



## Enhancing Karonese Youth Development in Regaji Village Through Volleyball

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**Abstract.** The young generation is very vulnerable to negative associations, especially those related to drug abuse. One of the ways to save the young generation from the harmful effects of such drug abuse is encouraging them to get engaged in sports or physical activities, such as volleyball. This study aims at: (i) describing the facilities needed to make the local youth in Regaji Village engaged in playing volleyball; and (ii) finding out the advantages of playing volleyball in enhancing the local youth development in Regaji Village. This study used a descriptive qualitative method to describe the phenomenon of volleyball games among youth in Regaji Village, Karo Regency, North Sumatra Province, Indonesia. The data were collected using direct observations and interviews. The data were analyzed qualitatively. The results show that the facilities available for playing volleyball in Regaji Village are not decent; meanwhile, many local young people like playing volleyball. Playing volleyball provides many advantages to help develop the youth potentials in Regaji Village. Attentions and concerns from the society members and the local government are required to attract more and more young generation in Regaji Village to get engaged in playing volleyball.

**Keyword:** Regaji Village, Sport Activities, Volleyball, Young Generation, Youth Development

**Abstrak.** Generasi muda sangat rentan dengan pergaulan negatif, terutama yang berkaitan dengan penyalahgunaan narkoba. Salah satu cara untuk menyelamatkan generasi muda dari dampak buruk penyalahgunaan narkoba adalah dengan mendorong mereka untuk terlibat dalam olahraga atau aktivitas fisik, seperti bola voli. Penelitian ini bertujuan untuk: (i) mendeskripsikan fasilitas yang dibutuhkan untuk menjadikan pemuda-pemudi Desa Regaji berkecimpung dalam bermain bola voli; dan (ii) mengetahui manfaat bermain bola voli dalam meningkatkan pembinaan pemuda lokal di Desa Regaji. Penelitian ini menggunakan metode deskriptif kualitatif untuk mendeskripsikan fenomena permainan bola voli di kalangan remaja di Desa Regaji, Kabupaten Karo, Provinsi Sumatera Utara, Indonesia. Pengumpulan data dilakukan dengan observasi langsung dan wawancara. Data dianalisis secara kualitatif. Hasil penelitian menunjukkan bahwa fasilitas yang tersedia untuk bermain bola voli di Desa Regaji belum memadai; Sementara itu, banyak anak muda setempat yang suka bermain bola voli. Bermain bola voli memberikan banyak manfaat untuk membantu mengembangkan potensi pemuda di Desa Regaji. Perhatian dan kepedulian dari masyarakat dan pemerintah daerah diperlukan untuk menarik semakin banyak generasi muda di Desa Regaji untuk terlibat dalam bermain bola voli.

**Kata Kunci:** Kampung Regaji, Kegiatan Olah Raga, Bola Voli, Generasi Muda, Pembinaan Pemuda

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## 1. Introduction

The young generation is very vulnerable to negative associations, especially those related to drug abuse. One of the ways to save the young generation from the adverse effects of such drug abuse is encouraging them to get engaged in sports or physical activities. Several studies reported the positive effects of sport on youth development [1][2]. [3] for example, argues that sport is a valuable activity that can be used as a vehicle to promote physical activities and positive youth development. In addition, sport can also show the value of a nation's prestige in the eyes of other countries. Participating in international sports competitions, such as Olympics, can help a country well known by other countries worldwide.

As one of the big countries in the world, many positive effects of sports can be used to develop the potentials of the young Indonesian generation. Many kinds of sports are popular among young generation in Indonesia, one of which is volleyball, especially among the middle to lower economic communities. Volleyball is one of the sports played by teams. The two teams involved in a game, each composed of six players, are separated by a net. All players must hit or rebound the ball before it falls onto the floor. Each team tries to score more points by grounding a ball on the other team's court under the predetermined rules [4]. A volleyball game requires the players to know and master the basic techniques of playing volleyball.

Playing volleyball requires a court with a spacious area, and it is hard to find a spacious area in cities due to their dense population. Therefore, a volleyball game is a potential game to be played in villages. One of the villages in Indonesia that is potential to develop volleyball games is Regaji Village. It is located in the Karo Regency of North Sumatra Province. It is a village with spacious vacant land that can be used as volleyball courts. Besides, the local population is composed of many young people. With the available natural resources (spacious vacant land) and human resources (many young people), Regaji Village is an excellent village to enhance its youth development through volleyball games.

