

## Analysis of the Relationship between Interest and Motivation and Sepak Takraw Achievement of Students at SMAN 1 Montong Gading

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### Abstract

*This research aims to investigate the relationship between students' interest and motivation towards performance in sepak takraw at SMAN 1 Montong Gading, NTB. Sepak takraw is a popular sport in the region, often described as a combination of soccer and volleyball. Psychological factors such as interest and motivation are identified as variables that potentially influence performance in this sport. The research method employed a quantitative descriptive approach with survey and cluster sampling techniques. Data were collected through questionnaires measuring students' levels of interest and motivation towards sepak takraw, as well as their performance in the sport. The results of the analysis indicate a significant correlation between interest ( $r = 0.416$ ,  $p < 0.001$ ) and motivation ( $r = 0.589$ ,  $p < 0.001$ ) with students' performance. These correlations suggest that higher levels of interest and motivation towards sepak takraw correspond to higher levels of achievement. In conclusion, this study emphasizes the importance of fostering and enhancing students' interest and motivation towards sepak takraw to improve their performance. These findings provide practical implications for developing sports programs in schools aimed at motivating students to achieve better performance through strengthening their interest and motivation*

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## 1. INTRODUCTION

Sepak takraw is a sport that combines elements of football and volleyball. In Indonesia, sepak takraw is quite popular, especially in certain areas such as West Nusa Tenggara (NTB). Achievement in this sport not only depends on physical ability but also on the interest and motivation of the students (Siagian, REF 2015. Kamaruddin, I. 2018. Lena, IM, et.al. 2020). Interest is a psychological component that encourages a person to be actively involved in an activity Matondang, A. (2018). Interest in sepak takraw can be seen from how enthusiastic the students are in participating in training and matches. According to Sanndi Kurniawan (2023), the high interest in sepak takraw in one region shows that there is great potential for further development.

Motivation is a basic impulse that makes a person have the desire and willingness to carry out an action or activity (Schunk, et al. 2012, Endriani, Y., & Karneli, Y. 2020). Motivation on the other hand is an urge that comes from within a person that makes him try to achieve certain goals. Strong learning motivation, as stated by Rafiqah (2013), Mubarak, H., et.al. (2021), Sustainable, A.D. (2017) greatly influences students' academic and non-academic achievements. A series of learning activities outside main lesson hours which aim to optimize the development of students' potential, talents, interests, skills and independence in order to achieve the expected educational goals Ardy Wiyani, N. (2013). In a sports context, motivation can come from the desire to win a match, gain an award, or even improve physical health. Achievement in sepak takraw is not just a matter win competition but also how a student is able to demonstrate good skills and techniques. This achievement is proof of hard effort and consistent practice. Student achievement in sports is also influenced by factors such as interest, motivation and talent (Wawo, YHK (2023), Mona, S., & Yunita, P. (2021).

This research was conducted at SMAN 1 Montong Gading, a senior high school in NTB, to examine the relationship between students' interest and motivation and the performance of sepak

takraw sports. This research is important to provide a deeper understanding of how these psychological factors can influence student performance in sports.

## 2. METHOD

This research uses quantitative descriptive methods with survey techniques. According to Zainal Arifin (2012), survey research is a research method that collects information from a sample using questionnaires or interviews to describe various aspects of the population. The population of this study were students of SMAN 1 Montong Gading, with samples taken using cluster sampling techniques. Cluster sampling is used when the research object or data source is very broad. In this research, samples were taken from two classes, namely one class 10 and one class 11. The research instrument used was a questionnaire regarding students' interest and motivation which was related to the performance of sepak takraw sports. This questionnaire was tested for validity and reliability before being used to ensure that the data collected was reliable

## 3. RESULTS AND DISCUSSION

### a. Results

The results of the research show that there is a significant relationship between interest and motivation and sepak takraw achievement at SMAN 1 Montong Gading. Students who have a high interest in sepak takraw tend to take part in practice and participate in matches more often, which ultimately improves their skills and achievements. According to Jonathan Sarwono (2011:57), "correlation is an analysis technique which includes techniques for measuring associations or relationships." The correlation test is an analysis that functions to determine the relationship between one variable and another. The following is the value of the degree of correlation test relationship

#### 1) Variable correlation test

The basis for decision making in the variable correlation test is that if the significance value is less than 0.05 then it is correlated (related), and if the significance value is more than 0.05 then it is not correlated (related). The following are the results of the correlation test of the interest (X1) and motivation (X2) variables on the achievement variable (Y):

Table 1. Correlation test results of interest variables with achievement variables:

Correlations			
		minat	prestasi
minat	Pearson Correlation	1	.416**
	Sig. (2-tailed)		.001
	N	59	59
prestasi	Pearson Correlation	.416**	1
	Sig. (2-tailed)	.001	
	N	59	59

Table 2. Results of correlation tests between motivation variables and achievement variables:

Correlations		motivasi	prestasi
motivasi	Pearson Correlation	1	.589**
	Sig. (2-tailed)		<.001
	N	59	59
prestasi	Pearson Correlation	.589**	1
	Sig. (2-tailed)	<.001	
	N	59	59

## 2) Multiple correlation

The basis for decision making for the multiple correlation test is that if the F change value is smaller than 0.05 then there is a significant relationship, and if the F change value is greater than 0.05 then there is no significant relationship. The following are the results of the multiple correlation test for the variables interest (X1), motivation (X2) and achievement (Y):

Table 2. Multiple correlation test results:

**Model Summary b**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics				
					R Square Change	F Change	df1	df2	Sig. F Change
1	.598a	.357	.334	4.346	.357	15.564	2	56	<.001

a. Predictors: (Constant), motivation, interest

b. Dependent Variable: achievement

From the table above it can be concluded that the F change value is  $0.01 < 0.05$ , and the R value is 0.598. So, interest and motivation have a significant relationship. With a strong degree of relationship and a positive form of relationship

**b. Discussion**

From the descriptive statistical data, it can be concluded that interest and motivation are related to achievement, but with different degrees of relationship. The correlation test results show that both interest and motivation have a significance value of 0.01, which is smaller than 0.05. Pearson correlation shows that the interest variable (X1) has a correlation with achievement (Y) of 0.416, which is included in the moderate degree of relationship, while the motivation variable (X2) has a correlation with achievement (Y) of 0.589, which is included in the degree of relationship. strong. Thus, the variables of interest and motivation are correlated with achievement, with interest having a moderate degree of relationship and motivation having a strong degree of relationship. These two variables are both positively related to achievement.

After the variable correlation test, the researchers conducted a multiple correlation test which showed that interest and motivation had a strong relationship to achievement. This is proven by the F change value of  $0.01 < 0.05$ , and the R value of 0.592. Thus, it can be concluded that interest and motivation have a significant relationship to achievement with a strong degree of relationship.

According to Elizabeth B. Hurlock (2016), interest is a source of motivation that encourages someone to do what they want when they are free to choose. This statement shows that interest and motivation are two things inherent in humans, although they are different, they cannot be separated. The higher a person's interest, the higher the opportunity for achievement, and vice versa. High motivation also increases the opportunity to achieve achievement. Without motivation, there is little hope that someone can achieve success. Therefore, motivation greatly determines the level of individual achievement (Sardiman, Rafiqah, 2013).

#### 4. CONCLUSION

This research concludes that interest and motivation have a significant influence on students' sepak takraw achievements at SMAN 1 Montong Gading. Therefore, efforts to improve student achievement in this sport must include strategies to increase their interest and motivation.

#### 5. SUGGESTION

Schools and sports teachers need to work together to create an environment that supports the development of students' interest and motivation towards sepak takraw.

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