

ABSTRAK

Analisis Motivasi Atlet Junior dalam Mengikuti Latihan Pembinaan Club Judo Bandar Lampung

Septi Lukman

17114022

Penelitian ini mengkaji tentang analisis motivasi atlet junior dalam mengikuti latihan pembinaan *club* judo Bandar Lampung berdasarkan faktor instrinsik dan ekstrinsik. Tujuan penelitian ini untuk mengetahui seberapa besar tingkat motivasi tlet junior dalam mengikuti latihan pembinaan club judo Bandar Lampung. Jenis penelitian ini adalah deskriptif kuantitatif dengan metode penelitian yang digunakan yaitu survey. Instrumen pengambilan data pada penelitian ini menggunakan angket dengan skala *likert*. Populasi dalam penelitian ini adalah atlet junior judo Bandar Lampung sebanyak 20 atlet dan teknik sampel menggunakan *total sampling* sehingga sampel yang digunakan sebanyak 20 orang atlet judo junior. Teknik analisis data pada penelitian ini adalah analisis deskriptif statistik yang dipaparkan dalam bentuk persentase. Hasil penelitian menunjukkan bahwa motivasi faktor instrinsik diperoleh sebanyak 11 atlet (55%) mempunyai kategori sedang, pada hasil indikator kontrol diri 12 atlet (60%), kemampuan, dan kesadaran diri tergolong kategori sedang 9 atlet (45%), pada indikator disiplin dan tujuan termasuk dalam kategori tinggi 7 atlet (35%). Hasil faktor ekstrinsik termasuk dalam kategori sedang 9 atlet (45%). Pada hasil indikator hadiah, alat latihan, perhatian termasuk kategori tinggi 7 atlet (35%), tempat latihan termasuk kategori rendah 8 atlet (40%) , dan indikator respon 7 atlet (35%) tergolong kategori sedang. Berdasarkan hasil penelitian dapat disimpulkan bahwa analisis motivasi atlet junior dalam mengikuti latihan pembinaan *club* judo Bandar Lampung sebanyak mempunyai kategori sedang 9 atlet (45%).

Kata Kunci: Atlet Junior, Motivasi, Judo

ABSTRACT

Junior Athlete's Motivation Analysis in Following Training Bandar Lampung Judo Club Coaching

Septi Lukman

17114022

This study examines the analysis of the motivation of junior athletes in participating in the training of the Bandar Lampung judo club based on intrinsic and extrinsic factors. The purpose of this study was to find out how big the level of motivation of junior athletes in participating in the training of the Bandar Lampung judo club was. This type of research is descriptive quantitative with the research method used is a survey. The data collection instrument in this study used a questionnaire with a Likert scale. The population in this study were 20 junior judo athletes in Bandar Lampung and the sample technique used total sampling so that the sample used was 20 junior judo athletes. The data analysis technique in this research is statistical descriptive analysis which is presented in percentage form. The results showed that the intrinsic motivation factors were obtained as many as 11 athletes (55%) had a moderate category, on the results of self-control indicators 12 athletes (60%), ability, and self-awareness belonged to the moderate category 9 athletes (45%), on the indicators of discipline and goals included in the high category 7 athletes (35%). The results of extrinsic factors included in the moderate category 9 athletes (45%). In the results of the reward indicators, training tools, attention included in the high category of 7 athletes (35%), the training area included in the low category of 8 athletes (40%), and the response indicators of 7 athletes (35%) belonging to the medium category. Based on the results of the study, it can be concluded that the analysis of the motivation of junior athletes in participating in the training of the Bandar Lampung judo club has a moderate category of 9 athletes (45%).

Keywords: Junior Athlete, Motivation, Judo