

The Role of Motivation in Increasing Achievement: Perspective Sports Psychology

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Abstract— The purpose of this research is to know and understand achievement motivation at junior athletic athletes of Padang. This study was conducted on 15 athletics athletes junior Padang aged 10-15 years. The method used in this research is qualitative method with descriptive approach. Methods of data collection in this study using interviews and observation. The results show that when junior athletic athletes face the game, the opponent's mind and judgment are faced superior, have better ability and have a good track record of achievement. Underlying factors such as low self-motivation athletes to excel when competing meet the opponent, the lack of flying hours athletes compete and less mature mentally during the match.

Keywords: achievement motivation, athletic and athlete.

I. INTRODUCTION

Motivation is one of the most popular research topics in sport psychology, and the reason for this may be that it has been continually reported as an important factor in affecting people's well-being and performance in sport [22]. Motivation is the process of actualizing the source of the movers and drivers of individual behavior meet the need to achieve certain goals [24].

Achievement motivation is broader and focuses on athletes' predispositions towards striving for success and how specific situations influence their desires, emotions and behaviors [28]. McClelland [18] described 3 achievement motivation as strive for success, evidenced by persistence and effort in the face of difficulties. Motivation determines focus and will, and energetically supports the efforts of training and participation in competitions [19].

Motivating factors refer to the essence of activity, and hygiene factors relate to the environment in which an individual performs [5]. The motivation to excel in the sporting performance of how an athlete always positions itself in challenging and difficult situations, so that they are well developed and able to achieve goals [16]. Motivation, in short, could be explained as the combination of effort and desire to reach a goal [9].

Moreover, the motivation to achieve a certain possible self depends on a variety of factors [21]. One of them mindset exercise. According to [31], through a good mindset the athlete will develop his motion skills in training so that the athlete can achieve the goal effectively and efficiently. Cognitive theories of the 70s were predominantly based on an information-

processing approach [17], or more simply put 'minds are bundles of computations' [8].

Young athletes (junior athletes) often experience the term stage fright or excessive anxiety when they compete against the athlete who has a track record or a senior athlete who is superior to him. Satiadarma [23] explains that with regard to exercise, anxiety and loss of confidence is often experienced by athletes when athletes will face a game. Anxiety and confidence have an important role to play in achieving. When an athlete feels anxious, tense, and lacking confidence, negatively impacts the athlete's motivation for achievement. [27] Describes the low self-esteem of the individual leads to low motivation, indicating a low perception of his ability and unable to develop himself from the training methods provided by his trainer. In addition, the experience of competing or competing, winning and rising from failure is a benchmark of the motivation level of an athlete. According to Dweck [6] a beginner athlete starts by developing a developing mindset (mindset) that focuses on effort, not on talent. Using mental strategies to help people to exercise body movement and to connect others in sports, both individual and team sports. Mental athletes of young age need to be trained by exchanging experiences with other athletes. [25] In addition to performance orientation and training mastery, self-awareness and personal growth of athletes and long-term psychological health deserve the same attention by a coach.

Athletes with a good personality will have a positive mindset, this is appropriate [10], when positive thinking positive actions and words will follow, because the mind will guide the action, Positive thinking is looking at things from the perspective of goodness. A positive-thinking athlete will regard the limitations of his ability at some point, not a foolishness that creates misfortune, but sees it as a very enjoyable challenge to overcome. More specifically, Roberts and colleagues [22] argue that to understand motivation, it is important to examine the processes that energize, direct, and regulate achievement of behaviour. The above explanation shows the importance of achievement motivation in the effort to improve the achievement better, especially young athletes as the successor of the nation in touching the name of Indonesia in the international sports cycle. There are many studies conducted in the aspect of achievement motivation and its effect on performance.

Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition [13]. Several motivation theories in the academic area have been adopted in the quest for greater understanding of achievement motivation in sport [1]. Treated motivation as the base of a pyramid of towards success in sports [26]. Later the results of this study can be made by the trainer as an evaluation material in training young athletes (junior athletes), especially in PASI Padang.

