Gymnastic Motivation Survey at The Shelter of The Indonesian Embassy in Kuala Lumpur

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Abstract

The aim is to find out how much motivation Indonesian workers are towards the gymnastic at the Indonesian Embassy in Kuala Lumpur. The research method is descriptive quantitative research. The population of this research is 76 Indonesian workers residing in the shelter. The data analysis used descriptive percentage. The results showed the average score of motivation in following gymnastic was 25.64 with a percentage level of 80.13% categorized as high. This motivation appears to be influenced by several supporting indicators, including: the average physiological indicator is 3.29 with a percentage level of 82.25% categorized as high, the average safety indicator is 3.84 with a percentage level of 76.80% is categorized as high, the average social indicators is 7.53 with a percentage level of 94.13% being categorized as very high, the average self-esteem indicator is 4.45 with a percentage level of 74.16% being categorized as high, the average self-actualization indicator is 6.51 with a percentage level of 72.33% being categorized as high. Aerobic participants have high motivation to maintain health and physical fitness.

How to Cite

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INTRODUCTION

One of the activities that cannot be left behind includes sports. By exercising we can maintain our health and fitness. In addition to making the body fresher, of course the body›s immunity will increase and avoid various kinds of dangerous diseases and viruses. That›s why exercise is very important for all people, from children, adolescents, adults, to the elderly. A sport activity that is quite an idol in society is gymnastics.

As stated by Setiawan (2010), the public considers aerobic exercise to be a type of sport that is relaxed, lively, and can be followed by many people. Apart from gymnastics, in residential areas and offices, both public and private, on certain days aerobics are held with all kinds of variations, with music that can be enjoyed and the right movements and beautiful dance moves, which can be followed by everyone, whether young, old, women or men.

The advantage of this exercise is not only on the physical aspect, but also on the spiritual aspect as well. Like the slogan we often hear, that is, in a healthy body there is a strong soul.

People are starting to realize the benefits of aerobic exercise, besides being healthy, it is also healthy for releasing tension during daily activities and providing joy to the doers. Aerobic exercise as a type of recreational sport is popular, starting from the lower, middle, and upper layers, both in urban and rural areas (Majid, I. N., 2015)

Indonesian Workers (TKI) who are at the Embassy of the Republic of Indonesia in Kuala Lumpur are workers who are having problems (BP2MI, 2020). Both have problems regarding employment documents, issues of violence and sexual harassment. Due to these problems they were not allowed to return to Indonesia. This makes their burden heavier, thus affecting their psyche.

The big problems faced by Indonesian workers, both due to internal and external factors, include: (a) lack of provision (technical skills); (b) the quality of skills and communication skills are still low; and (c) the Sclwck culture. (Sutaat, 2017).

They can do many activities in the shelter. Starting from cooking training, sewing, to making handicrafts. Every Friday they can also do sports together, such as badminton, table tennis and gymnastics. Gymnastics is their favorite activity, because it is a fun activity that is done together and accompanied by music. Apart from motivating them, all activities also aim to maintain their physical and spiritual health.

According to Sumadi Suryabrata (2010), motivation is a condition that exists in a person that encourages certain activities to achieve a goal. Meanwhile, according to Gates, et al (in Djaali, 2006) argued that motivation is a physiological and psychological condition that exists in a person who regulates his actions in a certain way. With the motivation they have will encourage them to achieve the desired goals.

According to Iskandar (2012), there are two sources of motivation, namely intrinsic and extrinsic motivation. Internal motivation (intrinsic motivation), namely internal motivation, is the impulse power of someone to do something to achieve the desired goal. In essence, internal motivation arises from within an individual and external motivation (extrinsic motivation), namely external motivation is a force of encouragement from outside oneself, related to one›s own activities. In its activities there are positive and negative external motivations.

According to Iskandar (2012) the role of motivation can be summed up into 6 parts: encouraging humans to act or act, which functions as a driving force or motor that provides energy to someone to act, determines direction and actions, namely towards the realization of a goal or an ideal. mind, selecting actions means determining which actions must be done in order to achieve that goal by overriding actions that are not useful for that goal, the role of internal and external motivation, the role of motivation to determine persistence, the role of motivation to give birth to achievement.

Gymnastic is a movement activity that is fun and easy to do, like all other forms of fitness, the technique must be good and correct. Gymnactic is usually done with musical accompaniment and can be practiced in a group led by a fitness instructor, although it can be done alone without musical accompaniment. In aerobic exercise, you should start by warming up first. This is because in addition to preparing our body organs to be ready for sports activities (Brick, 2002).

