

PENGARUH PEMBERIAN TAYANGAN VIDEO MOTIVASI TERHADAP MOTIVASI LATIHAN ATLET PUSLAT CABOR RENANG KOTA DENPASAR

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian tayangan video motivasi terhadap motivasi latihan pada atlet pusat cabor renang Kota Denpasar. Jenis penelitian adalah eksperimen dengan desain penelitian Quasi *Eksperimen Design* (eksperimen semu) dengan jenis *one group pre-test and post-test design*. Populasi penelitian ini adalah semua atlet PUSLAT cabor renang Kota Denpasar sebanyak 32 orang. Sampel diambil menggunakan teknik *purposive sampling*. Semua populasi dijadikan sampel penelitian sehingga disebut sampel jenuh. Metode pengumpulan data yaitu metode *non-test* dengan menggunakan angket. Data hasil penelitian dianalisis dengan teknik statistik inferensial uji-t paired sample t-test. Hasil analisis data diperoleh bahwa rerata skor *post-test* 87,88 tergolong kriteria tinggi dan skor rerata *pre-test* adalah 61,79 tergolong kriteria rendah. Berdasarkan hasil uji-t menunjukkan nilai $p\text{-value} < 0,05$ atau nilai $t\text{-hitung}$ 11,46 dan $t\text{-tabel}$ dengan signifikansi 5% $dk\ 31 = 2,03951$ sehingga H_0 ditolak dan H_1 diterima, yang berbunyi terdapat perbedaan yang signifikan motivasi latihan sebelum dan sesudah diberikan tayangan video motivasi atlet PUSLAT cabor renang Kota Denpasar. Dengan demikian dapat disimpulkan bahwa terdapat pengaruh yang signifikan pemberian tayangan video motivasi terhadap motivasi latihan atlet PUSLAT cabor renang Kota Denpasar.

kata kunci: Video motivasi, motivasi latihan, atlet renang.

**THE EFFECT OF MOTIVATIONAL VIDEO PRESENTATION ON
TRAINING MOTIVATION AMONG SWIMMING ATHLETES OF THE
DENPASAR CITY TRAINING CENTER**

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ABSTRACT

This study aims to determine the effect of motivational video presentations on training motivation among athletes of the Denpasar City Swimming Training Center. This research employed an experimental method with a Quasi-Experimental Design (pseudo-experiment), specifically the one-group pre-test and post-test design. The population of this study consisted of all 32 athletes from the Denpasar City Swimming Training Center. The sample was selected using a purposive sampling technique, in which the entire population was used as the research sample, thus categorized as a saturated sample. Data were collected using a non-test method through questionnaires. The data obtained were analyzed using inferential statistical analysis with a paired sample t- test. The results showed that the mean post-test score was 87.88, which falls under the high category, while the mean pre-test score was 61.79, which falls under the low category. Based on the t-test results, the p-value was less than 0.05, with a t-count of 11.46 and a t-table value at a 5% significance level (df = 31) of 2.03951. Therefore, H_0 was rejected and H_a was accepted, indicating a significant difference in training motivation before and after the motivational video presentation among the Denpasar City Swimming Training Center athletes. It can thus be concluded that the presentation of motivational videos has a significant effect on the training motivation of swimming athletes at the Denpasar City Training Center.

Keywords: motivational video, training motivation, swimming athletes.