



Motivation For Achievement of Men's Athletes in North Sumatra Volleyball Long Term Training Program PON 2024 Aceh North Sumatra Year 2023

Ibrahim Ibrahim^{1*}, Doris Apriani Ritonga¹, Surya Kelana Putra¹

¹ Faculty of Sports Science, Universitas Negeri Medan, Medan, Indonesia
ibrahim@unimed.ac.id

Abstract. Achievement motivation in athletes is an assessment of the amount of encouragement that the athlete strives for or exerts to maximize their abilities in order to achieve certain standards of success so that the athlete will make the best effort and not give up easily in carrying out his duties. The aim of this research is to describe the influence of intrinsic and extrinsic motivation of male volleyball athletes on the achievement motivation of male volleyball athletes in North Sumatra in the long-term regional training program for PON 2024, Aceh, North Sumatra 2023. This research is quantitative research to explore the readiness of athletes in facing the implementation of PON. The data that is expected from athletes is in the form of data on the athletes' achievement motivation to obtain this data. The design in this research is descriptive with data collection techniques using questionnaires. This research was conducted from June to July 2023. The population in this study was all male volleyball athletes from North Sumatra province. The sample in this study was 14 men's volleyball athletes from North Sumatra Province. The instrument used in this research is an achievement motivation questionnaire which includes intrinsic and extrinsic aspects. The results of the research show that the percentage of achievement motivation for North Sumatra male volleyball athletes in the long-term PELATDA program for PON Aceh North Sumatra 2024/2023 is 80.86% in the good category. These results were obtained from the overall data of the intrinsic sub-variables with a percentage of 90.47 categories good and extrinsic sub variables with a percentage of 77.78% in the good category. From the results of this research, the researcher can conclude that the achievement motivation of North Sumatra male volleyball athletes in the long-term PELATDA program for PON Aceh North Sumatra 2024/2023 is in the good category

Keywords: Achievement Motivation, Intrinsic Aspects, Extrinsic Aspects, North Sumatra Volleyball Male Athletes.

1 Introduction

Volleyball is a sport that is growing rapidly in Indonesia, both in schools, government agencies, the private sector, universities and in the general environment [1]. This is because the sport of volleyball requires simple equipment. This sport of volleyball can

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be played by all levels of society, from children to the elderly, men and women, both people in cities and people in villages.

Volleyball is a team sport, so players must work together and support each other to become a cohesive team [2]. Thus, to become a unified team or team, players must master the basic techniques of playing volleyball individually. To get good or perfect basic techniques, you can master them by doing regular and precisely programmed exercises. Appropriate training methods will be able to reduce mistakes made by a player.

In this exercise, the role of athlete and coach must have a relationship that is able to align goals and carry out roles according to their respective positions. One of them is in the North Sumatra Provincial Government. Athletes who take part in training at the North Sumatra Provincial Government volleyball club come from different social levels and with different characters. The differences in character that each athlete has must be able to be understood by the coach so that the coach is able to align the athlete's overall training goals for the goal of achievement. Coaches must emphasize the meaning of achievement itself to athletes so that athletes get an idea of the extent of their achievements [3]

Meanwhile, athletes do not yet have an idea of what the athletes' achievements are like. Athletes need to understand achievement motivation. According to Nurdidaya and Selviana [4], achievement motivation is the goal that athletes have to achieve. This means that athletes will try to increase their efforts and be persistent in training so that they can achieve various awards that can increase their self-esteem. Achievement motivation can be measured through task choice, effort (effort), persistence, and achievement [5]. Motivation in sports is a psychological aspect that plays an important role for coaches, teachers and sports coaches because motivation is the basis for moving and directing a person's actions and behavior in sports [6]. Therefore, every coach, teacher and sports coach needs to understand the nature, theory, influencing factors and motivation techniques, besides that, it is necessary to know the athletes who must be motivated.

Based on the results of observations carried out on July 6 2023, the training carried out by the athletes was dominated by physical training and skills. This training was carried out on the Unimed Volleyball field using the available facilities. For example, the field facilities use unimed fields, two open fields without (temporary) nets, balls, used rubber tires modified to train arm muscles, leg muscles and explosive power, as well as athletes' residences placed in the guest house during the long-term PON training. 2023 Aceh North Sumatra 2024. The use of inadequate facilities and equipment has resulted in a decline in athletes' performance when competing, for example during the 2021 Papua PON, the North Sumatra volleyball team only got to the preliminary round to meet DKI Jakarta. DKI Jakarta won against North Sumatra and won Group B PON 2021 Volleyball at GOR Koya Yoso, Jayapura, and the use of inadequate facilities and equipment had an impact on the motivation of the athletes themselves, such as a lack of enthusiasm for athletes during training so that athletes during training did not arrive on time, tends to complain a lot when given heavy exercise, even doing the exercise at will. Apart from that, other factors that cause a lack of motivation in athletes are

routines outside of training hours, boredom during training, and non-technical problems that arise outside of training activities, such as unbalanced nutrition. This athlete's achievement motivation is also triggered by the external environment, such as encouragement from parents and coaches to carry out training seriously.

Based on this background, researchers are interested in conducting research with the title "Achievement Motivation for Male Volleyball Athletes in North Sumatra, Aceh North Sumatra Pon 2024 Long Term Pelatda Program in 2023."

