

# People Motivation In Doing Sport

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**Abstract** - The research problem in this study was "what is the motivation of the community to exercise in Kambang Iwak Palembang?" The number of sports facilities and infrastructure in Palembang is an advancement for the city of Palembang in the field of sports, one of the places is area of Kambang Iwak Palembang. People who exercise in Palembang's Kambang Iwak area are a community consisting of children, adolescents, adults and the elderly. The method in this study uses descriptive quantitative method, while the instrument in the study uses a questionnaire with a Likert scale. The sample in this study is the people who exercise in Kambang Iwak Palembang as many as 150 people. The sampling technique uses non-probability sample technique with quota sampling. Quota sampling is a technique for determining a sample of a population that has certain characteristics to the desired amount (quota). The results showed the percentage of people exercising in Palembang's Kambang Iwak area. It is known that the percentage of people exercising in Palembang's Kambang Iwak is divided into two, namely the intrinsic sub variable of 80% (high category), extrinsic sub variable of 71% (high category). From the results above it can be concluded that the motivation of the community to exercise in Kambang Iwak Palembang is in a high category.

## Index Terms – Interest; Society; Sports

### 1 INTRODUCTION

Sports activity is a physical activity carried out by humans to create physical, mental and spiritual health. Sports activities can be carried out in various types of activities and in various places including recreation areas. The elements of pleasure and freshness are expected to be able to have a positive impact on the community who routinely carry out sports activities. So as to be able to control negative spiritual mental conditions that have the potential to interfere with every day's daily activities. For this reason, sports activities are expected to provide a new atmosphere in the midst of tasks and daily activities that are enough to make people depressed. Sports are also recommended for people with poor health and who are on a diet program because exercise can restore a weak body health and can burn fat.

Sports is an appropriate medium for carrying out motion activities. Especially in big cities, representative facilities and infrastructure are emerging. This condition shows that sports are favored by all circles. Recreational sports are sports carried out by the community with a passion and ability that grows and develops in accordance with the conditions and cultural values of the local

community for health, fitness, and excitement. Socially, sports can be used as a medium of socialization through interaction and communication with other people or the surrounding environment. One factor of increasing community desire in a high degree of health, proportional physical appearance and broader self-actualization in their environment reflects that the needs of society are increasingly diverse so that they need a place or vehicle that can distribute and fulfill those needs.

Everyone needs exercise as a tool to maintain and foster health. In Palembang, the world of sports is progressing and developing because there are many sports facilities and infrastructure that are supportive and of good quality, such as the Palembang Kambang Iwak area. So that the recreation area of Kambang Iwak Palembang is currently a favorite place for people to carry out sports activities. Based on observations made by researchers so far, researchers observed that sportsmen in Palembang's Kambang Iwak area were people consisting of children, adolescents, adults and the elderly. This fact shows how high the role of the community in carrying out sports activities in the Palembang Kwak Iwak area.

Activities carried out by the community in sports activities such as: jogging, cycling, gymnastics and so on. Sports activities in the Palembang Kwak Iwak area are carried out every morning and evening. Usually, on public holidays those who exercise at Palembang Iwak Kambang are getting more crowded than usual days.

Of course the role of the community in carrying out various kinds of sports activities is influenced by various factors that can come from within themselves and from outside. Factors that encourage interest from both inside and outside are called motivation. Motivation is a driving force to do something activities that are faster and better than activities carried out without motivation (Andriani et. al, 2018) (Renata et. al, 2018). Interest is a constant tendency to pay attention and remember some of the activities that someone is interested in will be noticed continuously, accompanied by a sense of pleasure (Slameto, 2013: 57).

Based on the description above, it is clear that motivation affects people's interest in carrying out various sports activities in the Palembang Kambang Iwak area. Every activity that a person does is driven by something strength within that person. This driving force is called motivation. Thus there is a difference in motivation between groups of people in carrying out an activity in accordance with the objectives to be achieved. Based on the explanation above, researchers are interested in conducting research on community motivation with the title People Motivation in Doing Sport at Kambang Iwak Palembang.

