



Survey Of Motivation Atlet Condition Of Karate Athletes In Ogan Ilir District, Ages 16-19

Almaragi¹, Destriana^{2*}, Silvi Aryanti³

^{1,2,3}Fakultas Keguruan dan Ilmu Pendidikan, Universitas Sriwijaya, Indonesia.

* Korespondensi Penulis. E-mail: destriana@fkip.unsri.ac.id

Abstrak

Tujuan dari penelitian ini adalah untuk mengetahui motivasi atlet karate di Kabupaten Ogan Ilir usia 16-19 tahun. Penelitian ini tergolong pada jenis penelitian deskriptif kuantitatif, Metode dalam penelitian ini adalah metode survei. Sampel yang digunakan yaitu atlet karate Kabupaten Ogan Ilir berjumlah 20 orang atlet yang terdiri dari atlet putra dan putri dengan rentang usia 16-19 tahun. Instrument untuk mengukur motivasi adalah sport motivation scale-6 (SMS-6). Hasil penelitian didapatkan bahwa motivasi atlet karate di Kabupaten Ogan Ilir Usia 16-19 dengan frekuensi terbesar pada motivasi tinggi dengan jumlah 7 atlet dengan presentase 35%, pada kategori motivasi sedang dengan 8 atlet memiliki presentase 40% dan motivasi rendah hanya 5 atlet dengan presentase 25%. Temuan pada penelitian ini adalah bahwa atlet karate Kabupaten Ogan Ilir Usia 16-19 tahun memiliki motivasi yang sedang. Implementasi hasil penelitian ini adalah atlet dapat mengetahui tingkat motivasinya sehingga ke depannya baik pelatih serta pengurus ataupun atletnya sendiri dapat menerapkan program latihan yang sesuai.

Kata Kunci: survei, motivasi, atlet karate

Abstract

The purpose of this study was to determine the motivation of karate athletes in Ogan Ilir Regency aged 16-19 years. This research belongs to the type of quantitative descriptive research. The method in this study is a survey method. The sample used was karate athletes from Ogan Ilir Regency totaling 20 athletes consisting of male and female athletes with an age range of 16-19 years. The instrument to measure motivation is the sport motivation scale-6 (SMS-6). The results showed that the motivation of karate athletes in Ogan Ilir Regency Age 16-19 with the greatest frequency was high motivation with a total of 7 athletes with a percentage of 35%, in the moderate motivation category with 8 athletes had a percentage of 40% and low motivation only 5 athletes with a percentage of 25%. The findings in this study are that the 16-19 year old karate athletes in Ogan Ilir Regency have moderate motivation. The implementation of the results of this study is that athletes can find out their level of motivation so that in the future both coaches and administrators or the athletes themselves can implement an appropriate training program.

Keywords: survey, motivation, karate athlete

INTRODUCTION

In sports, there are many important things in the growth of a child, from birth to adulthood, adequate and correct nutrition is needed for the growth and development of children. Every child needs guidance, especially his parents, the environment, and his peers. In addition, it is also necessary for children to be given space and place to do positive things such as playing, exercising, learning, getting to know their environment and interacting with each other.

Children are the forerunner of the nation's successors and continue a good, noble and pious generation in order to create optimal human resources (Rismayanthi, 2013). Broadly speaking, there are two divisions of sports motivation, namely the motivation that exists within the athlete's body (intrinsic), then the athlete's motivation that is outside the athlete's body (extrinsic), (Singgih D. Gunarsa, 2008) According to ((Reza Resah Pratama et al., n.d.) motivation is also the most important thing in humans that occurs in a goal-oriented manner, which is motivated by the desire to achieve the goals achieved.

The sports motivation that exists within the athlete (intrinsic) is the athlete's character in his heart to be active in training, wanting to win the competition and being proud of the institution that the athlete is in and making the people around him proud (Seba, L., maryati., & rohendi, 2019). The karate sport branch in Ogan ilir district is one of the regions in South Sumatra that has quite good achievements, this is proven in the 2019 provincial sports week championship (PORPROV) Ogan Ilir District is in the top 10 in obtaining medals, one of the contributors to the most medals is Karate branch won 2 gold, 1 silver, 9 bronze.

The number of karate athletes in Ogan Ilir Regency participating in the 2021 provincial sports week (PORPROV) is 14 athletes from 7 male athletes and 7 female athletes. Based on the preliminary survey, it was conducted through observations that occurred, namely sports activities for Ogan Ilir karate athletes who were also given intrinsic and extrinsic motivation for each exercise and at the end of the training the goal was for Ogan Ilir karate athletes to be optimistic and enthusiastic in achieving medals and not hesitate to compete.

