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## THE DEVELOPMENT OF NATURAL POTENTIAL OF PONGGOK VILLAGE AS RECREATIONAL SPORTS AND WATER SPORTS TOURISM FOR REGIONAL PEOPLE IN KLATEN REGENCY

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### ABSTRACT

The main objective of this research is to explain the management of the natural potential of Ponggok Village Klaten, describe the development of recreational sports and water sports tourism in Ponggok Village Klaten, and explain the role of Ponggok Village to support tourism development in Klaten Regency. This research is conducted in Ponggok Village, Klaten Regency, Central Java Province, using qualitative research and phenomenology approach. The data collection techniques used in this study are observation, deep interviews, and documentation. The results of the research are summarized as follows: 1) The natural potential of Ponggok Village Klaten are in the agricultural sector and water sector, that is supported by springs or usually known as *umbuls*. In the agricultural sector, people mostly plant rice. Meanwhile, the springs are used for fishery and tourism. In the fishery sector, there are several freshwater fish farming ponds. The tourism sector in Ponggok Village utilizes several *umbuls* including *Umbul Ponggok*, *Umbul Ponggok Ciblon*, *Umbul Kapilaler*, *Umbul Sighedang*, and *Umbul Besuki*. Most of the *umbuls* in Ponggok Village are used for recreational sports, such as

swimming. Umbul Ponggok is also used for swimming, diving, and snorkeling. 2) The development of recreational sports and water sports tourism in Umbul Ponggok that was only used for swimming by visitors around Ponggok Village, now is even more developing. There are some more facilities such as rental mask snorkels and buoys for snorkeling, scuba set for diving, and Ponggok Walker for walking under water. There is also Ponggok Warrior as mini outbound on water for children. Besides, there is a slide for stimulating adrenaline which is directly connected to the *umbul*. In *Umbul Ponggok Ciblon*, there are three swimming pools and parks that can be used for outbound activities. People also often use ponds in Umbul Ponggok Ciblon to swim, usually in the afternoon. In Umbul Kapilaler that is surrounded by big trees, visitors usually come to swim and play with water. 3) Ponggok Village is already quite popular among the President, the Ministers, the House of Representative members etc. The delegation of 20 countries of *The Asian Productivity Organization (APO)* also visit Ponggok Village. The Minister of Rural Development Malaysia also come to Ponggok Village and made 10 Village Heads of Malaysia wanted to take a closer look at Ponggok Village. Ponggok village certainly brings the name of Klaten Regency well known domestically and internationally. Ponggok has the potential that might be here only. People can enjoy the beauty and take pictures under fresh water. The water is very clear; it is hard to find elsewhere. Ponggok Village has its own uniqueness as a tourist attraction.

***Keywords: Natural Potential, Recreational Sports, Water Sports Tourism.***

## **BACKGROUND**

Potential is something that can be used as a material or source that will be managed, both through human effort and engine power. Potential can also be said as the resources around us (Kartasapoetra, 1987). Natural potential is the whole nature appearance and natural resources in an area. All potential natural resources can be processed and can be developed. Natural resources are all natural wealth in the form of inanimate objects and living things that can be used and developed for the needs of human life. The natural resources in Indonesia is very abundant. It is caused by some factors such as astronomy, geology and the ocean. In the context of tourism, resources can be said as everything that has the potential to be developed such as water, mountain ranges, beaches, and landscapes (I Gede Pitana and I Ketut Surya Diarta, 2009). One of the function of tourism activities is sport tourism (Sujali, 1989).

Sports and tourism are two scientific disciplines that can be integrated to have strength and dual effects for economic growth in Indonesia in general. Sports and tourism currently receive great attention from the government, the private sector, the sports industry, the tourism industry, academics and the wider community. Sports Tourism is a new paradigm in the development of tourism and sports in Indonesia. Sports tourism is able to show its potential as something interesting, so it can create a tourist attraction that can make multicultural tourism. Sport tourism is a huge potential. However, it is a field that is actually still not optimally and seriously discussed. Its potential lies in the strength and attractiveness of sports which is

naturally related to the tourism sector. The explanation is quite simple; Sport is an instrument of universal intercultural and cross-nation association that is supported by transportation, communication, accommodation, culinary, souvenirs, and other tourism accessories (Agus Kristiyanto, 2016).

