

ANALYSIS OF MENTAL HEALTH LEVELS IN THE RUNNING COMMUNITY IN BANDUNG CITY

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Introduction

In recent years, recreational running communities have grown rapidly in many urban areas, including Bandung City, Indonesia. Running is no longer regarded solely as a form of physical exercise but has become an important part of a healthy lifestyle that promotes both physical and mental well-being. Participation in running communities enables individuals to engage in regular physical activity while building positive social relationships, receiving emotional support from fellow member, and developing a strong sense of belonging. The combination of physical exercise and social interaction is believed to contribute to better mental health by reducing stress, improving mood, and lowering the risk of anxiety and depression .

The Purpose

Purpose of this study is to analyze the influence of participation in recreational running communities on the mental health of community members in Bandung City by measuring perceived stress using the Perceived Stress Scale (PSS-10).

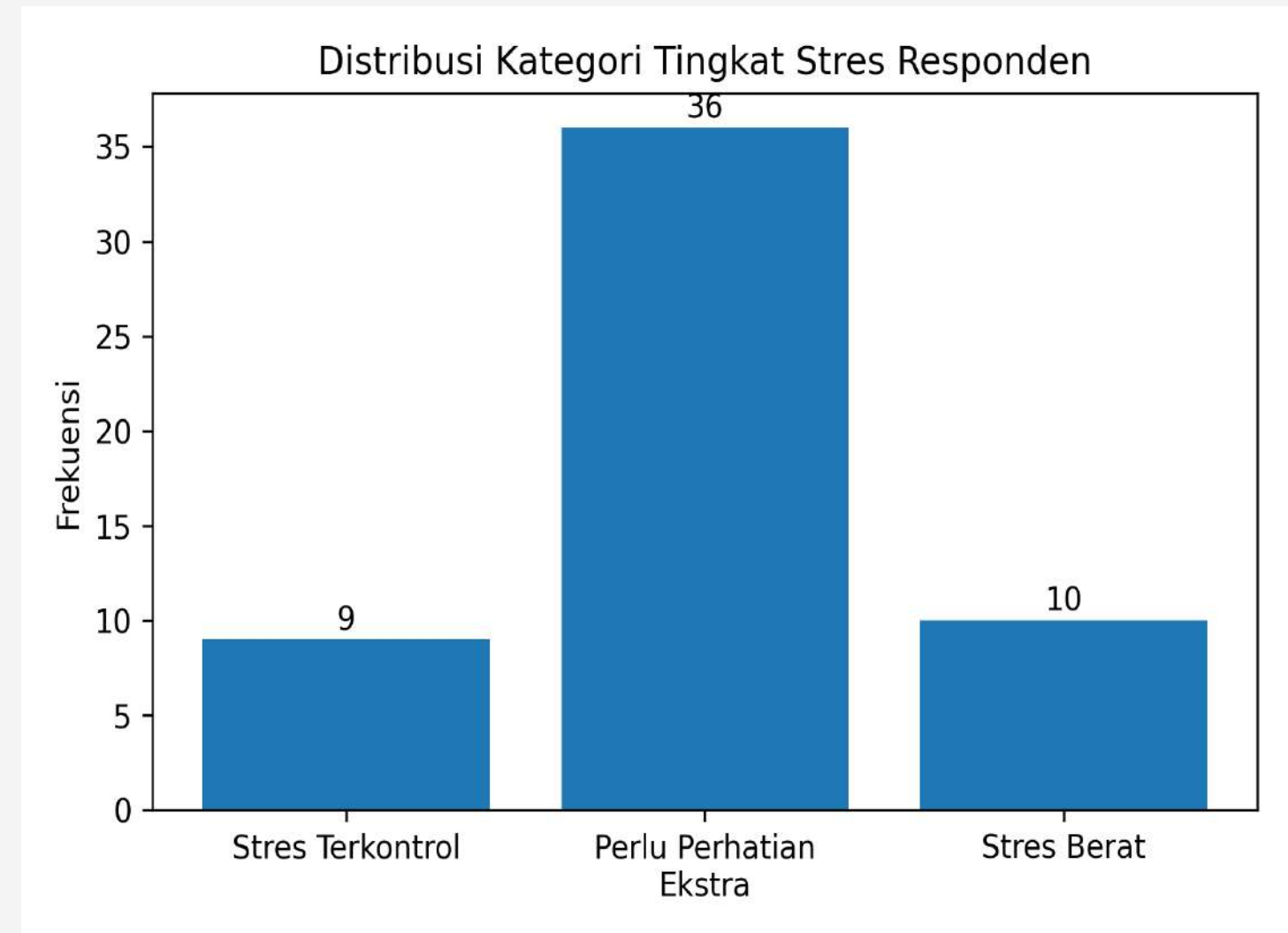
Methods

This study employed a quantitative descriptive approach using an observational research design. The study was conducted to describe and analyze the mental health status of members of recreational running communities in Bandung City without manipulating any research variables. An observational design was selected because it enables researchers to examine participants in their natural setting and to obtain an objective description of their perceived stress levels. In addition to direct observation during community running activities, field notes were used to document contextual factors, such as the running environment and other situational conditions that could potentially influence participants' psychological well-being.

Results & Discussion

A total of 55 members of recreational running communities in Bandung City participated in this study. Stress levels were measured using the Perceived Stress Scale-10 (PSS-10)

Most participants had moderate stress levels, while fewer reported low or high stress. This suggests that despite daily stressors, regular participation in recreational running helps maintain mental well-being.



Analysis assumptions were verified:

- Kolmogorov–Smirnov test: data was normally distributed
- Levene’s Test: variances were homogeneous across groups (Nainggolan et al., 2025)→ All requirements for parametric analysis were met.

Results & Discussion

The findings of this study demonstrate that participation in recreational running communities is associated with differences in perceived stress levels among community members. Although most participants experienced moderate stress, the significant differences identified through ANOVA suggest that community characteristics and participation patterns may influence psychological well-being.

No.	Kategori Tingkat Stres	Frekuensi (n)	Persentase (%)
1	Stres Terkontrol	9	16,4
2	Stres Sedang	36	65,5
3	Stres Berat	10	18,2
	Total	55	100,0

Regular running releases endorphins, serotonin, and dopamine → these hormones improve mood, reduce stress, and stabilize emotions

In addition, social interaction and mutual support in running communities create a sense of belonging. This support protects against mental distress and helps individuals be more resilient when facing daily challenges (Chaiffuddin Hadiansyah et al., 2024)

Conclusion

This study aimed to analyze the mental health status of members of recreational running communities in Bandung City by assessing their perceived stress levels using the Perceived Stress Scale-10 (PSS-10). The findings showed that there were no statistically significant differences in mental health among members of the three running communities included in this study. The results of the One-Way ANOVA indicated that community affiliation did not significantly influence participants' perceived stress levels, suggesting that members of Duraking Club, Rekan Sporty, and Partere/Padvinder experienced relatively similar mental health conditions.

These findings are consistent with the objective of the study, which was to examine whether differences in mental health existed among recreational running communities in Bandung City. Although no significant differences were identified, the results suggest that participation in recreational running communities may provide comparable psychological benefits across different groups. Beyond promoting physical fitness, recreational running communities offer opportunities for social interaction, emotional support, and shared motivation, all of which may contribute to maintaining psychological well-being.

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