

**THE PHENOMENON OF CYCLING TRENDS DURING THE COVID 19 PANDEMIC
IN SURAKARTA**

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Abstract

The aim of this study was to find out: (1) public interest in maintaining physical fitness by cycling in Surakarta during the Covid 19 pandemic, (2) community motivation in maintaining physical fitness by cycling in Surakarta during the Covid 19 pandemic, and (3) the right way to cycle and a suitable cycling program for beginners, according to the cycling community. This research was a qualitative research method which was based on post positivism philosophy, where truth is in accordance with the nature of the object, used to examine the condition of the natural object, where the researcher is the key instrument, and the research results emphasize meaning rather than generalization (Sugiyono, 2007: 15). The data was collected from 50 people who cycled in Surakarta during the pandemic. The data analysis used in this study was the Analysis Interactive Model from Miles and Huberman, which divided the steps into several parts, namely data collection, data reduction, and data reduction, data display, and drawing conclusions or verification (conclusions).

According to the findings of a survey of 50 visitors, the intrinsic motivation is the motivation for cycling in the Surakarta community during the Covid 19 pandemic. Cycling motivation is dominated by physiological needs to maintain fitness. Extrinsic motivation for cycling in the Surakarta community is dominated by a desire to stay fit and participate in enjoyable and simple sports. Meanwhile, there are other interests such as attracting attention, business relations/relationships, a way to gather and vacation with family, equipment that is easy to obtain or rent, reasons to join the Solo bicycle community, and a way to unwind, get bored, and fill spare time. The benefits of cycling activities during the COVID-19 pandemic are influenced by the benefits of exercising to maintain fitness during the COVID-19 pandemic.

Keywords: *Analysis Interactive, Cycling, Covid 19*

INTRODUCTION

Health is a basic requirement for human life. Health and illness are determined not only biologically, but also by individual behavioral problems, specifically healthy behavior. Healthy behavior is the most important factor in human health and wellbeing (Rahmadian, 2011). A lack of physical activity can be seen by doing a little activity so that the body feels tired, tired, and susceptible to disease, or by doing a lot of activity today so that the body feels tired and sleepy tomorrow. Especially during the Covid 19 Pandemic, which requires people to do Physical Distancing so that the corona virus outbreak does not spread, only doing activities at home will affect the quality of their physical fitness, decrease the community's endurance due to lack of physical activity, and also stress due to limited activities at home.

Cycling is the most beneficial physical activity for strengthening the immune system. Among these various advantages, it will have a significant influence on physical fitness, particularly in dealing with the Covid 19 virus outbreak. Starting with strengthening the body's cartilage, improving overall blood circulation, smoothing the body's metabolism, and being able to boost immunity (Arjuna, 2009).

This is becoming more common in various cities as a result of the rapid growth of various bicycle communities. There are various types of bicycle communities, ranging from bicycles, racing bicycles, and wellbeing bicycles. The specific type of bicycle for health is not specified; what is important is that it can be used for cycling together for health. Members range in age from young to old. This is in line with the findings of Svantesson's (2015) study, which found that any sport, including cycling, can benefit anyone, particularly the elderly (Svantesson, 2015). Surakarta is one of the cities that already has daily routines for cycling together.

It is true that Surakarta has a large number of cyclists. Cycling participation in the community is entirely voluntary; there is no coercion. The desire and awareness to maintain physical fitness is what motivates people to participate in this cycling activity, as is the desire to cycle and be a part of traffic at any time and in any place. As a result, the cycling trend is evolving into a gathering of independent individuals on bicycles who are willing to cycle together, doing physical activities in order to maintain physical fitness in the midst of the Covid 19 Pandemic.

