



## Survey on the Achievment Motivation of Atheletes Indonesian National Sport Committee (KONI) Bekasi City

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### Abstract

The purpose of this study was to determine the level of achievement motivation among athletes of the Indonesian National Sports Committee (KONI) of Bekasi City in preparation for the 2025 West Java Provincial Sports Week (PORPROV XV) Qualification Round. The achievement motivation questionnaire was developed based on the Need for Achievement theory, consisting of 31 valid items with four dimensions: enthusiasm, self-confidence, perseverance, and discipline. Data were collected from 140 athletes consisting of pre-adolescent, adolescent, and adult categories, then analyzed using SPSS version 23. The results showed that in three dimensions namely enthusiasm, self-confidence, and determination, 139 athletes (99.29%) were in the high motivation category, while 1 athlete (0.71%) was in the low category. In the discipline dimension, 138 athletes (98.57%) were in the high category and 2 athletes (1.43%) were in the low category. Overall, these findings indicate that the majority of athletes have high and consistent achievement motivation in most dimensions, reflecting good psychological readiness to face competition. Although most athletes have high motivation, there are some athletes who need psychological reinforcement to achieve optimal consistency, so a comprehensive coaching program is very necessary.

### How to Cite

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## INTRODUCTION

Sports are an integral part of human life because they play an important role in maintaining health, fitness, and body balance (Amin & Musa, 2022). With the development of the times, sports are no longer just physical activities, but have become part of the healthy lifestyle of modern society (Fitriana & Darmawan, 2021). This trend is also evident in the increasing interest of the community in sports as a means of recreation and social interaction (Kuncoro & Rahayu, 2023). Thus, sports have a strategic position in improving the quality of life and welfare of the community (Jati & Supriyanto, 2021).

In addition to playing a role in maintaining fitness and being part of a healthy lifestyle, sports also have another important dimension, namely as a means of developing potential and achieving national and international achievements. This development is inseparable from the role of coaching institutions such as the Indonesian National Sports Committee (KONI), which functions as a driving force in coaching and developing competitive sports in various regions (Ulfah, 2022). The application of science and technology by KONI has also improved the readiness of athletes in facing various regional and national competitions (Satriyono & Marwanto, 2020).

In order to improve athletic performance, a targeted training system is needed. In the context of performance training, KONI implements various strategies through a tiered competition system to produce outstanding athletes. One such training initiative is the organization of regional competitions such as the Provincial Sports Week (PORPROV), which serves as an evaluation and training ground for athletes before they advance to the National Sports Week (PON). This competition also plays an important role in identifying athlete potential, strengthening the development system, and improving the quality of regional sports management (Darmayasa et al., 2023).

The success of sports coaching is not only determined by facilities and competition systems, but also by individual readiness, especially physical, technical, and mental aspects (Pratama & Wiyaka, 2021). Athletes face high physical demands and competitive pressures, both from themselves and their surroundings, such as the expectations of coaches and community support, which can trigger stress, anxiety, and emotional tension (Nurkadri et al., 2022). Therefore, psychological readiness and balance are important foundations for athletes to manage pressure, maintain focus, control emotions, and maintain

optimal performance during training and competitions (Dongoran et al., 2020; Handayani, 2019). Conversely, athletes who are psychologically unprepared tend to experience decreased concentration, fear of failure, or loss of motivation (Hudaniah & Masturah, 2024).

One form of psychological readiness that plays an important role in athletic performance is achievement motivation (Trivena et al., 2023). According to McClelland (1987), achievement motivation is an internal drive to achieve success through choosing challenges that match one's abilities, taking responsibility for results, and being open to feedback. Athletes with high achievement motivation demonstrate strong enthusiasm in achieving goals, self-confidence, discipline in training, and the determination to continuously improve their performance (Putranto & Putra, 2025). Thus, achievement motivation becomes a psychological foundation that helps athletes endure pressure and remain focused on achieving their goals in a sporting manner.

Several previous studies have also highlighted the importance of motivation in determining the success of athletes in various sports. Yane et al. (2021), through a survey of male badminton athletes in Pontianak, found that the athletes' motivation to achieve was in the moderate category. Furthermore, Suhartini dan Rivaldo (2022) reported that FORKI Kota Jambi karate athletes had very high achievement motivation in facing PORPROV XXIII 2023. Another study by Mustofa dan Wulandari (2024) found that PASI athletes in Blitar City have a high level of motivation, mainly influenced by the factors of commitment and creativity, which play an important role in supporting discipline and continuity of training to achieve achievements.

