

Analysis of Grit

by Ismail Hasani



Analysis of Grit and Passion Levels for Physical Activity in the Oerang TjianzoeRun Running Community: A Case Study of a Non-Professional Running Community in Indonesia

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Abstract

The purpose of this study was to identify the level of grit and interest in sports and fitness among members of the Oerang TjianzoeRun Running Community in Cianjur Regency. It is believed that psychological components such as grit, which include consistency of interest and persistence, as well as passion, both harmonious and obsessive, are crucial for maintaining sustainable physical activity. This study used a quantitative descriptive approach with a purposively selected sample of 40 active participants. The Grit-S and Passion Scale questionnaires were distributed and administered through Google Forms. The results showed that most participants had moderate levels of grit (57.5%), moderate passion (60%), and moderate physical fitness (55%). The results suggest that, despite the strong desire to exercise, increased motivation and persistence, as well as external support, such as a positive social and community environment, are needed. It is recommended that the community organize motivational mentoring programs, provide a variety of challenging exercises, and social activities that strengthen a sense of community to continuously improve grit, passion, and physical fitness.

Keywords: Grit, Passion, Phisycal Activity

INTRODUCTION

Health is a precious gift from God because with a healthy body, humans can carry out various activities and functions of life perfectly. Regular physical activity is one way to maintain health. Any form of body movement produced by skeletal muscles that requires energy expenditure is considered physical activity (Riyanto & Mudian, 2019). Physical activity can improve physical fitness, reduce the risk of chronic disease, improve mental health, and enhance quality of life (Fatoni et al., 2021). Apart from physical activity, food is also a factor that can maintain our health and fitness. According to Suryanto, the determining factors for health are eating nutritious food and exercising according to the exercise portion because a healthy lifestyle is a lifestyle (Rohmah et al., 2021).

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According to Handayani (2022), Physical activity can also reduce stress, according to research conducted by Wike & Biderman (2015) The study, titled "The Relationship Between Physical Activity, Psychological Well-Being, and Stress in a College Population," shows that physical activity and adequate exercise can impact college students' stress levels. In senior college students, increased physical activity can provide health benefits, such as improved mental health, reduced stress, anxiety, and depression symptoms.

Its benefits are widely known, but advances in technology and contemporary lifestyles have reduced people's physical activity levels. This has contributed to an increase in the number of people suffering from stress, obesity, and other health problems (Fang et al., 2017). Developing an inclusive and participatory sports community is one innovative way to address this issue. The Oerang Tjianzoerun (OTR) running community in Cianjur Regency is a prime example of a collective effort to promote a healthy lifestyle through running. This community welcomes people of all ages and actively participates in local and national sporting events. They also engage in regular exercise (Putri et al., 2020). Curiosity and passion are psychological components that contribute to community members' physical activity routines. According to Angela Duckworth and Quinn, grit is the ability to remain steadfast and persist in achieving long-term goals despite facing difficulties (Schimschal et al., 2021). Meanwhile, passion is a strong emotional drive towards an activity that is considered important and meaningful to a person (Bélanger et al., 2020).

Previous research has shown that grit and passion play an important role in shaping consistent positive behavior, including in the context of physical activity and sports (Nathania, 2022). Research on grit and passion has been extensively conducted in education and academic achievement. However, very little research has linked these two psychological components to physical activity and fitness within sporting communities, especially in Indonesia. Previous studies have only looked at professional or student athletes, thus not providing a clear picture of how drive and passion influence non-professional sporting communities focused on health and fitness, such as running communities.

Furthermore, current research typically uses correlational or experimental approaches. Conversely, studies that descriptively map the levels of grit, passion, and physical fitness within sports communities are rare. Thus, there is room for further research, particularly in the local context of Cianjur Regency, which has not been

addressed in previous studies. Theoretically, this research contributes to the development of the sport psychology literature, particularly regarding how drive and grit contribute to physical fitness in non-professional sporting communities. These findings help us understand how persistence, consistent interest, and emotional engagement with physical activity can motivate people to participate in community sport for a long time. Practically, the research findings are expected to serve as a reference for trainers, community managers, and health activists in developing coaching programs that focus not only on improving physical abilities but also on the psychological health of their members. Motivational training, various types of exercise, and community-based social activities can be ways to increase members' enthusiasm and drive to remain physically active.

