

The Relationship between Motivation, Self-Management and Self-Competence with Procrastination Behavior in Futsal Athletes at Politeknik Negeri Sriwijaya

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Abstract

Sports psychology, especially concerning athlete behavior, is the basis for determining athletes' characteristics and performance so that it can affect the development and achievement of athletes in the future. An athlete must be viewed individually because the personality of each athlete is different. The research objective was to analyze the relationship between motivation, self-management, and self-competence with procrastination behavior. The research method used a mixed-method non-experimental approach using a sequential explanatory strategy. The population of 35 athletes, sampling using total sampling, data analysis using Pearson product-moment correlation, and multiple regression with SPSS 25. The results showed a relationship between motivation and procrastination behavior ($r = 0.153$), self-management with procrastination behavior ($r = 0.483$), self-competence with procrastination behavior ($r = 0.542$), motivation and self-management with procrastination behavior ($r = 0.483$), motivation and self-competence with procrastination behavior ($r = 0.557$), self-management and self-competence with procrastination behavior ($r = 0.653$), self-management motivation and self-competence with procrastination behavior ($r = 0.653$). The conclusion proves that there is a very low relationship between motivation and procrastination behavior, there is a sufficient relationship between self-management and procrastination behavior, there is a strong relationship between self-competence and procrastination behavior, there is an adequate relationship between motivation and self-management with procrastination behavior there is a strong relationship between motivation and procrastination behavior. Self-competence with athlete procrastination behavior is a strong relationship between self-management and self-competence with athlete's procrastination behavior. There is a strong relationship between motivation, self-management, and self-competence with procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya in 2020.

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INTRODUCTION

Physical education, sports, and health in schools are a good basis for developing sports outside of school. Sport plays an essential role in everyday life. With sports, we can learn various things such as discipline, responsibility, sportsmanship, and character, exercising we can also cultivate ourselves so that the body becomes healthier and fit.

Sports performance does not only depend on the technical sports skills and physical health possessed by the athlete concerned but also depends on the circumstances of his psychology and mental health. According to (Nasution, 2011) psychological conditions that encourage someone to do something.

Athlete achievements are a collection of results that have been achieved by athletes in carrying out the tasks assigned to them (Adisasmito, 2007). The role of personality in sports is vital because each individual has their uniqueness, affecting their talents and achievements (Wulan Wahyu Widyaningsih, 2018). Three factors affect an athlete's performance: physical, technical, and psychological (Adisasmito, 2007).

Motivation is one of the things that influence human behavior. Motivation is also an impetus or desire that can make someone excited to reduce or fulfill one's impulses. According to (Mallett *et al.*, 2007), motivation plays an essential role because it can positively influence others. Someone who has excellent motivation will increase interest, high persistence, so that it is much helped in achieving goals, especially in the field of competitive sports (Vazha Kuncara Hadi Putra, 2013).

An athlete who faces obstacles in the process of setting a goal requires a plan. According to (Cox, R. H., & Liu, 1993) in (Mulyono, 2019), self-management is essential for athletes. In practice, elite athletes must have good self-management, such as controlling anxiety during matches. Management or planning plays a vital role in achieving a goal

(Eva Yunida, 2017). Good sports management is needed to achieve future sports achievements and progress (Endro Triyatmo, 2018). According to (Akin *et al.*, 2015), self-management is an important skill to emotionally, motivate, and support achievement.

The attitude of a person who has good management is discipline. Someone who is disciplined always tries to do something as well as possible and does not procrastinate work or activities that are the original goals without anything urgent. On the contrary, people with low self-management will procrastinate, because of low awareness, responsibility and are easily influenced by others (Latifah, 2019).

Self-competence is a combination of attitudes, knowledge, and skills needed to carry out professional tasks. Competence affects the learning and training process so that it can affect the goals to be achieved (Salmawati, 2017). According to (Wojciszke, 2005), self-competence is very important because when someone has useful competence, every activity or job we go through can run smoothly. According to (Gucciardi, 2010), good competence directs individuals towards the approach taken, in contrast to insufficient competencies that will direct individuals towards avoidance goals. Good competence will also have a good impact on the athlete's performance (Kiki Diyanto, 2018).

Procrastination is a realm related to psychology. According to (Hautzinger, 2018), most procrastination actors are students who have a characteristic that is a delay. (Tuckman, 2003), in (Gunawinata, V. A., Nanik, & Lasmono, 2008), says that a procrastinator is an individual who likes to seek pleasure and will try to avoid all things that trouble him. Fear of not solving something that encourages individuals to procrastinate (Nicky Yudha, 2013).

