



Student Motivation in Learning Sports Faal Science Courses

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Abstract

This research is motivated by the many shortcomings that appear, such as students are reluctant to take part in this sport physiology course for various reasons and factors so that both in terms of achieving educational goals, increasing student fitness and developing student movement skills it becomes difficult to fulfill and the learning methods applied. by the lecturer at the location where the activity took place which made students lazy to take part in learning sports physiology courses again, so that students were very enthusiastic and afraid (worried) every time the learning of sports physiology courses took place. This study aims to determine the level of motivation of students at Singaperbangsa Karawang University, Health and Recreational Physical Education Study Program. The design of this research is descriptive research. The method used in this research is a survey method. The population in this study were Semester 3 students at Singaperbangsa University Karawang, Health and Recreational Physical Education Study Program. The subjects used in this study were 100 Semester 3 students. The data collection technique was a questionnaire (questionnaire). The results showed that the level of motivation of Semester 3 students at Singaperbangsa Karawang University Physical Education and Recreation Study Program towards learning sports physiology subjects was in the LESS category with a percentage of 55.45%. Intrinsic motivation with sub-indicators which include Belief, Desire, and Self-confidence has a percentage of 54.84% in the LESS category. For extrinsic motivation with sub indicators which include Environment, Family, and Association has a percentage of 55.98% in LESS.

Keywords: Motivation, Sport Physiology

Introduction

Education is such an important factor in human life, advanced civilization and modernization in this world developed thanks to the existence of an education. With education, it is also hoped that humans can develop their knowledge, skills, attitudes and creativity. In order to realize this education, it is necessary to improve the quality of human resources (HR) by educating students to have a desire to improve their quality by having a high curiosity or curiosity and the desire to be able to master the material and excel. A person's desire to improve this quality of oneself and perform certain goals that he wants to achieve is one of the impulses that arise from

within a person so that it is referred to as Motivation, as explained by Hamzah B Uno in Maharani (2019: 1) which says that "Motivation is an impulse or driving force in a person to perform certain activities, for the sake of achieving certain goals". In the world of education, knowledge about the physicality of students can be improved by learning sports faal science courses. Learning sports faal science courses is one of the educational tools in addition to several other kinds of lessons, the closest goal on campus is to teach students to be able to understand how the human body works, this activity has its own meaning in education, namely motivating students to change negative perceptions of sports faal science courses to

be more positive, then self-confidence will arise in themselves so that the process This learning is one of the uniqueness in learning for students. Endi, (2018: 133). As far as my observations at Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program in the context of learning sports faal science courses carried out by students on campus, there are still many visible shortcomings, such as students are reluctant to take part in the study of this sports faal science course with various reasons and factors so that it is good in terms of achieving educational goals, improving student fitness and developing student movement skills it becomes difficult to fulfill and the learning methods applied by lecturers at the location of activities that make students lazy to take part in learning sports faal science courses again, to students who are very enthusiastic and afraid (worried) every time the learning of sports faal science courses takes place. Dotted with this, the author is interested in conducting research with the title "**Motivation for Learning 3rd Semester Students in Learning Sports Faal Science Subjects**" at Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program.

Literature Review

Motivation

According to Siagian in Ifni Oktiani, (2017: 218) Motivation is a driving force that causes members of an organization to want and like to exert abilities in the form of professional skills or work skills and spend time on various activities. In Fauzi, (2016: 2) from Purwa Atmaja Prawira, (2013: 320) Learning motivation is aimed at encouraging or encouraging someone who carries out learning activities to be even more active in their learning to obtain even better achievements. Motivating a student, means encouraging students to do or want to do something. Sardiman in Endi, (2018: 134) also stated that motivation is an effort to provide certain conditions, so that a person is willing and wants to do something, and trying to negate or move feelings of dislike, so motivation is created through external factors but the motivation will grow inside a person. Motivation also has different types that can be viewed from different points of view. However, researchers will only review from two kinds of points of view, namely Intrinsic motivation, namely motivation that comes from within a person and Extrinsic motivaso or motivation that comes from outside oneself. According to Prihartanta, (2015: 4) intrinsic

motivation and extrinsic motivation are the types of motivation based on their source, namely:

- a. Intrinsic motivations are those motives that become active or their functioning does not need to be stimulated from the outside, since in each individual there is already an impulse to do something. For example, someone who likes to read, no one needs to tell or encourage him, he has been diligently looking for books for him to read. Then when viewed in terms of the purpose of the activities it carries out (for example learning activities), then what is meant by this intrinsic motivation is to want to achieve the goals contained in the learning act itself.
- b. Extrinsic motivations are motives that are active and function due to the presence of external stimulation. For example, a person is studying, knowing that tomorrow morning he will have an exam in the hope of getting a good grade, so that he will be praised by his girlfriend, or his friend. So the important thing is not because learning to want to know something, but to want to get good grades, or to get a reward. So when viewed in terms of the purpose of the activities carried out, it is not directly related to the essence of what it does. Therefore, extrinsic motivation can also be said to be a form of motivation in which learning activities begin and are continued based on external impulses that are not absolutely related to learning activities.

