



## Gymnastic Athletes Motivation: Study of Pekanbaru Province

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### Abstract

The problem in this study is that the portion of mental training given to athletes is not well designed. The results of the athlete's performance are much less consistent with what was found that motivational factors were the cause of weak drive during the practices. This research aimed to establish the motivation of Pekanbaru Gymnastics athletes. The population consisted of 16 gymnastics athletes in Pekanbaru Singingi Regency using a total sampling technique of 16 athletes. The instrument used in this research is a questionnaire. Based on the results of the questionnaire, it was determined that the performance score percentage (%) of two athletes (12.50%) was in the excellent category, eight athletes (50%) were in the high category motivation, and one athlete (6.25%) had poor motivation. Based on the average score, the motivation of the Pekanbaru Gymnastics athletes to face the Porprov X Pekanbaru Singingi is in the moderate category because the psychological aspects are not paid enough attention to by the coach when coaching the training program.

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## INTRODUCTION

Sport is a human physical activity with many benefits (Siedentop et al., 2011). One of the benefits of sports is as a physical counterweight to humans in dealing with age and activity. Besides that outlines the goals of sports into four, including recreational sports, physical sports, educational sports, and achievement sports (Siedentop et al., 2020). The purpose of achievement sports is to train oneself in a programmed and planned manner so that instinctively reaching the peak of achievement must be competitive. According to metzler achievement is not only owned by humans with achievement genes from their family descendants but also from serious and routine training (Metzler, 2017). Besides that, training is a conscious activity of a person to achieve achievements by practicing hard and continuously increasing daily (Simpson et al., 2015). The training has many methods and principles as guidelines that must be carried out, one of which is overload. According to Hanafi the overload system for athletes is highly suspended to achieve the champion target that will be faced because of its nature which has daily additions to the training portion (Hanafi & Prastyana, 2020). Achievement according to (Handayani, 2019), achievement can be achieved if it can fulfill the following components: athlete potential, professional trainer development, equipment to support sports achievements, evaluation, and try out.

According to (Handayani, 2019) achievement is closely related to mental and psychological factors to achieve the desired achievement target because these mental and psychological factors directly play a role in a match. Psychological and mental can change during a match if there is pressure (stress), low concentration, weak mental disposition, and unable to overcome challenges. The science of psychology applied to athletes and athletic situations corresponds to the statement mentioned in the psychology question (Mylsidayu, 2022). These namely psychology applied in sports, affect the peak performance of athletes. If he does not understand the meaning of the sport he is doing, an athlete will experience an imbalance of body and soul. His achievements will be erratic, although one day, he will achieve good results (Pisk, 2017). Athletes will easily experience a decrease in performance, and it will be even worse if their physical and mental condition faces a sharper decline. The difficulty of coaching achievement from athlete factors usually occurs in the physical

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aspect, including expertise and health (physical fitness). At the same time, from a mental perspective, it includes discipline, motivation, creativity, and an athlete's self-confidence (MacIntyre et al., 2018).

As an athlete, you must understand the consequences of training well without having the enthusiasm to train. The impact is on yourself and the team working with them (Mikkelsen et al., 2017). As for the results for athletes who lack enthusiasm for training, namely: 1). practice so delayed 2). Easily stressed 3). Operational activities are hampered (Raiders, 2021). Challenges for athletes must be faced by having a high sense and desire to reach the peak of achievement because if athletes do not have a solid motivation to compete, it is inevitable that their attitude and mental changes will change and fail (Mylsidayu, 2022). Building motivation is not easy because not everyone can be motivated instantly. There needs to be an in-depth process, and even the role of the coach and parents is very much needed (Atkins et al., 2015; Keegan et al., 2009). Motivation requires a stimulus to stimulate people's desires so that they have strong determination and action in their minds (Reynders et al., 2019). The indications for motivation, are 1). Inspirational factors initiate the image of a figure in a positive direction, such as a coach, athlete, or previous person who has had a successful career in sports. 2). Enjoyment factor - the athlete's stage has not adapted to coaching achievement to build a pleasant atmosphere. 3). Factors avoiding fear of failure, and 4). Dare to take risks (Agus & Fahrizqi, 2020; Smith et al., 2016).