METHOD

This research design uses descriptive quantitative research. Research design is a decision about philosophical assumptions and data collection and analysis techniques included in the research design (Creswell, 2013). This method was chosen to determine how passion and grit correlate with physical activity undertaken by members of the Oerang Tjianzoerun running community in an effort to improve their fitness. Using descriptive quantitative research, the purpose of this study was not to find a direct cause-and-effect relationship, but to measure the tendency of the relationship between psychological variables (grit and passion) and physical activity behavior in the sports community.

Furthermore, this method helps build an empirical understanding of how non-cognitive personality components such as grit and passion may influence sustained engagement in physical activity, particularly within interest-based, non-professional sport communities. This method focuses on observation and analysis using numerical data without the aim of testing a specific hypothesis (Darmawan et al., 2024). This study aims to determine how the variables grit and passion (as independent variables) relate to physical activity to maintain physical fitness (as dependent variables), without changing or modifying both. This study involved all active and regular members of the Oerang Tjianzoerun community who ran. Individuals had to be active participants in running activities and willing to complete the research questionnaire.

The technique used was purposive sampling, based on data collected from a community of 50 people. From this population, 40 people were selected as samples or respondents. A population is all the data we observe within a specific timeframe and

scope. A sample, for example, is a subset of the population and is drawn in a specific manner. The sampling technique determines the sample size according to the sample size that will be used as the actual data source (Suryani et al., 2023). Reaffirmed, Population is the entire object of research consisting of humans, objects, animals, plants, symptoms, test scores, or events as data sources that have certain characteristics in a study (Purwanza & Wardana, 2022). This research only presents descriptive data. According to Etiquette (2016), participants, Purposive, convenience, or snowball sampling is used to select participants who have a direct relationship or experience with the research problem. This study involved all active and regular members of the Oerang Tjianzoerun community who ran regularly. Participants had to be active members of the running community and willing to complete a research questionnaire. A purposive sampling technique was used, with data collected from 50 members of the community, and 40 respondents from that population were selected as samples or respondents.

Researchers use research instruments as tools or devices to collect data during research. These instruments help researchers obtain relevant, legal, and reliable information to support their research objectives (Darmawan et al., 2024). In this study, a questionnaire distribution method was used. A questionnaire is a data collection tool that can be used to collect a lot of data (Pranatawijaya et al., 2019). The following is the questionnaire or instrument used:

The Grit Scale questionnaire, Grit-S (Short Grit Scale), developed by Duckworth and Quinn (2009), was used to measure grit. This scale consists of eight items divided into two dimensions: (1) Perseverance of Effort (2) Consistency of Interest (consistency of interest). A score is given on a five-point Likert scale, where one point indicates total disagreement, and five points indicate total agreement.

Passion Scale Questionnaire, Vallerand et al. (2003) created the Passion Scale, which consists of fourteen items and is divided into two passion categories: Harmonious Passion: positive and balanced physical desire, Obsessive passion: a desire that is often controlling and causes conflict. This questionnaire uses a five-point Likert scale, ranging from one point (strongly disagree) to five points (strongly agree). This study conducted quantitative data analysis using Microsoft Excel and with descriptive analysis methods, according to Nasution Leni Masnindar (2017), Descriptive analysis analyzes research data to test whether the research results can be applied to one example.

Descriptive Analysis: The purpose of descriptive analysis is to provide a general description of the characteristics of respondents and scores for each variable. Then it is reinforced that qualitative descriptive research in the perspective of guidance and counseling can be interpreted as research in the field of guidance and counseling whose purpose is to present a detailed description of the setting of the guidance or counseling process in schools is intended to explore how guidance or counseling occurs, whether the guidance or counseling that has been carried out can be in line to overcome a number of variables related to the problem being studied (Yuliani, 2018).

Descriptive statistics, also known as deductive statistics, is a part of statistics that studies how to collect and present data so that it is easier for the younger generation to understand (Nasution Leni Masnindar, 2017). The data analyzed descriptively includes: Factors such as age, gender, and length of time living in the community provided average scores for the variables grit, desire, and physical activity.