Based on the most popular activities at the Embassy of the Republic of Indonesia in Kuala Lumpur and the opinions of experts on the motivation for carrying out activities, the TKI regularly conducts exercise agenda. Not only to gain fitness, but also to fulfill his spiritual needs, namely to be motivated to get pleasure from this activity and of course to relieve stress.

In previous research, ALI, V. A. V. (2019) explained that aerobic exercise is one type of sport that is in demand by all levels of society,

especially in Batang Regency.

The problem in this research is to know how the motivation of Indonesian workers in the shelter for gymnastic, which can provide physical and spiritual health. Based on this, this research will take the title «Motivation Survey of Gymnastics at the Indonesian Embassy in Kuala Lumpur Shelter".

METHOD

This study uses a quantitative approach using descriptive methods with survey techniques. Generally, survey research is limited to studies in which data are collected from a sample of a population to represent the entire population area. This is different from the census where information is collected from the entire population. In the implementation of this study will use a descriptive method with the form of a questionnaire survey to Indonesian workers who are at the Indonesian Embassy in Kuala Lumpur Shelter.

This study used survey research while the data collection instrument used a questionnaire, namely a structured questionnaire related to individual identity, things that affect motivation, assessment of motivation, instructor quality, participation in activities and the output in the form of processing results that will show aspects.

The population in this study were 76 Indonesian workers at the Indonesian Embassy in Kuala Lumpur. The calculation uses total sampling. The data collection in this study used a questionnaire, in this study, the questionnaire was used as data collection for the level of interest, attention and need for gymnastic. The indicators used in the research process in this questionnaire include physiology, sense of security, social, self-esteem, and self-actualization.

Data analysis technique is a method used to analyze research data. The data analysis technique used in this study was a questionnaire technique for Indonesian workers who were at Indonesian Embassy in Kuala Lumpur Shelter. The data obtained were analyzed using the following steps: checking the completeness of the data and checking the types of data entry, tabulating the data, the data that was in the form of a quantitative questionnaire to make it easier to calculate data according to an interval scale with four types of answers, namely yes, no, analysis according to the research approach with the percentage descriptive formula (Suharsimi Arikunto, 2006).

The percentage descriptive formula is used as follows:

$$\% = \frac{n}{N} \times 100\%$$

Information:
n = Total value obtained
N = Total value
% = Percentage rate achieved.
Mohammad Ali in Jaka Febriadi (2012).

RESULTS AND DISCUSSION

The systematic presentation of motivation data in participating in gymnastics at the Embassy of the Republic of Indonesia in Kuala Lumpur in this research includes aspects of physiology, safety, social, self-esteem, and self-actualization.

The data in the study were obtained from 76 respondents by measuring the motivation variable using 32 item items consisting of several dimensions, namely physiological needs, safety needs, social needs, self-esteem needs, self-actualization needs. After the analysis was carried out, the following results were obtained **Tabel 1.**

Table 1. Research Report					
Indicator	Score	Responden		Persent	
	76 Respondens	Yes	No	Yes	No
Physiological Needs	232	190	42	82,33%	17,67%
Safety Needs	290	220	70	76,90%	23,19%
Social Needs	464	427	37	94,17%	5,83%
Needs self-esteem	348	238	110	74,14%	25,86%
Self-actualization needs	464	358	116	81,47%	18,53%

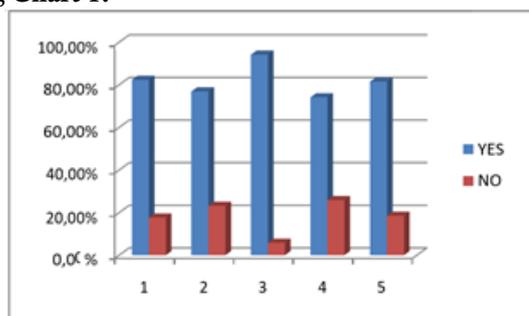These results can be illustrated in the following **Chart 1.**

Chart 1. Percentage of Answer Results for Each Question Item Indicator

While in more detail the quantitative data description for each indicator:

Physiological Indicators

From the descriptive analysis carried out the results were **Table 2.**

Table 2. Description of Physiological Indicator Data

	N	Mean	Std. Deviation
Physiological Indicator	76	3.29	0.456

The physiological indicators that affect gymnastic motivation are measured by 4 items, consisting of 2 answer scales with a score of 1 and 0, so the overall score is 4 x 1 = 4 and the number of respondents is 76 people. Based on descriptive analysis, the average physiological indicator is 3.29 with a percentage rate of 82.25%.

