



Training Motivation In Taekwondo At Sadding TC Club, Pringsewu-Lampung

Nadyyatul Zannah¹, Lungit Wicaksono², Riyan Jaya Sumantri³, Joan Siswoyo⁴.

^{1,2,3,4} Major of Physical Education, faculty of Education, Universitas Lampung,
Lampung, Indonesia

Abstract

This study aims to determine the extent of the role of training motivation in taekwondo athletes at SADDAD TC Club, Pringsewu Regency, Lampung Province, when evaluated from three aspects: achievement, physical fitness, and recreation. It also seeks to identify which of these aspects is more dominant and plays a more significant role in encouraging taekwondo athletes to train. This research uses a descriptive quantitative approach with a questionnaire as the instrument. The sample consists of a total sampling of 200 active taekwondo athletes. Based on the data analysis results, motivation among taekwondo athletes is highest in the achievement aspect at 39.13%, followed by the recreation aspect at 34.78%, and lastly, the physical fitness aspect at 26.09%. This study also discusses the role of external factors such as the role of coaches and parents in influencing the motivation of taekwondo athletes at SADDAD TC Club, Pringsewu Regency, Lampung Province.

Keywords: *Motivation, Training, Taekwondo*

Correspondence author: Nadyyatul Zannah, Universitas Lampung, Indonesia.
Email: znadyya03@gmail.com



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INTRODUCTION

Motivation plays a very important role for every individual. With high motivation, the likelihood of achieving one's goals increases. As taekwondo practitioners, we must have high motivation to train. High Motivation encourages athletes to train, compete, and achieve their goals. Without strong motivation, performance may decline, fatigue may set in, and athletes may even stop training.

Motivation is defined as a form of human feeling, which implies that motivation is relevant to psychological, affective, and emotional perspectives that affect human behavior, according to (Sisik & Sobandi, 2018) in (Hidayat & Heri Riswanto, 2023). In the book by Dr. Ari Wibowo Kurniawan, M.Pd. et al (2021) entitled sports psychology, motivation refers to why individuals choose to do a certain activity and another? Why do individuals teach a task more vigorously? Why do individuals want to teach something diligently and persistently for a long period of time? One element of motivation is motive. It can be concluded that motivation arises when someone has a specific motive or reason for performing an action to achieve that goal.

In general, motivation plays an important role in helping athletes achieve their goals. With strong motivation, athletes can be more disciplined and enthusiastic in their training. In the context of sports, motivation is divided into two types, namely intrinsic and extrinsic motivation. Intrinsic motivation comes from within the athlete, such as personal satisfaction, while extrinsic motivation comes from outside the athlete, such as awards, trophies, or social recognition.

Research by Ahmad Saiful Alamin and Edy Minarto (2020) explains that from the indicators of achievement motivation, commitment, feedback, responsibility indicators, and creativity indicators, the achievement motivation indicators was categorized as very high. Therefore, the research chose the issue of taekwondo training motivation with the aim of identifying the factors that influence athletes' motivation, both intrinsic and extrinsic, and identifying the dominance of factors that influence athletes' motivation when viewed from intrinsic and extrinsic factors. With an understanding of athlete motivation, coaches can create training programs that suit the needs and expectations of athletes. In addition, many athletes experience boredom, which leads to a decline in training motivation.

This study can also explore the role of social support from coaches, family, and peers in influencing athletes' motivation. This psychological support can help athletes deal with the pressures and challenges they face, thereby increasing their motivation and performance. This study is expected to contribute to the existing literature on motivation in sports, particularly in the context of taekwondo, which is still limited in Indonesia.

Without motivation, athletes will not be able to give their best effort in training, which can lead to a decline in performance skills during competition. In addition, low motivation can also reduce athletes' discipline during training, cause boredom with the training program, and lead to mental fatigue. Therefore, researchers measured motivation levels from three aspects, namely recreation, physical fitness, and achievement.

