
THE LIFESTYLE SOCIETY IN USING SWIMMING POOL: A STUDY IN DENDANG TIRTA SWIMMING POOL, STABAT DISTRICT, LANGKAT REGENCY

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ABSTRACT: *Dendang Tirta Swimming Pool as an entertainment object that is purely entertainment. Like visitors coming from students the original goal is to fulfill extracurricular activities that are talent and sports development. However on the other hand, students also use the swimming pool as their entertainment facility. Visitors more interpret the Dendang Tirta swimming pool as a recreational vehicle compared to sports facilities. This meaning is certainly motivated by the social stratification of the community in Langkat District. In addition, visitors also interpret the swimming pool as a lifestyle of interaction between individuals, families with community groups.*

KEYWORDS: Lifestyle, Society, Swimming Pool, Dendang Tirta, Stabat District, Langkat Regency

INTRODUCTION

The community lifestyle that will be studied are the people who visit swimming sports facilities, the swimming pool which is the location of the research is a swimming pool located in the city of *Stabat* is the capital of Langkat Regency, North Sumatra Province. Previously the capital of *Langkat* Regency was based in the Municipality of Binjai, but since the issuance of Government Regulation No. 5 of 1982 the position of the capital of *Langkat* District was transferred to *Stabat*. The composition of the community in *Langkat* District, the majority of which is 60%, is the Malay Tribe, which is one of the indigenous tribes in the North Sumatra Province. While 30% consists of Javanese and Chinese and the rest are *Batak*, *Minang* and others (Source: www.semedan.com). While the population is based on BPS *Kab. Langkat* per 2016, there are about 1, 013,385 people. The public visitors to swimming facilities at the *Dendang Tirta* Swimming Pool most of the people who live not far from the facilities, this Swimming Pool has been opened since 2004. The *Dendang Tirta* Swimming Pool was officially opened by the *langkat* Regent, *H. Syamsul Arifin, SE*. *Dendang Tirta* Swimming Pool stands on a land of around 2 Ha. *Dendang Tirta* Swimming Pool is the only swimming pool that complies with the standards of the All Indonesia Swimming Association (PRSI) in *Langkat* Regency. The *Dendang Tirta* Swimming Pool also confirms as the first pool in *Kabupaten Langkat*. If we observe, visitors to the *Dendang Tirta* Swimming Pool have not used the pool facilities as a sporting facility as they should. Visitors interpret the *Dendang Tirta* Swimming Pool as an entertainment

object that is purely entertainment. Like visitors coming from students the original goal is to fulfill extracurricular activities that are talent and sports development. However on the other hand, students also use the swimming pool as their entertainment facility. When in the swimming pool, students perpetuate a lot of photos and *selfies*, telling stories with their friends who are full of excitement. That is the general public who came along with their extended families. Community visitors are not merely coming to have an interest in exercising. But the community and their families come like recreation to entertainment places. People bring food from home and eat with their families at the pool location.

LITERATURE REVIEW

Lifestyle Theory

Lifestyle (lifestyle) is part of human secondary needs that can change depending on the time or someone's desire to change his lifestyle. The term lifestyle was originally made by Austrian psychologist Alfred Adler in *Diah* (2014). Its broader understanding, as understood today, began to be used since 1961. Lifestyle is a newer and easier to measure concept compared to personality. Lifestyle according to Engel in *Lystiorini* (2012) is defined as a pattern in which people live and use money and time (patterning which people live and spend time and money). Lifestyle can be seen from how to dress, habits, and others. Lifestyle can be considered relatively dependent on the judgment of others. Lifestyle can also be used as an example and can also be used as a taboo. A good lifestyle example, which is eating and resting regularly, eating healthy foods, and others. Examples of a lifestyle are not good: talking improperly, eating carelessly, and soon. Lifestyle is a person's life pattern in the world that is expressed in activities, interests, and opinions, lifestyle describes a "whole person" in interacting with his environment (Kotler, 2002) and according to Assael in his book, lifestyle is: "A mode of living that is identified by how people spend their time (activities), what is important in their environment (interest), and what they think of themselves and the world around them (opinions). According to (Minor, 2002), lifestyle is showing how people live, how to spend their money, and how to allocate time. In addition, lifestyle according to (Suratno, 2001 media website) is a pattern of life of a person in the world of everyday life expressed in the activities, interests and opinions that are related. Lifestyle reflects the whole person who interacts with the environment.

