

Urban Leisure And Recreation Of The Igeneration In Denpasar, Bali

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Abstract

Lifebalance has emerged as the solution to attaining happiness and well-being, counteracting the various modern ailments that afflict us. Humans, from the traditional era to the digital age, engage in a multitude of leisure and recreational activities with the aim of maintaining a balanced life. Nevertheless, the pervasive influence of technology and the internet has had a notable effect on human behaviors, particularly with the prevalence of 'phubbing'—a tendency to prioritize gadgets over interpersonal interactions and engagement with the surrounding environment. This phenomenon is particularly pronounced among the internet generation (iGeneration). This article delves into the socio-cultural changes in society related to leisure and recreation patterns, considering the backdrop of high interaction with information technology. The focus is on the meaning, significance, and extent to which Denpasar City serves as a hub for leisure and recreation. The study employs a qualitative approach, situated in the capital city of Denpasar, Bali. The research's primary subject is the iGeneration, spanning from 1995 to 2010 and currently aged between 13 and 28. Data collection methods include participatory observation, documentation, questionnaires, and structured interviews. The results indicate that the iGeneration's leisure and recreation patterns in Denpasar City encompass sports activities, social interactions, beach visits, shopping, and movie-watching. The interpretation of recreation can be classified into four distinct categories: as a means of physical and spiritual rejuvenation, as self-indulgence, as a platform for learning and skill development, and as an element of work-life balance. It's worth noting that around 56.6% of iGeneration recreation activities are centralized in Denpasar City, highlighting a preference for urban activities compared to those in rural areas or outside the city.

Keywords: urban, leisure, recreation, igeneration, gen Z

1. Introduction

Human beings are remarkably adaptive, demonstrating an innate capacity to adjust to meet their life-sustaining needs (Nuriya, 2021). From the traditional era to the current digital age, humanity has collectively engaged in activities to fulfill these needs. However, these activities have evolved significantly over time. Meeting one's needs in life has always been accompanied by a variety of challenges. In the digital era of today, we face an array of increasingly complex and intricate problems (Harris, n.d.). The demands of work, environmental conditions, and a host of social issues have emerged as contemporary afflictions that affect everyone. This is because the realm of social life has expanded well beyond our immediate surroundings, extending into a wider environment due to technological advancements. Therefore, maintaining a balanced life becomes the linchpin for achieving well-being and happiness.

In order to improve the quality of life, it is necessary to provide facilities for leisure, recreation and tourism (Suherlan & Pramesti, 2017). Within society, different groups employ distinct approaches to maintaining this life balance. Likewise, achieving a balance between work, social engagement, and rest involves diverse strategies and timeframes. This variance is influenced by a medley of factors, including economic, socio-cultural, geographical, and the distinctions between urban and rural living. Furthermore, within this spectrum, various groups, from agricultural societies to industrial ones, from modern societies to professional workers, and across the spectrum of age, engage in unique activities when it comes to leisure and recreation (Suryasih & Nugroho, 2017).

Recreation and leisure activities are important sources of happiness. The recreation environment has gradually become one of the core factors affecting the development of the urban living environment (Kang et al., 2021). Recreation is widely accepted as a key contributor to good physical and mental health. The role of parks and recreation programs in the economic and social life of communities is also becoming well-recognized (Andrus &

Herbst, 1978). Urban recreational travel shares with commuting travel regarding short-term and reversible characteristics (Cheng & Witlox, 2021).

The iGeneration, also known as the internet generation or Generation Z, represents the first cohort deeply intertwined with technology. Born into an era of sophisticated technological advancement, they conduct nearly all their activities seamlessly through cyberspace, from in-person communication to work, study, shopping, and entertainment (Agustin, 2023).

According to the official website of the Indonesian Ministry of Communication and Information (Kominfo Republik Indonesia), the iGeneration dedicates approximately three hours each day to digital devices, diverting their attention 27 times per hour, and allocating 18 hours daily to consuming entertainment such as watching, playing games, and more. In Indonesia, the average age of social media users ranges from 13 to 25 years old. However, more and more young people under the age of 13 are also utilizing social media as the digital age advances (P et al., 2024). Furthermore, as a consequence of the Covid-19 pandemic, the iGeneration has spent three years participating in online or virtual education, which has noticeably diminished their face-to-face social interactions. Consequently, technology has become the primary medium for them to utilize their free time (Pusat Data Republika, 2016).

