



## Community Interest and Motivation Toward Recreational Sports Participation in Solo Car Free Day Public Space

Puput Eka Bajuri<sup>1</sup>, Yoelis Gutierrez Sosa<sup>2</sup>, Kwena Mosime<sup>3</sup>

<sup>1</sup>Department of Sports Science Study, Postgraduate Program, Sebelas Maret University, Surakarta, Indonesia

<sup>2</sup>Department of Physical Education and Sport Science, Social Science, Universidad de Oriente Cuba, Cuba

<sup>3</sup>Department Sport Marketing, Social Science, North West University, South Africa

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### ABSTRACT

**Purpose of the study:** This study aimed to identify and describe the forms of recreational sports, public interest, community motivation, and the benefits obtained from recreational sport activities through the Car Free Day program on Slamet Riyadi Street, Surakarta.

**Methodology:** This study used a survey method with a descriptive qualitative approach. Data were collected through observation, questionnaires, interviews, and documentation. The sampling technique applied was proportional purposive random sampling involving 70 respondents participating in recreational sports activities at Solo Car Free Day. Data analysis included preparation, tabulation, and interpretation stages.

**Main Findings:** The findings revealed that Solo Car Free Day accommodated various recreational sports such as jogging, cycling, gymnastics, skateboarding, futsal, volleyball, badminton blind, and nunchaku. Community interest and motivation toward recreational sports were categorized as high, supported by chi-square test results exceeding the critical value of 7.81. The program also improved physical fitness, social interaction, recreation, and public participation in healthy lifestyles.

**Novelty/Originality of this study:** This study highlights the utilization of urban road space as a multifunctional public open space for recreational sports through the Car Free Day program. The research contributes new insights into the relationship between public space utilization, community motivation, and recreational sport participation within an urban social and environmental context.

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### Corresponding Author:

Puput Eka Bajuri,

Department of Sports Science Study, Postgraduate Program, Sebelas Maret University,

Sutami Road, Central Java, Surakarta, 57126, Indonesia

Email: [puputekanajuri@gmail.com](mailto:puputekanajuri@gmail.com)

## 1. INTRODUCTION

Public open spaces have an important role in supporting social interaction, environmental balance, and community physical activities in urban areas. In modern cities, the increasing density of buildings, traffic congestion, and limited green spaces have reduced opportunities for communities to engage in healthy and recreational activities [1]-[3]. Urban societies require accessible public spaces that can accommodate social, cultural, and physical activities simultaneously. One of the public policies implemented in several cities in Indonesia to overcome this issue is the Car Free Day program. This program provides temporary public space by limiting motor vehicle access on certain roads at specific times, thereby allowing communities to use the area for

recreation, social interaction, and sports activities. The existence of Car Free Day has transformed urban road functions from transportation corridors into multifunctional public spaces that support healthier lifestyles and social cohesion among citizens [4].

The utilization of roads as public open spaces through the Car Free Day program has become an increasingly significant urban phenomenon. Roads are no longer viewed solely as transportation infrastructure, but also as social and recreational spaces for the community [5]-[7]. According to the concept of public space, urban spaces should provide opportunities for people to interact freely, comfortably, and democratically. The implementation of Car Free Day reflects this concept because the program allows communities from different social, economic, and cultural backgrounds to gather in one shared public space. In addition, the program contributes positively to environmental quality by reducing air pollution and encouraging non-motorized activities such as walking, jogging, cycling, and other recreational sports. Consequently, the existence of Car Free Day can create a healthier urban atmosphere while simultaneously strengthening social relationships among citizens [8], [9].

Recreational sports have become one of the most popular activities carried out during Car Free Day. Recreational sports are physical activities performed voluntarily for enjoyment, relaxation, health improvement, and social interaction. Unlike competitive sports, recreational sports emphasize participation, pleasure, and physical well-being rather than achievement [10], [11]. The availability of public spaces strongly influences community participation in recreational sports activities. Communities are more motivated to exercise when they have access to safe, comfortable, and attractive environments. Therefore, the success of a Car Free Day program is closely related to how effectively the space accommodates the interests and motivations of the community to participate in physical activities. The increasing number of people engaging in jogging, cycling, aerobics, skateboarding, and other recreational activities during Car Free Day indicates that urban communities have a growing awareness of healthy lifestyles and the importance of physical fitness [12].

