

## What is the Meaning of the Experience of Standing on the Podium at an International Championship among Kalimantan Sport Climbing Athletes?



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**ABSTRACT:** Sport climbing is a sport that is currently very popular and is starting to become popular. There are three factors that influence athletes' achievements, namely physical, technical, and psychological factors. If any one factor is not optimal, then the achievements achieved will also not be optimal. This research focuses on the experience of standing on the podium at an international championship for Kalimantan Sport climbing athletes. The research method used in this research is qualitative research by adopting aspects of the phenomenological approach. Participants in this research were 7 Sport climbing athletes from the Kalimantan area with various international achievements. This research uses interviews and digital recording tools to make it easier to obtain descriptions of the experiences of Sport climbing athletes standing on the podium at international championships. Data analysis in this research consists of transcribing interviews then coding using the ATLAS.ti 9 application, determining sub-themes, making discussions, and finally making conclusions. As a result of research on the experience of standing on the international championship podium, researchers found 3 themes, namely the beginning, 1) Motivation; 2) Personality and Characteristics; 3) Understanding and knowledge. In this study, researchers concluded that the challenge to continue to develop and become the best is one of the motivations that arises in athletes.

**KEYWORDS:** Sport climbing athlete, meaning of standing on the podium, Motivation.

### I. INTRODUCTION

Sport climbing is a sport that is currently popular and gaining popularity. Initially Sport climbing was born from the natural exploration activities of mountain climbers, then they had to face unusual terrain and had a high level of difficulty which was impossible to climb normally or vertical and steep terrain, then the climbing or climbing technique was born to pass through this unusual terrain by personal safety techniques (safety procedures). Sport climbing is a sport that is expected to contribute to achievements in the future development of sports in Indonesia. Along with its development, the sport of Sport climbing has been able to provide many achievements both nationally and internationally. At the national level, general national championships and age group national championships are never absent. At the international level, Indonesian athletes can compete in Asian and even world level championships.

This athlete, who was born in Pontianak, West Kalimantan, admitted that he was happy and proud of this achievement. The 24-year-old athlete admitted that competing against fellow countrymen gave him an injection of enthusiasm. Veddriq and Kiromal provide support and encouragement to each other to perform better in each round. It is not surprising that these two athletes were able to show extraordinary results by both setting world records. The gold medal won was a bonus because it was not the main goal for Veddriq and Kiromal to come and compete in Salt Lake. In this match, Kiromal had to be satisfied with the silver medal. Unfortunately, Kiromal was unable to record a time in the final due to a fall start.

In the world of sport, not all athletes can feel like they are standing on the champion's podium, but all athletes want to feel like they are standing on the champion's podium. In sports competitions, the podium is used to award the top three winners in a competition, be it an individual, team or group/team competition. According to Adisasmito (2007), there are three factors that influence athletes' achievement, namely physical, technical, and psychological factors. If any one factor is not optimal, then the achievements achieved will also not be optimal. The experience of athletes in participating in world championships is one thing that makes athletes able to achieve more. Experience occurs when thoughts, muscles, and movements come together in moments of value and joy. Personal experience is one of the significant constructs in humanistic psychology. There are three main aspects

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to humans, these positive aspects focus on personality, behavior and experience. Personality itself is the overall way an individual reacts and interacts with other individuals. Personality is often seen in terms of traits that are usually measured and then demonstrated by someone with maximum training. By emphasizing the process element, it is possible to discover many overlooked benefits in sport. In this case it is recommended to develop sports that are sensitive to a process. Most of his experience as an athlete and coach is at the amateur to professional level. This process is of course related to the levels, although in different ways.

### II. METHODS

This type of research is qualitative research by adopting aspects of the phenomenological approach. In phenomenological research, according to David Woodruff, phenomenology is research on structures in consciousness as experienced from a first-person perspective. Phenomenological studies are studies that want to find the "essence" of the meaning of a phenomenon experienced by several individuals (Creswell, 2015). Data collection in this research was carried out by interviewing participants, in qualitative research with a phenomenological approach interview can be carried out with 5 to 25 people (Creswell, 2015). Participants in this research were 7 cliff athletes from the Kalimantan area. In qualitative research there are ethics in conducting research. Research ethics relates to the natural responsibilities of the researcher in the relationship. Related to what should and should not be done to the person being researched. Research ethics is a limitation on the extent to which research can involve participants and can prevent violations that could harm participants themselves. This research was conducted in Indonesia. The locations of the participants were in three different areas. 5 participants were in Jakarta, 1 participant was in Central Java and 1 participant was in North Kalimantan. The online interview process used the zoom application, and I was in Yogyakarta during the interview process. The research period begins in February - March 2022. The instrument in this research uses interviews and the interview script has been validated by experts with the hope that the questions are not far from the principles to be addressed. The question grid will be explained in the following table:

**Table 1. Instrument Grid**

Variable	Interview transcript
Experience of Standing on the Podium at International Championships among Sport climbing Athletes	Can you please tell me who you are? What is your family background like? How did you start as a Sport climbing athlete? How did you get into the Indonesian national Sport climbing team? How does it feel to train with the national team? How do you prepare personally for the national team?