The pandemic conditions have led to a heightened utilization of electronic devices among students, encompassing various forms of interaction, including entertainment, social media engagement, gaming, online shopping, participation in educational lectures, and accessing information promptly from reliable sources (Anissa et al., 2023).

This paper investigates the aspects of leisure and recreation within the iGeneration in Denpasar City. The research delves into the socio-cultural changes in society relating to leisure and recreation patterns, particularly in the context of high interaction with information technology. In the era of mobile internet, the question arises: does information technology serve as a complete substitute for or facilitator of communal recreation? The study explores the nature, significance, and extent to which Denpasar City serves as a hub for leisure and recreation. This inquiry is particularly important, given the paucity of references that examine leisure and recreation within Generation Z society, particularly in Bali. We aspire for this research to contribute to the enrichment of knowledge regarding urban leisure and recreation in Denpasar City.

2. Method

The research employs a qualitative approach, as issues concerning human behavior inherently rely on observation. As stated by Sugiyono (2014), qualitative research methods are often characterized as naturalistic research due to their execution in real-life conditions. These methods are also akin to ethnographic research, initially widely utilized in the field of cultural anthropology. The term 'qualitative methods' is attributed to the emphasis on collecting and analyzing data with a qualitative nature (Wardiyanta, 2006).

The study is situated in the capital city of Denpasar, Bali. The research focuses on the iGeneration, encompassing individuals born between 1995 and 2010, currently aged between 13 and 28 years. This specific age range was selected based on research by Zemke et al. (2000). The respondents were purposefully selected using a method discussed by Andrea Bencsik (Andrea et al., 2016)

Data Collection

Data collection employs four distinct methods: participatory observation, documentation, questionnaires, and structured interviews. For data analysis, qualitative descriptive techniques, as outlined in the Miles and Huberman model, are employed (Wandi et al., 2013). This approach involves data reduction, where researchers summarize and identify key elements, followed by data presentation to enhance understanding of the events, and, lastly, the drawing of conclusions. Additionally, data presentation will also incorporate quantitative analysis techniques (Sugiyono, 2014).

3. Result and Discussion

IGeneration Denpasar City

Denpasar, a city with a rich history evolving through empires, colonialism, and ultimately, independence, serves as a mirror reflecting Bali's shifting leadership. Presently, it stands as the capital of Bali Province, home to a population of 962,900 people. Functioning as a prominent metropolis, Denpasar City holds the reins of government, education, and commerce in Bali Province. It's affectionately dubbed 'Paris van Bally' by locals, drawing a parallel to the shopping hub of the city of Paris, renowned for its diverse fashion offerings.

In its historical roots, Denpasar started as a park favored by King Badung, who ruled Bali in the 18th to 19th centuries. The Park, situated to the north of the market, was hence named 'Denpasar Park,' with 'den' meaning north and 'market' indicating its proximity. Following King Badung's reign, his son, King I Gusti Ngurah Gde Pemecutan, erected the Puri Denpasar palace in this park in 1788. Etymologically, 'puri' derives from Sanskrit and signifies a fortified city or one with a palace tower. Thus, 'Puri Denpasar' translates to 'Denpasar Palace.' Initially centered in Puri Satria, the capital of the Badung Kingdom shifted to Puri Denpasar after King Badung's era (Yudantini et al., 2017).

During the Dutch Colonial era, Denpasar Castle, the administrative heart of the Badung Kingdom and a bustling economic hub, attracted the attention of Dutch Colonials stationed at Sanur Beach in Bali. In an attempt to control South Bali, the Dutch Colonials, anchoring at Sanur, waged an attack on the Badung Kingdom, leading to the famed Puputan Badung War on September 20, 1906. This heroic event resulted in the destruction of Denpasar Castle, effectively establishing Denpasar as the colonial government center in South Bali.

