



## Student Motivation Against Short Distance Running Numbers Athletic Learning Android Application Based

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### Abstract

*This study aims to determine the level of motivation of class VII students at SMP Negeri 1 Karawang Timur. This research is a descriptive study. The method used in this research is survey method. The population in this study were students of class VII SMP Negeri 1 Karawang Timur. The size of the subjects used in this study were 345 students of class VII. Data collection techniques with a questionnaire (questionnaire). The results showed that the motivation level of class VII students of SMP Negeri 1 Karawang Timur towards the Android Application-Based Short Distance Running Numbers Athletics was in the VERY GOOD category with a percentage of 186.76%. Intrinsic motivation with sub-indicators which include Confidence, Desire, and Self-Confidence has a value of 6839.2 or as a percentage of 136.78% in the VERY GOOD category. For extrinsic motivation with sub-indicators which include Environment, Association, and Application Media, a score of 3303.2 or 136.78% is in the ENOUGH category.*

**Keywords:** Motivation, Physical Education Learning, Android Application.

### Introduction

Education is the basic right of every human being to obtain knowledge that has the purpose of benefiting the future of himself, religion, family and country. Education is one of the obligations that must be carried out by every citizen and is also very meaningful for human life. Because education is a process to improve the quality of human resources (HR). Humans and Education are a unity because humans have reason and thoughts to obtain education and knowledge in ensuring the growth and survival of a nation, therefore Education is a place to increase the nation's generation and the quality of human resources.

Education as one of the most important determining factors in the national development of a country, education is made the mainstay so that it functions optimally to improve the quality of life for Indonesia. Hakim, (2016: 54) explained in Law no. 20 of 2003 concerning the National Education System in article 1 it states that:

Education is a conscious and planned effort to create a learning atmosphere and self-potential to have religious spiritual strength, self-control, personality, intelligence, noble character and the skills needed by oneself, society, developing all the potential possessed by students through the learning process. The learning process is a series of interactions between humans, namely a

teacher and students. There are many ways to get physical fitness, physical with the aim of students getting good ways to achieve fitness. Education can support changes in movement skills and patterns of thinking. Success in the field of Education is largely determined by success in the learning process.

However, as far as my observations go, in East Karawang 1 Public Middle School, the use of an Android-based application for athletic learning in short-distance running numbers elicited various responses from each student, especially in terms of learning motivation. Based on my observations on August 5, 2022 and some information put forward by the Physical Education teacher at East Karawang 1 Public Middle School, that students do not yet have high learning motivation regarding athletic learning in short distance running numbers. Utilization of Android-based learning media should be properly used as a student learning media in learning Physical Education. This is not without reason, but seeing from the development of increasingly advanced technology and the understanding and interest of students in using gadgets and social media will increase their enthusiasm or motivation to learn in learning Physical Education at School. Starting from this problem, the authors are interested in studying and conducting research with the title "**Student Motivation for Android Application-Based Short Distance Running Numbers Athletic Learning for Class VII Students of SMPN 1 Karawang Timur**".

### **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 intended to encourage or give encouragement to

someone who is doing learning activities to be even more active in learning to get even better achievements. Motivating a student means participating in encouraging students to do or want to do something. Sardiman in Endi, (2018: 134) also suggests that motivation is an effort to provide certain conditions, so that someone wants and wants to do something, and tries to eliminate or move feelings of dislike, so motivation is created through external factors but motivation it will grow inside a person. Motivation also has different types that can be seen from different points of view. However, researchers will only review from two different perspectives, namely intrinsic motivation, namely motivation that comes from within a person's self and extrinsic motivation or motivation that comes from outside a person's self. According to Prihartanta, (2015: 4) intrinsic motivation and extrinsic motivation are types of motivation based on their sources, namely:

- a. Intrinsic motivation is motives that become active or function without needing to be stimulated from the outside, because within each individual there is an urge to do something. For example, someone who likes to read, no one needs to order or encourage him, he has been diligent in finding books to read. Then, when viewed in terms of the objectives of the activities carried out (for example learning activities), what is meant by intrinsic motivation is wanting to achieve the goals contained in the act of learning itself.
- b. Extrinsic motivation is motives that are active and function because of external stimuli. For example, a person studies because he knows that tomorrow morning he will have a test in the hope of getting a good grade, so that his girlfriend or friend will praise him. So what's important is not learning because you want to know something, but wanting to get good grades, or to get a prize. So if you look at it from the point of view of the purpose of the activity you are doing, it does not directly

depend on the essence of what you are doing. Therefore extrinsic motivation can also be said to be a form of motivation in which learning activities are initiated and continued based on encouragement from outside which is not absolutely related to learning activities.

### **Physical Education Learning**

Physical Education is part of the education process as a whole, it is hoped that it can create physically and mentally healthy people so that in the end they can contribute good and useful thoughts to the region in particular and to the nation and state in general. Education Lessons Sports and health physical education is a subject that is much in demand by students. It can relieve boredom while in class and channel energy to take part in this lesson. The provision of learning experiences is directed at fostering better physical growth and psychological development, as well as forming a healthy and fit lifestyle throughout life. Physical education is one of the subjects contained within the scope of formal education at both elementary school (SD), junior high school (SMP), high school (SMA) levels. In accordance with the characteristics of junior high school students, aged 12-14 most of them tend to still like to play. For this reason, teachers must be able to develop effective lessons, besides having to understand and pay attention to the characteristics and needs of students. During this age, all aspects of human development, both cognitive, psychomotor and affective, experience changes. Physical education teachers must be able to make learning effective and fun. For this reason, it is necessary to have an approach to students, variations and modifications in learning.

### **Android Based Application**

The Android application is an operating system for smartphones and tablets. The operating system can be illustrated as a 'bridge' between the device (device) and the user, so that the user can interact with the device and run the applications available on

the device. Satyaputra & Aritonang (2016: 2). Another opinion explains that Android is an operating system for Linux-based mobile devices that includes an operating system, middleware and applications. Murtiwiayati & Glenn Lauren (2013: 2). In its development, Android continues to grow rapidly along with the progress of modernization. Until now Android is also used as Learning Media for students in schools to simplify and streamline learning time, especially in physical education learning. Media which literally means "middle, intermediary, or introduction or can be interpreted as all forms and channels used to convey information. in the teaching and learning process tend to be interpreted as graphic, photographic, or electronic tools for capturing, processing, and reconstructing visual or verbal information. So that it can be interpreted as a tool that conveys or delivers learning messages.

### **Method**

This research is a quantitative research with a survey method using a questionnaire. A questionnaire is a list of statements or questions sent to respondents, either directly or indirectly (by post or intermediary). Itto Turyandi (2019: 110). On this basis, the author wants to know the level of student motivation in learning Android-based physical education which is carried out at SMP Negeri 1 Karawang Timur. The data collected and collected is the result of a questionnaire or questionnaire containing five alternative answers selected according to the Likert scale. The questionnaire was then distributed virtually through the Google Form media to students until the authors were able to obtain the desired results.

The selection of this type of quantitative descriptive research was used in this study in order to obtain clear and comprehensive information regarding the learning motivation of class VII students in physical education learning based on Android. In addition, with this quantitative descriptive approach students are able to express the situations and problems they face and often become obstacles in this learning activity.

The definition of this research is that quantitative research is a research approach that represents positivism. Mulyadi (2011: 127). The population in this study were all class VII students of SMP Negeri 1 Karawang Timur, namely 300 students. Samples were taken using the Total Sampling method. Sugiyono (2017: 85) Explains that Total Sampling is a sampling technique by taking the total of the entire population. Based on the wishes and considerations of the author, where the sample was taken by 100% of 345 students so that a sample of 345 students was obtained.