Unfortunately, there are so many cyclists who do not follow the rules during this pandemic; many cyclists are still in groups, do not wear masks, carelessly stop at stalls, drive on busy lanes, do not bring hand sanitizer, borrow and borrow things from one another, and so on. Of course, this behavior will be extremely dangerous for cyclists, who originally intended to maintain fitness and increase body immunity, and may even expose them to irradiation. Furthermore, people continue to engage in careless physical activity in cycling, failing to warm up before cycling and failing to consider what type of bicycle is appropriate for use when cycling on specific routes, which is obviously hazardous to the health of the cycling community as well as causing damage to the bicycle itself.

As a result, it is critical to educate the public on how to use healthy and correct cycling etiquette during the COVID-19 pandemic for beginners who are just starting out, so that people do not just carelessly exercise, but also follow health protocols. Certain steps in exercising should be taken into consideration. Furthermore, ethical and personal protective factors are critical. so that people who exercise can get the most out of their workouts while not increasing the transmission of this virus 19.

One of the factors that influence the implementation of cycling trend activities in a given area is the community's or residents' awareness of the benefits of cycling as a means of living a healthy life as well as a form of recreation. This is obvious because it is the people who are the focus of the area's thriving cycling culture. The willingness of the community to participate in a sports activity is, of course, dependent on the community's interests and motivation. An activity will be well-executed if there is sufficient interest and motivation in the community, and most people are interested in carrying out these activities. To acknowledge a sports activity, there must be interest and motivation because interest and motivation will create a sense of interest and pleasure in doing sports activities, particularly cycling. This will cause the activities or activities carried out by the community to be more meaningful and serious, resulting in more people participating in cycling activities on a regular basis. People will not care about their own health unless they are interested and motivated. In this case, how interested and motivated are people in Surakarta to maintain physical fitness through cycling?

METHODS

This study was a qualitative research method, based on the philosophy of post - positivism, where truth was the nature of the object, used to examine the condition of the natural object, where the researcher was the key instrument, and the research results emphasized meaning rather than generalization (Sugiyono, 2007: 15). Qualitative research has five kinds of characters (Sugiyono, 2007), those are:

- a. Having a natural setting, which means that research is carried out in a reasonable and realistic situation from a real phenomenon, the natural setting is a source of data, and the researcher himself acts as a research instrument.
- b. The data was collected in the form of sentences, pictures and others containing descriptions, transcripts, interviews, notes on the research scene and others.
- c. Qualitative researchers were more concerned with the process than the results, because this research used the statement of how so that the answer was the process of something being researched. The analysis used was bottom-up inductive analysis.
- d. Qualitative research focused on meaning, this means that researchers tried to understand the meaning of the phenomenon being studied. This study aimed to reveal as much data and information as possible about the Phenomenon of Cycling Trend in Surakarta.

This study does not aim for a false-true conclusion, nor does it test an accepted-rejected hypothesis, but rather collects data to describe the actual situation that occurs in the field in depth.

FINDINGS AND DISCUSSION

Findings

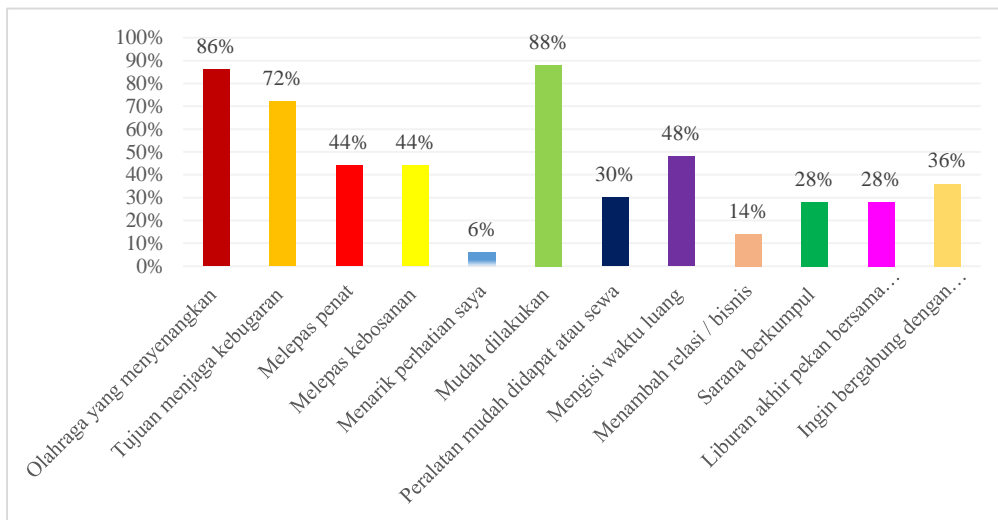
Interest is a relatively permanent trait in a person; without it, it is impossible for someone to do something that piques his interest. Interest is a person's driving force in performing activities with full strength and consistency that are performed with full awareness and bring feelings of pleasure, joy, and joy. The following table summarizes cycling interest:

Intrinsic Motivation

Table 3. Cycling Intrinsic Interest

Cycling Interests	Number of Respondents	% Respondent
Fun sport	43	86%
Keep healthy	36	72%
Relieve fatigue	22	44%
Release boredom	22	44%
Attracts my attention	3	6%
Easy to do	44	88%
Equipment is easy to get or rent	15	30%
Use the free time	24	48%
Increase relationships / business	7	14%
Means of gathering	14	28%
Weekend getaway with family	14	28%
Want to join the bicycle community	18	36%

Table 4.1 depicted the community's interest in cycling, which was a separate reason for cycling during the Covid 19 pandemic. Cycling was becoming increasingly popular during the Covid 19 pandemic. 43 respondents stated that cycling was a fun sport, 36 respondents stated that cycling as a goal of maintaining fitness, 22 respondents stated cycling as a means to relieve fatigue and boredom, 3 respondents stated cycling attracted attention, 44 respondents stated cycling was easy to do, 15 respondents stated bicycle equipment was easy to obtain or rent, 24 respondents stated cycling as a means of filling spare time, 7 respondents stated cycling as a means of increasing relationships or business. Additionally, 14 respondents stated that it was a means of gathering and weekend getaways with family, and 18 respondents stated that it was a means of joining the bicycle community.



Graph 1. Percentage of Cycling Intrinsic Interest

According to Figure 4.1, the Surakarta community's interest in cycling was dominated by a desire to maintain fitness through fun and easy-to-do sports. Meanwhile, there were other interests such as attracting attention, business relationships/relationships, a way to gather and vacation with family, accessible equipment to obtain or rent, reasons to join the Solo bicycle community, and a way to unwind, get bored, and fill spare time.

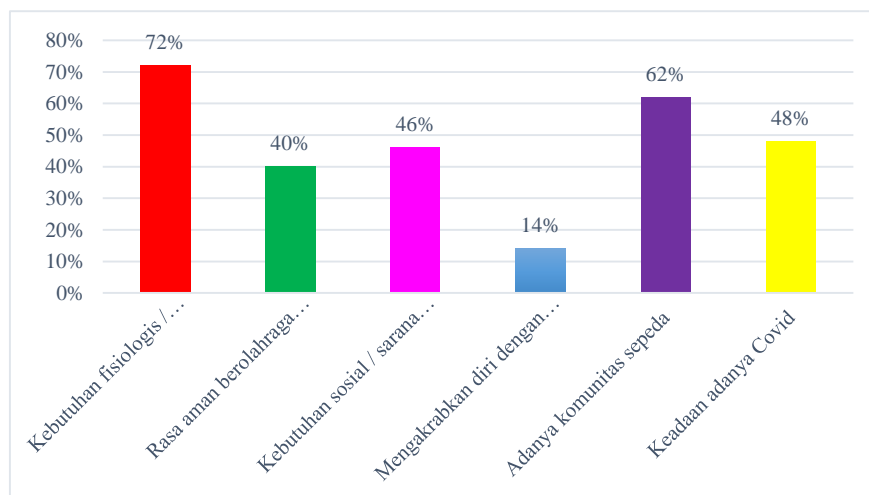
EXTRINSIC MOTIVATION

Table 4. Cycling Extrinsic Motivation

Motivation	Respondent	Percentage
Physiological needs/maintaining fitness	36	72%
Feeling safe exercising on a bicycle	20	40%
Social needs / means of socializing	23	46%

