

Motivate Athletes to Train at flam Aquatic Swimming Club Kediri City



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ABSTRACT: This research aims to determine the dominant motivation of athletes in participating in the swimming training activities at Flam Aquatic Swimming Club. This research used a quantitative approach research method in the form of a questionnaire. The research population was the swimming athletes who trained at Flam Aquatic Swimming Club. The sampling technique used a purposive sampling technique, that were athletes in the I-V age group (8-16 years old) and were actively practicing, for about 20 athletes.

The instrument in this research used non-test techniques in the form of questionnaires based on the dimensions of intrinsic motivation and extrinsic motivation. Instrument validity used Aiken V for motivation variables. Reliability for the motivation variable was at 0.920 using Cronbach Alpha. The data analysis used percentages and interpretation, so that it was obtained the dominant or higher motivation in training of the athletes at Flam Aquatic Swimming Club.

After conducting research on athletes' training motivation based on total results, it can be concluded that the motivation that encourages athletes in training at Flam Aquatic Swimming Club is from the extrinsic motivation dimension which is at 52.5%. Meanwhile, athletes' intrinsic motivation to train at Flam Aquatic Swimming Club is at 47.5%, which is the second encouragement to balance the intrinsic motivation dimension.

KEYWORDS: Intrinsic Motivation, Extrinsic Motivation, Swimming.

I. INTRODUCTION

Sports have become one of the activities increasingly favored by the public and, nowadays, are no longer underestimated but have become an integral part of daily life. Sports are also one of the efforts to improve the quality of society in Indonesia, aiming toward the development of disciplined personalities that uphold the values of sportsmanship, and to enhance achievements that can foster self-confidence, developed systematically and over the long term to achieve specific goals. Sports are activities that train the human body both physically and mentally. Moreover, engaging in sports can help individuals avoid various illnesses and other health disorders.

According to the Sports System Law (Law Number 11 of 2022 on the sports system), sports in Indonesia are divided into three categories: educational sports, recreational sports, and achievement sports. Educational sports are aimed at school-based educational programs. Recreational sports are intended for enjoyment and maintaining bodily immunity. Achievement sports, on the other hand, focus on accomplishments and performance.

Achievement sports are sports that train and develop athletes in a planned, tiered, and continuous manner through competitions to achieve performance, supported by sports science and technology (as stated in the Sports System Law). The purpose of achievement sports is to improve athletes' abilities and potential, enhance quality, and bring honor to the nation. Such achievements can be attained by athletes through their skills and abilities in completing tasks during competitions, whether individually or as a team.

Proper development in achievement sports will produce professional athletes. Several factors influence athletic performance, including motivation, the role of coaches, advancements in science and technology, sports facilities and infrastructure, the athlete's physical condition during competition, psychological condition, and the athlete's skills.

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Additionally, there are four key aspects that must be trained and developed to achieve the main goals of improving athletic performance:

1. Physical training, aimed at bringing athletes to peak condition as a means of performing sports activities to reach top achievements.
2. Technical training, which focuses on practicing specific movements and demonstrating processes through the best possible practice to master skills in a particular sport.
3. Tactical training, also referred to as strategy, involves planning used during competition to achieve victory.
4. Mental training, which incorporates all physical, technical, and tactical aspects in preparing athletes to face various pressures during competitions.

The sport of swimming is considered one of the branches of competitive (achievement) sports. In addition to promoting health and recreation, swimming is also categorized as an achievement sport (Kurniawati, 2014: 1). Swimming competitions are widely held at regional, national, and even international levels. It is also one of the major sports featured in competitions. There are approximately 38 events across four styles: freestyle, breaststroke, backstroke, and butterfly.

Besides being part of achievement sports, swimming is also considered a recreational sport. Many school-aged children experience boredom or fatigue during classroom learning, making recreational activities necessary. Recreation refers to enjoyable activities used to fill leisure time without any pressure, involving physical, psychological, and social elements aimed at recovery from routine activities (Murni, 2000: 2). Recreational activities are characterized by elements of free play, happiness, and natural expression from each individual.

