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The Urgency Of Motivation For Pergatsi's Athletes In Palopo

Andres¹, Rachmat Hidayat², A. Heri Riswanto³

^{1,2,3,4} Universitas Muhammadiyah Palopo, Jl. Jend Sudirman No.Km. 03, Kota Palopo, Sulawesi Selatan, 91922, Indonesia

*e-mail:andresanres0@gmail.com¹, rachmathidayat@umpalopo.ac.id², andiheriswanto@umpalopo.ac.id³

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Abstract

Motivation plays a vital role in training to achieve a goal, which is an achievement. Encouragement to practice is beneficial for measuring the level of motivation of gate ball athletes in Palopo. The population in this study consists of 19 gate ball athletes in Palopo, ten males and nine females. The number sample is 19 gate ball athletes from Palopo. Data collection in this study used a questionnaire (questionnaire) via Google form. Quantitative descriptive research methods and data analysis techniques use a Likert scale. The study's results provide an overview of the coach as a factor influencing the training program and seeking to maintain the athlete's motivation. The training motivation of Gateball athletes is in the reasonably good category of 43%. Based on the classification of training motivation per Indicator of the athletes themselves by 37%, type of performance results by 37%, classification of competition atmosphere by 47%, and task or performance classification by 37%. This study concludes that the training motivation of gate ball athletes in Palopo is in the Fairly Good category.

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✉ Correspondence address: Jl. General Sudirman No. Km. 03, South Sulawesi 91922, Indonesia

E-mail:andresanres0@gmail.com

INTRODUCTION

Sports activities are necessary at this time to keep the body fit (Ijyayama & Gede Dharma, 2018). Sport is a powerful tool for a nation's physical and mental development; with regular exercise, daily activities will feel lighter (Hidayat & Nanang, 2015). Sports improve the quality of human resources, aimed

at the basis of a person's personality and character, sportsmanship, and discipline so as to increase an achievement that can increase a sense of national pride (Syampurma & Hilmainur, 2022.). The sport involves physical elements and pleasures, improving physical and mental health (Dandy Pranata & Noortje Anita Kumaat, 2022). Sport is a medium or

means humans can utilize to achieve a degree of fitness (Purba et al., 2022). Sports activities also form sportsmanship, personality, and good character, forming quality human beings (Safitri et al, 2021). Sport is all systematic activities to encourage, foster and develop physical, spiritual, and social potential (Melby Sabila Cahya & Galih Dwi Pradipta, 2021).

The Palopo's Gateball is under the auspices of the KONI Palopo with the head organization PERGATSI Palopo. Gateball came to Palopo in 2016 and was introduced to the employees of the City Government of Palopo. Now there are 5 gate ball clubs in Palopo. After being introduced, this sport spread to several regional offices in Palopo. Even in several universities, especially in Palopo, it has been introduced. In 2018 Palopo's Gateball took part in an exhibition at the Pinrang XVI. In 2021 Palopo's Gateball took part in the Pre-Porprov which was held in Makassar and succeeded in passing to Porprov XVII 2022 Sinjai-Bulukumba.

Gateball is a sport played both competitively and recreationally and is one of the few expected sports to lead to success (Simorangkir & Muhammad Irfan, 2022) Gateball is a sport that relies on accuracy. Hence, it requires high concentration to achieve game goals (Irfan & Hasibuan, 2019). Gateball is a low-intensity sport popular among Taiwanese parents (Hsu et al. 2021.) Gateball or goalball is a type of sport using a ball bat (stick) and is played by two teams facing each other (Suryanto, 2011).

Gateball basic techniques include strokes, touch strokes, and trigger strokes. The

basic techniques in gate balls have varied training materials. However, the forms of training are very lacking and conventional (only on the field) and lack understanding regarding the basic gate ball techniques that coaches apply (Indrajaya & Fajar Arief, 2019).

Motivation is a person's mental fortitude. As a result, motivation is an important component of any organization or individual (Hidayat & Riswanto, 2021). Motivation in sports is a psychological factor that sports coaches and teachers must pay attention to. Motivation is the basis for directing and driving the actions and behavior of an athlete during sports. The form of athlete motivation is an essential element in measuring a person's ability to compete and gain achievements (Arifin & Wahyudi, 2021).

The form of behavior that stimulates and acts as a driving force in doing something is known as motivation (Dahlan et al., 2020). Motivation is the process of giving passion, direction, and persistence to behavior. This means that motivated behavior is full of energy, directed, and lasts long (Solissa, 2017). Motivation contains a desire that activates it, moves it, and directs the attitudes and behavior of individual learners. Motivation is the driving force that causes changes in a person's character towards a higher level of progress in playing. (Sukti 2015). Training is the process of preparing athletes for greater performance gains (Amansyah, 2019).