Mental has something to do with motivation, motivation is almost the same as mental; they both have goals in developing achievement (Amemiya & Sakairi, 2019). In sports, motivation is necessary because it guides in carrying out matches so that matches can be very relaxed (Iyakrus, 2019). As mentioned high motivation will contribute to achieving achievement. Also, players or individuals with high achievement motivation tend to do things better when compared to other individuals (Rapp & Tirabeni, 2020). Athletes will be motivated to become champions if training is carried out regularly, sufficient accommodation, bonuses, and transport money and rewards after retirement (Sevene et al., 2012)

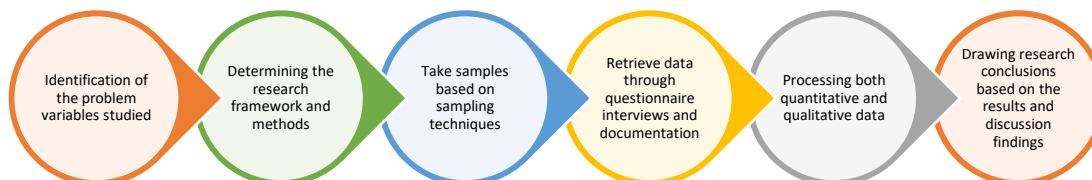
Gymnastics has three basic elements of movement using music combined with the equipment used. A series of rhythmic gymnastics can be done with aids. Rhythmic gymnastics emphasizes music, flexibility, and continuous and regular practice. The music used is an important element because, with music, athletes will be more enthusiastic about participating in training, so a fun training process is formed. The mattress used is 13m x 13m in size and has a maximum duration of 1.30 minutes (Sulistiyowati et al., 2022). Research related to motivation to compete for shows major changes in athletes, namely 1). This unfair treatment is because if athletes have a good mentality and motivation, athletes will filter and continue to strive so that they also have good treatment. 2). Cognitive dissonance, the need for athletes to have playing intelligence is to think quickly and make quick decisions (Haeruddin et al., 2022). The research Bella related to achievement motivation in gymnastics in East Java. There are several obstacles to being more reflective such as environmental factors, facilities and infrastructure factors, and coach and organizational factors. The results obtained are an average of 61%. If these factors are not met, it can be ascertained that it will hinder athletes' achievement motivation (Aurela & Wijaya, 2015).

Riau Province every 4 years always holds a regional championship at the highest caste in Riau province, this event all regencies and cities in Riau province will bring out their best athletes to compete and fight for this prestigious trophy, the competitions that are contested are all sports without exception, many new sports will be contested on this occasion so that athletes will compete to display their skills properly, this spectacular event is called the provincial sports week or abbreviated PORPROV Riau for the first time in 2001 which was held in the city of Pekanbaru, but at Porprov X will be held in Kuansing Regency which will host guests at this official competition, therefore according to the instructions of the Kuansing Regent ambitiously will buy all trophies without exception, therefore one of the representatives of the sports branch Gymnastics exercise Kuansing district has been training long ago with all their might with an overloaded portion of training, in the Gymnastic sport itself the target is to buy up all the Gold in this championship, therefore the athletes are very motivated to do the exercises diligently and diligently. For this reason,

the writer is interested in conducting research titled "Motivation of Riau Gymnastic Athletes in Facing the PORPROV X Kuantan Singingi Championship."

### METHOD

This research was conducted using a quantitative descriptive approach to describe differences or similarities (Suharsimi Arikunto, 2014). This research was carried out in August 2022 in Coastal Rumbai, Pekanbaru City, Riau. The population of this study was all Riau Gymnastic athletes, totaling 16 people. The sampling technique was total sampling. This instrument uses a questionnaire and data analysis using the percentage (%) ideal score formula to determine data classification. The flow of thought in this research is presented in Figure 1.



