

The Effect of Perseverance and Training Motivation on Student Achievement in *Sepaktakraw*

Zalfendi*

Faculty of Sports Science, Universitas Negeri Padang

*Corresponding author. Email: dr.zalfendi.mkes@gmail.com

ABSTRACT

This study aims to look at the effect of fighting power and exercise motivation on sepaktakraw achievements, Padang State University. This type of research is correlational. The study population of the Faculty of Sport Science students at Padang State University who participated in the sepaktakraw course was 40 people. Samples were taken in total sampling. Data is collected through questionnaires and observations. Data were analyzed using simple correlations and multiple correlations. The results of this study indicate: 1) The effect of fighting power on sepaktakraw achievement at the Faculty of Sport Sciences, Padang State University was 15.73%, 2) The effect of training motivation on sepaktakraw achievement at the Faculty of Sport Sciences, Padang State University at 19.41%, and 3) The influence of fighting power and exercise motivation together on sepaktakraw achievements of the Faculty of Sport Sciences of the State University of Padang was 28.75%.

Keywords: *Perseverance, Training Motivation, Achievement, Sepaktakraw*

1. INTRODUCTION

Indonesia is one of the developing countries which is actively implementing developments in the whole sectors. One area that is not less important is the development in the field of sport. Sport now is progressing very rapidly where sport recently gets into all aspects of life such as industry, economy, education and so forth. "This is in accordance with the Law of the Republic of Indonesia No.3 Year 2005 on National Sport System Article 4 which states that the national sport aims to maintain and improve health and fitness of the body, achievement, human quality, inculcate moral values and noble character, sportsmanship, discipline, strengthening and fostering the unity of the nation, strengthening national resilience, and raising the dignity and honor of the nation" [1].

Based on the explanation above, it can be seen that one of the goals to be achieved by the Indonesian is to maintain and improve the achievements in various sports. In addition, to achieve the national sports objective is to grow a healthy generation physically and spiritually, quality, moral and noble character of physical fitness, sportsmanship, and discipline which hopefully will have a positive impact on national development in other sectors. In order to actualize the goals, it is necessary to have the cooperation between all parties involving government, sportsmen and community.

One of popular sports in community is *sepaktakraw*. *Sepaktakraw* is a sport that must be developed and conserved, so that the culture of the Indonesian can be well preserved. *Sepaktakraw* game is popular until now in Indonesia, especially in West Sumatra. It has undergone many changes and developments from various forms

including rules and games which are fancied by all levels of society. The advancement of rapid science and technology influences the development of *sepaktakraw*.

Sepaktakraw is a sport that requires a lot of energy, intelligence in the field pushing ahead vigor, while offering joy through togetherness in a team. When we talk about achievements in *sepaktakraw*, then the demands of high technical skills are needed by *sepaktakraw* players. To fulfill those demands, it takes the superfine physical condition of the athletes. Along with the development of all aspects about *sepaktakraw*, then it is necessary for students to follow the progress of *sepaktakraw* development. Students are positioned as potential sources and serve as a buffer to be excellent in the national level.

Meanwhile, the achievement in *sepaktakraw* in the dimension training is the accumulation of skills, the results of physical exercise, tactics, techniques and mental. Based on the description above, the researcher set the psychological aspects (mental) and also the students training motivation as the scope of this study. This is because the achievement of a student is strongly supported by his mental during the match. If his physical, technical and tactics are good but his mental does not well developed then achievement will not be achieved.

The achievement in *sepaktakraw* is always associated with the motive. Motive in essence is the stimulus factor for human acts and does something. "The motive as a source of potential motivation, while motivation is the actualization of the source that stimulates behavior in achieving certain goals" [2]

The achievement in *sepaktakraw* cannot be achieved if the student does not have perseverance in themselves. The

existence of one's achievement is also strongly influenced by his perseverance. Perseverance or Adversity Quotient (AQ) is an understanding of what is needed for success achieved. According to Stoltz, the one's success in work and life is determined by its AQ. Stoltz also proposes four roles of AQ: (1) AQ explains how far a person can survive in the difficult situations and his ability to overcome such difficulties. (2) AQ predicts who can overcome difficulties and who will be wrecked; (3) AQ predicts who will exceed the expectations of his performance and potential and who will fail; (4) AQ predicts who will surrender and who will survive.