METHOD

This study used a quantitative research design with a descriptive approach. Using quantitative research, the results will be in numerical form (numbers) and will be calculated using statistics. This study used a descriptive approach that describes and explains accurate facts. In this study, athletes or respondents filled out a questionnaire distributed by the researcher regarding training motivation by providing the correct answers for each question.

This research was conducted once by filling out a questionnaire. It was conducted at the SADDAD TC Club in Pringsewu, Lampung province. The population of this study used a total sampling technique of 200 taekwondo practitioners who actively train at the SADDAD TC Club in Pringsewu, Lampung Province. This study uses an instrument or tool in the form of a questions covering three aspects; recreation, physical fitness, and performance. This instrument uses a 1-4 likert scale with the following points :

Table 1. Poin Likert Scale

Statement	Point	
	Positive	Negative
Strong Disagree	1	4
Disagree	2	3
Agree	3	2
Strongly Agree	4	1

This data analysis method includes validity and reliability tests to examine the accuracy of the statements. In calculating the data, the steps taken are to calculating the data, the steps taken are to calculate the score for each respondent's answer to each question item, calculate the percentage for each aspect and interpret it, and calculate the percentage for each aspect and interpret it. The percentage formula used is :

- a. Calculate the percentage of each score for each question

$$X_s = \frac{\sum x}{N} \times 100\%$$

Explanation :

N = Number of Respondents

Xs = Percentage Value

Σx = Frequency

- b. Calculate the percentage of each aspect

$$NP = \frac{R}{SM} \times 100\%$$

Explanation :

NP = Percentage Value Sought or Expected

R = Total Amount per-Aspect

SM = Total Overall Aspect

100 = Fixed Number

RESULTS AND DISCUSSION

Result

The results of this study on taekwondo training motivation at SADDAD TC Club in Pringsewu, Lampung Province, were measured using 22 statements consisting of three aspects, namely recreation, physical fitness, and achievement. The results of the study on taekwondo training motivation at the SADDAD TC Club in Pringsewu Lampung, can be summarized as follows :

Table 2. Total Amount Aspects

TOTAL AMOUNT				
ASPECTS	P	N	Σ	PERCENTAGE
REKREATION	800	800	1600	34.78261
FITNES	600	600	1200	26.08696
ACHIEVEMENT	800	1000	1800	39.13043
TOTAL			4600	