Sport is a way that can be done to lead a healthy life. However, Indonesian people are still not aware of the importance of healthy living. This is indicated by the lack of enthusiasm or interest and appreciation of the people towards sports, even their participation has decreased from time to time. In 2003, 2006, and 2009, people's participation in sports continued to decline. From 25.4% in 2003, fell to 23.2% in 2006, and finally dropped to 21.8% in 2009. This happened both in urban and rural areas. Based on the results of The National Socio-Economic Survey 2012, there are 25.51% people aged 10 years and over, do sports in Central Java Province. Around 61.68% people do sports with the aim of maintaining health. On the other hand, only a small proportion of them do sports with achievement goals (8.12%) and recreation (3.11%).

In general, sport is one of someone's physical and psychological activities that is useful for maintaining and improving the quality of health without minding the economic level. In sports, we are familiar with the term of "recreational sports". Recreational sports are aimed to promote sports as efforts to develop public awareness in improving health, fitness, pleasure, and social relations. In The Grand Design of National Sports Development 2010–2024, the recreational sports field has a close relationship with the sports industry whether in mission, goals, and objectives. One of the related missions is "Improving sport studios and activating community sports associations, and organizing sustainable recreational sports festivals at regional, national and international levels". Awareness of the strategic meaning of sports must through development planning that is in favor of the progress of the sport as a whole. The development planning must be comprehensive because sport has a variety of potentials that contain a spirit and strength. Sport is actually a "sense of spirit" from a long process of development itself. Sport must be seen as a goal as well as asset of development (Agus Kristiyanto, 2012).

Klaten has many tourism potentials and tourist attractions. These potentials are utilized by some tourism business parties to create new tourism destinations that contain educative, creative, and attractive goals by taking the concept of nature. One sector that can be utilized by rural people is a tourism sector, that is later called as tourist villages. The tourist village development is expected to empower people to progress and be independent. Ponggok villagers have utilized the beauty of Ponggok natural potentials by making their village as tourist village. The villagers also participate in tourist village development efforts. They can also use the tourist destinations for local businesses.

Ponggok Village is a village located in Polanharjo Subdistrict. The Subdistrict is divided into four hamlets; Kiringan, Umbulsari, Ponggok, and Jeblogan. Ponggok Village has now been developed into a water tourist village, considering that Ponggok Village has abundant water

potential. In Ponggok Village, there are several *umbuls* or springs such as *Umbul Besuki*, *Umbul Sighedang*, *Ponggok Umbul*, *Ponggok Ciblon* and *Umbul Kapilaler*. Each *umbul* has beautiful scenery and clear air. Moreover, it is surrounded by natural rural environment. With all these potentials, Ponggok Village has grown so big to be a tourist village and recreational sports development area.

## **METHOD**

This research is conducted in Ponggok Village Klaten, Central Java Province, Indonesia. This research is a qualitative research. Qualitative research is a research that aims to analyze the phenomenon of experience of the research subjects, such as behavior, perceptions, motivations, actions, etc holistically. Besides, it aims to describe the research in the form of words and language in a specific natural context by utilizing various scientific methods (Lexy J. Moleong, 2017). According to Bodgan and Taylor (1975) in Lexy J. Moleong (2017), “qualitative research methodology is a research procedure that produces descriptive data in the form of written or oral words from people and observable behavior”. Based on the aims and objectives in this study, this research uses a phenomenological approach. Researcher tries to analyze the phenomenon of recreational sports activities and water sports tourism. Researchers try to analyze the meaning of events and their relationships to people who are in certain situations in a phenomenological approach (Lexy J. Moleong, 2017). From the phenomenology approach, researchers will analyze the management of the natural potential of Ponggok Village and the development of recreational sports as Ponggok Village supports tourism development in Klaten Regency. Phenomenology is related to the appearance of an object, event, or condition in our perception. Phenomenology explains the phenomenon and its meaning for individuals by conducting interviews on some people. The results of the interviews are then connected to the philosophical principles of phenomenology. This study ends with the essence of meaning (Creswell, 1998).