Based on the results obtained, it is concluded that the physiological indicators are categorized into high classifications.

Safety indicator

The following is a description of the security indicator data. From the descriptive analysis carried out the results are **Table 3.**

Table 3. Description of Safety Indicator Data

	N	Mean	Std. Deviation
Safety Indicator	76	3.84	0.488

The safety indicators that affect gynastic motivation are measured by 5 items, consisting of 2 answer scales with a score of 1 and 0, so the overall score is 5 x 1 = 5 and the number of respondents is 76 people. Based on descriptive analysis, the average security indicator is 3.84 with a percentage level of 76.80%.

Based on the results obtained, it is concluded that the safety indicators are categorized as high.

Social indicators

The following is a description of the social indicator data. From the descriptive analysis carried out the results were **Table 4.**

Table 4. Description of Social Indicator Data

	N	Mean	Std. Deviation
Social Indicator	76	7.53	0.706

The social indicators that influence gymnastic motivation are measured by 8 items, consisting of 2 answer scales with a score of 1 and 0, so the overall score is 8 x 1 = 8 and the number of respondents is 76 people. Based on descriptive analysis, the average social indicator is 7.53 with a percentage level of 94.13%.

Based on the results obtained, it is concluded that the social indicators are categorized into very high classifications.

Self-esteem indicator

The following is a description of the self-esteem indicator data. From the descriptive ana-

lysis carried out the results were **Table 5.**

Table 5. Description of Social Indicator Data

	N	Mean	Std. Deviation
Social Indicator	76	7.53	0.706

The social indicators that influence gymnastic motivation are measured by 8 items, consisting of 2 answer scales with a score of 1 and 0, so the overall score is 8 x 1 = 8 and the number of respondents is 76 people. Based on descriptive analysis, the average social indicator is 7.53 with a percentage level of 94.13%.

Based on the results obtained, it is concluded that the social indicators are categorized into very high classifications.

Self-esteem indicator

The following is a description of the self-esteem indicator data. From the descriptive analysis carried out the results were **Table 6.**

Table 6. Description of Selt-esteem Indicator Data

	N	Mean	Std. Deviation
Self-esteem Indicator	76	4.45	1.353

The indicators of self-esteem that affect gymnastic motivation are measured by 6 items, consisting of 2 answer scales with a score of 1 and 0, so the overall score is 6 x 1 = 6 and the number of respondents is 76 people. Based on descriptive analysis, the average self-esteem indicator is 4.45 with a percentage level of 74.16%.

Based on the results obtained, it is concluded that the indicators of self-esteem are categorized into high classifications.

Self-actualization indicator

The following is a description of the self-actualization indicator data. From the descriptive analysis carried out the results were **Table 7.**

Table 7. Description of Self-actualization Indicator Data

	N	Mean	Std. Deviation
Self-actualization Indicator	76	6.51	1.903

The indicators of self-actualization that affect gymnastic motivation are measured by 9 items, consisting of 2 answer scales with a score

of 1 and 0, so the overall score is 9 x 1 = 9 and the number of respondents is 76 people. Based on descriptive analysis, the average self-actualization indicator is 6.51 with a percentage level of 72.33%.

Based on the results obtained, it is concluded that the indicators of self-actualization are categorized as high.

The overall result of the motivation variable

The overall results of each indicator in the motivation variable to follow gymnastic at the Indonesian Embassy in Kuala Lumpur are as follows **Table 8.**

Table 8. Data Description of Motivation Variables

	N	Min	Max	Mean	Std. Deviation
Motivation	76	18	31	25.64	3.285

The motivation of the gymnastics at the Indonesian Embassy in Kuala Lumpur was measured by 32 question items, consisting of 2 answer scales consisting of scores of 1 and 0, so the overall score was 32 x 1 = 32, and the number of respondents was 76 people.

Based on descriptive analysis (more clearly can be seen in the attachment), the average motivation obtained is 25.64 with a percentage rate of 80.13%. Meanwhile, the frequency distribution of aerobic exercise motivation scores is as follows **Table 9.**

Table 9. Frequency Distribution of Gymnastic at the Indonesian Embassy in Kuala Lumpur

Interval Class	Frequensi	Percent
30 >	10	12.06%
27-29	22	31.04%
24-26	21	29.31%
21-23	18	24.14%
18-20	5	3.45%
Total	76	100%

Based on the data in **Table 9.** of the frequency distribution, the results of the motivation scale answers obtained are 12.06% for the value interval of 30 and above for the 27-29 value interval is 31.04% for the 24-26 value interval is 29.31% for the 21-23 value interval is 24.14% and for the 18-20 value interval is 3.45%.

