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The development of parkour sport, organizational system, benefits and sports values contained in parkour sport

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Abstract

Purpose
This study aims to the development of parkour sport, organizational system, benefits and sports values contained in parkour sport.

Material and methods
This research includes qualitative descriptive research. This research was conducted at the Brawijaya University climbing wall where the Malang parkour community practices and the Skate & BMX Park where the Surabaya parkour community practices. The research time was carried out for two months, starting from September 2023 to October 2023. The data sources in this study are the initiators of the chairman in each community, administrators and parkour practitioners. The data source to be obtained is primary data. Taking data sources this time, the researcher took a snowball sampling technique. The sampling procedure used in qualitative research occurs when initially the selected subject suggests the name of another person who would be suitable for the sample, the latter suggests another person, and so on. Snowball, chain, or network sampling. The data collection technique in this research uses descriptive qualitative research methods, which will be carried out in the Surabaya and Malang parkour sports communities. In qualitative research, data collection is carried out in natural settings (natural conditions), primary data sources, and data collection techniques are more on participant observation, in-depth interviews using open interviews and documentation.

Results and discussion
The development of parkour sports in Indonesia has begun to be seen from the beginning of 2005 to 2023, with the emergence of communities in all cities in Indonesia. The emergence of the parkour community in Indonesia, of course, there are those who pioneer the emergence of parkour communities in Indonesia, especially in East Java. An organization is a forum for a group of people who work together rationally to realize a common vision systematically consisting of leaders and other representatives under control with the intention of achieving certain collective goals by utilizing the resources available in it. Thus in both Malang and Surabaya parkour communities. The psychological benefits of parkour sports are to grow the hormone dopamine which is useful for growing a strong mentality. The health benefits include training all muscles, joints and even all muscle components throughout the body. The social benefits are being able to exchange ideas, learn to get new perspectives, add friends, how to deal with people. The ethical benefits can be more respectful and protect the environment.

Conclusions
The development of parkour sports in Indonesia has begun to be seen from the beginning of 2005 to 2023, with the emergence of communities in all cities in Indonesia. There is an organizational structure for parkour sports administrators. Parkour sports have benefits and contain good sports values.

Keywords
analysis, development, organizational system, benefits, sports values, parkour sport
Анотація

Арасвендра Фікрі Вісанґені, Сугіянгто, Фаділа Умар, Сламет Ріяді. Розвиток паркур-спорту, організаційна система, переваги та спортивні цінності паркур-спорту

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<td>Це дослідження включає якісне описове дослідження. Це дослідження було проведено на скеледромі Університету Бравіджая, де практикується спільнота паркуру Маланг, і парку Skate &amp; BMX, де практикується спільнота паркуру Сурабая. Час дослідження проводився протягом двох місяців, починаючи з вересня 2023 року по жовтень 2023 року. Джерелами даних у цьому дослідженні є ініціатори голови в кожній громаді, адміністратори та практики паркуру. Джерелом даних, як необхідно отримати, є первинні дані. Взявшись в джерела даних цього разу, дослідник скористався технікою вибірки сніжною кулею. Процедура вибірки, яка використовується в якісному дослідженні, відбувається, коли спочатку обраний суб’єкт пропонує ім’я іншої особи, яка підходила б для вибірки, останній пропонує іншу особу і так далі. Сніжна, ланцюгова або мера жева вибірка. Техніка збору даних у цьому дослідженні використовує описові якісні методи дослідження, які будуть проводитись у спортивних спільнотах паркуру Сурабая та Маланг. У якісних дослідженнях збір даних здійснюється в природних умовах (природних умовах), первинних джерелах даних, а методи збору даних більшою мірою стосуються спостереження за учасниками, глибинних інтерв’ю з використанням відкритих інтерв’ю та документування.</td>
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Introduction

The development of community sports in Indonesia varies from time to time, in obtaining clarity and consistency for those who convey the community’s sports aspirations well and fundamentally [1]. Sports development Society has a role in providing opportunities, systems, structures and processes to promote sports participation that encourage all individuals to participate in sports at the desired level of performance [2]. The development of sports in society brings positive changes depending on the capabilities of the managers and management systems that exist in the community itself [3].