## 2 RESEARCH METHODS

The research method uses descriptive survey technique. Descriptive research is research conducted to determine the value of an independent variable, either one variable or more (independent) without making comparisons or connecting between variables with one another (Sugiyono, 2013: 11). Based on the above opinion, the researcher can suggest that in this study first the data obtained will be collected and then compiled, and explained later after that the data obtained is then analyzed. This was done in order to provide an overview or description of the people's

interest in Palembang's Kambang Iwak.

### 2.1 Population and Sample

Population is the overall object of research (Arikunto, Suharsimi, 2013: 173) while according to Sugiyono (2013: 80) Population is a generalization area consisting of: objects / subjects that have certain qualities and characteristics set by researchers to be studied and then drawn conclusions . The population in this study were all people who carried out sports activities at Kambang Iwak Palembang.

The sample is part of the number of characteristics possessed by the population. Nonprobability Sampling sampling is a sampling technique that does not provide equal opportunities / opportunities for each element or member of the population to be selected as a sample. This sample technique includes, systematic sampling, quota, incidental, purposive, saturated, snowball. (Sugiyono, 2013: 84).

Based on the explanation above, the researcher takes Quota sampling. Quota sampling is a technique to determine a sample of a population that has certain characteristics to the desired amount (quota) (Sugiyono, 2013: 85).

According to the above opinion, it can be concluded that the samples in this study are all people who exercise in the Palembang iwak kambang with a number (quota) determined by the researcher. Because this sample is large and large, researchers will only take 150 people as samples. By determining the sample based on chance, that is whoever is met.

### 2.2 Techniques Collecting Data

#### a. Questionnaire

Questionnaire is a data collection technique that is done by giving a set of questions or written statements to respondents to be answered (Sugiyono, 2013: 142).

**TABLE 01**  
**LIKERT SCALE**

NO	Information	Positive Score	Negative Score
1	Strongly agree	5	1
2	Agree	4	2
3	Neutral	3	3
4	Disagree	2	4
5	Strongly disagree	1	5

column.

Code answer answer options:

SS : Strongly Agree

S : Agree

N : Neutral

TS : Disagree

STS : Strongly Disagree

TABLE 02

Questionnaire Grid / Questionnaire

Variable	Factor	Indicator	Question Item
Motivation of the sports community in Kambang Iwak Palembang	Intrinsic Factors	Leisure time	23, 28
		Health and fitness	1, 2, 3, 7, 12, 13, 14, 16, 27
		Rekreasi	5, 15, 26
	Extrinsic Factor	Recreation	6, 17, 18, 19, 20, 22, 24,
		Friend	4
		Facility	8, 9, 10, 11, 21, 25

The following are examples of filling out the questionnaire as follows;

Questionnaire / questionnaire trial

Motivation of the community to exercise at the Iwak Palembang

A. Self Identity

- 1) Name :
- 2) Age :
- 3) Status :
- 4) School / university :
- 5) Work (if it's working) :
- 6) Address :

**b. Questionnaire Instructions**

Ladies / gentlemen, you are requested to fill out the form without any specific purpose only to find out how you, the brothers and sisters, are doing sports in Kambang Iwak Palembang. By choosing one answer by giving a check mark √ on the available answer

TABLE 03

Gradations of Positive and Negative Answers (Likert Scale)

No	Question	Choose The Answer					
		SS	S	N	TS	STS	
1	I go to at Kambang Iwak Palembang to Refresing		√				

**c. Interview**

The interview is a method of collecting data by asking and listening to answers directly from the main source of data. Interviews can be carried out in a structured or unstructured manner, and can be done face-to-face or by telephone. But here the researcher chooses to do unstructured interviews, this aims to gather complex information, which mostly contains opinions, attitudes, and personal experiences (Sugiyono, 2014: 38).

**2.3 Data Analysis Technique**

After the data is collected, then the data is processed. After the data has been processed, a conclusion is taken to answer the research questions that have been formulated. To analyze the data, the percentage value formula is used.

$$NP = \frac{R}{SM} \times 100 \text{ (Purwanto, 2010: 103).}$$

Information.