These findings indicate that achievement motivation is an important factor in athletes performance. Observations in the field show that almost all athletes from KONI Bekasi City have a high level of achievement motivation in terms of enthusiasm, confidence, perseverance, and discipline. This condition confirms that achievement motivation is a key psychological factor that needs to be continuously strengthened in the training process so that athletes can maintain optimal performance, especially when facing competitive pressure.

In addition, most previous studies have focused on specific sports, thus failing to provide a comprehensive picture of athletes' motivation at the regional level. Therefore, this study attempts to fill this gap by highlighting the motivation of KONI Bekasi City athletes to achieve success in

the 2025 West Java PORPROV XV Qualification Round.

This study aims to provide an overview and analysis of the achievement motivation of KONI Bekasi City athletes, as well as to provide input for coaches and trainers in designing training strategies, establishing communication approaches, and developing psychological training programs that are in line with the characteristics of athletes' motivation.

## METHODS

The approach used in this study was quantitative, as the research data was collected through questionnaires and presented in tabular form (Kusumawati, 2015). This approach aimed to provide an objective description of the level of achievement motivation of KONI Bekasi City athletes in facing the West Java PORPROV XV 2025 Qualification Round. To obtain data, the researcher distributed questionnaires containing questions that had to be answered by the athletes. Data analysis was performed using SPSS version 23. Data collection was carried out directly with the athletes during official training sessions. The research population consisted of all athletes trained by KONI Bekasi City who were scheduled to participate in the qualifying round. The sample was determined using purposive sampling, which is the selection of respondents who are considered most representative in providing information according to the research needs (Arikunto, 2013).

**Table 1.** Question Indicator

Variables	Dimensions	Indicators	Item Number	
			Fav	Unfav
Motivation	Enthusiasm	There is a strong urge within him to exercise, so he will be interested in the exercises he does.	1,2,12,14, 16,20,29	16
	Self-Confidence	Prefer to do exercises that are sure to promise success so that you will be more optimistic about doing them	3,15,22,24, 26,27,30	27
	Perseverance	Prefers challenging exercises, works hard, is persistent, and has strong commitment	4,8,9,10,11, 3,18,21,23,31	13
Discipline		Value time more, so that when exercising, you have a clear program with precise timing and do not delay your workout.	5,6,7,17, 19,25,28	7,28

Although the research title is general in

nature, the instrument used is the Tangkudung (2018) achievement motivation questionnaire, which specifically measures athletes' intrinsic motivation to achieve and face challenges, adopting McClelland (1987) concept of Need for Achievement. This instrument consists of 31 statements covering four indicators, namely enthusiasm 7 items, self confidence 7 items, perseverance 10 items, and discipline 7 items. Before use, the questionnaire was consulted with experts to assess the suitability and feasibility of the instruments used in this study.

The scoring was conducted by researchers using a five-point Likert scale, which included positive and negative questions, to obtain a systematic and measurable assessment.

**Table 2.** Likert scale

Likert scale	Positive Point	Negatif Point
Strongly Agree	5	1
Agree	4	2
Undecided	3	3
Disagree	2	4
Strongly Disagree	1	5

The researchers conducted a validity test on 31 statements, which were declared valid if the calculated  $r \geq$  table  $r$  at a significance level of 5%, with an instrument reliability value of 0.751. Before collecting the data, the researchers first obtained permission from the coaches and approval from the athletes as respondents. Before the questionnaire was distributed, the athletes were given an explanation of the research objectives and instructions for completing the instrument, and were then asked to scan a barcode linked to the online questionnaire.

In accordance with the research objectives, data analysis aims to provide an overview and explanation based on psychological levels, with criteria that have been predetermined through the application of the formula proposed by (Muhammad et al., 2022) as presented in **Table 3**.

**Table 3.** Score Categories

Low	$X < M$
High	$X \geq M$

## RESULTS AND DISCUSSION

Based on the results **Table 4** of the demographic table analysis, it is known that the majority of respondents are male athletes, namely

88 people (62.9%), while female athletes number 52 people (37.1%). In terms of age, most respondents were in the 16–19 age group, accounting for 55.7%, while the 20–22 and 12–15 age groups each accounted for 22.1%. Based on participation category, the senior high school/youth group dominated with 58 people (41.4%), followed by the student/adult category with 50 people (35.7%) and junior high school with 32 people (22.9%).

In addition, most respondents had experience competing at the regional level with a percentage of 30.7%, while experience at the national, local, and international levels was 41.4%, 15.0%, and 12.9%, respectively. In terms of sports, men's soccer had the highest number of respondents at 21.4%, followed by women's soccer at 21.4%, and canoeing, weightlifting, and karate, each contributing 28.6%, 14.3%, and 14.3%. Overall, these results show that most respondents were male athletes in their late teens, came from the upper secondary school category, had competitive experience at the regional level, and were dominated by the sport of men's soccer.

