



Profile of Sumedang Sport Climbing Athlete

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Abstract

There are many sport climbing athletes in Sumedang. However, the level of motivation to achieve is still low, as seen from the achievements and intensity of the training they do. So there is a need for a figure to serve as a reference in order to increase motivation to excel as athletes. This research aims to determine the profile of sport climbing athletes from Sumedang who have reached international levels. Using a descriptive approach with qualitative methods, research was conducted on sport climbing athletes from Sumedang, selected based on international-level achievements using purposeful sampling. The instruments used to collect information regarding athlete profiles include observation, interviews, and documentation stages. The procedure begins with the stage of direct observation of athletes during training, followed by interviews with athletes and carrying out documentation. The data was analyzed using the Miles and Huberman research design. These findings show several factors that support athletes' achievements. Motivational factors have the most influence on achieving achievement. The novelty of this research lies in the title and subject studied. Overall, the findings of this research contribute to motivation so that the achievements of Sumedang sport climbing athletes increase to reach international levels.

How to Cite

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INTRODUCTION

Since mountain climbing developed over the last century, sport climbing is still an increasingly popular sport in the world today (Rugg et al., 2020). It has been proven that sport climbing is popular as an alternative to a fun activity and has the potential to be more sustainable for meeting life's needs (Siegel & Fryer, 2017). According to the International Sport Climbing Federation (IFSC), there are currently 25 million people around the world who regularly climb (Grønhaug & Norberg, 2016). It began in northern England and Italy in the 1800s, especially during alpine climbing, and continued until the 1950s, when the general public began to enjoy sport climbing as a sport (Saul et al., 2019). Due to the inclusion of sport climbing in the 2018 Youth Olympics and the appearance of three new adventure sports at the 2020 Olympics, the sport will grow in popularity (Chen et al., 2022).

Not only abroad, but within the country, the sport of sport climbing is currently very popular and growing rapidly (Vanagosi et al., 2022). In Indonesia, sport climbing has become a popular sport since around the 1960s. This is demonstrated by the many agendas of sport climbing expeditions and artificial sport climbing competitions held by nature lovers' organizations or climbing associations at both regional and national levels (Pramukti & Junaidi, 2014). Since sport climbing is an easily accessible, more popular, and more frequently practiced sport, it should be considered a viable option for increasing physical activity among modern youth (Siegel & Fryer, 2017). The sport of sport climbing not only requires good physical fitness, but strong mental abilities are also very necessary for climbing (Vanagosi et al., 2022).

In the world of sports, the roles of athletes cannot be separated; athletes are a profession whose goal is to achieve targets and achievements in the field of sports, and athletes are also individuals who have their own uniqueness. This is demonstrated by their talents, behaviors, personalities, and life backgrounds that influence them specifically (Guspa & Rahmi, 2014). Talking about athletes certainly has a goal, such as creating achievements in their own sports field. The term "athlete" comes from the Greek word "athlos," which means achievement; therefore, it is associated with excellent performance (Araújo & Scharhag, 2016). In the world of modern sports, athletes are constantly looking for ways to improve their physical abilities through training and competition (Agi Ginanjar Tite Juliantine, Yusuf

Hidayat, 2018). The highest achievement of an athlete is when they can win a national or international competitive event, but this achievement requires practice, hard work, effort, and prayer (Sultan et al., 2020). Athletes' achievements are the result of the efforts made during training to help achieve the goals of a sports organization, namely achievement (Muhammad Fahmi, 2022). The increasing competitiveness of international sports has increased the pressure on elite, Olympic, and professional athletes (Henriksen et al., 2020).

In the sport of sport climbing, achieving achievements cannot be separated from the role of the athlete, who wants to make the name, honor, and dignity of the Indonesian nation known to the world. It can be seen as the duties and functions of KONI, which has a vision "to become an independent, modern, and professional organization to build the character of the Indonesian nation, strengthen unity, and elevate the honor and dignity of the nation through developing sports achievements," and its mission is "to provide support to athletes to achieve goals and instill Olympic values so that they can become a source of inspiration for all Indonesian society (Sudarko et al., 2023). We can see this from the achievements obtained by sport climbing athletes on the international stage (Irawan & Hidayah, 2017).

