

## **Student Motivation for Futsal Training during the COVID-19 Pandemic**

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### **Abstract**

This research is based on the COVID-19 pandemic that is endemic throughout the world, especially in Indonesia. Requires all educational institutions to carry out limited online and face-to-face teaching and learning activities, inevitably also in extracurricular activities at school. The purpose of this study was to determine the level of student motivation using data collection techniques. The research method is a quantitative descriptive study that provides an overview of the object under study. While the method using a questionnaire as the instrument. The data and data sources in this study were futsal extracurricular students at SMP Negeri 16 Bogor City as many as twenty students as samples. The instrument used in this research is a questionnaire. The data analysis technique was carried out by preparing, tabulating, and applying the data according to the research approach. The conclusion of this study is based on the results of processing and analysis of research data on "Students' Motivation towards Futsal Practice During the COVID-19 Pandemic (Extracurricular Students at SMP Negeri 16, Bogor City). There are results that all respondents show that the motivation for futsal training during the COVID-19 pandemic is included in the sufficient category with a score of 84.24%.

Keywords: COVID-19 pandemic, futsal training, motivation.

## **1 INTRODUCTION**

Futsal is a worldwide sport. However, Indonesian people have only known futsal in 2000 until now, futsal is a sport that is very popular with the public, both men and women are very fond of playing it. Futsal sports can be made a positive activity among the community, in addition to having a positive impact on health it can also eliminate boredom in carrying out daily activities, but futsal is also an achievement sport, there are lots of events held both entertainment events such as events independence, class meetings at school level, agency level championships, and official events held by city level institutions in this case DISPORA (Youth and Sports Office), KONI (Indonesian National Sports Committee),

Futsal has also developed rapidly in the world of education, reportedly, there are lots of inter-school championships being held at the city, provincial, and national and international levels. Students and schools that excel, especially in the field of futsal, have a place where championship events are held (Alfredo, Resita, & Gustiawati, 2020). The achievements achieved by the school certainly have a positive impact on the school which of course has more value with the many achievements obtained, it also has a positive impact for students to gain championship experience and also a certificate of champion which of course supports the future of students in continuing to gain knowledge to the next stage through achievement path.

SMP Negeri 16 Bogor City is a junior high school that has many achievements both academic and non-academic achievements, qualified students and skilled teaching staff

are part of the achievements of this school, its active and organized intracurricular and extracurricular activities make this school in demand by many people, of course, apart from being a public school, but also famous for their achievements, especially in the extracurricular fields of futsal and football, these achievements are not only achieved on behalf of the team or school but also individual students who have never been absent in the representative futsal championships at the regional level, regional and national. However, what we both know is that an achievement achieved is a success that can never be separated from practice,

However, since the COVID-19 pandemic broke out in early 2020, intra-curricular and extra-curricular activities at schools have been hampered. Government regulations that impose PSBB (Large-Scale Social Restrictions) make the process of intracurricular activities or teaching and learning have to make new changes through the online system or the teaching and learning process is carried out online which of course makes the learning process in schools less effective, extracurricular activities also have many changes, many once extracurricular activities at school had to be stopped for quite a long time, especially futsal extracurricular activities at SMP Negeri 16 Bogor City which should have run smoothly without any obstacles have now become limited, this of course is a negative impact of the COVID-19 virus outbreak.

While waiting for directions from the government, of course, training must continue to run to relieve boredom, stress, maintain fitness to avoid the COVID-19 virus as well as maintain muscle and physical mass so that they are always ready when the COVID-19 virus subsides and the championship rolls back. However, these exercises are certainly less effective, training activities carried out online make students less motivated, students who are not accompanied by a trainer directly often make many mistakes in the exercise movement, are often late in sending exercise assignments, do not listen to directions from the trainer.

Therefore, the thing that must be done is to wait for directions from the local government and provincial government to all levels of society, especially in the education sector in the futsal extracurricular field to be able to carry out activities as usual so that students return to being motivated in the futsal extracurricular training process. Regarding motivation. The more motivated a person is in doing the exercises, the better the achievements and benefits that can be obtained, but the presence of the COVID-19 pandemic can affect the motivation of students who want to achieve achievements that begin with practice. So based on the above background, the researcher wants to conduct a study on Student Motivation for Futsal Extracurricular Exercises at SMP Negeri 16 Bogor City during the COVID-19 Pandemic Period.

