

Self-Regulation and Achievement Motivation of Football Athletes in Tanah Karo

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Abstract

Basically, everyone has a need for achievement. One of them is like an athlete who pursues certain sports must have the desire to achieve achievements or achieve success. Self-regulation provides an important role in supporting individual achievement, achievement motivation cannot work without self-regulation to take action, especially in sports (Balk & Englert, 2020). So, it can be said that self-regulation and achievement motivation are related. Thus, the purpose of this study is to determine the relationship between self-regulation and achievement motivation of soccer athletes in Tanah Karo. The method used is quantitative with a correlational design. A total of 30 athletes who participated in the study used the accidental sampling technique. Research measurement using The Self-Regulation Questionnaire ($\alpha = 0.942$) and Sport Orientation Questionnaire ($\alpha = 0.909$). The research data analysis method uses the correlation test from Karl Pearson. The results showed that there was no positive relationship between self-regulation and achievement motivation in soccer athletes ($r = 0.071$ and $\text{sig.} = 0.355$). This indicates that self-regulation is not one of the factors related to the increased achievement motivation of soccer athletes in Tanah Karo. In other words, self-regulation will not always contribute or fully influence the achievement motivation of athletes, especially soccer athletes in Tanah Karo.

Keywords

Self regulation; achievement motivation; football athletes.



I. Introduction

Health is one of the important things for humans in sustaining life, one of which is body health. Body health plays an important role in carrying out activities both physically and mentally, because health is the main capital in living life (Ohrnberger, Fichera, & Sutton, 2017). In accordance with Health Law No. 23 of 1992 which states that health is a state of well-being of body, soul and social that allows everyone to live productively socially and economically. Healthy behavior is related to a person's efforts or activities to maintain and improve their health (Sawicka, Pisarek, & Nagorska, 2021). These behaviors include a balanced menu, regular exercise, not smoking, not drinking alcohol or drugs, getting enough rest, controlling stress and other positive health behaviors or lifestyles. In addition, healthy behavior that is carried out by each individual can help prevent or avoid disease and health problems (Rejeski & Fanning, 2019). One activity that can support a healthy body is exercise.

Exercising or doing regular physical activity can reduce the risk of chronic disease, reduce stress and depression, increase emotional well-being, energy levels, self-confidence, and satisfaction with social activities (Santos & Costa, 2018). In the Law on the National Sports System No. 3 of 2005 it says that sports are all systematic activities to encourage, foster and develop physical, spiritual and social potential. Every country has a favorite sport. Atmoko (2021) said the most favorite sports for the people of Indonesia consist of football, volleyball, table tennis, basketball and badminton. The branches that sport has are very many, ranging from athletics, football, badminton, swimming, martial arts, gymnastics and so on.

Football is a sport that belongs to the big ball games and is very popular in almost all over the world until now regardless of age, gender and social factors (Erturan, McBride, & Agbuga, 2020; Gema, Rumini, & Tommy, 2016) . Football is a team game in which each team consists of eleven players, and one of them is the goalkeeper. The amount of information about soccer provided by electronic and print media is one of the most obvious indications of the statement that soccer is the most popular (Uehara et al., 2018). Besides that, soccer sports achievements are assets that can develop and popularize an area, city or country itself (Uehara et al., 2018).

Indonesia itself has local competition which can be said to be quite interesting. Not only counted in Indonesia, Indonesian football is also taken into account in the international arena. Just like Indonesian football athletes, football athletes in Karo Regency are athletes who are quite accomplished and whose condition is very much taken into account. In accordance with a personal interview conducted with a football coach in Karo Regency on 19-22 October 2021, who said that football athletes in Karo Regency were always taken into account and involved by other districts when there were events held throughout the region, especially North Sumatra . However, it cannot be denied that Karo football athletes still have minimal achievements on the national stage.

Indonesian football itself has an organization called the All Indonesian Football Association or commonly called PSSI. PSSI is an association that advances football achievements by holding championships or competitions between football clubs, in this case the aim is to find talented players through organizations or soccer clubs in Indonesia. The competition organized by the Indonesian League Agency (BLI) is called the Indonesian Super League (LSI) sometimes also called the Indonesian Super League (ISL). A football competition in the format of the League, a renewal from before in Indonesia. The league is under the auspices of PSSI, which is a legal organization from FIFA that specifically handles football in the country.

