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## The evaluation of Pencak Silat athletes motivation in Padang city

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### ABSTRACT

The purpose of this research is to evaluate the motivation abilities of Pencak Silat athletes in Padang City. This is a quantitative descriptive research with the purposive sampling method used to obtain data from 26 athletes. The data collected were analyzed using the frequency distribution technique to calculate the percentage. The result showed that 9 (34.6%), 17 (65.4%), 0 (0.0%), 0 (0.0%) and 0 (0.0%) are in the very good, good, moderate, poor, and less than 0 categories, respectively. In conclusion, athletes in this city are in the good category.



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## Introduction

Physical condition or ability is one of the basic components for achieving sports achievements and technique, tactics, and mentality (Lidor et al., 2009; Lochbaum et al., 2009). It is referred to as the (1) strength, (2) speed, (3) explosive muscle power, (4) agility, (5) balance, (6) flexibility, (7) coordination needed by athletes to carry out sports activities (Crone et al., 2005; Peterson et al., 1987). This process must be conducted with seriousness regularly because sport is one of the pathways used to shape character, personality, sportsmanship, and discipline for better achievement (Dryer, 1999; Harrison, 2000). In addition, an athlete is someone who follows and actively does exercises to achieve success (Hakulinen et al., 2013).

One of the sports activities conducted at various levels of society, specifically in Indonesia, is Pencak silat because it can be carried out by all groups ranging from children to adults, men and even women (Brown, 2008; Putra & Siswantoyo, 2018; Wilson, 2009). Pencak silat is associated with dynamic movements and complex physical conditions such as strength, speed, agility, endurance, power, reaction, and coordination (Suratmin et al., 2018). During these sports, players are required to make quick movements such as dodging, attacking, stepping, punching, kicking, evading, etc (Kibele, 2006; Woods, 2019; Lazarenko & Kozhevnikov, 2019; Momartin et al., 2019).

Athletes' appearance is the characteristics of athletes in a match, attributed to several factors, such as physical ability, technique, tactics, and mental (Psychic/Psychological) state (Devonport et al., 2019). The motivation needed by every athlete is an achievement, which is the desire to complete and master something new in people, such as ideas and standards (Saputra et al., 2019). Achievement motivation will allow athletes to achieve something, improve fitness at the highest level, and train optimally (Sylvester et al., 2018). It is

associated with the term "competitiveness" in sports, which is essentially a desire, willingness, and drive to excel and surpass the achievements previously achieved by themselves or others. Achievement motivation is an urge to race with excellence for self and individual superiority or perfection in specific tasks (Barnes & Cassidy, 2018).

Jin et al. (2019) defined motivation as the process of actualizing the driving individual to achieve certain goals. Sports motivation is defined as all the driving forces associated with the continuity of training to provide the direction needed to achieve the desired goals (Law et al., 2019; Su et al., 2020), and it is further divided into two, namely intrinsic and extrinsic. Intrinsic motivation is a strong drive from within, which promotes individual participation. Athletes with intrinsic motivation usually have mature, honest, sporty, diligent, confident, disciplined, and durable personalities. This indicates that this motivation must always be cultivated in children, despite the difficulty associated with the learning process. Meanwhile, extrinsic motivation is an impulse that comes from outside the individual, which promotes them to participate in sports. This motivation can come from coaches, friends, parents, teachers, groups, nations, gifts, bonuses, money, etc, and does not usually last long (Ntoumanis, Quested, et al., 2018).

In matches or training, athletes motivation must be maintained to obtain increased results. Several techniques are used to obtain increased motivation, such as verbal techniques, behavior, incentives, superstitions, and mental images. Motivation in sports is a psychological aspect that plays an essential role for coaches, teachers, and sports coaches (Morgulev et al., 2018). According to Ntoumanis and Stenling et al. (2018), every coach, specifically in sports, and teacher must understand the nature, theory, influencing factors, and motivational techniques need to motivate athletes.