The formulation of the problem to be discussed is: (1) do students of SMP Negeri 16 Bogor City need time to adapt in the face of new changes?; (2) how is the motivation of the students of SMP Negeri 16 Bogor City?; (3) can the exercise work when students are not motivated to do it?; (4) can the corona virus give fear to students' desire to practice futsal extracurriculars?; (5) how is the training process carried out by students if they are not accompanied by a trainer directly?

The aim of this study is to find out how the level of student motivation towards Futsal Extracurricular Exercises at SMP Negeri 16 Bogor City in the Academic Year of 2022/2023

### **1.1 The Nature of Motivation**

Motivation is a force or energy that is unbeing or abstract (Fadlih & Riyanto, 2019). Its form can only be observed in the form of the visible manifestation of the treatment action or the pattern of behavior. Motivation as a condition in a person's personality that encourages individuals to carry out certain activities in order to achieve goals. Motivation is very important for human existence, there are many cases that say that humans need motivation that comes from themselves or from others in order to achieve one's desires and goals (Hidayat & Hambali, 2019).

Motivation comes from the word motive. Something that has a motive will make the basis of a clear goal. According to (Sumarsono & Riyanto, 2020) motivation is a driving

and driving factor that can trigger a sense of enthusiasm and is also able to change human or individual behavior to go to better things for themselves. Human behavior is essentially goal-oriented in other words that a person's behavior is generally stimulated by the desire to achieve some goal. Motivation, sometimes this term is used interchangeably with other terms, such as needs, desires, drives, enthusiasm or impulses. In an effort to achieve sports achievements, students have the motivation to exercise within themselves and get motivation from the surrounding environment. According to (Putra, M. F. P., 2020) motivation is an important part. In fact, in the context of achievement sports, many athletes fail to achieve maximum results due to low sports motivation. That is why, motivation is at the core of various sports problems that are interesting to study.

A simple definition of the word motivation might make people do what they have to do well and enthusiastically. It can be concluded from some of the theoretical above, namely motivation is the drive, will, desire that is within a person or that comes from outside such as family, friends, teachers or competition that gives encouragement to someone to achieve a certain goal, in this case competition and competition. the desire to excel in the school environment is also included in the motivation for students.

### **1.2 The Nature of Training**

To achieve an achievement in sports, training is needed, the training or exercises carried out must be carried out correctly, programmed and continuously. The application of the training stimulus produces several anatomical, physiological and psychological changes in the body. According to the opinion Bompaa (1985) that the positive changes that occur after systematic training result in the adaptation of the body to a variety of stimuli. This opinion provides an understanding that training is a practice process that is carried out repeatedly with a fairly long process and the increasing number of training loads to achieve the expected achievement goals.

A good and correct exercise process must take into account and adjust the volume, intensity, and rest period during exercise. According to Aprilia (2018) the coach must be able to create recovery opportunities in his training sessions. The recovery principle should be considered as important as the overload principle. The application of the training stimulus produces several anatomical, physiological, and psychological changes in the body. The positive changes that occur after systematic training result from the body's adaptation to a varied set of stimuli. There is a direct correlation between the adaptation process and the training dose.

The main goal and goal of training or training is to help athletes improve their skills and achievements as much as possible (Doewes et al., 2020). The training process certainly has a goal, the main goal of training is to achieve the results planned and expected by the coach and athlete or student. Doing exercises repeatedly or continuously can certainly improve the athlete's skills and achieve the objectives of the exercise, so that achievement can be achieved as much as possible.

### **1.3 The Nature of the Game of Futsal**

Futsal (futball sala) in Spanish means indoor football. Futsal is a sport that is growing rapidly in society, both in the field of education, offices and the public. In the opinion of (Naufal, 2021) Futsal is not only a recreational sport, but has also become a competitive sport, participating in various regional, national and international competitions. According to (Alfredo et al., 2020) Futsal can be done by everyone from young and old, small children, men and women can all play futsal, making this sport very popular in Indonesia.