Motivation	Respondent	Percentage
Familiarize yourself with superiors	7	14%
The availability of a bicycle community	31	62%
Due to the Covid	24	48%

Table 4.2 depicted the cycling motivation of the Surakarta community, with 36 respondents stating that their motivation was to maintain fitness as a physiological need, 20 respondents stating that their motivation was because cycling is safer than other sports, and 23 respondents stating that their motivation was because cycling allowed them to socialize or interact with other people. This was a social need, 7 respondents stated that they wanted to be more familiar with their superiors, 31 respondents stated that they wanted to be more familiar with the bicycle community, and 24 respondents stated that they wanted to be more familiar with the current situation with Covid.



Graph 2. Percentage of Cycling Extrinsic Motivation

Figure 4.2 depicted the percentage of cycling motivation in the Surakarta community during the Covid 19 pandemic. Physiological needs to maintain fitness dominate cycling motivation. Other motivations included becoming acquainted with superiors who enjoy cycling, feeling secure while exercising on a bicycle, social needs, the existence of Covid 19, and the existence of a bicycle community.

DISCUSSION

Cycling Interests

Interest is the acceptance of a relationship between oneself and something outside oneself. The stronger or closer the relationship, the greater the interest. An interest can be expressed through a statement indicating a preference for one thing over another, or it can be manifested through participation in an activity or activities. Someone will be hesitant to act if they are not interested. Interest is related to the type of movement that encourages a

person to confront or deal with people, objects, activities, and experiences elicited by the activity itself. Internal and external factors both influence a person's interest. Interest is related to the type of action that encourages a person to confront or deal with people, objects, activities, and experiences elicited by the activity itself. Internal and external factors both influence a person's interest. Internal factors allow a person's interest to come from within, whereas external factors, such as outside encouragement, make the individual interested. Internal aspects include a sense of pleasure / usefulness, willingness, and attention. External aspects include environmental conditions and facilities. An individual's interest is influenced by both internal and external factors. Internal factors allow a person's interest to arise from within, whereas external factors, such as outside encouragement, compel the individual to become interested. Internal factors include a sense of pleasure/utility, willingness, and attention. Environmental conditions and facilities are two examples of external aspects.

Intrinsic Factors

Amusement and Bnefit

Interest means that if a person is interested in an activity, he will feel motivated to continue doing it enthusiastically and without putting any strain on himself. Cycling is popular, as evidenced by the following:

1. Enjoyable Sports

According to the study's findings, cycling is a fun sport for 43% of those who participated. Recreation is one of the sports activities that the community frequently engages in. Recreational sports are physical activities that are done in free time and are motivated by desires or desires that arise as a result of the satisfaction and pleasure they provide. Recreational sports are only done to pass the time. Cycling is one of the recreational sports that can be done by anyone. Cycling activities should be done at least once a week and should take place in the neighborhood or in recreational areas such as city parks, beaches, and so on. Cycling is simple and enjoyable, and it improves heart health while also tightening the body's muscles. Cycling for at least 30 minutes should be done with the goal of being healthy, energetic, and fit. One of the types of exercise that has been conveyed is a method of selecting activities that are more healthful and enjoyable, because they can be done easily according to a person's needs and interests in selecting healthy sports activities. Cycling can be done at any time of day, such as in the morning or evening.

