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# Role of the Counselors to Motivate Athletes of West Sumatra at PON XIX

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**Abstract:** Motivation is one of the most important aspects of sports coaching program. Various facilities for athletes overcoming psychological problems should be held, including counseling program conducted by professional counselors. West Sumatra wrestling athletes at PON (Pekan Olahraga Nasional) XIX got increasing motivation after getting counseling by a counselor and motivator of the team during the preparation and training. As a result, the achievement was increased and having more medals at PON XIX. The results show that counseling provides a constructive role to increase the motivation of wrestling athletes of West Sumatra at PON XIX.

**Keywords:** counselor; motivation; wrestling; west sumatra

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## INTRODUCTION

National sports week abbreviated PON is a sports game among the provinces in Indonesia which is held every four years. PON held with the aim to find the seeds of a talented athlete. Through PON, branches of the national sport select best athletes who will represent Indonesia in international competition. It is necessary to maximize the preparation for athletes, either it is physically, technically, tactically or mentally. Mental is a very important thing. In this case the motivation is needed in the mental preparation for the athletes. Many ways can be used to motivate athletes to achieve a goal or complete a task or to solve problems or challenges faced.

A healthy mental as well as techniques, tactics and physical, that will be obtained

through a well planned, organized, and systematic exercise. In fostering psychic or mental aspects of athletes, we need to realize that these athletes should be considered as a unique individual who is different one to another. One of the mental aspects is motivation. Motivation can be seen as a process in a person to do something in an effort to achieve certain goals. Strong motivation shows that within these athletes there is a strong desire to do something.

Motivation can be distinguished between motivation that comes from outside oneself (extrinsic motivation) and motivation that comes from within oneself (intrinsic motivation). Through the expected psychological approach, athletes can demonstrate strong motivation to play at their best as well as to win



the game. Good motivation does not come from extrinsic factors such as prizes or awards in the form of matteria. But a good motivation which is good, strong, and last longer is the intrinsic motivation that is based on a personal desire to prioritize accomplishments in achieving self-satisfaction than material things.

Motivation refers to the need of someone based on the personality of an individual concerned. (Kremer & Scully, 1994), hence the motivation cannot be generalized to all people but should be reviewed specifically from one individual to another. Motivation is influenced by a variety of very complex factors, including the intensity or magnitude of the pressure (stress) that inhibits a person to develop motivation. (Weinberg & Gould, 1995).

To develop intrinsic motivation, it takes the role of the various parties to raise the motivation of athletes to excel, resulting in sports coaching program should be included in a special program of mental training (Weinberg & Williams, 1993). Various facilities for athletes to overcome the problematic psychology needs to be held, including counseling program (Heyman, 1993). Coaches and counselors are needed which should be pursued and foster confidence in athletes in a positive way. The counselor will explore your own potential athletes with some approaches that will lead to the spirit of the athletes themselves so that the athlete can work hard, respect yourself, and achieve the expected target.

One of the sports contested at PON XIX in 2016, which was held in West Java province has shown improved performance of wrestling sport of West Sumatra who won seven medals, consisting of one gold medal, three silver medals, and 3 bronze medals. These achievement gotten from the intense motivation from motivator and counselor team.

This study aims to analyze how the role of counselor can improve the achievement and motivation of wrestling sports athlete of West Sumatra at the National Games XIX in West Java.

## METHOD

This research is a descriptive study in which researcher's aim is to reveal more about the motivation of wrestling athletes at PON 2016. This study describes any condition related to variable, symptoms and situation of

the sample. The population of the research was all of the wrestlers of West Sumatra who joined PON. All athletes were the main source of information and data in analyzing the intrinsic factors and extrinsic motivation, such as: (1) self discipline, (2) self confidence, (3) self satisfaction, (4) Sportsmanship and fighting spirit, as well as ( 5) Appearance of achievement. The population as well as the sample of wrestling sports of West Sumatra contingent comprised 15 athletes, who involved as the sample.

## RESULT AND DISCUSSION

Based on the results of the research and questionnaires processing, the data obtained that motivation of the West Sumatra wrestlers at PON XIX were in excellent condition, i.e by 85%. This was because of the assistance and guidance given by a counselor team. Counselors provide guidance and counseling services are driven by altruistic motives in the sense of always using attitudinal empathy, respect the diversity of athletes, as well as always looking at the possibility of the long-term impact of the services provided.

