



Motivation to Train East Java Badminton Athletes When Covid-19 Cases are High (The Year 2021) and When Covid-19 Cases Are Low (The Year 2022)

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ABSTRACT

In 2022, cases of covid-19 in Indonesia have decreased compared to 2021. This has led to a loosening of rules related to social activities so that it has an impact on practising badminton. The purpose of this study was to determine the motivation to train East Java badminton athletes in 2021 and 2022. This study used a quantitative descriptive approach. The research subjects were badminton athletes, both male and female, who were included in the age group of teenagers, cadets and adults who were in 10 badminton clubs in 9 districts/cities in East Java Province. The research instrument used a motivational questionnaire that was validated by expert judgements with a total of 19 questions and 6 questions about the frequency, intensity, and duration of exercise. Data collection was carried out 2 times in June 2021 and March 2022 using an online google form. Data analysis used descriptive tests and paired t-tests using SPSS 20 software. The results showed that the motivation to train East Java badminton athletes was dominant in the moderate category with a percentage of 47.06% in 2021 and a percentage of 38.82% in 2022. The results of the t-test Pairs also show that there is a significant difference in motivation to train East Java badminton athletes between 2021 and 2022 on all indicators. The conclusion is that the motivation to train East Java badminton athletes in 2022 is better than in 2021.

Keywords: Motivation; Badminton; Covid-19.

INTRODUCTION

Badminton is one of the most popular and achievement sports in Indonesia. Participation in badminton in Indonesia is very high, from children to the elderly. The development of badminton in Indonesia is currently very good, this is supported by the existence of training centres conducted by the branch manager of the Indonesian Badminton Association (PBSI) both at the central PBSI or in every city and district. The data in the PBSI Information System (SI PBSI) is 2,028 active associations in

regencies/cities throughout Indonesia with a total of 36,755 athletes registered in (SI PBSI) (Muthiarani, 2020).

In achieving sports achievements, it is not only talent and physical that must be developed, but it is necessary to pay attention to the psychological factors of athletes (Muthiarani, 2020). Psychological aspects such as motivation, stress, self-confidence, the general level of activation, attention or teamwork, have a close relationship with the performance, health, and well-being of athletes (Fradejas & Espada-Mateos, 2018). Baniasadi and Salehian (2021) also stated that the performance of professional athletes can be predicted by their mental and psychological condition. From this, it can be concluded that the performance of athletes when competing is not only influenced by physical factors, but also psychological or mental factors.

Everyone has different motivational tendencies. The difference in motivation that exists in a person is what makes the difference in the success he achieves. People who have a strong tendency or high motivation to achieve achievement always try to work hard, try to solve problems, commit, and try to be better than others. From that motivation has an important role in achieving success or achievement. Someone who has high motivation tends to be successful, but if that person has the low motivation, the potential for failure will be higher (Azizah, 2013).

Motivation can be interpreted as abstract psychological energy and a reflection of the strength between cognition experience and needs, which refers to factors and processes that can encourage an individual to react or not react in various situations and conditions (Husdarta, 2010). Motivation can be observed and seen from a process within an individual to do something to achieve a certain target or goal so that high and strong motivation can illustrate that the athlete has the urge to do something (Sin, 2016). Motivation also has a close relationship to increasing an athlete's achievement, if the athlete does not have motivation, the goal or target will not be achieved (Marheni et al., 2019). In the training process, motivation plays an important role to help to determine the success or failure of an athlete in undergoing the process of training and competition. Therefore, it is appropriate for athletes to show great motivation in carrying out all their activities, especially when practising and competing. According to (Wongso, 2010) states that if an athlete has a strong determination and will to succeed, then 50 per cent of success is in hand. If coupled with a real hard struggle, then 100% success will belong to the athlete.

