

Volleyball as a Social Catalyst: Exploring Community Roles in Enhancing Social Interaction Among Youth in Palu City

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Abstract: This study aims to explore and describe the role of the volleyball sports community in fostering social interaction among its members in Palu City, Central Sulawesi. The focus is on understanding how the community functions as a platform for social engagement and personal development. This qualitative descriptive research involved key informants, including community managers, members, and coaches. Data were collected through interviews, observations, and documentation, with the researcher serving as the primary instrument. Data analysis was conducted using techniques such as data reduction, data display, and data verification. Triangulation of sources and methods was employed to ensure the validity of the findings. The study reveals that the volleyball community serves multiple roles in enhancing social interaction among its members: as a place for coming out, exchanging information, showing existence, and mutual support. These roles contribute significantly to the members' social development, allowing them to connect with others, share knowledge, and establish their presence within the broader community. This research highlights the importance of sports communities as vital spaces for social interaction and personal growth, particularly for youth. Such communities can play a significant role in fostering social cohesion and identity formation. This study provides a unique insight into the social dynamics within a sports community, emphasizing the multifaceted roles that such communities play in supporting the social and personal development of their members.

Keywords: social interaction; community role; volleyball.

Abstrak: Penelitian ini bertujuan untuk mengeksplorasi dan menggambarkan peran komunitas olahraga bola voli dalam memfasilitasi interaksi sosial di antara anggotanya di Kota Palu, Sulawesi Tengah. Fokus penelitian adalah memahami bagaimana komunitas ini berfungsi sebagai platform untuk keterlibatan sosial dan pengembangan pribadi. Penelitian deskriptif kualitatif ini melibatkan informan kunci, termasuk pengurus komunitas, anggota, dan pelatih. Pengumpulan data dilakukan melalui wawancara, observasi, dan dokumentasi, dengan peneliti sebagai instrumen utama. Analisis data dilakukan dengan menggunakan teknik seperti reduksi data, penyajian data, dan verifikasi data. Triangulasi sumber dan metode digunakan untuk memastikan validitas temuan. Penelitian ini mengungkapkan bahwa komunitas bola voli memiliki berbagai peran dalam meningkatkan interaksi sosial anggotanya: sebagai tempat untuk keluar (coming out), bertukar informasi, menunjukkan eksistensi, dan saling mendukung. Peran-peran ini secara signifikan berkontribusi terhadap perkembangan sosial anggota, memungkinkan mereka untuk terhubung dengan orang lain, berbagi pengetahuan, dan meneguhkan eksistensi mereka dalam komunitas yang lebih luas. Penelitian ini menyoroti pentingnya komunitas olahraga sebagai ruang vital untuk interaksi sosial dan pengembangan pribadi, terutama bagi remaja. Penelitian ini menyarankan bahwa komunitas semacam itu dapat memainkan peran signifikan dalam memupuk kohesi sosial dan pembentukan identitas. Studi ini memberikan wawasan unik tentang dinamika sosial dalam komunitas olahraga, dengan menekankan peran multifaset yang dimainkan oleh komunitas tersebut dalam mendukung perkembangan sosial dan pribadi anggotanya.

Kata kunci: Interaksi Sosial; Peran Komunitas; Bola Voli.