Motivation is a very important thing to give to an athlete to achieve a high level of confidence to achieve goals. However, most athletes who practice are not fully aware of the most important things as determined, rarely do training and the main coach is unable to attend, making athletes practice on their own not according to the coach's instructions. Research regarding motivation for similar achievements has also been carried out as follows: In the research conducted (Sari et al., 2020) and the results of this study can be used as a reference for motivation to practice karate athletes during Covid-19.

Namely motivation that is in the athlete's body (Internal) with a strong desire to excel. Seeing the results of previous studies and preliminary observations of the karate branch in Ogan Ilir Regency, this study aims to determine the motivation of karate athletes in Ogan Ilir Regency aged 16-19.

METHODS

The type of research in this type is descriptive quantitative with survey research methods. According to (Suyudi, 2019) survey research is research conducted on large or small populations, but the data studied are data from samples taken from that population, so that relative events, distributions, and relationships between sociological variables are found. The population or subjects in this study were 20 athletes of karate athletes in Ogan Ilir Regency.

The sampling technique in this study uses a total sampling technique, which means a sampling technique where the number of samples is the same as the population used. This study uses an instrument in the form of a sport motivation scale-6 developed by Mallett et al., (2007) the measuring instrument has a reliability that moves between 0.70 - 0.78 with a total of 24 items that have a continuous range of answers from very not suitable (1) to very suitable (7).

The method used is a survey method with a questionnaire as an instrument for data collection. In this study, the percentage of descriptive data analysis using descriptive analysis or descriptive statistics or descriptive statistics. Furthermore, the categorization is carried out based on the Norm Reference Assessment (PAN) with a three scale, namely: High, medium and low

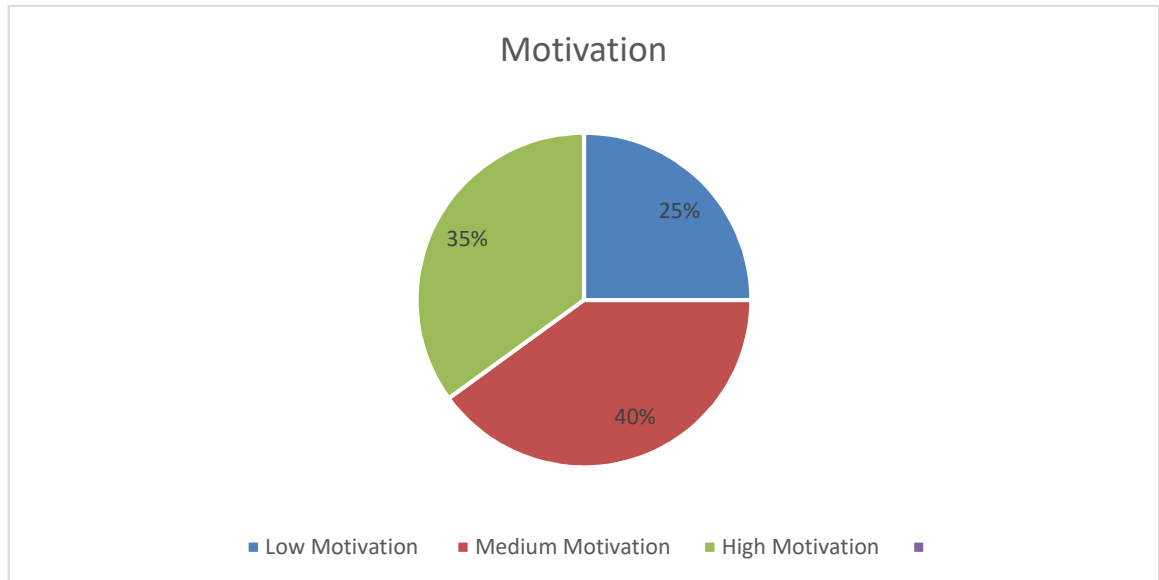
RESULTS AND DISCUSSION

RESULTS

This research is a descriptive study which is described by facts and appropriate data obtained by this research entitled Survey of Karate Athletes' Motivation in Ogan Ilir Regency Ages 16-19 who are the research subjects. After data collection in the field is complete, then proceed with data tabulation and data processing through descriptive statistical calculations. The results of descriptive statistical calculations can be considered as in the table as follows:

Table 1. Distribution of the calculation of motivation

Class	Interval	frequency	Percen
Low	87 – 97	5	25%
Medium	98 – 108	8	40%
High	109 – 118	7	35%



Based on the total motivation score on the motivation of karate athletes in Ogan Ilir Regency aged 16-19 with the greatest frequency in high motivation with a total of 7 athletes with a percentage of 35%, in the moderate motivation category with 8 athletes having a percentage of 40% and low motivation only 5 athletes with a percentage 25%. This means that most of the karate athletes in Ogan Ilir Regency have moderate motivation.

DISCUSSION

Based on the results of data analysis and processing as well as calculations in research on the Karate Athlete Motivation Survey in Ogan Ilir Regency Ages 16-19, it can be concluded that motivation according to research (Ramadhan, 2020) in his thesis entitled exercise motivation survey during the covid-19 pandemic in athletes Jakarta rugby.