Sports development is an effort to advance sports to make sports a forum for developing potential, a place for social relations and health [4]. Of course, sports development has goals and ways to develop sports activities so that they can be realized [5]. To realize sports in a concrete form, of course you must have ideas and formulations about what must be realized, why, and how to make all of this happen well in society.

In the twenty-first century, science and technology affected human behavior by causing people to become immobile, which then led to degenerative diseases [6]. Modern humans just want to be fit and have a good life to prevent diseases such as coronary heart disease, hypertension, obesity, and stress caused by a sedentary lifestyle [7]. The advancement of science and technology today can affect the decline in a person’s physical fitness level which causes lazy movement, making joints and muscles inactive [8]. It is necessary to activate body movement so that humans can produce immunity and activate nerves, by getting used to physical activity can provide many benefits such as improving overall health and reducing negative risks, including coronary heart disease, stroke, certain cancers, type 2 diabetes, obesity, hypertension, osteoporosis, falls, and mortality risk. One of the best ways to improve physical fitness is through exercise [9]. According to the United Nations Inter-Agency Task Force on Sport for Development states that the terminology of the word sport broadly includes all forms of physical activity that improve physical, mental, and social fitness that is well organized. These activities include competitive sports, recreation and traditional games [10].

There is no doubt that sport has grown into a culture of physical activity that has been applied by the community since time immemorial even in the century BC (BC) which began with the ancient Roman gladiatorial competition at that time. Sport is an independent socio-cultural phenomenon and has welfare value for the perpetrators, sport is a long-term health investment in maintaining good health in survival so that sports players can live a healthy and quality life [11]. In an effort to maintain a healthy life, exercise is the only instrument that has long proven its contribution to maintaining health [12]. Sports are divided into two types: competitive sports and recreational sports. The concept of competitive sports is to care for and maintain health while achieving goals (champions), while recreational sports care for and foster individuals to always maintain health, while fostering the mainset that this body needs to be cared for, by doing sports activities without being bound by anything and carried out with recreational purposes [13]. Recreational sports have attracted many people in the 21st century. Recreational sports have various variants such as skateboarding, BMX, break dance, capoeira and parkour.

In an effort to maintain a healthy life, exercise is the only instrument that has long proven its contribution to maintaining health [14]. Sports are divided into two types: competition sports and recreational sports [15]. The concept of competitive sports is to care for and maintain health while achieving goals (champions), while recreational sports care for and foster individuals to always maintain health, while fostering the mainset that this body needs to be cared for, by doing sports activities without being bound by anything and carried out with recreational purposes [16].

Parkour sport is an art of movement, a natural method that allows involving perception (mind) which correlates to kinesthetic (physical) prepared to provide a sense of alertness and efficiency for the perpetrator to master the environment (urban or natural), with basic movements such as jumping, running, climbing, jumping, body control and balance [17].

Parkour has been defined as a recreational activity that involves interaction with nature and an extreme environment where a practitioner must meet all the demands of the external environment on his ability to overcome obstacles quickly and in the most efficient way, by combining running, jumping and climbing [18]. A practitioner is naturally required to choose his or her own path through existing natural or urban spaces and run along the path chosen by the parkour practitioner to conquer every obstacle that may arise spontaneously and do so as efficiently as possible, with a focus on control over herself [19].

Some parkour sports communities in every
In the city in Indonesia have fluctuating and different developments in each city, some are stable, up and down, even drastically down. Ideally, the development of any community is based on how solid the community depends on the organizing system in each community [20]. In the facts of the field in early 2019 when the world was hit by a pandemic crisis that made all aspects of life both social and economic unstable, especially in the activeness of the parkour community had to stop.

The phenomenon of parkour in this century is arguably rising in popularity as science and technology progress. An amazing activity these days that can increase the adrenaline level of anyone who is ready to face the challenge [21]. What is interesting in this sport is the method of how to make quick decisions, get used to mastering the surrounding environment, overcoming obstacles and confrontation between the subject and the surrounding environment to adapt [22]. The sport of parkour is one of the extreme sports that has begun to be competed since the FIG (Federation International Gymnastic) executive committee rolled out the red carpet on the organization of parkour sports competitions in February 2017. The policy of Morinari Watanabe as president of FIG made parkour sports popular among young people and worldwide (www.gymnastics.sport). Parkour sports have actually been around for a long time before the game and even the word parkour was created. Parkour originated in France which was developed by David Belle as the founder or father of world parkour. The beginning of its history parkour was born from the physical discipline of the French military in the 90s, where parkour was developed by the first famous parkour group in France, namely yamakasi, so that parkour began to be known for the first time in France to the world including in Indonesia.