Sources of motivation are usually classified into internal and external (Morgulev et al., 2018). Internal motivation is triggered by one's self-interest or desire, while external is caused by the intention of obtaining rewards or avoiding sanctions from outside one's self (Meredith et al., 2018). In these two types, the measurement can only be carried out by observing the indicators using the appropriate concept or theory (Roebuck et al., 2018).

Evaluation is very important to determine the results obtained by athletes from training and competitions. This is usually conducted to determine those who rarely follow the training process and are not serious about competing due to insecurity and loss of self-confidence.

## Method

The descriptive method was used to determine the data and circumstances associated with the training motivation (Hasanah, 2017). Meanwhile, the purposive sampling method was used to obtain data from Pencak silat college athletes in Padang City, which were analyzed using a frequency distribution technique.

## Results and Discussions

Based on data on the athletes motivation level collected from 26 people through the questionnaire analysis test, the highest, lowest, average, and standard deviation scores of 57.43, 29.82, 49.94, and 5.79, respectively, were obtained.

**Table 1.** Motivation Distribution Data

No.	Interval Class	Absolute Frequency	Cumulative Frequency (%)	Category
1	114 - 120	6	23.08	Very good
2	121 - 126	13	50.00	Good
3	127 - 132	7	26.92	Currently
4	133 - 138	0	0.00	Low
5	139 - 144	0	0.00	So Low
	<b>Total</b>	<b>26</b>	<b>100</b>	

Table 1 shows that of 26 (100%) athletes, 9 (34.6%), 17 (65.4%), 0 (0.0%), 0 (0.0%) and 0 (0.0%) are in the very good, good, moderate, poor, and less than 0 categories, respectively. Therefore, it can be concluded that the motivation of Pencak silat college athletes in Padang City is in a good category.

Although numerous factors are used to motivate athletes, it is important to determine the purpose of practicing or developing their capabilities, which vary from one person to another (Kavanagh et al., 2019). According to Cherepkova et al. (2019), early competitors excel by working hard to achieve success. Those who aim to preserve the traditional values of athletes tend to have varying definitions and goals because this is a comprehensive course. Silat is the sports version of competition historically associated with martial art, a pure artistic process, and strategic, cultural, psychological, historical, philosophical, and spiritual aspects (Kotarska et al., 2019).

The increase in stress makes athletes react negatively, both physically and psychologically, thereby decreasing their sporting abilities (Vartanian et al., 2018; Guo et al., 2018). They can become tense, increase pulse rate, sweat cold, worry about the result of the match, and find it difficult to concentrate (Dominski et al., 2018). According to Gilmore et al. (2018), this situation often prevents athletes from displaying their best game, hence, coaches need to be interested in sports psychology, specifically in stress control (Houge Mackenzie & Brymer, 2020).

The appearances of athletes are inseparable from their thrust, indicating the greater their trust, the more optimal their appearance is supported by adequate technical and physical abilities (Champ, 2018). This driving force is the motivation that increases, maintains, and determines a person's behavior (Champ, 2018). Almost all human activities are driven by certain motives, which are individualistic and invisible (Horn & Smith, 2018). Motivation is usually observed by symptoms in human behavior resulting from high and low capabilities (Jones, 2018).

Coaches and athletes need to possess a good motivation to achieve success (Kruger et al., 2018; Oberle et al., 2018). The motivation to train enables athletes to possess personalities committed to achieving the desired goals (Vartanian et al., 2018). Therefore, both internal and external motivations are influential in improving training performance to achieve the best ability in sports (Fatchurrochman, 2011). Coaches and athletes need to understand the benefits of internal and external motivation to increase persistence, intensity, effort, purpose, and determination (Riyoko et al., 2019).

## Conclusion

In conclusion, out of 26 (100%) athletes, 6 (23.08%), 13 (50%), 7 (26.92%), 0 (0, 0%) and 0 (0.0%) are in very good, good, moderate, poor and less than 0 categories, respectively. Therefore, the motivation of Pencak silat college athletes in Padang City is in the good category.

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