

Mountaineering Physical Activities as Community Recreational Sports

Faisal Adam Rahman¹, Sugiyanto², Agus Kristiyanto²

^{1,2}Sport Science—Graduate Program of Sebelas Maret University

ARTICLES INFO

History Articles:

Received: 13-02-2018

Approved: 29-03-2018

Keywords

*physical activities;
Sports recreation;
mountaineering;
aktivitas fisik;
olahraga rekreasi;
pendakian gunung*

ABSTRACT

Abstract: This study aims to (1) focus on the community motive for mountaineering physical activities, (2) identify the benefit of mountaineering for climbers, and (3) identify risks and danger of mountaineering. The study was conducted in the Mount Merbabu National Park, Boyolali Regency, Central Java Province. It was qualitative research using phenomenological approach. The phenomenological study aims to assess the phenomenon on what happened to the subject of the study. Thus results of the study concluded as follows. First, the community motive for mountaineering physical activities, which is to relieve fatigue or boredom due to their daily routine and personal concerns, mingle with the nature and take pleasure in natural scenery, try something new and get new experience, interact with nature, and as hobby in their leisure times. Second, mountaineering has some benefits for the community such as (a) physical: as sport media, maintain the body health and fitness, physical training, and help lose weight, (b) psychological: revitalize mind or refreshing, relaxation and recreation, character building, get pleasure or satisfaction, learn to live independently, and have new experience, (c) social: make many good friends and as a means of socialization, (d) spiritual: draw them closer to God. Third, risks and danger of mountaineering caused by two factors, such as (a) internal factor (climbers) including lack of planning and preparation, extreme fatigue due to lack of rest resulting in decreased physical condition, lose their balance leading to fall or trip accidentally and getting lost or going astray, (b) external factors (natural conditions) includes climate or weather, mountain sickness such as hypothermia and hypoxia, and wild animals attack.

Abstrak: Penelitian ini bertujuan untuk (1) mendalami motif masyarakat yang melakukan aktivitas fisik pendakian gunung, (2) mengidentifikasi manfaat yang diperoleh masyarakat yang melakukan aktivitas fisik pendakian gunung, dan (3) mengidentifikasi risiko dan bahaya aktivitas fisik pendakian gunung. Penelitian ini dilakukan di Taman Nasional Gunung Merbabu, Provinsi Jawa Tengah. Penelitian ini merupakan jenis penelitian kualitatif dengan menggunakan pendekatan fenomenologi, tujuan penelitian fenomenologi adalah untuk memahami fenomena tentang apa yang dialami oleh subjek penelitian. Hasil penelitian dapat disimpulkan sebagai berikut. Pertama, motif masyarakat melakukan aktivitas fisik pendakian gunung yaitu ingin melepas penat atau kejenuhan akibat rutinitas kesehariannya dan masalah pribadinya, ingin berbaur dengan alam dan menikmati pemandangan alam, mencoba hal baru dan mendapatkan pengalaman baru, ingin berinteraksi dengan alam, dan sebagai hobi. Kedua, manfaat yang diperoleh bagi masyarakat yang melakukan aktivitas fisik pendakian gunung yaitu (a) manfaat secara fisik: sebagai media olahraga, menjaga kesehatan tubuh, melatih fisik, dan membantu menurunkan berat badan, (b) manfaat secara psikologi: merevitalisasi pikiran atau refreshing, relaksasi dan rekreasi, pembentukan karakter, mendapatkan kesenangan atau kepuasan, belajar atau melatih hidup mandiri, dan mendapatkan pengalaman baru, (c) manfaat secara sosial: menambah teman dan sebagai sarana bersosialisasi, (d) manfaat secara spiritual yaitu lebih mendekatkan diri dengan Sang Pencipta. Ketiga, risiko dan bahaya aktivitas fisik pendakian gunung disebabkan oleh dua faktor, yaitu (a) faktor internal (pendaki), meliputi perencanaan dan persiapan yang kurang, kelelahan, terjatuh, dan tersesat, (b) faktor eksternal (kondisi alam), meliputi cuaca atau iklim, penyakit gunung, seperti hypothermia dan hypoxia, dan serangan binatang liar.