**Figure 1.** Research Procedure

### RESULTS AND DISCUSSION

#### Result

Based on research that has been carried out on the achievement motivation of Riau gymnastic athletes in the face of the Porprov X Kuantan Singingi championship, the description of the data results of this study consists of collecting data using a questionnaire instrument to determine the achievement motivation of Riau gymnastic athletes. The data in this study are the results of a questionnaire test that has tested 44 questions. The data is divided into two positions, extrinsic and intrinsic, according to the indicators taken. The description of the data is as follows:

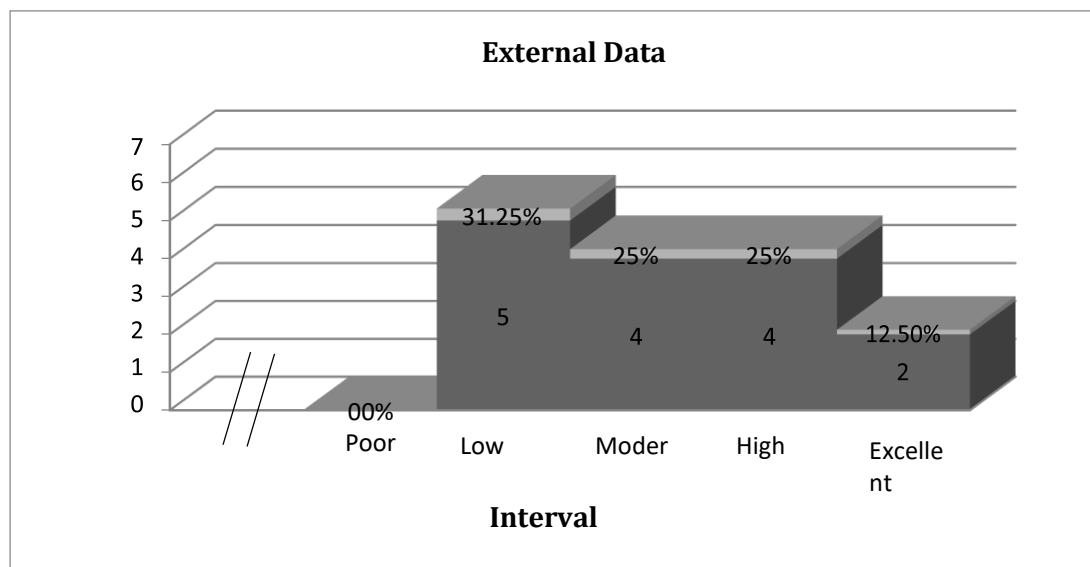
##### 1. Extrinsic Indicator Data Description

Extrinsic test data from the achievement motivation of Riau gymnastic athletes on five indicators taken from 16 sample data, 21 items from the extrinsic indicators above obtained an overall value from the cumulative data of 980, the average is 61.25, the highest value = 84, lowest value = 43, range 41, standard deviation 12.32, variance 151.80. The following explains the Gymnastic Riau extraction data categories presented in table 1.

**Table 1.** Riau Gymnastic Extrinsic Data Categorization

Category	INTERVAL	Frequency	
		Absolut (Fa)	Relative %
Poor	42 <	0	0%
Low	43 – 54	5	31,25%
Moderate	55 – 66	4	25%
High	67 – 79	4	25%
Excellent	80 >	2	12,50%
	Total	16	100%

Based on the data in the external data categorization table, no athlete obtained the poor category. The low category (43-54) was obtained by five people (31.25%). The medium category (55-66) was obtained by four people (25%). The medium category (67-79) was obtained by four people (25%). The moderate category was obtained by two people (12.50%). The following explains the Riau Aerobic Gymnastic External Data Histogram in Figure 2.