In this case, data analysis uses the ATLAS. ti application 9. Data analysis in qualitative research begins with preparing and organizing data, namely, text data such as transcripts, or image data such as photos for analysis, then reducing the data into themes through the coding and code summarization process, and finally presenting the data in the form of tables, charts, or discussions (Creswell, 2015). The steps taken by researchers to analyse data are: 1) Transcribing interviews; 2) Carry out coding using the ATLAS. ti 9 application; 3) Determine sub themes; 4) Make a discussion; 5) Make conclusions.

### III. RESEARCH RESULTS

The aim of this research is to find out the experiences of Indonesian Sport climbing athletes standing on the podium at international championships. The focus of the research is to explore the experiences of Sport climbing athletes in the process of getting to the international championship podium. Based on the results of in-depth interviews with resource persons, the data that has been obtained will be analyzed using ATLAS.ti 9. Before entering the discussion, I will describe 5 themes because of the analysis, namely: (1). the beginning of taking part in international championships. (2). towards the international championship podium, (3). experience of standing on the podium of international championships, (4). after coming down from the international championship podium, (5). the meaning they construct about the experience.

#### 1. The beginning of participating in international championships

This theme was constructed from participants' statements regarding the beginnings of Indonesian Sport climbing athletes participating in international championships. From this theme there are 3 sub-themes, namely: (1) the beginning of becoming an athlete, (2) entering the national training camp (pelatnas), (3) experience of international championships. With 14 categories,

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namely: beginning of career, ranking achievements, relegation promotion, sparring partner training, not used to it, preparation for the Asian Games, competition, turning point, showing the best, sharing information, being called up to the national team (national team), training at the national training camp (national training), calm and the World Cup.

### **2. Towards the International Podium.**

This theme was obtained from participants related to Indonesian Sport climbing athletes heading to the international podium. From this theme there are 5 sub-themes, namely: (1) discipline, (2) training process, (3) training pressure, (4) challenges and (5) self-preparation. With 13 categories, namely: climate, adapting, mental, athlete psychology, evaluation, food, breaking records, long distance, limited, togetherness, praying, being organized, reading about country culture.

### **3. Experience Standing on the International Championship Podium**

The next theme is related to Indonesian Sport climbing athletes standing on the international championship podium. From this theme there are 4 sub-themes, namely: (1) Impressions from the championship, (2) feeling of happiness, (3) support and (4) appreciation. With 8 categories, namely: special things, dreams, success, touched, memorable, enthusiasm, belief, and motivation. Experience is something that cannot be separated from everyday human life. Experience can be defined as something that has been experienced, lived, or felt, either a long time ago or something that has just happened. Experience is also very valuable for every human being, and experience can also be given to anyone to use and become a guide and human learning. In phenomenological research, phenomenology is also a philosophical approach to investigating human experience. Simply put, we practice phenomenology in our daily lives, we open ourselves and let the phenomenon appear from our consciousness as humans, then we understand it and we understand it as a perspective of that phenomenon. The experience of standing on an international podium is a valuable experience for every athlete. This experience is what makes athletes continue to excel in every event they participate in.

### **4. After coming down from the international championship podium**

The next theme is related to the aftermath of stepping down from the international championship podium among Indonesian Sport climbing athletes. From this theme there are 3 sub-themes, namely: (1) respect, (2) humility and (3) the future. With 5 categories, namely: gratitude, family, team members, coaches, work. After coming down from the international championship podium, the athletes have their own stories. Starting from their respect for the coach, family, and team members.

### **5. Meaning that they build on that experience.**

The next theme is related to the meaning that is awakened among Sport climbing athletes when standing on the podium at international championships. From this theme there are 4 sub-themes, namely: (1) pride, (2) a sense of nationalism, (3) a sense of disappointment, and (4) self-confidence. With 8 categories, namely: young age, first time, representing the country, injury, failure, getting used to it, relaxing, making history. Meaning is the meaning that arises because of the speaker's reaction or the speaker's attitude regarding something that is thought or felt. Like how Indonesian Sport climbing athletes interpret the experience of standing on the podium at international championships.