Address Correspondence:

Faisal Adam Rahman
Sport Science
Postgraduate Universitas Sebelas Maret
36 A Ir. Sutami St. Surakarta
E-mail: faisaladamrahman@student.uns.ac.id

Recreation is a basic need for every human being to achieve their welfare. Recreation in all forms of leisure activities are able to restore the state of mind and body to have more refreshment and fitness from the stress due to daily routines resulting in boredom, dullness or fatigue and sedentary life style that can induce various non-infectious diseases, such as physical illness, cardiovascular disease, spiritual/mental illness, such as stress, attention deficit disorder, emotional disorder, social interaction and others. The reasonably high daily routine shall be supported by psychological and physical conditions of a balanced body in order to minimize stress levels and keep the physical condition stay healthy. Balance of physical and psychological conditions can be achieved by some efforts, one of which is by recreational activities. According to Indonesian dictionary by WJS Purwodarminto, recreation means to have a good time or recreate.

Recreation is a leisure activity involving physical, mental/emotional, and social activities including rejuvenation of personal condition from any task burden from daily activities and carried out by their own consciousness (Kusmaedi, 2002). Recreational purposes leads to improving the quality and welfare of human life achievement, therefore recreational activities and their implementation must be in harmony with healthy efforts, means that fun activities shall avoid any threatening mental and physical health. Recreation shall be taken at leisure time. Every individual has the same right to have pleasure and make use of their leisure time. Many people make use of their leisure time by doing sports activities. It definitely has become human standard of living and fundamental need in life. It is also a reflection of the people's life of a nation (Mutohir & Maksum, 2007). Exercise, as it progress, becomes an element with vital value in the daily life. It becomes incredibly essential as it is inseparable from the basic human needs, which is always dynamic in its principle. In line with the opinion (Griwijoyo, 2013), "motion is a hallmark of life, as there is no life without motion." Therefore, many people make use of their leisure time to choose and do exercise as a means of recreation or called as recreational sports.

Exercise is not just a physical matter that is related to the movements of limbs, muscles, bones and the like (Husdarta, 2011). Recreational sports are more dominant real physical activities, conducted voluntarily at leisure time, and having social aspects (Lutan, et al, 2002). Recreational sports also include three-sport pillars the government has developed. In article 19 Chapter VI Law No. 3 of 2005 on the National Sport System stated that "recreational sports are conducted as part of health and fitness rejuvenation process." They can also be interpreted as healthy activities on social, physical, and mental aspects. This is in line with the world health organization (WHO) concept, as referred to in its definition that health means physical, spiritual and social welfare, not only free from illness, disability, or vulnerability.

Technology and information recently provides fertile ground for the growth of outdoor sport enthusiasts in Indonesia and makes the nature as recreational sporting activity. Sports activities are often used as a means for recreation, especially in relation to nature, one of which is recreational sport of nature exploration by mountaineering. In earlier times people considered that the mountains are treacherous, hideous, eerie and mystical area, thus, mountaineering or just tracking up the area was considered to be taboo, only nature lovers (environmentalists) or limited circles of people who opted for mountaineering. Hence it is not an easy activity to do, there is hiking in mountaineering which is an activity in treacherous areas, such as riverside, lake or mountain (Kristin, 2002). Therefore, there are many things to identify in mountaineering, such as climbing rules, equipments, preparations, and best ways of climbing, all of which is covered in Mountaineering (Erone, 2010). Considering this activity goes on for days by carrying heavy carrier bag loads containing supplies and let alone haunted by fear and anxiety concerning the occurrence of undesirable things is a challenge that the climbers must face. Furthermore, according to Cooke, Bunting, & Hara (2010) (in the expedition, important things that must be prepared is planning, expediency, simplicity, team work, flexibility. Many driving factors in the community who choose the mountain as favorite location to do the activity of nature exploration as recreational sport. Driving factor or motive is stimulus or drive in human being directed at particular destination (Komarudin, 2015). Even mountaineering may be a pride, an existence rather than enjoying holiday. Thousands of people choose to spend their holidays by having mountaineering activities.

The first community to climb mountains or beginners consider mountaineering as a regular recreational sport and photo-taking event, especially for popular mountains and easy to climb. Accordingly, many also rule out the physical preparation and climbing equipments. In fact, natural sport such as mountaineering is a sport that requires preparation, knowledge, skills, intelligence, physical strength, and greater endurance.