Based on the background elaborated above, this study aims at: (i) describing the facilities needed to make the local youth in Regaji Village engaged in playing volleyball; and (ii) finding out the advantages of playing volleyball in enhancing the local youth development in Regaji Village. It is expected that by getting engaged in playing volleyball, the young generation in Regaji Village can be protected from any negative associations that may cause negative impacts on their future. In addition, it is expected that they can develop themselves as the great asset of their village that can help the future development of their village.

## 2. Methods

This study used a descriptive qualitative method to describe the phenomenon of volleyball games among youth in Regaji Village, Karo Regency, North Sumatra Province, Indonesia. Regaji Village was selected as the research location because it had spacious vacant land and local young people who like to play volleyball. The data were collected using direct observations and interviews. The informants were the leaders of some youth organizations and local government officials. The observations were done to describe the current facilities of volleyball in Regaji Village, and the interviews were conducted to find out the need for volleyball facilities and the advantages of engaging young people in Regaji Village in playing volleyball. The data were analyzed qualitatively using the interactive data analysis model proposed [5].

## 3. Result and Discussion

### 3.1 Facilities for Playing Volleyball in Regaji Village

Based on the results of the observations, it is found that the facilities available for playing volleyball in Regaji Village are not decent; meanwhile, many local young people like playing volleyball. The following are the problems related to the facilities for playing volleyball faced by the young people in Regaji Village. First, they do not have a permanent volleyball court; therefore, they move from one place to another place to play volleyball. They usually use a field that its owner does not yet use as the volleyball court. Nevertheless, when the owner wants to use the field for farming or building a house, they have to move to another vacant field. This condition leads to the need for a permanent volleyball court so that they do not need to move from one place to another place to play volleyball.

Second, in terms of the size, the volleyball court dimensions are still not in line with the standard defined by PBVSI (Indonesian Volleyball Association). This is caused by the traditional tools they use in measuring the court dimensions. The court line boundary markers use a plastic strap to mark the boundary, which is susceptible to be broken. Therefore, the strap was often broken and made the boundary line unclear while they were playing. This certainly causes inconvenience while playing volleyball in their village. The need for a better court line boundary is closely related to the need for a permanent volleyball court. If they already have a permanent volleyball court, it will be easier for them to make a volleyball court with standard dimensions and a clear boundary line.

Third, the ball is not decent both in terms of its quality and its number. A ball is the most important tool for playing volleyball, without which they cannot play volleyball. A ball made of high-quality materials is required to play volleyball comfortably. The poor quality ball may lead to players' injuries and inaccurate passing or spiking. However, they cannot afford to buy a ball of high quality due to their financial problems. Most of them come from low-income families. They

volunteer to donate a little money they have to be able to buy a ball. Besides, they do not have many balls to play with as they only have three balls. Therefore, they have to use the same balls many times. Balls made from high-quality materials are highly needed to make them play volleyball comfortably. Donations from the local people in the village and the local government can solve the problem related to balls.

Fourth, the problem is related to the volleyball net they use in playing. In playing volleyball, the net's height significantly impacts the game, but net tension is also essential to the game. The problem found in Regaji Village is that the net tension is not appropriately measured; meanwhile, according to [6] the tension of a net can significantly influence the outcome of the volleyball game. When the ball touches the net, it will affect its direction, resulting in an additional score, and the power of the rebound can also affect the players. One of the factors leading to such a problem is the poor quality of the net used by the young people in Regaji Village while playing volleyball. Nevertheless, a volleyball net made from high-quality materials is obviously needed. Donations from many parties, particularly the local government, to provide the more representative volleyball net are highly expected.

### **3.2 Advantages of Engaging Youth in Regaji Village in Playing Volleyball**

Youth development is essential in developing a village, and one of the ways to do it is through engaging its young people in sports, one of which is playing volleyball. In Regaji Village, the most prominent potential for youth development is volleyball. They often participate in various competitions at the Karo Regency level. However, this achievement has not been driven by the concern of the local government to improve the quality of facilities and infrastructure for volleyball in the village. Based on the interview results, there are some advantages of engaging youth in Regaji Village in playing volleyball.

First, participating in volleyball games hinders the young people in Regaji Village from drug abuse. Many studies have reported the serious negative impacts of drug abuse on young people [7][8][9][10]. [7], who focus their study on the impact of drug abuse on teenagers' learning, argue that memory losses, school attendance, difficulty in concentration, poor performance are some of the educational consequences of drug abuse. In addition to its impact on learning, [11] also report the impact of drug abuse on adolescents' social development. These two arguments emphasize the serious dangers of drug abuse to young people's life.

