

ABSTRACT

ARISTIA PRIMA. ANALYSIS OF LEISURE SPORTS SQUASH AS A MEANS FOR VISITORS FIELD SQUASH Bung Karno Senayan. Thesis: Jakarta, Recreational Sports, Faculty of Sport Science, State University of Jakarta, in January 2016.

The purpose of this study was to determine the extent to which the sport of squash can be a means of recreation for visitors squash courts Gelora Bung Karno Senayan. This research was conducted during November-December 2015 on the squash court Gelora Bung Karno Senayan. The method used is non test a survey method. Squash court visitors Gelora Bung Karno Senayan who come to play squash and then asked to fill out questionnaires, with a sample of 30 visitors.

The results showed that the sport of squash can be a means of recreation. It can be seen from the time dimension that aims to see the routine activities that are most widely category was 80% (24 people), the dimensions of the types of activities that aim to develop their potential most widely categorized as high as 60% (18 people) and the dimension of functionality aims to see the benefits of squash in the lives of most category was at 57% (17 people). Moreover, it can also be seen from the data your overall dimensions of the lower categories that make squash as recreational facilities amounted to 0%, the moderate category that makes squash as

recreational facilities by 67% (20 people), and high categories that make squash as recreational facilities by 33 % (10 people).

Based on analysis of these data, it can be concluded that the sport of squash can be a means of recreation for the visitors squash Bung Karno Senayan as a fun and healthy recreation.