To support athletes so they can excel, many things influence, such as adequate sports facilities, coaches, and encouragement from within (Lameiras et al., 2017). Where what is meant in this case is in the form of motivation that aims to achieve achievements, especially in the sport of football or commonly referred to as achievement motivation (Durovic, Veljkovic, & Petrovic, 2020). Achievement motivation for the field of sports is described as a person's tendency to achieve success or obtain what is the goal through every effort by always performing optimally (Gill & Deeter, 1988). To be able to increase achievement motivation, an athlete needs to have the courage to take risks against challenges, athletes will evaluate their abilities,

Achievement motivation is not formed just like that. There are many factors that influence it such as personality, status and responsibility, competence, environment, career security, and coach supervision (Muskanan, 2015). In addition, in increasing achievement motivation certainly will not be separated from self-regulation (Sulistiyani, 2012). Self-regulation is a person's ability to manage achievements and actions taken, set targets for oneself, evaluate success when achieving these targets, and reward oneself for achieving these goals and always evaluate (Miller & Brown, 1991). In addition, self-regulation is a person's internal capacity to be able to direct behavior, affection, and his attention to generating responses that are in accordance with demands from within himself and his environment, using various strategies in order to achieve goals (Popa et al., 2020). Someone who is motivated to achieve goals will carry out self-regulation activities that they believe will help them (Schunk, Pintrich, & Meece, 2017). This self-regulation system is in the form of standards for a person's behavior and the ability to observe oneself, assess oneself and respond to oneself to help oneself better in carrying out each role (Sadri & Janani, 2015). Someone who is motivated to achieve goals will carry out self-regulation activities that they believe will help them (Schunk, Pintrich, & Meece, 2017). This self-regulation system is in the form of

standards for a person's behavior and the ability to observe oneself, assess oneself and respond to oneself to help oneself better in carrying out each role (Sadri & Janani, 2015). Someone who is motivated to achieve goals will carry out self-regulation activities that they believe will help them (Schunk, Pintrich, & Meece, 2017). This self-regulation system is in the form of standards for a person's behavior and the ability to observe oneself, assess oneself and respond to oneself to help oneself better in carrying out each role (Sadri & Janani, 2015).

Active individuals certainly have self-regulation strategies and are able to control their behavior, and are able to plan continuously the activities to be carried out, including in sports activities. In addition, self-regulation also plays an important role in supporting individual achievement. In research conducted by Jonker, Elferink-Gemser, and Visscher (2010) states that when an athlete's self-regulation is higher, the motivation to achieve is higher, and vice versa when an athlete's self-regulation is lower, the lower also achievement motivation that will be realized. On the other hand, Kitsantas, et al. (2018) in their research, revealed that increasing achievement motivation would be very difficult to achieve if individuals did not have good self-regulation,

Based on previous research sources, it seems that studies or literature relating to athlete achievement motivation are still very minimally studied, so it is necessary to review how achievement motivation is, especially in non-academic fields. Many studies have discussed self-regulation and achievement motivation, but very few have discussed it in the context of sports, especially soccer athletes in Karo District. Thus, this study aims to determine the relationship between self-regulation and the achievement motivation of soccer athletes in Tanah Karo. Then, the hypothesis proposed is that there is a positive relationship between self-regulation and the achievement motivation of soccer athletes in Tanah Karo. The higher the self-regulation formed, the higher the achievement motivation shown by soccer athletes in Tanah Karo. Conversely, the lower the self-regulation formed, the lower the achievement motivation shown by soccer athletes in Tanah Karo.

II. Research Method

This type of research is quantitative with a correlational design with the aim of knowing the relationship between self-regulation (X) and achievement motivation (Y) in soccer athletes. The total participants involved in this study were 30 soccer athletes in Tanah Karo who were active, with the age range of the participants being 17-25 years old. Participant involvement using incidental sampling technique. An overview of participant demographic data is described in Table 1.

