



The Relationship between Perception, Interest and Motivation on Women's Participation in Football in the City of Semarang

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Abstract

The involvement of women in the sport of football has many pros and cons. Psychological studies such as perception, interest and motivation will have an impact on women's involvement or participation in the sport of football. The aim of this research is to determine the relationship between perception, interest and motivation towards women's participation in football in the city of Semarang. The approach used in this research is a quantitative approach with a correlational research type. The population in this study was 100 female soccer players in Semarang City women's soccer clubs, a sample of 100 players with a sampling technique, namely total sampling. Data analysis techniques use simple correlation and multiple correlation. The results of this study show that there is a sufficient relationship between perceptions of women's participation in football in Semarang City with a contribution of 11.7%. There is a strong relationship between interest in women's participation in football in the city of Semarang with a contribution of 20.7%. There is a strong relationship between motivation and women's participation in football in Semarang City with a contribution of 28.9%. There is a strong relationship between perception and interest in women's participation in football in Semarang City with a contribution of 17.2%. There is a strong relationship between perception and motivation towards women's participation in football in Semarang City, with a contribution of 39.1%. There is a sufficient relationship between interest and motivation towards women's participation in football in Semarang City with a contribution of 47.8%. There is a strong relationship between perception, interest and motivation towards women's participation in football in Semarang City with a contribution of 71.8%. Conclusion: there is a relationship between perception, interest and motivation towards women's participation in football in the city of Semarang.

How to Cite

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INTRODUCTION

Football is the most popular sport in various regions throughout the world. According to Gema, Rumini, & Soenyoto (2016:9) football is the sport that attracts the most attention and is popular with people around the world, regardless of social status, gender and age factors. Football is played in teams and each team consists of eleven players in one team (Hidayat & Rahayu, 2015 :11). Football is a game where you fight for the ball in order to score goals against your opponent. To play football, you need a strong physical condition. Therefore, football is played identically by men. According Astuti, T. Parulian (2018:456) many people think that women's involvement in sports is unusual and that sports are an activity for men.

Issues related to women's involvement in the sport of football have many pros and cons. Menurut Yunisal & Rismayanti (2019:81) women who are involved or take part in football games are considered taboo, strange and unusual. Women are often excluded from vigorous sporting activities on the grounds that they are 'not like women', are masculine, and even have the potential to damage their reproductive organs. Another expert opinion also says that women have twice the risk of injury compared to men (Crossley dkk, 2020:1). Discrimination and negative stigma against women who play football make women's perception of the sport of football less favorable. These things make women reluctant to participate in the sport of football and result in a lack of football resources for both clubs and national teams.

Just like men, women are also part of a social group, so it is appropriate that women are also important objects and deserve to be involved in any sport. According to Nurwahidah & Dewangga (2023:109) women also have equal rights to play sports, including football. According to Doewes & Nuryadin (2022:1) in general, football is considered a male-dominated sport, however recent trends show a significant increase in female participation in the sport of football. In the city of Semarang itself, the condition of women's football can be said to be very worrying. If you look at their achievements in the official women's football competition which was first held by PSSI, namely the women's League 1 in 2019 (not to be held again until 2024), PSIS Semarang women, who at that time were members of group A of the women's League 1 in 2019, were ranked last standings.

According to one of the women's football

club coaches in Semarang City and the administrator of the Tegah Java Indonesian Women's Football Movement (GSWI Jateng), namely Mr. Aji Irawan, the resources for women football players in Semarang City are still limited and not many are found, this is due to the participation of women. There are still not many football sports in Semarang, this makes the achievements of the women's PSIS Semarang team less than optimal due to the limited resources of women footballers in Semarang City. In line with the opinion above, according to Hartati, one of the PSIS Women's players who took part in the 2019 Women's League 1, in the PSIS Semarang women's soccer team there were only 3 women's football players from Semarang City out of a total of 25 women's PSIS Semarang players. This means that women's participation in football in the city of Semarang is still lacking.