1. Introduction

Culture is a work created by the community which is then inherited from generation to generation (Koentjaraningrat, 1994: 27). Culture itself includes several things, namely knowledge, beliefs, art, morals, laws, customs, abilities and habits acquired by humans as members of society, one of which is the development of sports (Koentjaraningrat, 2010: 10). According to Suharno H. P (1980: 1) The game of volleyball is a sport that can be played by children to adults, both women and men. The game of volleyball basically adheres to two principles, namely technical and psychic principles. The technical principle is that volleyball players with the waist up and down, downstream the ball in the air over the net so that they can drop the ball in the opponent's field as soon as possible to seek a sporty victory. While the psychic principle is that the player plays calmly and has good cooperation. Volleyball is a game sport that is usually done by the community only to channel hobbies or just to increase physical freshness. However, for some circles, sports are used as an achievement sport, for various purposes. In addition, volleyball is also used by the community to make a living. As well as being able to strengthen the bond of brotherhood between communities, so that the development of volleyball in Indonesia is growing. From the observations and experience of researchers so far, the tournaments between the communities that have been held can be said to be successful, meaning that in terms of participants who participate very much and in terms of spectators are not lonely, this proves that volleyball is currently getting great attention from the public. The game of volleyball has grown widely in every level of society as a sport that fills leisure time and to gain joy and fun. Another goal is volleyball as an official sport that is able to excel in national and international regions. The coaching is also carried out by utilizing sports associations to grow national and regional sports coaching centers by organizing competitions in stages and continuously. Coaching is the initial capital for PBVSI in each region in developing the quality of volleyball and is an important factor in achieving achievements. The training process in coaching must be carried out continuously, seriously, tirelessly and gradually (Harsono, 2005) The Ananta Club is an effort to improve the quality of human beings in achievement and through this sports activity can be obtained many benefits, especially physical, mental and social growth. Social interaction often occurs in sports activities, especially in sports games and matches. The relationship in question is a relationship that concerns between individuals and individuals, between individuals and groups, and between groups and other groups (Soerjono Soekanto, 2005) The process of social interaction can occur if two individuals or groups have social contact and communication. Social contact is the delivery of information and the provision of interpretation of the information conveyed. This can be done by reprimanding each other, shaking hands, talking to each other or maybe even fighting. The forms of social interaction that have occurred so far include cooperation, competition, opposition, and conformity (Slamet Santoso, 2004).

In general, exercise helps individuals maintain their physical and mental health and become a source of fun and entertainment. From this it is that doing physical activities or exercising will provide various benefits for our body (Suleyman Yildiz, 2012: 689). Jane Ruseski (2014: 396) said that exercising or doing regular physical activity can reduce the risk of chronic diseases, reduce stress and depression, improve emotional well-being, energy levels, self-confidence and satisfaction with social activities. Douglas Hartmann, Christina Kwauk. (2011: 285) says basically sport is about participation. Sport brings individuals and communities together, highlighting commonalities and bridging cultural or ethnic differences. Sports provide a forum for learning skills such as discipline, confidence, and leadership and teach core principles such as tolerance, cooperation, and respect. Sport teaches the value of effort and how to manage wins and losses. Nowadays the positive aspects of sports are emphasized, sports become a powerful vehicle through it.

2. Methods

The approach used in this study is a qualitative research approach, which is an approach by viewing the object of study as a system, meaning that the object of study is seen as a unit consisting of interrelated elements and describing existing phenomena (Suharsimi Arikunto, 2004). Bogdan and Taylor in Moleong (2009:4) define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words from people or observed behaviors. According to them, this approach is directed to the setting and the individual holistically (whole). Denzin and Lincoln 1987 in Lexy J. Moleong (2009), stated that qualitative research is research that uses a natural setting, with the intention of interpreting phenomena that occur and are carried out by involving various existing methods. This research is a form of descriptive research because it intends to make a systematic description or description of the data in the field in the form of written or oral words

from people or behaviors observed in the volleyball community, including social interaction, what factors affect the social interaction of adolescents in the volleyball community in order to give rise to a sense of mutual influence, change or improve behavior between individuals and the extent of the role of The volleyball community in increasing interaction between individuals in order to create a comfortable atmosphere and influence each other. This research was conducted in Baiya Village, Tawaeli District, Palu City. In addition, I also conducted research on the community of olahraga bola voli which is located on Jl. Baiya Raya, Biya Village, Tawaeli District, Palu. The subject of the research is a data source in the form of a person, a moving object, or a thing where the variable research is attached. The target subjects in this study are people who play volleyball and the initiators of the establishment of the Volleyball Sports Community and as in the volleyball sports community between the ages of 16-26 years. The determination of informants in this study is *purposive sampling*, which is deliberately selecting certain people who can provide data or information about the problems of this research. The informants who are the subjects of this study are several people involved in the volleyball sports community then the researcher involves 5 community members, namely: who are divided into 2 young players, 3 senior players (experienced players), including: Putra, and Tian (as a young player). Riand, Fikal and Mr. Veron (senior player),.