By having motivation in training, an athlete will have the determination and

commitment to achieve a level of perfection in achieving a goal. Athletes have a high probability of success when they are always learning and practising, so they have values in the form of inspiration, perspiration and dedication. This shows that internal motivation and external motivation can be said to be determining factors to achieve the best performance in sports (Komarudin, 2013). Research conducted during the badminton tournament at the district level in mixed doubles matches showed that during the tournament there was a significant difference in both intrinsic and extrinsic motivation between successful players (who entered the top four/semifinals) and those who did not succeed (didn't). to enter the top four/semifinals) (West, 2015). This research proves that there is a need for great motivation, both intrinsic and extrinsic motivation for badminton athletes, to achieve the target to be achieved.

However, the COVID-19 pandemic has limited the space for an athlete to exercise. The government's recommendation to practice physical distancing and stay indoors during the COVID-19 pandemic may have had the effect of decreasing levels of physical activity and increasing sedentary behaviour in people in various countries over the last few years (Ranasinghe et al., 2020; Sitohang & Ghani, 2021). With this, it is feared that the athlete's motivation to train will decrease.

In 2022, the government relaxed the rules regarding restrictions on social activities and quarantine at home. This is because there has been a decrease in confirmed cases of covid 19 by the Ministry of Health on February 20, 2022 (Rokom, 2022a). The loosening of rules is evidenced by the start of offline learning at schools and the lifting of regulations regarding antigen swabs and PCR on several trips. Several institutions have also been granted permission to organize mass activities with flexible rules. KONI East Java as a sports institution in East Java Province will also hold the 2022 Porprov multi-event championship which is planned to be held in June-July (Hestiningdyah, 2022). The relaxation of the rules can stimulate the motivation of athletes to train because their activities are no longer limited and there are many championships to be held.

In the description and explanation of the background above, researchers have not found research on the psychological condition of badminton athletes after the COVID-19 pandemic, especially motivation to practice. Moreover, East Java badminton athletes will soon undergo the 2022 Porprov multievent next June. Therefore, the purpose of this study was to determine the differences in motivation to train badminton athletes during the COVID-19 pandemic in 2021 and 2022.

METHOD

This research is a quantitative descriptive study in the non-experimental category (Maksum, 2018). A total of 85 badminton athletes from 10 badminton clubs in 9 districts/cities in East Java Province were used as the subjects of this study. The criteria for the subjects of this study were male and female badminton athletes in the age group of teenagers (15-16 years), cadets (17-18 years), and adults (19-20 years). Athletes' motivation to practice data was obtained using a google form questionnaire which was distributed online. The research instrument refers to the instrument that has been made by Rasyid and Kusnanik (2021) which has been validated by expert judgments and tested and obtained a reliability value of 0.762. The number of questions consists of 19 questions with details of 9 questions on intrinsic factors, and 10 questions on extrinsic factors. Intrinsic factors consist of 3 indicators, namely ideals, health and self-satisfaction. Meanwhile, external factors consist of 3 indicators, namely parents/coaches, environment and achievement targets.

The questionnaire is in the form of a Likert scale with a scale of values ranging from 1 and 5 from the responses strongly disagree to strongly agree (Maksum, 2018). In addition to the exercise motivation questionnaire, to clarify the training conditions of the athletes, the researchers also asked questions related to the frequency of exercise, the intensity of the exercise, and the duration of the exercise. Data collection was carried out 2 times, namely when COVID-19 cases were still high (June 2021) and when Covid cases were low (March 2022). Data analysis in the form of descriptive analysis of percentages, categorization and paired t-test. Data analysis was assisted by Microsoft Excel 2013 and SPSS 20 software.

RESULTS AND DISCUSSION

Result

This study used the research subjects of East Java badminton athletes with a total of 85 athletes. The characteristics of the research subjects are presented in table 1 below.

Table 1.
Characteristics of research subjects

Characteristic	Athlete N (%)
Gender	
• Male	63 (74.12)
• Female	22 (25.88)
Age Group	
• Remaja (15-16 years)	35 (41.18)
• Taruna (17-18 years)	25 (29.41)
• Dewasa (>18 years)	25 (29.41)

Club	
• Bayu Kencana	16 (18.82)
• Bendo Sport	6 (7.06)
• PB. Remaja	13 (15.29)
• Pratama badminton academy	7 (8.24)
• PB. ONG	11 (12.94)
• Putra Gama	5 (5.88)
• SKB Gresik	7 (8.24)
• Surya Baja	6 (7.06)
• Surya Perdana	5 (5.88)
• Tunas Harapan	9 (10.59)

The table above shows that the research subjects are dominated by male athletes in the adolescent age group. Bayu Kencana is the club with the highest number of research subjects. Furthermore, the results of the questionnaire related to the frequency of exercise are presented in table 2 below.