One of the factors leading to youth's involvement in drug abuse is the absence of activities or businesses. The activities can be created around their homes, schools, and other environments where they spend most of their time. Their environment strongly influences young people. Therefore, a positive environment will have their positive development as [12] argue that young people are strongly influenced by the efforts to create a positive environment for their

participation. Playing volleyball is a positive environment that can positively impact youth development in Regaji Village. By playing volleyball, they will have activities that may prevent them from having much free time.

Second, participating in volleyball games prevents them from sexual abuse or violence. The rapid development of technology (i.e., Internet) does not only have positive impacts on the young generation, but it affects their development as well. One of the apparent negative effects of the Internet is pornography. Accessing pornography through the Internet is easy, fast, and often anonymous. [13] reports that some teenagers have received sexual solicitation via the Internet. Based on the statistics, most Internet users are teenagers. In 2001, 59% of internet users were children and adolescents ages 5–17 [14]. The figure increased significantly in 2017. More than 80% of the youth population uses the Internet [15]. These figures show that young people spend a lot of time using the Internet. Therefore, to lessen their time in using the Internet, playing volleyball is a good option. By playing volleyball, they can reduce the number of hours they spend on the Internet. This eventually helps them from the negative effects of the Internet in terms of sexual abuse.

Third, participating in volleyball games makes them a healthy and strong generation. As a kind of sport, volleyball is undoubtedly beneficial to human physical health. In particular, volleyball strengthens young people's arm and leg muscles. According to [16], playing volleyball positively affects young people's body-muscle endurance, functional strength, speed and coordination skills, elasticity, and balance. Moreover, playing volleyball can improve young people's respiratory systems and health ([17]. Furthermore, playing volleyball can fulfill every physical education class's objective and improve motor qualities and develop skills [18].

The advantages of volleyball games to the young people's physical health indicate that playing volleyball can prepare a healthy and strong young generation in Regaji Village. By being physically healthy, young people in Regaji Village can develop their village and have the power to protect themselves and the local young people from any form of negative associations. In other words, youth's physical health contributes a lot to the positive development of Regaji Village.

Fourth, in addition to physical health, playing volleyball also benefits young people's mental health. [19] argues that playing volleyball can improve the ability of young people to throw away the syndrome of summarization, forced symptoms, sensitive interpersonal relationships, depression, anxiety, hostility, paranoia, and psychotic from themselves. This idea suggests that playing volleyball helps young people improve their mental health. Being physically healthy only is not enough to make young people in Regaji Village fully human. They must also be mentally healthy. Being mentally healthy, the young generation in this village becomes proud of being a member of the community in Regaji Village. Their pride will affect their eagerness to develop

their village. Having young generation with good physical and mental health corresponds to the well-known Roman proverb, "Healthy mind is in a healthy body".

The results of this study obviously show that playing volleyball provides several advantages to the local young people in Regaji Village of Karo Regency. There are at least four advantages that can be obtained from playing volleyball. Participating in volleyball games (i) hinders the young people in Regaji Village from drug abuse; (ii) prevents them from sexual abuse or violence; (iii) makes them a healthy and strong generation; and (iv) benefits young people's mental health. If they want to engage in playing football, they can develop themselves positively and develop their village.

#### **4. Conclusion**

The problems of facilities for playing volleyball in Regaji Village can become an obstacle to attract more and more local young people to get engaged in playing volleyball. It is feared that the limitations in the volleyball facilities will hinder the development of youth potential and achievements in volleyball in Regaji Village. Therefore, it is very important to provide volleyball facilities as a medium for developing talent and the quality of human resources in the hope that these good sports facilities will prevent them from negative associations and improve their standard of living in the future. In addition, special attention and concerns from the local government to improve volleyball facilities and infrastructure in Regaji Village are highly required.

The advantages of playing volleyball indicate that this sport can build a young generation that is physically and mentally healthy in Regaji Village. By being physically and mentally healthy, young people in Regaji Village can protect themselves from any negative effects from unwanted associations and misuse of technology advancement. For this reason, it is very important to encourage the young generation in Regaji Village to develop their skills in volleyball so that they can avoid negative associations such as drug abuse and sexual abuse. Thus, the next generation can be saved and equipped with physical and mental health to compete in an increasingly competitive society.

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