2. Maintain physical fitness

According to the study's findings, 36 respondents were interested in cycling as a goal for maintaining their physical fitness. Cycling is a sport that is good for your health. In human life, health and exercise are inextricably linked. Because health is a trait that should be inherent in all humans, it cannot be separated from daily life. Sports activities are frequently performed by almost everyone, although with varying types of sports, the goal remains the same: to make yourself healthier. As a result of various sports activities, new sports emerge in the community. Although they differ, sports activities all have the same goal in mind: physical fitness in accordance with health science rules. Physical fitness is something that every human being must have in order to move optimally and achieve optimal results. It is possible that with no or low physical fitness, such as working a little, the body already feels tired and sleepy. In contrast, people with a fit body are able to work full-time with enthusiasm and produce the most. So physical fitness is the ability to carry out daily activities to be more enthusiastic in doing many things, and to have energy reserves to fill spare time and activities that have not been prepared. Cycling activates the buttocks, quadriceps and leg muscles.

Furthermore, overall body muscles are better able to maintain body balance. This can help with posture and overall body strength.

Will

The will in question is an impulse directed by the mind toward a desired goal. This urge will give birth to an attention to an object, and the individual concerned's interest will emerge. The following demonstrate willingness:

1) Relieve tiredness and boredom

According to the study's findings, 22 people were interested in cycling as a way to relieve tiredness and boredom. In the midst of the Covid-19 virus pandemic, people must spend more time at home. As a result, cycling can be a fun way to spend the day. Because of the availability of cycling routes with views of nature or parks, cycling can provide a sense of being close to nature. Cycling has been shown to improve mood and relieve stress. This is due to the release of endorphins by the body during cycling. This hormone promotes feelings of well-being and a good mood. This makes the body feel more at ease while also calming the mind. Cycling, in particular, allows you to take in new sights while also reducing stress. Cycling is a cardio exercise that not only benefits your heart but also keeps your mind fresh.

2) Simple to carry out

According to the findings, 44 respondents were interested in cycling because it was simple to do. Regular physical activity, such as exercising, is part of a healthy lifestyle. Cycling, for example, can help to maintain one's health, improve one's fitness, and provide a sense of well-being. Cycling activities are simple for beginners who rarely exercise because they do not necessitate advanced physical abilities. To begin, it is necessary to learn how to ride a bicycle properly before adjusting to the bicycle used. The more you practice cycling, the faster you will master it.

3) Making use of free time

Free time is defined as time when you can do whatever you want, most commonly leisure activities. Free time is defined as time that can be filled with self-selected activities or time that can be used and utilized as desired. Recreational sports are activities that can be done in spare time. It can be enjoyable as well as beneficial to one's health. Recreational sports are physical activities that are done in free time and are motivated by desires or desires that arise as a result of the satisfaction and pleasure they provide. Recreational sports are only done to pass the time. Cycling is one of the recreational sports that can be done by anyone. According to the study's findings, 24 respondents were interested in cycling as a making use of free time.

Interest

An interest is the concentration of individual activities aimed at an object. The results of the study stated that 3 respondents were interested in cycling because it was interesting. This is because getting a new experience on a trip such as driving with your own power and a speed that is not too fast so you can enjoy the trip. In addition to being a means of transportation, cycling is a means to have fun as well as burn fat or exercise. That is, pedaling a bicycle up to several kilometers is very good for physical health. This makes cycling as a medium of exercise that is quite fun, because in addition to maintaining health, you can also have fun.

External Factorsa Environment

1) Relationship / business

According to the findings, 7 respondents were interested in cycling as a means of expanding their relationships or business. Cycling is an option for people to fill their spare time in the midst of the coronavirus pandemic; it has numerous advantages, ranging from health to business lobbies. Through this sport, an increasing number of people make new friends and a small number of people enter into business agreements.

2) Spot for Gathering and weekend Vacation

Weekends are one or two days during the week when most people do not work. Weekends are associated with sightseeing and vacations. Vacations are necessary for self-actualization. Reduce stress, gain experience, and bring joy to the family. Cycling is a type of aerobic exercise that is extremely beneficial to blood vessel health. Cycling improves blood circulation and can reduce stress. Cycling with family members can strengthen interactions and bonds because it can be done while chatting, joking, and sharing stories. According to the study's findings, 14 respondents were interested in cycling for family gatherings and weekend vacations.