II. METHOD

Type of research used in this research is qualitative research. In addition, the process of interviewing and documentation is also done when taking data. The sample for this study was selected for several reasons. In order to gather information that creates a greater understanding of how student experience having a sport psychology consultant, data was collected from individuals who directly experienced the phenomena of interest. The subjects used were taken by necessity consisting of 15 informants who are athletes born in 2003-2005. The techniques and tools of data collection using observation methods, interviews and documentation. Technique of data analysis in this research is more of a description of result of observation, interviews and documentation. The analyzed of data using quantitative technique [29]. Data analysis is the process of organizing the data sequence, organizing into a pattern, categories and basic descriptions. The data analysis technique used in this study is to use the steps as follows: a. Data collection (data collection), b. Data reduction, c. Display data, d. Verification and conclusion (conclusion drawing and verification).

III. RESULTS AND DISCUSSION

Achievement of junior athletes PASI Padang still can not be called pride At PORPROV 2016 athletics Padang is in the 4th position of losing superior when compared with the district 50 cities. While in Pre-Porprov 2018 held in Sijunjung PASI district Padang is ranked 2nd with total of twelve (5 gold, 4 silver and 3 bronze). Based on the data, PASI athletes in Padang are still far behind when compared to the 50-city district PASI whose training facilities are inadequate. In the Pre-Porprov held in Sijunjung PASI district the Padang is targeted to be in the first position on the grounds that many athletes from the 50 city districts of PELATNAS do not participate in the Sijunjung Pre-Porprov. But in reality PASI Padang still has not been able to achieve the target with different gains from the counting 50 counties City as many as 4

A. Low motivation in running any training program

When athletes are given an exercise program with a fairly heavy intensity, athletes always complain and unable to finish to completion. Interval training programs are always a scourge for athletes when training because the exercise is considered to be so hard to do.

B. Internal and external factors when competing

Internal factor when competing loss of concentration caused by feeling nervous, anxious, tense, lacking the self-motivation to win the game and the loss of confidence when knowing it will be faced with an athlete who has a better track record. While external factors, there is hope from the coach to give the best results but some junior athletes consider it a burden.

C. Lack of the role of trainers in motivating young athletes

Coach when in the field just to provide an exercise program only. Athletes are allowed to run their own training programs without coach supervision. This is one reason for the lack of close relationship of trainers and athletes to communicate with each other to provide motivation in improving the spirit of athletes both at the time of practice and compete.

D. Criticism from coaches and teammates makes the athlete mentality a down

Athletes have experienced criticism or negative comments when not yet able to obtain achievement, things that ever experienced by athletes become the material of teammates chat. This is proven to make athletes do not come for practice the next day.

E. Exercise programs that do not fit the correct procedure

The importance of a good and good practice program to be one of the keys to the success of athletes in achieving, but this does not seem to happen in PASI Padang. The exercise program given to junior athletes is the same exercise program with senior athletes. No wonder if the training program is still not in accordance with the ability of athletes. Athletes feel depressed with exercise programs that are too heavy, other than that a monotonous exercise program also be one reason less motivated athletes in running the training program.

However, not all athletes that I observe have bad motivation or mental. Of the 15 athletes I interviewed 1 of them have better motivation than other friends, this is because.

- Always have a positive thought that every effort made will result in achievement or victory.
- Parental support becomes one of his motivations to practice more diligently so that the desire to achieve high achievement can be achieved.
- Senior success is one reason motivational exercise.

Support from the school side is also one of the spirit as well as athlete's motivation to practice and compete. Because usually the school will provide rewards for students who have good achievements in the field of academic and sports achievement. According to Deci and Ryan, motivation can

come as a result of less self-determined external factors, such as rewards or grades, or more self-determined factors, such as interests or values [4].