Table 2.
East Java badminton athletes' Training Frequency

Frequency of Training	2021		2022	
	f	%	f	%
Everyday	6	7.06	10	11.76
5-6 days a week	37	43.53	55	64.71
3-4 days a week	25	29.41	19	22.35
1-2 days a week	12	14.12	1	1.18
Never	5	5.88	0	0

The frequency of exercise based on the table above shows that the average exercise is carried out 5-6 days of a train a week in both 2021 and 2022. However, the percentage of exercise performed every day and 5-6 days of exercise a week is greater in 2022. Furthermore, the intensity of the exercise is presented in table 3 below.

Table 3.
East Java badminton athletes Training intensity

Intensity of Training	2021		2022	
	f	%	f	%
Very high (>85%)	10	11.76	32	37.65
High (70-85%)	28	32.94	40	47.06
Medium (55-70%)	32	37.65	12	14.12
Low (40-55%)	8	9.41	1	1.18
Very Low (< 40)	7	8.24	0	0.00

From table 3 above, the results show that the training intensity of East Java badminton athletes in 2021 is dominant at moderate intensity (55-70%), while in 2022 it is dominant at a high intensity (70-85%). Furthermore, the duration of the exercise is presented in table 4 below.

Table 4.
 East Java badminton athletes Training duration

Exercise Duration	2021		2022	
	f	%	f	%
> 120 minutes	43	50.59	64	75.29
90 - 120 minutes	20	23.53	17	20.00
60 – 90 minutes	12	14.12	4	4.71
30 – 60 minutes	5	5.88	0	0
< 30 minutes	5	5.88	0	0

The training duration from the table above shows that the dominant exercise was carried out for more than 120 minutes in both 2021 and 2022.

Next, the results of a descriptive analysis containing the mean and standard deviation (SD) of each indicator on the motivation to practice badminton athletes in East Java in 2021 and 2022 are shown. The results of the descriptive analysis are presented in table 5 below.

Table 5.
 Motivation for Training badminton athletes in East Java

Factor	Indicator	2021		2022	
		Mean	SD	Mean	SD
Intrinsic	Ideal	11.35	1.80	12.42	1.64
	Health	11.60	2.00	12.38	1.71
	Self satisfaction	9.95	1.46	10.76	1.42
Extrinsic	Parent / Coach	11.27	1.80	11.89	1.85
	Environment	9.78	2.10	10.56	1.94
	Achievement targets	15.09	2.67	16.39	2.42

The table above shows that the average motivation to practice when COVID-19 cases are low (in 2022) is higher than when COVID-19 cases are high (in 2021). For more details, see Figure 1 below.

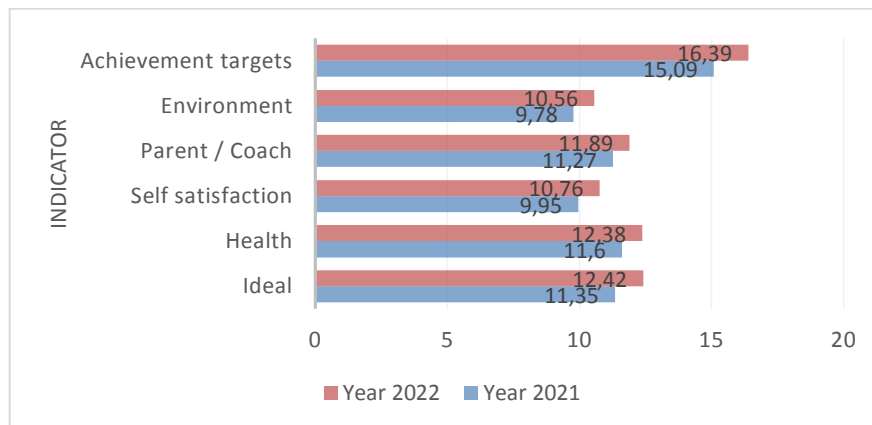


Figure 1.
 The level of motivation to train badminton athletes in East Java

Figure 1 above shows that all indicators in 2022 show a higher level of motivation than in 2021. Furthermore, the categorization using the categorization of Azwar (2013) is presented in table 6 below.