These results show that the value of the aerobic exercise motivation scale for Indonesian workers at the Indonesian Embassyin Kuala

Lumpur is measured by 32 question items evenly in the range of scores with an interval of 27-29 with a total frequency of 22 people and a presentation of 31.04%. From this data it is illustrated and can be presented in graphical form as follows **Chart 2.**
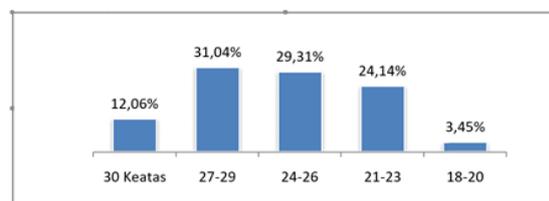

Chart 2. Frequency Histograms of Gymnastic Motivation Score at the Indonesian Embassy in Kuala Lumpur

Based on the analysis of the average, each respondent answers every statement given about his motivation in gymnastic with the answer yes. Based on the results of the frequency interval, the highest score obtained is in the high classification range and based on the average value, it is also categorized in high classification.

The average motivation og gymnastic for Indonesian workers at the Indonesian Embassy in Kuala Lumpur is 25.64 with a percentage rate of 80.13%.

Gymnastics is an activity that is in demand by many people, this is in line with research by Zuraida, M., Ifwandi, I., & Abdurrahman, A. (2016) which states that the public is generally very enthusiastic about participating in aerobic exercise activities.

In the research of Ningsih, E. G., & Kresnadi, H. (2013), there are 2 types of motivation in participating in gymnastics, namely intrinsic and extrinsic motivation.

Based on the results of descriptive analysis on existing research data carried out an average of each indicator that affects the existence of intrinsic motivation following gymnactic is in the high category. Extrinsic motivation is a process that causes someone to be moved to do something because they want to achieve the desired goal or get satisfaction with their actions.

The basis need of motivation for Indonesian workers at the Indonesian Embassy in Kuala Lumpur are influenced by physiological factors including basic needs that must be met immediately, such as the need to eat, drink, dress and shelter. The sense of safety includes a person's need to obtain safety, security, guarantees or protection from threats that endanger survival in all

its aspects. Social includes a person's need to be liked and liked, loved and loved, socialized, grouped, social, national and state. Self-esteem includes a person's need for honor, respect, praise, appreciation and recognition. Self-actualization includes the need for a person to gain pride, admiration, fame as a person who is capable and successful in realizing his potential talents and extraordinary achievements.

In research conducted by Arfianto, I. A. (2013) there is a positive and significant relationship between community motivation and recreational sports activities.

Based on this explanation, several indicators that underlie the emergence of motivation in participating in gymnastic very large role in influencing the existing motivation of gymnastic participants at the Indonesian Embassy in Kuala Lumpur. The motivation appears with several important roles, including: the impact of doing gymnastic, to get safety, assurance, or protection from threats, so that you can gather and socialize, love something and are interested in participating in gymnastics activities, gain respect, respect, praise, appreciation and recognition, to gain pride, admiration and fame and succeed in realizing potential with results of achievement.

Based on these explanations, the motivation that exists in each individual is very important in supporting the achievement of the desired results, as well as in doing gymnasctic to achieve the expected goals that are oriented towards maintaining fitness.

CONCLUSION

Based on the results of research on motivation in participating in gymnastic for Indonesian workers who are at the Indonesian Embassy in Kuala Lumpur, it can be concluded that in general motivation is categorized as high. Specifically, it can be detailed as follows: the average motivation for gymnastic at the Indonesian Embassy in Kuala Lumpur was 25.64 with a percentage rate of 80.13%. This motivation appears to be influenced by several supporting indicators, including: the average physiological indicator is 3.29 with a percentage level of 82.25%. Based on the results obtained, it is concluded that the physiological indicators are categorized into high classifications, while the average safety indicator is 3.84 with a percentage level of 76.80%. Based on the results obtained, it is concluded that the safety indicators are categorized into high classifications, while the average social indicators are 7.53 with a percentage level of 94.13%. Based on the results obtained,

it is concluded that the social indicators are categorized as very high, while the average self-esteem indicator is 4.45 with a percentage level of 74.16%. Based on the results obtained, it was concluded that the indicators of self-esteem were categorized into high classifications, while the average self-actualization indicators were 6.51 with a percentage level of 72.33%. Based on the results obtained, it is concluded that the indicators of self-actualization are categorized as high.

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