NP : Percentage value

R : Score obtained

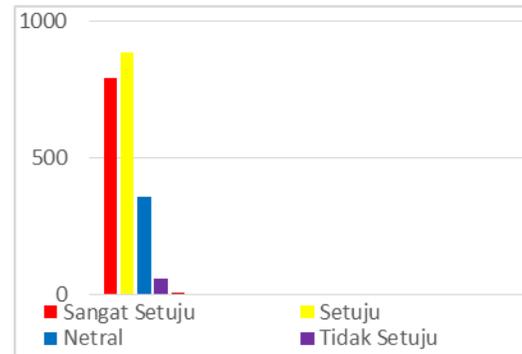
SM : Maximum score.

The percentage value obtained can be converted in the following table.

**TABLE 04**  
**Student Learning Interest Category**

Percentage	Categori
86% – 100%	Very High
75% - 85%	High
60% - 74%	Medium
41% - 59%	Low
< 40%	Very Low

(Source: Purwanto, 2010: 102).



### 3 RESULT AND DISCUSSION

The data in this study were obtained based on the results of the answers of the people who exercise in Palembang Kambang Iwak. Where there are factors that influence people's interest in exercising in Palembang's Kambang Iwak namely Intrinsic Motivation and Extrinsic Motivation. From the results of the questionnaire dissemination of 150 respondents, the data from the intrinsic motivation sub-variables of the 14 statements obtained mean (mean) of 57.98, the highest score of 65 and the lowest score of 51 while the standard deviation of 3.20. When viewed from the answer category from the results of questionnaires to the people who exercise in Palembang Iwak Kambang, there are 150 people, out of 14 intrinsic motivation sub-variables, the answers can be seen in the following table:

**TABLE 05**  
**Intrinsic Motivation Distribution**

Categori	Value	Frequency	Presentage %
Very agree	5	791	37,66
Agree	4	883	42,04
Doubtful	3	360	17,14
Disagree	2	58	2,76
Very Agree	1	8	0,38
<b>Total</b>		<b>2100</b>	<b>100 %</b>

From the table above, obtained the frequency of 791 (37.66%) in the very agreeing category, 883 frequency (42.04%) in the agree category, 360 frequency (17.14%) in the Doubtful category, frequency 58 (2, 76%) in the disagree category and frequency 8 (0.38%) in the strongly disagree category. For more details, see the diagram below:

From the results of the questionnaire dissemination of 150 respondents, the data from the extrinsic motivation sub-variables of the 14 statements with a mean of 55.34, the highest score of 64 and the lowest score of 48 while the standard deviation of 9.50. when viewed from the answer category from the results of questionnaires to the community who exercised at Kambang Iwak Palembang, there were 150 people, out of the 14 statements of the extrinsic motivation sub-variables, the frequency of answers can be seen in the following table.

**TABLE 06**  
**Distribution of extrinsic factors**

Categori	Value	Frequency	Presentage %
Very agree	5	591	28,14
Agree	4	900	42,85
Doubtful	3	505	24,04
Disagree	2	95	4,57
Very agree	1	8	0,38
<b>Total</b>		<b>2100</b>	<b>100%</b>

From the table above, obtained a frequency of 591 (28.14%) in the answer category strongly agree, frequency 900 (42.85%) in the agree category, frequency 505 (24.04%) in the Doubtful category, frequency 95 (4, 57%) in the disagree category and frequency 8 (0.38%) in the strongly disagree category.

This encouragement does not arise because of external factors, but is based on a strong desire because of the influence of awareness for the goals to be achieved. Not because of prizes, praise and so on, but because of the awareness that the best appearance is the most important thing. In community activities exercising at Palembang's Kambang Iwak, based on questionnaire research questionnaires on community

motivation in exercising at Palembang's Kambang Iwak, out of 150 people who exercised in Palembang Iwak Mine known data on intrinsic motivation sub-variables consisting of 14 statements yielding average values (mean ) of 57.98, median value of 58, value that often appears (mode) 57, standard deviation of 3.20, while the highest score is 65 and the lowest score is 51.