To achieve this level of athlete success, which is a measure of achievement needed to reach the international stage, requires persistent struggle. Efforts to achieve these benefits and goals start with the motivation that athletes have to pursue their sport (MacCosham & Gravelle, 2017). Motivation is very important in training to improve athlete performance (Bahtra, 2017). Motivation can be used to explain why people do what they do (Bratko et al., 2020). And achievement motivation has been shown to be an important requirement for young athletes to continue participating in sport (Rottensteiner et al., 2015). Motivation is understood as a tendency that directs a person to carry out an action with a certain intention (Mercader-Rubio et al., 2023).

During the IFSC World Cup 2023 Jakarta yesterday, there was a local athlete who managed to get 1st place in the speed class, Raharjati Nursamsa, an athlete from Sumedang. Nearly 70% of the included studies used athletes who excel at national and international levels, implying that these athletes are at least among the best in their country in that sport (Swann et al., 2015). Among athletes and physically active individuals, there are several additional problems related specifically to the physical and mental aspects of exercise

performance (Garthe & Maughan, 2018). Thus, motivation has a clear time element and is related to the temporal view of young athletes as a continuum: "needs (past), sports activity plans (present), and goals (future)." (Popovych et al., 2022).

Based on the results of the observations of many sport climbing athletes in Sumedang, however, the level of motivation to achieve is still low, as seen from the achievements and intensity of the training they do. So, there is a need for a figure to serve as a reference to increase motivation to excel as athletes. Of the many studies that discuss the sport of sport climbing, there is still little research that examines the profiles of athletes, which can be used as a reference to increase motivation to achieve, so this research will be a reference for further research. Because the profile of sport climbing athletes from Sumedang who are at the international level can be a reference for motivation to excel, The importance of understanding research into the profile of sport climbing athletes as motivation so that it can become a benchmark, increase the potential in athletes to excel, as a place for further research and development, and so on. Descriptive hypothesis in exploring information about the profile of an international-level sport climbing athlete from Sumedang as a reference for motivation to excel for athletes, especially sport climbing athletes in Sumedang district.

METHODS

This research focuses on exploring information regarding the profile of sport climbing athletes from Sumedang who have reached the international level, with the aim of contributing to the achievements of sport climbing athletes from Sumedang to reach the international level through motivation. A descriptive approach with qualitative methods was carried out on sport climbing athletes from Sumedang, selected based on international-level achievements using purposive sampling. Collecting profile data on sport climbing athletes from Sumedang used the triangulation (Susanti, 2015) technique by checking the data obtained through observation, interviews, and documentation. The data collected includes motivation, intensity, training programs, diet, trainers, facilities and infrastructure, achievements, etc. The research procedure is as follows: First, the researcher makes direct observations of the athletes while training is in progress. Observations focus on the athlete's own personality, the athlete's training program, the athlete's diet, coaches, facilities and infrastructure, financial

support, and the athlete's achievements. Second, researchers conduct direct interviews with athletes regarding the results of observations, then develop the results of these observations according to the needs of the data being studied in full. Third, the documentation used by researchers includes recordings, notes, and taking photos during observations and interviews to store information according to the facts that have been explored. The data collection regarding the profile of sport climbing athletes from Sumedang is aimed at other sport climbing athletes from Sumedang so that they can achieve achievements up to international level, like athletes who have been researched, so that they can contribute in the form of motivational encouragement to achieve for other sport climbing athletes from Sumedang. The data was analyzed using the Miles and Huberman research design, which consists of data collection, data reduction, data display (data presentation), and drawing conclusions (verification) stages (Ajif, 2013).

RESULTS AND DISCUSSION

The results of research conducted on a sport climbing athlete from Sumedang, Raharjati Nursamsa, who has gone international, showed the following results **Table 1**.

