Jurnal Ilmiah Teunuleh
The International Journal of Social Sciences
Vol. 3, Issues. 3, Sept 2022 P-ISSN: 2807-193X | E-ISSN: 2746-4393

MOTIVATION OF BADMINTON ATHLETES EARLY AGE GROUP PRACTICE BADMINTON IN THE PBSI MERAUKE REGENCY

Afif Khoirul Hidayat[1]
Musamus University
e-mail: *afif@unmus.ac.id*

Edi Purnomo[2]
Tanjungpura University
e-mail: *edi.purnomo@fkip.untan.ac.id*

Didi Yudha Pranata[3]
Universitas Bina Bangsa Getsempena
e-mail: *didi@bbg.ac.id*

Abstract

Badminton is a sport that improves fitness and achievement. Early badminton instruction stimulates biological, motor, intellectual, and emotional growth. Early-age athletes' physical conditions are still in the beginning growth stages, therefore coaches, parents, and administrators must give special attention to each athlete's physical health and motivation. This research aimed to determine the motivation of young badminton players in PBSI Merauke Regency. This quantitative study collects data via a 30-question survey. Based on expert evaluation, 3 question items were inappropriate or incorrect, leaving 27 legitimate and usable as data gathering tools. 8 female and 26 male athletes participated in this study. Based on the results of the study, it can be seen that the motivation of badminton athletes in the early age group PBSI Merauke Regency to practice badminton is in the very high category. Research data shows that 24 athletes or 70.59% have very high motivation in playing badminton, 10 athletes or 29.41% had high motivation in playing badminton, and there was not a single athlete or 0% who had motivation in playing badminton.

Keywords: *Motivation, Badminton, Early Age*

A. Introduction

Badminton is a game sport that is played with rackets and shuttlecocks (Grace, 2008). As a sport that is competed in the Olympics, badminton continuously develops and transforms into a very interesting sport to watch and play. These developments have

caused many countries in various parts of the world to start looking at and trying to produce quality badminton athletes to be able to compete and win titles in various international level championship events. Broadly speaking, there are five numbers or categories that are contested in badminton, namely men's singles, women's singles, men's doubles, women's doubles, and mixed doubles (Subarjah & Satria, 2013).

In order to be able to compete and win titles in various international badminton events, many countries in various parts of the world are trying to develop the sport of badminton by seriously organizing coaching and badminton training and with a sizable budget allocation (Tangkudung, 2016). Badminton is a sport that cannot be mastered instantly, so coaching and training is needed for a long and continuous period of time (Harsono, 2015).

Based on the championship class category or competition class, currently there are three types of class numbers that compete in badminton, namely junior, senior and veteran class numbers. Specifically for junior class numbers, it is further divided into five class numbers, namely with the following details: (1) early age group class with an age range below 11 years, (2) children's class with an age range of 12-13 years, (3) beginner class with an age range of 14-15 years (4) youth class with an age range of 16-17 years, and (5) cadet class with an age range of 18-19 years (Kiswantoro (2016).

As the basis and foundation of other class numbers, early age group class numbers must be of particular concern to all parties involved in the process of organizing badminton training. If you look at the characteristics of the sport of badminton which really requires strength and excellent physical condition, such as agility and the power of hitting the shuttlecock in a short time (Ballou, 2018), then a badminton athlete must be given the basics of training that are appropriate and beneficial for them to develop. subsequent skills especially in later age groups. Seeing these conditions, an athlete who is included in the early age group must have the ability and motivation to undergo various kinds of programs provided by coaches (Zak, 2016).

Motivation is an impetus from abstract psychological energy and reflects the distance between thinking abilities, experiences, and needs (Husdarta, 2010). Judging from the process, motivation arises from within an individual to work on or complete an activity or work in order to achieve the desired goals (Sin, 2016). In the sport of badminton, motivation has a very close relationship with efforts to increase the achievement of an athlete, so that motivation has a very important function in determining the success of a coaching or training process, especially in this case the

process of coaching or training the early age group (Lubis, 2013).). Apart from being in the training process, motivation also has a very important role in the success of badminton athletes at an early age when participating in various kinds of competitions or championships.