Post-independence, Denpasar retained its status as the government center of the Level II Badung Regional Regency. In 1958, it was designated as the government center of the Level I Regional Province of Bali. The capital of Bali Province, which was previously in Singaraja in North Bali, relocated to Denpasar City. Consequently, Denpasar experienced rapid growth on various fronts—physical, economic, and socio-cultural. The city's landscape flourished, and urban characteristics proliferated. Denpasar emerged as the epicenter of governance, commerce, education, industry, and tourism (Runa et al., 2011).

As the capital of both Badung Regency and Bali Province, Denpasar City has continued to undergo rapid expansion. The surge in population, coupled with multifaceted development, has presented the city with an array of urban challenges. To address these issues, a crucial decision was made on January 15, 1992, elevating Denpasar's administrative status to that of a municipality. This transition was in accordance with Law Number 1 of 1992, focusing on the establishment of Denpasar City. It was officially inaugurated by the Minister of Home Affairs, cementing Denpasar City as the capital of Bali Province.

Administratively, Denpasar City encompasses a total area of 127.78 km², comprising 43 villages distributed across four districts: North Denpasar, East Denpasar, South Denpasar, and West Denpasar (Badan Pusat Statistik Kota Denpasar, 2016). To provide geographical context, Denpasar City shares its borders with Mengwi District in Badung Regency to the north, Sukawati District in Gianyar Regency to the east, Kuta District to the south, and North Kuta District, also within Badung Regency, to the west. For a more detailed overview of the city's sub-districts and villages, refer to Figure 1



Figure 1. Map of villages and districts located in the city of Denpasar
Source: (Badan Pusat Statistik Kota Denpasar, 2016)

As the capital of Bali Province, Denpasar is home to a population of 962,900 people distributed across 43 villages in four distinct districts. According to data from the Central Bureau of Statistics of Denpasar City, approximately 36.7% of the population belongs to the iGeneration, or Generation Z, as defined by Zemke et al., 2000 Bencsik Andrea (2016). This generation encompasses individuals born between 1995 and 2010 and has grown up amidst the rapid advancement of technology, conducting nearly all activities seamlessly through cyberspace, be it communication, work, education, shopping, or entertainment.

Tari (2011) stated Generation Z has the features of “net generation” due to highly developed digital era, which they were born into. They were also characterized as “facebook-generation”, “digital natives” or sometimes “iGeneration”. This generation's choice of language and expressions may appear somewhat unconventional, as they've grown up in a technology-driven world where the digital environment holds great importance (Andrea et al., 2016).

Generation Z are always online on any technical device virtually, with no stop. It can be seen through their actions, as well which are in connection with their technical environment and which can appear as a tool or as a milieu in their life. Other forms of socialization are very difficult for them. They are not afraid of continuous changes and due to the world of internet they possess much information, but just to a certain extent. To solve problems, they try to find the solutions on the internet (Andrea et al., 2016). Generation Z is known for their perpetual connectivity to various technological devices. Their actions and social interactions are deeply interwoven with the digital landscape, making other forms of socialization seem challenging for them. They are unafraid of constant change, owing to their reliance on the internet for information and problem-solving, Tari (2011) in Bencsik Andrea (2016). The inclusion of generation Z in generation can be seen in Table 1 below.

Tabel 1. Time-line of generations

Generation Name	Year of birth
<i>Veteran generation</i>	1925 – 1946
<i>Baby boom generation</i>	1946 – 1960
<i>X generation</i>	1960 – 1980
<i>Y generation</i>	1980 – 1995
<i>Z generation</i>	1995 – 2010
<i>Alfa generation</i>	2010 +

Sources: Author's modification based on Zemke et al.,2000 in Bencsik Andrea (2016).

The most distinguishing feature of Generation Z, setting them apart from other generations, is their mastery of information and technology. In contrast to preceding generations, information and technology are integral to the very essence of Generation Z. Their upbringing alongside easy access to information, especially via the internet, has significantly influenced their cultural values, perspectives, and life goals (Putra, 2016). Denpasar City, as of 2020, boasts approximately 354 thousand individuals belonging to Generation Z, or the iGeneration, constituting roughly 36.7% of the city's population. Though a precise age range isn't specified, this data provides a reference point for assessing the size of the iGeneration in Denpasar City. For a more detailed breakdown, refer to Table 2.