**Figure 2.** Aerobic Gymnastic Riau External Data Histogram.  
Source: 2022 Research Results Data

## 2. Internal Data Description of Gymnastic Riau

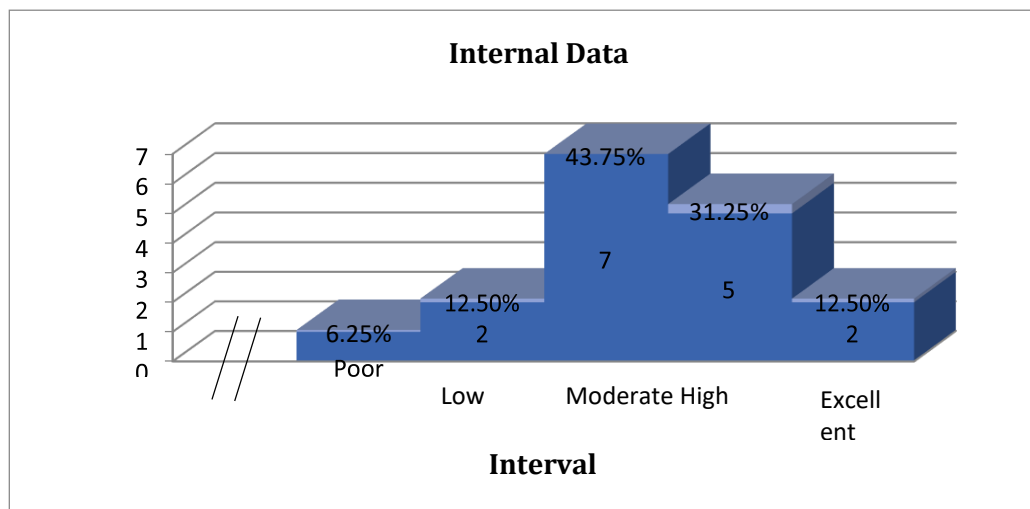
Internal test data from the achievement motivation of Riau gymnastic athletes on six indicators was taken as a sample data of 16 people. Of the 22 intrinsic indicator items, the overall value of the accumulative data is 1083, the average value is 67.69, the highest value is 92, the lowest value is 46, the range is 46, the standard deviation is 14.20, and the variance is 201.69. An explanation of the Gymnastic Riau intrinsic data categories is presented in table 2.

**Table 2.** Gymnastic Riau Intrinsic Data Categorization

Category	INTERVAL	Frequency	
		Absolut (Fa)	Relative %
Poor	47 <	1	6,25%
Low	47 – 56	2	12,50%
Moderate	57 – 72	7	43,75%
High	73 – 85	5	31,25%
Excellent	86 >	2	12,50%
	Total	16	100%

Source: 2022 Research Results Data

Based on the data in the external data categorization table, one athlete was in the poor category (6.25%), two athletes were in a low category (12.50%), seven athletes were in the moderate category (43.75%), five athletes were in the high category (31.25%), and two athletes were in the excellent category (12.50%). For more details, see the Figure 3 histogram below:



**Figure 3.** Aerobic Gymnastic Riau Internal Data Histogram  
Source: 2022 Research Results Data

### 3. Categorization of Question Items Based on Data Acquisition

To find out the achievement motivation of Riau gymnastic athletes in facing the Proprov championship, in this study, the data were obtained, which were grouped into two categories, namely the low category and the high category. Still, in this study, it was only taken to find out data from the high category. The categorization in this study aims to understand each item about each respondent so that in obtaining the data, it is grouped to find out the purpose of this study with the percentage formula for each item. Therefore, for more details, it will be shown in table 3 as follows:

**Table 3.** Achievement of High Achievement Motivation Question Items

No	Item	Indicator	Score
1	1	Extrinsic	85,29
2	6	Extrinsic	82,35
3	8	Extrinsic	75
4	9	Extrinsic	77,94
5	13	Extrinsic	70,58
6	15	Extrinsic	70,58
7	17	Extrinsic	70,58
8	19	Extrinsic	82,35
9	20	Extrinsic	80,88
10	26	Intrinsic	70,58
11	30	Intrinsic	73,52
12	33	Intrinsic	73,52
13	34	Intrinsic	76,47
14	35	Intrinsic	85,29
15	36	Intrinsic	88,23
16	37	Intrinsic	82,35
17	38	Intrinsic	73,25
18	39	Intrinsic	76,47
19	40	Intrinsic	73,52
20	41	Intrinsic	76,47
21	42	Intrinsic	82,35
22	44	Intrinsic	73,52

Data in table 3 on the achievement of achievement motivation items in the high category obtained 23 items from internal and external indicators. If the percentage (%) is 52.27%, this achievement is more than half of the items, namely: 1, 6, 8, 9, 13, 15, 17, 19, 20, 26, 30, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 44.

