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The Development Of Sport Culture
To be Indonesian Civilization



Faculty Of Sport Science
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ISORY DIY



Ministry of Youth and Sport
Republic of Indonesia



Indonesian Sport
Deans Forum

	Widiyanto, Yogyakarta State University.....	
42	<i>Nutrient As A Resource Of Energy For Body</i> Cerika Rismayanthi, Yogyakarta State University.....	223
43	<i>The Important Of Talent Guiding In The Effort Of Gymnastic Achievement</i> Ch. Fajar Sriwahyuniati, Yogyakarta State University.....	227
44	<i>Development Bases Of Swimming</i> R.Agung Purwandono Saleh, UPN "VETERAN" Yogyakarta.....	230
45	<i>Psychoneuroimmunology Paradigm: Breathing Exercise To Increase Immunity</i> Siswantoyo . Yogyakarta State University.....	233
46	<i>Correlation Of Obesity With Hipertension Disease In Reproductive Age Women Are Not Trained In Puskesmas Umbulharjo 1 Yogyakarta.....</i>	238
47	Sitti Nurdjannah, Solikhah, and Yufita Yeni, University Of Ahmad Dahlan Yogyakarta <i>Psychomotor, Cognitive And Social Developing As Approaching Of Skill And Grasp In Physical Education On Kindergarten Child</i> Rumini, Semarang State University.....	244
48	<i>The Influence Of Breathing Exercise Toward Fev 1 And Kvp Among The Junior High School Students In Yogyakarta</i> Rumpis Agus Sudarko, Yogyakarta State University.....	249
49	<i>Leg Acyclic Power Development In Sport</i> Sarwono. Sebelas Maret University.....	253
50	<i>The Oppotunity Entrepreneur Development For Sport Science Students Throught Handmade Ball Production</i> Fauzi and Jaka Sunardi. Yogyakarta State University.....	264
51	<i>The Evolution Of Instruction In Physical Education (Metzler)</i> Soni Nopembri. Yogyakarta State University	268
52	<i>The Correlation Between Joint Injury, Obesity, And Sport With Osteoarthritis Case In Puskesmas Gondokusuman I Yogyakarta Working Area</i> Sitti Nur Djannah, Atika Diah Yuniani, Isti Ken Utami, Trisno Agung, University Of Ahmad Dahlan Yogyakarta.....	272
53	<i>Standart Test Skills Development For Athletes Basket Ball Beginners</i> Siti Nurrochmah, Malang State University.....	277
54	<i>The Motivation Of Students To Involve In Hockey Exercise As A Course Options</i> Sri Mawarti, Yogyakarta State University.....	284
55	<i>Fostering Social Contact And Communication To Improve Social Interaction In Team Sport/Games</i> Soni Nopembri. Yogyakarta State University.....	288
56	<i>Improving Elementary Children Physical Through Fitness Exercise Aerobic</i> Addriana Bulu Baan, University of Tadulako.....	293
57	<i>Athletes Increase Mental Status DIY With Mental Training</i> Agung Nugroho, Yogyakarta State University.....	296
58	<i>The Influence Of Sit Heel Raises Exercise And The Leg Length To The Range Of Tuck Style Long Jump</i> Agus Pujianto, Semarang State University.....	302
59	<i>Throwing Accuracy To Target On Left And Right Side In Softball</i> Agus Susworo, Yogyakarta State University.....	306
60	<i>The Effect Of Exercise Method And Leg Muscle Power On The 30 Meter Acceleration Run, An Experimental Study On Grade X Male Students Of Walisongo Senior High School Of Semarang</i> Agus Widodo S, Semarang State University.....	311
61	<i>Benefits Of Sport Massage To Lactic Acid Of The Body</i> Ali Satya Graha, Yogyakarta State University.....	317
62	<i>Visit Sales Model As Efforts Transportation Efficiency Competition Football</i> Amat Komari & Joko Sunardi, Yogyakarta State University.....	321
63	<i>Cognitive And Behavioral Approach In Exercise Habit Development</i> Anirotul Qoriah, Semarang State University.....	326
64	<i>Management Of Ikatan Motor Indonesia (A Qualitative Study At The Pengurus Daerah Ikatan Motor Indonesia Jawa Tengah)</i> Aris Mulyono, Semarang State University.....	331
65	<i>The Influence Of "Teaching Sport Concepts And Skills: A Tactical Games Approach" Against Physical Education</i> Wawan S. Suherman, Yogyakarta State University.....	337
67	<i>Benefits Of Exercise Pliometrik Travel Time Hurdler</i> Ali Satia Graha, Yogyakarta State University.....	341

THE MOTIVATION OF STUDENTS TO INVOLVE IN HOCKEY EXERCISE AS A COURSE OPTIONS

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ABSTRACT

This study aims to know the size of the motivation of college students attending to the hockey as a course options. This research also aims to develop hockey as the options of courses and student activities at the Yogyakarta State University. This research is a descriptive study with survey methods. These study populations are 72 students. Sample purposively was taken for testing samples of the instruments as much as 20 people and actual sample of 52 students. Research instrument is the Exercise Motivation Scale modified from the Sport Motivation Scale (SMS) developed by Briere, Vallerand, Fortier, Tuson, Blais & Pelletier (1995) and adapted to the circumstances research sites. Analysis of the data used in this research is quantitative descriptive analysis. The results showed that the motivation of students in participating in hockey was included in the middle category. This can be based on as many as 17.31% in high, 71.15% in middle, and 11.54% in low categories.