Sports psychology studies are important and need to be understood by coaches or sports coaches as an effort to increase women's participation in the sport of football. According to Setyawati (2017:4) the role of psychological aspects in achieving an achievement is very important to pay attention to. Another expert's opinion (Harvianto, 2019:17) states that there is a close and inseparable relationship between psychological aspects and sports. One of the psychological studies that is important to study in the world of sports is about human behavior and experiences in sports (Kokoti, 2015). Perception is a psychological factor that plays an important role in influencing a person's behavior. Perception can influence the actions a person will take (Sunardi & Rahmadayani, 2021:31). Interpretation related to an object is very influenced by the personal characteristics of the individual's perceived actor. According to (Akbar, 2015:197) even though individuals look at the same object, they can perceive it differently, this is influenced by knowledge, experience, emotional factors and personality aspects. If women perceive that the sport of football is a rough game, a tiring game, a game that can cause injury, then these women will not want to participate in the sport of football and it could be that women are not interested in the sport of football because of this. According to Doewes dkk (2021:128) in Indonesia women's football is still something foreign. Because of this, it is necessary to build an assumption that football can be played by women.

Mahayani dkk (2017:9) say that perceptions can influence career choices. Research conducted by Dewi dan Setiawanta (2014:10) also states that perception has a significant influence

on specialization or interest. A psychological approach is a form of approach that can be used for novice athletes to find out the athlete/student's interest in the sport they want to pursue (Yuniasial, 2017:70).

Interest means being interested or happy in an activity, paying attention to an activity and having an activity or action as a result of feelings of pleasure or attention (Artistri et al., 2024:381). According to Armi dkk (2015:258) interest is needed to realize a sports activity, with this interest it will give rise to feelings of joy and interest in carrying out sports activities, this makes sports activities or events more serious and more meaningful. Nowadays, many women are starting to become interested in joining football clubs or communities. The interest of women in participating in football is certainly a distinctive color in the world of football. Interest is a tendency to feel happy and interested in being involved in a particular thing or field (Cahyo dkk, 2020:115). Interest is very influential on a human activity, humans who are interested in an activity, for example a sports activity they like, then when they do an activity they like or like, they will feel serious, because there is a feeling of love and interest in the sport. Interest is also a source of motivation that can encourage someone to do something they want. According to Sunardi & Rahmadayani (2021:31) encouragement factors from within the individual can influence interest. These factors include perception, motivation and other social motives.

Motivation is needed to encourage someone to achieve certain goals. Cahyo dkk (2020:116) say that motivation is a state or condition within a person that encourages that person to carry out a certain activity to achieve a goal. Motivation is one of the things that motivates a person to carry out certain activities, such as participating in sports activities. Sports participation refers to the community's participation or participation in an activity or activities of a sporting nature (Andy Pradhana, 2016:80). Participation can take the form of participation in planning, implementation and also involvement in a particular activity or activities such as participating in sports activities.

The negative stigma and discrimination against women's football has caused the level of women's participation in the sport of football to decrease. As an effort to increase women's participation in the sport of football, women need positive perceptions, interest and motivation towards the sport of football. Bearing in mind that perceptions, interests and motivations can influence women's decisions in participating or

taking part in football sports activities.

Based on the information above, the researcher felt compelled to research women's football in the city of Semarang, looking at women's perceptions, interests, motivation and participation in the sport of football. So, based on the background above, the author is interested in conducting research entitled "The Relationship between Perception, Interest and Motivation on Women's Participation in Football in the City of Semarang".

METHODS

The approach used in this research is a quantitative approach with a correlational research type. Population in this research, there were 100 female soccer players in Semarang City women's soccer clubs, a sample of 100 players with a sampling technique, namely total sampling. Data analysis techniques use simple correlation and multiple correlation.

RESULTS AND DISCUSSION

The Relationship between Perceptions of Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.027 because the variable perception of women's participation in soccer is smaller than 0.05, so H_0 is rejected, H_a is accepted. The hypothesis can be stated "There is a relationship between women's perceptions of women's sports participation in the city Semarang".

The results women's perceptions of women's sports participation with value R-Square 0.117, so women's perceptions of soccer participation contribute 11.7%, while 88.3% is determined by other variables.

Football is a game where you fight for the ball in order to score goals against your opponent. To play football, you need a strong physical condition. Therefore, football is played identically by men. According to Astuti, T. Parulian (2018:456) many people think that women's involvement in sports is unusual and that sports are an activity for men. However, as times progress, many women are starting to take up the sport of football. At the beginning of its emergence, women's football experienced a lot of rejection. Discrimination and negative stigma against women who play football

happens a lot in various places. The large amount of discrimination and negative stigma related to women's involvement in the sport of football means that the development of women's football is not as fast as men's football and makes women reluctant to participate in the sport of football.