Table 6.
 Motivation to train East Java badminton athletes when COVID-19 cases are high (in 2021)

No	Score interval	Category	f	Percentage
1	$X \geq 86$	Very High	5	5.88%
2	$77 \leq X < 86$	High	20	23.53%
3	$68 \leq X < 77$	Medium	40	47.06%
4	$59 \leq X < 68$	Low	13	15.29%
5	$X < 59$	Very Low	7	8.24%
Total			85	100%

Table 6 above, shows that the motivation to train East Java badminton athletes when the Covid 19 case is high (in 2021) is dominant in the medium category with a percentage of 47.06%. While the very high category has the smallest percentage of 5.88%.

Table 7.
 Motivation to practise badminton athletes in East Java when COVID-19 cases are low (in 2022)

No	Score interval	Category	f	Percentage
1	$X \geq 86$	Very High	8	9.41%
2	$78 \leq X < 86$	High	23	27.06%
3	$70 \leq X < 78$	Medium	33	38.82%
4	$63 \leq X < 70$	Low	15	17.65%
5	$X < 63$	Very Low	6	7.06%
Total			85	100%

Table 7 above shows that the motivation to train East Java badminton athletes when the case of covid 19 is low (in 2022) is dominantly in the medium category with a percentage of 38.82%. While the very low category has the smallest percentage of 7.06%.

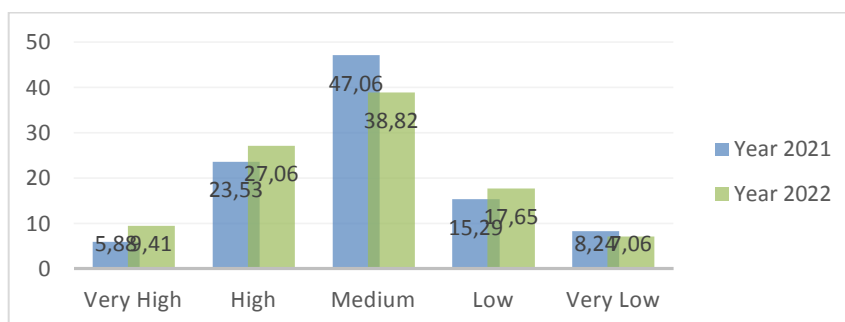


Image 2.
 Percentage of motivation level categories for practising badminton athletes in East Java

Figure 2 above shows that the level of motivation to train East Java badminton athletes during the COVID-19 pandemic in 2022 is higher in the high and very high

category when compared to 2021. For more details, a statistical test will be carried out using a paired t-test. Paired t-test was used in this study because the results of the normality test using the Kolmogorov Smirnov test showed a significant value on the variable motivation to train badminton athletes in 2021 ($p=0.078$) and the motivation variable to train badminton athletes in 2022 ($p=0.200$). Furthermore, the results of the paired t-test are presented in the table below.

Table 8.
Differences in motivation to train East Java badminton athletes in 2021 and 2022

Factor	Indicator	2021	2022	p (sig)
		Mean±SD	Mean±SD	
Intrinsic	Ideal	11.35±1.80	12.42±1.64	0.000
	Health	11.60±2.00	12.38±1.71	0.010
	Self satisfaction	9.95±1.46	10.76±1.42	0.000
Extrinsic	Parent / Coach	11.27±1.80	11.89±1.85	0.021
	Environment	9.78±2.10	10.56±1.94	0.012
	Achievement targets	15.09±2.67	16.39±2.42	0.001

$p<0.05$ significantly different

The results of the paired t-test showed that there were significant differences ($p<0.05$) in all indicators of motivation to train East Java badminton athletes in 2021 and 2022. This means that motivation to train East Java badminton athletes in 2022 has better scores on all indicators. then the motivation to train East Java badminton athletes in 2021.