Indonesia is a country with abundant natural wealth and natural magnificence. In addition, Indonesian geography is dominated by volcanoes formation due to subduction zones between the Eurasian and the Indo-Australian plate. Indonesia has 127 active volcanoes spread from Sabang to Merauke. One of the UK, London-based tourism resources Rough Guides, Indonesia ranks 6th in the world's most magnificent country by 2017 and number one across the Asia. This certainly makes Indonesia as one of the magnetic fields of outdoor sports enthusiasts or climbers to visit more mountains in Indonesia as one of the destinations of recreational sports and nature exploration in mountaineering. Especially with the current technological advances, the ease of access and information concerning magnificent natural places such as mountains for recreational exercise is very easy to obtain.

METHOD

This research is a kind of qualitative research and presented by using phenomenological approach. Qualitative research is a study that intends to recognize the phenomenon of what research subjects has experienced, such as behavior, perception, motivation, action and others holistically and by description in words and language, in a special natural context and using various scientific methods (Lexy, 2007). This study explored, examined, and identified the motives, benefits, risks and hazards of physical activity of mountaineering as the community recreational sport.

The location of this research was conducted in Mount Merbabu National Park (TNGMb), Boyolali District, Central Java Province. The term was from September to November 2017. Data collection techniques included observation, in-depth interviews, and documentation. Meanwhile, data analysis in this research was conducted in four stages, namely data collection, data reduction, data presentation, and conclusion.

RESULT

The Community Motives in Physical Activities of Mountaineering

Based on the results of research that the researchers has conducted, that motives of the community for mountaineering is to relieve the fatigue or boredom due to the hectic daily routine or personal problems, mingle with nature, take pleasure from the scenery, try new things, get new experiences in life, and as hobby in leisure time. It is stated by the following informants:

- 1) Mas Sinyo is an individual climber and has often done mountaineering said "The motive is just to relieve fatigue as I am bored with the life of the Capital."
- 2) Mas Armo is an individual climber and has often done mountaineering stated "Actually I want to eliminate fatigue, going for holiday to Merbabu for refreshment. In my opinion, climbing the mountain is more satisfying as it makes the fresher mind and if returning to work, I become more excited and get new experience."
- 3) Mas Dani is an individual climber and has often done mountaineering said "I just want it because of hobby, for vacation as well after the school exam, so yeah I just want refreshment and climbing mountain again. I have climbed Merbabu before, through Gancik track, now I will try this path to get new experience and take pleasure from different sights."
- 4) Group of climbers are Mas Nur Hidayat, Mbak Nur Rohmah, and Mbak Puja Kusuma, related motifs in mountaineering as follows:
Mas Nur Hidayat said "I really love it and it is my hobby to climb mountain." Mbak Nur Rohmah said "I just want the real nature recreation," and Mbak Puja Kusuma said "I just want to mingle with nature, enjoying the natural scenery from the height."
- 5) The next group of climbers are Mbak Ina and Mbak Ana, stated their motive as follows:
Mbak Ina said: "Frankly, I just want to get rid of stress or distress due to works and personal problems."
Mbak Ana said: "I just want to feel how it's like living in the nature and thus I will understand what the nature is like."
- 6) Mas Tiyyar Wicaksana is one of the first climbers in mountaineering, said "I will know more about the nature, mingle with nature, want to feel the sensation of climbing the mountain and get a new experience."
- 7) Mbak Ulfah Farhorchartur is the first group of climbers in mountaineering, stated "I come here for refreshing, first because I love nature tourism, second because I love the challenge so I want to try new challenges."
- 8) Mr. Saeful Hidayat is Head of Semuncar Resort of Mount Merbabu National Park and also the Main Forest Ecosystem Controller, he stated "Most climbers only spend their vacations, looking for new things by mountaineering."

Based on the above information, we obtained the information that motive of the community for mountaineering is to relieve the fatigue or boredom due to hectic daily routines or personal problems, want to mingle with nature, take pleasure from the natural scenery, try new things, get new experiences in life, and as hobby in leisure time.