Swimming clubs serve as the most basic development platforms for conducting training activities, starting from the beginner level to the advanced level of athletic achievement development. Coaches play a vital role in clubs by designing appropriate training programs to ensure effective development. This process can lead to the emergence of high-achieving athletes. Through Flam Aquatic Swimming Club in Kediri City, the development and advancement of the swimming sport can be pursued. This club serves as a place to learn swimming, and not all members are necessarily on a path to becoming elite athletes. Flam Aquatic Swimming Club trains at two locations: Bendo Pool and Tirtayasa Park, both located in the Kediri area.

At Flam Aquatic Swimming Club, not all athletes achieve high-level performance. Athletes who demonstrate a strong interest in training diligently are more likely to improve their performance and win in various competitions. On the other hand, athletes with less interest in pursuing competitive success often join the program simply to learn swimming and participate casually, focusing more on maintaining health and fitness rather than striving for competitive excellence.

Therefore, Flam Aquatic Swimming Club needs to organize more varied activities to develop athletes' talents and interests in training. The goal is to increase athletes' motivation to reach higher achievements. In fostering this motivation, both internal (self-driven) and external (environment-driven) factors play a role. This study focuses on identifying athletes' interests through motivation, as one of the elements that drive athletes to train can come from within, known as intrinsic motivation, or from external sources, referred to as extrinsic motivation.

Intrinsic motivation may include factors like hobbies, a desire for achievement, or health benefits. Extrinsic motivation, on the other hand, could stem from rewards or recognition, encouragement from parents or family, or the availability of proper facilities and infrastructure. Intrinsic motivation is a critical determinant that drives behavior. A person will train if they have the desire to do so. This desire indicates that they are motivated to train. Each individual has their own unique motivation that pushes them to act or engage in certain activities.

Extrinsic motivation is no less important than intrinsic motivation. Extrinsic motivation arises from outside the individual and may involve the influence of parents or family, coaches, or external rewards. Coaches play an essential role in enhancing athletes' performance in line with the main goal of the training process. However, not all athletes possess the drive or motivation to achieve success through training.

At Flam Aquatic Swimming Club, athletes' motivation varies widely. These differences in motivation can create challenges during the coaching process at the club. The club was originally established in 2016 under the name Garuda Aquatic Swimming Club and was renamed Flam Aquatic Swimming Club in 2023.

There has been an increase in the total number of athletes over the years, as shown below :

Table 1. Total Number of Athletes and Coaches at Flam Aquatic Swimming Club

No.	Year	Number of Athletes and Coaches
1.	2016	8 athletes dan 1 coach
2.	2017	14 athletes dan 2 coaches

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3.	2018	23 athletes dan 3 coaches
4.	2019	32 athletes dan 3 coaches
5.	2020	20 athletes dan 2 coaches
6.	2021	25 athletes dan 3 coaches
7.	2022	30 athletes dan 4 coaches
8.	2023	40 athletes, 4 coaches, dan 6 officials

This data proves that the interest in swimming is steadily increasing, particularly in the city of Kediri. The motivation examined in this study relates to the needs and goals of each athlete in the club. Flam Aquatic Swimming Club can be considered as still lacking in producing athletes with outstanding achievements at the provincial or national level. Several contributing factors affect this lack of achievement, such as suboptimal training programs due to inadequate training facilities and infrastructure.

On the other hand, from the athletes' perspective, the issue can also be observed in their level of motivation or drive to achieve. This includes a lack of desire to excel, insufficient teamwork, discipline, commitment, and effort to surpass other athletes. Motivation could be the main problem behind the less-than-optimal achievements of athletes at Flam Aquatic Swimming Club, as this aspect plays a crucial role in an individual's psychological dimension. Motivation alters an athlete's behavior and can psychologically influence their mindset, resulting in a strong tendency to always work hard, overcome challenges, stay committed, and strive to be better than others. This, in turn, could potentially develop them into skilled and accomplished swimmers in the future. Based on this rationale, the researcher is interested in conducting a study titled:

"Training Motivation of Athletes at Flam Aquatic Swimming Club in Kediri City."

II. RESEARCH METHOD

Research Design

The type of research refers to a scientific procedure used to obtain data for specific purposes. According to Sugiyono (2018:2), the research method is a scientific characteristic used to obtain data for a specific goal and application. This study uses a quantitative approach. Quantitative research aims to study a particular population and sample, where data is collected using research instruments and analyzed statistically to test predefined hypotheses. This research applies a survey method, with data collection conducted through a questionnaire. The questionnaire contains a series of questions or statements directed to respondents concerning the issue or field being studied.