Interest and motivation are important psychological factors influencing community participation in recreational sports activities. Interest refers to an individual's attraction toward a particular activity, while motivation relates to internal and external factors that encourage someone to engage in certain behaviors [13]-[15]. In the context of Car Free Day, community participation in recreational sports may be influenced by various intrinsic and extrinsic factors, including the desire to improve health, seek entertainment, socialize with friends, reduce stress, and experience a new urban atmosphere. In addition, supporting facilities, environmental comfort, safety, and organized public events may strengthen public motivation to participate in recreational sports. Understanding these factors is essential for evaluating the effectiveness of Car Free Day programs and for developing urban public spaces that are more responsive to community needs [16], [17].

The Car Free Day program in Surakarta, particularly along Slamet Riyadi Street, has become one of the most prominent examples of public space utilization for recreational sports in Indonesia. Every week, the area attracts large numbers of residents who participate in various physical and social activities. The road corridor temporarily changes into an open public space that accommodates diverse forms of recreational sports and social interaction [18]. This phenomenon demonstrates the multifunctional role of urban public spaces in supporting environmental sustainability, social engagement, and public health. Furthermore, the high level of community participation in Solo Car Free Day indicates that urban residents require more accessible and inclusive recreational spaces to support healthy lifestyles. The program not only functions as an environmental policy to reduce vehicle emissions but also as a medium for strengthening community interaction and promoting sports culture in urban society [19].

The relationship between public open spaces and recreational sports participation has become an increasingly relevant topic in urban studies and sports science. The availability of appropriate public spaces can significantly influence the development of community-based physical activities and healthy living behaviors. Public spaces that are meaningful, responsive, and democratic tend to encourage broader community participation [20]. Conversely, limited public recreational spaces may reduce opportunities for citizens to engage in physical activities, potentially contributing to sedentary lifestyles and health problems. Therefore, evaluating how urban public spaces such as Car Free Day areas influence public interest and motivation in recreational sports is important for policymakers, urban planners, and sports development practitioners. The findings of such studies can contribute to strategies for improving urban public spaces and enhancing community health through recreational sports participation [21].

Several previous studies have examined the role of public spaces and Car Free Day programs in urban communities. First, research conducted by Hanani [22], emphasized that public spaces function as centers of social interaction, communication, and community recreation. Second, studies by Nassr et al. [23] highlighted the importance of public spaces in supporting social, cultural, and recreational activities within urban environments. Third, research by Hanani [24] explained that public open spaces significantly contribute to the development of sports culture and recreational physical activities among communities. However, previous studies generally focused on the physical function of public spaces, urban planning aspects, or environmental benefits of Car Free Day. Limited studies specifically analyze the relationship between community interest, motivation, and

recreational sports participation through the Car Free Day program in an integrated manner. Therefore, a research gap still exists regarding how intrinsic and extrinsic motivational factors influence public participation in recreational sports activities within urban public spaces.

The novelty of this study lies in its integrated analysis of public interest, community motivation, and forms of recreational sports activities within the Car Free Day program as a multifunctional urban public space. Unlike previous studies that mainly discussed environmental or spatial planning aspects, this research combines perspectives from sports science, public space utilization, and community behavior analysis. In addition, this study specifically focuses on the Solo Car Free Day area along Slamet Riyadi Street, which represents one of the most active urban public spaces in Indonesia. The study also identifies intrinsic and extrinsic motivational factors influencing community participation in recreational sports activities, thereby providing broader insights into urban sports culture and public space utilization [25].

The implications of this study are expected to contribute theoretically and practically to urban sports development and public space management. Theoretically, the findings may enrich studies related to recreational sports, public spaces, and community participation in urban environments. Practically, the results can provide recommendations for local governments, urban planners, and sports organizations in developing more inclusive, accessible, and community-oriented public spaces [26]. The study may also support policies promoting healthy lifestyles, environmental sustainability, and social interaction through recreational sports programs. Furthermore, understanding community motivation and interest can help improve the quality and effectiveness of future Car Free Day implementations in various urban areas [27], [28].

This study is urgent because modern urban communities increasingly face challenges related to limited recreational spaces, declining physical activity, and environmental issues caused by urbanization and motor vehicle dependence. The growing prevalence of sedentary lifestyles and health-related problems highlights the importance of providing accessible public spaces that encourage physical activities and social interaction. Car Free Day programs offer an alternative solution by transforming urban roads into temporary recreational and sports spaces for the public. However, without understanding community interests and motivations, the sustainability and effectiveness of such programs may be limited. Therefore, this study is important for identifying factors that encourage public participation in recreational sports and for supporting the development of healthier, more sustainable, and socially responsive urban environments.

