
Factors Affecting Women's Athlete's Motivation in Volleyball Practice Pusat Pendidikan Dan Latihan Pelajar (PPLP) Dispora Provinsi Riau 2019

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Abstract - The purpose of this study was to determine what factors were the most dominant influences on motivation for volleyball training in the athletes of PPLP Dispora Riau 2019. The study population was all PPLP Volleyball in Riau Province consisting of 10 athletes. The sampling technique uses a total sampling technique that is the technique of determining the sample if all members of the population are used as samples. The collection technique used in this study is a questionnaire. Based on the results of the study, the conclusions obtained in this study are as follows: Motivation of female athletes PPLP Dispora Riau 2019 Following Volleyball Training is classified as moderate with a percentage of 47.5%, said to be a moderate category because it is at a percentage between 40% - 55%..

Keywords: Motivation, Volleyball.

1. Introduction

Sports is an effort to maintain a healthy body and be able to improve the function of body organs that are accustomed to exercise. There are so many advantages when someone carries out sports activities other than physical aspects, but also related to social aspects such as making friends by participating in community sports activities, recognizing the existence of others with their willingness to share with their sports friends. In addition, sports can foster character, personality, discipline, sportsmanship and the ability to think and the development of achievement. According to Engkos Kosasih (1993) sports are forms of physical activities contained in games, races, and intensive physical activities in order to obtain optimal recreation, victory and achievement. Broadly speaking, sports consist of: Athletics, gymnastics, swimming, soccer, volleyball, badminton, martial arts and others. The problem of increasing achievement in sports as a target to be achieved in coaching and developing in Indonesia will take a long time. There are four types of equipment that must be possessed if a person will achieve a maximum achievement, namely: 1. Physical development (physical build-up), 2. Technical development (technical build-up), 3. Mental development (mental build-up), 4. Maturity of champions. (M. Sajoto, 1995).

One sport that needs to be improved is volleyball. Volleyball games are a type of team sport that uses large balls, requires a certain size field, and is played in groups. Volleyball game when played by the players, it is very visible that the player performs a motion activity that requires speed and strength, for example when smash the ball, requires strength when smash the ball hard, requires strong endurance when playing in the tempo is quite long, and requires power in the leg muscles when jumping to smash the ball (Faruq, 2008). Physical condition is a unified whole of components that cannot be separated just like the improvement or maintenance. Among the physical conditions are: strength (strength), endurance (endurance), muscle power (muscular power), speed (speed), flexibility (flexibility), agility (agility), coordination (coordination), balance (balance) , accuracy (accuracy) and reaction (reaction). (Sajoto, 1995).

Considering volleyball is a type of sport that relies heavily on the physical condition of the player's physical condition is very important in supporting game activities. Physical condition is very influential on optimal achievement. Physical condition is a unified whole of components which cannot be separated, both its improvement and its maintenance. Components - physical condition components include: Agility (agility), Balance (balance), Strength (strength), Coordination (coordination), Endurance (endurance), Determination (flexibility) and Speed-movement-reaction (speed).

The center for sports education and student training (PPLP) as a forum for the education and training of talented student athletes is a manifestation of the system of organizing training to achieve outstanding athletes. The establishment of the Student Sports Education and Training Center (PPLP) aims to ensure that potential and achievement student athletes can be fostered centrally so that the training process for athletes will be more intensive and academic education development not left behind. One of the provinces that is currently fostering students to further improve sports performance is Riau Province. PPLP (Center for Student Education and Training (PPLP) of Riau Province is a place for fostering athletes at the student level placed in Pekanbaru.

The main reason why coaching must be continuous, is because coaching activities and participation that are interrupted or back and forth in the coaching process will not produce progress. Furthermore, through a program that is continuous and continues, with a coaching process like this makes the basis of training for success. Student athletes at the Student Sports Education and Training Center (PPLP) who do physical condition exercises still do not use modern weight tools. Student athletes at the Student Sports Education and Training Center (PPLP) are still given a lot of modified training. The Development of the Student Sports Education and Exercise Center (PPLP) is one of the platforms in an effort to improve the quality of the technique as well as the physical condition of the athlete that is planned on an ongoing basis. Physical exercise that is carried out regularly, systematically and continuously, and poured in an exercise program will significantly improve physical abilities. Physical training is a conscious and programmed effort to foster the basic functional qualities of athletes to a higher level, so as to achieve optimal performance. Components of basic physical conditions consist of: strength, speed, explosive power, flexibility, agility, balance, endurance, reaction, accuracy, coordination. It was further explained that physical condition is closely related to the level of an athlete's ability to achieve achievement. (Sports Science and Technology Study and Development Center, 1999).

Motivation in practice can be seen from the behavior characteristics of athletes which concern interests, sharpness of attention, concentration and perseverance. Highly motivated athletes in training show great interest and full attention to learning tasks. They concentrate as much physical and psychological energy as possible on activities, without recognizing feelings of boredom, let alone giving up.