Merauke is a regency area in the Unitary State of the Republic of Indonesia (NKRI) which directly borders the State of Papua New Guinea (PNG). Geographically, Merauke is one of the regencies in Papua Province with a total population of 246,852 people. As a district that is included in the 3T regional category, namely the foremost, outermost and underdeveloped regions, Merauke Regency continues to improve and catch up with other regions, namely by aggressively increasing development, both physical development and development in terms of human resources. As one of the cheap and popular sports, badminton is growing rapidly in Merauke Regency, this is evidenced by the increasing number of buildings and badminton courts in Merauke Regency. Seeing the great potential and enthusiasm of the people of Merauke Regency for the Badminton Sports Branch, the Merauke Regency government perceives this condition as a good thing and needs to be supported. The form of support from the Merauke Regency government for the progress of the badminton sport includes regularly holding badminton championship events and organizing badminton coaching and training for all people who are interested in badminton sports vabang (Hidayat, 2021).

Based on this description, the researcher is interested in knowing how much the motivation level of badminton athletes in the early age group of Merauke district is to practice badminton. This is because early age group group training is a stage of training that greatly determines the success of the badminton development process in the long term and motivation is a psychological component that greatly determines the quality of the results of the training program. By knowing the level of motivation of badminton athletes in the early age group of Merauke district, it can be used by many parties who have an interest in the progress of badminton sports in Merauke district for guidelines and references in compiling training programs and carrying out a continuous coaching process. So that potential and qualified future athletes of Merauke district will be produced and able to win various championships at the national level or even at the international level.

B. Method

Research on the motivation of badminton athletes in the early age group PBSI Merauke Regency group to practice badminton, is included in the type of quantitative research where data collection uses a survey method. The instrument used in this survey was anget which contained various questions to measure how much motivation the study subjects had in practicing badminton. The choice of a questionnaire as a research instrument is to obtain real picture data about the conditions of the subjects and objects studied (Leonardo & Andreani, 2015). Because the subjects of this study were badminton athletes in the early age group who were under 11 years of age, the subjects did not immediately fill out the questionnaire themselves, but the research team read out and explained the intent of each question item and then the subjects chose the answer that best suited their situation. The following is a lattice of research instruments in this study,

Table 1. Any instrument

No	Factor	Indicator	Number Range	Positive	Negative
1	Intrinsic	Ambition	1-5	1,2,4,5	3
		Health	6-10	6,8,9	7,10
		Satisfaction	11-15	11,12,13,	14,15
2	Ekstrinsic	Parents and Coaches	16-20	16,17,18, 19,20	
		Environtment	21-25	22,23,24,25	21
		Achievement Targets	26-30	26,28,30	27,29
3	Total Number			22 Question	8 Question

In this study, the answers to the research subjects or respondents were divided into four criteria, where each criterion was further divided into two, namely answers to positive and negative questions (Sugiyono, 2012). The criteria in question are the answer criteria with the following details: Strongly Agree (SS), Agree (S), Disagree (TS) and Strongly Disagree (STS) (Maksum, 2012). The following is a description of the criteria for the answers of research subjects or respondents in tabular form.

Table 2. Criteria Answer in the Research Instrument

No	Answer	Positive Statement Value	Negative Statement Value
1	Strongly agree	4	1
2	Agree	3	2
3	Don't agree	2	3
4	Strongly Disagree	1	4

After the answer data of the research subjects or respondents have been obtained, the next step that must be taken is to process the data obtained so that the answer categories of each athlete in the early age group are known regarding the motivation to play badminton. The following is a breakdown of the categories of motivational levels for badminton athletes in the early age group PBSI Merauke Regency to practice badminton (Sifaq, 2021).

Table 3. Category Level of Athlete's Motivation to Play Badminton

No	Presentase	Category
1	76%-100%	Very high
2	51%-75%	High
3	26%-50%	Low
4	0%-25%	Very low

In this study, the application used to assist in data processing is the Microsoft Excel application. The consideration for choosing the Microsoft Excel application as a tool to help process data is because the application is easy to use and has very sufficient features to process data in this study.

