research theme. Interpretative Phenomenological Analysis (IPA) is used to manage data in detail about the extent of respondents' experiences to obtain people's perspectives on the phenomena studied. The steps in the IPA method were carried out:

1. Conducting observations
2. Making hypotheses
3. Conducting research
4. Presenting data
5. Developing narrative explanations and conclusions

III. RESEARCH RESULT

Leisure time research is free time from daily agendas that can be used for recreation, sports, and self-development. This leisure time can motivate people to visit parks in the coastal environment of Padang City, as well as services needed by the community when visiting the coast of the capital of West Sumatra, Indonesia. The analysis was carried out on two main themes, namely the use of leisure time to compensate for the use of coastal parks. Both themes are classified through the first analysis, the contribution of leisure time use, and the second compensation for park use. Each theme can be seen in Table 2.

Tabel 2. Leisure time contribution to park Compensation

Utilization of free time	Number of Informants	Compensation for park utilization	Number of informants
Physical activity	32	Physiological motivation	30
Gathering place	29	Environmental motivation	28
Social interaction	30	Emotional motivation	27

The coastal environmental park in Padang City is crowded with people who have free time. Free time contributes to visitors visiting the coastal environmental park, and the Padang City government has provided a park in the coastal environment as a place for physical activities, such as sports, walking, place for family gatherings and social interaction. Furthermore, the motivation of the community to visit the environmental park is to fulfill physiological, cultural, and social needs. The following explains the sub-themes of the research results.

3.1. Physical Activity

The benefits of the Padang City coastal park for the community are as a place for sports activities such as open spaces for gymnastics, walking and cycling, research findings show that parks in the coastal environment in Padang City are widely used for sports for visitors, especially on holidays in the morning and evening. The motivation of the community to visit the Padang City coastal park is: 1. Physical, including as a place to exercise such as gymnastics, walking, and relaxing. The Padang City coastal park provides many large open spaces and is used as a place for gymnastics, walking, and cycling. 2. Cultural motivation, namely the desire to visit the coastal park is because they want to know the culture of the Minangkabau region, and the taste of various foods, which are served around the Padang City coastal park. 3. Social motivation, namely the motivation to visit the coastal park is in addition to wanting to enjoy the taste of food, they also want to visit relatives and family. For the people of West Sumatra, a sense of kinship is very high to maintain friendships. Social motivation is used to visit the coastal park in Padang City. The research findings are as follows:

To answer the question "Why did you come to Padang City Beach?", most respondents said that the reason they visited the park in the Padang City Beach area was because around the beach there are many beautiful parks, open spaces for sports such as places for exercise, walking while enjoying typical West Sumatran food. Respondent 1 stated that walking and exercise are important for him to stay healthy and fit. However, for him:

"I came here to see the beautiful, clean, beautiful scenery and comfortable walking exercise place, always the main reason I came here. Furthermore, apart from exercising I always bring my family and children to enjoy the culinary delights that are widely served around the Padang City beach park and I have lived here for more than 8 years"

Respondents 4, 5, 7, and 10 also emphasized that sports activities are the main reason they visit the Padang City coastal environmental park. Respondents 7 and 10 said:

"Every Saturday, Sunday, and holiday I always visit the Padang City beach environment park for walking sports activities, and sitting on the beach because there are many seats provided around the beach by the Padang City government. I came alone because other friends and family are difficult to invite to exercise around the beach environment park because they have different habits, hobbies, and commitments".

The main information from the respondents' responses provides the main idea that amid work routines, lifestyle, family, and other commitments, free time can be used to visit the Padang City Beach Environmental Park for sports to stay fit and healthy. Respondent 5 explained that I always provide free time on Saturdays and Sundays to exercise, and free access the right place for me is this park and I live not far from this beach, it only takes 15 minutes to get to the location.