Based on the data obtained, the relationship between perceptions of women's participation in football in Semarang City has a sufficient correlation of 29.6 with a contribution of 11.7%. These results were obtained by distributing data in the form of coefficients which were distributed to 4 teams with a total of 100 women's football. There are many factors that influence perceptions of women's football. According to Toha, there are several factors that can influence a person's perception, the following are internal and external factors that influence a person's perception (in Arifin dkk, 2017:92) : a) Internal factors: attitudes, feelings, prejudices, hopes, desires, individual characteristics, learning process, attention, psychology, physical condition, values, motivation and interests, b) External factors: knowledge, surrounding needs, information, family background, size, intensity, oppositeness, unfamiliarity or familiarity of an object.

Perception is able to influence the actions that a person or individual would take based on the situation that occurs. (Mahayani et al (2017:9) say that perceptions can influence career choices. Research conducted by Dewi dan Setiawanta (2014:10) also states that perception has a significant influence on specialization or interest.

The Relationship between Interest and Women's Participation in Football in the City of Semarang

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.002 because the variable interest in women's participation in soccer is less than 0.05, so H_0 is rejected, H_a is accepted. The hypothesis can be stated "There is a relationship between women's interest in women's sports participation in the city Semarang".

The results women's interest in women's sports participation with an R-Square value of 0.207, so women's interest in soccer participation contributes 20.7%, while 79.3% is determined by other variables.

It is found that the relationship between interest in women's participation in football in Semarang City has a strong correlation of 0.51

with a contribution of 20.7%. These results were obtained by distributing data in the form of a questionnaire which was distributed to 100 female soccer athletes with questions of interest. Question number 1 contains women's interest in participating in football, namely their interest in and liking the sport of football. From the distribution of interest questionnaires that influence female soccer athletes in the city of Semarang in participating in soccer sports activities, the most dominant ones are questions number 1 and number 3. Question number 3 contains women's interest in football in terms of enthusiasm for training and knowing football techniques. Meanwhile, in questions number 5 and 10, respondents got the lowest scores. Question number 5 contains the environmental interests of the football fan community. Question number 5 contains environmental factors in terms of interest in the sport of football. Question number 10 also received the lowest number of scores regarding athletes' interest in exercising at home, with these results explaining that interest in exercising at home is still relatively low.

There are many factors that influence women's lack of interest in the sport of football. According to Cahyo et al., (2020:116) there are two factors that can influence interest, namely: (1) environmental factors (family and community), (2) self-factors or internal factors. Interest can be categorized into three types, namely (1) voluntary interest, which is interest that arises or arises voluntarily. (2) involuntary interest, is interest that arises or arises from the influence of certain situations and (3) non-voluntary interest, is interest that arises or arises due to coercion and necessity.

The Relationship of Motivation to Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.004 because the motivation variable for women's participation in soccer is less than 0.05, so H_0 is rejected, H_a is accepted. The hypothesis can be stated "There is a relationship between women's motivation and women's sports participation in Semarang City".

The results women's motivation towards participating in women's sports with values R-Square 0.289, so women's interest in participating in soccer contributes 28.9%, while 71.1% is determined by other variables.

It is found that the relationship between motivation and women's participation in football in Semarang City has a strong correlation of 0.60 with a contribution of 28.9%. These results were obtained by distributing data in the form of a questionnaire distributed to 100 athletes with 19 motivation questions. Many factors that influence sports motivation are influenced by internal and external factors. Internal factors: The athlete himself, past experience, level of education, ideals and hopes while external factors: Facilities, facilities, infrastructure, training programs and methods, coaching environment or climate (Vanek dan Cratty dalam Saputra, 2019:4).

According to Hidayat (2008:61) intrinsic motivation is encouragement that originates from within the athlete or student which causes them to participate in an activity. Meanwhile, extrinsic motivation is encouragement from outside the individual that causes athletes or students to participate in an activity. Mylsidayu (2017:27-28) said that motivation to exercise can be influenced by internal and external factors. Internal factors include the desire to express yourself, grow and develop. External factors include available facilities, facilities and infrastructure, training programs, training methods and the environment.