## 2. RESEARCH METHOD

### 2.1. Research Design

This study employed a descriptive qualitative research design using a survey approach [29]. The descriptive qualitative method was used to describe systematically the forms of recreational sports activities, community interest, motivation, and the utilization of public space through the Car Free Day program on Slamet Riyadi Street, Surakarta. The survey approach was selected because it enabled the researcher to collect information directly from participants involved in recreational sports activities during the implementation of Car Free Day. This research focused on understanding social phenomena and community participation patterns in utilizing urban public spaces for recreational sports activities. The study was conducted in a natural setting without manipulating variables, allowing the researcher to obtain factual and contextual data regarding public behavior and participation in recreational sports activities.

The research design also emphasized observational and participatory aspects to identify how public open spaces influence community physical activities and social interaction. Through this design, the researcher was able to examine the relationship between public space availability and the increasing interest of urban communities in engaging in recreational sports. The descriptive qualitative approach was considered appropriate because the study aimed to provide detailed explanations regarding community behavior, public space utilization, and sports participation patterns in the Car Free Day area.

### 2.2. Subject and Sample

The subjects of this study were members of the community participating in recreational sports activities during the *Car Free Day* program on Slamet Riyadi Street, Surakarta. The participants included individuals engaging in various recreational sports such as jogging, cycling, aerobics, skateboarding, futsal, badminton blind, and other physical activities conducted in the public open space area. The study involved people from different age groups, occupations, educational backgrounds, and social conditions to obtain comprehensive data regarding community participation in recreational sports activities.

The sampling technique applied in this study was proportional purposive random sampling [30]. This technique was chosen because the researcher selected respondents based on specific criteria related to participation in *Car Free Day* recreational sports activities while maintaining proportional representation from different participant groups. The total number of respondents involved in this study was 70 participants. Respondents were

selected from individuals actively participating in recreational sports activities during the implementation of the *Car Free Day* program. The sample size was considered adequate to represent the characteristics of the community involved in recreational sports activities within the research location.

Table 1 presents the demographic characteristics of the research respondents.

Variable	Category	Percentage (%)
Gender	Male	54.3
Gender	Female	45.7
Age	Teenagers	31.4
Age	Adults	52.9
Age	Elderly	15.7
Participation Intensity	Routine	68.6
Participation Intensity	Non-routine	31.4

### 2.3. Data Sources and Data Collection Techniques

This study utilized two categories of data sources, namely primary data and secondary data [31]. Primary data were obtained directly from respondents participating in recreational sports activities during the *Car Free Day* program. The primary data included information regarding community interest, motivation, forms of recreational sports activities, participation intensity, and perceptions toward the utilization of public spaces. Secondary data were obtained from books, journals, government regulations, previous research findings, and documentation related to public spaces, recreational sports, and *Car Free Day* programs. Secondary data were used to strengthen the theoretical foundation and support the interpretation of research findings.

Several data collection techniques were employed in this study to obtain comprehensive and accurate information. Observation techniques were conducted directly in the research area to identify recreational sports activities, community interactions, and public space utilization patterns. Questionnaires were distributed to respondents to measure their interest and motivation toward recreational sports participation. Interviews were conducted with selected participants and organizers to gain deeper information regarding the implementation and benefits of the *Car Free Day* program. Documentation techniques were also applied to collect supporting data such as photographs, attendance records, and activity reports related to the research setting. The combination of these techniques enabled the researcher to obtain valid and reliable data regarding community participation in recreational sports activities.

### 2.4. Research Instrument

The research instruments used in this study consisted of observation sheets, questionnaires, interview guidelines, and documentation instruments. Observation sheets were designed to record various recreational sports activities, participant behavior, and the utilization of public spaces during *Car Free Day*. The questionnaires were structured using closed-ended and open-ended questions to identify respondents' interest, motivation, frequency of participation, and perceived benefits of recreational sports activities. The questionnaire employed a Likert scale to measure respondents' attitudes and responses systematically.

Interview guidelines were used to facilitate semi-structured interviews with respondents and organizers involved in the *Car Free Day* activities. The interviews focused on obtaining in-depth information regarding community perceptions, supporting factors, obstacles, and the social impacts of recreational sports activities within public spaces. Documentation instruments included cameras, field notes, and administrative records related to the implementation of *Car Free Day*. The use of multiple instruments in this study aimed to improve data validity through triangulation techniques and to ensure comprehensive understanding of the research phenomena [32].