This quantitative approach is used by the researcher to determine the training motivation of swimming athletes at Flam Aquatic Swimming Club. Research Location and Time.

This research was conducted at Flam Aquatic Swimming Club in Kediri City. The research took place from November to December 2023.

Population and Sample

Population

The population is a generalization area consisting of objects and subjects that possess certain qualities and characteristics determined by the researcher to be studied and drawn as conclusions (Sugiyono, 2018:126). The population in this study consists of 40 swimming athletes from various age groups training at Flam Aquatic Swimming Club.

Sample

The sample is a subset of the population that shares the same characteristics and is chosen as the source of data (Sugiyono, 2018:127). This study used a purposive sampling technique, which is a sample selection method based on specific considerations. The sample was determined based on the responses to the distributed questionnaire. In this study, a sample of 20 athletes was selected from the club.

Data Collection Techniques and Instruments

The data collected in this study is quantitative in nature. Quantitative data was obtained from questionnaires filled out directly by the respondents, using a Likert scale as the scoring reference. Data collection was conducted via Google Forms. The data collected consisted of responses to questions regarding the athletes' training motivation at Flam Aquatic Swimming Club. The questionnaire responses were rated using the following Likert scale:

SS (Strongly Agree)	= 4 points
S (Agree)	= 3 points

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TS (Disagree) = 2 points
STS (Strongly Disagree) = 1 point

Research Instrument

The research instrument used in this study is a questionnaire (via Google Forms). To obtain accurate data, the instrument was developed using the Likert scale. According to Sugiyono (2018:134), the Likert scale is used to measure attitudes, opinions, and perceptions of an individual or group toward a social phenomenon. The Likert scale is measured and developed into variable indicators, which are then used as the basis for creating questionnaire items in the form of statements or questions. The responses on the Likert scale may have either a positive or negative impact, such as strongly understand, understand, do not understand, and strongly do not understand. In analyzing the results of quantitative research, each item is given a score of 4, 3, 2, or 1, according to Likert scale scoring principles.

This research aims to determine the training motivation of athletes at Flam Aquatic Swimming Club. The development of the research instrument includes the following elements:

Non-Test Instrument Development

The non-test instrument is a training motivation questionnaire distributed to the athletes of Flam Aquatic Swimming Club as respondents. The questionnaire used is a closed-ended questionnaire, where respondents are expected to choose one answer from the alternatives provided for each statement. This questionnaire uses a Likert-type rating scale with four alternative responses, as shown in the table below:

Table 2. Likert Scale Reference for Questionnaire Scoring

Response Option	Question Score	
	Positive Score	Negative Score
Strongly Agree	4	1
Agree	3	2
Disagree	2	3
Strongly Disagree	1	4

Non-Test Instrument Validation

The non-test instrument in this study consists of 20 question items related to athletes' training motivation at Flam Aquatic Swimming Club. Before being distributed to respondents, the questionnaire underwent expert validation, which involves collecting data or feedback from experts (validators) in the relevant field to determine whether the questionnaire items are valid or not. The purpose of this validation is to assess the appropriateness and feasibility of the questionnaire before being distributed. The result of this activity is feedback for revising the draft of the questionnaire.

Once the questionnaire has been completed, the next step is to validate the instrument with competent validators. This validation process involves submitting the questionnaire to the experts, who then fill out the validation form based on the instrument created by the researcher.

The data obtained from the expert validation is then analyzed using the Aiken's V formula. Aiken's V is used to calculate the degree of agreement among raters regarding the relevance of each item (statement or question on the validation form) with the intended indicator (Heri, 2016:40). The formula for Aiken's V is as follows:

$$V = \frac{\sum s}{n(c - 1)}$$

Description:

V = Index of rater agreement on item validity

s = Score assigned by each rater minus the lowest score in the rating scale

n = Number of raters

c = Number of categories available in the rating scale

Based on the calculation of the V index, each item can be categorized according to the following criteria :

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Table 3. Aiken's V Index Category

Indeks	Validity Category
$\leq 0,4$	Low Validity
0,4-0,8	Moderate Validity
$>0,8$	High Validity

The instrument development process or research process consists of two stages, namely validity testing and reliability testing, which are used to evaluate each questionnaire item developed by the researcher. Once the items are proven to be valid and reliable, they can be used to collect data. The data will then be described and analyzed. Instrument validity testing is conducted to ensure the appropriateness and accuracy of the instrument used in the study. According to Arikunto (2014:168), validity is a measure that indicates the degree of accuracy and appropriateness of an instrument. A measuring tool is considered valid if it accurately measures the intended variable.