**Results and Discussion**

To obtain data with a questionnaire to measure the level of motivation of SMPN 1 Karawang Timur students towards athletic learning (short distance running numbers) based on an Android application. This chapter describes the description of these variables using descriptive statistics. The motivation level of SMPN 1 Karawang Timur students towards athletic learning (short distance running numbers) based on the Android application can be seen from two factors, namely intrinsic and extrinsic factors. Intrinsic factors include everything related to the physical, interests, talents and motives, while extrinsic factors include the environment, family, facilities and infrastructure and educators.

In this study the use of questionnaires was enabled to be able to determine the level of motivation of class VII students of SMPN 1 East Karawang in participating in athletic learning (short distance running numbers) based on the android application which was filled in by respondents or research subjects which contained 50 questions. After the data is obtained, scores are calculated and analyzed with the help of Microsoft Excel 2010 software, a minimum value = 117% is obtained; maximum value = 266% ; average value (mean) = 186.76% ; with a standard deviation value = 47.68%.

**Table 4.1 Calculation of Average Motivation (Positive Statement)**

Data	Mean	S.Dev	Min	Max	N
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Motivation	206.68	46.92	128.4	266	345
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**Table 4.1 Results of Motivation Analysis (Positive Statement)**

Item No	Amount x Weight	Calculate Percentage	Presentation Results
1	1162	1162/1725x345	232.4%
2	1285	1285/1725x345	257%
4	1330	1330/1725x345	266%
5	1166	1166/1725x345	233.2%
6	1210	1210/1725x345	242%
7	1120	1120/1725x345	224%
8	1200	1200/1725x345	240%
9	1162	1162/1725x345	232.4%
10	1210	1210/1725x345	242%
11	1299	1299/1725x345	259.8%
14	1222	1222/1725x345	244.4%
16	1133	1133/1725x345	226.6%
22	1323	1323/1725x345	264.6%
24	1077	1077/1725x345	215.4%
25	1282	1282/1725x345	256.4%
26	1131	1131/1725x345	226.2%
29	726	726/1725x345	145.2%
30	1191	1191/1725x345	238.2%
31	764	764/1725x345	152.8%
32	777	777/1725x345	155.4%
33	780	780/1725x345	156%
34	704	704/1725x345	140.8%
35	694	297/1725x345	138.8%
41	703	703/1725x345	140.6%
42	642	642/1725x345	128.4%
43	782	782/1725x345	156.4%

43	827	$827/1725 \times 345$	165.4%
Average			206.68%

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

**Table 4.2 Calculation of Average Motivation (Negative Statement)**

Data	Mean	S.Dev	Min	Max	N
Motivation	163.39	36.69	117	226.4	345

**Table 4.3 Results of Motivation Analysis (Negative Statement)**

Item No	Amount x Weight	Calculate Percentage	Presentati on Results
3	854	$854/1725 \times 345$	170.8%
12	996	$996/1725 \times 345$	199.2%
13	1132	$1132/1725 \times 345$	226.4%
15	854	$854/1725 \times 345$	170.8%
17	976	$976/1725 \times 345$	195.2%
18	969	$969/1725 \times 345$	193.8%
19	832	$832/1725 \times 345$	166.4%
20	1130	$1130/1725 \times 345$	226%
21	1116	$1116/1725 \times 345$	223.2%
23	981	$981/1725 \times 345$	196.2%
27	935	$935/1725 \times 345$	187%
28	939	$939/1725 \times 345$	187.8%
36	618	$618/1725 \times 345$	123.6%
37	585	$585/1725 \times 345$	117%
38	614	$614/1725 \times 345$	122.8%
39	609	$609/1725 \times 345$	121.8%
40	610	$610/1725 \times 345$	122%
45	705	$705/1725 \times 345$	141%
46	699	$699/1725 \times 345$	139.8%
47	692	$692/1725 \times 345$	138.4%

48	642	$642/1725 \times 345$	128.4%
49	657	$657/1725 \times 345$	131.4%
50	645	$645/1725 \times 345$	129%
Average			163.39%

Then the results of all statement items are calculated based on the average number that has been obtained.