Table 2. Research Instrument Indicators

Variable	Indicator	Instrument
Community Interest	Participation willingness	Questionnaire
Motivation	Health, recreation, social interaction	Questionnaire & Interview
Recreational Sports Activity	Type and frequency of activities	Observation
Public Space Utilization	Comfort, accessibility, safety	Observation & Interview

### 2.5. Data Analysis Technique

The data analysis technique used in this study was descriptive qualitative analysis supported by percentage calculations and chi-square analysis [33]. Data obtained from questionnaires, observations, interviews, and documentation were first organized, classified, and tabulated according to research variables. The researcher then interpreted the collected data to identify patterns of community participation, motivational factors, and forms of recreational sports activities within the *Car Free Day* area.

The percentage analysis technique was applied to determine the proportion of respondents' responses regarding interest and motivation toward recreational sports participation. Meanwhile, chi-square analysis was used to identify the significance of community participation patterns and the relationship between public interest and recreational sports involvement. The results of the analysis were interpreted descriptively to explain how public spaces influenced recreational sports participation and community social interaction. The findings were then compared with relevant theories and previous studies to strengthen the validity and scientific relevance of the research conclusions.

## 2.6. Research Procedure

The research procedure in this study was conducted systematically through several stages [34]. The first stage involved identifying research problems related to public space utilization and recreational sports participation within the *Car Free Day* program. The second stage consisted of reviewing relevant literature and theories regarding public spaces, recreational sports, motivation, and community participation. The third stage involved determining the research location, selecting respondents, and preparing research instruments.

The fourth stage focused on data collection through observation, questionnaires, interviews, and documentation during the implementation of *Car Free Day* activities. After data collection was completed, the fifth stage involved organizing, classifying, and tabulating the collected data. The sixth stage consisted of analyzing and interpreting the data using descriptive qualitative techniques supported by percentage and chi-square analysis. Finally, the researcher formulated conclusions and recommendations based on the research findings regarding the role of public open spaces in supporting recreational sports activities and community participation.

## 3. RESULTS AND DISCUSSION

### 3.1. Forms of Recreational Sports Activities in Solo Car Free Day

The findings of this study revealed that the Car Free Day program on Slamet Riyadi Street, Surakarta, accommodated various forms of recreational sports activities participated in by the community. Based on direct observation and questionnaire results, the most dominant activities conducted during the program included jogging, cycling, aerobics, skateboarding, futsal, badminton blind, volleyball, roller skating, and group exercise programs. These activities were carried out individually and collectively by participants from various age groups, ranging from children to elderly citizens. The diversity of activities indicates that the Car Free Day area functions effectively as a multifunctional public open space capable of supporting community recreational needs and physical activities simultaneously.

The transformation of urban roads into temporary public recreational spaces has significantly increased community participation in physical activities. The absence of motorized vehicles during the implementation of Car Free Day created a safer, cleaner, and more comfortable environment for the public to perform recreational sports activities. Participants stated that the availability of spacious road access enabled them to move freely and engage in sports without traffic disturbances or environmental discomfort caused by pollution and noise. This finding demonstrates that public space accessibility and environmental quality are important factors influencing the success of recreational sports programs in urban areas [35].

The results also showed that recreational sports activities during Car Free Day were not solely oriented toward physical exercise, but also served social and psychological functions. Many participants attended the program with family members, friends, or community groups, making the activity an opportunity for social interaction and recreation. The atmosphere created during Car Free Day encouraged community cohesion and strengthened social relationships among urban residents. In addition, respondents perceived the activities as a medium for stress reduction, relaxation, and entertainment after daily work routines. Therefore, recreational sports within public spaces contribute not only to physical health improvement but also to social well-being and mental health enhancement.

Table 3. Types of Recreational Sports Activities

Activity Type	Frequency (%)	Category
Jogging	24.3	Very High
Cycling	21.4	High
Aerobics	18.6	High
Skateboarding	10.0	Moderate
Futsal	8.6	Moderate
Volleyball	6.0	Moderate
Roller Skating	5.7	Low
Others	5.4	Low

The findings indicate that jogging and cycling were the most preferred activities because they are simple, inexpensive, and accessible to all community groups. Aerobics also showed high participation because it was often conducted collectively with music and instructor guidance, creating a more enjoyable social atmosphere. These findings support the concept that recreational sports participation increases when public spaces provide comfort, accessibility, safety, and enjoyable environmental conditions.