ACCUMULATION OF ASPECTS

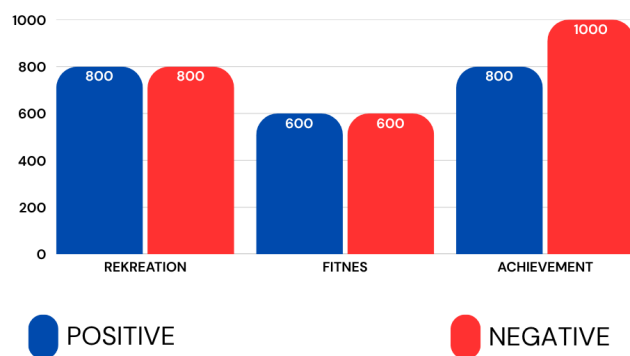


Figure 1. Accumulation of aspects

ASPECT PERCENTAGE

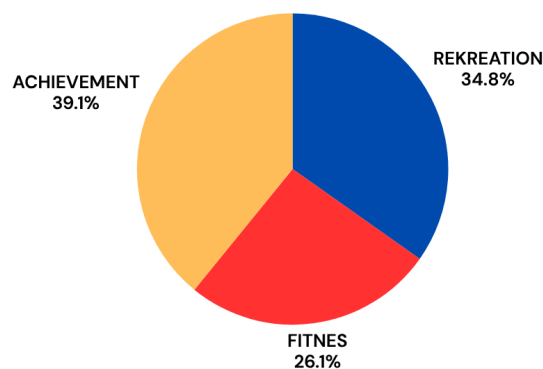


Figure 2. Aspect Percentage

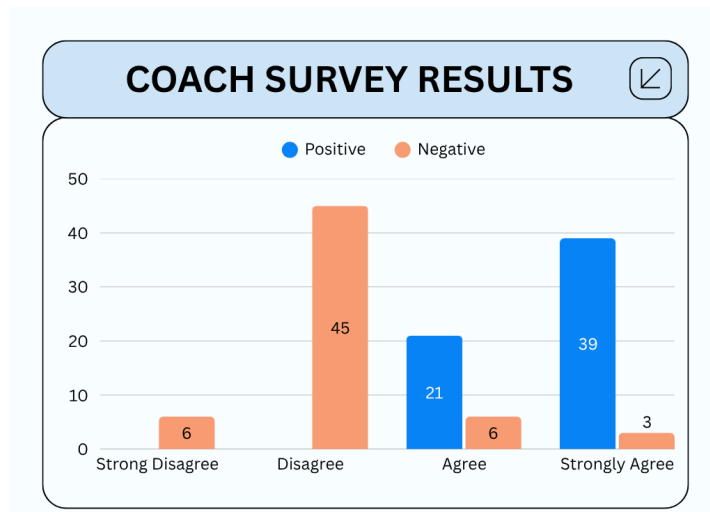


Figure 3. Coach Survey Results

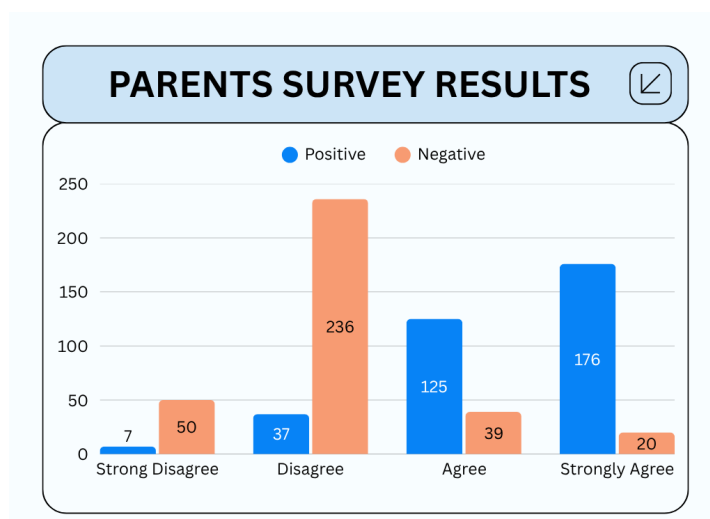


Figure 4. Parents Survey Results

From Table 2 and picture 1 it can be seen that the aspects of recreation, physical health, and achievement had the highest numbers, with achievement having a total of 1,800 responses and 39.13043%, followed by the recreational aspect with 1,600 responses and 34.78261%, and finally the fitness aspect with 1,200 responses and 26.08696%. Picture 3 and picture 4 shows that for positive statements, the overall response from coaches was good, with 39 responses. For negative statements, the highest data was 45 responses.

Discussion

Motivation is a driving force that can spark initiative in individuals to take action. The power that arises from motivation is very influential in encouraging activity, especially

activities aimed at achieving high performance as an athlete. In taekwondo, motivation is one of the key drivers for athletes to achieve their goals.

Being an athlete certainly requires a high level of motivation, especially since this motivation is influenced by intrinsic factors that originate from within the athlete. The stronger the athlete's motivation, the greater the possibility of achieving good results. Conversely, if an athlete has low motivation, they will lose their purpose, enthusiasm, and performance in training, which can lead to a decline in training performance and quality, and even cause them to stop training altogether.

The results of the data analysis above show that of the three aspects of motivation, namely recreation, physical fitness, and achievement, the achievement aspect is more dominant than the recreation and physical fitness aspects. Because the achievement aspect achieved the highest percentage of 39.13%, which indicates that taekwondo practitioners at the SADDAD TC Dojang tend to be more interested in competitive achievements. In the context of taekwondo training motivation, this data reveals that the achievement aspect, with 1,000 negative responses and 800 positive responses, contributes the most. Therefore, it is recommended that the training program should emphasize competitive elements to improve the quality of taekwondo practitioners and maintain their interest.

