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Achievement Motivation of Football Players when Entering the Competition

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Abstract. Several factors influence each other to increase the achievement of football players, one of which is the psychological factor, namely achievement motivation. This study aims to analyze the level of achievement motivation of soccer players who participate in competitions. This type of research is a type of evaluation research. The population in this study were all soccer players from the Pidie Regency team, Aceh province, Indonesia, who participated in inter-district tournament competitions in Aceh, totalling 22 people. The sample of this research is all members of the population, amounting to 22 people. The instrument used in this study for achievement motivation variables used a questionnaire with a Likert scale. Data analysis used a level and percentage categorization scale. Based on the results of the study, the average score for the achievement motivation level of football players was 131.68 (in the medium category) with the following details: three respondents (13.63%) were in a low type, six respondents (27.28%) were in the medium category, and the remaining 13 respondents (59.09%) gave answers in the high class.

Keywords: Football; Competition; Achievement Motivation.

INTRODUCTION

Sport is the principal capital for obtaining physical and spiritual health development in the community. Public awareness of sports is constantly being increased by providing an understanding of the importance of the benefits and values contained in sports that must be explained and disseminated following the national development goals to be achieved, namely to become a complete Indonesian human being. The world of sports is increasingly complex and related to social, economic and cultural dynamics of society and the nation, as well as demands for global change to achieve overall sporting goals by taking into account all related aspects that can support the development and development of national sports in the present and the future [8].

Football is the most popular sport in the world. Everyone can play it, from small children, teenagers, adults, parents, and even a still active grandfather. Football is a cheap and practical sport because it can be played anywhere as long as someone wants. If we turn our eyes to other

countries, for example, Brazil, many people play football every evening in the suburbs or villages.

Competition is one of the arenas for carrying out achievement-based sports. Football competitions consist of various types ranging from national competitions of a country (national league) to national team competitions between countries. In the current era, competition has become a superior commodity that is economically profitable for football players [3]. In improving the achievement of football athletes, several factors influence each other, including psychological factors, namely achievement motivation and the essential factors in the athlete's physique, namely physical fitness.

Motivation is an effort made to strengthen existing motives; this effort can arise from within a person, which is called intrinsic motivation and can also come from outside, called extrinsic motivation. Motivation in athletes is not permanent; it changes according to the conditions experienced by the athletes themselves. Because of its changing nature, coaches must always pay atten-

tion to the appearance of their athletes in every match so that the results can be maximized. As part of the athlete's mental factor, achievement motivation is essential in achieving goals. The achievement motivation in an athlete allows him to maximize his abilities to achieve the desired achievements. This follows the theory of motivation [5], which states that "motivation is a person's effort to master his duties, achieve maximum results, overcome obstacles, have better performance than others, and be proud of his abilities".

Motivation is essential in the learning process to get better academic results. With this motivation, someone will have the energy to move and maintain it to get maximum results. A person with motivation will generally be able to complete the goals he wants to achieve even though he will face many obstacles on the way to achieving these goals. Therefore, many experts then conclude that motivation is closely related to behaviour; even according to behavioural learning theory, the concept of motivation is closely related to the principle that behaviour that has been reinforced in the past is more likely to be repeated than behaviour that has not been supported or has been punished [10].

As stated by [6] in detail, "Achievement motivation is an impulse that occurs within the individual always to improve certain qualities as well as possible or more than usual". For example, coaches attend coach training, athletes go to practice, and injured athletes go to medical rehabilitation [1], adding, "a change in energy in a person's personality characterized by the emergence of feelings and reactions to achieve goals". This shows the direction of behaviour carried out by the athlete and coach concerned to do something. Intensity and effort refer to how much the athlete tries to do something in a particular situation. For example, a football athlete wants to be a winner in an individual championship, but his efforts could be more optimal, so his performance will decrease.

Based on the various opinions and descriptions above, achievement motivation encourages a person to do work, achieve high achievement standards, avoid failure, try to complete their tasks correctly and set goals that show appropriate behaviour. Improving athlete performance in sports is closely related to psychological aspects. Namely, sports achievement motivation is a goal that athletes have for achievement. Athletes will

increase various efforts and be persistent in training to excel to get multiple awards that can improve their self-esteem. Sports achievement motivation can be measured through the choice of tasks, effort, persistence, and achievement [9].

Motivation in sports is a psychological aspect that plays a vital role for trainers, teachers and sports coaches because motivation is the basis for moving and directing one's actions and behaviour in sports. Therefore, every coach, teacher and coach of sports needs to understand the nature, theory, influencing factors and motivational techniques, in addition to knowing which athletes must be motivated [7].

Intrinsic motivation is the drive from within that causes individuals to participate. Athletes with intrinsic motivation will participate in skills or skill improvement exercises or competitions, not because of an artificial situation (external encouragement) but because of inner satisfaction. Extrinsic motivation is encouragement from outside the individual that causes the individual to participate in sports. This encouragement comes from coaches, teachers, parents, coaches, prizes, certificates, awards or money [11]. The high motivation for achievement in players, both intrinsically and extrinsically, will encourage the enthusiasm of players to carry out and take part in disciplined training so that they can achieve accomplishments in competitions. This study aims to get accurate answers about soccer athletes' achievement motivation and physical fitness when participating in contests.

METHOD

This type of research is evaluation research with a quantitative approach. The term used in this research is evaluation research because it shows the adjective used in descriptive research. This study's design is described as a constellation as follows: Researcher → Questionnaire (achievement motivation).