Keywords: Motivation, Students, Hockey.

INTRODUCTION

Nowadays the competition among universities in the sport of hockey has been on the agenda each year. Universities immediately form a formidable team in the Student Activities Unit. Although relatively difficult to develop this sport, if not from an early age, but students who have more ability than other people will be able to learn the game quickly. Sports achievements requires that training at an early age that includes physical, psychological, techniques and tactics should be applied to any sport. In theory we indeed can not form instantly athlete, but what is inside a student talent is something that may not be monitored and if we grind down well would be an achievement. Sports achievement does require quite a long time and gradually, all aspects of the self-athlete must be developed. Hockey is a branch of sport that has group characteristic and need collectivity games to gain optimal performance.

The existence of sports institutions, such as FIK UNY (Physical Education Department, Yogyakarta State University), has an important role in business development of various sports based on a strong sports science. The sport of hockey has become the choice of courses that are practical. Hockey subject, in descriptive, hockey courses is a subject that discusses the rules and implementation of a hockey game and hockey implementation, the introduction of refereeing, equipment maintenance and facilities, teaching basic techniques and skills to play hockey (FIK Curriculum 2002). Hockey as identifying courses that this sport needs to be developed and studied in depth in the field of sports science. Semester to semester and year to year, students who take courses in hockey as the choice of courses has increased, but sometimes also declined. This resulted in the development of the sport of hockey to be stagnant. Students who take the sport of hockey as the choice of courses as if only after the value, because it may only went along with his friend only, or even that students actually have the ability. Psychological influence is dominant in the students who take the course so that the option of reviewing the need for research in depth about the psychological state of hockey activity.

Table 1.1. Number of Students Who Take Elective Subjects hockey.

No.	Academic year	Semester		Amount
		Even	Odd	
1	2003/2004	9	1	10
2	2004/2005	50	32	82
3	2005/2006	35	35	70
4	2007/2008	40	30	70
5	2008/2009	40	40	80

Begins with the background of the above problems, the formulation of the problem in this research is How big is the students motivation of joining hockey selection of courses?

LITERATURE REVIEW

Motivation factor becomes a very interesting study for researchers in psychology. Various studies have been done to uncover the secret of one's motivation in behavior or activities. An

motivation in sports has become an attractive research themes for sport developers because of this psychological aspect really has a significant influence in active sports person. This is based on the idea that appearance is the result of a combination of training and motivation. So that the teachers and coaches working to increase motivation in order that exercise can run well to achieve optimal performance.

According to Martin Handoko (1992:61) there are two ways to measure motivation, namely: 1) measuring the external factors that allegedly led to some encouragement in a person, and 2) to measure certain aspects of behavior that may be an expression of a particular motive. Research on motivation in sports, we want to uncover these motivations through his behavior / attitude, main points of the mind / his views on sports activity. Motivation can be implicitly expressed through the rating scale (Martin Handoko (1992: 63). For example, a study by Frederick and Ryan (1993) which uses Motivation for Physical Activity Measure (MPAM), a measure of motivation in the form of questionnaire with 23 items that reveal the reason for doing exercise and sports activities, consisting of motivation indicators in sports practice, that is: 10 items factors related to the body, 7 items of competence factor, and 6 items factor of fun. This measurement tool has a score to 7 Likert scale. Then Ryan, Frederick, Lepes, Rubio, and Sheldon (1997), 7 items factor of competence, 6 items performance factor, 5 items factor fitness, and 5 items of social factors.

Today the motivation has become a principal and an evaluation of the basic stages to start and identify what the athletes and what the likely increase an athlete in achievement according to the potential they have(Dahdal, 2005). Some studies showed that there are major motivation of young athletes to take part in participating for fun, improve their skills, make friends, for arousal, sensation and excitement, as well as to body shape. This indicates that previous research in this field and to enhance our understanding of the reasons children participate in organizing sports (Darvill, Macnamara, Moseley, Pelham, and Quigley, 1999). Based on that then Darvill, Macnamara, Moseley, Pelham, and Quigley use the Sport Motivation Scale (SMS) which is a simple measurement tool in knowing one's motivation in sports activities. SMS developed by Pelletier, Fortier, Vallerand, Tuson, Briere, & Blais (1995) to measure instrinsik motivation, eskrtrinsik motivation, and amotivation. This measurement tool then developed and modified according to the research sites. So that this tool so flexible and has a validity and reliability that can be accounted for according to the research object. SMS is a questionnaire measuring instruments / questionnaires that have a score to 7 Likert scale, with the lowest raw score of 1 to incompatibility with the state of the respondents, 4 to state hesitate respondents, and the biggest score 7, to state condition according to the respondents.