Based on the level of achievement of respondents by each variable shows that the variable of self-discipline of wrestling athletes of West Sumatra were in excellent condition with achieving a score of 92.4%. For variable of confident, that the wrestlers of West Sumatra was in excellent condition by achieving a score of 89.1%. For self-satisfaction variables obtained, that the wrestling athletes of West Sumatra classified in achieving a score of 78.7%. For variable of sportive and the fighting spirit found that the athlete of wrestling of West Sumatra classified in achieving a score of 84%. While the variable of appearance of the athlete's performance found that the West Sumatra classified wrestling athletes in achieving a score of 83.6%

Indicator of the success of this mentoring can be seen from the increase in the acquisition of medals winning that were by 7 medals for wrestle sport athletes, namely 1 gold, 3 silver and 3 bronze. Guidance and counseling done independently designed under the guidance and counseling program given synergistically before and during the match. The activities related to the form, the services provided by counselor's preventative



## Counselors

Counselors are professionals who provide assistance to others who have difficulties or problems that can not resolve themselves with the aim to solve client problems. Counselor acts professionally, well prepared and trained specifically to master everything related to guidance and counseling including the knowledge, experience, and personal in guidance and counseling.

Speaking about the conditions required for the counselor profession it relates the position or a job. Job analysis is a procedure to define the tasks and the nature of work and the type of people (in relation to the skills and experience) that need to be appointed to carry out the work. So that the counselor can do his job properly, then the counselor must meet the following requirements: (Walgitto, 2004)

- a. Having broaden knowledge, both in terms of theory and practice.
- b. Psychological terms, a counselor will be able to take prudent action, so that the need for stability or stability in emotion and psychology.
- c. Good health either physically or psychologically, because of the duties require physical and psychological endurance.
- d. A counselor should have good initiative, so it is expected the progress in counseling and guidance efforts toward a perfect situation for the sake of the client's progress.
- e. A counselor should be outgoing, friendly, polite in everything he does so that a counselor to get a relationship that could work together and help for the interests of the client.

A counselor is responsible for guiding clients that have a mature personality and get to know her potential as a whole. It is expected the client is able to make the best decision for himself, both in solving their own problems and in establishing their careers, in the future when the client falls into society.

The counselor should have a task that must be organized to familiarize clients with a variety of characteristics, carrying out individual counseling, guidance and counseling groups, carrying out career guidance, including education and career information, placement, follow-up and assessment, consultations with counselors, parents, groups, and students.

The counselor as a profession has a code of professional conduct. Codes of ethics are any rules or regulations should be owned and obeyed by anyone who is involved in guidance and counseling, especially a counselor.

### a. Goal Setting

The basic concept of goal setting is to create challenges for athletes to pass. In a simple goal setting stimulate the athlete to achieve something good in the process of training and in a competition. As for how that can be done: a) objectives should be specific so that athletes have a measure on their achievements, b) the degree of difficulty target, c) the athlete should always be given feedback. The more challenging objectives to be achieved, the efforts of one's athletes to achieve it will also increase.

### b. Verbal persuasion

Verbal persuasion is the easiest method to do. Coaches, officials, or the family are the ones who often give verbal persuasion this. Verbal persuasion is the burning spirit of athletes with motivational sayings. Verbal persuasion can also be done by the athletes themselves (self-talk), the method of verbal persuasion to the athletes themselves. The basic principle is to help athletes to get a positive picture of the ability or the atmosphere of the game. Self-talk is able to foster the confidence of athletes, either before the match or at the time through the game.

### c. imagery Training

Most players develop a perception that in the field will face a tough opponent, tough, and hard to beat. This perception sometimes arises because of tension before the match. Athletes have not objectively assessed the ability themselves. The concentration of athletes focused on the strength of the opponent and the situation was a tough match. This method invites players to look for possible problems that arise in the field. Imagining themselves strength, punch mainstay, the weakness of the enemy, creating objective conditions on the perception of an athlete.

