

ABSTRAK

KEBERHASILAN KOMUNITAS LARI DALAM PEMULIHAN PASCABENCANA COVID-19 DI YOGYAKARTA

(Studi Kasus: Komunitas Mataram Runners Yogyakarta)

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Pandemi COVID-19 sebagai bencana non-alam berdampak pada penurunan aktivitas fisik, meningkatnya tekanan psikologis, serta melemahnya interaksi sosial. Di Yogyakarta, komunitas lari berkembang sebagai ruang sosial berbasis aktivitas fisik yang turut mendukung proses pemulihan pascapandemi. Penelitian ini bertujuan menganalisis peran komunitas Mataram Runners Yogyakarta dalam pemulihan fisik, mental, dan sosial anggota pascapandemi, serta mengidentifikasi faktor eksternal yang memengaruhi keberlanjutan proses tersebut. Penelitian menggunakan pendekatan kualitatif deskriptif dengan desain studi kasus dan perspektif temporal untuk membaca dinamika komunitas pada fase pandemi dan pascapandemi. Data diperoleh melalui wawancara semi-terstruktur, observasi kegiatan, dan dokumentasi, dengan informan yang dipilih secara purposive. Analisis dilakukan menggunakan model interaktif Miles dan Huberman dengan dukungan statistik deskriptif sederhana, serta divalidasi melalui triangulasi sumber dan metode.

Hasil penelitian menunjukkan bahwa komunitas berkontribusi dalam membentuk kembali rutinitas aktivitas fisik anggota melalui jadwal latihan yang konsisten dan interaksi kolektif yang mendorong kebiasaan hidup sehat. Pada aspek mental, komunitas menyediakan ruang dukungan sosial yang membantu anggota mengelola stres dan membangun kembali rasa percaya diri, meskipun temuan ini bersifat pada level pengalaman subjektif dan tidak terverifikasi secara klinis. Pada aspek sosial, pemulihan tampak melalui penguatan kohesi dan *sense of belonging* di antara anggota, namun dampaknya masih dominan pada lingkup internal komunitas. Mengacu pada kerangka Jim Ife, peran komunitas hadir dalam dimensi fasilitatif, edukasional, dan representasional. Faktor eksternal yang memengaruhi keberlangsungan kegiatan mencakup kemitraan eksternal serta dukungan kebijakan dan fasilitasi ruang publik. Meskipun demikian, ketergantungan pada kemitraan dan tantangan implementasi kebijakan menunjukkan bahwa efektivitas pemulihan sangat dipengaruhi oleh kapasitas internal komunitas serta konsistensi dukungan struktural. Penelitian ini menunjukkan bahwa komunitas lari dapat menjadi bagian dari strategi pemulihan berbasis masyarakat, dengan catatan bahwa keberlanjutannya memerlukan penguatan tata kelola internal dan dukungan kebijakan yang berkelanjutan.

Kata kunci: Pemulihan Pascabencana; Peran Komunitas; Komunitas Lari; COVID-19; Yogyakarta.

ABSTRACT

THE SUCCESS OF A RUNNING COMMUNITY IN POST-DISASTER COVID-19 RECOVERY IN YOGYAKARTA

(Case Study: Mataram Runners Yogyakarta Community)

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The COVID-19 pandemic, as a non-natural disaster, resulted in decreased physical activity, increased psychological distress, and weakened social interactions. In Yogyakarta, running communities have emerged as activity-based social spaces that contribute to post-pandemic recovery processes. This study aims to analyze the role of the Mataram Runners Yogyakarta community in supporting the physical, mental, and social recovery of its members after the pandemic, as well as to identify external factors influencing the sustainability of this process. The research employs a descriptive qualitative approach using a case study design and a temporal perspective to examine community dynamics during and after the pandemic. Data were collected through semi-structured interviews, activity observations, and documentation, with informants selected purposively to represent diverse member experiences. Data were analyzed using the interactive model of Miles and Huberman, supported by simple descriptive statistics, and validated through source and method triangulation.

The findings indicate that the community contributes to the re-establishment of members' physical activity routines through consistent training schedules and collective engagement that encourage healthier lifestyle habits. In terms of mental recovery, the community provides a supportive social environment that helps members manage stress and rebuild self-confidence; however, these findings are based on subjective experiences and are not clinically verified. Social recovery is reflected in strengthened cohesion and a sense of belonging among members, although its impact remains primarily within the internal scope of the community. Referring to Jim Ife's framework, the community's role can be identified in facilitative, educational, and representational dimensions. External factors influencing the sustainability of activities include external partnerships as well as policy support and public space facilitation. Nevertheless, reliance on partnerships and challenges in policy implementation indicate that the effectiveness of recovery efforts is shaped by both the community's internal organizational capacity and the consistency of structural support. This study suggests that running communities can form part of a community-based recovery strategy, provided that internal governance and policy support are strengthened to ensure long-term sustainability.

Keywords: Post-Disaster Recovery; Community Roles; Running Community; COVID-19; Yogyakarta.