

The Motivation Students of Universitas PGRI Palembang in Participating of Sports Achievement Training Performance Activities (KOP) Volleyball Cup

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Abstract: This research has the aims to make an article entitled Motivation of Palembang PGRI University Students in Participating in Volleyball Cup Training discusses the development of achievement sports activities (KOP) which have participated in many student-level competition activities throughout South Sumatra and have won many championship ratings in each game. This was proven at the South Sumatra Regional Student Sports Week (POMDA) 2022 where the men's volleyball KOP team from Palembang PGRI University won 2nd place, while the women's team won 3rd place in the event. The population and sample in this study were students who took part in volleyball training at PGRI Palembang University, totaling 20 boys and 10 girls with a total of 30 people. By using quantitative descriptive research methods. Meanwhile, data and data sources are divided into two, namely primary data and secondary data. Data collection techniques in this study used questionnaire. For the indicators of measuring the variable grids in questionnaires with the test Validation and Reliability Questionnaire. Through the above data collection, not all members in the group have good competency skills, especially in increasing their motivation to rise. Sometimes they have difficulty in increasing motivation among their peers. And they believe that correction from their peer's correction of their peers fairly, increasing motivation towards achievement in every competition. And the result of all indicators shows that both internal and external factors give significant contributions toward achievement.

Keywords: Level of Students' Motivation, Participants, Sport Achievement Training Performance Activities, Volley Ball Cup

A. Introduction

According to Sanjaya, (2016) motivation is a condition that exists within a person that causes a person to carry out certain activities to achieve certain goals. Motivation is the strength that drives a person to do something, whether it arises from himself or that arises as a result of an external or other impulse. Motivation is a component of success or failure in the educational process in the family, school, or community environment. Hasibuan, (2011) states that there are several objectives of providing

motivation, namely: 1) encouraging employee passion and enthusiasm; 2) increasing employee morale and job satisfaction; 3) increasing employee work productivity; 4) maintaining the loyalty and stability of the organization's employees; 5) improving discipline and reducing employee absenteeism; 6) streamlining employee recruitment; 7) creating a good working atmosphere and relationship; 8) increasing the level of employee welfare; 9) enhancing employees' sense of responsibility towards their duties; and 10) increasing the efficiency of tools and raw materials.

Educational and teaching purposes as a basis for motivation. Motivation and activity in teaching and learning activities (Sardiman, 2014). Education in school can arouse the learning motivation of a pupil. According to Sukirno, (2012), an educator as a motivator should always strive to create or cultivate and arouse motivation in his pupils to always be driven to success or success considering the importance of motivation on pupils for achieving success, then education is very important to cultivate good motivation as soon as possible. Through Physical Education.

According to Sukirno, (2012), it stated that motivation is the driving force that causes people to do something to the goal they want and to get satisfaction when the goal has been achieved. So, motivation is one of the important factors for achieving a person's sporting performance. The principal as a leader is responsible for improving teacher performance. Teachers perform best when combined with school components, principals, and students (Alhusaini et al., 2020).

Physical education in sports and health is an integral part of education as a whole, aiming at developing aspects of physical fitness, movement skills, critical thinking skills, social skills, reasoning, emotional stability, moral action, healthy lifestyle aspects and the introduction of a clean environment through selected physical activities, sport and health planned systematically in order to national education. According to (Manullang, et al., 2021) Trainers who have done physical tests are still guided by general tests that are used to measure the physical conditions of other sports, including squat thrusts, pull ups, front jumps, hall squats, 300-meter run, zig-zag run, expanding strength, sit and reach, standing board jump, whole-body reaction. The coach in carrying out the test should use a special test according to the branch.

According to Slameto, (2019) explained that motivation is a constant tendency to pay attention and remember some activities that a person is motivated by constantly accompanied by pleasure and from there obtained satisfaction. In other words, motivation can be said to be the cause of activity and cause of participation in an activity. This shows that motivation contains elements - psychological elements that cause the emergence of a person's motivation for something activity. According to Novaria et al., (2023) individual happiness is the hope that humans want to achieve

during life in the world. Many factors influence the value of happiness, including self-control and feeling useful for others.