Benefits of Physical Activity of Mountaineering

The benefits of physical activity of mountaineering based on data obtained from the informants, as a means of physical training or exercise, a means for recreation so as to have pleasure, revitalize the mind or refreshing and relaxation of physical tension due to daily routine, draw closer to God The Creator, learn to live independently, character building, make new friends, as a means of socializing. As expressed by the following informants.

1) Mas Sinyo who is an individual climber and has often done mountaineering stated as follows:

“The benefit is that we will be more trained physically, making new friends socially. In addition, mountaineering can also build a character that we have been trained with any unpredicted situations and conditions beforehand, thus we will be better prepared and more survived.”

2) Mas Armo who is an individual climber and has often done mountaineering said the following:

“After a long time I climbed, there are two benefits I can get, which are physical and spiritual, refreshment satisfaction, see more natural beauty especially in Indonesia and more grateful, for physical benefit is obvious, yeah, physical training and fitness, basically it is physical and spiritual.”

3) Mr. Dhian who is an individual climber as well and often does mountaineering stated as follows:

“I feel more powerful physically, relieving the burden as well as refreshing, making new friends even if I did not know them before.”

4) The first group of climbers are Mbak Anthe and Mbak Anti described as follows:

“It is certainly healthy, like exercise, I can enjoy the beautiful views that other people cannot necessarily see.”

“After climbing, I have more refreshed mind.”

“It can build character, we can see the person’s character while climbing and it can help lose weight”

5) The next group of climbers, Mbak Ina and Mbak Ana, said “I just want to get rid of stress or distress about works and personal problems.”

“I just want to know how it feels to live in nature and I will know what nature is like.”

6) Mas Barry Kaenalep is one of the first climbers to climb the mountain, said “The benefits of mountaineering is that I feel satisfied, although tired, such as physical training, I have more healthy body, the refreshed mind, making many acquaintances, and more grateful to God The Creator who created such magnificent nature”.

7) Mas Isa Karomah is an individual climber stated “Mountaineering can refresh the mind, besides being healthy and physically trained, it builds character, having new experiences, making many acquaintances, and draw me closer to God because of the amazement of his exquisite creations.”

8) Mr. Ngatun as Chairman MASPALA (Community of Nature Lovers) or Volunteers described “There are many benefits of mountaineering, in addition to have the healthy body, physical training, the refreshed mind because of recreation in nature, it can also be as a means of building independent living character, have new experiences in mountaineering, supposed I have never climbed Merbabu thus it will be new experience for me.”

Based on the above information it is obtained information that the benefits of mountaineering, which is a means of exercise and recreation, health care, physical training, weight loss, revitalize the mind, character building, satisfaction, learn to live independently, gain new experiences, socialization, and more closer to God The Creator.

Risks and Hazards of Physical Activity in Mountaineering

Physical activity of mountaineering is an outdoor activity in which there are risks and hazards encountered, such as running out of supplies due to lack of calculation in the planning and preparation of climbing, falling or slipping, cramps due to exhausted body muscles in the climbing usually occurs in leg muscles, getting lost or going astray, weather, mountain diseases, such as hypoxia or lack of oxygen and hypothermia, and attacks or disturbance of wild animals, as expressed by the following informants.

- 1) Mr. Saefu Hidayat as Head of Semuncar Resort Mount Merbabu National Park, he described as follows:

“The usual risk of climbers is Hypothermia and sprained legs caused by exhaustion due to higher climbing path.”
- 2) Mr. Ngatun as Chairman of MASPALA (Community of Nature Lovers) stated as follows:

“Some climbers have slipped, their legs broken, most are hypothermia, other risks is insignificant, such as foot blisters, bruises, sprains or cramps, usually due to weather factors.
- 3) Mas Luthfi Setiawan is an individual climber who has often done mountaineering stated the following:

“The challenging risks and dangers are usually sprained legs, hypothermia due to cold and falling into the cliff to death. In addition, there are occasionally uncertain weather factors such as rain, storms, and foggy.”
- 4) Mas Vicentius Hendri is one of the group climbers who have often done mountaineering, said as follows:

“The minor possibility is mostly sprained legs, minor injuries, slipped, the major risk is mostly getting lost, storm, and monkeys that suddenly attacked for food.”
- 5) Climbers Mas Prasetyo had several times climbed the mountain and Mas Gandhi Wijayanto who is first doing mountaineering, stated as follows:
“Risk of falling, the other day someone fell at the top, caused by fatigue, landslide due to extreme weather, cold and rather steep slope that we must move very slow and careful.”
- 6) Mas Syawaludin and Mbak Ulfah Farhorchartur are the first climbers to do mountaineering, stated as follows:

“Especially physical, if we are not strong enough, yeah we will definitely collapse. Last night someone caught a cold, the course is tortuous, it is really slippery in the rainy season that we can fall.”
- 7) Based on observations and documentation that researchers conducted related to the risks and hazards of mountaineering as follows:



Figure 1. Risk and Hazard of Physical Activity in Mount Merbabu Mountaineering

Source: Documentation of Researcher

It is evident on the above results of observations by the researchers on the picture of people who did physical activity in climbing Mount Merbabu that experienced fatigue and sprained legs, hypoxia, hypothermia, some narrow track conditions close to the ravine, and a long-tailed monkey attack that aggressively requested food by force.

Based on the information above, it is obtained that the risks and hazards of physical activity of mountaineering are (1) running out of stock, usually climbers run out of beverages due to lack of calculation in the climbing planning and preparation, (2) fatigue due to the long track and keep climbing, (3) falling or slipping due to slippery terrain, bump the rocks, woods and negligence of less-focused climber that it causes sprained legs and fall into the cliff, (3) Cramps due to exhausted body muscles in the climbing as it usually occurs in the leg muscles, (4) get lost or going astray, (5) the weather in the mountains often varies, such as heavy rain, foggy, strong winds to storms, (6) climbers suffer from hypoxia and hypothermia, (7) attack or disturbance of wild animals, asking for food.

DISCUSSION

The Community Motives in Physical Activities of Mountaineering

With panoramic views and natural beauty that this mountainous nature offers, it makes one of the driving factors for the people to pass their vacation by choosing mountaineering. The driving factors or motives can be interpreted as the strength built within the individual, which causes the individual to perform actions or do something for the activity (Richard, 2012). The following are the motives of people doing mountaineering.

First, relieve the fatigue or boredom due to hectic daily routines or personal problems. People who do mountaineering of Mount Merbabu mostly feel bored and fed-up with daily activities such as works or some people also have personal problems that require recreation or relieve fatigue momentarily to revitalize their minds and physical when they eventually get back to their daily routine.

Second, mingle with nature and take pleasure of the natural scenery. Most of the people from urban areas are very fed up to see the hustle and bustle of the city that they choose to visit nature-related tours in the weekend, one of which is the Mount Merbabu with the magnificent natural panorama. Climbers also want to get closer to nature, blend with nature, interact with nature, and moreover enjoy the natural scenery as they are fed-up with urban life.

Third, try new things and get new experiences in life. The people who do mountaineering are mostly young people and desire to try new challenging things. For beginners, mountaineering is activity to try as they have never been before; while climbers who often do mountaineering want to try new things by choosing paths or mountains that they have never climbed before and enjoy the climb with new friends. When they try new things, it will certainly provide new experiences for the perpetrators as well as people who do mountaineering of Mount Merbabu, while beginners desire to feel how to climb the mountain, for those who are accustomed for mountaineering, they will get new experience by climbing mountains that they have never climbed before or climbing mountains that they had previously climbed with different paths and friends.

Fourth, as hobby in leisure time. People who do mountaineering of Mount Merbabu partly claim that the activity is a hobby and want to keep doing it continuously.

The Benefits of Physical Activity of Mountaineering

Mountaineering with the growing enthusiasts certainly have benefits or advantages. Here are the benefits gained for people who do mountaineering.

Physical Benefits

First, as sports medium. Mountaineering requires perfect physical and mental conditions that people who do mountaineering of Mount Merbabu stated, in addition to recreation, other benefits is as a means of sports activities, as it requires physical and mental endurance, especially for those who love activities in nature.

Second, maintain a healthy body. People who do mountaineering of Mount Merbabu sense that the their bodies stay healthy, their heart and lungs become stronger that it will boost up working capacity of these organs to increase oxygen supply and blood circulation, enhance the strength of muscles, especially the legs. The bones strength increases as they carry the load while climbing the mountain that it allows for a reduced risk of osteoporosis.