Social Stratification

Social stratification or social stratification is the differentiation or grouping of community members vertically. Soerjono Soekanto stated, as long as there is something in society that is considered valuable and every community has something that it values, then it becomes a seed that fosters the existence of a multi-layered system in that society. What is something that is appreciated? Soerjono stated that something that was appreciated was among others, money or objects of economic value, land, power, science, piety in religion and, descendants of a respectable family (Soekanto, 2003: 219). According to him also, the concrete forms of layers in society are not small, but in general at least various forms can be classified into three types of classes; economical, political, and position or position. These three forms can basically be closely related, but all of them return again to the system of values that are valid and developing

in the society concerned (*Soekanto, 2003: 221*) If *Soekanto* limits the definition of social stratification as a coating in a society based on something valued, the famous Greek philosopher, Aristotle, said that each country has three elements of social coating namely those who are very rich, those who are destitute, and those who are in the middle the middle.

Existence of Sports Facilities and Infrastructure with Lifestyle

Sports infrastructure facilities are a permanent form of both the room outside and inside, for example gymnasium, playing field, indoor swimming pool (*Wirjasanto, 1984: 154*). The definition of infrastructure is not like the above, but there are several other meanings according to different sources. Sports infrastructure facilities are all sports infrastructure facilities that cover all fields and sports buildings and their facilities to carry out sports activities programs (Seminar on Sports Infrastructure for Schools and their Relations with the Environment; 1978).

Infrastructure facilities are generally interpreted according to several sources. Means are equipment that can be moved to support the functions of activities and education units, which include equipment, furniture, educational media and everything that is used as a tool in achieving the meaning and purpose (Asep "sports facilities and infrastructure in Indonesia" <https://rosy46nelli.wordpress.com/2009/12/06/sarana-prasarana-ports-di-indonesia/2009>). Infrastructure is everything that is the main support for the implementation of a process (Big Indonesian Dictionary). Infrastructure means is a physical tool to convey the content of learning (*Sagne, 1988: 13*). From various definitions according to experts it can be interpreted that the means of infrastructure are supporting resources which consist of all types of buildings / buildings without their equipment and meet the requirements for the implementation of activities. Sports facilities are supporting resources consisting of all forms and types of equipment and equipment used in sports activities. Sports infrastructure is a supporting resource consisting of a sports place in the form of a building above it and a physical boundary whose status is clear and meets the requirements set for the implementation of a sports activity program (Collection of Sports Management Papers p. 38). From some of the above meanings, it can be interpreted that *Oloahraga's* infrastructure facilities are supporting resources consisting of all types of buildings / buildings that are not used for sports equipment. Good sports infrastructure can support the growth of a good society. The use of time filled with positive sports activities is a process of learning socialization. Because through good experience, the exercise that is done can make a person can imitate and strengthen the psychological traits and behaviors associated with a healthy lifestyle. Therefore, sports activities carried out are not only a means of supporting the socialization process. So that people at sports activities will learn and shape their healthy lifestyles. From the results of observations and compare the ability of yourself with others when interacting with others.

Swimming Pool

The definition of swimming in general according to (*Badruzaman, 2007: 13*) "the floatation of objects in liquid is due to its buoyancy or lift", which is less meaningful is "an effort to float or lift the body to the surface of the water". In more detail according to (*Badruzaman, 2007: 13*) argues that "Swimming is the method by which humans (or other animals) move through water", which means "a way of doing a person or animal to move its body in water". According

to (*Muhajir, 2004: 166*) "swimming is a healthy exercise, because almost all the muscles of the body move so that all the muscles develop rapidly and the strength of the swimmer increases." one water sport that is carried out by moving the body in water, such as using feet and hands so that the body floats on the surface of the water Sports swimming is good for health. With swimming sports, the body becomes healthy. This exercise makes the body move. Without feeling hot and sweating. We have suffered very little injury due to swimming activities. To avoid injury or accidents due to swimming activities it is better to know good swimming techniques. In this case, learn how to swim gradually from basic to advanced exercises and learning one and other swimming styles. In facilitating swimming, of course the swimming pool becomes the container. The swimming pool is an artificial construction designed to be filled with water and used for swimming, diving, or other water activities. A private swimming pool is a status symbol for the owner, because it requires a lot of space and a large maintenance fee. Public swimming pools are usually part of a physical fitness center or recreation park, with other facilities including a sauna, swimming pool and restaurant. To clear and disinfect water is usually used chlorine. *Dendang Tirta Swimming Pool Stabat* is a facility owned by the Private Party which was inaugurated by the Regent of *Langkat* on November 18, 2004. This Swimming Pool is the only International Standard Pool in *Langkat* District. The size of the International Standard Swimming Pool set by the Whole Indonesian Swimming Association or commonly abbreviated as PRSI is a pool with a length of 50 m The width of the swimming pool is 20 meters The minimum pool depth is 2 meters and a maximum of 3.5 meters along with 8 trajectories. Thus the existence of a swimming pool in an area whether it will lead to a new lifestyle of the community whether it is love of sports or lifestyle that makes sports a place of recreation.