The data sources in this study are not as representative of the population, but tend to represent the information. Qualitative research does not use term of “population”. However, Spradey uses the term of “social situation” that consists of three elements; *place*, *actors*, and *activities* that interact synergistically (Sugiyono, 2007). According to Lexy J. Moleong (2017), the words and actions/activities of the interviewees are the main data sources. Qualitative research does not discuss about population as quantitative research. It discusses about the words and actions of informants and actors that are later used as sources of data. The data is added by documentation techniques.

The data collection technique is a way to obtain the data. It makes the data obtained becomes perfect and can be accounted for. The data collection technique can be done in various settings, various sources, and various ways (Sugiyono, 2007). In this research, researchers used three data collection techniques; observation (collection), interviews, and data collection techniques with documents (documentation).

Data analysis technique is an important part because doing data analysis will provide important meanings that are useful in solving research problems. Qualitative research is a research that is in a form of description of the results of interviews, observation, and documentation. The data obtained will be analyzed qualitatively and will be described descriptively. In Bungin's view (2010), the flow of analysis follows an interactive analysis model. There are four stages of analysis in qualitative research, namely: (1) Stage of data collection, (2) Stage of data reduction, (3) Stage of data presentation, (4) Stage of conclusion/verification.

## RESULTS AND DISCUSSION

Ponggok village was originally a unique village because there were very clear springs that were beneficial particularly to the people of Ponggok Village, and people from other villages in general. The ancestors said that, springs or what we often call as *umbuls* were suspected to be a very large lake that can flood villager settlements. They believed it because there was a couple of fish that looked like *gereh pethek*. In order to prevent the *umbuls* became larger, the ancestors caught *ledhek* accompanied by a set of *gamelan* complete with its *niyogo*. But then *waranggono* and the *gamelan* gone. Suddenly, there was a big pigeon perched on the corner (*plogrok*) of a *gayam* tree. It could show one *gamelan* instruments that looked like *gong* which was still in a really good shape. After that, villagers went to see the big "magic" pigeon on the *plogrok* together.

To commemorate this event, the ancestors named this village as Ponggok Village. Until today, the spring that is called as Umbul Ponggok is used for daily needs by the villagers. Even people believe that this spring can bring blessing and grace especially near *Ramadhan*. There is a tradition called *Padusan Umbul Ponggok* that still exists in this modern era.

Actually during the Dutch colonial period, Ponggok Village was a *kawedanan* city because of its very strategic location and its natural potential. The Dutch colonial built a large and very magnificent sugar factory next to *umbul*. It was marked by Prasasti Bunga Tanjung (*Bunga Tanjung Inscription*). The inscription still exists in front of Ponggok Elementary School. The Ponggok Village Government consists of Ponggok Hamlet, Jeblogan Hamlet, Kiringan Hamlet, and Umbulsari Hamlet. The Village Head I was Amat Sumangun and Village Head II was R. Karto Hudoyo. After the movement of G30 S PKI until 1988, the village was headed by Mr. Jinu Sastro Mulyono as The Village Head III. The Village Head IV was Mr. H. Sunarta who lead from 1990 until 2007. His leadership ended on January 12 2007. After that The Village Head V was held by Mr. Junaedhi Mulyono, SH until 2019.

Ponggok Village is one of the villages in Klaten Regency that has a potential as a water tourist village in Central Java. Administratively, Ponggok Village has an area of 77.2255 km squares with a land surface as high as 156 meters above sea level. Based on the data, Ponggok Village is a lowland area. Distance between the village center or usually called as *Kelurahan*, to

Polanharjo Subdistrict is 4 km. Distance between Ponggok Village to downtown Klaten is 15 km. Ponggok Village borders are:

- a. North : Cokro Village, Tulung District
- b. South : Jeblog Village, Karanganom District
- c. West : Dalangan Village, Tulung District
- d. East : Nganjat Village, Polanharjo District