Third, physical training. People who do mountaineering of Mount Merbabu said that this activity can train physically as it requires more stamina and endurance, thus by doing more mountaineering activities, their endurance and stamina will stay healthy and increase their physical condition.

Fourth, helping lose weight. Some people who do mountaineering of Mount Merbabu that particularly are overweight, this activity is one effort to help lose weight, as it is an activity that burns a lot of calories and this will help people lose weight.

Psychological Benefits

First, revitalize the mind or refreshing. Many climbers who do mountaineering feel that this activity can revitalize the mind caused by fatigue and boredom of works/routine or other personal problems, as the mountain has a natural and magnificent environment and ecosystems that it can provide a sense of tranquility, for those who have done the mountaineering, when getting back to daily routine, their physical and mind become more refreshed.

Second, relaxation and recreation. People especially those who are fed-up with urban life choose mountaineering as a means of recreation to relieve fatigue and boredom during the holidays.

Third, character building. People who do mountaineering will explore many new things that they do not find in daily life, it certainly requires expertise in the management of emotions and good instincts while they often do mountaineering that it will affect the formation of healthy and strong mental and mind.

Fourth, get pleasure or satisfaction. Benefits for people who do mountaineering as hobby or other things such as recreation, when they can do mountaineering especially with climbing various mountains, they feel that this will satisfy their needs. With the achievement of satisfaction, the quality of one's life will be improved.

Fifth, learn or train for independent living. People who do mountaineering can train independent living as this activity means will only rely on provision, instinct and the surrounding natural conditions to survive, especially extreme mountains. Thus, mountaineering teaches to learn for independent living and survive without the aid of advanced technology.

Sixth, have new experiences. While doing mountaineering many climbers deal with many unexpected things that will certainly add new experiences.

Social Benefits

First, make many friends. In mountaineering, either individually or in groups, in the middle of the journey or after they reach the peak, they will meet with other climbers and make new friends to chat with each other or establish other relationships when they have finished doing mountaineering. *Second*, as a means of socializing. Mountaineering is a means of socializing and interacting with fellow climbers, local people as well as with nature, such as greeting each other, provide assistance when they have difficulty to climb, share food supplies, and clean up the environment.

Spiritual Benefits

More closer to the Creator. Climbers in mountaineering will encounter many unexpected things that it always increases their sense of devotion by praying frequently for their safety, surrendering to God while they encounter many things during the climb as mainly related to weather and natural conditions, then they will enjoy the natural beauty that makes climbers more memorable of the Creator, as well as offer a sense of gratitude when they reach the peak and return home safely.

Risks and Hazards of Physical Activity of Mountaineering

Mountaineering is an activity that requires long time and journey and physical and mental endurance to deal with various natural challenges, such as steep, slippery terrains, ascending up to 80 degree as well as other challenges. According to (Wijaya & Christin, 2011) there are two hazard factors in mountaineering, such as subjective hazard (human factor) and objective hazard (natural factor). The following are the findings related to risks and hazards encountered in mountaineering that can be classified into two factors, which are internal factors (climbers) and external factors (natural conditions).

Internal factors are risks and hazards caused by the climbers themselves either individually or in groups. First, less planning and preparation that they run out of stock and drugs during the mountaineering. Some people who do mountaineering of Mount Merbabu barely prepare the climbing planning and equipments, especially the climbers who come from the region of Solo Raya, such as carrying no medicines, sleeping bag and tent as the researchers have found during observation of climbers affected by hypothermia. Second, fatigue. This condition is very reasonable experienced by each climber, this situation can be caused by lack of rest, causing the climbers suffer muscle foot cramps and poor physical condition, but they keep doing the mountaineering. Third, fall/slip. This risk is very likely to occur on every climber due to slippery terrain, steep rocky with a certain slope and there are tracks on igit-igit. This can occur if the climbers are less concentrated and cautious when climbing quite difficult and slippery terrain that they are usually hit the stones or wood that can cause climbers to fall down the cliff. Fourth, climbers get lost or going astray. This is usually the case with the climbers during the night who choose the wrong route at the junction lane and they do not understand the climbing route map.