#### 4. Respondent Score Achievement

The achievement of the respondent's score will be taken from the accumulated data obtained via Google forms that have been distributed previously from 16 respondents to find out the achievement motivation of the Riau gymnastic athletes in the face of the Proprov Kab championship. Kuansing Riau will be displayed in table 4 as follows:

**Table 4.** Respondents' Score

No	Score	(%)	Category
1	101	62,5	Moderate
2	106	60,22	Moderate
3	142	80,68	High
4	176	100	Excellent
5	153	86,93	High
6	156	88,63	High
7	106	60,22	Moderate
8	150	85,22	High
9	113	64,20	Moderate
10	119	67,61	Moderate
11	100	56,81	Moderate
12	114	64,77	Moderate
13	116	94,31	Excellent
14	114	81,81	High
15	89	50,56	Poor
16	119	67,61	Moderate

Table 4 displays the achievement of respondents' scores on the achievement motivation of Riau gymnastic athletes in the Porprov Championship. Two athletes had excellent motivation, five athletes had high motivation, eight had moderate motivation, and one had poor motivation. Therefore, sixteen athletes were in the moderate category.

## Discussion

Research on the achievement motivation of gymnastic athletes is divided into two indicators tested for validity and reliability. The research results per respondent found that two athletes (12.50%) had excellent motivation, five athletes (31.25%) had high motivation, eight athletes had moderate motivation, and one athlete had poor motivation. Furthermore, based on the test results, five female athletes were in the low category, one athlete was in the high category, and one was in the poor category. Compared to male athletes, only one athlete was in a low category. The rest was in the high category, and two athletes were in the excellent category.

Research conducted by Utami found that male athletes are more ambitious about winning matches because they have high motivation and a great sense of responsibility. Besides that, male athletes also have achievement standards and goals for success (Anggriawan, 2015). Likewise, what was expressed is that male athletes are very adaptable to learning and have high enthusiasm and ambition for the tasks they carry out to be as good as possible in the tasks they carry out. Subsequent results from the research that has been conducted show that the achievement motivation of Gymnastic athletes the average quantification shows 73.25% if it is categorized as moderate. The results are calculated using the ideal score formula, which aims to find the percentage of the total number in this study if it is accumulated that the gymnastic athletes in Kab. Kuansing has achievement motivation in competing in the Porprov X championship in the moderate category.



Based on the findings obtained in this study, of the 16 respondents, nine athletes had high motivation. This is evident from the average acquisition of filling out questionnaires on the grid to get rewards. If we examine this, gymnastic athletes have high motivation because of the prizes or bonuses they will receive. Besides that, the high average is 73.25% of the statement that athletes have high motivation when they want to compete, not because in the match, who is the opponent, but because internal factors determine that. The results are similar to research conducted Nurajab that athletes have many factors that stimulate motivation to compete in achieving achievements. The level of motivation that athletes have varies greatly. Still, this study reveals that when athletes want to achieve, success will show enthusiasm and creativity when practicing and always learning (Nurajab, 2022).

Athlete motivation has different levels, both through internal and external factors. Several things will arise if athlete motivation is high, one of which is getting rights and awards equivalent to the results of the effort in the exercise. In addition, during a competition, achievement motivation is determined through internal factors, namely a strong relationship between high confidence and having a good mentality supported by the ability to control the atmosphere in the competition. Previously, the athlete's motivation was also formed because of the experience of competing. The more you do and try matches, the more you get used to this atmosphere.

### CONCLUSION

Based on the results of the research and discussion, it can be concluded that the achievement motivation of the Riau gymnastic athletes in facing the PORPROV X Kuantan Singingi championship was in the medium category.

### AUTHOR CONTRIBUTION STATEMENT

As the principal author, PSS gathered the information and conducted a literature evaluation. AS & AW evaluated the information and helped with the writing.

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