Based on the results of the observation when researchers made observations on futsal athletes at Politeknik Negeri Sriwijaya, it was found that many athletes were late in participating in the training during the activity hours. It can be seen that the athlete's self-

management is not very good because the athlete's behavior on the field cannot manage time and self-control.

The interview results from the coach obtained information that players who are usually late in training are not very good at playing techniques. In this case, the athlete's competence is not very good, because the playing technique is not good and can affect team performance.

METHODS

This research uses a mixed-method non-experimental approach using a sequential explanatory strategy, namely a strategy applied by collecting and analyzing quantitative data in the first stage, followed by collecting and analyzing qualitative data in the second stage is built on the initial quantitative results. More weight or priority is given to quantitative data (Creswell, 2010). This type of research is a correlation study in which this type of research tries to connect a variable with other variables. The mixed-method approach is used because the variables that are the object of this study have a causal relationship between variables but can be classified, concrete, observable, and measurable. The variable is then looked for whether there is a relationship between these variables.

The population in this study were 35 athletes at Politeknik Negeri Sriwijaya of Palembang, South Sumatra. In this study, sampling is to use a total sampling technique, where the general population data to be sampled.

The variables studied consisted of three variables, namely motivation, self-management, and self-competence as independent variables and procrastination behavior in futsal athletes at

Politeknik Negeri Sriwijaya as the dependent variable. Collecting data in this research is in the form of a questionnaire, observation, interviews, documentation.

In this study, using the Sport Motivation Scale (SMS-II) to measure motivation by (Pelletier *et al.*, 2013). Measuring self-management in this study uses references from (Na-Eun Lee, 2018) and (Stiyawan, 2013). This study used a revised version of the self-competency scale by (Tafarodi and Swann, 2001) to measure self-competence. The instrument used in the procrastination variable is (Lay, 1986) in (Anela Hasanagic, 2018) with five factors, namely good planning, delaying, doing things in the last minute, good time management, poor time management.

Pearson Product Moment Correlation (PPM) to determine the direct relationship of one independent variable, namely motivation, self-management, and self-competence towards procrastination and multiple correlations to determine the relationship between two or more independent variables simultaneously to the dependent variable, and Multiple regression is to analyze the predicted value of the influence of two or more independent variables on the dependent variable to prove whether or not there is a causal relationship between two or more independent variables with one dependent variable.

RESULTS AND DISCUSSION

From table 1, the description of motivation, it can be explained that the total average value of the intrinsic sub-indicator is 20.40, identified at 19.80, external at 12.92, integrated at 18.37, introjected at 17.78, and the motivated sub-indicator at 12.13.

Table 1. Description of motivation, Self-management, Self-competence, and Procrastination

Variable	Sub Indicator	Pivot		Flank		Anchor		Goalkeeper	
		X	SD	X	SD	X	SD	X	SD
Motivation	Intrinsic	20.00	1.732	20.10	1.100	20.85	0.377	20.66	0.516
	Identified	20.00	1.732	19.15	1.462	19.57	1.618	20.50	0.547
	External	15.00	2.645	13.26	2.864	11.42	1.272	12.00	2.529
	Integrated	19.33	1.527	17.47	2.715	18.71	1.799	18.00	3.577
	Introjected	17.66	3.511	18.31	2.161	18.85	1.772	16.33	2.875
Self-management	Amotivated	11.00	2.000	13.05	3.008	11.00	1.914	13.50	1.870
	Planning	22.66	1.527	21.68	2.450	23.00	1.914	22.83	1.329
	Organizing	19.33	0.577	17.26	1.955	17.00	2.160	17.83	1.169
	Leadership	9.33	0.577	9.15	1.302	9.42	0.975	10.00	1.414
Self-competence	Control	12.33	3.785	12.73	1.939	12.71	1.112	12.83	1.169
	Self-competence	20.66	0.577	25.00	3.282	24.28	3.039	24.16	2.483
Procrastination	Good planning	19.33	3.055	19.68	2.450	20.14	2.911	19.50	1.378
	Delaying	15.33	2.081	16.68	2.849	16.28	3.039	15.16	2.562
	Doing things in last minute	7.00	2.645	6.78	1.843	6.42	1.618	6.50	1.643
	Good time management	15.33	4.163	16.73	1.820	17.14	1.463	16.16	2.228
	Poor time management	9.00	1.732	11.73	2.181	10.71	3.728	10.83	2.483

The description of self-management can be explained that the total average value of the planning sub-indicator is 22.54, the organization is 17.85, the leadership is 9.47, and the control sub-indicator is 12.65. The description of self-competence above can be explained that the total average value of self-competence is 23.52.