External factors are risks or hazards caused by natural factors. First, weather/climate. People who do mountaineering shall have known that they often deal with a sudden change of weather in the mountains areas, such as storms, heavy rain, thick fog, or strong winds. Second, mountain diseases. This becomes a common disease that can attack anyone in the mountaineering, such as hypoxia or lack of oxygen. Mountain disease is common in every climber as the amount of oxygen levels in height will decrease.

This condition begins with dizziness, difficulty in breathing, breathless, and uncomfortable while breathing and even fainting. Hypothermia or coldness is a mountain disease commonly found and very common in every climber. This situation is caused by mountainous areas such as Merbabu is a location with high humidity and soil and cold temperatures. In addition, hypothermia is also caused by the changes of place for the people who mostly live in lowland areas that tend to be hot and dry.

Third, the attack of wild animals. In the outdoors, there are still many wild fauna, especially in the conservation area TNGMb in which wild monkeys are found. One type of long-tailed monkey, its habitat is now located in a crowded location of climbers, especially along the hiking trails that are considered close to food sources, as the climbers often feed them that the behavior of the monkeys becomes more aggressive. If the climbers pass by or have rest, these monkeys will come closer and look at their plastic bags or small bags that they will identify them as food sources. The monkeys often attack and seize forcibly what the climber brought.

CONCLUSION

Based on the results of data analysis and discussion of the research results that have been done, it can be concluded as follows. First, the motive of the community to do mountaineering, are (1) desire to relieve the fatigue or boredom due to a hectic daily routine or personal problems, (2) mingle with nature and have pleasure from the scenery, (3) try new things and gain new experiences, (4) interact with nature, and (5) as hobby in leisure times.

Second, the benefits gained for people who do mountaineering are (1) physical benefits, as a medium of sports, maintain body health, physical exercise, and help lose weight, (2) psychological benefits, namely revitalizing the mind or refreshing, relaxation and recreation, character building, gain pleasure or satisfaction, learn or train independent life, and gain new experiences, (3) social benefits, which is make new friends and as a means of socializing, (4) the spiritual benefit which is getting closer to the Creator.

Third, the risks and hazards of mountaineering can be caused by two factors, such as internal and external factors. Internal factors (climbers), including the lack of planning and preparation that they run out of stock and during the climbing, fatigue due to lack of rest, resulting in muscle cramps, especially legs and decreased physical condition, fell/slipped into the cliff due to lack of concentration and caution, and get lost or going astray. External factors (natural conditions), including weather/climate, mountain diseases, such as hypothermia and hypoxia, and wild animal attacks.

REFERENCES

- Cooke, C., Bunting, D., & Hara, J. O. (2010). *Mountaineering Training Preparation*. United States: Human Kinetics.
- Erone. (2010). *Materi Pengetahuan Pecinta Alam (PAPAS)*. Bandung: Edisi Online.
- Giriwijoyo. (2013). *Ilmu Faal Olahraga*. Bandung: PT Rosdakarya.
- Hary Wijaya & Wijaya Christin. (2011). *Rekam Jejak Pendakian Ke 44 Gunung di Nusantara*. Yogyakarta: Andi Offset.
- Husdarta, D. (2011). *Manajemen Pendidikan Jasmani*. Bandung: Alfabeta.
- Komarudin. (2015). *Psikologi Olahraga*. Bandung: PT Remaja Rosdakarya.
- Kristin, T. K. (2002). *Hiking*. United States of America: Capstons Press.
- Kusmaedi, N. (2002). *Olahraga Rekreasi dan Olahraga Tradisional*. Bandung: FPOK-UPI.
- Lexy, M. J. (2007). *Metodologi Penelitian Kualitatif*. Bandung: PT Remaja Rosdakarya.
- Lutan, R., dkk. (2002). *Pendidikan Kebugaran Jasmani Orientasi Pembinaan Sepanjang Hayat*. Jakarta: Depdiknas.
- Mutohir, T. C., & Maksum, A. (2007). *Sport Development Index*. Jakarta: PT. Indexs.
- Richard, H. C. (2012). *Sport Psychology*. Singapore: McGraw-Hill.