### 3.2. Community Interest in Recreational Sports Participation

The results of the questionnaire analysis demonstrated that public interest in participating in recreational sports activities during Solo Car Free Day was categorized as high. Most respondents stated that they regularly attended the program because it provided opportunities to perform physical activities in a comfortable and enjoyable environment. Community interest was influenced by several factors, including environmental comfort, accessibility of the location, social interaction opportunities, and the availability of various recreational sports activities. Respondents also reported that the Car Free Day atmosphere differed significantly from ordinary urban conditions because the absence of motorized vehicles created a healthier and more relaxing environment.

The data analysis revealed that 68.6% of respondents participated routinely in the program every week, while 31.4% attended occasionally. This finding indicates that the program has successfully become part of the recreational lifestyle of urban communities in Surakarta. The high level of participation demonstrates that the community has strong awareness regarding the importance of physical activity and healthy lifestyles. In addition, respondents perceived Car Free Day as an affordable recreational alternative because participation did not require expensive facilities or membership fees. The accessibility of the program contributed significantly to attracting diverse groups of participants from different social and economic backgrounds [36].

The findings also showed that community interest was closely associated with the social environment created during Car Free Day. Participants felt more motivated to engage in sports activities when surrounded by other people performing similar activities. Social interaction and collective participation created a supportive atmosphere that encouraged individuals to become more active physically. This phenomenon indicates that urban public spaces can strengthen collective behavioral patterns related to healthy lifestyles and recreational sports participation [37]. Therefore, public spaces play an important role not only in providing physical infrastructure but also in shaping positive social environments that encourage community participation.

Interest Category	Percentage (%)
Very High	40.0
High	37.1
Moderate	15.7
Low	7.2

The chi-square analysis result showed that the obtained value exceeded the critical value of 7.81, indicating that community interest in recreational sports participation was significantly high. This result confirms that the Car Free Day program has become an effective medium for increasing public participation in recreational physical activities within urban public spaces.

### 3.3. Community Motivation Toward Recreational Sports Activities

Motivation was identified as one of the most influential factors affecting community participation in recreational sports activities during Solo Car Free Day. The findings revealed that respondents were motivated by both intrinsic and extrinsic factors. Intrinsic motivations included the desire to maintain physical health, improve physical fitness, reduce stress, seek relaxation, and experience enjoyment through sports activities. Meanwhile, extrinsic motivations involved social interaction, environmental atmosphere, public entertainment, and community encouragement.

Health-related motivation emerged as the dominant factor influencing participation. Most respondents believed that engaging in recreational sports regularly could improve body fitness, maintain stamina, and prevent health problems associated with sedentary lifestyles. In addition, respondents stated that participating in sports activities during Car Free Day provided emotional satisfaction and psychological relaxation. The public atmosphere filled with recreational and social activities created positive emotional experiences that encouraged participants to attend the program consistently [38].

Social motivation also played a significant role in increasing participation. Many respondents attended Car Free Day with family members, friends, sports communities, or colleagues. The opportunity to socialize while exercising increased the attractiveness of the program and strengthened participants' commitment to maintaining healthy lifestyles. Furthermore, organized activities such as aerobics competitions, music performances, and community sports events enhanced public enthusiasm and encouraged broader participation. These findings

indicate that recreational sports participation is influenced not only by personal health awareness but also by collective social dynamics within public spaces.

Table 5. Community Motivation Factors

Motivation Factor	Percentage (%)
Physical Health	34.3
Recreation and Entertainment	25.7
Social Interaction	20.0
Stress Reduction	12.9
Environmental Comfort	7.1

The findings confirm that health and recreational enjoyment are the primary motivations driving community participation in recreational sports activities. Therefore, urban public spaces should be designed not only to facilitate physical activity but also to provide enjoyable social and environmental experiences for the community.

The findings of this study demonstrate that the Car Free Day program on Newman [39] Street functions effectively as a public open space supporting recreational sports participation and social interaction among urban communities. The transformation of road space into a temporary recreational area provides opportunities for citizens to engage in healthy lifestyles within a safer and more comfortable environment. These findings support the concept proposed by Ding et al. [40], which states that public spaces should function as centers of social interaction, recreation, and community activities. The results also align with Rievera's perspective that responsive and democratic public spaces can accommodate diverse community activities and strengthen urban social relationships [41].

The high level of community interest and motivation found in this study indicates that urban residents increasingly recognize the importance of recreational sports activities in maintaining physical and psychological well-being. The findings also support Zhou et al. [42] theory regarding the relationship between public space availability and the development of sports culture in society. The existence of accessible and inclusive public spaces encourages communities to participate more actively in physical activities. In addition, the social atmosphere created during Car Free Day contributes positively to collective participation and strengthens community identity within urban environments.

