



A Review Of Athletes Motivation To Participate In Training at Jambi City Athletics Clubs

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ABSTRACT

This study aims to determine the level of motivation of athletes participating in training at the Jambi City Athletic Club. This research is a quantitative descriptive research with a survey method. The population in this study amounted to 150 athletes from 3 athletic clubs in the city of Jambi, the sample in this study amounted to 30 athletes aged 12-15 years who were members of 3 athletic clubs in the city of Jambi. The sampling technique used is purposive sampling. The research instrument used a likert scale questionnaire consisting of indicators of intrinsic motivation (interest and desire to achieve) and extrinsic motivation (training methods, trainers, facilities and infrastructure and environment). The data analysis technique uses descriptive analysis in the form of percentages. The results of the data calculation show that the level of motivation of athletes of the Jambi City Athletic Club aged 12-15 years obtained an average score of 84.85 and is included in the very high category. The results of the study on intrinsic motivation obtained a very high category of 56.7% and extrinsic motivation obtained a high category of 53.3%. Intrinsic motivation has a more dominant percentage compared to extrinsic motivation.

Keywords: *Motivation, Athletes, Athletics*

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INTRODUCTION

According to (Jane Ruseski) in (Rosa et al., 2022), exercising or doing regular physical activity can reduce the risk of long-term illness, reduce stress and depression, improve emotional well-being, energy levels, self-confidence, and increase social. Exercise is any form of activity designed to improve a person's physical fitness, especially by improving organ metabolism, breathing, blood circulation, nervous conditions, and body health. In the context of achievement sports, the achievement of optimal results is required by potential athletes who are fostered and directed by coaches. To achieve the desired results, coaches and athletes need support from administrators or coaches in the form of adequate facilities, the well-being of coaches and athletes, and motivation to achieve goals. Wigyantari I & Wulandari F.Y in (Aditiya, 2024).

One of the sports that is the basis of various sports is athletics. The Greek word "athletics" According to Sukendro and Yuliawan (2019), athletics is an official sport established by the federation "Indonesian Athletics Association (PASI)." PASI (Indonesian Athletic Association) is the governing body of athletics in Indonesia and is part of physical and health

education that emphasizes balanced physical growth as well as mental, social, and emotional development.

To become a champion in athletic competitions, there are many requirements in addition to ideal physical condition, an athlete must also be in ideal mental condition. This is necessary because an athlete must be able to do everything optimally without being distracted by other factors. In other words, an athlete must have strong motivation and confidence in showing his or her best abilities. Motivation will result in a change in the energy that exists in a person, so that it will result in changes in emotions and actions to do something and all of it is driven by desires and needs.

One of the factors that affect an athlete's achievement is motivation, which comes from the athlete himself, his parents, his coach, and the environment in which he or she operates. According to Ryan & Deci, (2020) Motivation plays an important role in a person because it is one of the factors that motivates a person to behave in a certain way. The existence of motivation in a person can encourage him to do activities to the maximum, such as studying, practicing, working, and being diligent in doing these activities. This motivation is essential in every aspect of changing one's behavior.

The Jambi City Athletic Club has an important role as a forum for coaching athletes in developing their abilities in athletics. In adolescence, physical abilities and athletic techniques begin to develop rapidly, so coaching from an early age is very necessary so that the potential can be directed properly. Through this club, athletes are given systematic and professional training, ranging from basic techniques such as running, jumping, and throwing to strengthening physical and mental condition. The Jambi City Athletic Club also provides a conducive environment for children to learn discipline, cooperation, and sportsmanship, which is not only beneficial in the world of sports but also in daily life. Thus, this club not only serves as a training ground, but also as a means of character formation and athletic potential development for athletes in Jambi City.

METHOD

This research is a quantitative descriptive research. This study uses a survey method using percentages, This study uses quantitative descriptive research. According to Arikunto (2019), "explaining quantitative research as the name implies, there are many demands using numbers, starting from data collection, interpretation of the data, and the appearance of the results." In this study, a survey technique was used with a non-test technique in the form of questionnaires to athletes at the Jambi City Athletic Club in a systematic, factual and accurate manner regarding the facts and characteristics of certain populations.

The population used in this study is all members who actively participate in training and coaching activities in three athletic clubs in the city of Jambi. The study population consisted of 150 athletes, including 69 athletes from the Spartan Athletic Club, 51 athletes from the Finix Running Club and 30 athletes from the Aretha Athletic Club. Technique As a result, the sample of this study amounted to 30 athletes, including 24 men and 11 women who were sample using purposive sampling, aged 12-15 years. The instruments in the research are intrinsic motivation (interest and desire to achieve) and extrinsic motivation (training methods, trainers, infrastructure facilities and environment).

