

## Achievement Motivation of Basketball Athletes in Biru Utama Clubs in Payakumbuh

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**Abstract:** For 5 years, Biru Utama Club had been always awarded as the finalist in every basketball championship held in Kota Bukittinggi. Last year, however, this club did not make any achievements. The problem of the research was the decline of the achievement achieved by Biru Utama Club. This study is intended to determine the achievement motivation of basketball athletes in Biru Utama Club in Payakumbuh. This research is classified into descriptive study which seeks to reveal the achievement motivation of basketball athletes in Biru Utama Club in Payakumbuh. The population of the research was basketball athletes in Biru Utama Club that consisted of 20 people. By using total sampling, all of the athletes were taken as the sample of the research. The data were obtained by administering questionnaire to the sample. The data collected were analyzed by using frequency distribution technique and considering the value of  $P = F/N \times 100\%$ . Based on the responses given by the respondents, it is revealed that the average score of the achievement motivation of Biru Utama Club athletes is 18.9 (67.5%/good) in which their intrinsic motivation is 9.25 (66.07) and their extrinsic motivation is 9.65 (68.93%/good). Hence, the achievement motivation of basketball athletes in Biru Utama Club in Payakumbuh is in good category.

**Key words:** Achievement motivation, motivation of basketball athletes, achievement motivation basketball athletes, achievement, extrinsic, technique

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### INTRODUCTION

Sport could be regarded as a means to improve the quality of human resources who get involved in (i.e., athletes and sports administrators), increase the dignity of a nation, unite the people and unfurl accomplishments.

Achievement sports, scientifically should have become the cornerstone in the process of breeding and coaching athletes in a program to achieve a satisfactory achievement in both national and regional levels as well as to hold competitions incrementally and continuously.

In basketball, achievement sports has an implication on the importance of conducting evaluation periodically which is started from recruitment stage to the final stage of the coaching program as well as the achievement achieved. In addition, the ability and the potential of the athletes to gain the achievement are also crucial (Suharsimi, 2010).

“Achievement in sport is the result of the maximum effort done by an athlete or a club (team/squad) in the form of abilities and skills of completing movements tasks either in a training activity or in a competition by using evaluation parameters which are clear and rational” (Suharsimi, 2010).

The purpose of sport achievement development is to improve the achievement achieved in a club or that of the

talented athletes viewed from the process of continuous exercise in an integrated program. The achievement gained is not merely a matter of self-pride but also family, community and country.

To achieve a satisfactory achievement, there are two factors exert an influence upon an athlete including intrinsic and extrinsic factors. The intrinsic factor covers physical ability, technique and mental while extrinsic one involves facilities and infrastructures, coaches, coaching program, motivation, nutrition, family and so on (Syafuddin, 2013).

“The factors could be classified into internal and external factors. Internal factors are those coming from the athletes themselves with all of their potential. The achievement achieved by an athlete in a competition is mainly determined and influenced by the athlete’s ability or potential such as physical ability, technique, tactics and capabilities. Meanwhile, the external factors are those coming from outside that might include coaches, climate and weather, nutrition, facilities and infrastructure, organization, spectators, referees, linesmen, family and etc. Motivation is very important to encourage a person to achieve something desired. It could strengthen the motives in oneself to act vigorously (Hamzah, 2012).

Motivation is a psychological process that reflects the interaction, attitudes, needs and decisions of a person that derives from the intrinsic factors and the external one in achieving the goals set.

Intrinsic motivation means that an act that is done enthusiastically by someone or in other words, the person is happy to do the act by her/himself. Meanwhile, extrinsic motivation means that an act is carried out on the basis of encouragement or coercion from outside. It sometimes could turn into an intrinsic motivation. Having an intrinsic motivation, people are highly motivated, so that, there are no obstacles that could prevent him/her from committing such acts.

To achieve the above objectives, it is critical to hold continuous exercise and carry out tournaments, friendly matches and matches between schools or clubs. In addition it is also important to provide facilities and infrastructures to support the exercise and to increase the achievement made especially in basketball.

For 5 years, the basketball athletes of Biru Utama Clubs had always been the finalist in a competition held in Kota Bukittinggi. However, recently, they suffer from a decline either in local championship of age-club or in high school competition. They are defeated in qualifying phase, so that, they cannot go to the next round.

In order to reveal the problems faced by Biru Utama Club, this research seeks to find the achievement motivation of the athletes. The results of the research are expected to be a solution in improving the achievement made by the athletes of Biru Utama Club. This research is entitled "Achievement Motivation of Basketball Athletes in Biru Utama Clubs in Payakumbuh".

## MATERIALS AND METHODS

**Types of research:** This is a descriptive research intended to describe an event or explain something as it is. a descriptive research "is the simplest study compared to other studies because in this research the researchers did not do anything to the object or the area researched". Based on the above definition, it is learned that a descriptive research is a form of research that is used to figure out or to describe the collected data as they are (Team Teaching Measurement and Evaluation Test Faculty of Sports Science)

**Place and time of research:** This research was carried out in the basketball court of Biru Utama Club in Payakumbuh from June to July 2016.