Exercise is a planned, structured, continuous activity to improve and maintain one's health (Hamdani & Hasye, 2019). The meaning exercise, which comes from the word

"practice" is an activity in psychomotor improvement related to training skills and using various forms of equipment that are suitable for sports purposes; it implies that during the training process activities in improving sports skills and using supporting tools (Sumarsono, 2017). Exercise or exercise is a form carried out methodically and continuously, increasing the intensity and volume of the exercise (Muhammadiyah, 2019).

Training is a process that is arranged systematically, programmed, and continuously so that in its implementation, it can run smoothly so that the objectives of an exercise can be realized (Dahlan, 2019). Training is a systematic process of doing the same thing repeatedly while increasing the amount of training load and training intensity, which increases over time (Hidayat et al., 2021). The principle of training in every sport is very important for athletes because it can support efforts to improve the quality of the training undertaken so that they can achieve achievements (Sulaiman, et al, 2019). The principles of training are matters that must be known by a trainer so that training objectives can be achieved according to their goals (Harliawan et al, 2020).

Previous research (Rahmanto, 2019) concluded that gate ball extracurriculars were included in the Fairly Good category because students were interested in participating in gate ball extracurriculars. After all, it was a positive activity, but gate ball was not widely liked in the community where students lived because it was still a new sport.

Based on my observations at the Gateball club in Palopo, namely during training, several athletes needed more motivation in an athlete, namely not being serious and not enthusiastic in deep training. Most of the athletes did not come at the time of practice because they were busy with other activities. Irregular training because athletes usually arrive late. Lack of discipline in participating in training so that the achievements of the Palopo gate ball athletes decreased.

The research problem is how is the motivation level of gate ball athlete training in Palopo. The solution to overcome this problem is to conduct research related to providing training motivation questionnaires to determine the extent of gate ball athletes' motivation in training. Giving questionnaires to gate ball athletes in Palopo is now expected to be able to produce athletes who are ready to be given the training to achieve maximum results in improving performance and supported by PERGATSI sports facilities and infrastructure in Palopo, athletes will be enthusiastic and have high motivation to improve skills in sports in addition to academic ability, ability in the field of sports is also great. Novelty research related to the psychological aspects of gate ball athletes in Palopo during practice. Giving a questionnaire (questionnaire) using Google form.

METHODS

This research uses descriptive and quantitative methods (Atkins et al., 2015). The descriptive method is defined as a method of

determining the outcome of a single attribute (variable), not comparing and looking for associations with other variables. The population of gate ball athletes in Palopo is 19 athletes consisting of 10 males and nine females. The number of samples is 19 gate ball athletes from Palopo. The data collection technique uses a questionnaire (questionnaire) using Google form (<https://forms.gle/VDfLetmAXLbpKttJ8>).

The questionnaire used is in the form of question items with options to determine the answers from the specified respondents. Based on alternative answers to the questionnaire given to respondents as the selection of answers that are considered correct and using a Likert scale. Giving questionnaires in this study centered on alternative answers using a Likert scale as a reference in research (Judge, A, A. 2020). The Likert scale has 5 responses, which is a form of data interpretation with the aim of managing the questionnaire from the results filled out by the respondents. The purpose of the descriptive analysis is as a form of narrative and as an illustration of the results of research related to the level of athlete motivation in participating in Gateball training.

FINDINGS AND DISCUSSION

Findings

The results of the study provide an overview as a form of distributing questionnaires which are presented in the form of data filled in by each respondent as many as 19 gate ball athletes by giving questionnaires to athletes who are doing exercises. The results of this study can be classified based on

filling by each respondent according to the classification of gender, age, and occupation.

Classification results based on sex show that the gender classification, namely men totaling ten subjects with a value of 52.6% and women totaling nine subjects with a value of 47.4%. Classification results based on age show that respondents aged 21-30 years were 10 respondents with a value of 52.6%, respondents aged 31-40 years were 3 respondents with a value of 15.8, respondents 41-50 years were 1 respondent with a value of 5.3%, and respondents 51-60 years consisted of 5 respondents with a value of 26.3%. Classification results based on age show that based on the diagram above, four respondents work as civil servants with a score of 21.1%, eight self-employed respondents with a score of 42.1 and 7 student respondents with a score of 36.8%.

Based on the test results, the training motivation data for each Indicator are obtained as follows:

1. Per Indicator, the athlete's classification itself obtains a percentage of 37%, indicating that it belongs to the Fairly Good category.
2. Per Indicator, the performance results classification obtains a percentage of 37%, indicating that the Indicator is classified as Fairly Good.
3. Per Indicator for the classification of the atmosphere of the match gets a percentage of 47%, indicating that the Indicator belongs to the low category.
4. Per Indicator of task classification or performance obtains a percentage of 37%,

indicating that the Indicator belongs to the Fairly Good category.