3. Results and Discussion

Volleyball Activities for Community Members

The volleyball sports community is a form of non-formal education that provides education and training services organized by the community in the form of community organizations. The volleyball community is a gathering place for teenagers to discuss, play, teach, preserve a healthy lifestyle and take advantage of their free time. This community is non-commercial. The volleyball community is a community sports group in which there are individuals who have the same goal in doing volleyball and take advantage of their free time to exercise, maintain and increase friends in the community in Tawaeli, especially volleyball.

Volleyball as a forum for interaction

For individuals who are already working, volleyball is used as a means of spending free time after a long day of work. At the end of playing or practicing futsal, individuals tell each other about what they are experiencing. This interaction is used by them to exchange information about their respective jobs. Adding insight and information Because when playing volleyball, individuals meet other individuals, from there they talk to each other. They will feel comfortable and be able to exchange stories about topics that are common around them. In addition, there are still many community members who still don't know about the correct way to play. The way of playing still seems perfunctory, they often don't pay attention to the flow of the game. Knowledge of how to play is socialized during practice or during tournaments. This is done in the hope that in addition to one player understanding his own duties and functions, he also understands the duties and functions of other players. So that the player can appreciate the importance of other players.

Volleyball as a means for health.

There are three factors that have an impact on sports participation, namely individual factors, environmental factors, and socio-cultural factors. Community participation in carrying out sports activities is increasing, which is shown by the increase in community participation in the sports development index (SDI). Exercise that can specifically improve the degree of health for the perpetrator is health exercise. In sports, health not only trains the physical aspect, but also reaches the spiritual and social aspects. Public awareness for

Exercising contributes to the development of intelligent, healthy, skilled, resilient, competitive, prosperous, and dignified individuals and societies. According to Bujang et al. (2021), by training participants' skills in playing through volleyball, teenagers can reduce online gaming activities and switch to volleyball. With the implementation of volleyball carried out, this positive activity plays a very important role.

Volleyball as a forum for activities for teenagers.

The things that cause the social interaction of adolescents in the volleyball community are the cohesiveness of members, discipline, cooperation between members, community trust, giving encouragement to adolescent friends in playing volleyball, as expressed by Tian and Fandi, these factors have a great influence on the

sustainability of the process of social interaction of adolescents, although not all can be done optimally, but it does not break the enthusiasm of the members to play volleyball. continue to work and achieve. The purpose of this volleyball community is for the youth who are members of it to set a practice time together, be more compact, love volleyball, exchange stories and experiences in the field of volleyball. Not only proud to play volleyball but also more motivated in volleyball, then after that it can be hoped that in the future he can become an outstanding volleyball player.

The Role of the Volleyball Community in Improving Public Social Interaction.

If viewed broadly, a community is a group of various individuals who interact with each other in a certain area and share an environment. Usually have similar interests. The formation of a community is carried out by individuals who have an equal position and are built because of functional needs and common interests to meet social needs based on the same social, economic, ideological, and cultural backgrounds. Physically a community is limited by location or geographical area. This volleyball sports community is so that the teenagers who are members of it set a practice time together, can be more compact, love volleyball, exchange stories and experiences in the field of volleyball. Not only proud to play volleyball but also more motivated in volleyball, then after that it can be hoped that in the future he can become an outstanding volleyball player. The things that cause the social interaction of adolescents in the Volleyball Sports Community are the cohesiveness of members, discipline, cooperation between members, community trust, giving encouragement to adolescent friends in playing volleyball. Public trust is not to use this community as a gathering to spend leisure time and can also participate in competitions can also support the sustainability of social interaction of adolescents in the Sports Community