RESULT

The results of this study are the results of a questionnaire aimed at analyzing grit and passion for physical activity in maintaining physical fitness in the Oerang TjianzoeRun running community. The results are data collected using research instruments, then processed and analyzed to answer questions or test hypotheses (Waruru, 2023).

This research collects data by distributing questionnaires. Based on the collected research results, the results will be described in accordance with the objectives regarding Grit and Passion analysis. In this study, data were obtained from 40 respondents who filled out a questionnaire containing Grit (indicators: Consistent Interest, and Perseverance in Business) and Passion (indicators: Harmonious Passion, and Obsessive Passion). Therefore, an overview of the results of this study can be seen in the descriptive statistics table below:

Table 1.Consistency of Interest

	Interval	Criteria	Absolute	Presentation
	3.5 - 5.0	Tall	10	25%
Consistency	2.5 - 3.4	Currently	30	75%
of Interest	1.0 - 2.4	Low	0	0%
	Total		40	100%

5

Based on the table above, it shows that the highest level of interest consistency is around 10 people (25%), the medium category level is around 30 people (75%), and the low category is around 0 people (0%). When viewed from the categories, it can be concluded that the Consistency of Interest in physical activity in maintaining physical fitness in the Oerang TjianzoeRun Running Community is in a moderate condition, as can be seen in the image below:

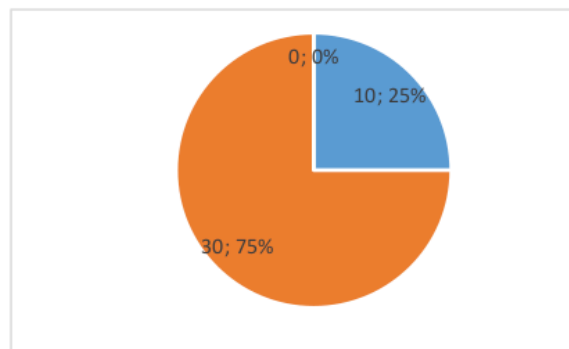


Figure 1. Histogram of Consistency of Interest

The histogram above shows how widespread community members' interest in exercise is. No respondents indicated a low level of interest; the majority (30) fell into the moderate category, and a small minority (10) fell into the high category. This indicates that most community members have a strong interest, but this interest is not consistent or stable over the long term.

Table 2. Perseverance in Business

	Interval	Criteria	Absolute	Presentation
Perseverance in Business	3.5 - 5.0	Tall	4	10%
	2.5 - 3.4	Currently	36	90%
	1.0 - 2.4	Low	0	0%
	Total		40	100%

5

Based on the analysis results table above, it shows that persistence in high effort is around 4 people (10%), the moderate category is around 36 people (90%), and the low category is around 0 people (0%). When viewed from the categories, it can be concluded that Persistence in Effort towards physical activity in maintaining physical fitness in the Oerang TjianzoeRun Running Community is in a moderate condition, as can be seen in the image below:

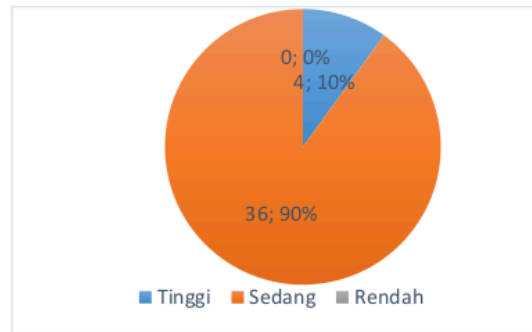


Figure 2.Histogram of Perseverance in Business

Based on the image above, the level of member persistence in maintaining physical efforts is shown in this histogram. Most respondents (36 people) are in the medium category, and only four people show high persistence. This histogram shows that respondents tend to have a sufficient level of persistence, but still need reinforcement to achieve an equally high level of persistence.

