

MOTIVASI BERLATIH ATLET INKAI SINGARAJA SELAMA PANDEMI COVID-19

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ABSTRAK

Di masa pandemi ini, para atlet memiliki ambisi untuk meraih kesuksesan, sehingga sangat membutuhkan motivasi untuk mengungkapkan dorongan kepada Metode survei tersebut ialah riset menggunakan teknik analisis data deskriptif, kuantitatif, dan kualitatif. Pengumpulan data dikerjakan dengan memkai survei. Subyek penelitian ini adalah atlet INKAI Singaraja yang menjadi informan utama sebanyak 40 responden. Analisis data menggunakan deskriptif persentase. Berdasarkan hasil analisis diketahui bahwa: motivasi pelatihan INKAI Singaraja secara umum pada masa pandemi Covid-19 dinilai tinggi oleh 27 responden (67,5%) dan 13 responden (32,5%) dinilai cukup tinggi motivasi berlatih INKAI Singaraja selama pandemi Covid-19 ditinjau oleh dua faktor. Faktor intrinsik dan ekstrinsik berdasarkan hasil 92,5% kategori tinggi dan 7,5% kategori tinggi faktor intrinsik, sedangkan faktor ekstrinsik berdasarkan hasil kategori tinggi 72,5% kategori tinggi dan 27,5% kategori cukup tinggi. Seperti yang telah disebutkan di atas, implikasi dari buah riset dapat dikemukakan seperti tersebut: Pelatih mengetahui motivasi atlet maka dari itu hendaknya memperhatikan motivasi atlet agar proses latihan dan hasil yang maksimal harus dipertahankan. Motivasi atlet INKAI Singaraja untuk berlatih perlu diperhatikan dan dicarikan solusi agar faktor-faktor tersebut dapat meningkatkan motivasi atlet untuk mengikuti latihan. Berdasarkan hasil kesimpulan tersebut, maka dapat disarankan bahwa Atlet Karateka INKAI Singaraja dapat mempertahankan motivasi atlet dalam mengikuti latihan di dojo INKAI Singaraja.

Kata kunci : *Motivasi, Intrinsik, Ekstrinsik, Karate, Pandemi*

MOTIVATION TO TRAIN INKAI SINGARAJA ATHLETES DURING THE COVID-19 PANDEMIC

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ABSTRACT

During this pandemic, athletes have ambitions to achieve success, so they really need motivation to express encouragement to The survey method is research using descriptive, quantitative, and qualitative data analysis techniques. Data collection is done using surveys. The subjects of this study were INKAI Singaraja athletes who became the main informants as many as 40 respondents. Data analysis uses descriptive percentages. Based on the results of the analysis, it is known that: INKAI Singaraja's training motivation in general during the Covid-19 pandemic was rated high by 27 respondents (67.5%) and 13 respondents (32.5%) was rated quite high, INKAI Singaraja's training motivation during the Covid-19 pandemic was reviewed by two factors. Intrinsic and extrinsic factors are based on the results of 92.5% of the high category and 7.5% of the high category of intrinsic factors, while extrinsic factors are based on the results of the high category of 72.5% of the high category and 27.5% of the high category are quite high. As mentioned above, the implications of the research can be put forward as follows: Coaches know the motivation of athletes and therefore should pay attention to athletes' motivation so that the training process and maximum results must be maintained. The motivation of INKAI Singaraja athletes to train needs to be considered and solutions are sought so that these factors can increase athletes' motivation to participate in training. Based on these conclusions, it can be suggested that INKAI Singaraja Karateka Athletes can maintain athletes' motivation in participating in training at the INKAI Singaraja dojo.

Keywords : Motivation, Intrinsic, Extrinsic, Karate, Pandemic