Instrument Validity and Reliability

Validity Test

The validity test technique used in this study is Aiken's V. The aim of validation is to determine whether the training motivation questionnaire for athletes at Flam Aquatic Swimming Club is appropriate to be distributed to respondents (i.e., athletes). Validity is a measure that reflects the degree of accuracy or appropriateness of an instrument. A valid instrument will have a high level of validity. Conversely, an instrument that lacks validity will yield a low validity score.

Reliability Test

The term reliable means trustworthy or dependable. According to Arikunto (2014:221), reliability refers to the degree to which an instrument can be trusted as a data collection tool, which indicates that the instrument is well-constructed (Arikunto, 2014:142). Reliability is generally classified into two types: external reliability and internal reliability. External reliability is obtained through multiple testings, while internal reliability is measured from data derived from a single testing session. One method for assessing internal reliability is by using the Cronbach's Alpha formula. In this study, Cronbach's Alpha is calculated using SPSS 26 Statistics software. The formula for Cronbach's Alpha is as follows:

$$\alpha = \left(\frac{K}{K-1} \right) \left(\frac{s_r^2 - \sum s_i^2}{s_x^2} \right)$$

Description:

α = Cronbach's Alpha reliability coefficient

K = Number of questionnaire items

$\sum s_i^2$ = Sum of the variance of each item

s_r^2 = Total variance of item scores

s_x^2 = Total variance of test scores (all items)

The results from this formula will be interpreted using reliability benchmarks, based on the classification provided by Arikunto (2014:171), as shown in the following image :

Figure 1. Cronbach Alpha Reliability Classification

Koefisien Alpha	Interpretasi
Antara 0,8000-1,000	Sangat Tinggi
Antara 0,600-0,799	Tinggi
Antara 0,400-0,599	Cukup
Antara 0,200-0,399	Rendah
Antara 0,000-0,199	Sangat Rendah

III. RESULTS AND DISCUSSION

Research Results

1. Data Description

After the research instrument was validated by expert validators from November 9 to 14, 2023, the analysis of the instrument items was completed, and the finalized questionnaire was used for data collection. The questionnaire consisted of 20 statements, divided into two main dimensions: intrinsic motivation and extrinsic motivation. Each dimension was further broken down into several indicators, intrinsic motivation included, needs, enjoyment, Interest. Extrinsic motivation included, environment, rewards, facilities.

Once all responses were collected, the data was analyzed descriptively using percentage analysis to determine the strength of each indicator. The next step was to process and analyze the data from the completed questionnaires. The average score of each statement was calculated and interpreted accordingly.

2. Reliability Test

The reliability test was conducted to measure how dependable or trustworthy the instrument was. A questionnaire is considered reliable if respondents' answers remain consistent over time.

The reliability test was carried out using SPSS 26 software and the Cronbach's Alpha statistical method. An instrument is deemed reliable if the Cronbach's Alpha value is greater than 0.60. Conversely, if the value is less than 0.60, the instrument is considered not reliable. Thus, the Cronbach's Alpha test is one method to determine whether a questionnaire is sufficiently reliable for data collection.

a. Reliability Test on the Intrinsic Motivation Dimension

Using SPSS 26, the reliability test for the intrinsic motivation dimension resulted in a Cronbach's Alpha value of 0.936. Based on this result, the instrument used to measure intrinsic motivation is categorized as highly reliable.

Figure 2. Reliability Statistics – Cronbach's Alpha Value for Intrinsic Motivation

Reliability Statistics	
Cronbach's Alpha	N of Items
.936	10

b. Reliability Test on the Extrinsic Motivation Dimension

The reliability test for the extrinsic motivation dimension was also conducted using SPSS 26 and the Cronbach's Alpha statistical method. The Cronbach's Alpha value obtained was 0.956. Based on this result, the instrument used to measure extrinsic motivation is considered highly reliable.