This is followed by the recreational aspect at 34.78% with a total of 1,600 responses. This aspect indicates that taekwondo practitioners not only have the motivation to achieve, but they also use taekwondo training as a form of self-entertainment and as a place for them to socialize and interact with their friends. and finally, the physical fitness aspect accounted for 26.09% with a total of 1,200 responses, indicating that taekwondo practitioners at the SADDAD TC Dojang practice taekwondo to maintain their physical health and fitness.

The research findings show that 39.13% of taekwondo practitioners are motivated to achieve excellence, which is consistent with the achievements of taekwondo practitioners at the SADDAD TC Dojang in Pringsewu Regency, Lampung Province, who have good and excellent achievements. Many taekwondo practitioners from the SADDAD TC Dojang also participate in competitions in Lampung and outside Lampung, ranging from national to international championships.

This is in line with the research theory according to Rizky Novizar Budi Setiano entitled Motivation of children aged 12 to 15 years in participating in extracurricular activities at State Junior High School 165 Jakarta (2016), which states that taekwondo practitioners' motivation tends to be dominated by the motivation to achieve and compete, with data results of 41%. Research by Ahmad Saiful Aalamin and Edy Minarto entitled Achievement Motivation of

Athletes at the Special Training Center of the East Java Provincial Association of Indonesian Athletics (2020) shows that achievement motivation plays the most significant role, as indicated by the research results categorizing achievement motivation as very high. According to research by Cindy Nevria Marbun entitled Survey of Achievement Motivation of Petanque Athletes in North Sumatra After PON XXI 2024 Aceh North Sumatra (2025), the results show that the achievement percentage of Petanque athletes in North Sumatra after PON XXI 2024 Aceh North Sumatra, involving 20 athletes, was analyzed based on specifications. When viewed from the percentage distribution, there were 15 athletes in the high category (75%), 3 athletes in the medium category (10%), and 2 athletes in the low category (15%).

In addition to the athletes' own motivation, there is also strong external motivation, which includes support from coaches and parents. This is in line with the research results, which show that all coaches fully support taekwondo athletes to develop, especially to achieve in taekwondo. Basically, coaches are proud of their athletes' achievements and happy with their accomplishments. Additionally, there is support from parents. Based on research findings, parents support their children in training and achieving in taekwondo, as taekwondo training helps maintain children's health, and parents believe that their children's motivation to participate in taekwondo training is very high.

CONCLUSION

Based on the results of the research conducted, it can be concluded that the three aspects of motivation, namely recreation, physical fitness, and achievement, have different correlations among taekwondo practitioners at the SADDAD TC Dojang in Pringsewu Regency, Lampung Province, as follows: The role of motivation in these taekwondo practitioners tends to have a significant influence, because the higher their training motivation, the greater their performance and results from the training. This motivation can be considered a driving force that encourages athletes to train, compete, and achieve their goals. Without strong motivation, it can lead to decreased performance, fatigue, and even cessation of training. Based on the survey data, the role of motivation is clearly seen in its distribution, where the aspect of achievement plays a dominant role as the main driver for taekwondo practitioners to train diligently, with discipline and enthusiasm to achieve their goals. From the results of the study, the most dominant motivation for taekwondo practitioners is achievement, followed by recreation, and finally physical fitness. Then there is external support, namely support from coaches. Based on the results of the study, it is clear that coaches support taekwondo practitioners to achieve and

compete, and coaches will continue to support them even when there are difficulties. Another external supporter is parental support. In addition to coaches, parents also play a role in motivating taekwondo practitioners. Based on the research, the parents of taekwondo practitioners also support their children to achieve in taekwondo, even though there are concerns about the risks faced by a taekwondo practitioner. However, the parents believe that their children can overcome and get through it.

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