Discussion

In Indonesia, COVID-19 cases in July 2021 have increased. Based on the report from the Indonesian Ministry of Health in edition 13, published in October 2021, it was stated that COVID-19 cases continued to increase from May to July 2021 with the number of cases almost reaching 300,000 cases (Kementerian Kesehatan RI, 2021). The spike in Covid cases is thought to be due to increased community mobility in celebrating Eid al-Fitr. Based on data from the Covid-19 Task Force, as of Wednesday, June 9 2021 at 4.11 PM, there were 7,725 new cases of Covid 19 (Retnaningsih, 2021).

As a result of the spike in cases, the Indonesian Minister of Home Affairs gave instructions number 15 of 2021 to carry out emergency PPKM which will be carried out on 3 - 20 July 2021. This was also supported by the Governor of East Java by issuing a Governor's Decree to implement the Enforcement of Restrictions on Community Activities (PPKM).) Emergency in 38 Cities/Regencies in East Java (Jatim, 2021). The

implementation of this Emergency Community Activity Restriction (PPKM) limits the activities of athletes both practising and competing. Mr Zainudin Amali as Minister of Youth and Sports of the Republic of Indonesia also gave instructions to temporarily stop all sports activities that have the potential to cause crowds during Emergency PPKM in Java and Bali on 3-20 July 2021 (Rayki, 2021).

The cessation of these sports activities can have an impact on athletes, especially their training motivation (Sulaiman & Matakupan, 2021). Athletes have no purpose to practice because of the absence of match events so they consider doing exercises to be in vain. In addition, the number of closed sports facilities, such as badminton halls, which are closed or limited in their opening hours, make it awkward for athletes to practice. As a result, their motivation to practice is low. The results of this study also show that in 2021, 5.88% of East Java badminton athletes do not exercise. The intensity of exercise also tends to be moderate (55-70%) with the percentage reaching 37.65%. The results of the study also stated that the motivation to train East Java badminton athletes in 2022 was better than in 2021. This was because from February to March 2022 there was a significant decrease in Covid 19 cases. The hospital occupancy rate also continued to fall to 23% (Rokom, 2022b). Unclear training programs due to Emergency PPKM also lead to low levels of motivation to train athletes in 2021 (Costa et al., 2022; Ruffault et al., 2020).

In addition, in East Java, several badminton events will be held shortly, such as the 2022 East Java Porprov Multievent Championship, the 2022 Blitar Regents Open Badminton Championships and the 2022 East Java Governor's Cup Badminton Championships (Alami, 2022; Blitar, 2022; Rizky, 2022). It can also increase the motivation of athletes, especially on indicators of ideals and achievement targets. Athletes' participation in training due to an athlete's desire for money, medals, trophies or achievements is an extrinsic factor that can increase athletes' motivation to practice (Santoso & Sunardi, 2020).

In addition, one of the literature review studies shows that motivation that comes from within will greatly influence the behaviour of athletes and this is in line with the findings of experts who state that motivation is a determinant of athlete behaviour (Sin et al., 2021). Motivation depends on one's intentions, interests and needs (Nur et al., 2021). Sin et al (2021) also revealed that motivation is internal energy and strength to excel in the field of sport that is occupied, then implicitly motivation is one of the important requirements for athletes to achieve high. With high motivation, athletes will be better

able to fight the pressure and stress they face

CONCLUSIONS AND SUGGESTIONS

The motivation to practice East Java badminton athletes in 2021 and 2022 tends to be in the moderate category. However, the motivation to practice badminton athletes in East Java in 2022 is better than in 2021. This is due to the policy of the Implementation of Emergency Community Activity Restrictions (PPKM) in East Java in 2021 and there has been a significant decline in Covid 19 cases in East Java in 2022. It is expected that In future research, we will examine other factors that differentiate the level of motivation of badminton athletes during the pandemic and endemic transition periods.

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