Figure 3. Reliability Statistics – Cronbach's Alpha Value for Extrinsic Motivation

Reliability Statistics	
Cronbach's Alpha	N of Items
.956	10

Discussion

This study aims to understand the motivation of athletes in training at the Flam Aquatic Swimming Club in Kediri City. This research is based on a previous study conducted by Mohammad Fero (2022), which also aimed to examine the level of athlete motivation from the perspective of intrinsic motivation and extrinsic motivation.

The description of the research variables aims to provide an in-depth overview of athletes' motivation in training, presented through descriptive statistics and responses provided by the respondents.

Descriptive Results of the Research Variables

The descriptive results for each variable in this study are presented below:

1. Intrinsic Motivation

The following is the table of respondents' answers regarding intrinsic motivation, obtained from the questionnaires filled out by athletes at the Flam Aquatic Swimming Club.

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Table 4. Respondents' Answers on Intrinsic Motivation

No.	Question Item	Answer Score								Total Score	
		4		3		2		1			
		F	%	F	%	F	%	F	%		
1	X1.1	8	40	10	50	2	10	0	0	66	
2	X1.2	8	40	8	40	3	15	1	5	63	
3	X1.3	8	40	8	40	4	20	0	0	64	
4	X1.4	3	15	14	70	2	10	1	5	59	
5	X1.5	7	35	9	45	3	15	1	5	62	
6	X1.6	6	30	10	50	3	15	1	5	61	
7	X1.7	7	35	10	50	2	10	1	5	63	
8	X1.8	7	35	12	60	0	0	1	5	65	
9	X1.9	4	20	8	40	8	40	0	0	56	
10	X1.10	5	25	13	65	1	5	1	5	62	
Actual Score											621
Ideal Score											800

Based on the results obtained from the statistical data processing above, it can be concluded that the respondents' answers regarding intrinsic motivation show that the highest score was 66, with 8 athletes (40%) strongly agreeing, 10 athletes (50%) agreeing, and 2 athletes (10%) disagreeing with the statement "Swimming training is a necessity for me", which falls under the needs indicator. Meanwhile, the lowest score was 56, with 4 athletes (20%) strongly agreeing, 8 athletes (40%) agreeing, and 8 athletes (40%) disagreeing with the statement "My skills and abilities improve after attending training sessions", which falls under the interest indicator.

The lowest possible score for the intrinsic motivation dimension was obtained using the formula: (number of statements × lowest score value × total number of respondents), i.e., $10 \times 1 \times 20 = 200$. The highest possible score was calculated using the formula: (number of statements × highest score value × total number of respondents), i.e., $10 \times 4 \times 20 = 800$. To determine the interval from the above results, the total range is calculated using the formula: (highest score – lowest score) ÷ score scale, which is: $(800 - 200) \div 4 = 150$.

Thus, it can be concluded that the interval for the intrinsic motivation dimension is 150.

This can also be seen through the score categorization or assessment of this dimension, as presented in the table below:

Table 5. Intrinsic Motivation Score Categorization

Very Disagree	Disagree	Agree	Strongly Agree
150	300	450	600

The meaning of the intrinsic motivation score categorization in the "strongly agree" category is that the respondents agree with or understand the importance of intrinsic motivation in carrying out or engaging in training. Being categorized as "strongly agree" or "understand" can be seen from the actual intrinsic motivation score of 621, which is higher than the threshold score of 600. Therefore, it can be concluded that the respondents agree with or understand the importance and significant role of intrinsic motivation for athletes in training.

2. Extrinsic Motivation

Based on the test results, the following table presents the respondents' answers regarding extrinsic motivation:

No.	Question	Answer Score								Total
	Item	4		3		2		1		Score
		F	%	F	%	F	%	F	%	
1	X2.1	9	45	8	40	2	10	1	5	65
2	X2.2	7	35	9	45	3	15	1	5	62

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3	X2.3	11	55	6	30	2	10	1	5	67
4	X2.4	6	30	10	50	3	15	1	5	61
5	X2.5	6	30	10	50	2	10	2	10	60
6	X2.6	6	30	11	55	2	10	1	5	62
7	X2.7	5	25	12	60	1	5	2	10	60
8	X2.8	11	55	7	35	1	5	1	5	68
9	X2.9	7	35	8	40	5	25	0	0	65
10	X2.10	5	25	13	65	1	5	1	5	62
Actual Score										632
Ideal Score										800

Based on the results obtained from the statistical data processing above, it can be concluded that the respondents' highest response score for extrinsic motivation was 68, with 11 athletes (55%) strongly agreeing, 7 athletes (35%) agreeing, 1 athlete (5%) disagreeing, and 1 athlete (5%) strongly disagreeing with the statement "The facilities and infrastructure at my training location are adequate (complete)", which falls under the facilities indicator.