**Instruments:** The instrument of the research is questionnaire. "questionnaire contains a number of written questions used to gain information from the respondents about their personal report or things they know. The questionnaire applied in this research uses Guttman scale in which the responses provided are "Yes" or "No".

Table 1: Deskriptif and statistic table

Score (%)	Classification
81-100	Very good
61-80	Good
41-60	Adequate
21-40	Fair
0-20	Poor

"Guttman scale is a scale used to answer questions clearly and consistently such as Sure-Unsure, Yes-No, True-False, Positive-Negative, Ever-Never, Agree-Disagree and so forth". The "True" answer, for example is scored 1 and the "False" response is scored 0. In order to determine the level of athletes' motivation, the score gotten and the data gathered were divided by the standard score and the score of the students' motivation (Table 1).

**Technique of data collection:** The data of the research were gathered by using questionnaire. The steps done in formulating the questionnaire is by adjusting the indicators to the research variables and drafting the questionnaire.

**Technique of data analysis (Suharsimi, 1998):** The data obtained in this research were analyzed by using descriptive statistics:

$$F = \frac{F}{n} \times 100\% \quad (1)$$

Where:

P = Percentage

F = Frequency

n = Number of sample

## RESULTS AND DISCUSSION

The data were analyzed by describing the data of each indicator and discussing the information obtained from the respondents. The data were processed by using descriptive analysis technique.

**Descriptive analysis:** All of the data obtained were processed and analyzed in accordance with the way and the condition that have already been determined. In addition, the problems encountered were analyzed sequentially.

**Intrinsic motivation:** In order to find out the motivation level of the basketball athletes in Biru Utama Club Payakumbuh, questionnaire of 14 items were distributed to the respondents. The items were related to the intrinsic motivation of the athletes. The data on the questionnaire indicate that 1 respondent (5.00%) states that the intrinsic motivation of athletes in Biru Utama Club is in very good category in the range of 81-100, 14 of them (70%) affirm

that the intrinsic motivation of the athletes is in good category in the range of 61-80 and 5 of them (25%) state that the intrinsic motivation of the athletes is in adequate category in the range of 41-60.

Based on the achievement level, the intrinsic motivation of the athletes in Biru Utama Club in general is 66.07. From this result, it is concluded that the achievement motivation of the athletes in Biru Utama Club is in good category which is viewed from their intrinsic motivation (Sardima, 2012).

**Extrinsic motivation:** To obtain the data on achievement motivation of the athletes in Biru Utama Club, questionnaire that contains 14 items of extrinsic motivation was administered to the sample.

Based on the data gotten from 20 respondents, it is figured out that 16 (80%) of them state that achievement motivation of the athletes is in good category in the range of 61-80, 4 (20%) of them say that the achievement motivation of the athletes is in adequate category in the range of 41-60. Based on the achievement level, the intrinsic motivation of the athletes in general is 68.93. From this result, it is summed up that the achievement motivation of the basketball athletes in Biru Utama Club is in good category which is viewed from extrinsic motivation.

Based on the questionnaire distributed to 20 respondents, it is found that the score of the achievement level is 67.5%. It suggests that in general, the achievement motivation of the athletes is in good category. This could be seen from the indicators of the research. Through this session, a discussion related to the analysis was carried out. This is intended to get a clear picture of the results obtained (Rosmawati, 2012).

The results of the data analysis conducted show that achievement motivation of the athletes is good. They took part in the coaching program due to their own willingness. They regarded the coaching activities as a means to channel their talents and interest, enhance their physical fitness, spend their spare time, build social relationship and enrich their knowledge.

The great desire of the athletes could be seen from their preparation, attention and activities during the coaching. They seemed to have enormous interest and strong willingness to get involved in the activity. In addition, they were also very discipline in enhancing their ability in playing basketball.

Furthermore, supports from the outside are also exert significant influence upon the athletes. They may include the coaches, parents and environment that could help them to build eagerness and motivation to learn things they expect to with which the athletes could gain better achievements.

Based on the above explanation, it is concluded that every athlete needs an effort to encourage him or her to do an action or activity, so that, they could gain an achievement. Therefore, the coaches, the parents and the environment are expected to take parts in motivating the athletes in a coaching program especially for basketball. They have important roles either in encouraging, inspiring, modeling playing techniques or guiding the athletes to gain a better achievement.

## CONCLUSION

Based on the results of research on "Achievement Motivation of Basketball Athletes in Biru Utama Clubs in Payakumbuh, it could be concluded that:

- The intrinsic motivation of the athletes is in good category
- The extrinsic motivation of the athletes is in good category
- The intrinsic and extrinsic motivation of the athletes, in general is in good category

## SUGGESTIONS

Based on the conclusion, it is suggested to:

- The coaches and other related parties to increase the achievement of Biru Utama Club
- The athletes to join basketball coaching well to enhance their achievement
- The parents to supports their children materially and spiritually

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