Material and Method

This research includes qualitative descriptive research. This research was conducted at the Brawijaya University climbing wall where the Malang parkour community practices and the Skate & BMX Park where the Surabaya parkour community practices. The research time was carried out for two months, starting from September 2023 to October 2023.

The data sources in this study are the initiators of the chairman in each community, administrators and parkour practitioners. The data source to be obtained is primary data. Taking data sources this time, the researcher took a snowball sampling technique. The sampling procedure used in qualitative research occurs when initially the selected subject suggests the name of another person who would be suitable for the sample, the latter suggests another person, and so on. Snowball, chain, or network sampling.

The data collection technique in this research uses descriptive qualitative research methods, which will be carried out in the Surabaya and Malang parkour sports communities. In qualitative research, data collection is carried out in natural settings (natural conditions), primary data sources, and data collection techniques are more on participant observation, in-depth interviews using open interviews and documentation.

The triangulation technique in this study is to triangulate sources and methods. Source triangulation re-examines data or information that has been obtained through several sources, for example the credibility of data about developments in the parkour community obtained from the founder of the community must also be taken from each member in the community, while method triangulation uses more than one method (for example ethnography and document analysis) in research.

After the researcher collects data using the triangulation method, the next step is to process the data with inductive data analysis techniques and then develop and interpret. Data analysis techniques are a phase of qualitative research which is complex and mysterious. In general, data analysis in such research in the process is time consuming and difficult because it is faced with a large number of field notes in the form of text, sound recordings and videos developed and then drawn conclusions.

Result

The development of parkour sports in Indonesia has begun to be seen from the beginning of 2005 to 2023, with the emergence of communities in all cities in Indonesia. The emergence of the parkour community in Indonesia, of course, there are those who pioneer the emergence of parkour communities in Indonesia, especially in East Java.

According to Agus Purwanto, he also explained the history of the development of the Malang parkour community until after the pandemic, he said:

«This community has been recognized by FORMI (Indonesian Community Sports Federation) (019). The type of activity has held JAMREG and
Malang is the host, but for parkour BJB Malang (not regular jamming) usually rarely practices more for recreation (015). Around 2022 it started to be active again, and there was a change of management. And most of the parkour communities that I know had a vacuum and some even stopped. But after the pandemic it has started to rise little by little. The proof is that JAMREG (Regional Jamming) was held in 2022 in Mojokerto and Blitar in 2023 (020). Remain compact, practice diligently and there is a circulation of management changes from seniors (021). My hope is to remain and continue to be solid, and become an example for all parkour communities in JATIM (022).

Meanwhile, according to Ahmad Zarkasih as the head of parkour Malang said:

«It has been registered with FORMI (Indonesian Community Sports Federation) (009). Regular activities that have been held are JAMREG in 2013 (004). has started to be active slowly around mid-2022» (010). Of course, there must be a cadre who replaces and handles this community so that they always inform the training schedule and of course actively practice (011). Hopefully the Malang parkour community will always exist (012)».

According to Rijalul Mufidin as the head of the Surabaya parkour community as follows:

«In the beginning, there were actually two parkour communities, the first was Scape parkour, I don’t know what year. While I started from low profile parkour which was established in 2010. There are two principles between the two communities, if scape prioritizes neatness of movement, while low profile is more about efficiency of movement. Low profile parkour was established on February 28, 2010, the age of this community is around 13 years (001). The year of establishment of this community is 2010 (003), the founder of this community is Alfa, while the successor is me Rijalul (002)».

During the development of the Surabaya low profile parkour community, it has held activities for 10 years, including according to Mr. Rijalul Mufidin as the head of the Surabaya low profile parkour community, namely:

«Activities that have been held since I joined in 2016 are minigames, anniversaries. In the past, we wanted to hold an event before corona, but due to corona constraints, the event was canceled. This year it is planned to be held in 2023. Parkour coaching clinic (004)».