When viewed from the answers of the study, the frequency of the answer category was obtained in intrinsic sub-variables with the number of frequencies 791 (37.66%) in the strongly agree category, frequency 883 (42.04%) in the agree category, frequency 360 (17.14%) in the Doubtful category, frequency 58 (2.76%) in the category did not agree and frequency 8 (0.38%) in the category strongly disagreed. Based on the data above, the intrinsic motivation of the people exercising in Palembang's Kambang Iwak is in the high category with a total of 80%.

From the results of the above research, it is known that the intrinsic motivation of adolescents exercising in Palembang's Kambang Iwak is high, indicating that people who exercise in Palembang's Kambang Iwak are really motivated to exercise to get physical and spiritual health.

External factors (extrinsic) function because of the impulse or stimulation from outside a person. For example students are encouraged to learn as well as possible because they attract prizes if they get the top level in their class. This means that when a person is engaged in an activity based on an urge or stimulation from outside that is interesting that causes a person to move to do it. Based on the questionnaire research questionnaire on teenagers' motivation to exercise in Palembang Kambang Iwak as many as 150 people / respondents. The data obtained from the extrinsic motivation sub-variables totaling 14 statements get the mean (mean) of 55.34, the median value of 55, the value that often appears (mode) 56, the standard deviation of 9.50, while the highest score amounting to 64 and the lowest score of 48.

When viewed from the results of the questionnaire distribution to people who exercise in Palembang KambangIwak, from 14 statements for the extrinsic motivation category, the frequency of 591 (28.14%) in

the strongly agreed category, the frequency of 900 (42.85%) in the agree category, frequency 505 (24.04%) in the Doubtful category, frequency 95 (4.57%) in the category disagree and frequency 8 (0.38%) in the category strongly disagree. Thus, the achievement category of the motivation of the community to exercise in Palembang Kambang Iwak namely the extrinsic motivation is in the high category with a percentage of 71%.

From the results of research in Kambang Iwak Palembang, it is known from the extrinsic or external encouragement that it is in the high category, this shows that people who exercise in Kambang Iwak Palembang in sports get high external encouragement, the encouragement is the role and influence of the facility, friends and also environmental factors (Lian et al, 2018) (Irmayani et al, 2018) (Tobari et al, 2018) (Wandasari et al, 2019).

Through this interview activity, researchers tried to get information by conducting interviews with people who carried out sports activities at Palembang's iwak Kambang which on this occasion researchers called them informants. There were 3 informants who the researcher withdrew as resource persons, including Ahmad Suburi who worked as a lecturer in the city of Palembang, Mr. Muji who was an advocate of Palembang City, and Nurul who was a student. And to clarify the results of the interviews the researchers did as follows the researchers described from each respondent.

The first informant was Mr. Ahmad Suburi, he worked as a teaching staff in the city of Palembang, while the question the researcher first proposed to him was his opinion regarding the Palembang Kwak Iwak and the difference with other recreation places, then he stated that the Kambang Iwak Palembang represented the needs of the place. community recreation in Palembang, especially in Palembang's Iwak Kambang area, and related to its differences with other recreational areas in Palembang city, he stated that the Kambang Iwak Palembang is a fairly interesting place, with quite a large area, in Palembang there is no place like this, where in Kambang Iwak Palembang there is a jogging track, a pond in the middle and is located in the middle of the city.

After that, because the focus of the researchers was to find out related to people's interest in exercising in Palembang's Kambang Iwak, the researchers asked about the intensity of sports activities commonly carried out by Mr. Ahmad Subrui and what was the reason for doing sports activities. and most are done in the afternoon. He explained that he was used to doing sports activities, especially during leisure time, such as on Sunday mornings or other holidays, because according to him sports are a necessity and a counterweight. According to him, by exercising, both physically and spiritually, the balance is maintained. He also added that exercising is not young enough to get sick and avoid fat accumulation which can cause various diseases. And after listening to Pak Ahmad Suburi's explanation, the researchers were interested in asking what were the things that made him and other visitors interested in coming to Kambang Iwak Palembang to do sports activities. Then he stated that the facilities and environment made him comfortable doing sports activities there. In addition to facilities, according to Pak Ahmad Suburi, the condition of the people there is also an attraction, the people there are easy to get along with and quite friendly.