The Relationship between Perceptions and Interests in Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.007 because the variable perception and interest in women's participation in soccer is less than 0.05, and the F value is 10.086 $> F$ table 1.984, so it can be decided that H_0 is rejected and H_a is accepted. The hypothesis can be stated "There is a relationship between perception and interest in women's participation in the sport of football in the city of Semarang"

The results women's perceptions and interest in participating in women's soccer with values R -Square 0.172, then women's perception and interest in participating in soccer in Semarang City contributed 17.2%, while 82.8% was determined by other variables.

It is found that the relationship between perception and interest in women's participation in football in Semarang City has a strong correlation of 0.51 with a contribution of 17.2%. This result was obtained by spreading the data in the form of a questionnaire distributed to 100 athletes with 19 motivational questions. Many factors in-

fluence motivation. According to motivation to exercise, it is influenced by internal factors and external factors. (a) Internal factors: attitudes, feelings, prejudices, hopes, desires, individual characteristics, learning processes, attention, psychology, physical condition, values, motivation and interests, b) External factors: knowledge, surrounding needs, information, family background, size, intensity, oppositeness of an object's unfamiliarity or familiarity.

According to Anita (2020:120) Motivation plays a very important role in influencing an athlete's performance. According to Dr. Made Pidarta in Siti Irene (2015:50) perception is an internal process that allows each individual to select, organize and interpret stimuli from our environment, so that this process influences our choices. Interest is a strong source of motivation in encouraging someone to learn and motivation is the driving force for the continuity of training activities and during competitions so that someone will understand the desired goal so that it is fulfilled. Many factors influence the perception and interest in women's participation in football in the city of Semarang, as stated by Dr. Made Pidarta (2015) and Anita (2020) said that personal factors and situational factors, factors that really influence perception and interest, are individual attention and interest in women's football.

The Relationship between Perception and Motivation on Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.012 because the variable perception and interest in women's participation in soccer is less than 0.05, and the value of F_{count} is 8.517 $> F_{table}$ 1.984, so it can be decided that H_0 is rejected and H_a is accepted. The hypothesis can be stated "There is a relationship between perception and motivation towards women's participation in the sport of football in the city of Semarang"

The results the perception and motivation towards women's participation in the sport of football in the city of Semarang is getting value R -Square is 0.391, so women's perceptions and motivation towards participating in soccer in the city of Semarang contribute 39.1% while 60.9% is determined by other variables.

It is found that the relationship between perception and motivation towards women's participation in football in Semarang City has a strong correlation of 0.58 with a contribution of

39.1%. These results were obtained by distributing data in the form of a questionnaire distributed to 100 athletes with 19 motivation questions. Many factors influence motivation. Motivation to exercise is influenced by internal and external factors. Internal factors: The athlete himself, past experience, level of education, ideals and hopes while external factors: Facilities, facilities, infrastructure, training programs and methods, coaching environment or climate (Vanek and Cratty in Saputra, 2019:4).

According to Armi et al (2015:9) they say that perception can influence a person's choices. A psychological approach is an approach used to determine a person's choices so that it is supported by intrinsic motivation factors originating from within the athlete or student which causes them to participate in an activity. Meanwhile, extrinsic motivation is encouragement from outside the individual that causes athletes or students to participate in an activity. Mylsidayu (2017:27-28) said that motivation to exercise can be influenced by internal and external factors. Internal factors include the desire to express oneself, grow and develop. External factors include available facilities, facilities and infrastructure, training programs, training methods and the environment.

The Relationship between Interest and Motivation on Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.003 because the variable motivation and interest in women's participation in soccer is less than 0.05, and the calculated F value is 12,678 $> F$ table 1,984, so it can be decided that H_0 is rejected and H_a is accepted. The hypothesis can be stated "There is a relationship between interest and motivation towards women's participation in the sport of soccer in the city of Semarang."

The results the interest and motivation towards women's participation in the sport of football in the city of Semarang is getting value R-Square is 0.318, so women's perceptions and motivation towards soccer participation in Semarang City contributes 47.8% while 52.2% is determined by other variables.

It is found that the relationship between interest and motivation towards women's participation in football in Semarang City has a sufficient correlation of 0.45 with a contribution of 47.8%. Interest and motivation have a relationship with the participation of women in the Semarang City football team. A person's activities must basically

be based on interest. If someone has no interest then he will not do the activity. Interest can be expressed through statements that show that a person prefers one thing to another, and interest can also be implemented through direct participation in an activity or event (Vernanda dkk, 2016).