## **IV. DISCUSSION**

This discussion will analyze what has been stated in the research results. The experience of standing on the international championship podium among Indonesian Sport climbing athletes will be analyzed from several perspectives of 3 athletes who are participants because they have stood on the international championship podium. Some things that emerge are motivation, personality, and characteristics, understanding and knowledge, and development and readiness.

### **1. Motivation**

Motivation in general means a person's motivation to involve themselves in a sports activity to obtain certain results. The experience of standing on the podium at an international championship raises many meanings about motivation. The challenge to continue to develop and become the best is one of the motivations that arises in Indonesian Sport climbing athletes. Apart from that, the enthusiasm to continue fighting makes Indonesian Sport climbing athletes continue to compete positively in training and competing. This is what makes an impression when the athletes stand on the international championship podium, where pride also emerges within the athletes as motivation to continue to achieve the best results. Achievement motivation from an athlete is needed to achieve achievements in each sport that is participated in by athletes who want to excel (Wahyudi & Donie, 2019). Without motivation, athletes will remain in a constant or passive performance, even without motivation, the athlete's ability to maintain performance can decrease. Motivation provides physiological, psychomotor, and social benefits. Among Indonesian Sport climbing athletes, this motivation is one of the keys to their success in standing on the international championship podium. The experience of standing on an international podium has an impact on athlete motivation. High motivation from all their

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experiences competing in international championships makes motivation the meaning they build and the reason they can stand on the international championship podium.

### 2. Personality and Characteristics

Sport as a means of forming personality is also a means of knowing characteristics. Everyone has something unique that is inherent in everyone, this also applies to Indonesian Sport climbing athletes. Each athlete also definitely has a different personality from one another. From here it can be seen that the personalities and characteristics of Indonesian Sport climbing athletes are diverse. Feelings of happiness, disappointment and self-confidence are the things that emerge when they stand on the international championship podium. The experience of standing on the podium at an international championship is very meaningful in the athlete's personality and characteristics. Personality and these characteristics also arise from two factors that influence the formation of personality, namely genetic factors, and environmental factors. According to Pervin & John (2001), the peer environment has an influence on personality development. Experiences in childhood and adolescence in a group have an influence on personality development. Situation, influencing the impact of heredity and environment on personality. A person's personality, although generally steady and consistent, changes in different situations. The different demands of different situations bring out different aspects of a person's personality.

### 3. Understanding and knowledge

This understanding and knowledge can be defined as information or awareness obtained through experience or education. It is beyond deep understanding that allows one to develop his abilities. Therefore, one can state that Knowledge is greater than understanding. We use the word knowledge causally in everyday conversation. Understanding in the Indonesian dictionary means a lot of knowledge; understand properly (will); know very well (will). Meanwhile, understanding means the process, method, act of comprehending and comprehending (Wowo Sunaryo Kuswana, 2012). Athletes will know and understand the most important things when standing on the podium at an international championship.

So, it can be interpreted that the existence of these three results can represent a new idea where the feeling of standing on the podium really has quite a good impact, whereby standing on the podium the feeling of motivation and understanding and knowledge will provide completeness where the heart is happy, and the heart is pounding. helps Sport climbing athletes feel different sensations, so that success or failure will influence their further development. Lack of support is one of the things that influences the development and readiness of athletes to face competitions. This may result in a decline in athletes' performance before or after they stand on the international championship podium. This research was attempted as closely as possible with the aims and objectives of the research. However, it is still felt that there are limitations and weaknesses that cannot be avoided, including: 1) There are limited research in understanding the experiences of Indonesian Sport climbing athletes standing on the international championship podium so that they cannot fully explain the existing problems; 2) There are limitations for researchers in conducting interviews, so that the information provided by participants is limited; 3) There are research limitations in the analysis, so there are still many shortcomings in the research results.

## V. CONCLUSIONS

Regarding what they know and understand about being an athlete, the pressure of training, achievement is the understanding and knowledge that they gain and becomes of great significance when they stand on the podium at international championships. From the understanding and knowledge, they can make athletes develop in preparing themselves for the next international event. Apart from that, the development and readiness of athletes is one of the things that emerges from the experience of standing on the international championship podium. This self-preparation emerged as they participated in each match and succeeded in standing on the international championship podium. Awards also make the athletes' reasons for progress in each competition and make them even more ready to stand on the international podium. From the experience of athletes winning international competitions, it gives rise to meaning and encouragement for other Sport climbing athletes to be more motivated to progress and develop in every training and competition that the athletes undertake.

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