The development of the Surabaya low profile parkour community from 2010 to the present 2023 still exists, even its legality has just been inaugurated into FOMI (Indonesian Community Sports Federation) on Juili 16, 2023. Of course, the Surabaya low profile parkour community has long-term ideas from post-pandemic to future hopes for the Malang parkour community. The following is a statement from Rijalul Mufidin as the head of the Surabaya low profile parkour community:

«Parkour in Surabaya after the pandemic. There are so many things to do in it feels like I lost a lot of friends and members. My goal after being abroad is to revive (010) Maintain cohesiveness. And the point is to be solid with each other. Because in parkour we have the same vision, which is to develop a hobby (011) and I hope to develop again like before, practicing together, sharing experiences. What I hope is that it can develop like before, without creating other groups (012)».

Parkour Malang, which in fact is the oldest community in Indonesia and the only first parkour community in Indonesia. With this assumption, it is suspected that there is already an organizational system in the Malang parkour community.

Related to that, according to information from the founder of the Malang parkour community, Agus Purwanto said:

«In the past there was none, but now we want to take it seriously and it is still being compiled (023), the chairman is Ahmad Zarkasih for the coach and me (024). The current deputy still does not exist (025), the treasurer can ask Ahmad Zarkasih, because he knows better (026) the cash is still there, in the past there was only for training for the cash of at least 2000 for drinks and others (027)».

While the information according to Ahmad Zarkasih as the head of the Malang parkour community regarding the management system said:

«The structure has not been developed yet. The plan is for September. But in the meantime, the chairman is myself (013) Ahmad Zarkasih, and the supervisors are Brex (Agus Purwanto) and Mas Bruce (014), there is no deputy (015) and no treasurer (016) cash collection is currently not running (017).

A good organization always has a circulation of new management changes as well as long-term efforts for the organization and hopes for the future. Information on the change of Malang parkour organization according to the views of the founder of the Malang parkour community, Agus Purwanto, said:

«In the past there was none, depending on the situation. For example, if the chairperson was getting troublesome, then ask for help to be
replaced. But for the new rules, it has to be every 5 years. (028) Looking for new generations while practicing in public places. On the basis that there is also a parkour community in Malang. So the point is to keep practicing, and also don’t neglect posting on Instagram so that it is recognized in cyberspace. So there is a parkour slogan jump-record-post (029). Hopefully it will continue to exist and remain solid, and become an example for all parkour communities in JATIM and there is regeneration (030).

While the description of the change of Malang parkour organization and expectations according to Ahmad Zarkasih as the head of the Malang parkour community, namely:

«The change of management is currently waiting for information or situations from the coaches, namely Brex (Agus Purwanto) and Mas Bruce (019) My hope is the same as before to always exist in East Java and always exist (020) and efforts to remain consistent are of course there must be cadres who replace this community. In order to always inform the training schedule and of course actively practice (011)»

According to information from the head of the Surabaya low profile parkour community, namely Rijalul Mufidin regarding the management system, namely:

«The management structure is already in place, I divided it into 9 divisions. First, there is the supervisor. Second, there is the chairman, which is myself. Third, there is the deputy. Fourth, there are treasurer 1 and treasurer 2. Fifth, secretary 1 and secretary 2. Sixth, there is multimedia. Seventh, there is health (013) the chairman of this community is me Rijalul (014) the deputy is ferdy sofansyah (015) there are 2 treasurers. Yeni Suryaningsih and Yosua Ariel Setiawan (016) For cash collection we don’t have it yet, because we’re just established. But we have prepared the system 017). For the change of management, of course there is and it must be. Every 5 years. If there is no limit, people will be power-hungry (018)»

Ideas for maintaining the sustainability of the Surabaya low profile parkour community and the future expectations of this community According to information from the head of the Surabaya low profile parkour community, namely Rijalul Mufidin regarding the management system, namely:

«My personal idea is to maintain cohesiveness and help fellow friends. Because the purpose of this community is a place to develop hobbies (019) The hope is that it can be like it used to be solid, crowded again and share experiences (020)»

Practicing parkour certainly has some benefits in terms of certain aspects, values and experiences.