Table 1. Participant Demographic Data

Characteristics of Participants	Frequency	Percentage
Age		
17 years	1	3%
18 years	3	10%
19 years old	5	17%
20 years	4	13%
21 years	5	17%
22 years	3	10%
23 years	3	10%
24 years old	4	13%
25 years	2	7%
Total	30	100%
Origin		
Kabanjahe City	9	30%

Gurubenua Village	8	27%
Berastagi city	5	17%
Linga Village	4	13%
Cuban Village	4	13%
Total	30	100%
Long Active in Football		
7-9 Years	4	13%
10-12 Years	14	47%
13-15 Years	12	40%
Total	30	100%

Collecting data using a questionnaire or a psychological scale the tIt consists of two scales, namely the self-regulation scale and the achievement motivation scale. Self-regulation was measured using The Self-Regulation Questionnaire (SRQ) by Brown, Miller, and Lawendowski (1999) based on seven models of self-regulation from Miller and Brown (1991), namely receiving relevant information, evaluating the information and comparing it to norms, triggering change, searching for options, formulating a plan, implementing, and assessing the plan's effectiveness. The self-regulation scale was then translated into Indonesian by the researchers and tested first. The self-regulation scale consists of 63 statement items using five answer choices from the Likert scale, namely, very appropriate (SS), appropriate (S), undecided (RR), inappropriate (TS), very inappropriate (STS). This scale consists of two statements, namely favorable which has attitude statements stating positive things or sentences that support aspects, and unfavorable which has statements stating negative things or statements that are not supportive of aspects. The results of the item discrimination power test on the self-regulation scale, obtained 48 items that passed the selection with a total item value range of correlation between 0.302-0.776 and Cronbach's Alpha value on the self-regulation scale of 0.

Measurement of achievement motivation was measured using the Sports Orientation Questionnaire (SOQ) based on the aspects of athlete achievement motivation proposed by Geel and Deeter (1988), namely competitiveness motivation, winning motivation, and goal motivation. The achievement motivation scale will then be translated into Indonesian and then tested first. The achievement motivation scale consists of 25 statement items using four answer choices from the Likert scale, namely, Very Appropriate (SS), appropriate (S), undecided (RR), Not Appropriate (TS), Very Unsuitable (STS). The results of the item discrimination power test on the achievement motivation scale, obtained 21 items that passed the selection with a total item correlation range between 0.303-0.749 and Cronbach's Alpha value on the achievement motivation scale of 0.

The data analysis method for testing the hypothesis was carried out using product moment correlation statistical analysis by Karl Pearson, with a significant correlation coefficient ($p < 0.05$). Data testing was carried out with the help of SPSS series 17 for windows.

III. Result and Discussion

3.1 Statistical Descriptive Analysis

Table 2. Categorization of Self Regulation

intervals	Category	Frequency	Percentage
$192 \leq X \leq 240$	Very high	3	10%
$144 \leq X \leq 192$	Tall	23	77%
$96 \leq X \leq 144$	Low	3	10%
$48 \leq X \leq 96$	Very low	1	3%
Amount		30	100%
Minimum = 72; Max = 223; Mean = 168.53; SD = 27.014			

Based on the descriptive analysis of self-regulation variables in Table 2, it can be seen that 3 soccer athletes or 10% are in the very high category, 23 soccer athletes or 77% are in the high category, 3 soccer athletes or 10% are in the low category, and 1 football athlete or 3% are in the very low category. Each participant showed a score with a minimum range of 72 to a maximum of 223, with an average of 168.53 and a standard deviation of 27.014. Based on the available data, it can be concluded that the self-regulation of most football athletes in Tanah Karo is in the high category with a percentage of 77%.

Table 3. Achievement Motivation

intervals	Category	Frequency	Percentage
$84 \leq Y \leq 96$	Very high	18	60%
$63 \leq Y \leq 84$	Tall	11	37%
$42 \leq Y \leq 63$	Low	1	3%
$21 \leq Y \leq 42$	Very low	0	0%
Amount		30	100%
Minimum = 62; Max = 105; Means = 88.17; SD = 11.130			

Based on the descriptive analysis of achievement motivation variables in Table 3, it can be seen that 18 soccer athletes or 60% are in the very high category, 11 soccer athletes or 37% are in the high category, 1 soccer athlete or 3% are in the low category, and there are no soccer athletes or 0% who are in the very low category. Each participant showed a score with a minimum range of 62 to a maximum of 105, with an average of 88.17 and a standard deviation of 11.130. Based on the existing data, it can be concluded that the achievement motivation of most soccer athletes in Tanah Karo is in the very high category, with a percentage of 60%.