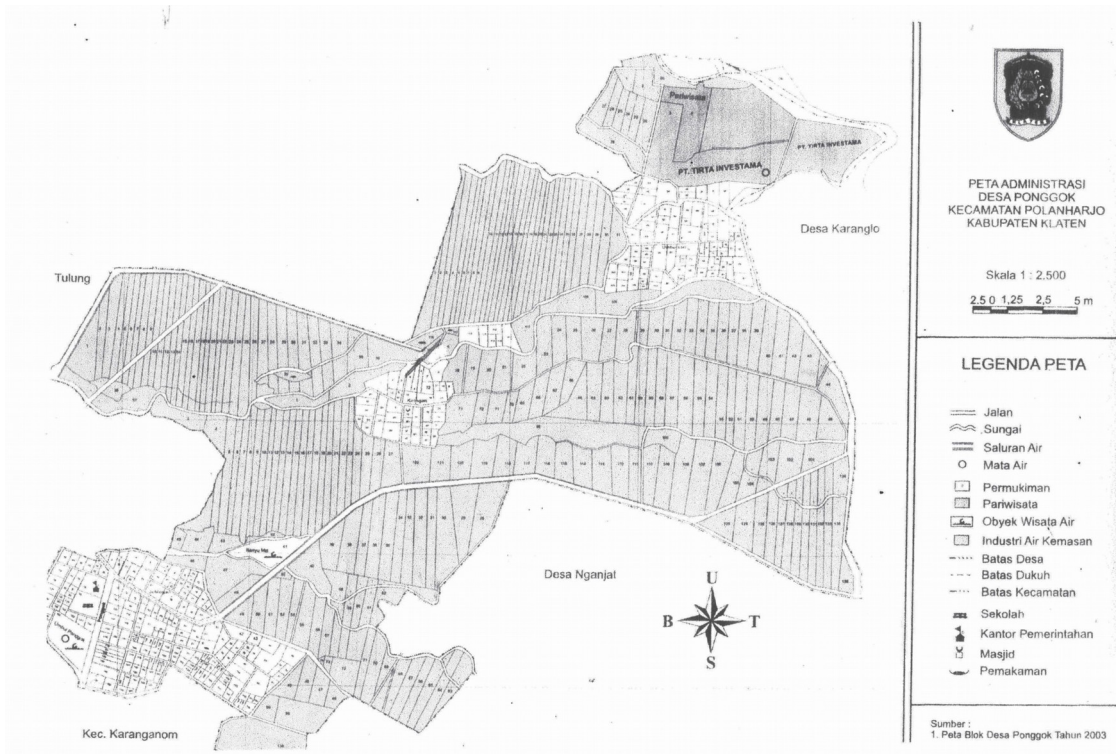


Figure 1: Map of Ponggok Village

Ponggok Village has 62 hectares of rice field. Besides, it also has fish farming ponds around 0,9500 hectares. According to data of Ponggok Village Polanharjo Subdistrict, in 2018 the total population of Ponggok Village is 2,101 people. There are 1,048 men and 1053 women. Most of the people in Ponggok Village work as private employees and casual laborers. Most of the people are only high school graduates and do not continue their education. They choose to work as employees or factory workers. Around Ponggok Village, there is a drinking water company called PT. Tirta Investama. This company employs a lot of labors from Ponggok Village because the source of water used by the company is in Ponggok Village, called Sigedang Spring.

**Natural Potential**

The natural potential as a natural tourist destination is closely related to the increasing of productivity of natural resources as an asset of economic development. So it always involves natural resources, local government, community aspects, and private parties in each regional spatial system (Kuswan Hadji et al., 2017).

According to D. A. Fennel (1999), Natural resources that can be developed into tourism or recreational destinations are as follows:

1) Geographical Location

This concerns the characteristics of space that are related to several other variables, for example in cold and snowy European regions such as Switzerland. It may be suitable to be developed for ski tourism.

2) Climate and Weather

They are measured by latitude and elevation from sea level, land, ridge, and so on. Climate is the main determinant of physical environment that affects vegetation, animal life, wind, and others.

3) Topography and Landforms

The general form of the earth's surface (topography) and the structure of the earth's surface make some geographical areas become unique landscapes (landforms). These two aspects are the main attractions that distinguish geographical conditions of a region/continent from others. So they take an important role to create tourist destinations in all over the world.