Based on the test results, the following data were obtained from the motivational

questionnaire for gate ball athlete training in Palopo:

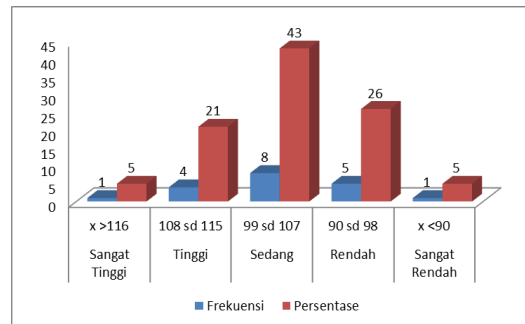


Figure 1. Classification of Exercise Motivation

Discussion

The training motivation of Gateball athletes in Palopo is in the Fairly Good classification with a value of 43%. Motivation is essential in training to achieve a goal, especially achievement. Motivation affects achieving good training results and goals (Sulistyo et al., 2021). As a result, someone inspired to act on something will research, try to be more active in dealing with activities that interest him, and continuously develop to achieve success (Wattiena & Khaeroni, 2021).

Athletes who are still exercising have a low anxiety response and a strong desire to return to sports (Utomo, 2022). The emergence of "feeling," accompanied by a response to the existence of a goal, characterizes motivation as a change in one's energy. (Ichsan Syah et al., 2021). An important factor of motivation is an element that builds enthusiasm to liven up a high self-confidence that will impact both during

training and in competition (Adrianus & Victor, 2016).

Motivation is a strong desire or interest that drives a person to achieve a certain result (Sari, 2020). Motivation is a form of encouragement to carry out a process of achieving individual success in order to continuously improve quality as much as possible (Anita & Brinzel, 2016). Motivation is a desire that lies in a person eating in doing something according to that person's wishes (Damanik, 2020). Motivation is an activity that causes, distributes, and maintains human behavior, the simplest reflection of motivation can be seen from this aspect of behavior (Gus Hendri & Isaac Aziz, 2020).

Motivation is defined as a form of one's feelings, which means that motivation is relevant to the psychological, affective, and emotional perspectives that affect the behavior of every human being (Sidik & Sobandi, 2018). Just as motivation is closely related to kinesthetic (movement), students with higher

kinesthetic perceptions can improve learning processes and strive to achieve the desired goals and achievements (Syahrudin et al., 2019). Athletes must be driven from a mental perspective from motivation (Pamungkas & Mahfud, 2020).

The emergence of motivation is due to a source that encourages people to try. The intensity of the effort to achieve that goal reflects the strength or weakness of motivation. By the needs system theory, a person will display a behavior because of a need for a sure thing, which is usually a deficiency (Son, 2017). Motivation is the process of actualizing the source of driving and driving individual behavior to fulfill the need to achieve specific goals (Candra Oki & Wahyudi, 2020).

Motivation can also be said to be a series of attempts to provide certain conditions so that a person is willing and wants to do something, and if he does not like it, he will try to negate or avoid that feeling of dislike (Maulana, et al, 2021). Motivation is a process as the first step for someone to take action due to physical and psychological deficiencies. In other words, encouragement is shown to fulfill specific goals (Demidiyetti, 2021). Motivation is a very 'famous' terminology. It tends to be one of the keywords, especially when discussing success in various aspects of life, such as success in business and, of course, sports (Alim, 2018).

The advantage of this research lies in providing a questionnaire in the form of a Google form because it makes it easier for respondents to access or answer a statement item. In addition, motivational variables play an important role in athletes' success during

training and competition. Motivation to practice is very useful for measuring the level of motivation of gate ball athletes in Palopo.

The limitations of this research have many areas for improvement in the research process. Researchers need to address this research because it is based on technical constraints and obstacles in conducting research. Constraints and obstacles that become factors that lie in research implementation, including time and place. From the results of completing the questionnaire, several Gateball athletes from Palopo needed to be on time in filling out the questionnaire, so some athletes worked as civil servants; due to their busy schedules, filling out the questionnaire took around 2-3 days. Data packet issues constrain some athletes from accessing Google forms. Plus the network is unstable, so it is not connected correctly to access Google form.

The research recommendations are very useful for increasing the motivation to practice Gateball athletes in Palopo. Especially for coaches as reference material and input material in seeing the condition of athletes both during practice and competition. For athletes, it can be used as personal evaluation material to increase training motivation. The psychological aspect, namely the provision of motivation, determines an athlete's success in training and competing.

CONCLUSION

As the latest information to the Palopo Gateball Club regarding increasing athlete training motivation, the study's results provide an overview to the coach as a factor that

influences the form of training and remains consistent in increasing athlete motivation in training. The training motivation of Gateball athletes is in the Fairly Good category of 43%. Based on the results of the classification of training motivation per Indicator of the athletes themselves by 37%, classification of performance results by 37%, classification of competition atmosphere by 47%, and task or performance classification by 37%. An athlete's decision-making in following the Gateball training process should be studied more deeply. Does the athlete only follow the development of playing gate ball and the desires based on playing gate ball with a specific purpose?

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