RESULTS AND DISCUSSION

RESULT

The distribution of the frequency of motivation of athletes of the Jambi City Athletic Club can be seen in the table below.

Table 1. Frequency Distribution of Athlete Motivation

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	84-100	Very High	17	56,7%
2	68 - 83	Height	13	43,3%
3	52 - 67	Medium	0	0%
4	36- 51	Low	0	0%
5	20 – 35	Very Low	0	0%
			30	100%

Based on the table above, the results of the motivation level of athletes participating in training at the Jambi City Athletic Club which are included in the very high category of 56.6% as many as 17 athletes, the high category of 43.3% as many as 13 athletes, the medium category of 0% (no athletes), the low category of 0% (no athletes), and the very low category of 0% (no athletes). The level of motivation of athletes to participate in training at athletic clubs in the city of Jambi in this study is based on intrinsic and extrinsic factors, both of which can be indicated as factors that affect the level of motivation of athletes to participate in training at athletic clubs as follows:

The results of the research on intrinsic factors in this study were measured by 7 statements with a score range of 1-5. The distribution table of intrinsic factor research results is as follows:

Table 2. Intrinsic Factor Motivation Results

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	31-35	Very High	17	56,7%
2	25-30	Height	13	43,3%
3	19-24	Medium	0	0%
4	13-18	Low	0	0%
5	7-12	Very Low	0	0%
			30	100%

Based on the table above, it shows that the motivation of athletes to participate in training at athletic clubs based on intrinsic factors is in the very high category of 56.7% as many as 17 athletes, the high category of 43.3% as many as 13 athletes, the medium category of 0% (no athletes), and the low category of 0% (no athletes), the very low category of 0% (no athletes). The intrinsic factors in this study are based on two indicators, namely interest and desire to achieve, the results can be described as follows.

The results of the interest indicator research were measured by 3 statements with a score range of 1-5. The distribution table of the results of the interest indicator research is as follows:

Table 3. Results of Interest Motivation

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	13-15	Very High	20	66,7%
2	10-12	Height	11	33,3%
3	8-9	Medium	0	0%
4	6-7	Low	0	0%
5	3-5	Very Low	0	0%
			30	100%

Based on the table above, the results of the interest indicators included in the very high category were 66.7% as many as 20 athletes, the high category was 33.3% as many as 10 athletes, the medium category was 0% (no athletes), the low category was 0% (no athletes) and the very low category was 0% (no athletes).

The results of the research on the desire to achieve indicators were measured by 4 statements with a score range of 1-5. The distribution table of the results of the research on the achievement desire indicator is as follows:

Table 4. Motivational Results of the Desire to Achieve

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	17-20	Very High	23	76,7%
2	14-16	Height	6	20,0%
3	11-13	Medium	1	3,3%
4	8-10	Low	0	0%
5	4-7	Very Low	0	0%
			30	100%

Based on the table above, the results of the indicators of desire to achieve that are included in the very high category are 77.6% as many as 23 athletes, the high category is 20% as many as 6 athletes, the medium category is 3.3% as many as 1 athlete, the low category is 0% (no athletes) and the very low category is 0% (no athletes).

The results of the research on intrinsic factors in this study were measured with 13 statements with a score range of 1-5. The distribution table of the results of extrinsic factors research is as follows.

Table 5 Extrinsic Factor Results

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	54-65	Very High	16	53,3%
2	44-53	Height	14	46,7%
3	34-43	Medium	0	0%
4	24-33	Low	0	0%
5	13-23	Very Low	0	0%
			30	100%

Based on the table above, it shows that the motivation of athletes to participate in training at athletic clubs based on extrinsic factors is in the very high category of 53.3% as many as 16 athletes. The high category was 46.7% as many as 14 athletes, the medium category was 0% (no athletes), and , the low category was 0% (no athletes), the very low category was 0% (no athletes).

The extrinsic factors in this study are based on four indicators, namely training methods, trainers, infrastructure facilities and environment, the results can be described as follows.

The results of the research indicator of the exercise method were measured with 3 statements with a score range of 1-5. The distribution table of the results of the interest indicator research is as follows:

Table 6. Motivation Results of Exercise Methods

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	13-15	Very High	16	53,3%
2	10-12	Height	14	46,7%
3	8-9	Medium	0	0%
4	6-7	Low	0	0%
5	3-5	Very Low	0	0%
			30	100%

Based on the table above, it shows that the results of the training method indicator are in the very high category of 53.3% as many as 16 athletes. The high category was 46.7% as many as 14 athletes, the medium category was 0% (no athletes), the low category was 0% (no athletes), and the very low category was 0% (no athletes).