In training activities, motivation is needed, in other words the results of the exercise will be optimal, if there is motivation. Because motivation can function as a business driver and achievement. Someone does business because of motivation. Good motivation in training will show good results. argues that training motivation is a mental force that drives the exercise process. Motivation exercises in athletes can be weak. Weak motivation, or lack of exercise motivation will weaken training activities. Furthermore, the quality of training results will be low, therefore, the motivation for training in athletes needs to be continuously strengthened. So that athletes have a strong training motivation, in place to create an exciting training atmosphere. Exercise motivation is influenced by two factors, namely internal factors and external factors. Internal factors are factors that exist within the athlete, while external factors are factors that exist outside the athlete's self.

a. Internal Factors of Athletes

Factors originating from within the athlete himself include two aspects, namely: 1) physiological aspects (physical); 2) psychological aspects (which are spiritual). In physiological aspects, the general condition of the body and tone (muscle tension) which marks the level of fitness of the body's organs and joints, can influence the athlete's interest in training. The physical condition that is sick, tired, weak, obviously will affect the lack of athletes in mastering the lesson. While a healthy, fit, fresh body will make it easier for athletes to master the lesson. While the psychological aspects that affect the interests of athletes include: the athlete's intelligence / intelligence, athlete's attitude, athlete's talent, athlete's interest.

b. Athlete External Factors

There are two kinds of external factors that affect athletes, namely social and non-social factors. The social environment consists of the school environment, family, neighbors, community. The school can consist of trainers, principals, friends at school, and so on. From the family environment, the interest is influenced by parents and other family members, while from neighbors and the community can consist of community leaders, game friends, and others. While the non-social environment such as school buildings, facilities and infrastructure.

Based on the review conducted by researchers on PPLP athletes, the authors found several phenomena related to athlete training motivation, including the majority of athletes lacking high training motivation because of the inadequate facilities and infrastructures provided by trainers / coaches, training methods which is less sustainable, the lack of enthusiasm of athletes in participating in daily training activities.

2. Methodology

This research is a descriptive study. Sugiyono (2005) says that descriptive research is research conducted to find out the value of an independent variable, either one or more variables (independent) without making comparisons, or linking one variable to another. This type of research aims to provide a systematic description of the ongoing situation in the object of research, namely the motivation of volleyball athletes PPLP Dispora Riau 2019 to take part in volleyball training. The population of this study is the 2019 PPLP Dispora Riau volleyball athletes, amounting to 10 people. The sample is part of the number and characteristics possessed by the population Sugiyono (2005: 91). The sampling technique in this study is saturated sampling. Thus the total sample of 10 people. Considering that the population is not too large and easily accessible with the time and energy available, the entire population is sampled as a research (total sampling).

3. Result and Discussion

3.1. Description of Motivation of PPLP Dispora Riau 2019 volleyball athletes in terms of motivation indicators

No	MOTIVASI	SS (4)		S (3)		KS (2)		TS (1)		Jumlah Persentase	
		F	%	F	%	F	%	F	%		
1	Saya mengikuti latihan bola voli karena tertarik untuk mempelajarinya	1	4,3	10	43,5	8	34,8	4	17,4	23	100
2	Saya terdorong mengikuti latihan bola voli untuk mendapatkan hiburan di luar	0	0,0	4	17,4	3	13,0	16	69,6	23	100
3	Saya antusias mengikuti latihan bola voli untuk mendapatkan nilai yang tinggi	1	4,3	2	8,7	13	56,5	7	30,4	23	100
4	Saya mengikuti latihan bola voli karena ingin berpartisipasi pada kegiatan olahraga di sekolah	0	0,0	3	13,0	13	56,5	7	30,4	23	100
5	Saya bersemangat dalam latihan bola voli untuk mendapatkan pujian dari teman-teman	1	4,3	3	13,0	10	43,5	9	39,1	23	100
6	Saya terdorong untuk mengikuti latihan bola voli karena ingin menyukseskan program pemerintah	1	4,3	2	8,7	10	43,5	10	43,5	23	100
7	Saya mengikuti latihan bola voli untuk memenuhi syarat kegiatan	1	4,3	1	4,3	10	43,5	11	47,8	23	100
8	Saya ikut dalam latihan bola voli karena pelaksanaan kegiatan diberikan dengan tulus	0	0,0	11	47,8	5	21,7	7	30,4	23	100
9	Saya mengikuti latihan bola voli karena sekolah sangat mendukung pelaksanaan kegiatan tersebut	1	4,3	8	34,8	7	30,4	7	30,4	23	100
10	Saya bersemangat untuk ikut dalam pelaksanaan pembelajaran bola voli karena kepala sekolah berjanji akan memberikan nilai khusus	0	0,0	3	13,0	15	65,2	5	21,7	23	100
11	Saya mengikuti latihan bola voli untuk menambah intensitas kehadiran saya	0	0,0	7	30,4	8	34,8	8	34,8	23	100
12	Karena pelatih tidak pernah terlambat hadir di sekolah maka saya mengikuti pembelajaran bola voli	3	13,0	4	17,4	8	34,8	8	34,8	23	100
13	Karena kehadiran kami diabsen maka saya terdorong mengikuti latihan bola voli	1	4,3	4	17,4	10	43,5	8	34,8	23	100
14	Saya berdisiplin dalam latihan bola voli untuk meningkatkan motivasi berolahraga	2	8,7	4	17,4	10	43,5	7	30,4	23	100
15	Kegiatan yang diberikan dapat mendidik sikap dan perilaku disiplin saya dalam bidang olahraga	1	4,3	6	26,1	11	47,8	5	21,7	23	100
Jumlah		13	56,52	72	313,04	141	613,04	119	517,39	345	1500
Rata-rata		0,9	3,8	4,8	20,9	9,4	40,9	7,9	34,5	23	100

