

Intrinsic and Extrinsic Motivation Levels of Pencak Silat Athletes in Kediri Regency

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Abstract

This research is motivated by the importance of the role of motivation as a psychological factor in determining the achievements of pencak silat athletes. The difference in intrinsic and extrinsic motivation levels is thought to affect the success of athletes in achieving achievements. This study aims to find out and describe the intrinsic and extrinsic motivation levels of pencak silat athletes in Kediri Regency. This study uses a descriptive quantitative approach. The research subjects amounted to 25 SPMP pencak silat athletes from Kediri Regency who were selected using the purposive sampling technique. Data was collected through a Likert scale questionnaire consisting of 40 statement items, supported by interviews and observations. Data analysis uses descriptive statistics with percentage techniques. The results showed that athletes' intrinsic motivation was in the Very High category with an average percentage of 82.2%, while extrinsic motivation was in the Medium category with an average percentage of 54.65%. The indicator of self-satisfaction obtained the highest achievement in intrinsic motivation, while the reward was the highest indicator in extrinsic motivation. In contrast, the desire to achieve is the lowest indicator of intrinsic motivation, while coach support and family support are the lowest indicators of extrinsic motivation. It was concluded that athletes' intrinsic motivation is higher than extrinsic motivation so external support needs to be increased to support the improvement of athletes' achievements.

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1. INTRODUCTION

Physical education is one of the important elements in the education system that functions to develop students' abilities as a whole. Learning is not only directed at improving physical fitness and movement skills, but also contributes to the development of mental, social, emotional, and character building aspects. Through various planned physical activities, students are encouraged to have an attitude of discipline, responsibility, cooperation, sportsmanship, and a healthy lifestyle as part of achieving educational goals (Muyana et al., 2024; Syafruddin et al., 2022). One form of physical education implementation is realized through achievement sports activities. In addition to functioning to improve the quality of fitness, sports are also a means of fostering human resources that are able to

form positive characters, such as hard work, responsibility, discipline, and the spirit of competition (Kurniawan, 2018). Therefore, sports coaching is not only oriented to achieving achievements, but also to the formation of individuals who have good physical, mental, and character qualities.

Among the various sports in Indonesia, pencak silat has a distinctive position because it contains elements of sports, art, culture, and martial arts. As the nation's cultural heritage, pencak silat not only teaches self-defense techniques, but also instills moral values, self-control, and respect for others (Prabowo & Soedjatmiko, 2023). As pencak silat develops to the national and international levels, the demands on the quality of athletes are increasing. Athletes are required to have optimal readiness to be able to compete and maintain performance in every competition.

The achievement of achievements in sports is basically influenced by various interrelated components. Technical ability, physical condition, and tactical mastery are indeed the main factors in the match, but the psychological aspect also has an equally important contribution. A good psychological condition will help athletes maintain concentration, control emotions, increase confidence, and maintain performance during training and matches (Koiril, 2021). Therefore, the coaching of athletes needs to be carried out in a balanced manner by paying attention to physical, technical, tactical, and psychological aspects.

One of the psychological aspects that has a close relationship with the success of athletes is motivation. Motivation is the force that encourages a person to perform, maintain, and improve an activity in achieving a certain goal. In the context of sports, motivation plays a role in shaping athletes' commitment to train consistently, develop skills, and face various challenges during the coaching process and competitions (Ahmad et al. 2020). Athletes who have high motivation tend to show better enthusiasm for training, are more disciplined in running training programs, and have stronger fighting power than athletes with low motivation levels.

Although motivation in sports has been widely studied, research that specifically compares the levels of intrinsic and extrinsic motivation, along with their respective indicators, among pencak silat athletes at the regency level—particularly within a structured regional coaching program such as SPMP Kediri Regency—is still limited. Most previous studies tend to examine motivation in sports in general or in other branches, so a specific picture of which motivational dimensions are the strongest and weakest supporters for pencak silat athletes has not been widely revealed. This gap is important to fill because identifying the dominant and weakest indicators of motivation can provide a more targeted basis for coaches and sport administrators in designing coaching strategies. Therefore, this study focuses specifically on measuring and describing the intrinsic and extrinsic motivation levels of pencak silat athletes in Kediri Regency, including the analysis of each of their indicators, so as to provide a clear and applicable picture for the development of athlete coaching programs.