The results of the trainer indicator research were measured by 3 statements with a score range of 1-5. The distribution table of the results of the interest indicator research is as follows:

Table 7. Motivation Results of Trainers

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	13-15	Very High	20	66,7%
2	10-12	Height	10	33,3%
3	8-9	Medium	0	0%
4	6-7	Low	0	0%
5	3-5	Very Low	0	0%
			30	100%

Based on the table above, it shows that the results of the coach's indicator are in the very high category of 66.7% as many as 20 athletes. The high category was 33.3% as many as 10 athletes, the medium category was 0% (no athletes), the low category was 0% (no athletes), and the very low category was 0% (no athletes).

The results of the trainer indicator research were measured by 3 statements with a score range of 1-5. The distribution table of the results of the interest indicator research is as follows:

Table 8. Motivation Results of Facilities and Infrastructure

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	13-15	Very High	13	43,3%
2	10-12	Height	16	53,4%
3	8-9	Medium	1	3,3%
4	6-7	Low	0	0%
5	3-5	Very Low	0	0%
			30	100%

Based on the table above, it shows that the results of the infrastructure indicator are in the very high category of 43.3% as many as 13 athletes, the high category of 53.4% as many as 16 athletes, the medium category 3.3% as many as 1 athlete, the low category 0% (no athletes), the very low category 0% (no athletes).

The results of the environmental indicator research were measured by 4 statements with a score range of 1-5. The distribution table of environmental indicator research results is as follows:

Table 9. Environmental Motivation Results

No	Total Values	Klasifikasi	Frequency	Percentage (%)
1	17-20	Very High	19	63,4%
2	14-16	Height	10	33,3%
3	11-13	Medium	1	3,3%
4	8-10	Low	0	0%
5	4-7	Very Low	0	0%
			30	100%

Based on the table above, the results of environmental indicators are in the very high category of 63.4% as many as 19 athletes, the high category of 33.3% as many as 10 athletes, the medium category 3.3% as many as 1 athlete, the low category 0% (no athletes), and the very low category 0% (no athletes).

Discussion

This study aims to determine the motivation of athletes to participate in training at the Jambi City Athletic Club, which is divided into two factors, namely intrinsic and extrinsic. This study was only conducted on athletes aged 12-15 years.

Based on the results of the overall analysis, the motivation of athletes to participate in training at the Jambi City Athletic Club is in the category: Very high with 56.6% as many as

17 athletes, high category of 43.3% as many as 13 athletes, medium category of 0% (no athletes), low category 0% (no athletes), and very low category 0% (no athletes). Based on the results of the average calculation of the frequency distribution, an average value of 84.85 was obtained. This shows that the level of motivation of athletes participating in training at the Jambi City Athletic Club is in the very high category. Based on the results of the study, it can be interpreted that most athletes have very high motivation in participating in athletic training.

Motivation in this study is divided into two factors, namely intrinsic and extrinsic. The results of the research can be described as follows:

Intrinsic factors are factors that come from within a person, in this study it is based on indicators of interest and desire to achieve. Based on the results of the study, the intrinsic factors were in the very high category of 56.7% as many as 17 athletes, the high category of 43.3% as many as 13 athletes, the medium category 0% (no athletes), and the low category 0% (no athletes), the very low category of 0% (no athletes), with an average score of 30.62.

With these results, it can be indicated that athletes have a very high interest and desire to achieve. Most athletic club athletes are athletes who have an interest in a particular sport, one of which is athletics. This means that most of their motivation to join athletic clubs is because they have their own very high desires.

Extrinsic factors are factors that come from outside, in this study it is based on four indicators, namely training methods, trainers, infrastructure, and environment. Based on the results of the study, extrinsic factors were in the very high category of 53.3% as many as 16 athletes. The high category was 46.7% as many as 14 athletes, the medium category was 0% (no athletes), and , the low category was 0% (no athletes), the very low category was 0% (no athletes). With an average score of 54.37, it shows that the extrinsic factor of athletes' motivation to participate in training at athletic clubs is in the very high category.

CONCLUSION

The level of motivation of athletes participating in training at the Jambi City Athletic Club is in the category: Very high as 56.6% as many as 17 athletes, high category of 43.3% as many as 13 athletes, medium category of 0% (no athletes), low category 0% (no athletes), and very low category 0% (no athletes). Based on the results of the average calculation of the frequency distribution, an average value of 84.85 was obtained. This shows that the level of motivation of athletes participating in training at the Jambi City Athletic Club is in the very high category.

The results of intrinsic factors that affect the motivation of athletes to participate in training at athletic clubs Most of them are in the very high category of 56.7%, and the high

category of 43.3%. The results of extrinsic factors that affect the motivation of athletes to participate in training at athletic clubs are mostly in the very high category of 53.3%, the high category of 46.7%. Athletes intrinsic motivation is less dominant than extrinsic motivation. This shows that athletes are not only driven by external factors, but also have an interest and willingness from within to participate in training at the Jambi City Athletic Club.

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