Athlete Motivation

Based on the results of interviews regarding motivation, the athlete had strong reasons for remaining an athlete, namely first related to material needs and then ultimately fashion or a hobby. Basically, humans living their lives in the world need various elements of life, both material and non-material (Irwan, 2021). Motivation is a force that encourages people to do something to achieve goals. This happens because it is stimulated by various kinds of needs or desires that are to be fulfilled, as there are several main components of motivation, namely: a) needs, b) behavior or drive, and c) goals (Idzhar, 2016). Motivation comes from the word motive, which means a conscious or unconscious condition, need, or urge that leads to a behavior (Manizar, 2015). Motivation is clearly involved in regulating an athlete's performance, as when present, it leads to an inner force that drives individuals to realize their goals and fulfill their desires and hopes (Elia et al., 2020).

When someone has a goal or a need, that person will continue to try so that their need or desire can be achieved or fulfilled, and they will create motivation for themselves. Without moti-

Table 1. Observation results of sport climbing athletes from Sumedang Regency.

Observation	Indicator	Yes	No	Information
Athlete	Whether or not athletes are present during training	V		Athletes arrive on time for training, and when they go home
	Whether the athlete's discipline is good or not during training	V		Athletes behave well and follow all directions from the coach.
	Whether the athlete's motivation is good or not during training	V		Athletes appear enthusiastic when participating in training.
	Whether the athlete's body shape is good or not	V		Athletes have harmonious body shapes and proportions.
	Whether the athlete's personality is good or not	V		When socializing with other people, such as coaches, fellow athletes, and other people, the athlete's manners are good and friendly.
	Whether the athlete's performance is good or not during training	V		The athlete's way of dressing and appearance during training are in accordance with the coach's instructions.
Athlete training program	A structured exercise program	V		Athletes do exercises starting from warm-up, core, and cool-down.
	Athletes have special training.	V		Athletes do physical, technical, tactical, and mental training.
	Athletes perform exercises based on the opinions of experts.	V		Athletes do records, endurance, power, competition endurance, and technique training.
Dietary habit	Athletes eat healthy foods during training.		V	Researchers did not see athletes eating while training.
	Athletes take supplements or vitamins during training.		V	Researchers did not see athletes eating while training.
Coach	Athletes have coaches.	V		During training, athletes are accompanied by a coach.
	Athlete trainers have good experience and licenses.		V	During training, the researcher could not conclude that the athlete trainer had a license; this would be asked later during the interview.
	The training program comes from the trainer.	V		During training, athletes follow the directions of the coach.
Facilities and infrastructure	Athletes have good facilities and infrastructure.	V		The facilities and infrastructure used by athletes during training are adequate.
	Facilities and infrastructure for athletes are sufficient.	V		The facilities and infrastructure used by athletes are quite complete.
Financial support	Financial support for athletes is good.		V	The researcher cannot conclude and will be asked during the interview.
	Athletes are assisted with financial support from administrators.		V	The researcher cannot conclude and will be asked during the interview.
Achievement	Athletes actively participate in competitive events.	V		At the time of observation, the athlete was conducting training for the current year's PON event.

vation, there will be no achievements, as stated by Cratty through research on anxiety and motivation towards sports performance (Effendi, 2016), showing that low levels of anxiety and high motivation result in improved sports performance.

However, in achieving an athlete's desire or need related to motivation, they will certainly face challenges and obstacles. Just like when athletes increase their motivation to continue to

excel, they experience feelings of boredom and anxiety when training. Anxiety that arises is an individual's natural reaction to the problems they face; it is feared that it will have a negative effect both on themselves and the surrounding environment (Slamet, 2018). When facing this problem, athletes must think and find ways to overcome it so that their goals and desires can be achieved. The athlete has a way to overcome this, namely

by thinking about his initial goal, such as his intention to become an athlete, and training mentally by breathing exercises to overcome his anxiety, so that the feeling of boredom and anxiety can be overcome.