The research findings that the benefits of coastal environmental parks contextually show as a place for sports for the community, sports are a physical activity that is very much needed so it is necessary to provide free time to be able to do physical activities. The contribution of free time for people visiting coastal environmental parks provides fitness and health benefits for the people of Padang City. Respondents stated that coastal environmental parks have their appeal for sports, walking, and jogging and the air is cool in the morning and evening. Morning is a very good time for physical activity in coastal environmental parks. This finding supports the idea that physical activity has an important role in healthy living. In other words, large parks in coastal areas can be used to relax, socialize, and enjoy a comfortable natural environment. The results of this finding can identify that coastal parks are an effective place to improve fitness and health and must be supported by the availability of supporting facilities. This is a concern and planning for parks for the local government of Padang City, West Sumatra. Currently, the coastal environment of Padang City has many parks provided for people who are aware of the importance of sports for health.

3.2. Gathering place

Research findings, respondents revealed that the use of parks for leisure time is to gather with family and friends. Respondents 25, 28, and 30 said that:

“This beach park is perfect for gathering with family and friends. I am busy with my work routine and rarely meet my friends, and I have many friends. Before coming to this park, we made an appointment to meet in the beach park, the activities carried out were walking and enjoying food because around this beach park, many people are selling typical West Sumatran culinary delights”.

Respondent 10 said that I should take the time to visit Padang Beach Park on Sundays, with family and friends, he said that:

“Padang Beach Environmental Park provides comfort for me, so I have to take time every Sunday and holiday to visit here. The holiday is the most suitable time because each has different activities”.

Furthermore, respondents 2, 3, and 8 provided information that this coastal environmental park is to fulfill social needs, namely to fulfill the needs of children because many children visit the park on holidays, play, see visitors, and ride bicycles and cars. He stated:

“I came here bringing my children to ride bicycles with their friends. While waiting for the children to play, I also met friends and neighbors while chatting and telling stories about the past”.

This informs that the coastal environmental park is a place to gather with friends, family, and others to use their free time. This means that the contribution of this free time is very helpful in meeting social needs by visiting the park.

3.3. Social Interaction

The benefits of parks as social interactions, the results of the study found that free time is a time that is awaited by the community to come to Padang City Beach Park. Because the beach park is always crowded with visitors every Sunday and holiday. Free time can be used for social interaction with neighbors, friends, and friends who have not been seen for a long time because of the busy work routine. Respondent 23 stated that I came to this beach park because I saw many people walking, jogging, and exercising, so I also walked and exercised. This gave me passive interaction and I was interested in doing the same thing. Respondents 25 and 28 stated: I came to this beach park because I like sports and walking, and I don't have time to actively integrate. Respondent 12 agreed with respondents 5 and 28 that because of my busy routine every day, I don't have much free time to interact actively, but passive interaction is enough for me by seeing and paying attention to visitors, he stated:

“ I come to the beach environment park because I don't have many friends and a busy work routine, don't have time to socialize with many people. So I come to this park to exercise, relax and see many people, it makes me healthy, happy and comfortable”.

Although passive interaction can occur naturally when doing sports and walking or gathering while enjoying the comfortable atmosphere in the beach environment, active interaction can occur by the same pattern. Respondent 7 said:

“Sports mean a lot to me, I like sports, walking and gymnastics, If I see people doing gymnastics then I also do gymnastics, and if I see many people walking then I also do walking. The point is the opportunity to learn, and gossip with them, if that can be done why not find new friends”.

It was further explained that sports in the park environment can motivate active interaction with other park users, and respondents said "some friends and neighbors also come to this beach. So I am also interested in coming here. This is an opportunity for me to meet and interact with them.

3.4. Compensation for park utilization

To find out the reasons for free time as a motivation to visit parks in the coastal environment of Padang city, respondents gave various reasons related to the following sub-themes:

1. Physiological motivation

Respondents gave reasons that they visited the park, firstly to do sports and walk to stay healthy and fit. It means I come to the park to stay healthy. Respondent 7 stated “For me, the main benefit of coming to the park is to maintain health, to fulfill physiological needs. Apart from health, he added that:

“Padang City Beach provides many places for doing sports, such as places for walking, open spaces for gymnastics, places to relax, and culinary places, and all of that gives me a positive feeling, and health is a physiological need to feel healthy”.