The achievement in *separtakraw* is not only measured based on physical condition but rather based on multifactors, meaning strength, power, formation, agility, speed, perseverance, mentality, creativity, confidence, stress, tension, fear, worry, low self-esteem and inferior may be factors that cause the person fail to obtain his best achievement.

Based on those descriptions and the dimensions of the study variables proposed, the researcher views that to acquire the golden age in sport development cannot be attained instantly, but it is a continuous, gradual, and sustainable progress including the influence of multi variables.

2. METHODS

This research employed correlational study. The population of this study was a group of 40 students enrolled in *separtakraw* subject in the Faculty of Sport Science Universitas Negeri Padang. The total sampling was applied as all students in the population were the research samples. "The instrument used in this study is the data of perseverance and training motivation measured by distributing the questionnaires" [3]. The data of achievement in *separtakraw* is measured by assessing the students while playing *separtakraw*. Data then were analyzed by using simple correlation analysis and multiple correlation analysis.

3. RESULT AND DISCUSSION

3.1 Perseverance

The measurement of perseverance variable was carried out by distributing the questionnaires to 40 students. It was found that the highest score was 3.21, the lowest score was 2.08, the mean score was 2.50, and the standard deviation was 0.27. Based on the frequency distribution table of 40 students, it turns out there were 13 students (32.50%) have perseverance with a range of 2.08 - 2.33. Then, 19 students (47.50%) have perseverance with the range of 2.34 - 2.59. Meanwhile 3 students (7.50%) have perseverance with the range of 2.60 - 2.85. Moreover, 2 students (5%) have perseverance with the range of 2.86 - 3.11. The rest 3 students (7.50%) have perseverance with the range of 3.12 - 3.37. For more details, it can be seen on the histogram below:



Figure 1. Histogram of Perseverance.

3.2 Training Motivation

The measurement of training motivation variable was carried out by distributing the questionnaires to 40 students. It was found that the highest score was 3.47, the lowest score was 1.65, the mean score was 2.50, and the standard deviation was 0.50.

Based on the frequency distribution table of 40 students, it turns out there were 7 students (17.50%) have training motivation with a range of 1.65 - 2.05. Then, 13 students (32.50%) have training motivation with the range of 2.06 - 2.46. Moreover, 10 students (25%) have training motivation with the range of 2.47 - 2.87. Meanwhile, 6 students (15%) have training motivation with the range of 2.88 - 3.28. The rest 4 students (10%) have training motivation with the range of 3.29 - 3.69. For more details, it can be seen on the histogram below:



Figure 2. Histogram of Training Motivation.

3.3 Achievement in Sepaktakraw

The measurement of achievement in *separtakraw* variable was carried out by assessing 40 students while playing *separtakraw*. It was found that the highest score was 280, the lowest score was 222, the mean score was 248.23, and the standard deviation was 15.41.

Based on the frequency distribution table of 40 students, it turns out there were 9 students (22.50%) have the achievement in *separtakraw* with a range of 222 - 233. Then, 9 students (22.50%) have the achievement in *separtakraw* with the range of 234 - 245. Moreover, 10 students (25%) have the achievement in *separtakraw* with the range of 246 - 257. Meanwhile, 8 students (20%) have the achievement in *separtakraw* with the range of 258 - 269. The rest 4 students (10%) have the achievement in *separtakraw* with the range of 270 - 281. For more details, it can be seen on the histogram below:



Figure 3. Histogram of The Achievement in Sepaktakraw.

3.4 Discussion

1. The Effect of Perseverance on Student Achievement in Sepaktakraw

Perseverance is a person's ability to respond to a challenge or difficulty in life to achieve a success. One of the challenges or difficulties faced and experienced by students is to achieve an optimal academic achievement (Tino Dwi: 2010). Referring to the result of study analysis, it was proving that there was significant relation between perseverance and student achievement in *sepaktakraw* in the Faculty of Sport Science Universitas Negeri Padang with correlation coefficient = 0,3966 at $\alpha = 0,05$. $r_{calculate} 0.3966 > r_{table} 0.3160$. This implied that the student achievement in *sepaktakraw* was influenced by perseverance. Thus, the effect of perseverance on student achievement in *sepaktakraw* was equal to 15.73%, while the rest 84.27% was influenced by other factors.