Recreation

Recreation comes from the Latin language, which means creature, then given the prefix "re" which means the restoration of creativity or refreshment of creativity ". Recreational activities are usually carried out at leisure (*leisuretime*) . Leisure comes from the Latin language that is *licere* which means it is allowed to enjoy moments that are free from routine activities to restore or refresh. Recreation can be interpreted as an activity of refreshing the body and mind; something cheerful and refreshing like entertainment; picnic. While recreation means recreation. Then, recreation is an activity carried out to refresh physically and mentally from daily life, so that it can enhance human creation in achieving a balance of work and rest. Furthermore there are also those who state that recreational activities are carried out by someone to get pleasure and satisfaction. Onward, recreation is an activity that is carried out periodically, as an activity which is a change in the form of routine and obligations such as in work activities. Then, recreation is the process of utilizing activities during free time with a set of behaviors that allow increased free time. Recreation is also a refresher for strength and enthusiasm after working hard at leisure or relaxing. Recreation is an activity carried out by people intentionally as pleasure or for satisfaction, generally in leisure time. Recreation has many forms of activity wherever it depends on individual choices. Some recreation is passive such as watching television or active like sports. However, recreation literally means to recreate which is an activity to refresh someone's body and spirit. This is an activity done by someone besides working. Activities that are

commonly carried out for recreation are tourism, sports, play and hobbies. Recreational activities are generally carried out at the end week.

METHODS OF THE RESEARCH

Type of Research

The research method used is descriptive research method with a qualitative approach that aims to obtain a lot of information from rational symptoms, events, phenomena contained in the object of research using existing data. According to (Nazir, 2014) in the Book of Research Methods, descriptive method is a method of examining the status of a group of people, an object, a set of conditions, a system of thought or a class of events in the present. The purpose of this descriptive research is to make a systematic, factual and accurate description, description, or painting of the facts, traits and relationships between the phenomena investigated. A qualitative approach is an approach based on a qualitative paradigm, strategy and model implementation. Some scientists have defined qualitative terms, including Bodgan, in Sofyan Zaibaski (2012) which defines that qualitative as research that produces descriptive data in the form of written or verbal words from people and observed behavior while Miller, in Maleong (2010) defines that qualitative is a certain tradition that is fundamental which depends on observations in humans in their own region and relates to these people both in their language and terminology.

Research location

The location in this study in *Dendang Tirta* Swimming Pool, *Stabat District, Langkat Regency* where the results of the initial observation there are people who use the swimming pool as a sports lifestyle, but there are also those who use it as a means of recreation.

Sources of Research Data

The type of research that researchers use is qualitative descriptive, so the authors take 2 data collection techniques namely primary and secondary. Primary data researchers get from the pool manager, the people who visit, and the community around the research location. Researchers will interview the community of visitors to the swimming pool *dendang tirta Langkat District*. While secondary data, researchers obtained through literature studies from books, journals, articles and results of published seminars. The author also adds secondary data sources through online media which is certainly reliable and has good credibility. Secondary data will be used as supporting data from primary data related to concepts and theories that the author uses.

Technique of Collecting Data

Interview, which is getting information by asking the informant directly, the interview is one of the most important parts of each survey. Without interviews, researchers will lose information that can only be obtained by asking the respondent directly. Such data is the backbone of a survey study in this study, the party to be interviewed is the manager of the pool and the community who use the facility. Understanding Observation is a data collection technique, where researchers make observations directly to the object of research to see closely the activities

carried out (*Riduwan, 2004: 104*). Observation methods are often interpreted as observations and systematic recording of symptoms that appear in research subjects.

DISCUSSION

Meanwhile, visitors to the pool also chose *Dendang Tirta* because it is a cheap or cost-effective sport and recreation place. One of the Stratification Theories is based on the middle (lower) social (economic) class, which is the majority of visitors to *Dendang Tirta*. Economic factors in social stratification also break down the motives of visitors to come to the *Dendang Tirta swimming* pool, this social stratification is also evident from the visitors of the *Dendang Tirta swimming* pool, which mostly comes from the surrounding community, considering cheap, affordable tickets, to be one of the factors for visitors come to the *Dendang Tirta swimming* pool. If this phenomenon is reviewed, it can be explained in the sociology of sports theory. The sociology of sports is the science that studies human relations in sports communities in particular, and sports communities with other communities, as well as the sociological aspects that accompany them. Sociology of sports focuses on issues related to social and cultural systems, issues of leisure, physical education and sports in the context of plural cultures and juvenile delinquency, in line with the results of research that most visitors come on holiday according to leisure time. In addition, the shift in the value of the meaning of swimming pools is also influenced by the socio-cultural system in the *Langkat* Regency which is still classified as a sub-urban, accordingly also that the *Dendang Tirta swimming* pool is also used as a means to avoid negative activities such as consumption of illegal drugs or liquor or we call avoid juvenile delinquency in the current era of modernity. People who use this facility as a sports facility are seen from the routines and awareness of the community themselves about the importance of body health for them or even some of them are required to do swimming exercise routines.