2. METHOD

This study applies a quantitative approach with a descriptive method. The quantitative approach is used because the research focuses on measuring data in the form of numbers which are then analyzed using descriptive statistical techniques, while the descriptive method aims to provide an overview of the level of intrinsic motivation and extrinsic motivation of pencak silat athletes in Kediri Regency without treating the variables studied (Creswell & Creswell, 2023; Sugiyono, 2022). The research was carried out from June to August 2026 in Kediri Regency.

The research population includes all pencak silat athletes in Kediri Regency. The sample was

determined using a purposive sampling technique so that 25 athletes who met the criteria were obtained, namely still actively participating in the coaching program, willing to become respondents, and joining the Kediri Regency pencak silat coaching program. Data collection was carried out using questionnaires as the main instrument and supported through observation and interviews to strengthen the information obtained. The questionnaire was compiled using a Likert scale of four alternative answers consisting of 40 statements, including 20 intrinsic motivation items and 20 extrinsic motivation items. Intrinsic motivation is measured through five indicators, namely desire to achieve, interest, self-satisfaction, perseverance, and personal goals. Meanwhile, extrinsic motivation is measured based on indicators of coach support, family support, training environment, facilities, and rewards.

Before being used in the study, the instrument was first tested for quality through a validity test using Pearson's Product Moment correlation and a reliability test using the Cronbach Alpha coefficient. The validity test results showed that all statement items were declared valid, with calculated r-values ranging from [ISI: nilai r hitung terendah–tertinggi] ($r\text{-table} = [\text{ISI: nilai } r \text{ tabel}]$ at $\alpha = 0.05$), while the reliability test produced a Cronbach's Alpha coefficient of [ISI: nilai Cronbach's Alpha] for the intrinsic motivation instrument and [ISI: nilai Cronbach's Alpha] for the extrinsic motivation instrument, indicating that both instruments were reliable and suitable for use in this study. Furthermore, the data was analyzed using descriptive statistics with percentage techniques to determine the category of athletes' motivation levels. The results of the analysis are then presented in the form of tables and descriptive descriptions to facilitate the interpretation of the research findings.

3. RESULTS AND DISCUSSION

Intrinsic Motivation of Pencak Silat Athletes in Kediri Regency

Table 1. Descriptive Statistics of Intrinsic Motivation (X1)

Parameter	Value	Remarks
Number of Respondents (N)	25	Athletes
Maximum Possible Score	80	-
Actual Total Score	1.644	-
Average Score	65,76	-
Score Minimum	54	-
Score Maximum	72	-
Standard Deviation	4,26	-
Average Percentage	82,2%	Very High

Sources: Research Processing Data, 2026

Based on Table 1, the intrinsic motivation of SPMP pencak silat athletes in Kediri Regency obtained an average score of 65.76 out of a maximum score of 80. The achievement percentage of 82.2% shows that the athletes' intrinsic motivation is in the very high category. These findings indicate that most athletes have a strong internal drive to follow training and achieve achievements.

Table 2. Intrinsic Motivation Level Frequency Distribution (X1)

No	Category	Range (%)	Frequency	Percentage (%)
1	Very High	81 – 100%	17	68,0
2	Height	61 – 80%	8	32,0
3	Medium	41 – 60%	0	0,0
4	Low	21 – 40%	0	0,0
5	Very Low	≤ 20%	0	0,0
Total		-	25	100,0

The frequency distribution in Table 2 shows that as many as 17 athletes (68.0%) are in the very high category and 8 athletes (32.0%) are in the high category. There are no athletes who are in the medium, low, or very low categories. These results show that athletes' intrinsic motivation is relatively high and spread across positive categories.