2 Method

This research is a quantitative study to explore the readiness of athletes in facing the implementation of PON. The expected data is data on the athletes' achievement motivation. The design in this research is descriptive with data collection techniques using questionnaires. This research was carried out using research subjects as volleyball athletes in the province of North Sumatra, totaling 14 people with various backgrounds, namely: Currently these athletes are at the training camp in Pengprov. The athletes have been at the training camp for several months in preparation for the implementation of the 21st PON activities. in Aceh, North Sumatra. The research instrument used is a questionnaire with a total of 25 questionnaire questions which will be filled out by athletes regarding achievement motivation.

3 Result and Discussion

From the results of research conducted by researchers to look at the motivation of 14 volleyball athletes in North Sumatra, the long-term regional training program Pon 2024, Aceh, North Sumatra obtained a percentage of 80.86% in the good category. These results were obtained from the athletes filling in 25 questionnaire questions with the provisions of sub variables and factors that influence athlete motivation.

The results of the first sub-indicator regarding intrinsics have a percentage of 90.47% in the good category, these results are obtained from 3 factors, namely knowledge with a percentage of 86.79% in the good category, achievement with a percentage of 92.5% in the good category and stimulation with a percentage amounting to 92.14% in the good category. Below we can see a diagram of the percentage results of intrinsic sub variables.

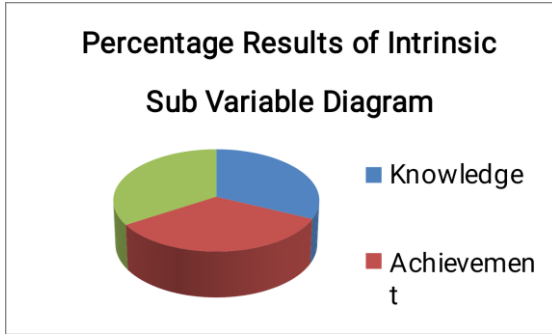


Fig 1. Research Results of Intrinsic Sub Variables

The results of the second sub-indicator regarding extrinsics have a percentage of 77.78% in the good category. These results are obtained from 4 factors, namely awards with a percentage of 70% in the sufficient category, facilities with a percentage of 72.86% in the sufficient category, infrastructure with a percentage of 94, 29% in the good and caring category with a percentage of 74% in the sufficient category. Below we can see a diagram of the percentage results of extrinsic sub variables.

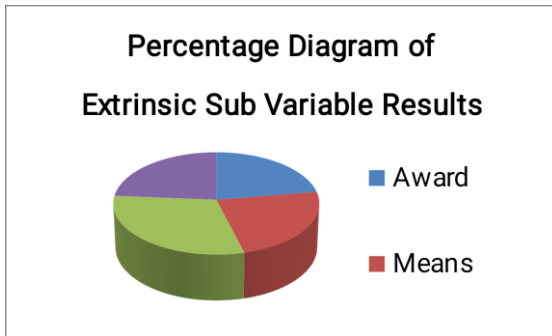


Fig 2. Research Results of Extrinsic Sub Variables

From the results of the research conducted by researchers, we can conclude that the data on the percentage of achievement motivation of male volleyball athletes in North Sumatra for the long-term PELATDA PON 2024 Aceh North Sumatra program has a good category, these results are obtained from the two sub-variables where the first sub-variable, namely intrinsic, has the category good and the second sub variable, namely extrinsic, has the good category. The study of the level of achievement motivation of North Sumatra male volleyball athletes in the PELATDA program can be viewed from intrinsic and extrinsic aspects.

From the results of research conducted by researchers, it can be seen that the average percentage of achievement motivation for North Sumatra male volleyball athletes in the PELATDA program in the intrinsic aspect is in the good category and this data is not too different from the sub-aspects of knowledge, achievement and stimulation. The intrinsic sub-aspect that has a level of achievement motivation is the achievement sub-aspect, while the stimulation and knowledge sub-aspects have a percentage level that is

close to that. Overall, these three sub-aspects have a percentage of motivation level in the good category.

From the results of research conducted by researchers, it can be seen that the average percentage of achievement motivation for North Sumatra volleyball athletes from the PELATDA program in the extrinsic aspect is in the good category and this data is not too different from the sub-aspects of awards, facilities, infrastructure and attention. The extrinsic sub-aspect that has the same level of achievement motivation is the infrastructure sub-aspect, while the facilities and attention sub-aspects have the same level of extrinsic presentation. Overall, these four sub-aspects have a motivation level presentation in the good category.

4 Conclusion

Based on the results of the research and discussion that have been described, the researcher can conclude that there is a percentage achievement of achievement motivation for male volleyball athletes in North Sumatra for the long-term PELATDA PON 2024 Aceh North Sumatra program in 2023 of 80.86% in the good category, there is a percentage achievement for the intrinsic aspect of achievement motivation The achievement of male volleyball athletes in North Sumatra for the long-term PELATDA PON 2024 Aceh North Sumatra program in 2023 was 90.47% in the good category. The results obtained show that the average for the knowledge sub-aspect is 86.79% in the good category, the achievement sub-aspect is 92.5% in the good category and the stimulation sub-aspect is 92.14% in the good category and there is a percentage achievement of the extrinsic aspect of achievement motivation. North Sumatra male volleyball athletes from the long-term PELATDA PON 2024 Aceh North Sumatra program in 2023 were 77.78% in the good category. The results obtained show that the average for the appreciation sub-aspect is 70% in the sufficient category, the facilities sub-aspect is 72.2% in the sufficient category, the infrastructure sub-aspect is 94.29% in the good category, and the attention sub-aspect is 74% in the sufficient category.

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