C. Finding and Discussion

1. Finding

The first step that must be taken by researchers before the research data collection process is carried out is to validate the research instrument. Due to the limitations of the research subjects and the absence of other similar research subjects, the validation process in this study could not be carried out using the voba instrument test and could only be carried out through expent judgment. In this study, expert judgment was divided into four, namely linguists, badminton subject matter experts, early age group subject matter experts and badminton coach practitioners. The following is a description of the results of instrument validation in this study.

Table 4. Results of Research Instrument Validation

No	Factor	Indicator	Valid Number	Invalid Number
1	Intrinsic	Ambition	1,2,3,5	4
		Health	6,7,8,9,10	
		Satisfaction	11,12,14,15	13
2	Ekstrinsic	Parents and Coaches	16,17,19,20	18
		Environtment	21,22,23,24,25	
		Achievement Targets	26,27,28,30	
3	Total Number		27 Question	3 Question

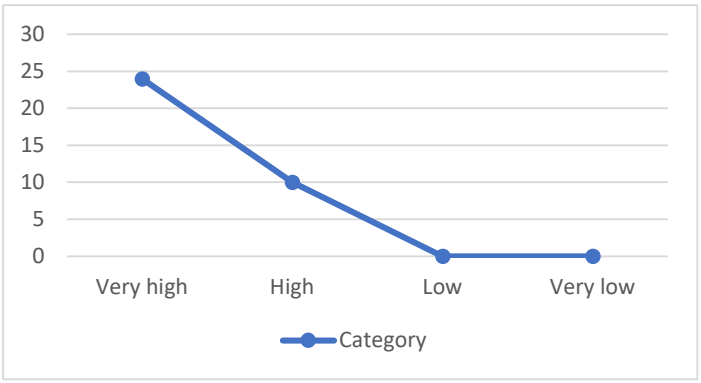
Based on the description of the data contained in the table above, it can be seen that the number of questions that are appropriate to be used as a data collection tool is as many as 27 questions while the other 3 questions must be eliminated or removed from the lift that has been previously arranged. After the instrument validation process has been completed, the next step that must be taken is to collect research data.

The data in this study are the responses of badminton athletes in the early age group PBSI Merauke Regency regarding motivation to play badminton. The number of athletes who were used as subjects or respondents in this study amounted to 34 badminton athletes consisting of 8 female badminton athletes and 26 male badminton athletes. The time for data collection was February 2-7 2022 at Gor Farid Sai which is on Jalan Pendidikan, Merauke Regency, to be precise at the 122nd Merauke Hut Badminton Championships. The following is an explanation of the motivational data for badminton athletes in the PBSI Merauke Regency early age group to practice badminton.

Table 5. Motivation Level of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency

No	Category	Frequency	Presentase
1	Very high	24	70,59%
2	High	10	29,41%
3	Low	0	0%
4	Very low	0	0%
	Total	34	100%

Based on the description of the data contained in the table above, it can be seen that the motivation of badminton athletes in the early age group PBSI Merauke Regency to practice badminton is included in the very high category, this is evidenced by research data which shows that there are 24 athletes or 70.59% who are motivated very high category in playing badminton, there were 10 athletes or 29.41% who had high category motivation in playing badminton, and there was not a single athlete or 0% who had low and very low category motivation in playing badminton. If the data is displayed in the form of a bar chart, it will appear in the image below:



Picture 1. Motivation of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency

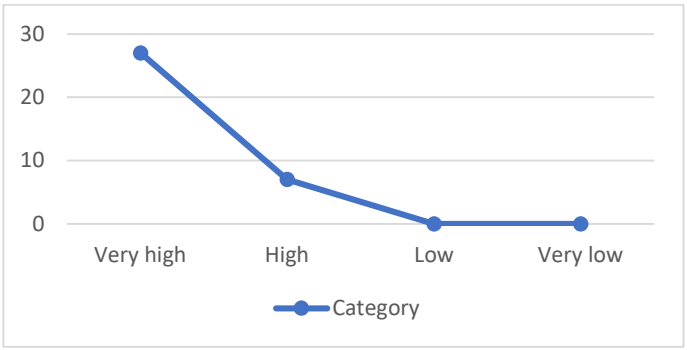
In order to describe the above data more clearly, it is necessary to describe the research data on the motivation of badminton athletes in the early age group PBSI Merauke Regency based on intrinsic and extrinsic factors. Intrinsic factors are factors that arise from within the athlete and extrinsic factors are factors that arise from outside an athlete. Intrinsic factors in this study are divided into three indicators, namely ideals, health and satisfaction. In this study the number of questions prepared to measure the motivation of badminton athletes in the early age group PBSI Merauke Regency from intrinsic factors was 15 question items, but after the validation process it turned out that there were 2 invalid question items so that the total question items for extrinsic factors were feasible to use for research data collection is as much as 13 question items. The following is an explanation of the motivational data for badminton athletes in the early age group PBSI Merauke Regency to practice badminton when viewed from intrinsic factors

Table 5. Data of Motivation of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency From Intrinsic Factors

No	Category	Frequency	Presentase
1	Very high	27	79,41%
2	High	7	20,59%
3	Low	0	0,00%
4	Very low	0	0,00%
	Total	34	100%

Based on the description of the data contained in the table above, it can be seen that the motivation of badminton athletes in the early age group PBSI Merauke Regency to practice badminton when viewed from intrinsic factors is as follows: there were 27 athletes or 79.41% who had very high category motivation in playing badminton, there were 7 athletes or 20.59% who had high category motivation in playing badminton, and

there was not a single athlete or 0% who had low and very low category motivation in playing badminton. If the data is displayed in the form of a bar chart, it will appear in the image below:



Picture 2. Motivation of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency From Intrinsic Factors

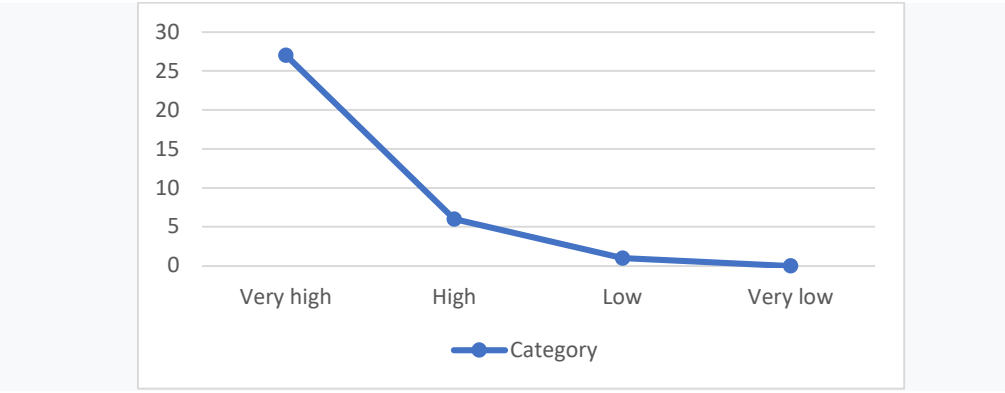
Extrinsic factors in this study are divided into three indicators, namely parents and trainers, environment, and achievement targets. In this study the number of questions prepared to measure the motivation of badminton athletes in the PBSI Merauke Regency early age group from extrinsic factors was 15 question items, but after the validation process it turned out that there was 1 question item that was invalid so that the total question items for extrinsic factors were feasible to use for retrieval of research data as many as 14 question items. The following is an explanation of the motivational data for badminton athletes in the early age group PBSI Merauke Regency to practice badminton when viewed from extrinsic factors,

Teble 5. Data of Motivation of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency From Extrinsic Factors

No	Category	Frequency	Presentase
1	Very high	27	79,41%
2	High	6	17,65%
3	Low	1	2,94%
4	Very low	0	0,00%
	Total	34	100%