As said by Mrs. Nelly, an informant who works as a permanent employee in one of the conventional banks in the *Binjai* area, she admitted "It has become my routine with my family to visit this swimming pool, especially if it's a family holiday day, it's better to go all the sports and kids enjoy it too". He claimed to use this facility as a place to exercise and the duration he was in the facility was not too long, And other informants who made this facility as a sports facility, Mr. *Zulfikar Lubis*, where Mr. *Zulfikar* works as a contractor, admitted himself "I swim every day unless I work out of town, it has become a doctor's recommendation to swim as a therapy for my leg pain" He admitted this was done because of the advice of doctors who required swimming exercise as a therapy for the mild stroke that he suffered. From this classification, we can see in general that the *Dendang Tirta swimming* pool is not only limited as a means of sports. However, the *Dendang Tirta swimming* pool is also used as a recreation area, even the tendency of visitors, to use the *Dendang Tirta swimming* pool. group both family and friends. *Dedi's* informant, for example, claimed: "I visited this swimming pool only during holidays, and it was not regular only if I needed entertainment, even if it was a vacation but it was a little more money then I wouldn't go anywhere at home." Mr. *Dedi* himself worked to help his parents trade, and another informant, Mr. *Eko*, worked as an employee at one of the shoe stores in *Langkat* Regency. Mr. *Eko's* place of residence is only about 100 meters from the *Dendang*

Tirta swimming pool. *Mr. Eko* visited Pond with his family during work and school holidays for his children. Sometimes *Mr. Eko* comes to the swimming pool himself, not with his family. If he comes alone to the *Dendang Tirta* swimming pool, *Mr. Eko* usually warms up before swimming. *Mr. Eko* also rinsed his body before swimming into the pool. However, *Mr. Eko* was still wearing shorts instead of pants Specific for swimming. In addition, *Mr. Eko* also still brought drinks and other provisions while in the swimming pool. The reason is to be more economical and not to spend money. This father claimed that the salary of employees of a shoe store in *Langkat* was relatively mediocre. Must be able to manage expenses economically so that they are not in debt. Seeing the above phenomenon relates to the previous research which says that the meaning of the *Dendang Tirta* swimming pool mostly considers as a place of recreation so that the swimming pool is only a symbol, while the meaning in the community is more in the recreation area. As explained according to (*Syaifuddin, 1990*) recreation is a type of sports activity that is carried out in their spare time or leisure. As for the purpose of sports recreation are 1) free time fillers, 2) tired release, boredom and fatigue, 3). As a balance of subsistence activity (substitute / complementary activities), 4). As a fulfillment of social functions (this social function is carried out for group activities as well as active recreation). 5). To obtain physical freshness with pleasant exercise, 6) Get pleasure by exercising and, 7). Introducing sports that exercise is fun. Activities at the *Dendang Tirta* Swimming Pool are also not limited to swimming, but gathering, telling, gathering, eating together, are also activities for visitors. So the researcher assessed that visitors also interpreted that the swimming pool as a lifestyle. As in the opinion of Armstrong in (*Nugraheni, 2003*) a person's lifestyle can be seen from the behavior carried out by individuals such as activities to obtain or use goods and services, including the decision-making process in determining these activities. Furthermore Armstrong in (*Nugraheni, 2003*) states that the factors that influence a person's lifestyle are 2 factors: factors that come from within the individual (internal) and external (external) factors. Internal factors are attitude, experience, observation, personality, self-concept, motive, and perception. External factors are reference groups, families, and social classes.

CONCLUSION

Visitors more interpret the *Dendang Tirta* swimming pool as a recreational vehicle compared to sports facilities. This meaning is certainly motivated by the social stratification of the community in *Langkat* District. In addition, visitors also interpret the swimming pool as a lifestyle of interaction between individuals, families with community groups. Social groups based on socio-cultural and economic systems, will affect differences in attitudes, perceptions, motives and behavior in interpreting the pool. The relationship between sports and recreation of the *Dendang Tirta* swimming pool, shows the relevance of sports sociology in the midst of society.

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