



Student Motivation in Participating in Futsal Extracurricular Activities

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Abstract

Study purpose. This study aims to determine students' motivation in participating in futsal extracurricular activities at SMPN 18 Kota Cirebon, both from intrinsic and extrinsic aspects.

Materials and Methods. The research design used was quantitative descriptive, with the aim of systematically, factually, and accurately describing students' motivation in participating in the activity. Data were collected through the distribution of questionnaires to students participating in the futsal extracurricular activity, then analysed descriptively using percentages.

Results. The results of the study indicate that students' motivation in participating in futsal extracurricular activities varies, with 3 students (12.5%) having very low motivation, 9 students (37.5%) having low motivation, 7 students (29.17%) having high motivation, and 5 students (20.83%) having very high motivation.

Conclusion. Thus, it can be concluded that student motivation in participating in futsal extracurricular activities at SMPN 18 Kota Cirebon tends to be dominated by the low category, although some students show high and very high motivation.

Keywords: Motivation, Extracurricular Activities, Futsal.

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Introduction

Education is the primary means of developing high-quality human resources, not only in terms of intellectual ability, but also in terms of physical and social aspects (Beldarrain, 2006; Blackwell, 2014). One strategic effort to achieve this goal is through physical education and extracurricular activities. In the context of lower secondary education, extracurricular activities such as futsal provide students with opportunities to develop motor skills, teamwork, discipline, and a spirit of achievement (Amaliya & Pudjijuniarto, 2022; Muslim, Tetelepta, Asyrof, & Shabrina, 2019).

According to Law No. 3 of 2005 concerning the National Sports System, sport is a systematic activity aimed at developing physical, spiritual, and social potential. Extracurricular sports activities at school, especially futsal, are one of the means of instilling these values (Rustiadi, 2015). Futsal, as a popular sport among teenagers, plays an important role in shaping the character and motivation of students.

However, in practice, challenges such as low student motivation, lack of active participation, and negative perceptions of futsal as a rough game are still encountered.

Additionally, differences in futsal playing experience between students who have already joined local clubs and those who are new to the sport result in variations in terms of enthusiasm and commitment to training. These factors highlight the importance of studying student motivation in participating in futsal extracurricular activities as a foundation for developing more effective programmes (Vanessa Gaffar, 2019; Weinberg, 2000).

This study aims to determine the level of intrinsic and extrinsic motivation of students in participating in futsal extracurricular activities at SMPN 18 Kota Cirebon. The results of this study are expected to serve as a reference for improving the development and management of extracurricular activities at schools, as well as a reference for future researchers in relevant fields.

Materials and Methods

Study participants

This study was conducted at SMPN 18 Cirebon City in the even semester of the 2022/2023 academic year. The research subjects were students who participated in futsal extracurricular activities, with a total population of 30 students. The sampling technique used was total sampling, so that all members of the population were included as samples in this study (Oktarifaldi, Syahputra, & Putri, 2019). The inclusion criteria were students who actively participated in futsal extracurricular activities for at least one semester.

Study organization

This study uses a quantitative approach with quantitative descriptive research using a survey method. (Manjunatha, 2019) descriptive research is a research method that attempts to describe the object or subject being studied as it is, with the aim of systematically describing the facts and characteristics of the object being studied accurately.

Statistical analysis

The data obtained from the questionnaire results were analysed using descriptive statistics in the form of percentages. The analysis steps included data collection, data processing, data presentation, and conclusion drawing. The scores of each respondent were categorised into several motivation classifications: very high, high, moderate, low, and very low, based on a predetermined range of values.

Results

This study was conducted at SMPN 18 Cirebon City. The researcher used students who participated in futsal extracurricular activities at SMPN 18 Cirebon City as research subjects, with a total of 24 respondents. The study was conducted on Tuesday, 14 November 2023. Using a questionnaire as the research instrument, the respondents completed the questionnaire directly at the research location or at SMPN 18 Cirebon City by the students participating in the futsal extracurricular activity at SMPN 18 Cirebon City.

Overall, the maximum score obtained was 153 and the minimum score was 101. The average score was 132.67 and the standard deviation was 13.735. The median was 133 and the mode was 148. The data was then categorised into four categories, namely very low, low, high, and very high, based on the mean and standard deviation obtained. Table 4 presents the calculation of the motivation category norms for students participating in futsal extracurricular activities at SMPN 18 Kota Cirebon.

Table 1. Normative Calculation of Student Motivation Categories in Futsal Extracurricular Activities at SMPN 18 Cirebon City

No.	Interval	Interval	Category
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1.	$X > M + 1,5 \text{ SD}$	$>146,402$	Very High
2.	$M + 0,5 \text{ SD} < X \leq M + 1,5 \text{ SD}$	132,666-146,402	High
3	$M - 1,5 \text{ SD} < X \leq M - 0,5 \text{ SD}$	118,931-132,666	Low
4	$X \leq M - 1,5 \text{ SD}$	$<118,931$	Very Low

The following is a detailed description of the data regarding each factor underlying student motivation in futsal extracurricular activities at SMPN 18 Kota Cirebon.