3) Join the cycling community

A community's existence aims to channel their hobbies. According to the findings, 18 respondents were interested in cycling as a way to join the cycling community. One can contribute to the network, exchange information, and gain knowledge and experience by participating in the community. Cycling activities can also be well-programmed because they involve the bicycle community.

Facility

Sports activities will run smoothly if supporting and complete facilities are available. This is not to say that a recreational sport activity will be hampered in the absence of adequate and complete facilities. People who participate in recreational sports without the assistance of facilities will face obstacles in their activities, which is related to the problem of public interest in cycling. According to the study's findings, 15 respondents were interested in cycling because bicycle equipment was easily obtained or rented. Cycling is one of the most affordable physical activities. You don't need an expensive bicycle; a simple bicycle can provide numerous health benefits.

Cycling Motivation

Motivation is a state that arises within an individual or organism and drives behavior toward a specific goal. Motivation directs and channels behavior, providing a goal orientation of individual behavior toward something in order to maintain and sustain behavior. There are two types of motivation, depending on the source that gave rise to it: intrinsic and extrinsic. Intrinsic motivation to arise does not require external stimulation because it exists within the individual, specifically in accordance with his needs. Extrinsic motivation is triggered by stimuli from outside the individual. The theory of motivation based on the need principle. The theory of motivation based on the need principle. A need that motivates a person to try to meet it. Certain needs generate and direct human behavior, and there are five levels of needs: physiological needs, security needs, social needs, esteem, and actualization (Maslow, 1943).

Physiological needs

Needs that serve the purpose of sustaining life. Cycling is motivated by physiological needs to maintain fitness during the Covid pandemic and because of the Covid-19 pandemic. According to the study's findings, 36 respondents were motivated by cycling to maintain fitness, while 24 respondents were motivated by the current state of Covid, which makes it necessary to take care of the body.

Maintaining a fit

Being physically active is essential for maintaining a fit and healthy body. Physical activity on a regular basis lowers the risk of chronic disease. Cycling is a form of physical activity. Cycling on a regular basis is one of the most effective ways to mitigate the effects of a sedentary lifestyle. Cycling is less taxing on the body and less likely to result in injury than other forms of physical activity. When cycling, a large group of muscles contracts. Cycling can help you improve your stamina, strength, and aerobic fitness. Cycling improves heart muscle strength, lowers resting pulse rate, and lowers blood lipid levels.

Due to Covid 19

People are required to stay at home due to COVID-19. Because all activities are carried out remotely, they do not run normally. Cycling is a good way to stay fit. Cycling, for example, can boost the immune system by increasing the production of important proteins and the formation of white blood cells that are useful to the immune system. Cycling does not require fuel, and it is an effective way to reduce air pollution. Reduced pollution levels can automatically make the respiratory system healthier.

Feeling safe

According to the study's findings, 20 respondents were motivated because cycling was safer than other sports during the Covid pandemic. Cycling, when compared to other outdoor sports, has a lower Covid-19 infection rate. 30-60 minutes of moderate to vigorous activity can aid the immune system in the prevention of viral infections. Cycling is a cardio sport that is aerobic or low impact exercise that can help you stay fit.

Social needs

Sport provides social benefits such as friendship, respect for others, and social cooperation. Cycling is a form of light exercise that can be done in a group setting and has social benefits. Positive social interactions occur during community sports activities. Social interaction is a dynamic social relationship that can take the form of relationships between individuals, groups, or groups and individuals. According to the findings, 23 respondents were motivated to cycle as a means of socializing or interacting with other people, which is a social need.

Award

This is the desire to be useful, significant, valued, admired, and respected by others. This is related to the desire for attention, fame, status, dignity, and so on. It is an award in this case for being able to get along with a boss who enjoys cycling. According to the study's findings, 7 respondents were motivated to become more acquainted with their superiors.