Sports Faal Science

Imu Faal or physiology is a branch of biology that focuses on the normal functions of living organisms as well as parts of their body. This science emphasizes the way in which a living organism or parts of its body function normally. The goal is to be able to understand the mechanism of a living being. So what distinguishes between physiology and anatomy? Anatomy basically examines the structure of living things while physiology examines their function. Anatomy and physiology are two closely interconnected disciplines; and even interrelated. Aspiring doctors usually study these two disciplines in tandem. In the book Faal Science and Practicum (2022: 2).

Metode

This research is a descriptive quantitative research and the method used to take data is the survey method. In Maharani (2019: 26) Sugianto explained that the survey method is research carried out by collecting relatively limited data from a number of

typicals, which are relatively large in number. Basically, surveys are useful to know what exists without questioning why it exists. In this study, the instrument used was a data collection technique with a questionnaire. Itto Turyandi (2019: 110) explained that a questionnaire is a list of statements or questions sent to respondents, either directly or indirectly (by post or intermediary). Each question has five alternative answers selected based on the likert scale. In accordance with the type and source of data, the method used in data collection in this study is: by using the method of distributing questionnaires (questionnaires). Questionnaires or questionnaires are distributed and distributed through Google Form to students who will be sampled. The data collected in this study was then analyzed using the technical calculation of the average.

The type of quantitative descriptive research used in this study was used to obtain information about the learning motivation of class IX students in learning sports science courses at Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program in depth, clearly and comprehensively. In addition, with this quantitative descriptive approach, students can reveal the situations and problems they face and often become obstacles in this learning activity. According to Mulyadi (2011: 127) Quantitative research is a research approach that represents positivism. Sugiyono (2017:80) Population is a generalization area consisting of objects / subjects that have a certain character and quality that is determined by the researcher himself to be studied or studied and after that a conclusion will be obtained from the study. The population in this study was all students in semester 3 of Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program, which was 330 students. Sugiyono (2017: 81) said that the sample is part of the number and characteristics possessed by the population. The definition is in line with the explanation of Siregar & Harahap, (2019: 64) who said that the Sample is the part of the population that is expected to be able to represent the population in the study. Samples were taken using the Purposive Sampling method. According to Sugiyono (2017: 85) Purposive Sampling is a sample determination technique with certain considerations. based on the will and consideration of the author, where a sample was taken of 30% of the 330 students so that a sample of 100 students was obtained.

Results And Discussion

To obtain data with a questionnaire to measure the level of motivation of students of Singaperbangsa

Karawang University, Health and Recreation Physical Education Study Program towards learning sports science courses. The level of motivation of students of Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program towards learning sports faal science courses can be seen from two factors, namely intrinsic and extrinsic factors. Intrinsic factors include everything related to physique, interests, talents, and motives, while extrinsic factors include the environment, family, and association. Measured by a questionnaire totaling 30 items of questioning. After the data are obtained, calculated scores and analyzed with the help of *Microsoft Excel 2010 software*, a minimum value = 39.6% is obtained ; maximum value = 72.8% ; average value (mean) = 55.45% ; with a standard deviation value = 9.46%.

Table 4.1 Pcalculation of Average Motivation (Positive Statement)

Data	Mean	S.Dev	Min	Ma x	N
Motiva tion	57.85	9.48	39.6	72.8	100

Table 4. 1 Motivational Analysis Results (Positive Statement)

No. Bu tir	Sum x Weights	Calculate Percentage	Result Presentas e
1.	364	$364/500 \times 100$	72.8%
2.	280	$280/500 \times 100$	56%
3.	287	$287/500 \times 100$	57.4%
4.	239	$239/500 \times 100$	47.8%
5.	321	$321/500 \times 100$	64.2%
6	240	$240/500 \times 100$	48%
7	322	$322/500 \times 100$	64.4%
8	339	$339/500 \times 100$	67.8%
9	323	$323/500 \times 100$	64.6%
10	352	$352/500 \times 100$	70.4%
15	360	$360/500 \times 100$	72%
16	263	$263/500 \times 100$	52.6%
18	198	$198/500 \times 100$	39.6%

21	265	$265/500 \times 100$	53%
22	252	$252/500 \times 100$	50.4%
23	251	$251/500 \times 100$	50.2%
24	239	$239/500 \times 100$	47.8%
29	304	$304/500 \times 100$	60.8%
30	297	$297/500 \times 100$	59.4%
Average			57.85 %

Results of Recapitulation of Motivation Percentage Calculation, Respondents' Answers to Negative Statements.