4) Surface Materials

It involves variety of materials that set up the surface of the earth, for example natural rock formations, sand, minerals, oil, and so on. They are very unique and interesting so they can be developed into natural tourist destinations.

5) Water

Water plays a very important role in determining the type and level of outdoor recreation, for example beach/marine tourism, lakes, rivers, etc. Some fun activities such as sailing, fishing, and snorkeling can be developed.

6) Vegetation

Vegetation refers to the whole life of plants that covers a certain area. Tourism activities are highly dependent on life and plant formations, such as ecotourism in nature conservation or protected forest areas.

7) Fauna

Various animals are quite significant for tourism activities both in consumption (eg. hunting and shopping), and non-consumption (eg. bird watching).

One of the uses of natural potential is tourism. Tourism for sports is a new paradigm in the development of tourism and sports in Indonesia.

## Recreational Sports

According to Nurlan Kusmaedi (2012), there are some popular types of recreational sports, including:

- 1) Sports recreation/marine tourism (diving, rowing, sailing, water skiing, and water surfing).
- 2) Nature tourism (walking outdoor, mountain climbing, rock climbing, and doing out bound).
- 3) Match sports tourism (soccer, volleyball, basketball, boxing, and tennis).
- 4) Playground sports tourism (shooting, car racing, karting, and mini cycling).
- 5) Aerospace sports tourism (parachuting, paragliding, hang gliding, and playing radio control boats).
- 6) Hotel sport tourism (fitness, swimming pools, tennis, golf, and billiards).
- 7) Traditional games sports tourism (stilts, *catfish patols*, *bebentengan*, and *gobak sodor*).
- 8) Spontaneous tourism sports (hit water and take coins in a papaya).

The various types of recreational sports above give benefits for us, even without we realize that we have done it in daily activities.

## Management of the Natural Potential of Ponggok Village Klaten

The natural potential of Ponggok Village Klaten lies on agricultural sector and water sector. In the agricultural sector, people usually plant rice. Meanwhile in the water sector, they utilize springs for fishery and tourism. For fishery, people make some fish farming ponds. They also utilize ditches for freshwater fish farming. The tourism sector in Ponggok Village utilizes several *umbuls*, such as *Umbul Ponggok*, *Ponggok Ciblon*, *Umbul Kapilaler*, *Umbul Sigedang*, and *Umbul Besuki*. A lot of *umbuls* in Ponggok Village are used for recreational sports. One of the most famous recreational sports in Ponggok Village is swimming. Besides, visitors can do diving and snorkeling too. Ponggok Village also has Galau Dam that is used for fishing grounds.

For the management, Umbul Ponggok and Umbul Ponggok Ciblon have been managed by Village-Owned Enterprises (BUMDes). However, other umbuls are still managed by the Ponggok Village Government. Thus it can be said that all of Ponggok Villagers involve to and take a big role in the management of Ponggok natural potential. The management of the natural potential of Ponggok Village is indeed not far from the villagers' involvement. It is expected that the natural potential of Ponggok Village can contribute a lot for the welfare of the people themselves in the future. Besides, Government also take a little role such as giving coaching and training for Human Resources (HR) in Ponggok Village. However, the management and development of Ponggok Village are carried out entirely by the villagers. Funding that is needed in the management and development process is from the government, the village fund, and PAD.



### **The Development of Sports Recreation and Water Sports Tourism in Ponggok Village**

Recreation is an activity that is done in leisure time which is intended to improve physical and mental freshness (both individually and in groups). This activity is done differently from daily routine activities. It aims to seek different experience that can provide inner and outer satisfaction for people.

Umbul Ponggok was only used for swimming. Today, with the development carried out by Ponggok Village Government through Village-Owned Enterprises (BUMDes), visitors can have some water activity options in Umbul Ponggok. They can rent snorkel masks and buoys for snorkeling, or rent scuba sets for diving. There are also Ponggok Walkers that can be used for walking under water. There is also Ponggok Warrior as mini outbound on water for children. Moreover, there is a slide for stimulating adrenaline which is directly connected to the *umbul*. Visitors can do recreational sports and water sports activities by utilizing the aforementioned facilities.