### d. Superstition Motivation

It is a form of belief in something that is a symbol and is deemed to have the power or



mental thrust. This motivation can change behavior have become more enthusiastic, ambitious, and a greater willingness to succeed.

e. Motivational incentives (reward)

The reward is the method most widely used to stimulate the motivation of athletes. Bonuses, gifts, or certain positions used to motivate athletes. One disadvantage of this method is the possibility of creating a dependency of the athletes so that athletes are only motivated to get these bonuses than any other reason. This reward should be given as a supplement to other methods and should be given wisely.

### Counselor Services

Counseling services are useful to make the athletes feel better, happier, quieter and more comfortable for the counseling that helps athletes to receive each side that is on him. Counseling also helps to reduce and even eliminate the levels of stress and depression because athletes assisted in finding the source of the stress and aided also seek the best way of solving the problems unresolved. Guidance counseling is also well served to understand and accept yourself and others that will enhance effective relationships with others and can be at peace with myself, as well as personal development will increase in a positive way for their guidance and counseling. Some types of counseling services, (Prayitno, 1998).

a. Service Orientation

Service orientation is a service that allows students to understand the new environment, especially the school environment and the objects studied, in order to simplify and facilitate the involvement of students in the new environment that, at least given twice a year, namely at the beginning of each semester. The purpose of service orientation is so that learners can adapt and adjust to the new environment appropriately and adequately, which serves for the prevention and understanding.

b. Information Services

Service information is a service that allows students to receive and understand the information (such as personal information, social, learning, relationships, careers, continuing education). The purpose of

information services is to help learners to be able to take the right decision about something, in the areas of personal, social, learning and career based on information obtained adequately. The service also serves to prevention information and understanding.

c. Learning Service

Service learning is a service that allows students to develop an attitude and good study habits in the material master learning or mastery of competencies that match the speed and ability of himself as well as various aspects of the destination and other learning activities, with the aim that learners can develop the attitudes and study habits good. Service learning function for development.

d. Placement and Distribution Services

Placement and distribution is a service that allows learners gain placement and distribution in the classroom, study groups, departments, exercise programs, internships, co/extra-curricular activities in accordance with the potential, talents, interests and condition private, with the aim that learners can develop all their talents, interest, and all other potentials. Placement and distribution function for development.

e. Content Control Service

Service mastery of the content is a service that helps students master specific content, especially the competence and or habits that are useful in school life, family, and community.

f. Individual Counseling Services

Individual counseling service is a service that allows students to get direct service face to face (in person) with a tutor to discuss and alleviate the problems it faces and their development. The purpose of individual counseling is so that learners can alleviate his problems. Individual counseling services to work for the alleviation and advocacy.

g. Group Guidance Services

Service group counseling is a service that allows a number of learners together through group dynamics obtaining materials and discuss subjects (topics) specific to support the understanding and development of social skills, both as individuals and as a student, learning,



career/job, and for making decisions or certain actions through group dynamics. Guidance services group serve for the understanding and development.

#### h. Group Counseling Services

Service group counseling is a service that enables learners (each member of the group) the opportunity for discussion and alleviate personal problems through group dynamics. Issues discussed it is personal problems experienced by each member of the group. Group counseling services to work for the alleviation and advocacy.

#### i. Consulting Services

Consulting Services is a service that helps learners and or other parties in gaining insight, understanding, and ways need to be implemented in handling condition or problem learners. Definition of consultation in the program BK is a process of providing technical assistance for the counselors, parents, administrators and counselors others in identifying and fixing problems that limit the effectiveness of students or school counseling or psychotherapy because consultation is not a service that directly addressed to the client, but not directly serve clients through the help given to others.

#### j. Mediation Services

Mediation Service is a service that helps students solve problems or disputes and improve relationships between learners with a counselor as a mediator.

### CONCLUSION

The study which was conducted has got the conclusions that can be formulated as follows: (1) Motivation is an important factor in moving an athlete to train and behave to be a winner. (2) The counselor is an instrument to develop the motivation of athletes, so with increased motivation, it will enhance the athlete's performance. Some suggestions of development like (1) the management of the sport should considers the importance of mentoring and the role of the professional counselor- in exploring and raising the motivation of athletes, so the athlete's performance will be more leverage by getting physical and mental processing intensive. (2)

The officials and coaches should give a realistic motivation for the athletes so that athletes will be able to think clearly, to have sensitive feelings, and have confidence in accordance with the capabilities and potentials optimally.

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