Table 4.2 Calculation of Average Motivation (Negative Statement)

Data	Mean	S.Dev	Min	Max	N
Motivation	51.30	8.24	41.2	64.4	100

Table 4.3 Motivational Analysis Results (Negative Statements)

No Butir	Sum x Weights	Calculate Percentage	Presentations Results
11	210	$210/500 \times 100$	42%
12	206	$206/500 \times 100$	41.2%
13	224	$224/500 \times 100$	44.8%
14	246	$246/500 \times 100$	49.2%
17	232	$232/500 \times 100$	46.4%
19	322	$322/500 \times 100$	64.4%
20	312	$321/500 \times 100$	64.2%
25	261	$261/500 \times 100$	52.2%
26	233	$233/500 \times 100$	46.6%
27	287	$287/500 \times 100$	57.4%
28	280	$280/500 \times 100$	56%
Average			51.30 %

Then the result of the whole grain of the statement is calculated on the basis of the average number that has been obtained.

Table 4.4 Results of the Recapitulation of Student Motivation Analysis in Participating in Learning sports faal science courses

No. Grain	Sum x Weight	Count Percentage
1.	72.80%	Enough
2.	56%	Less
3.	57.40%	Less
4.	47.80%	Less Once
5.	64.20%	Less
6	48%	Less Once
7	64.40%	Less
8	67.80%	Enough
9	64.60%	Less
10	70.40%	Enough
11	42%	Less Once
12	41.2%	Less Once
13	44.8%	Less Once
14	49.2%	Less Once
15	72%	Enough
16	52.60%	Less Once
17	46.4%	Less Once
18	39.60%	Less Once
19	64.4%	Less
20	64.2%	Less
21	53%	Less Once
22	50.40%	Less Once
23	50.20%	Less Once
24	47.80%	Less Once
25	52.2%	Less
26	46.6%	Less Once
27	57.4%	Less
28	56%	Less

29	60.80%	Less
30	59.40%	Less
Average Percentage	55.45%	LESS

Discussion

Based on the table above, it can be concluded that the level of motivation of Semester 3 students in participating in learning sports faal science courses at Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program is in the **LESS** category with an average percentage of 55.45%. known from each item of statement number 1, 8, 10, and 15 obtaining the SUFFICIENT category, while for the statement item numbers 2, 3, 5, 7, 9, 19, 20, 25, 27, 28, 29, and 30 earned LESS, and for items of statement numbers 4, 6, 11, 12, 13, 14, 16, 17, 18, 21, 22, 23, 24, and 26 earned LESS ONCE.

From the calculation results by processing data from the results of the research answers from respondents, the conclusion that can be taken from the results of this study is that the motivation of semester 3 students in participating in learning sports faal science courses at Singaperbangsa Karawang University, Health and Recreation Physical Education Study Program is in the LESS category with an average percentage of 55.45%. Intrinsic motivation with sub-indicators including Confidence, Desire, and Confidence has a percentage of 54.84% with the LESS category. For extrinsic motivation with sub-indicators which include Environment, Family, and Association has a percentage of 55.98% in LESS.

The motivation of each student is able to influence students in participating in learning sports faal science courses at school. Motivation also becomes a psychological state that is found in a person, to perform an action. The magnitude of the power or force that drives a person to perform a task or the achievement of a goal indicates the level of motivation.

Simpulan

Based on the data from the study, it can be seen that the level of students' understanding of *Online Learning* of Sports and Health Physical Education Subjects during the *Covid-19* Period at SMAN 1 Pangkalan is a very good category with a number of 8 (6%), a good category with a total of 34 students (26%), a fairly good category with a total of 47 (36%), a bad category with a total of 34 (26%). It can be seen from these calculations that students'

perceptions of online learning of health and recreation physical education subjects at SMAN 1 Pangkalan are in the CATEGORY OF GOOD ENOUGH with a percentage of 36% a total of 47.

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