Table 3. Analysis per Intrinsic Motivation Indicator (x1)

No	Indicator	Total Score	Max Score.	% Reach	Category
1	The Desire to Achieve	254	400	63,5%	Height
2	Interest	301	400	75,25%	Height
3	Self-Satisfaction	367	400	91,75%	Very High
4	Perseverance	363	400	90,75%	Very High
5	Personal Goals	359	400	89,75%	Very High
Total X1		1.644	2.000	82,2%	VeryHeight

The analysis per indicator in Table 3 shows that satisfaction obtained the highest percentage of 91.75%, followed by perseverance at 90.75% and personal goals at 89.75%, all of which are in the very high category. Meanwhile, the interest indicator obtained a percentage of 75.25% and a desire to achieve 63.5% which was in the high category. Overall, all intrinsic motivation indicators showed good achievements.

The findings of the study show that the intrinsic motivation of pencak silat athletes in Kediri Regency is in the Very High category with an average percentage of 82.2%. These results indicate that most athletes participate in training because they are driven by an inner desire to develop abilities, achieve personal goals, and gain satisfaction in the training process. This internal encouragement is an important capital in maintaining the consistency of training and increasing the fighting power of athletes when facing various challenges during the coaching process. These findings are in line with Putra & Wijono, (2021) which states that intrinsic motivation plays an important role in increasing athletes' training commitment and achievements. Morris dkk. (2022), It also explains that intrinsic motivation arises when individuals feel pleasure and satisfaction in the activities carried out so that their involvement becomes more sustainable.

Based on the results of the indicator analysis, self-satisfaction obtained the highest percentage (91.75%), followed by perseverance (90.75%) and personal goals (89.75%). The high level of these three indicators shows that athletes are satisfied with the training process and have a strong commitment to continue to improve their abilities. This condition shows that positive experiences

during training are able to strengthen motivation that comes from within athletes. These results are in line with research Jannah et al. (2022); Klompstra et al. (2022); Tušak dkk., (2022) which states that satisfaction in training contributes to increased intrinsic motivation and the sustainability of athletes' commitment to achieving achievements.

On the other hand, the indicator of the desire to achieve (63.5%) obtained the lowest achievement even though it was still in the High category. This condition indicates that some athletes still need more intensive competition experience and coaching to improve their orientation to achievement. Wigfield dkk. (2021) explains that the motivation to achieve achievement develops through experience, achieved success, and a learning process that encourages individuals to maintain their efforts in achieving goals. Therefore, providing opportunities to participate in competitions on a sustainable basis can be one of the strategies to strengthen athletes' motivation to excel.

Furthermore, when examined as a whole, these indicator-level findings reveal a consistent pattern in which components related to internal fulfillment and self-regulation—self-satisfaction, perseverance, and personal goals—are more strongly established among pencak silat athletes in Kediri Regency than the more externally anchored achievement drive represented by the desire to achieve indicator. This pattern reinforces the view of Morris dkk. (2022) that intrinsic motivation is rooted in the direct experience of enjoyment and satisfaction derived from the activity itself, rather than from external outcomes such as competition results. In practical terms, this finding suggests that coaches within the SPMP Kediri Regency program have been relatively successful in building a training atmosphere that supports athletes' sense of accomplishment and personal growth, but have not yet fully optimized structured, competition-oriented experiences that could sharpen athletes' orientation toward achievement, as emphasized by Wigfield dkk. (2021). Continuous participation in graduated competitive exposure, combined with reflective evaluation after each event, may therefore serve as a concrete pathway to raise the desire-to-achieve indicator toward the very high category already reached by the other four indicators, so that the overall profile of athletes' intrinsic motivation becomes more evenly distributed and optimal.

Extrinsic Motivation of Pencak Silat Athletes in Kediri Regency

Table 4. Descriptive Statistics of Extrinsic Motivation (X2)

Parameter	Value	Remarks
Number of Respondents (N)	25	Athletes
Maximum Possible Score	80	-
Actual Total Score	1.093	-
Average Score	43,72	-
Score Minimum	39	-
Score Maximum	53	-
Standard Deviation	3,39	-
Average Percentage	54,65%	Medium

Based on Table 4, the extrinsic motivation of SPMP pencak silat athletes in Kediri Regency obtained an average score of 43.72 out of a maximum score of 80. The achievement percentage of 54.65% shows that the athletes' extrinsic motivation is in the medium category. The minimum score obtained is 39 and the maximum score is 53 with a standard deviation of 3.39. These results show that the external factors that affect athletes' motivation are not fully optimal.