According to Rahmasari (2022) states that the existence of interest in humans certainly does not arise by itself but arises from the influence of external stimuli through efforts and efforts carried out through a series of activities, the interest that arises will influence new interests which then support oneself to carry out encouragement towards something. The relationship between interest and motivation plays a very important role in influencing the participation of women in the Semarang City football team. According to Cahyo et al (2020), motivation plays a very important role in influencing an athlete's performance. Interest is a strong source of motivation in encouraging someone to learn and motivation is the driving force for the continuity of training and activities during the match so that someone will understand the desired goal to be fulfilled.

The Relationship between Perception, Interest and Motivation on Women's Participation in Football

If the significance value is > 0.05 then H_0 is accepted, whereas if the significance value is < 0.05 then H_a is accepted. Based on the correlation analysis in the table, it shows that the significance value is 0.001 because the variables of perception, interest and motivation towards women's participation in the sport of football are smaller than 0.05, and the F value is 10.133 $> F$ table 1.984, so it can be decided that H_0 is rejected and H_a is accepted the hypothesis that it can be stated "There is a relationship between perception, interest and motivation towards women's participation in the sport of football."

The results the perception, interest and motivation towards women's participation in the sport of football in the city of Semarang is getting value R-Square is 0.718, so perception, interest and motivation towards women's participation in soccer in the city of Semarang contributes 71.8% while 28.2% is determined by other variables.

It is found that the relationship between perception, interest and motivation towards women's participation in football in Semarang City has a strong correlation of 0.70 with a contribution of 71.8%. These results were obtained by distributing data in the form of a questionnaire distributed to 100 athletes with 19 extrinsic motivation questions. Many factors influence motivation. According to motivation to exercise,

it is influenced by internal and external factors. Internal factors: The athlete himself, past experience, level of education, ideals and hopes while external factors: Facilities, facilities, infrastructure, training programs and methods, coaching environment or climate (Vanek dan Cratty in Saputra, 2019:4).

Perception, interest and motivation are closely related to women's participation in women's football in Semarang City, this can be seen from the results of the questionnaire that was distributed. From these results, there are many factors that influence this relationship, starting from internal and external factors. An athlete's internal factors are influenced by their own interests, the environment and are supported by an athlete's motivation towards women's participation in women's football in the city of Semarang.

Based on the hypothesis testing above, the results showed that perception, interest and motivation had the highest percentage of female participation in the Semarang City football team. This shows that perception, interest and motivation have the greatest contribution to women's participation in the sport of football. Perception is essentially a cognitive process experienced by each individual in understanding information coming from the environment through their senses. A person carries out activities always based on interest. Interest is basically the acceptance of a relationship between oneself and something outside oneself. The stronger or closer the relationship, the greater the interest. The greater a person's interest in carrying out an activity or behavior, the greater the possibility of that person achieving success and success (Vernanda dkk, 2016). If someone is interested in something, it means that the individual has motivation to actively engage with the thing that attracts their attention (Awe & Benga, 2017:235).

Based on these three things not being developed well, in the future it will affect women's participation in the sport of football. So it is from these three things that perception, motivation and interest really influence women so that their participation in the sport of football becomes better.

Meanwhile, the perception hypothesis regarding the participation of women in the Semarang City football team obtained results with the lowest percentage. This proves that perception has the smallest contribution compared to interest and motivation towards the participation of women in the Semarang City football team. This happens because it is not only perception that is related to the participation of women in the Semarang City football team. There are other

variables that have a relationship with participation, including interest and motivation. By Therefore, to get good results regarding women's participation in football, it is necessary to develop variables that are related to women's participation in football. This is proven by the results of the hypothesis above, that perception, interest and motivation can contribute more to women's participation in football compared to just building one variable

CONCLUSION

Based on the results of research and discussion regarding the relationship between perception, interest and motivation towards women's participation in football in the city of Semarang, There is a sufficient relationship between the perception of women's participation in football in the city of Semarang, there is a strong relationship between interest in women's participation in football in Semarang City, there is a strong relationship between motivation for women's participation in football in Semarang City, there is a strong relationship between perception and interest in women's participation in football in Semarang City, there is a strong relationship between perception and motivation towards women's participation in football in Semarang City, there is a sufficient relationship between interest and motivation towards women's participation in football in Semarang City, there is a strong relationship between perception, interest and motivation towards women's participation in football in Semarang City.

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