The population in this study were all football athletes in Pidie District, Aceh Province, Indonesia, totalling 22 people who competed in inter-district soccer tournaments in Aceh Province. Considering the relatively small population, all 22 members are used as the research sample (total sampling).

The instrument used in this study for achievement motivation variables used a questionnaire with a Likert scale.

RESULTS AND DISCUSSION

Description of research data obtained through a questionnaire about football players' achievement motivation and physical fitness, calculated using the category level and percentage formula to show the following results.

Achievement Motivation Data Analysis

1. For the categorization of low achievement motivation

$$X < (\mu - 1,0\sigma)$$

$$X < (111 - 1,0 \times 24,66)$$

$$X < (111 - 24,66)$$

$X < 86,34$ (score less than 86.34 categories of low achievement motivation)

2. For the category of moderate achievement motivation

$$(\mu - 1,0\sigma) \leq X < (\mu + 1,0\sigma)$$

$$(111 - 1,0 \times 24,66) \leq X < (111 + 1,0 \times 24,66)$$

$$(111 - 24,66) \leq X < (111 + 24,66)$$

$86,34 \leq X < 135,66$ (score 86.34–135.66 medium motivation category)

3. For the categorization of high achievement motivation

$$(\mu + 1,0\sigma) \leq X$$

$$(111 + 1,0 \times 24,66) \leq X$$

$$(111 + 24,66) \leq X$$

$135,66 \leq X$ (score 135.66 above the category of high achievement motivation)

Table 1 – Recapitulation of the Percentage Calculation Results of Football Players' Achievement Motivation

Category	Frequency	Percentage
Low	3	13,63
Medium	6	27,28
High	13	59,09
Total	22	100

The results of the recapitulation in Table 1 above, when made in the form of a pie chart, are as follows:

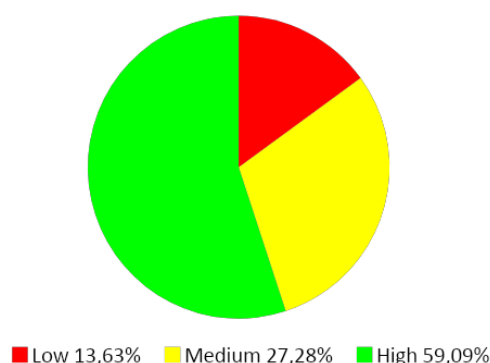


Figure 1 – Achievement Motivation Percentage Chart

From the results of the calculation above, it can be stated that the percentage of achievement motivation of football athletes with an average of 131.68 is in the medium category, with the following details; 1) low category with a percentage rate of 13.63%, 2) medium category with a percentage rate of 27.28%, and high category with a percentage level of 50.09%.

Based on the research and data analysis results on football players' achievement motivation. For the variable achievement motivation using a level scale with categorization, namely low, medium, and high with a range of values: 1) a score less than 86.34 in the category of low achievement motivation, 2) a score of 86.34–135.66 in the category of moderate achievement motivation, and 3) a score of 135.66 and above in the category of high achievement motivation.

Based on the range of values mentioned above, it can be concluded that the average level of achievement motivation for football players is 131.68 (in the medium category) with the following details: 3 respondents (13.63%) gave answers in the low class, as many as six respondents (27.28%) gave answers in the medium category, and the remaining 13 respondents (59.09%) gave answers in the high sort. This means that the achievement motivation of football players still needs to be improved so that when competing, they can achieve maximum results.

In addition to physical factors that can support a person's success in carrying out sports movements is his level of motivation. Authors [2] explained that "need theory was conveyed that in-

dividuals are moved to act by innate needs and intrinsic pressure and not by extrinsic rewards or punishments". One of these aspects is mental/psychological, which significantly influences the performance of the sport. Cognitive problems also include a person's personality, so there are several psychological symptoms whose impact on performance can be understood and predicted directly, especially those related to a person's motivation and attitude. If someone already has a huge inspiration, then the struggle will be done as much as possible to achieve the goals that have been expected.

Someone with a strong need for achievement tends to want to complete challenging work tasks, not to gain status advantages but solely to do good [7]. The characteristics of people with achievement motivation include:

- a) being able to set tasks that can be done well. This relates to the experience of success, where the experience of success will increase achievement motivation;
- b) liking tasks with a moderate level of difficulty. Picking functions that can be done does not mean enjoying easy tasks or easy goals;
- c) liking the help that is specific/concrete directions;
- d) able to reduce the fear of failure.

Based on the research results, the factors influencing achievement motivation come from the

individual himself or the environment outside the individual. Individual factors include, among others: abilities, needs, interests, and expectations/beliefs, while environmental factors include: there are standard norms that must be achieved, there are competitive situations, and types of tasks and conditions that are challenging.

CONCLUSIONS

Based on the results of the research that the authors obtained, it can be concluded that the achievement motivation level of football players is 131.68 (in the medium category) with the following details: as many as three respondents (13.63%) are in a low type, six respondents (27.28%) are in the medium category, and the remaining 13 respondents (59.09%) are in the high class.

This follows [4] statement, which explains that achievement motivation is a fundamental mental skill that athletes need. The motivation that athletes need to have is achievement motivation because athletes who have achievement motivation will race with excellence, both self-advantage and other people's excellence, even to achieve perfection in carrying out training tasks and competitions.

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