Table 2. Denpasar City Population Projections by Age Group in 2020

Age group	Sum
0-9	150.900
10-14	70.600
15-19	82.200
20-24	100.500
25-29	100.800
30-39	170.000
40-49	142.300
50-59	91.100
60-69	37.000
70-74	8.300
75+	8.500
Sum	962.900

Sources: Author modification (Badan Pusat Statistik Kota Denpasar,2019)

Characteristics of iGeneration Denpasar City

Analysis of the data obtained from 30 informants belonging to the Generation Z or iGeneration in Denpasar City, as utilized in this study, reveals notable demographic characteristics. In terms of gender distribution, the male segment dominates, constituting 56.6% of the sample, while females represent 43.3%. Furthermore, when considering age categories, the majority of informants fall within the adolescent range of 25-28 years, accounting for 70% of the total, or 21 individuals. In terms of occupational backgrounds, the highest percentage of informants work in the private sector, comprising 56.6% of the sample, followed by students or individuals engaged in education at 26.6%. Notably, all selected informants are residents of Denpasar City, although they may not be indigenous to the area.

Leisure and Recreation Patterns of iGeneration

In the modern era closely intertwined with information technology, the leisure and recreation activities of adolescents in Denpasar City remain largely uninfluenced. Despite the iGeneration's extensive use of devices and the internet, this does not automatically translate into their preferred recreational pastimes during their free time. Recreation fundamentally serves as a means to rejuvenate and escape the daily routine. In the quest for a balance between work or routine and recreation, the iGeneration has devised distinctive methods. Strikingly, in almost all the responses obtained from interviews, technology scarcely figures into the realm of recreation. This contradicts the common belief that today's youth exclusively seek recreation in front of screens. The iGeneration's leisure and recreation patterns in Denpasar City can be categorized as follows:

1. Sports Activities

The most prevalent activity among iGeneration in Denpasar City is engaging in sports. This is due to the ease of access to sports facilities throughout the city. Sports provide an effective means of recreation since they require minimal travel and time investment. This is crucial in urban environments where people lead highly mobile lives. Activities such as futsal, fitness, jogging, workouts, billiards, badminton, and cycling are favored by the iGeneration.

2. Social Interaction

Social interaction is another significant aspect of iGeneration's recreational activities in Denpasar City. It entails dynamic social relationships with individuals or groups, which is intrinsic to human nature. Social interaction serves as an excellent choice for recreation since it brings relief and happiness, especially when shared with close companions. These interactions take place in venues such as cafes, malls, gatherings with friends and coworkers, or participation in the local banjar, a community applying traditional Balinese laws.

3. Beach Visit

Denpasar City offers opportunities for beach recreation, particularly to the east of the city, where famous beaches like Sanur Beach, Matahari Terbit, Sindhu, Segara, Mertasari, and the surrounding beaches near Sakenan Temple stretch from the north to the south of the city. Beach outings encompass a wide range of activities, including swimming, cycling, exercising, enjoying sunsets or sunrises, culinary experiences, or simply relaxing in a serene beach atmosphere. The beaches of Denpasar remain bustling, especially during weekends.

4. Shopping

Being a major city, Denpasar is equipped with its own shopping centers. Currently, it boasts six large malls, offering an appealing option for individuals looking to spend their free time shopping. The prominent malls include Living World Denpasar, the largest of them all, Trans Studio Mall, Level 21 Mall Bali, Plaza Renon, Matahari Mall, and Ramayana Mall. Additionally, Denpasar City offers numerous other diverse shopping destinations, rendering shopping a delightful urban recreational pursuit.

5. Watching Movie

Watching movies serves as an effective means of stress relief and entertainment. It also fosters increased insight and heightened social sensitivity. Several informants disclosed that they frequent cinemas to watch movies. Denpasar City is home to multiple cinema options, including Denpasar Cineplex, Level 21 XXI, Trans Studio Mall Bali XXI, Cinopolis Plaza Renon, and the latest addition, Cinema XXI at Living World Denpasar. Moreover, some respondents opt to watch movies on their mobile phones or laptops, especially for Korean films and dramas.