The low motivation of achievement PASI Padang become one of the problems why the achievement of young athletes (junior) still not boast. Such as low motivation in running the program of internal and external factors when competing. In addition to the lack of a coach's role in motivating athletes, negative critics and training programs that are not in accordance with the correct procedures are also the reasons why the achievements of junior athletes PASI Padang is still far less when compared to the PASI of the 50 city districts that always be the overall champion in every game event. This happens because when an athlete is confronted with a match whose level is not much different from previous failures, then his achievement motivation is defeated by anxiety in the form of fear of failure, although in fact he is able to compete well. As an organized structure, competition has been described as a context in which individuals work against each other toward a goal or reward that only one or a few can attain [1]. Indeed, within certain limits of anxiety is actually useful to trigger the achievement of athletes. A high level of anxiety due to continuous failure will be bad for the athlete. Repeated failures that cause anxiety fear of greater failure. Finally when athletes compete their minds can not concentrate. The size of the victory and the defeat in a match shape the perception of an athlete. When an athlete has positive perceptions or positive thoughts, the thing he thinks is capable of confronting and defeating the opponent and winning the match. Conversely, when an athlete has negative thoughts, the thing he thinks of fear of failing to win the game, unable to finish the game well and unable to gain a proud achievement.

Achievement goals can affect the way a person performs a task and represent a desire to show competence [12]. The communication and role relationship of a trainer to an athlete, before confronting and when playing an important part for athletes to prepare themselves. The presence of coaches who accompany and direct, helps improve athlete's confidence. The existence of the coach will be perceived as something positive. The burden will be lighter if a trainer is present as a source of inspiration or source of strength in a match. In certain circumstances the trainer can serve as a reminder to restore concentration. In a match, often an athlete is carried by the current or the rhythm of his opponent, as a result of excessive anxiety. At times like this the role of the coach is as a source of inspiration that can restore the rhythm of athlete games as originally so as not dictated by his opponent. Trainers need to do an evaluation related to the performance of athletes who are less than optimal when competing, mental match that is still less mature, feelings of anxiety, nervousness, lack of confidence and stage fright need the addition of an exercise program that can train mental athletes.

Giving Encouragement Than Criticism, is the attitude and words of the trainer will be heard and trusted by the athlete's care. If the coach says his athlete is bad, weak, lousy, can be awaited in some time then the possibility of the athlete will be weak and lousy. Although the coach is required to remain honest in giving opinions and judgments, but the opinions and judgments should be objective and rational in nature, not emotional. Harsh words that are harassing or insulting, more moral than encouraging. A good exercise program is an exercise that suits the physical and mental ability of the athlete, because the exercise program becomes one of the character formers and mental athletes. Athletes will be more motivated in the exercise if the exercise program that he runs in accordance with his ability and not monotonous. So the effort to create an effective and efficient training program can be done well, this will have an impact on the increased performance of athletes in future events. Further this study through interviews with an athlete who has a motivation of achievement is quite good than the other friends. She always has positive thoughts on everything that will make a champion in every game he follows. Training programs provided by the trainer can always be done well even if the exercise program has a fairly heavy intensity. Sparing partners with seniors also become one of the motivating motivators when practicing, because she was always convinced that she would get the same achievements as his seniors or even exceed them. Support parents and the school is the most important thing in him because she always feel happy and proud if the school give rewards that usually in the form of some money. Rewards are given not only from the school, but PASI Padang as a place of coaching achievements also provide rewards to athletes who excel where the rewards can help school fees. Because that's what makes the athletes motivated to improve performance better.

IV. CONCLUSION

The above explanation we can conclude that, motivation is closely related in an effort to improve athletes achievement.[16] explains without any motivation in an athlete, will not be achieved goals or targets to achieve achievement other than that should a coach provide a moral boost (cheer) and reduce negative comments on the failure obtained so that athletes feel encouraged and motivated again to follow the next event.

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