According to the perspective of the head of the Malang parkour community, Agus Purwanto said:

«The benefits that I feel while practicing parkour are, mentally training every obstacle we are trained to overcome that obstacle. Training to solve problems is the psychological benefit (031). On the health aspect, what I experienced in the past was that every afternoon I practiced regularly, I rarely got sick. But after the vacuum, I got sick easily (032). Social aspects add to family, relationships. Even though I am now on a training hiatus, I still have friendships. (033) In parkour, we are taught to look at the environment, whether it is appropriate to practice in that place or not. For example, in my experience, it is not allowed to practice in Chinese cemeteries, including environmental ethics (034). For me, it’s for self-development, so it’s more personal. So we develop from ethical, health, social and psychological aspects. Parkour itself is an individual sport, not a team sport. So self-development is determined by the individual himself (035). Since 2003 until 2013 (036). Because parkour is a sport whose methods have components in athletic sports, moreover I also like Jackie Chan’s movies (037). Know from the movie yamakasi, from there find out on the internet it turns out that the sport in this yamakasi movie is parkour. (038). The injury experience is in the hand. Because when I jumped and the landing point was not strong, I fell and supported my hands first (039)»

According to the president of Parkour JATIM, Mr. Handy Wardana, regarding the benefits, value and experience of parkour training, said:

«Health benefits, parkour as health is beneficial to grow the hormone dopamine which outputs mental health, reduces mental problems, solves problems, loves problems (012). The health benefits, train all muscles in the body, joints banhkan parkour sport involves all muscle components throughout the body (013). Social benefits, can exchange ideas, learn to get new perspectives, add friends, how to deal with people (014). The ethical benefits, there used to be a polemic between no flip (no somersault), we adjust people around not to do somersaults when others are learning parkour. No-action can control yourself (015). The value I get during my parkour training is that I feel valuable to others, for example when I am interviewed like this, I
can provide benefits around information (016). I have been practicing since 2011-2022, 12 years (017). The reason I entered parkour was because I was interested in parkour. Because I am hyperactive I like to jump around, since I know parkour my hyperactive energy is channeled (018). I know parkour from seeing the parkour community at GOR Tri Dharma Gresik practicing (019). During my training I had an injury in my knee which was the worst (020)»

According to the first former president of parkour JATIM, Andreas Lucio Ivano regarding the benefits, value and experience of parkour training, said:

«The benefits I get for mental health are that I can be more confident to face obstacles (011). For my health, I can be fitter, healthier and have stronger muscles (012). The social benefits that I feel have new acquaintances from outside the city, even outside the island (013). For ethical benefits, I respect the environment more (014). I can be strong and useful (015). I have been practicing for about 10 years (016) and the reason I practice parkour is to learn more about parkour (017). I know parkour from school friends (018) I have experienced injuries, but fortunately only external injuries and minor injuries (019)».

According to the head of the Surabaya low profile parkour community, Rijalul Mufidin regarding the benefits, value and experience of parkour training, said:

«I can control my emotions since practicing parkour (021). I can be fitter and more agile (022). I am honestly still lacking in socializing. Since I joined the parkour community, I have come to understand many other people’s characters (023). I can understand how to be ethical to friends, how to visit. Because in parkour it’s a family so it’s more about keeping together (024). In value, by training in the parkour community, I get a job because of my potential. Starting from not getting paid (025). From 2015 when I was in junior high school. And I entered the low profile parkour for about 7 years (026). Initially, it was a whim to start from the name parkour, how unique. And when I tried it, I found it suitable and went deeper (027). Initially knew from friends and was invited (028). Injuries are common, of course all sports have them. The worst injury is in the knee, there was once an ACL shift (029)»

According to the head of the poor parkour community, Ahmad Zarkasih, regarding the benefits, value and experience of parkour training, said:

«The psychological benefits that I feel while practicing are mental strength, being able to create from simple things to big things. Exploring agility (021). As for the physical aspect, of course, we can be physically strong, not easily sick (022). Social aspects can be easier to socialize (023), ethical aspects are more respectful of the environment (024). The value I feel because I am the head of the community so I learn to be responsible for the position I hold now (025) I started training from 2010 to 2023. 13 years (026) since I learned about it from a friend. Because at first I was invited. After I was comfortable, my friend left the community (027). I was invited by a friend to join at that time (028). The most injury experience is only an ankle injury (029)».