Meaning of Leisure and Recreation

The meaning of *leisure and recreation* for *iGeneration* is very different. This depends on their lifestyle and daily activities. In this study, the meaning of *leisure and recreation* can be seen from how important recreational activities are to them and how they are meaningful. In more detail, the level of recreational importance in the use of leisure time for *iGeneration* Denpasar City can be seen in Table 3 below.

Table 3. Perception of the Importance Level of Leisure and Recreation Utilization

Attitude Categories	Number (People)	Percentage (%)
Very Important	19	63.3
Penting	7	23.3
Enough	4	13.3
Tidak Penting	-	-
Total	30	100

Sources: Processed from 2023 research data

Perception data regarding the importance of recreation in the use of leisure time reveals that the majority consider recreation highly important (63.3%). This perception is reinforced by interviews with *iGeneration*, where the need for recreation is perceived as exceptionally high, particularly among urban communities, including teenagers. The demands of daily life and the pressures of work or studies make recreation the top choice for unwinding and relieving fatigue. Typically, individuals choose recreation spots near their residences. However, if they have an abundance of free time, they may venture to recreational places beyond Denpasar City. The meaning of recreation for *iGeneration* in Denpasar City can be categorized into the following groups:

Recreation as a Physical and Spiritual Refreshment Activity

Out of 30 respondents interviewed, 21 individuals (70%) view recreation as a means to rejuvenate both physically and mentally after enduring demanding routines. This entails calming the mind, finding refreshment, healing, reducing stress and fatigue, and escaping daily monotony. Such recreation often takes place in proximity to their homes, involving activities like exercise, beach visits for sunsets or leisurely strolls, shopping center visits, and picnics.

Recreation as Self-Reward

Among the respondents, 4 individuals (13.3%) believe that recreation serves as a self-reward after completing intense work or tasks. Allocating time for recreation is a constructive way to reward oneself for accomplishing goals or tackling challenging responsibilities. Common forms of self-reward include shopping, movie outings, and dining at restaurants.

Recreation as a Means of Learning and Skill Development

For 3 respondents (10%), recreation provides an avenue for learning and skill development. They view recreation as a means to nurture hobbies and acquire new skills. Engaging in enjoyable learning activities stimulates the mind and fosters skill enhancement. In the context of respondents, this involves pursuing hobbies like photography and reading books.

Recreation as Work-Life Balance

Interviews unveiled that 2 individuals (6.7%) perceive recreation as an activity for balancing work or studies with personal life. It serves as a means to harmonize professional or academic commitments with socializing, family gatherings, or community engagement within Denpasar City. This aligns with the central function of recreation, which is to create equilibrium between work and personal life.

Among these four categories of recreational meaning, it's evident that the iGeneration in Denpasar City predominantly interprets recreation as a physical and spiritual refreshment activity. This interpretation resonates well with urban lifestyles characterized by high routines and mobility associated with work, school, lectures, and various activities. By embracing recreation as a means of physical and spiritual rejuvenation, adolescents can cultivate a balanced state of mind and body. Integrating recreation into daily life helps attain equilibrium between physical and spiritual well-being across various facets of life.

Level of Urban Leisure and Recreation in Denpasar City

Denpasar City offers a multitude of enticing recreational destinations, and the majority of them are accessible without charge. Nevertheless, there has been a paucity of research assessing the extent to which Denpasar City's residents engage in recreation within their own urban environment. Traditionally, urban dwellers have inclined toward countryside excursions for leisure. However, the impact of evolving technology and the distinctive characteristics of Generation Z have begun to reshape some of the age-old customs that earlier generations upheld. Measuring the level of urban leisure and recreation among iGeneration in Denpasar City can be accomplished by comparing the frequency of recreation activities conducted within Denpasar City, those ventured beyond its borders, and those in rural areas. This contrast enables a comprehensive assessment of the role that Denpasar City plays as a hub for leisure and recreation, as outlined in Table 4 below.