Based on the types of motivation, it will only be discussed from two points of view, namely the motivation that comes from within a person's self-personality called intrinsic motivation and the motivations that come from outside a person called extrinsic Motivation (Syaiful, 2011). 1) Intrinsic motivation is the motivation that becomes active or functional and does not need to be stimulated from the outside, because within each individual there is an impulse to do something. The urge to learn comes from the need, which implies the necessity to be educated and knowledgeable. Thus, instrumental motivation arises based on consciousness with an essential purpose, not merely attributes or ceremonies; 2) Extrinsic Motivation is the opposite of intrinsic. Intelligence is a natural ability possessed by every human being, but indeed in some cases this intelligence can be measured with certain instruments. Intelligence as an intellectual attitude includes the speed of providing answers, completion, and the ability to solve problems (Efendi, 2005).

Akbar et al., (2017) argues that discipline is a condition that is created and formed through a series of behaviors that show the values of obedience, loyalty, order, and order. Teacher discipline is a tool used by managers to communicate with employees so that they are willing to change their behavior in an effort to increase awareness and willingness to comply with all company and organizational regulations and applicable social norms (Rivai et al., 2014). The presence of the teacher in the learning process is very important. This is because the teacher is an educator who periodically interacts directly with students. For this reason, intensive guidance and services are needed in accordance with the development of students (Rochimah et al., 2018).

Development of performance sports activities (KOP) has followed a lot of activities at the student level of Sumatera South and has won many competitions rankings in every tournament. This is demonstrated in the Student Sports Week (POMDA) South Sumatera 2022 where the team KOP boy's volleyball University PGRI Palembang won the championship 2, while the girl's team won the 3th championship on the event title. To KOP can go well then be influenced by several factors such as the training program, training qualifications, training and facilities, as well as the motivation of students in carrying out the extracurricular activities of this KOP. In addition, many benefits can be obtained from this game, both physical, mental and social (Yenes et al., 2018). According to Sulistiyani, (2012) sleep quality is the ability of individuals to be able to stay asleep, not only reach the amount or duration of sleep. Sleep quality indicates an individual's ability to sleep and obtain the amount of rest that suits his needs.

Based on observations that the researchers found on the field on the volley ball training activities in several exercises in November last year, researchers saw that the

student's warming up process was not well programmed due to the lack of control from the coach so that the students practiced independently without a proper purpose and programming. By his career the researchers wanted to know how great the level of motivation that the students of Educational University PGRI Palembang in the training KOP volleyball.

B. Methods

The method used by this research is by using quantitative descriptive methods, which according to Sugiyono, (2014) descriptive functions to analyze data that has been collected as it is without the intention of making conclusions that apply to generality or generalization. Quantitative is the data of numerical research and analysis using statistics.

Data Analysis

Collected lifts are then analyzed by steps; 1) Check all lifts that have been filled with students who follow extracurricular. 2) Create a preparation table for data tabulation. 3) Calculate the frequency of the alternative answers given. 4) Calculates the frequency of answers.

Case Analysis

This research will examine the set of processes that influence the sampling and data sources surveyed with a quantitative descriptive approach. With classification in intrinsic and extrinsic factors such as: competence activities, how needs are met, responsibilities, environment, supervision or supervision techniques, and career guarantees of the motivation they find in the field.

Based on the analysis, the performance of athletes through quantitative descriptive approach. have groups in high classification. The result of the analysis is the cumulative average of the 10 (aspects) that are indicators in the evaluation of motivational performance of students such as: 1) Ability to concentrate on training and learning; 2) Disciplinary ability in practice, ability to respond quickly and critically to changing situations and conditions; 3) Ability to face obstacles, obstacles and opponents with high competitive power; 4) High research capabilities level; 5) The understanding ability of the educational and training procedures both in the dormitory and at the training site; 6) Understanding technical training ability specifically for sports skills, abilities to accept and adapted to change; 7) Ability of accepting and adapt to change; and 8) Ability to carry out time discipline in the performance of tasks and responsibilities.

C. Results and Discussion

The purpose of this study was analyzing the level of motivation of PGRI Palembang University students in participating in sports achievement training activities (KOP). Based on the results of data analysis and discussions made from this study, then can be drawn the following conclusions 1) Average PGRI University students have a motivational tendency in following sports performance activities (KOP) including in the high category; and 2) The motivation that affects the students in following sports performance activities (KOP). at the University of PGRI Palembang in the academic year 2022/2023 consists of intrinsic and extrinsic motivation. In the intrinsic motivation obtained the highest percentage results are found in the indicator "his desire and desire to succeed" while the lowest percent are found on the indicators "his potential". In the case of extrinsic motivation, the highest percentage is in the "appreciation in learning" indicator, while the lowest percent is in "social and cultural".

D. Conclusion

All indicators in this article shows that both internal and external factors give significant contributions toward achievement.

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