Intensity and training program

Based on the intensity and training program in a week, athletes train four times; unlike when facing a competition, athletes train nine times a week, including Monday morning and afternoon, Tuesday morning and afternoon, Thursday morning and afternoon, Friday morning and evening, and Saturday morning only. The athlete's training time is 4 hours per day, consisting of morning and afternoon. The schedule is given according to the direction of the coach and according to the athlete's abilities. Because if it is done excessively without a correct program, it will disrupt the athlete's health and fitness. When exercising, it is recommended not to do it excessively, and it is also not recommended to do high-intensity exercise because it can interfere with fitness and health (Ahmad Fauzi et al., 2020). The training schedule has been prepared well in advance. Considering that they will face a match or championship in September 2024, athletes have been preparing since the end of January. To get a good athlete's appearance or ability, you cannot prepare suddenly. The process of achieving maximum performance in sports requires a long period of time and large costs to obtain optimal results (Utami, 2015). There need to be stages that must be passed in order to achieve maximum performance and abilities. The intensity of training is determined specifically for each individual according to physical capacity, the implementation of which requires continuous monitoring so that the training intensity actually reaches the programmed intensity (Anggriawan, 2015).

The athlete's training program starts with a warm-up, such as a static or dynamic warm-up. It is important to do warm-up activities before doing core exercises, either with internal loads or external loads, so that the muscles are ready to be used to avoid injury (Birri et al., 2023). After warming up, athletes continue core training, namely drills or climbing repeatedly (4x6 sets in 1 exercise), namely climbing from the bottom board to the middle board and then from the middle board to the top board. After fulfilling the instructions or training portion of the trainer's instructions, the athlete cools down to relax the muscles with PNF cooling. PNF is a cooling technique that is quite important for the

body, but there are still many people who do not know the importance of the benefits of the PNF technique for the body. The PNF technique offers wider advantages and benefits compared to other conventional stretching methods; it can increase relaxation in the stretched muscles; and, moreover, the PNF technique is best for developing or building body flexibility techniques (Parevri, 2017). When tired after exercise, the brain needs a large supply of oxygen. By cooling, the respiratory system returns to normal so that the oxygen supply to the brain remains sufficient (Arifin et al., 2015). To train strength, athletes usually train using equipment such as pull-ups with a weight of 20 kg, 12 reps x 6 sets, then squats with a weight of 40 kg, 12 reps x 4 sets, and also Bryan Spears weighing 20 kg, 12 reps x 4 sets. Apart from strength, athletes also train technique and increase their endurance and speed with drill training, namely climbing repeatedly. Then, to increase stamina, athletes do sprint training or short runs for 30–40 minutes. Running is easier to do and train for because almost every physical activity involves running (Fauzi et al., 2023). Apart from improving strength and technique, athletes also train their mental abilities by doing breathing exercises every morning to calm the mind and raise the spirit within them. Breathing is one way to balance emotions, thoughts, and mental and spiritual (Hardiyanti, 2022). When an athlete's emotions, thoughts, and mentality are unstable, breathing can be used as an alternative to restore emotional, mental, and emotional stability. Mental training is defined as exercises carried out by athletes to improve their thinking function so they can control their body and actions (Juriana & Tahki, 2017). By doing this mental training, athletes will gain mental resilience, which will help them achieve achievements. However, when carrying out training, it is not uncommon for athletes to face challenges and obstacles. For example, uncertain weather conditions can result in delays in training. To overcome this, athletes use rolling methods or changing training schedules to continue to meet targets or training schedules that have been scheduled. So, the training program given by the trainer can run well, be sustainable, and go according to plan. According to Ruslan (2011) in Sultan et al., (2020), through a programmed, measurable, and continuous training process provided by the coach, an athlete can master the movement techniques that have been well trained in addition to a continuous and ongoing training program, which can form the basis of training to achieve success.