Table 4. Level of Urban Leisure and Recreation in Denpasar City

Statement	Number (People)	Percentage (%)
I often have recreation to fill my spare time around the city of Denpasar, doing various activities that only exist in Denpasar	17	56.6
I often have recreation to fill my spare time in urban areas outside Denpasar City, because I prefer urban places outside.	6	20
I often spend my leisure time in the countryside, doing various activities related to nature and rural life	7	23.3
Total	30	100

Sources: *Processed from 2023 research data*

According to the findings presented in Table 4 concerning urban leisure and recreation in Denpasar City, it is apparent that out of the 30 respondents, 17 individuals (56.6%) opt for frequent recreational activities within Denpasar City itself. They engage in a variety of activities unique to Denpasar, and they choose not to explore urban areas outside of Denpasar or rural settings. This outcome illustrates that urban residents do not exclusively seek recreational experiences in the countryside. Several factors influence this choice, including limited available time, proximity of recreational venues to their residences, a preference to avoid long journeys, and the abundance of enjoyable activities in the immediate vicinity of Denpasar City.

Additionally, the table reveals that 7 respondents (23.3%) favor spending their leisure time in rural environments, engaging in activities intertwined with nature and rural community life. This inclination arises from the constant activity of respondents living and working in Denpasar City, leading them to seek relaxation in peaceful, rural settings. Furthermore, 6 individuals (20%) choose to engage in recreational pursuits in urban areas outside of Denpasar City more frequently, owing to their preference for such locations. Respondents cite the crowded and congested state of Denpasar City, coupled with air pollution, as factors that discourage open-air public recreational activities. These preferences align with the current urban landscape, which is marked by congestion and pollution, thus prompting a desire for more appealing and comfortable recreational destinations.

4. Conclusion and Recommendation

Conclusion

The iGeneration leisure and recreation pattern in Denpasar City encompasses five key categories: Sports Activities, Social Interaction, Beach Visits, Shopping, and Watching Movies. Sports activities, which involve engaging in futsal, fitness, jogging, workout, billiards, badminton, and cycling, rank as the most popular form of recreation. Social interactions, consisting of meetings with friends, colleagues, and family, as well as participation in local banjars applying traditional Balinese customs, come next. Beach visits, shopping excursions, and movie-watching rounds out the list of preferred recreational activities. Denpasar City boasts a plethora of renowned beaches, malls, and large cinemas for these leisure pursuits.

These recreational activities take on varied meanings for iGeneration Denpasar City and can be categorized into four distinct types: recreation as a source of physical and spiritual rejuvenation, as a self-reward, as a tool for learning and skill development, and as a means to balance work and life. Among these categories, the predominant interpretation of recreation for iGeneration in Denpasar City revolves around it being a source of physical and spiritual rejuvenation, with 63.3% of respondents indicating its very high importance for utilizing their free time.

The analysis of urban leisure and recreation in Denpasar City reveals that 56.6% of iGeneration individuals favor engaging in recreational activities within the city, partaking in experiences unique to Denpasar, as opposed to venturing beyond the city's boundaries or into rural areas. This preference is attributed to several factors, including limited available time, the proximity of recreational venues to their residences, a preference for avoiding lengthy travel, and the wealth of enjoyable activities accessible within Denpasar City itself.

Recommendation

Practical recommendations are directed towards the government as the custodian of Denpasar City, a burgeoning urban tourist destination. The foremost advice pertains to ensuring safety and cleanliness, as both aspects are pivotal. Recent times have witnessed an uptick in criminal incidents involving tourists and locals. Moreover, cleanliness, particularly at bustling tourist spots such as beaches, deserves diligent attention. Additionally, the local community yearns for the establishment of green city parks adorned with lush trees, which can serve not only as open venues for music concerts and events but also as serene, natural spaces. Lastly, enhancing Denpasar City's urban tourism allure can be achieved by introducing captivating photo spots, a defining feature for urban tourism. Academic counsel is directed towards future researchers, urging them to explore alternative perspectives when examining Denpasar City. These perspectives might encompass the cultural heritage of the city, urban tourism dynamics, sightseeing tourism, and other research focal points.

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