The results of research on athlete motivation and based on the total motivation score on the motivation of karate athletes in Ogan Ilir Regency Age 16-19 with the largest frequency in high motivation with a total of 7 athletes with a percentage of 35%, in the category of moderate motivation with 8 athletes having a percentage of 40% and low motivation only 5 athletes with a percentage of 20%.

From this, it means that most of the karate athletes in Ogan Ilir Regency have moderate motivation. This is in accordance with research conducted (Purba, 2016) regarding achievement motivation that motivation is influenced by intrinsic motivation and extrinsic motivation as well as the surrounding environment because motivation can change over time and the need for a coach to maintain and improve the motivation of athletes, if athletes achieve has exceeded the target, the athlete himself will feel challenged to issue and improve his abilities to the fullest. In line with the research conducted by (Putra, P. P. K., & Wijono, 2021) with his thesis entitled

The Level of Achievement Motivation of Pencak Silat Athletes in Padepokan Pringgoloyo in Ponorogo Regency, he said that in fostering the achievement of athletes, one of them at the Pringgoloyo hermitage always contributed to victory with serious training. In other research karate (Lestari et al., 2020) relationship between mental toughness and referee karate performance, to find out if there is a significant relationship between competitive anxiety and referee karate performance.

With a good training program procedure, of course behind that success there is something to do, one of which is motivation. In detail, the results of the discussion on the motivation of karate athletes in

Penerbit:

UNP Press, dan Pusat Studi Ilmu Keolahragaan
Fakultas Ilmu Keolahragaan, Universitas Negeri Padang

Ogan Ilir Regency Age 16-19 consist of 24 questions and 6 aspects, namely: 1. Satisfaction and pleasure are motivations that appear in the athlete's body. Athletes who have high Intrinsic Motivation always feel satisfied and happy with anything related to training both before and after training in order to create a sense of peace in the athletes themselves. Almost from respondent data or 80% of athletes who take part in training in the midst of the COVID-19 pandemic have high satisfaction and pleasure, because it can be concluded that karate athletes feel satisfied and comfortable when participating in training.

Athletes also feel proud and happy if they can master their new techniques and strategies to perfect their abilities. 2. Individual needs are motivations that arise during exercise which are considered from their environment. Athletes who have high individual needs assume that the exercise that is carried out is appropriate for their lives. Most of the respondents or 80% of karate athletes who took part in training during the COVID-19 pandemic had high individual needs. It can be said that karate athletes have made karate a principle of their way of life with applicable legal norms and principles of life. 3.

Improving Skills is a state of practicing according to a schedule and time, improving conditions both inside and outside the athlete's body and reaching the maximum in matches and competitions. Most of the respondents, 78% of karate athletes who took part in training during the covid19 pandemic, had high skill enhancements. This means that they really have a desire to improve aspects of their lives, improve their appearance and they want to maintain relationships with their friends. 4.

Appreciation from Others is that motivation appears outside of the athlete himself, athletes who have high external regulation will always be motivated by their immediate environment, such as always being praised, wanting to be appreciated, and always showing that he is the best during training. Most of the respondents or 74% of karate athletes who practiced during the covid-19 pandemic had high appreciation from others. It can be said that athletes get a sufficient motivational boost from their immediate environment and get praise and the results obtained by the athletes themselves by the surrounding environment. 5.

Unmotivated conditions are conditions that cannot be controlled and cannot carry out their training. Most of the respondents or 34% who practiced during the covid-19 pandemic Low Unmotivated Conditions. It can be said that athletes also tend to be unstable in maintaining their motivation so that there is still the possibility of rising and falling motivation of athletes. 6. The obligations that must be carried out are the rights and activities of athletes to practice seriously and achieve achievements. Most of the respondents, 81% of karate athletes who take part in training during the covid pandemic have high obligations that must be carried out.

Research about motivation is (Muskanan, 2015) analysis of the relationship and influence of intrinsic and extrinsic factors is motivation on athlete achievement, beside that the research of (Pamungkas & Mahfud, 2020) shows that exercise motivation is in the sufficient category based on Intrinsic Motivation to get a score of 47.82%, and based on Extrinsic Motivation, the score reached 46.66% categorized as sufficient, and the research about motivation is (Kusumajati, 2011) this research is that there is significant relationship between anxiety facing matches and motivation of fencers.

CONCLUSION

Based on the results of the research and analysis of the data above, it can be concluded that the overall motivation of karate athletes in Ogan Ilir Regency Age 16-19 is in the moderate category. This research is useful for athletes and coaches to find out how motivated they are in training, so it is necessary to evaluate the training ground so that it can increase the motivation of karate athletes and have an impact on increasing karate athlete performance.

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