Where to Come Out

It means that gathering in the volleyball community will indirectly be ready to go out or coming out with the environment outside the community. The TSM community (young shoots) has a role as a place to exchange information, in this case is to convey messages, convey any information in the volleyball sports community, teach good cooperation between its members, besides that it also has a role where this community is a coming out place which means ready to go out in an effort to improve the social interaction of teenagers in it. The volleyball sports community, in addition to playing a role in terms of a place to exchange information, cooperation, in an effort to increase the social interaction of adolescents, there are also other things that play a role, namely as a place to come out which means ready to go out. This happens to every member who joins the Community, teenagers who are members of this community will eventually be ready to come out both within the community and finally with the environment outside their community. Ready to come out here can be interpreted as teenagers who have the courage to give, share the knowledge they already have which is then given, transmitted to other teenagers in the community and finally be able to give to the environment outside their community. So that without being realized by community members, the communication patterns used become a habit. The community events experienced will result in communication patterns supported by competencies that abstract relationships in various forms, from friendships to more intimate relationships. Communication events are carried out through three events, namely with fellow members, other institutions, and the community. Openness to family, community, and society by coming out is preceded by the coming in process, which is the acceptance of oneself as a volleyball athlete that forms self-identity and self-concept. Coming out here means ready to leave, in the volleyball community every member who joins means that they are ready to leave. It means that gathering in the volleyball community will indirectly be ready to go out or coming out with the environment outside the community. With the habit of community members who often gather, there will often be communication and interaction between members, there will be a lot of knowledge obtained, therefore the volleyball community plays a role as an intermediary place for a teenager who is ready to face the outside world outside the volleyball community. Every volleyball club has good supporters and bad supporters, the Ananta club has a lot of supporters when the Ananta club competes. Likewise, the athletes of the Ananta club have their own supporters. The support given to each athlete is able to make motivation and mental decline. This support causes opposition in every individual athlete, when athletes who receive a lot of support from outsiders but are unable to show a good performance during the match.

Community as a Place of Learning

Menambah wawasan dan informasi Karena pada saat bermain olahraga bola voli, individu bertemu dengan individu yang lain, dari situ mereka saling berbincang-bincang. Mereka akan merasa nyaman dan dapat bertukar cerita tentang topik yang umum terjadi di sekitar mereka. Selain itu, masih banyak anggota komunitas yang masih belum tahu tentang cara bermain yang benar. Cara bermain masih terkesan asal-asalan yang penting fun, mereka sering tidak memperhatikan peraturan permainan. Pengetahuan cara bermain disosialisasikan saat latihan atau pada saat turnamen. Hal ini dilakukan dengan harapan selain seorang pemain memahami tugas dan fungsinya sendiri, juga memahami tugas dan fungsi pemain lain. Sehingga pemain tersebut dapat mengapresiasi pentingnya pemain lain. Karena olahraga berusaha mendidik murid untuk menjadi olahragawan yang kompeten, cerdas dan antusias. Selanjutnya dijelaskan bahwa olahraga yang kompeten berarti memiliki keterampilan yang memadai untuk berpartisipasi dalam pertandingan, memahami dan dapat melaksanakan strategi sesuai dengan kompleksitas permainan dan sebagai pemain yang berpengetahuan. Olahragawan yang cerdas berarti mudah untuk memahami peraturan, tatacara dan tradisi dalam olahraga serta dapat membedakan anatara praktek olahraga yang baik dan yang buruk, baik pada anak-anak maupun olahragawan profesional. Olahragawan yang antusias berarti berpartisipasi dan berperilaku dalam cara memelihara, melindungi dan mempertinggi budaya olahraga. Sebagai anggota kelompok olahraga turut mengembangkan olahraga pada tingkat lokal, nasional dan internasional.