**Table 4.** The demographic profile of athletes in this study

Demographic		Frequency	( % )
Gender	Male	88	62.9
	Female	52	37.1
Age	12 – 15 years	31	22.1
	16 – 19 years	78	55.7
	20 – 22 years	31	22.1
Max Experience	Local	21	15.0
	Regional	43	30.7
	National	58	41.4
	International	18	12.9
Category	Junior high school/Pre -ten	32	22.9
	Senior high school/Youth	58	41.4
	Student / Adults	50	35.7
Sport Discipline	Men's Soccer	30	21.4
	Women's Soccer	30	21.4
	Canoeing	40	28.6
	Weightlifting	20	14.3
	Karate	20	14.3

Based on **Table 5**, the average score was 125.22, indicating that the researcher applied a two-category classification system, namely low and high. Thus, athletes are categorized as having

low achievement motivation if their average score is below 125.22, and high if it is above 125.22. This study aims to analyze and provide an overview of athletes' achievement motivation. Data analysis was performed using SPSS Version 23.

**Table 5.** Average Score Achievement motivation

Statistics Total Score		
N	Valid	140
	Missing	0
	Mean	125.22

**Table 6.** Level of Motivation Achievement by Dimension

Variable	Category	Dimension			
		Enthusiasm	Self-Confidence	Perseverance	Discipline
Motivation Achievement	Low	1	1	1	2
		0,71	0,71	0,71	1,43
	Hight	139	139	139	138
		99,29	99,29	99,29	98,57
	Total	140	140	140	140
		100%	100%	100%	100%

Based on the results **Table 6** of frequency distribution and percentage analysis, the achievement motivation level of KONI Bekasi City athletes is in the high category in all dimensions measured. In the three main dimensions, namely enthusiasm, confidence, and determination, 99.29% are in the high category, while 0.71% are in the low category. Meanwhile, in the discipline dimension, 98.57% are in the high category and 1.43% are in the low category. These proportions indicate that the majority of athletes have strong motivation to achieve optimal performance, although there are still a small number of athletes who show relatively lower levels of motivation.

In terms of spirit, athletes show high enthusiasm in every training. Their active involvement and strong interest in sports activities demonstrate an internal drive to achieve the best results. This is supported by Afifah et al. (2025), who state that good achievement motivation is reflected through consistent enthusiasm for training and competition, because internal drive motivates athletes to achieve optimal performance. In terms of self-confidence and perseverance,

athletes demonstrate strong self-belief and the ability to maintain effort despite facing pressure or obstacles during training. These two aspects complement each other and form an important foundation for motivation to achieve. These results are consistent with the re-



search by Naliza et al. (2024), which emphasizes that self-confidence and determination are key components of mental toughness, helping athletes maintain focus, self-control, and psychological resilience when facing competitive situations.

In terms of athletic discipline, athletes are able to maintain consistency in training, follow the coach's instructions, and adjust their behavior to the demands of the training program. This pattern of discipline supports long-term performance improvement by maintaining training routines, physical readiness, and mental stability. These findings are in line with Nadhifah et al. (2025), who emphasize that discipline is a key factor in building motivation to achieve because it reflects an athlete's ability to maintain physical readiness and improve performance on an ongoing basis. These four dimensions represent athletes' ability to manage themselves effectively, demonstrate enthusiasm and confidence in their personal potential, and maintain perseverance and discipline both in training and in competitive contexts. This is in line with sports psychology studies that emphasize that achievement motivation plays a role in maintaining effort intensity, directing actions, and strengthening psychological resilience when facing competitive demands (Sholicha & W, 2020). Consistently high scores across all indicators demonstrate athletes' mental readiness and form an important basis for future performance development

## CONCLUSION

The overall level of achievement motivation among KONI Bekasi City athletes is very high in all four dimensions analyzed namely enthusiasm, confidence, perseverance, and discipline. Most athletes show enthusiasm and consistency that support the achievement of optimal performance.

However, there are some athletes who have not yet reached their optimal level of motivation, indicating challenges in psychological aspects that can affect the consistency of training and competitive performance.

These findings emphasize the importance of coaching programs that focus not only on technique and physical, but also on strengthening psychological aspects. Approaches such as stress management, confidence building, and fostering a competitive spirit are expected to maintain athletes' motivation to achieve in a comprehensive and sustainable manner.

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