Table 5. Frequency Distribution of Extrinsic Motivation Levels (X2)

No	Category	Range (%)	Frequency	Percentage (%)
1	Very High	81 – 100%	0	0,0
2	Height	61 – 80%	3	12,0
3	Medium	41 – 60%	22	88,0
4	Low	21 – 40%	0	0,0
5	Very Low	≤ 20%	0	0,0
Total		-	25	100,0

The frequency distribution in Table 5 shows that as many as 22 athletes (88.0%) are in the medium category and 3 athletes (12.0%) are in the high category. There are no athletes who are in the very high, low, or very low categories. These findings suggest that athletes' extrinsic motivation is relatively homogeneous and is still at a moderate level.

Table 6. Analysis per Extrinsic Motivation Indicator (x2)

No	Indicator	Total Score	Max Score.	% Reach	Category
1	Coach Support	138	400	34,5%	Low
2	Family Support	134	400	33,5%	Low
3	Environment	192	400	48,0%	Medium
4	Facilities	260	400	65,0%	Height
5	Awards	369	400	92,25%	Very High
Total X1		1.093	2.000	54,65%	Medium

Analysis per indicator shows that the award obtained the highest achievement of 92.25% in the very high category, followed by facilities of 65.0% in the high category. Meanwhile, the environment obtained a percentage of 48.0% in the medium category. The indicators of coach support of 34.5% and family support of 33.5% are in the low category. These results show that there are quite striking differences between extrinsic motivation indicators.

Table 7. Comparison of Intrinsic and Extrinsic Motivations of Athletes

Variabel	Average Score	Percentage (%)	Category	SD
Intrinsic Motivati (X1)	65,76	82,2	Very High	4,26
Extrinsic Motivati (X2)	43,72	54,65	Medium	3,39

Based on Table 7, In contrast to intrinsic motivation, the extrinsic motivation of pencak silat athletes in Kediri Regency is in the Medium category with an average percentage of 54.65%. These findings suggest that external factors have not provided an optimal boost to the athlete's training process. Nevertheless, extrinsic motivation still has an important role because support from the environment can strengthen the internal motivation that athletes already have. These results are in line with DKK office. (2021) which states that social support plays a role in increasing individual

motivation, engagement, and perseverance through the fulfillment of psychological needs.

Analysis per indicator shows that the award obtained the highest percentage (92.25%) and the facility was in the High category (65.0%). These results indicate that the form of appreciation and the availability of training facilities are able to provide a positive encouragement for athletes to maintain the spirit of training. These findings support research Sumbayak et al. (2024) which explains that awards are one of the effective external factors in increasing athlete motivation.

On the other hand, coach support (34.5%) and family support (33.5%) were in the Low category, while the training environment was in the Medium category (48.0%). These results show that the social support received by athletes is not optimal so it still needs to be improved. DKK office. (2021) Explaining that coaches and families have an important role in building confidence, providing emotional support, and maintaining athletes' motivation during the coaching process. These findings are also in line with Pujiono et al. (2025) which states that the quality of support from coaches, family, and the training environment affects the extrinsic motivation of athletes. Therefore, improving communication, mentoring, and involvement of coaches and families needs to be a concern in athlete coaching programs.

Overall, this study shows that athletes' intrinsic motivation is higher than extrinsic motivation. The findings indicate that athletes already have a strong internal drive, but external factors, especially coach and family support, still need to be improved. The synergy between intrinsic motivation and extrinsic motivation is expected to be able to create a more optimal coaching process so that it can support the improvement of the achievements of pencak silat athletes in Kediri Regency.

4. CONCLUSION

This study shows that the motivation of SPMP pencak silat athletes in Kediri Regency is more dominated by intrinsic motivation than extrinsic motivation. The findings indicate that the drive that comes from within the athlete has been a major factor in maintaining commitment, perseverance, and the spirit of training to achieve achievements. On the other hand, extrinsic motivation has not developed optimally, so external support is still needed, especially in the coaching process by coaches and families. Thus, the success of athlete coaching is determined not only by strong intrinsic motivation, but also by adequate external support. The synergy between the two forms of motivation is expected to be able to increase the effectiveness of coaching and encourage the achievement of pencak silat athletes in Kediri Regency in a sustainable manner.

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