Dietary habit

Diet is a method or effort to regulate the amount and type of food with a specific purpose, such as maintaining health, nutritional status, or preventing or helping cure disease (Muharam, 2019). For daily eating patterns before preparing for a competition, athletes eat three times a day, starting in the morning or breakfast, followed by lunch, and finally dinner, without any special measurements. Meanwhile, when athletes prepare for a competition, the athlete's diet remains the same. However, the food consumed by athletes includes an adequate intake of fat, protein, carbohydrates, minerals, water, and vitamins. Bearing in mind that to improve an athlete's performance in order to achieve achievements, energy needs such as fat, protein, carbohydrates, minerals, water, and vitamins must also be carefully considered. In order for athletes to get balanced nutrition, food nutrition must pay attention to existing guidelines; these guidelines are better known as balanced nutrition guidelines (Hudain et al., 2023). Because the food consumed by athletes during preparation for the competition has special measurements by Koni nutritionists, Providing proper nutrition helps maintain energy during exercise, ensures normal blood glucose concentrations, prevents hunger, maintains muscle mass, and speeds recovery (Bulqini et al., 2022).

When providing nutrition or a diet according to the athlete's dosage and needs, it can indirectly have an impact on the athlete's performance during training and competitions. So, providing nutrition or the right diet measurements can make it easier and help athletes achieve achievements. During training, athletes consume water and sweet snacks or drinks. This aims to restore the energy or calorie intake that the athlete has used or expended during training. During training, athletes expend a lot of calories and energy, so to replace the calorie intake and energy that have been expended, athletes consume sweet snacks or drinks to replace the calorie intake that has been expended. In accordance with the opinion (Badriyah & Pijaryani, 2022), sweet drinks increase calorie intake, thereby causing overnutrition. For vitamins or supplements, athletes rarely take them, except when athletes feel symptoms of illness. New athletes take vitamins to strengthen the body's immune system. Because actually, it is best to prevent athletes from consuming energy drinks because there are still many ingredients whose side effects have not been studied and tend to be dangerous (Zahra & Muhlisin, 2020). Many athletes at all levels of competition place great

emphasis on the use of dietary supplements, but of all the factors that determine an athlete's performance, supplements only play a very small role (Garthe & Maughan, 2018).

Coach

The coach's role consists of observing and advising the athlete to improve his technique and overcome differences in cult situations to maximize performance (Macquet & Stanton, 2014). The role of a coach as a learning agent is to act as a facilitator, motivator, and trainer, providing training inspiration for his athletes (Rohman, 2017). The role of the coach is also reflected in his opinions and behavior in carrying out his duties as a coach in developing his athletes to optimally develop their physical, mental, and social health (Nugroho, 2017).

Before preparing for a match or championship, athletes train independently without being accompanied by a coach. However, when athletes are preparing for a match or championship, they train accompanied by a coach. The athlete trainer is a former sport climbing athlete, has a national-level coaching license, and has good experience. The athlete's training program is based on the design and direction of the coach. The obstacles in professional sports require coaches to continually adapt and change plans (Weldon et al., 2021). The training program is also created based on the required aspects, such as physical, technical, and mental, as well as paying attention to the periodization of training according to the training stages. Every time you start training, the coach always briefs the athletes first. This aims to ensure that the training program that has been planned by the coach is achieved and that the athlete understands the directions given by the coach. After training, the coach always carries out evaluations to correct deficiencies in order to achieve the predetermined targets. Coaches must be able to set an example and provide positive support for appropriate behavior and negative reinforcement for inappropriate behavior (Muslima & Himam, 2018). The role of a coach is not only to shape and train an athlete's physical and technical skills. However, it is equally important to shape and train the character and behavior of athletes to have good character and behavior. One way is to directly observe the nature and character of the trainer himself while training.