Self-actualization

Self-actualization is a human need to fully develop oneself, realize one's potential, or pursue one's hobbies. A hobby is a recreational activity done in one's spare time to help one relax. A hobby's purpose is to fulfill desires and pour ideas into a beautiful activity or work that can fill free time with positive things. Cycling is a sport that has its own hobby. Cycling is a physical activity that can be used to train one's body. A bicycle community is a means of self-actualization. The role of the community in channeling hobbies has a large impact on

the development of the hobby itself, such as cycling, which has communities all over Indonesia, including Surakarta.

Cycling Program for Beginners, Warming-up, and Preparation

Warming up before cycling aids in avoiding muscle injury. Cycling without a warm-up increases the risk of injury, such as cramps. Before cycling, the following warm-up exercises can be performed:

1) Shoulder reach

Stretching movements on the shoulder are recommended because the shoulder is one of the body parts that will be doing the most work while cycling. (1) Stand up straight; (2) Place both hands straight above the head; (3) Move the shoulder up and down; (4) Make sure your biceps are in line with your ears and your fingers are always pointing up; and (5) Repeat for 30 seconds for two sets.

2) Leg swings

This stretch will help to keep the hip flexor muscles tense as a result of the repetitive forward pedaling motion. As a warm-up for the waist and muscles in all joints of motion, this type of stretching involves swinging the legs in all directions. Swing the leg back and forth and right and left 15 times per leg to achieve this stretch. The movement is repeated three times.

3) Butt kicks

Butt kicks are a type of stretch that will help you warm up the muscles in your thighs, hips, and legs. The movement is performed by lightly jumping and kicking towards the buttocks with the left and right legs alternately. The movement lasts 30 seconds and is performed three times.

4) Heel toe walk

This stretching exercise is beneficial for warming up the feet, particularly the calves, ankles, and shins. The movement is performed by walking forward with a heel and a bent back. After the body has been straightened, alternately rotate the right and left legs. The movement is performed three times for 30 seconds each.

5) Dynamic runner's lunge

The quadriceps, back muscles, and hip flexors are all targeted in this stretch. The movement is completed by taking a step forward with the right foot and bending the knee to form a 90-degree angle. The left leg is as far back as it can go. Return to an upright position by straightening both arms. In three sets, movements are performed alternately for up to 6 feet.

6) High knees

The quadriceps, back muscles, and hip flexors are all targeted in this stretch. The movement is completed by taking a step forward with the right foot and bending the knee to form a 90-degree angle. The left leg is as far back as it can go. Return to an upright position by straightening both arms. In three sets, movements are performed alternately for up to 6 feet.

Target

The target is all of the accomplishments to be attained, as well as the main goal of wanting to cycle. Of course, everyone has a different set of objectives. Some are just for fun, to meet new people, to improve their fitness, or for other reasons. The training pattern required will be heavily influenced by the target. Also, what you want to accomplish in a certain amount of time. One thing to consider is the target's realism. Considering the various

daily responsibilities and the amount of free time available. It should not be overly grandiose in order to avoid becoming a burden. If a large goal must be met, do so gradually by establishing small targets that must be met in order to reach the final result, namely the main goal.

Time

Realistic targets also include the amount of time required to achieve them, such as free time. If you are not interested in becoming a professional cyclist, then plan your free time wisely. A cycling schedule must be created on a daily basis. Timing can be done twice or three times per week in the afternoon for a short period of time in the first few weeks. If the walking pattern is consistent, the duration can be gradually increased until the target is reached. If the schedule is disrupted due to busyness, injury, or illness, it should be restarted once the cycling routine returns to normal.