**Table 4.4 The results of the recapitulation of student motivation analysis in participating in sports physiology courses**

Item No	Amount x Weight	Calculate Percentage	Presentati on Results
1	1162	$1162/1725 \times 345$	232.4%
2	1285	$1285/1725 \times 345$	257%
3	854	$854/1725 \times 345$	170.8%
4	1330	$1330/1725 \times 345$	266%
5	1166	$1166/1725 \times 345$	233.2%
6	1210	$1210/1725 \times 345$	242%
7	1120	$1120/1725 \times 345$	224%
8	1200	$1200/1725 \times 345$	240%
9	1162	$1162/1725 \times 345$	232.4%
10	1210	$1210/1725 \times 345$	242%
11	1299	$1299/1725 \times 345$	259.8%
12	996	$996/1725 \times 345$	199.2%
13	1132	$1132/1725 \times 345$	226.4%
14	1222	$1222/1725 \times 345$	244.4%
15	854	$854/1725 \times 345$	170.8%
16	1133	$1133/1725 \times 345$	226.6%
17	976	$976/1725 \times 345$	195.2%

18	969	969/1725x 345	193.8%
19	832	832/1725x 345	166.4%
20	1130	1130/1725 x345	226%
21	1116	1116/1725 x345	223.2%
22	1323	1323/1725 x345	264.6%
23	981	981/1725x 345	196.2%
24	1077	1077/1725 x345	215.4%
25	1282	1282/1725 x345	256.4%
26	1131	1131/1725 x345	226.2%
27	935	935/1725x 345	187%
28	939	939/1725x 345	187.8%
29	726	726/1725x 345	145.2%
30	1191	1191/1725 x345	238.2%
31	764	764/1725x 345	152.8%
32	777	777/1725x 345	155.4%
33	780	780/1725x 345	156%
34	704	704/1725x 345	140.8%
35	694	297/1725x 345	138.8%
36	618	618/1725x 345	123.6%
37	585	585/1725x 345	117%
38	614	614/1725x 345	122.8%
39	609	609/1725x 345	121.8%
40	610	610/1725x 345	122%
41	703	703/1725x 345	140.6%
42	642	642/1725x 345	128.4%
43	782	782/1725x 345	156.4%
44	827	827/1725x 345	165.4%

45	705	705/1725x 345	141%
46	699	699/1725x 345	139.8%
47	692	692/1725x 345	138.4%
48	642	642/1725x 345	128.4%
49	657	657/1725x 345	131.4%
50	645	645/1725x 345	129%
<b>Average Percentage</b>		<b>186.76%</b>	<b>VERY GOOD</b>

### Discussion

Based on the results of calculations by processing the research results of the answers from the respondents, the conclusion that can be drawn from the results of this study is that the motivation of class VII students in participating in athletic learning (short distance running numbers) based on the android application at SMPN 1 Karawang Timur is in the VERY GOOD category with an average value of 5071.2 or 101.42%. Intrinsic motivation with sub-indicators which include Confidence, Desire, and Self-Confidence has a value of 6839.2 or as a percentage of 136.78% in the VERY GOOD category. For extrinsic motivation with sub-indicators which include Environment, Association, and Application Media, a score of 3303.2 or 136.78% is in the ENOUGH category.

The motivation of each student is able to influence students in participating in athletic learning (short distance running numbers) based on Android applications at school. Motivation is also a psychological state that is able to move students to act something. This explanation is in line with Widodo's opinion (2015: 187) that motivation is the impetus that exists in a person, to take an action. The amount of power or strength that encourages someone to do a task or achieve a goal shows the level of one's motivation.

### Conclusion

Based on the results and discussion that has been carried out, it can be concluded that

the motivation of class VII students in participating in athletic learning (short distance running numbers) based on the Android application is in the VERY GOOD category, with an average percentage of 186.76%. this shows that it is necessary to make an evaluation carried out by the students and physical education teachers so that in the future the learning motivation of class VII students for athletic learning material (short distance running numbers) based on the Android application can be improved properly so that the purpose of an education itself perfectly achievable.

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