Based on the description of the data contained in the table above, it can be seen that the motivation of badminton athletes in the early age group PBSI Merauke Regency to practice badminton when viewed from extrinsic factors is as follows: there were 27 athletes or 79.41% who had very high category motivation in playing badminton , there are 6 athletes or 17.65% who have high category motivation to play badminton, there is 1 athlete or 2.94% who have low category motivation in playing badminton and there is

not a single athlete or 0% who has very high category motivation low in playing badminton. If the data is displayed in the form of a bar chart, it will appear in the image below:



Picture 3. Motivation of Badminton Athletes Early Age Group Practice Badminton in the PBSI Merauke Regency From Extrinsic Factors

2. Discussion

In badminton, in general the athlete development process is carried out in three stages, namely, preparation, development and specialization (Nugraha, 2015). The development of athletes in the early age group is included in the preparatory stage category, so it should not be underestimated because it is a foundation that greatly influences the success rate of the next stages of training, namely the stages of development and specialization (Satria & Taroreh, 2019). Because the preparatory stage has the lowest training load and dose when compared to the development and speciation stages, other factors outside the training process have an almost equal role in the success of early-age athletes through the preparatory stages of the process. One of the factors outside the training process that is quite dominant in influencing the success of athletes in the early age group undergoing the badminton training process is motivation.

Motivation is someone's encouragement to act in an activity or activities in order to achieve a goal (Mylsidayu, 2014). As a very important factor in a badminton development process, motivation must be maintained by each athlete so that they can focus on learning and exploring their potential to the fullest. (Zeng et al, 2017) If the athlete's motivation in the training process is not maintained and tends to be low, it will make the athlete lose fighting power and sincerity to undergo the training program provided by the trainer which causes the learning and training process to not go well. (Warner & Sower, 2005) In a situation that is very unstable and likes to play, the

motivation level of badminton athletes in the early age group must be considered by various parties, including parents, coaches, administrators and all stakeholders related to the process of improving badminton sports in Indonesia in general and in Merauke district in particular.

Based on the results of the study it can be seen that the motivation of badminton athletes in the early age group PBSI Merauke Regency to practice badminton is included in the very high category, namely with the following details: 24 athletes or 70.59% who have motivation in the very high category to play badminton, there are 10 athletes or 29.41% who have motivation in the high category to play badminton, and there is no single athlete or 0% who have motivation in the low and very low categories to play badminton. Information from the research data is very encouraging by describing how high the potential possessed by badminton athletes in the early age group PBSI Merauke Regency can be explored optimally and grow into quality and accomplished athletes.

In the process of coaching athletes for the early age group in badminton, the target that must be set by the coaches is not to win or become the champion of a match (Jagim et al, 2020). A trainer must set targets for the results of the training, namely the ability of athletes to apply the various skills acquired during the training process into competitive situations. The core content in the process of coaching athletes in the early age group is the preparatory phase which contains elements of introducing techniques for playing badminton, improving physical conditions, developing self-confidence and maximizing physical growth. The main requirement for the process of training activities given to badminton athletes in the early age group is that it must be fun and enjoyable, so that the contents of the elements of play must be emphasized and not too constrained by standard badminton competition rules. The skill level of an athlete is determined by the ability to achieve the expected goals (Sage, 2014). Therefore badminton coaching in the early age group must try to provide an understanding to each athlete that their involvement in each match event or championship is not only to win a championship, but to apply various elements of the results of the training process, starting from physical skills, mental, and social.

D. Conclusion

Based on the description of the research data and discussion above, it can be concluded that badminton athletes in the PBSI Merauke Regency early age group have very high motivation to practice badminton, namely with details of 70.59% in the very

high category, 29.41% in the high category, and 0% with low and very low categories playing badminton. The results of this data presentation certainly open our eyes together that the motivation to practice badminton athletes in the early age group at PBSI Merauke Regency is very high, so that all stakeholders must work together to explore and maximize the potential possessed by badminton athletes in the early age group PBSI Merauke Regency so that later become professional athletes who are able to make Merauke Regency proud at the National and International level.