Table 3.Harmonious Passion

	Interval	Criteria	Absolute	Presentation
Harmonious Passion	3.5 - 5.0	Tall	4	10%
	2.5 - 3.4	Currently	35	87%
	1.0 - 2.4	Low	1	3%
	Total		40	100%

Based on the analysis results table above, it shows that the high level of Harmonious Passion is around 4 people (10%), the medium category level is around 35 people (87%), and the low category level is around 1 person (3%). When viewed from the categories, it can be concluded that the Harmonious Passion for physical activity in maintaining physical fitness in the Oerang TjianzoeRun Running Community is in a moderate condition, as can be seen in the image below:

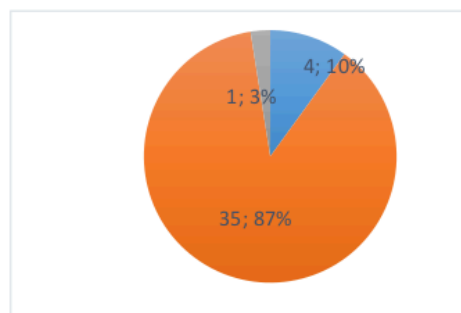


Figure 3.Harmonic Passion Histogram

The majority of respondents (35 people) were at a moderate level of harmonious passion, as shown in this histogram. This indicates that most members engage in physical activity for enjoyment and suitability, but do not fully integrate it into their personal identity. Few respondents indicated high (4 people) or low (1 person) levels of harmonious passion.

Table 4.Obsessive Passion Table

	Interval	Criteria	Absolute	Presentation
Obsessive Passion	3.5 - 5.0	Tall	9	22%
	2.5 - 3.4	Currently	24	60%
	1.0 - 2.4	Low	7	18%
	Total		40	100%

5

Based on the analysis results table above, it shows that around 9 people (22%) have a high level of Obsessive Passion, around 24 people (60%) have a moderate level, and around 7 people (18%) have a low level. Based on the categories, it can be concluded that the Obsessive Passion towards physical activity in maintaining physical fitness in the Oerang TjianzoeRun Running Community is in a moderate condition, as can be seen in the image below:

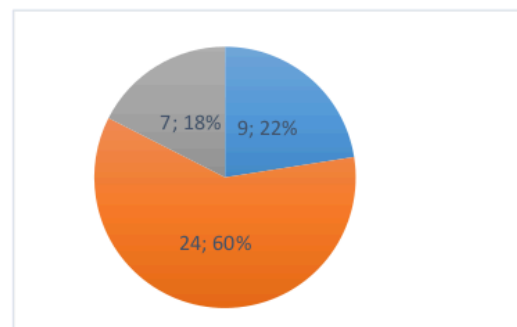


Figure 4.Histogram of Passion Obsessive

Compared to other indicators, this histogram shows a more varied distribution of obsessiveness levels. Twenty-four individuals were categorized as moderate, nine as high, and seven as low. This suggests that some community members are strongly driven by obsessive desires, which can be both empowering and stressful, depending on how they are managed and managed. According to research, the majority of members of the Oerang TjianzoeRun Running Community have moderate grit and passion scores. This indicates that most members have a consistent enough interest and persistence to remain involved

in physical activity, although this may not be entirely stable over the long term. In terms of physical behavior, individuals with moderate grit are more likely to participate in community running activities. However, factors such as weather, work schedules, or daily physical conditions can influence their participation.

Meanwhile, passion scores in this category indicate a strong emotional involvement in running, but it hasn't yet become a significant part of the members' self-identity. This trend suggests that some members have a harmonious passion that enhances their motivation, but others have an obsessive passion that can exhaust them or demotivate them when faced with internal or external pressures. In the category, the combination of grit and passion scores moderately impacts a pattern of physical activity behavior that is somewhat consistent but not yet optimal. Members with high and harmonious passion tend to have a stronger commitment, participate regularly in community activities, and engage in additional exercise outside of the formal schedule. However, members with low grit or discordant passion may have irregular exercise behavior and easily stop when faced with obstacles.