Equipment

The equipment needed is a bicycle. Types of bicycles for recreational purposes for beginners can use folding bikes. In addition, protective equipment is also needed, such as helmets, goggles, shoes, waterproof clothing, bicycle gloves, cufflinks, and so on. Due to the current COVID-19 pandemic, please adhere to health protocols while cycling. Meanwhile, other equipment, such as a tire patch kit, multitool, or chain tool can still be stored at home. Except later, when a beginner has trained and starts planning to take long distance routes.

Commitment

Convince yourself to adhere to the training method and try to achieve all the targets that have been set. Commitment and discipline are the most important things because without commitment, the preparations that have been prepared will not run smoothly.

CYCLING PROGRAM

Basically, all beginner cyclists with any goal can use the following proper training patterns for beginner cyclists. This training method aims to get beginner cyclists to be able to cover a distance of 50 kilometers after 8 weeks of doing it on a regular basis. So, the main goal of this exercise is adaptation. From zero to the standard point. The appropriate exercise program for beginning cyclists lasts 8 weeks and consists of three exercises per week. Any day can be used for cycling for 30 minutes to 1 hour, until it takes longer to cover a distance of 50 km at the end of the exercise. However, as a general rule, it is recommended to exercise on Tuesdays, Thursdays, and Sundays. Then rest or do other physical activities on Wednesday and Friday. While Saturday and Monday are completely off. Here is the right exercise pattern for novice cyclists:

1st Month

1) 1st week

Cycling leisurely for 30 minutes every training day. While Wednesday and Friday can be used for other physical activities such as jogging for a maximum of 1 hour. If it is too heavy, take a break or do homework.

2) 2nd week

The exercise time was increased from 30 minutes in the first week to 45 minutes in the second week. Then, on Sunday, take advantage of the free time to ride for an hour at a relaxed intensity.

3) 3rd week

The portion of the exercise began to be increased for 1 hour, by pedaling harder in the second 20 minutes and Sundays, 90 minutes of leisurely cycling. So the total travel time in the 3rd week is about 3 hours 30 minutes.

4) 4th week

For the 4th week, do the same pattern as in the 3rd week. It is just that you need to prepare a full 2 hours to increase the portion of exercise.

2nd Month

1) 5th week

The portion of the exercise is a little slack. Allocate 1 Hour on Tuesday, with more intensity in the second 20 minutes. Then cycling leisurely on Thursday for 30 minutes, and Sunday for 1 hour.

2) 6th week

In this phase the body has started to adapt, so it is necessary to spend 1 hour on Tuesday, using 15 minutes in between to try tough tracks, such as steep inclines. Then 1 hour on Thursday, with loud intensity in the second 25 minutes. Sunday, cycling leisurely for 2 hours 30 minutes.

3) 7th week

Tuesday's workout is 1 hour, followed by an incline for the second 20 minutes. While on Thursday, increase the intensity to 30 minutes of the total time of cycling for 1 hour. Furthermore, it is enough to ride leisurely with a duration of 90 minutes.

4) 8th week

This phase is the final training phase. To cover a distance of 50 km, the body needs adequate rest. So light exercise on Tuesday and Thursday with a duration of 30 minutes each. After a complete rest on Saturday, Sunday you can bike for 50 km. The average time needed to cover the distance is 3 hours 30 minutes.

CONCLUSION

Based on the data analysis, the following are the study's conclusions:

1. The Surakarta community's interest in cycling during the Covid 19 pandemic is motivated by both intrinsic and extrinsic factors. Extrinsic interest is dominated by cycling with a desire to join the cycling community, whereas intrinsic interest is dominated by easy cycling.
2. Surakarta residents' motivation to cycle during the Covid 19 pandemic is based on five levels of need. The physiological need to maintain fitness during the Covid-19 pandemic is the dominant motivation at this level of need.
3. Warm-ups, goals, time, equipment, and commitment are all part of the recommended cycling training program for the beginner community. Cycling at a high intensity three times per week. The duration ranges from 30 minutes to an hour. With a regular exercise program for two months, aim for a distance of 50 km. A folding bicycle is the best type of bicycle for beginners. Cycling still follows health guidelines.

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