Another important finding is that recreational sports activities within public spaces contribute to environmental awareness and sustainable urban development. The reduction of motor vehicle activity during Car Free Day creates cleaner air conditions and more comfortable environments for public activities. Consequently, the program not only supports public health but also promotes environmentally friendly urban lifestyles. These results indicate that public open spaces can serve multifunctional roles, integrating recreational, environmental, social, and health-related functions simultaneously. Therefore, local governments should continue developing public-space-based recreational programs to enhance community well-being and urban sustainability.

Several previous studies have discussed the relationship between public spaces and recreational sports participation. First, Zhou et al. emphasized that public spaces function as centers for recreation and social communication. Second, Edy Darmawan explained that public spaces influence community interaction and urban activity patterns. Third, Newman, highlighted the importance of public open spaces in encouraging sports culture and physical activity participation. However, previous studies mainly focused on spatial functions and environmental aspects of public spaces without specifically analyzing community interest and motivational factors in recreational sports participation. In contrast, this study integrates social, psychological, and recreational perspectives by examining how public interest and intrinsic-extrinsic motivations influence participation in Car Free Day recreational activities. Thus, this research fills an important gap in studies concerning urban recreational sports and public space utilization.

The novelty of this study lies in its comprehensive analysis of the relationship between public open spaces, recreational sports participation, community interest, and motivational factors within the context of Solo Car Free Day. Unlike previous studies focusing primarily on urban planning or environmental perspectives, this research combines approaches from sports science, public space studies, and community behavioral analysis. Furthermore, the study identifies specific intrinsic and extrinsic motivations influencing participation in recreational sports activities, thereby contributing broader insights into urban sports culture development and public health promotion through public-space-based activities.

The implications of this study are significant for urban policymakers, sports organizations, and city planners. The findings suggest that public open spaces should be managed as multifunctional areas supporting physical activities, social interaction, and environmental sustainability simultaneously. Local governments can utilize the results of this study to improve the quality and accessibility of Car Free Day programs and other recreational public spaces. In addition, the findings may contribute to strategies aimed at promoting healthy

lifestyles, reducing sedentary behavior, and strengthening community cohesion through recreational sports activities. The study also provides valuable insights for the development of sustainable urban recreation policies that prioritize community participation and public well-being.

Despite its contributions, this study has several limitations. First, the research was conducted only within the Solo Car Free Day area on Slamet Riyadi Street, limiting the generalizability of findings to other urban settings. Second, the study primarily used descriptive qualitative and survey approaches, which may not fully capture long-term behavioral changes in recreational sports participation. Third, the number of respondents was limited to participants available during the research period, which may not represent the entire population involved in Car Free Day activities. Future studies are recommended to involve broader research locations, larger sample sizes, and mixed-method approaches to obtain more comprehensive findings regarding public space utilization and recreational sports participation in urban communities.

#### 4. CONCLUSION

Provide a statement that what is expected, as stated in the "Introduction" chapter can ultimately result in "Results and Discussion" chapter, so there is compatibility. Moreover, it can also be added the prospect of the development of research results and application prospects of further studies into the next (based on result and discussion Based on the findings of this study, it can be concluded that the Car Free Day program on Slamet Riyadi Street, Surakarta, functions effectively as a public open space that supports recreational sports activities and community social interaction. Various recreational sports activities such as jogging, cycling, aerobics, skateboarding, futsal, and volleyball were actively participated in by the community, indicating that the program successfully accommodates public needs for physical activity and recreation in urban environments. The study also revealed that community interest in participating in recreational sports activities during Car Free Day was categorized as high. This interest was influenced by environmental comfort, accessibility, social interaction opportunities, and the availability of diverse recreational sports activities. In addition, community motivation was driven by both intrinsic and extrinsic factors, including the desire to maintain physical health, reduce stress, seek recreation, and strengthen social relationships. Health-related motivation emerged as the dominant factor influencing public participation in recreational sports activities. Furthermore, the findings indicate that the utilization of public open spaces through the Car Free Day program contributes positively to healthy lifestyles, environmental awareness, and urban social cohesion. The program not only promotes physical fitness and recreational activities but also strengthens community interaction and encourages sustainable urban living. Therefore, the existence of accessible and inclusive public spaces is essential in supporting recreational sports participation and improving community well-being in urban areas.

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