Bibliography

Ballou. (2018). Badminton for Beginners, 2nd ed. Colorado: Morton Publishing Co.

Grace, T. (2008). Badminton Steps to Success, Second Edition. United States of America: Human Kinetics, Inc.

Harsono. (2015). Kepelatihan Olahraga: Teori dan Metodologi. Bandung: PT. Remaja Rosdakarya

Hidayat, A. K. (2021). Profil Kondisi Fisik Atlet Bulutangkis Junior IBIK Club Merauke Pasca Pemberlakuan New Normal Pandemi Covid-19. Jurnal Of Physical Education And Sport. Volume 3 Nomor 2, November 2021

Husdarta. (2010). Manajemen Pendidikan Jasmani. Bandung: Afabeta.

Jagim, Andrew R. et al. 2020. "The Impact of COVID-19-Related Shutdown Measures on the Training Habits and Perceptions of Athletes in the United States: A Brief Research Report." Frontiers in Sports and Active Living 2 (December): 1–6.

Kiswantoro, A. (2016). Pembinaan Mental Bagi Atlet Pemula untuk Membantu Pengendalian Agresifitas, Jurnal Konseling Gusjigang, Vol. 2 (1), Universitas Muria Kudus, 2016

Leonardo & Andreani. (2015). Pengaruh Pemberian Kompensasi Terhadap Kinerja Karyawan Pada PT. Kopanitia. Dalam Jurnal: Jurnal

Lubis, J. (2013). Panduan Praktis Penyusunan Program Latihan. Depok: Raja Grafindo Persada.

Maksum, A. (2012). Metodologi Penelitian dalam Olahraga. Surabaya: Unesa University Press.

Mylsidayu, Apta. (2014). Psikologi Olahraga . Jakarta: PT Bumi Aksara.

Nugraha, B. (2015). Pendidikan Jasmani Olahraga Usia Dini. Jurnal Pendidikan Anak, Volume IV, Edisi 1, Juni 2015

Sage. (2014). Motor Learning And Control: a Neuropsychological Approach. Dubuque, lowa: Wm. C. Brown Publishers.

Satria, M. H. & Taroreh, B. S. (2019). Hubungan Kelincahan, Kecepatan, Dan Keseimbangan Dengan Keterampilan Menggiring Bola Pemain Sepakbola Universitas Bina Darma. Riyadhoh: Jurnal Pendidikan Olahraga,2 (1), 44-50.

Sifaq, A. (2021). Survey Minat Anak Usia Dini Terhadap Olahraga Melalui Pendekatan Olahraga Tradisional Kelas 6 Di SDN Bugul Kidul 1 Kota Pasuruan. Jurnal Prestasi Olahraga. Volume 4 Nomor 11, Oktober 2021.

Sin, T. H. (2016). "Role of Counselors in Motivating Athletes Gulat West Sumatra on PON XIX." Guidena: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan dan Konseling 6(2): 141.

Subarjah, H. & Satria. (2013). Kepelatihan Permainan Bulutangkis. Bandung: Universitas Pendidikan Indonesia.

Sugiyono. (2012). Metodologi Penelitian Kuantitatif Kualitatif dan R&D. Alpabeta, Bandung.

Tangkudung, J. (2016). Kepelatihan Olahraga: Pembinaan Prestasi Olahraga. Jakarta: Cerdasjaya.

Warner, Laverne & Sower, J. (2005). Educating Tough Children From Preschool Through Primary Grade. Boston,USA: Pearson Education,Inc.

Zak, M & Jaworski, J. (2016). Identification of Determinations of Sports Skill Level in Badminton Players Using The Multiple Regression Model, 17(1), 21.

Zeng, Howard Z., Wen-Yan Meng, Peng Sun, and Li-Sheng Xie. (2017). "A Study of Youth Badminton Players' Participation Motivation and Relate Elements." IOSR Journal of Sports and Physical Education.