Most respondents realize that maintaining health is very important. Maintaining health can be done by doing physical activities such as sports, walking, and gymnastics. This is where the environmental motivation arises, there are three important aspects of my physiology to visit the park in the coastal environment of Padang city.

3.5. Environmental motivation

From the expected motivation, namely the natural environment, life experience, and aesthetics. The respondents said that in the coastal environment of Padang city there are many accesses in addition to physical activities, also children's playgrounds, places to sit to relax, and the beauty of the pleasant park. By visiting the park in this coastal environment, it can relieve stress due to daily work routines. Respondents 2 and 9 agreed that a person's feelings towards the park are mostly triggered by a comfortable park environment, complete facilities increase high emotional feelings to visit the Padang City coastal environment park. In addition, the experience of visiting the park such as sports, jogging, walking, and gathering places provided around the park. Respondent 26 stated:

“I was in the Padang city beach environment park while jogging, gymnastics, and sweating, then I was able to relieve stress, and my mind became clear. The beach environment park can provide a comfortable atmosphere and when on holiday I always try to come to the Padang City beach”.

The impact is that the park in the coastal area is a place for carrying out physical activities, the natural environment and life experiences of the people who visit can form the meaning of the park itself and the Padang city government is trying to meet the needs of park users.

3.6. Emotional motivation

Emotional motivation here is the desire to relieve stress, release tension, and refresh the mind. Respondents 29, 31, and 32, said that:

“I visited the Padang City Beach Park, it can relieve stress, relieve mental tension, and refresh negative thoughts. Coming back from the park makes my mind calm and fresh again to do the work the next day”.

Research findings show that coastal environmental parks can relieve stress and mental tension is the reason behind the pleasant emotions when visiting coastal parks. Especially after doing physical activities, such as sports, jogging, and gymnastics, and seeing this beautiful coastal park. The findings related to physical activity with emotional satisfaction are also supported by research results²².

IV. CONCLUSION.

If the coastal park provides a place for physical activities, open space, and walking, and can meet the needs of visitors, then visitors will be more responsive and pleasant to the park environment. The comfort obtained when visiting the beach, then they will provide their free time to come to the beach park so that they are motivated to continue to visit the park in the coastal environment. Parks are supported by comfort, beauty, and cool air to do physical activities such as sports, and gymnastics, and relax with family while enjoying the culinary delights around the coastal park. In addition, compensation for the use of parks in the coastal environment can provide health for the community. Motivation related to health after coming to the park in the coastal environment can relieve mental tension and stress. Therefore, this finding has an impact on the design of an attractive park and the completeness of the facilities needed by visitors, such as the availability of complete facilities around the parking area, and must be designed according to the wishes of visitors, then the community will provide free time to come to the park in the coastal environment. In addition, parks in the coastal environment also provide seating to socialize and interact with other visitors and the availability of facilities for children and parents. Clean and neatly arranged culinary places will effectively increase visitor motivation to come to the coastal environmental park. In addition, visitor comfort while in the park must be maintained suggestion is the need to complete park facilities and infrastructure that can increase visitor motivation. So that people can do physical activities and people will provide their free time visiting the beach, especially on holidays so that public health is maintained.

ACKNOWLEDGMENT

Our sincere appreciation is conveyed to the Head of the Padang City Tourism and Culture Office for his contribution to making this research a success. We express our gratitude for the opportunity given so that this research can be carried out properly. Our greatest appreciation is conveyed to the visitors of the Padang City Coastal Environmental Park who have voluntarily contributed to this research.

FUNDING

The author declares that this research did not receive funding from external parties..

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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