From the result of the analysis that has been found then it can be concluded that there was a significant effect of perseverance with student achievement in *sepaktakraw* in the Faculty of Sport Science Universitas Negeri Padang. The level of perseverance of the students would be better if they did not ignore the other factors that may affect the achievement in *sepaktakraw*.

2. The Effect of Training Motivation on Student Achievement in Sepaktakraw

Referring to the result of study analysis, it was proving that there was a significant relation between training motivation and student achievement in *sepaktakraw* in the Faculty of Sport Science Universitas Negeri Padang with correlation coefficient = 0,4405 at $\alpha = 0,05$. $r_{calculate} 0.4405 > r_{table} 0.3160$. This implied that the student achievement in *sepaktakraw* was influenced by training motivation. Thus, the effect of training motivation on student achievement in *sepaktakraw* was equal to 19.41%, while the rest 80.59% was influenced by other factors.

From the description above, it was clear that there was a positive relationship between training motivation and achievement in *sepaktakraw*. So, in this study, training motivation as independent variable was the main influence on the achievement in *sepaktakraw*. There were other things affect the achievements *sepaktakraw* including training motivation.

The low motivation that the students had can be seen from the their seriousness and discipline in

practicing. It was certain that the low motivated students would practice inattentively, be unenthusiastic, be not on time, not have self-discipline, have low dedication and concentration in training, not have initiative to practice (highly dependent on a trainer), and so forth. The explanation above indicated that motivation was the determinant and the stimulating factor for a person to do something based on pleasure, desire, and self-responsibility in achieving the set targets.

In this research, training motivation as independent variable will be the main influence toward the achievement in *sepaktakraw*. It indicated that student achievement in *sepaktakraw* was influenced by training motivation. To be able to attain the achievement in *sepaktakraw*, students must have high motivation to practice.

3. The Effect of Perseverance and Training Motivation on Student Achievement in Sepaktakraw

Perseverance is a person's ability to respond to a challenge or difficulty in life to achieve a success. While the training motivation is the encouragement to behave as a stimulus to obtain the goal. as a source of driving individual attitudes both from within and from outside to meet the needs in obtaining satisfaction, in the sense that student students are able to achieve maximum sports performance.

Referring to the result of study analysis, it was proving that there was a significant relation between perseverance and training motivation on student achievement in *sepaktakraw* in the Faculty of Sport Science Universitas Negeri Padang with test of significance $F = 3.2250$ at $\alpha = 0,05$. $F_{calculate} 7.4659 > F_{table} 3.2550$. This implied that the student achievement in *sepaktakraw* was influenced by both perseverance and training motivation. Thus, the effect of perseverance and training motivation on student achievement in *sepaktakraw* were equal to 28.75%, while the rest 71.25% was influenced by other factors such as technique, physical condition, and others.

Perseverance and training motivation had the effect on the achievement in *sepaktakraw*. It meant the student achievement in *sepaktakraw* was influenced by perseverance and training motivation. Perseverance was very important in attaining the achievement in *sepaktakraw* as the level of student ability of responding to the difficulty. Training motivation was the encouragement to behave as a stimulus to achieve the goals as well as a stimulus of a student's attitude both from inside and outside of himself to meet the needs in getting satisfaction or be able to excel in sports maximally.

4. CONCLUSION

1. The effect of perseverance on student achievement in *sepaktakraw* was 15.73%.
2. The effect of training motivation on student achievement in *sepaktakraw* was 19.41%.

3. The effect of perseverance and training motivation on student achievement in *sepatkraw* was 28.75%.

REFERENCES

- [1] Undang-undang RI No 03. “*Sistem Keolahragaan Nasional*”. Yogyakarta : Pustaka Yudisti. 2005, pp 31.
- [2] S. Setyobroto. “Mental Training”. Jakarta: Percetakan Solo. 2001, pp 23.
- [3] S. Arikunto. “Prosedur Penelitian”. Jakarta: Renika Cipta. 2011, pp 14.