In Umbul Ponggok Ciblon, there are three swimming pools and parks that can be used for outbound activities. There are several gazebos for visitors to relax and enjoy the *umbul*'s surrounding. There is also a national standard swimming pool that is used for Regional Student Sports Week (POPDA) in every year. The swimming pool is also used for extracurricular activities by some schools around Ponggok Village and other villages in Polanharjo District. Villagers also often swim in Umbul Ponggok Ciblon. They usually swim in the afternoon. Usually people come here for swimming individually. Some of them also come in groups to do outbound activities. However, they have to confirm their agenda first to the administrator of Umbul Ponggok Ciblon before having outbound. Umbul Ciblon Ponggok will be further developed for visitors' convenience.

In Umbul Kapilaler that is surrounded by big trees, usually visitors come to swim and play with water. Unfortunately, the facility here is still not maximal. There are still some unfinished establishments. The management of Umbul Kapilaler is still on process connecting Umbul Kapilaler with Umbul Sigedang. The two *umbuls* are expected to look bigger and look better than before. This kind of development is done to improve visitors' convenience in doing recreational sports and water sports activities in both *umbuls*.

On the other hand, Umbul Besuki is still used by some villagers for bathing. The surrounding of this *umbul* is indeed still very natural. There are some big trees surround the *umbul*. The air is also still very fresh. A significant development is still not done here. However, the villagers are on a making process of a place called *Oro-oro Dowo* next to Umbul Besuki. There is also a beautiful park around Umbul Besuki. Additionally, villagers build several ponds to collect spring water. They also build some ditches for freshwater fish farming. Government say that Umbul Besuki is suitable for doing outbound and river tubing.

In the Galo Dam, mostly people do fishing. It is in accordance with its functions that have been made by the government of Ponggok Village. Most of the fishermen come from Ponggok Village area.

Some *umbuls* in Ponggok Village such as Umbul Ponggok, Umbul Ponggok Cibon, and Umbul Kapilaler are used for recreational sports activities and water sports tourism. Further, some umbuls that are still on development process such as Umbul Sigedang and Umbul Besuki are expected to be useful for recreational sports activities and water sports tourism too in the future.

### **The Role of Ponggok Village to Support Tourism Development in Klaten Regency**

The spring potential in Klaten Regency is very abundant. There are Pluneng, Umbul Jolotundo, Umbul Susuwan, Umbul Cokro, and last but not least, Umbul Ponggok in Ponggok Village that is quite well known nationally and internationally. A lot of people know Ponggok Village and its natural potential. However, each village in Klaten Regency has different way of managing its natural potential. Some of the villages already try to develop their natural potential maximally.

Ponggok Village is a part of Klaten Regency, thus it takes role in promoting Klaten Regency tourism. Some youths from Ponggok Village also help to share their knowledge of tourism to youths from other villages.

Ponggok village itself is already quite popular among the President, the Ministers, the House of Representative (DPR) members. Even people from Aceh to Merauke come to Ponggok Village to learn about the village and have vacations. The delegation of 20 countries of *The Asian Productivity Organization (APO)* also visit Ponggok Village. The Minister of Rural Development Malaysia also come to Ponggok Village and made 10 Village Heads of Malaysia wanted to take a closer look at Ponggok Village.

Ponggok village certainly brings the name of Klaten Regency well known domestically and internationally. There are a lot of visitors from Klaten area and outside the Regency. International visitors mostly come from Malaysia. The administrator says that at least there is one Malaysian visitor come to Umbul Ponggok per day. Besides, there are also visitors from the Netherlands, China, Thailand, and Korea. Ponggok has the potential that might be here only. People can enjoy the beauty and take pictures under fresh water. The water is very clear; it is hard to find elsewhere. Ponggok Village has its own uniqueness as a tourist attraction.

### **CONCLUSION**

The results of the research are summarized as follows: 1) The natural potential of Ponggok Village Klaten are in the agricultural sector and water sector, that is supported by springs or usually known as *umbuls*. In the agricultural sector, people mostly plant rice. Meanwhile, the springs are used for fishery and tourism. In the fishery sector, there are several freshwater fish farming ponds. The tourism sector in Ponggok Village utilizes several *umbuls* including *Umbul*

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