On the other hand, the lowest score obtained was 60, with 6 athletes (30%) strongly agreeing, 10 athletes (50%) agreeing, 2 athletes (10%) disagreeing, and 2 athletes (10%) strongly disagreeing with the statement "The recognition of the achievements I have attained motivates me to train harder", which falls under the rewards indicator. Additionally, for the statement "I have no desire to win a championship", which is also under the rewards indicator, 5 athletes (25%) strongly agreed, 12 athletes (60%) agreed, 1 athlete (5%) disagreed, and 2 athletes (10%) strongly disagreed.

The lowest possible score for the intrinsic motivation dimension was obtained by using the formula (number of statements $\times$ lowest score value $\times$ total number of respondents), which is $10 \times 1 \times 20 = 200$. Meanwhile, the highest possible score was obtained using the formula (number of statements $\times$ highest score value $\times$ total number of respondents), which is $10 \times 4 \times 20 = 800$. To determine the score interval, the total range is calculated using the formula (highest score – lowest score) $\div$ number of score categories, which results in $(800 - 200) \div 4 = 150$. Thus, it can be concluded that the interval for the intrinsic motivation dimension is 150. This is also reflected in the score categorization table below :

Table 7. Score Categorization of Extrinsic Motivation

Very Disagree	Disagree	Agree	Strongly Agree
150	300	450	600

The meaning of the score categorization for extrinsic motivation in the "strongly agree" category is that the respondents agree with or understand the importance of extrinsic motivation in training or practicing. Being categorized as strongly agree or understanding is reflected by the actual extrinsic motivation score of 632, which is higher than the score of 600. Therefore, it can be concluded that respondents agree with or understand the significance and substantial role of extrinsic motivation for athletes in training.

Analysis of the Variable Statements on the Importance of Motivation

After all the research data were collected, the analysis was conducted using quantitative descriptive analysis techniques **with the assistance of SPSS 26. Based on the data analysis, the** level of training motivation **possessed by the athletes of Flam Aquatic Swimming Club was divided into three categories:** high, moderate, and low.

When presented in the form of a frequency distribution, the data on the level of understanding or perception among athletes regarding the importance of training motivation can be seen in the table below:

Table 8. Data on the Level of Understanding of the Importance of Motivation

Category	Frequency
Low	3
Moderate	4
High	13
Total	20

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It can be concluded that overall, 13 athletes fall into the high category of understanding the importance of motivation, 4 athletes fall into the moderate category, and 3 athletes fall into the low category.

RESEARCH LIMITATIONS

This research has been carried out to the best extent possible; however, it is not without its limitations, including:

1. The sample was not comprehensive and only included athletes aged 8–16 years who were still actively training.
2. The researcher was unable to control other factors that may have influenced the survey results or other aspects of the study.

CONCLUSIONS AND SUGGESTIONS CONCLUSION

Based on the research findings and discussion, the following conclusions can be drawn regarding athletes training at Flam Aquatic Swimming Club:

1. Intrinsic motivation: There was 1 athlete in the low category (5%), 9 athletes in the moderate category (45%), and 10 athletes in the high category (50%). It is concluded that athletes' motivation, viewed from the intrinsic dimension, falls into the high category (50%) with a total of 10 athletes.
2. Extrinsic motivation: There were 2 athletes in the low category (10%), 5 athletes in the moderate category (25%), and 13 athletes in the high category (65%). It is concluded that athletes' motivation, viewed from the extrinsic dimension, falls into the high category (65%) with a total of 13 athletes.
3. It can be concluded that the dominant motivation driving athletes to train at Flam Aquatic Swimming Club is extrinsic motivation, accounting for 52.5%. Meanwhile, intrinsic motivation accounts for 47.5%.

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