3.2 Assumption Test Normality

Table 4. Test One-Sample Kolmogorov-Smirnov Test

		Self Regulation	Achievement motivation
N		30	30
Normal	Means	168.53	88,17
Parameters ^a	std. Deviation	27,014	11.130
Most Extreme	absolute	0.192	0.089
Differences	Positive	0.130	0.066
	Negative	-0.192	-0.089
Kolmogorov-Smirnov Z		1.052	0.489
Asymp. Sig. (2-tailed)		0.218	0.971

Based on the results of the normality test in Table 4, it shows that the self-regulation variable has a KSZ value of 1.052 with sig. = 0.218 ($p > 0.05$). Then, the achievement motivation variable has a KSZ value of 0.489 with sig. = 0.971 ($p > 0.05$). The two research variables have a significant value greater than 0.05, so the variables of self-regulation and achievement motivation are distributed normal.

3.3 Linearity Assumption Test

Table 5. Self-Regulation Linearity Test with Achievement Motivation

		Sum of Squares	df	Mean Square	F	Sig.
Achievement	Between (Combined)	2877,667	23	125,116	1,051	0.521

Motivation * Self Regulation	Groups	Linearity	18,027	1	18,027	0.151	0.711
		Deviation from Linearity	2859,640	22	129,984	1,092	0.498
		Within Groups	714,500	6	119,083		
		Total	3592,167	29			

From the results of the linearity test in Table 5, the F difference value is 1.092 with sig. = 0.498 ($p > 0.05$) which shows the relationship between self-regulation and achievement motivation in soccer athletes is linear.

3.4 Correlation Hypothesis Test

Table 6. Hypothesis Testing Karl Pearson

		Self Regulation	Achievement motivation
Self Regulation	Pearson Correlation	1	-0.071
	Sig. (1-tailed)		0.355
	N	30	30
Achievement motivation	Pearson Correlation	-0.071	1
	Sig. (1-tailed)	0.355	
	N	30	30

Based on the results of the calculation of the correlation test in Table 6, the correlation coefficient between self-regulation and achievement motivation is -0.071 with sig.= 0.355 ($p > 0.05$) which means the research hypothesis is rejected where there is no significant positive relationship between self-regulation with achievement motivation.

3.4 Discussion

The results of the study found that there was no significant positive relationship between self-regulation and achievement motivation in Tanah Karo soccer athletes, which means that the proposed hypothesis is rejected. This shows that self-regulation is not a factor related to the increased achievement motivation of soccer athletes in Tanah Karo. In other words, self-regulation will not always contribute or fully influence the achievement motivation of athletes, especially soccer athletes in Tanah Karo.

Based on the results of follow-up interviews conducted with 10 participants, it was found that self-regulation, especially for them as soccer athletes in Tanah Karo, had little effect. When talking about self-regulation, it means that the athletes themselves are able to control themselves well but in reality, soccer athletes in Tanah Karo tend to prioritize team satisfaction in playing. Of the 10 participants who were interviewed, said that they personally did not apply self-regulation, but rather did everything for the sake of victory in playing. In addition, there are also many things that affect athletes so that self-regulation is not related to achievement motivation, such as emotional regulation,

This research was conducted on 30 soccer athletes in Tanah Karo, which provides an understanding that the achievement motivation shown by athletes is in a very high category. Even so, it is necessary to continue to take action through real behavior in showing optimal performance on an ongoing basis. This research does not seem to conduct a specific assessment based on the length of experience of athletes competing. This research was conducted in general on athletes aged 17-25 years, even though an athlete who has played more hours seems to have a more stable self-quality compared to athletes who have played less hours.

IV. Conclusion

Based on the results of the research that has been done, it can be concluded that there is no positive relationship between self-regulation and achievement motivation in soccer athletes in Tanah Karo. The results of the study also concluded that self-regulation was not a factor associated with low and high achievement motivation in soccer athletes in Tanah Karo. Even though they have no relationship, the self-regulation possessed by soccer athletes in Tanah Karo is in the high category. Meanwhile, the achievement motivation possessed by soccer athletes in Tanah Karo is in the very high category.

In conducting this research, the researcher realized that there were many deficiencies in it. For that, there are several follow-up suggestions, namely: Bfor research respondents. to be able to explore more about what things can increase motivation to excel, both from internal factors and from external factors, both for oneself and within the team. For further research, in choosing subjects, it would be better to use athletes who are experienced enough in the world of football to produce answers that are more in line with their experience. In addition, future research can also conduct comparative studies in order to see an overview of achievement motivation in novice athletes and experienced athletes. Participant expansion can also be done so that the research results can represent the results of the problems studied, especially in soccer athletes.

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