Facilities and infrastructure

The success of athletes in supporting their achievements cannot be separated from the availability of adequate facilities and infrastructure. The components of facilities and infrastructure

are also important, where facilities and infrastructure are one thing in increasing athlete motivation and performance (Aulia & Asfar, 2021). When carrying out training, the facilities and infrastructure used by athletes can be said to be quite complete and adequate. This can be seen from the condition of the athlete's training area, which is clean and tidy and has a floor that has been cemented and painted. The availability of climbing boards is based on class, namely, lead, speed, and boulder. The condition of the facilities and infrastructure is also in accordance with the standards that they should meet. Specifically, training equipment such as ropes, harnesses, shoes, chalkbags, figure eights, and carabiners can be said to be suitable according to standards. However, with the availability of existing tools, It turns out there are still things missing, such as autobelay and timers. These tools are used when the match schedule approaches. When the schedule is still far away, athletes usually maximize the tools available. The condition of the athlete's house before taking part in preparations for a match or championship can be said to be adequate because the athlete lives in the house of a fellow sport climbing athlete who is in a clean and tidy housing position. It's different when athletes have taken part in preparations for a match or championship. Athletes live in the mess that has been provided by the West Java KONI management at the Si Jalak Harupat Stadium, considering that the training ground is located in the Si Jalak Harupat Stadium area. In training or outside of training hours, athletes have also experienced obstacles in terms of facilities and infrastructure, but athletes have never complained because they have high motivation within themselves, so they overcome this by using existing tools according to the tools that athletes need during training.

Achievement

The athlete's performance can be said to be quite good. When compared with other Sumedang athletes, no one has been able to reach the international level to get 1st or 3rd place in the championship. This can be seen from the results of national and international championships. However, almost every year, these athletes always donate medals, starting at regional, national, and international levels.

The following are the results of athletes' achievements each year, starting from the regional level, national level, and international level:

Table 2. Annual achievement results

Championship	Level	Class	Achievement	Year
Kejurda	Region	Lead	Gold Medal 1 Silver Medal 1	2010
Kejur-nas	Na-tional	Lead	Bronze Medal 1	2010
Kejurda	Region	Lead	Bronze Medal 1	2017
Porda	Region	Speed	Silver Medal 1 Bronze Medal 3	2018
EISCC	Region	Speed Clas-sic	Silver Medal 1	2019
Pra Pon	Region	Speed	Silver Medal Relay World Record	2019
Pon	Na-tional	Speed	Silver Medal 1	2021
Porda Jabar	Region	Speed	Gold Medal 2 Bronze Medal 4	2022
Pra Pon	Region	Speed	Bronze Medal 1	2023
World-cup Korea	Interna-tional	Speed	Ranking 15	2023
World-cup Jakarta	Interna-tional	Speed	Ranking 6	2023
World-cup Jakarta	Interna-tional	Speed	Ranking 1	2023
World-cup Prancis	Interna-tional	Speed	Ranking 3	2023

Etc

Based on the results of interviews with athletes, researchers obtained information about their career path as athletes. It started when the athlete picked up his older brother while taking part in sport climbing training. Athletes are starting to become interested in sport climbing. Almost every day of the week, athletes diligently participate in climbing training and take part in several competitions and championships. In their journey, athletes often face challenges and obstacles both from the outside and from within. Challenges and obstacles from outside include the lack of financial support from local managers and administrators. Meanwhile, internal challenges and obstacles include feelings of laziness and boredom during training. However, in the end, athletes can overcome these challenges and obstacles

because of the great motivation to achieve that exists within them.

CONCLUSION

The profile of a sport climbing athlete from Sumedang who has reached international level shows a structured and well-organized training pattern, motivation, and diet. Strong motivation, scheduled training intensity, and healthy eating patterns are key factors in helping athletes achieve high performance. Apart from that, support from coaches, parents, administrators, and friends also makes an important contribution to an athlete's journey to achieve success in sports. Although athletes face challenges and obstacles along the way, with the right strategies, such as breathing exercises to overcome anxiety and adjusting training schedules to overcome practical obstacles, they are able to overcome these obstacles and continue to progress towards higher achievements.

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