RESEARCH METHOD

This research is descriptive research with method used was survey. Population in this study are all students who take courses in hockey at the second semester and as many as 72 odd students. Test instruments are given to students as much as 20 people who are part of the population, whereas for the study sample was given to 52 students. This study uses an instrument of Psychological Scale. Scale used is Exercise Motivation Scale modified from the Sport Motivation Scale (SMS) developed by Briere, Vallerand, Fortier, Tuson, Blais & Pelletier (1995) and adapted to the circumstances research sites. Based on the analysis of the validity of grain (validity), it is known that the statement in 30 point instruments, there are 12 grains statement declared dead and 18 grains statement declared valid / invalid. Based on calculations with the SPS-2000 using the Cronbach Alpha technique, it obtained that alpha coefficient (rtt) 0.909 with good status. Analysis of the data used in this research is quantitative descriptive analysis. Categorization of motivation developed by three categories i.e. high, medium and low.

RESULT

Based on calculations from the descriptive to the score obtained by each respondent, then the minimum value of 43, maximum score 70, mean 55.33, and standard deviation (SD) 5976. Based on that, too, that the motivation of students in participating in the sport of hockey, including the high category of 17:31% (9 people), was 71.15% (37 people), and low 11:54% (6 people), so that it can be concluded that the motivation of students in participating in sportshockey was included in the category. The result of analysis can be seen in Table 1.

Table 1. Students motivation in participating Hockey

No.	Interval	Frequency		Category
		Absolut	Persentase	
1	61 ≤	9	17,31	High
2	49 - 60	37	71,15	Medium
3	≤ 48	6	11,54	Low
		52	100	100

Furthermore, students' motivation in participating in Hockey can be seen in figure 1

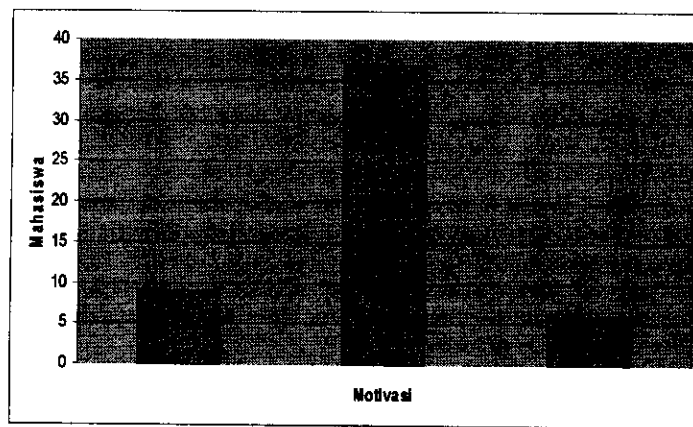


Figure 1. Students Motivation Diagram in Hockey

DISCUSSION

Based on the results obtained by descriptive statistics, students motivation to follow hockey is classified in the medium category. This is because the motivation in choosing hockey as the choice of courses not a hundred percent owned by students. Students chose hockey as the choice of courses was not based on the desire to excel. As revealed Dahdal (2005) that there are few studies showing the major motivation of young athletes taking part in participating for fun, improve their skills, make friends, for arousal, sensation and excitement, as well as to body

Motivation is defined as an encouragement both from within (intrinsic) and external (extrinsic) a person to perform certain activities. A good motivation is not based on external factors only, but good motivation, strong and permanent motivation base on the personal desires, the more major accomplishments to achieve self-satisfaction than material stuff (Singgih D. Gunarsa, et al, 1989:7). This means that the drive from within someone to do an activity must be very strong. Often the impetus comes from outside changes, which causes the activity was boring, so the achievement is not optimal.

Intrinsic and extrinsic motivation does not stand independently, but together the individual's behavior led. Wayne Halliwell (1978) in Singgih D. Gunarsa (1989:103) states that the basic motivation is the individual's behavior in the exercise is instrinsik motivation, but always coupled with extrinsic motivation. Handoko Martin (1992:42) also has the same statement that is often very difficult to determine that an action is driven by an individual because of the self or individual self from the outside. Furthermore there is the fact human actions are clearly not caused by an external stimulus, or at least firstly driven by stimuli from outside the individual, in other words, internal and external correlation is very closely.

CONCLUSION

Based on the results and discussion of research that has been presented in the previous chapter, it can be concluded that the motivation of students in participating in the sport of hockey was included in the medium category. This can be based on as many as 17 high category, 31% (9 people), was 71.15% (37 people), and a low 11.54% (6 people). This entails that the students had to increase their motivation to exercise choice in participating in hockey, both intrinsically and extrinsically. Hockey election as a choice of courses should be based on a high interest in order to follow the entire course activities. Addition of time learning or training can be done outside the hours of lecture by following the Student Activity Unit (SMEs) the sport of hockey.

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