After finishing interviewing Mr. Ahmad Suburi, the researcher continued to interview with the next informant, he was named Mr. Muji, he was a Palembang Advocate, as for his opinion about Kambang Iwak Palembang, according to him Kambang Iwak Palembang was very good and located in the middle of the city so it was easy to get there.

In addition, the researcher also asked about the purpose of doing sports activities at the Iwak Palembang Kambang, then he explained, Hanaya wanted to fill her free time while burning fat, and she also explained that exercise was very important to maintain body fitness, but the density of activities was an obstacle to doing regular exercise. Then the researcher asked about the intensity of exercise carried out by Pak Muji within a week, then he explained that just to do sports activities 3 times a week and usually only one week during holidays. And when the researchers asked for their opinions regarding the facilities and environment in Palembang Iwak mine, Mr. Muji stated that the

facilities in Palembang iwak kambang is complete enough to support the sporting activities of the community and the environment there also hangs in doing sports activities. Then the researchers also asked about gymnastics activities that are usually carried out in the morning, then he stated that the activity was very good and very useful for the people who took part in the weekly activities.

This last information is named Nurul who is a student, according to him, Kambang iwak Palembang is very good and beautiful, where there is a very large pond located in the middle. Nurul also stated that Kambang Iwak Palembang was not only a place to exercise but also as a place of recreation.

Then the researchers asked the informants about the facilities and the environment in Kambang Iwak Palembang, Nurul said that the facilities at the Palembang iwak kambang were quite supportive for exercise, and the environment was very supportive. And researchers asked about the intensity of sports activities that Nurul used to do in the past week, Nurul explained, doing sports activities 2 or only 1 time a week, due to lack of hobby in the field of sports. Nurul also added that a busy lecture schedule also affected the lack of free time. Nadia stated, sometimes Nurul does not do sports every week if there are no friends who invite him to exercise.

#### 4 CONCLUSION

Based on the results of research on the motivation of the community to exercise at Kambang Iwak Palembang conducted by researchers on March 24, 2018 at the time of the sports activities at Kambang Iwak Palembang at 06.00 WIB - 09.00 WIB and the data processing that had been carried out, it could be concluded:

- a. Based on the results of questionnaire questionnaires and processing of research data, it is known that the intrinsic motivation of the people who exercise in Palembang Iwak Mine is included in the high category with a percentage reaching 80%.
- b. Based on the results of questionnaire questionnaires and processing of research data, it is known that the extrinsic motivation of the community exercising in Palembang's Kambang

Iwak is included in the high category with a percentage reaching 71%.

- c. Based on the results of processing research data from both intrinsic and extrinsic sub-variables, we can know that the intrinsic motivation level is greater than that of extrinsic motivation, that is, 80% versus 71%.

From the two results above, it can be concluded that the interest of the people who exercise in Palembang Kambang Iwak is in the high category, this is indicated by the percentage of the three sub-variables above which are all included in the high category. Thus it is known that people who exercise in Palembang Iwak Kambang have a high interest.

After conducting research and drawing conclusions, the researcher gives the following suggestions:

- a. To the government of the city of Palembang, especially for the management of Palembang Kwak Iwak, from the results of this study, it can be seen the amount of motivation of the community to exercise in the iwak palembang kambang, therefore the researchers suggest to improve facilities and infrastructure to support sports activities so that people who exercise at Kambang iwak palembang feels comfortable and motivated to exercise.
- b. For the community to always be serious in carrying out sports activities so that they can support and maintain physical and spiritual health and even achievements in sports.
- c. For further researchers to develop this research with more samples and other variables that have not been studied.

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