Variables	Indicator	High Category	Medium Category	Low Category	Main Description
Grit	Consistency of Interest, Perseverance of Effort	20%	57.50%	22.50%	The majority are in the moderate category, showing fairly good consistency of interest but persistence still needs to be improved. Dominated by moderate passion category, with harmonious tendencies being more dominant than obsessive. Most are in the moderate category, indicating a fairly good but not optimal level of fitness.
Passion	Harmonious Passion, Obsessive Passion	17.50%	60%	22.50%	
Physical Fitness (Variable Y)	Physical fitness tests (running, strength, flexibility, etc.)	15%	55%	30%	

DISCUSSION

The research results from data processing through questionnaire distribution and descriptive statistical analysis, which are supported by relevant previous research theories. The discussion consists of several points: description of respondent data, Grit, which is the consistency of interest and perseverance in effort, and Passion, which is a harmonious and

obsessive passion. The results show that members of the Oerang TjianzoeRun Running Community generally have moderate levels of grit and passion in terms of consistency of interest, perseverance, harmonious passion, and obsessive passion. This indicates that most community members are quite motivated to exercise and engage in physical activity, but there is still room for being more consistent, persistent, and incorporating passion into one's identity. These findings suggest that psychological elements such as enthusiasm and passion play an important role in the formation of healthy habits and consistency of physical activity; however, to obtain the benefits of more sustainable and optimal physical activity, both components are needed.

Grit (Consistency of Interest) Although interest in physical activity is quite 25% of respondents were in the high category, and 75% were in the medium category. However, in the long term, this interest has not been completely stable. Consistency of interest is important for achieving long-term goals, according to (Duckworth, 2007) However, without social support or clear personal goals, these goals can be unstable (Prasetyo, 2023).

Perseverance in Business Only ten percent of those who responded fell into the moderate category, and ninety percent fell into the high category. This suggests that endurance and consistency still need to be improved despite exercise. An important part of grit is persistence, according to Duckworth (2007). In addition, Credé et al. (2017) stated that this element is related to long-term commitment to the goals.. This is also in line with the findings researched by Tsabita Syadza (2020), Persistence in business as part of discipline has a significant influence on student learning outcomes.

Passion Harmonious The majority of respondents (87%) showed moderate harmonious passion, which means they do running activities for fun but have not made it their identity. As stated by Vallerand et al. (2003) Harmonious passion arises spontaneously and helps maintain balance in life. Philippe et al. (2010), states that this type of passion promotes psychological well-being and healthy social relationships.

Passion Obsessive As many as 60% of respondents were in the moderate category, 22% were in the high category, and 18% were in the low category. This suggests that internal pressure is driving some members, which can lead to stress and overtraining. Vallerand et al. (2003) And Philippe et al. (2010) Obsessive passion is an unbalanced type of motivation that can have detrimental effects if not properly managed.

Furthermore, Sverdlík et al. (2022), emphasizing that obsessive passion is associated with poor self-regulation and psychological health.

This study has several limitations. Some of these include the quantitative descriptive method, which only provides an overview without testing causal relationships; the small sample size, with only 40 active members, making the results less generalizable; and the self-report questionnaire used to measure enthusiasm and anger, which may be subject to respondent subjectivity. Physical fitness measurements were taken at specific points in time, so they may not always reflect a person's overall fitness level. External factors can also influence research results, such as workload and limited free time; social support from family or the environment; weather conditions and the availability of training facilities; health and physical conditions such as injuries; and extrinsic motivation from events or competitions.

CONCLUSION

According to data analysis conducted on 40 people participating in the Oerang TjanzoeRun Running Community, it can be concluded that: Consistency of Interest (Grit): Interest in physical activity is not yet fully stable and sustainable in the long term, because the majority of community members indicate interest in the moderate category (75%). Persistence in Effort (Grit): Ten percent of people who answered also fell into the moderate category. This indicates that they have not maximized their commitment and endurance when facing physical challenges, even though they try to exercise regularly. Harmonious Passion: 87% of people who answered fell into the moderate category. This indicates that although most physical activities are done with pleasure and awareness, they are still not attached to one's identity. Obsessive Passion: 60% of respondents fell into the moderate category, while 22% fell into the high category. This indicates that pressure or obsessive urges drive people to exercise, which carries risks if not controlled. Overall, this community has a sufficient psychological foundation for sustained physical engagement; however, enthusiasm and passion still need reinforcement from within and from without.

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