The description of procrastination can be explained that the total average value of the good planning sub-indicator is 19.66, delaying is 15.86, doing things in the last minute is 6.67, good time management is 16.34, and the poor time management sub-indicator is 10.56.

Table 2. Statistical Analysis of Relationship between Independent Variables and Dependent Variables

Variable	R	R square	Adjusted R square	Std. error of the estimate
Motivation	0.153	0.023	-0.006	8.067
Self-management	0.483	0.233	0.210	7.149
Self-competence	0.542	0.294	0.272	6.860
Motivation and self-management	0.483	0.233	0.183	7.259
Motivation and self-competence	0.557	0.311	0.268	6.882
Self-management and self-competence	0.653	0.426	0.390	6.280
Motivation, self-management and self-competence	0.653	0.427	0.372	6.375

Based on research data that has been processed using SPSS 25 software, the correlation coefficient (r) between motivation and procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.153, while the effect is insignificant.

motivation and procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya. It's not that motivation does not affect procrastination behavior. It's just that motivation is not the main factor for procrastination behavior. Other factors influence procrastination behavior such as anxiety, pleasure-seeking, irregularity of time, stress, and fatigue.

The results of testing the hypothesis state that there is no significant relationship between

The results of this study are also supported by previous research conducted by (Widyaningtyas, 2015). This study's statistical test results indicate that there is no significant relationship because sports motivation is not a significant factor for performance. After all, there are other influencing factors, such as talent and support from people. People in the player environment, commitment, and self-regulation. Then the research conducted by (Alim, 2018) states that motivation does not have a significant relationship with an athlete's performance.

The correlation coefficient (r) between self-management and procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.483. Meanwhile, the amount of influence given by self-management variables on procrastination behavior is 23.3%.

Self-management aims to help individuals change their negative behavior and develop positive behavior. According to (Olorunfemi-olabisi, 2013), good and consistent self-management will improve the performance of these individuals. This study's results are also supported by previous research conducted by (Astria Hardiyanti, 2016), which has an effective contribution of self-management to procrastination by 54.46%.

The value of the correlation coefficient (r) between self-competence and procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.542. In contrast, the influence given by the self-competence variable on procrastination behavior is 29.4%.

Theoretically, self-competence, according to (Purnawati, 2011), is a combination of attitudes, knowledge, and skills needed to carry out professional tasks. This study's results are also supported by previous research conducted by (Sinambela, 2020) that competence has a significant effect on professionalism.

Based on the multiple regression analysis, the correlation coefficient (r) between motivation and self-management and procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.483. At the same time, the influence of motivation and self-

management variables on procrastination behavior is 23.3%.

Based on the multiple regression analysis, the correlation coefficient (r) between motivation and self-competence with procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.557. Meanwhile, the influence of motivation and self-competence variables on procrastination behavior is 31.1%.

Based on multiple regression analysis, the value of the correlation coefficient (r) between self-management and self-competence with procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.653. Meanwhile, the influence of self-management and self-competence variables on procrastination behavior is 42.6%.

Based on the multiple regression analysis, the correlation coefficient (r) between motivation, self-management, and self-competence with procrastination behavior in futsal athletes at Politeknik Negeri Sriwijaya is 0.653. Meanwhile, the influence given by the variables of motivation, self-management, and self-competence on procrastination behavior is 42.7%.

CONCLUSION

Based on the results of research and discussion, it can be concluded that there is a very low relationship between motivation and procrastination behavior, there is a sufficient relationship between self-management and procrastination behavior, there is a strong relationship between self-competence and procrastination behavior, there is an adequate relationship between motivation and self-management with procrastination behavior, there is There is a strong relationship between motivation and self-competence with athlete's procrastination behavior, there is a strong relationship between self-management and self-competence with athlete's procrastination behavior, there is a strong relationship between motivation, self-management and self-competence with procrastination behavior in

futsal athletes at Politeknik Negeri Sriwijaya in 2020.

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