Table 2. Frequency Distribution of Student Motivation

KETEGORI	INTERVAL KELAS	F	%
SANGAT TINGGI	$>146,402$	5	20,8333
TINGGI	132,666-146,402	7	29,166
RENDAH	118,931-132,666	9	37,5
SANGAT RENDAH	$<118,931$	3	12,5
	JUMLAH	24	100

From the table above, it can be seen that the motivation of students in futsal extracurricular activities at SMPN 18 Kota Cirebon is as follows: 3 students (12.5%) have very low motivation, 9 students (37.5%) have low motivation, 7 students (29.166%) have high motivation, and 5 students (20.8333%) have very high motivation. The highest percentage, at 37.5%, is in the low category. Thus, the majority of students' motivation in the futsal extracurricular activity at SMPN 18 Kota Cirebon is low. If represented in a histogram, the following histogram is obtained:



Figure 1. Histogram of Student Motivation in futsal extracurricular activities at SMPN 18 Cirebon City

a. Intrinsic Factors

Intrinsic Factors Are One Of The Factors Found In Student Motivation In Futsal Extracurricular Activities At SMPN 18 Kota Cirebon, Which Are Factors That Originate From Within The Students Themselves. In This Study, Intrinsic Factors Are Broken Down Into 20 Statements Divided Into 4 Indicators: Physical, Needs, Talent, And Motivation, Which Have Been Validated As Very High (20%), High (29%), Low (38%), And Very Low (13%). Student Motivation In Participating In Extracurricular Futsal Activities At SMP N 18 Cirebon City 47 Is Suitable For Use As A Research

Instrument To Measure Student Motivation In Extracurricular Futsal Activities At SMPN 18 Cirebon City.

The research results obtained a maximum value of 92 and a minimum value of 74. The average obtained was 83.4 and the standard deviation was 4.706. The median obtained was 83.5 and the mode was 89. Furthermore, the data was categorised according to a predetermined formula into four categories, namely very low, low, high, and very high, based on the mean and standard deviation values obtained. The following table shows the calculation of the category norms for the intrinsic factors obtained.

Table 3. Normative Calculation of Student Motivation Categorisation in Futsal Extracurricular Activities at MPN 18 Cirebon City based on Intrinsic Factors.

No	Interval	Interval	Kategori
1	$X \leq M-1,5SD$	$>88,106$	Sangat tinggi
2	$M-1,5SD < X \leq M-0,5SD$	83,4-88,106	Tinggi
3	$M+0,5SD < X \leq M+1,5SD$	78,694-83,4	Rendah
4	$X > M+1,5SD$	$<78,694$	Sangat rendah

Table 4. Frequency distribution of student motivation

KATEGORI	INTERVAL KELAS	F	%
SANGAT TINGGI	$>88,106$	4	20
TINGGI	83,4-88,106	6	30
RENDAH	78,694-83,4	7	35
SANGAT RENDAH	$<78,694$	3	15
	JUMLAH	20	100

From the table above, it can be seen that the motivation of students in futsal extracurricular activities at SMPN 18 Kota Cirebon is as follows: 3 students (15%) have very low motivation, 7 students (35%) have low motivation, 6 students (30%) have high motivation, and 4 students (20%) have very high motivation. The highest percentage, at 35%, falls into the low category. Therefore, the motivation of students in the futsal extracurricular activity at SMPN 18 Kota Cirebon is predominantly low.

b. Extrinsic factors

The Research Results Obtained A Maximum Score Of 89 And A Minimum Score Of 65. The Average Score Was 75.4 With A Standard Deviation Of 6.938. The Median Score Was 74 And The Mode Was 74. The Data Was Then Categorised As Follows: Very High (20%), High (30%), Low (35%), And Very Low (15%). Student Motivation In Participating In Extracurricular Futsal Activities At SMP N 18 Cirebon City Based On Intrinsic Factors Was Categorised Into Four Categories Using The Predetermined

Formula: Very Low, Low, High, And Very High Based On The Mean And Standard Deviation Values Obtained. The Following Table Shows The Calculation Of The Norm Categories For The Extrinsic Factors Obtained.

Table 5. Normative Calculations

No	Interval	Interval	Kategori
1	$X \leq M-1,5SD$	$>82,339$	Sangat tinggi
2	$M-1,5SD < X \leq M-0,5SD$	$75,4-82,339$	Tinggi
3	$M+0,5SD < X \leq M+1,5SD$	$68,461-75,4$	Rendah
4	$X > M+1,5SD$	$<68,461$	Sangat rendah

Table 6. Frequency Distribution of Student Motivation in Futsal Extracurricular Activities at SMPN 18 Cirebon City Based on Extrinsic Factors

KATEGORI	INTERVAL KELAS	F	%
SANGAT TINGGI	$>82,339$	5	25
TINGGI	$75,4-82,339$	3	15
RENDAH	$68,461-75,4$	8	40
SANGAT RENDAH	$<68,461$	4	20
	JUMLAH	20	100

From the table above, it can be seen that the motivation of students in futsal extracurricular activities at SMPN 18 Kota Cirebon is as follows: 4 students (20%) have very low motivation, 8 students (40%) have low motivation, 3 students (15%) have high motivation, and 5 students (25%) have very high motivation. The highest percentage, at 40%, falls into the low category. Therefore, the motivation of students in the futsal extracurricular activity at SMPN 18 Kota Cirebon is predominantly low.

Discussion

Based on a preliminary survey, it was found that futsal performance at SMPN 18 Kota Cirebon is still relatively low. Futsal extracurricular activities at the school are held twice a week. This is one of the factors contributing to the low futsal performance at SMPN 18 Kota Cirebon. Discipline and responsibility are also important factors that need to be addressed to enhance students' motivation in training. It has been proven that, on average, only 10 students out of a total of 24 attend each training session.

Conclusions

Based on the research results, it can be concluded that the motivation of students in futsal extracurricular activities at SMPN 18 Kota Cirebon is as follows: Specifically, 3 students

(12.5%) have very low motivation, 9 students (37.5%) have low motivation, 7 students (29.166%) have high motivation, and 5 students (20.8333%) have very high motivation.

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