Community as a Place to Show Existence

This community usually creates activities in the form of sports together and channels shared hobbies. Not only sports, this community also prepares itself to participate in various competitions between communities to show its existence both as a member of the community and as a community. There are many sports event organizers who deliberately create a competition between communities as a forum for volleyball community activists to compete and achieve achievements. Sometimes sports events are not able to support the search for talented athletes in the region because they have not been seen by people who are competent in the field of sports and there is no forum to show talent and develop their abilities. To support the potential of sports athletes, there needs to be a sports organization and athlete development at the regional level. Competition events are important for community members to hone their abilities in order to exist so that match events held by each community or those held by the region such as the Regional Sports Week (PORDA) as a form of selection for the best players actually require a community form of interaction such as the interaction that exists in the Volleyball Sports Community. The community around the Volleyball Sports Community gave a positive response because with the existence of this community, the community assumes that there are still teenagers who want to exercise and participate in sports competitions. And to be able to move sports development must be organized in various ways that can include or provide the widest possible opportunity for the community to participate in sports activities actively, continuously, and with full awareness of the true purpose of sports. Sports development like this can only be organized if there is a planned, integrated, and continuous national sports management system in the spirit of togetherness from all levels of society. The development of school-age athletes often does not occur continuity with the development of priority sports. This can be seen from the various sports that are the mainstay for winning gold medals are not developed in stages. For this reason, it is necessary to compile a program for developing early-age athletes with priority sports. As a next step, it is necessary to cooperate between the Minister of Youth and Sports with the Central Indonesian National Sports Committee and the parent organization of sports to discuss sports that are the main priority both regionally, nationally and internationally.

Community as a place to gather and exchange information

Communities are created by individuals because they have the same vision, mission, hobbies, or interests, therefore in a community there must be many benefits, the volleyball community also provides many benefits for its members and for the community, the benefits that will be obtained for its members. Getting many friends from various professions, various backgrounds and various interests, the members of the Indo Runners Bandung running community are not only employees or students, all kinds of professions, backgrounds, and interests gather in this community which is very open to the community that is not specifically young people or parents, all groups can participate in activities carried out by the volleyball community. The form of social interaction of teenagers in the volleyball sports community is the existence of interactive relationships that occur between members, interactions between members, the community with coaches, and interactions between community members and the surrounding community. The TSM community has a role as a place to exchange information, in this case is to

convey messages, convey any information that is in the volleyball sports community, teach good cooperation between its members, besides that it also has a role where this community is a place to come out which means ready to go out in an effort to increase the social interaction of teenagers in it by playing volleyball, individuals take advantage of the moment to gather with colleagues. Those who initially did not know each other, because they often met on the volleyball court, each individual got to know each other. When conducting the research, the researcher found that there were individuals who played or practiced volleyball by bringing their friends or girlfriends, and they got to know each other.

4. Conclusion

This study found that the volleyball sports community in Palu City plays a significant role in shaping social interaction among its members, particularly among youth. The findings highlight that the volleyball community serves not only as a platform for physical exercise but also as a space for members to "come out" or expand their social networks, share information, demonstrate their identity, and provide mutual support. These roles create a strong social dynamic within the community, contrasting with the common perception that sports serve only physical health purposes.

This research provides important insights into the multifunctional role of sports communities in the social and personal development of their members. By highlighting how the volleyball community can serve as a space for youth to grow socially, this study enriches the literature on the role of communities in supporting social cohesion and individual identity formation. The findings also offer valuable insights for sports community organizers and policymakers on the importance of supporting and developing similar communities to strengthen social interaction among youth.

The primary limitation of this study is that the data collected is mostly qualitative and from a single location, Palu City. This limits the generalizability of the findings to volleyball communities in other regions. Future research is recommended to conduct comparative studies across different regions to see if the role of volleyball communities in youth social interaction is similar in different contexts. Additionally, further research could explore how social dynamics within sports communities may be influenced by factors such as digital technology or changes in social culture.

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