Discussion

The practice of parkour is a physical activity that uses open abilities that are useful for complex purposes that are more similar to outdoor sports. In addition, many practitioners will benefit from parkour in their daily lives [23]. Not only does it provide benefits in the health aspect, parkour can also provide benefits in the psychological aspect [24].

The obstacles that every practitioner passes have a variety of textures and shapes. Not all terrain can be the same parkour training object. There are flat, hollow, flat and blunt. Psychologically, parkour makes the practitioner have analytical abilities towards the environment, in other words, practicing parkour can improve perception in facing obstacles that will be overcome based on each individual’s abilities. An example of two practitioners facing the same obstacle but different ways of overcoming it.

All sports activities can certainly have a cognitive enhancing effect. Parkour can also provide cognition from several perspectives, starting from analytical abilities, trained techniques, physical training and the ability to read the environment. Every sport requires the ability to manage emotions, especially parkour. Considering that parkour is an extreme sport due to the lack of safety and practice, this activity is more often used in open spaces and nature. Therefore, with this picture, the ability to process emotions is very important. This is because, if emotional management skills cannot be carried out well, something undesirable will happen. For example, practitioners who have visualization feel that they can overcome these obstacles, but in fact the physical and technical abilities they have mastered are not adequate according to their abilities. Therefore, it is very important to understand and
read one’s abilities so that the ego can adapt to the existing reality. Of course it takes practice to get used to it.

As long training progresses, not only physical, mental and dexterity abilities improve, but also analytical abilities to interpret trends in incidents and injuries. Practitioners can anticipate a movement as an attempt to overcome an obstacle as a presumption of success or an incident that will occur.

This analytical ability will naturally grow by itself over time. Not only sharp analytical skills, ecologically practicing parkour can foster a sense of sensitivity to the environment. For example, before crossing an obstacle while practicing, practitioners are required to check whether the terrain they will be crossing is sturdy or fragile, which could cause incidents or damage to public facilities.

By getting used to practicing parkour, practitioners can increase their creativity in combining each technique A with B, or designing a series of movements that will be followed. This becomes a kind of systematic arrangement of movements that looks neat and aesthetic, based on the techniques that have been mastered. In this way, practitioners can explore every obstacle perfectly according to the creativity they create.

Parkour sport can also be a therapy or treatment to suppress anxiety by practicing passing obstacles from what is possible to what is not. Therefore, practicing parkour can reduce anxiety by training the courage to fight fear.

Perception abilities play a very important role in parkour, not only moving quickly and efficiently biomotorically but thinking quickly in deciding «yes» or «no» to overcome an obstacle, «must» or «no» in using a technique or even «necessary» or «not” using this technique on sloping, high and low terrain. All of this requires a fast process to decide on an environmental perception [25].

After the benefits of parkour sports in general, it also plays a role in personality formation in teenagers. This shows that parkour is an open physical activity that allows every teenager to direct themselves in increasing their self-confidence and maturity in behavior [26].

The recreational aspect of the sport of parkour allows practitioners to explore and consolidate movement patterns that they would otherwise not be able to enjoy. The implicit aim of this skills training is to provide practitioners with the effect of cognition on the environment in freedom of expression [27].

Conclusions

The development of parkour sports in Indonesia has begun to be seen from the beginning of 2005 to 2023, with the emergence of communities in all cities in Indonesia. The emergence of the parkour community in Indonesia, of course, there are those who pioneer the emergence of parkour communities in Indonesia, especially in East Java.

An organization is a forum for a group of people who work together rationally to realize a common vision systematically consisting of leaders and other representatives under control with the intention of achieving certain collective goals by utilizing the resources available in it. Thus in both Malang and Surabaya parkour communities.

The psychological benefits of parkour sports are to grow the hormone dopamine which is useful for growing a strong mentality. The health benefits include training all muscles, joints and even all muscle components throughout the body. The social benefits are being able to exchange ideas, learn to get new perspectives, add friends, how to deal with people. The ethical benefits can be more respectful and protect the environment. Parkour sports have benefits and contain good sports values.

Conflict of interest

The authors declare that they have no conflict of interest.

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