

MOTIVASI BERPRESTASI
ATLET AKADEMI BOLAVOLI PUTRI BULELENG
DI MASA PANDEMI COVID-19

By

DESRAYU NINGSIH

NIM. 1716045001

Abstract

This study aims to determine the level of achievement motivation of women's volleyball academy athletes in Buleleng during the Covid-19 pandemic. This research is quantitative descriptive research with the type of survey research, with data collection using instruments that have been prepared at the planning stage. The research population was all female athletes at the junior level of the Buleleng Volleyball Academy with a total of 32 people. Instrument data were collected using a non-test method, namely a questionnaire consisting of 10 statements for the desire to practice, 10 statements for practicing hobbies, 13 statements for professional trainers and 5 statements for training programs. The data analysis technique used in this research is quantitative descriptive analysis with percentages. This shows that achievement motivation has a positive impact on the training of athletes at the Buleleng volleyball academy. The sample is 32 people who take part in volleyball training at the Buleleng volleyball academy. The results are (1) Intrinsic motivation related to the desire to practice in producing achievements in Buleleng volleyball academy athletes during the covid-19 pandemic in the category rating scale is stated to be very high. (2) Intrinsic motivation related to the hobby of practicing in generating achievements for athletes at the Buleleng volleyball academy during the covid-19 pandemic in the category rating scale is stated to be very high. (3) Extrinsic motivation related to professional coaches in producing achievements in Buleleng volleyball academy athletes during the covid-19 pandemic in the category rating scale is stated to be very high. (4) Extrinsic motivation related to the training program in generating achievements for the athletes of the Buleleng volleyball academy during the covid-19 pandemic in the category rating scale was stated to be very high. Suggestions from researchers for athletes to be able to increase motivation in doing volleyball exercises either at the training ground or at home during this covid-19 pandemic, to improve the ability to play volleyball in order to achieve future achievements.

Keywords: Achievement motivation, Volleyball, Covid-19 pandemic

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Oleh

DESRAYU NINGSIH

NIM. 1716045001

ABSTRAK

Penelitian ini bertujuan untuk mengetahui tingkat Motivasi Berprestasi Atlet Akademi Bolavoli Putri Buleleng di Masa Pandemi Covid-19. Penelitian ini adalah penelitian deskriptif kuantitatif dengan jenis penelitian *surve*, dengan pengambilan data menggunakan instrumen yang sudah disiapkan pada tahap perencanaan. Populasi penelitian adalah seluruh atlet putri tingkat junior Akademi Bolavoli Buleleng dengan jumlah 32 orang. Data instrumen dikumpulkan dengan menggunakan metode non tes yaitu kuesioner berjumlah 10 pernyataan untuk keinginan berlatih, 10 pernyataan untuk hobi berlatih, 13 pernyataan untuk pelatih profesional dan 5 pernyataan untuk program latihan. Teknik analisis data yang digunakan dalam penelitian ini adalah analisis deskriptif kuantitatif dengan *presentase*. Hal ini menunjukkan motivasi berprestasi berdampak positif pada latihan atlet akademi bolavoli Buleleng. Sampel berjumlah 32 orang yang mengikuti latihan bolavoli di akademi bolavoli Buleleng. Hasilnya adalah (1) Motivasi intrinsik terkait keinginan berlatih dalam menghasilkan prestasi pada atlet akademi bolavoli Buleleng dimasa pandemi covid-19 dalam skala peniaian kategori dinyatakan sangat tinggi. (2) Motivasi intrinsik terkait hobi berlatih dalam menghasilkan prestasi pada atlet akademi bolavoli Buleleng dimasa pandemi covid-19 dalam skala peniaian kategori dinyatakan sangat tinggi. (3) Motivasi ekstrinsik terkait pelatih profesional dalam menghasilkan prestasi pada atlet akademi bolavoli Buleleng dimasa pandemi covid-19 dalam skala peniaian kategori dinyatakan sangat tinggi. (4) Motivasi ekstrinsik terkait program latihan dalam menghasilkan prestasi pada atlet akademi bolavoli Buleleng dimasa pandemi covid-19 dalam skala peniaian kategori dinyatakan sangat tinggi. Saran dari peneliti untuk atlet agar dapat meningkatkan motivasi dalam melakukan latihan bolavoli baik ditempat latihan ataupun dirumah saat pandemi covid-19 ini, untuk meningkatkan kemampuan bermain bolavoli agar bisa mencapai prestasi ke depannya.

Kata Kunci : Motivasi berprestasi, Bolavoli, Pandemi covid-19.