Source: Processed Research Data, 2019

3.2. Description of Motivation of PPLP Dispora Riau 2019 volleyball athletes Judging From the Means and Infrastructure Indicators

No	SARANA DAN PRASARANA	SS (4)		S (3)		KS (2)		TS (1)		Jumlah	
		F	%	F	%	F	%	F	%	Persentase	
16	Saya mengikuti latihan bola voli karena bola voli yang disediakan diPPLP baru dan bagus	0	0.0	3	13.0	13	56.5	7	30.4	23	100
17	Saya mengikuti latihan bola voli karena lapangan bola volinya bagus dan tidak becek	1	4.3	3	13.0	12	52.2	7	30.4	23	100
18	DiPPLP tersedia banyak bola voli dan cukup untuk berlatih dengan teman-teman yang lainnya	0	0.0	2	8.7	18	78.3	3	13.0	23	100
19	Pihak PPLP menyediakan kostum untuk bertanding pada saat ada pertandingan antar PPLP	4	17.4	5	21.7	9	39.1	5	21.7	23	100
20	Kepala dinas menyediakan peralatan olahraga bola voli	1	4.3	7	30.4	11	47.8	4	17.4	23	100
21	Net yang tersedia dilapangan bagus dan layak pakai	1	4.3	4	17.4	10	43.5	8	34.8	23	100
22	Garis lapangan bola voli terlihat dengan jelas	3	13.0	7	30.4	3	13.0	10	43.5	23	100
Jumlah		10	43.48	31	134.78	76	330.43	44	191.30	161	700
Rata-rata		1.4	6.2	4.4	19.3	10.9	47.2	6.3	27.3	23	100

Source: Processed Research Data, 2019

3.3. Description of Motivation of PPLP Dispora Riau 2019 volleyball athletes in terms of coach quality indicators

No	KUALITAS GURU	SS (4)		S (3)		KS (2)		TS (1)		Jumlah	
		F	%	F	%	F	%	F	%	Persentase	
23	Menurut saya pelatih disekolah mampu memberikan materi olahraga bola voli dengan baik	1	4.3	5	21.7	10	43.5	7	30.4	23	100
24	Menurut saya pelatih mampu mengajarkan teknik servis dengan baik	1	4.3	3	13.0	10	43.5	9	39.1	23	100
25	Menurut saya pelatih mampu mengajarkan gerakan-gerakan dalam bola voli secara cepat dan tepat	0	0.0	2	8.7	9	39.1	12	52.2	23	100
26	Menurut saya pelatih bisa mengajarkan cara melakukan kerjasama sesama tim dengan baik	1	4.3	2	8.7	8	34.8	12	52.2	23	100
27	Menurut saya pelatih mengajarkan teknik servis bola dengan baik	0	0.0	1	4.3	7	30.4	15	65.2	23	100
28	Menurut saya pelatih sanggup mengajarkan cara passing dengan dengan benar	0	0.0	1	4.3	13	56.5	9	39.1	23	100
29	Menurut saya pelatih mampu mengajarkan tips cara smas bola voli dengan baik	1	4.3	3	13.0	8	34.8	11	47.8	23	100
30	Menurut saya pelatih sanggup mengajarkan atlet cara bermain bola voli yang baik	0	0.0	1	4.3	17	73.9	5	21.7	23	100
Jumlah		4	17.39	18	78.26	82	356.52	80	347.83	184	800
Rata-rata		0.5	2.2	2.3	9.8	10.3	44.6	10.0	43.5	23	100

Source: Processed Research Data, 2019

Based on the data in the table above, the motivation of PPLP Dispora Riau 2019 volleyball athletes to take part in Volleyball Training is as follows:

SS value is $27 \times 4 = 108$
S value is $121 \times 3 = 363$
TS value is $299 \times 2 = 598$
STS value is $243 \times 1 = 243$

The total area is 2076 where, $= 10.93$, then if entered into the formula, $= 47.5\%$. So the motivation volleyball athletes of PPLP Dispora Riau 2019 to take part in Volleyball Training is 47.5% with a moderate category because it is at a percentage between 40% - 55% it says "moderate".

4. Conclusion

Based on the results of the study, the conclusions obtained in this study are as follows: Motivation of PPLP Dispora Riau 2019 volleyball athletes in moderate training with a percentage of 47.5% with a moderate category because it is in the percentage between 40% - 55% said "moderate".

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