All sports certainly have rules in playing them, the futsal game it self is played by five players per team. Although it has similarities with the game of football in playing it. Futsal has a ball size and field size which is smaller than the size used in football games, FIFA regulates futsal very strictly and is made in such a way that the game runs fair play, in Indonesia itself futsal is under the auspices of the FFI (Indonesian Futsal Federation).

According to Ruvino, Iqbal, and Hasani (2020) This sport forms a player to always be ready to receive and pass the ball quickly under pressure from opposing players. With a

narrow field, this game demands high ball possession techniques, cooperation between players, and team cohesiveness. In the futsal game, players can show their individual techniques, a player will be better known if they have individual techniques that exceed other players. Futsal players must have skills in terms of carrying and controlling the ball accurately and quickly. Other abilities that must be mastered are receiving, capturing, heading and shooting the ball. According to the opinion of (Hasibuan & Irawan, 2019). Futsal has its own rules compared to football, all futsal game rules have been agreed and regulated separately by FIFA. However, by respecting the agreement of the associations concerned and who have prepared the principles of this rule, the rules of the game of futsal can be changed in its application to suit the orders of beginners especially those under 16 years of age, women or for players who are old enough (over 35 years) and players who have certain deficiencies. To be able to play futsal well, it is necessary to have an understanding and knowledge of the rules of the game of football. In the game of football there are rules that have been applied which are contained in the rules of the game (Laws Of The Games).

#### **1.4 Corona Virus (SARS-COV-2)**

The SARS-CoV-2 coronavirus is a virus that attacks the respiratory system caused by the coronavirus pneumonia. According to Sayi (2020) that there are two types of coronavirus that are known to cause diseases that can cause severe symptoms such as middle EAST Respiration Syndrome (MERS) and severe acute respiratory syndrome (SARS). Coronavirus disease (COVID-19) is zoonotic (transmitted between animals and humans). Research states that SARS was transmitted from civet cats to humans and MERS from camels to humans (Ministry of Health, 2020). The impact of this pandemic affects the enthusiasm of students in exercising. The impact of this pandemic is also felt and experienced by several extracurricular activities, especially futsal extracurricular activities.

#### **1.5 Relevant Research**

To assist and complement in preparing this research, the researcher looks for relevant materials according to the research to be studied. The research relevant to this research is as follows.

Firstly, research conducted by Alfredo et al. (2020) entitled "Achievement Motivation of Futsal Extracurricular Participants in Cikarang Selatan District, Bekasi Regency" This study is a quantitative descriptive study using survey method. The population in this study were students who participated in high school futsal extracurricular activities in Cikarang Selatan District, Bekasi Regency. The instrument in this study used an attitude scale questionnaire, while the sampling technique was purposive sampling. This research is a population study so that the entire population is used as a research sample, so the subjects of this research are students of class X and XI who take part in high school futsal extracurricular activities in Cikarang Selatan District, Bekasi Regency as many as 30 students. Analysis of the data used in this study is a quantitative descriptive analysis with percentages.

Secondly, Research conducted by Asykarillah and Hariyanto (2021) entitled "Student Motivation Survey in Participating in Futsal Extracurricular Activities at SMAN 1 Srengat, Blitar Regency". In this study used research methods in the form of qualitative descriptive research methods. The population in this study were 30 male students at SMAN 1 Srengat. The data collection stage uses a structured or closed questionnaire with the answer choices using a Likert scale with a scale of 1 to 4. At the data collection stage, descriptive quantitative instruments are used. Based on the results of descriptive analysis, 53.3 percent of students want to show their existence by practicing first about the material to be taught, 86.67 percent of students strongly agree that futsal extracurricular can eliminate the saturation effect, 60 percent of students strongly agree that coaches in futsal extracurricular provide interesting learning for students, and 53.33 percent of students choose this activity to be carried out outside the classroom. intrinsic motivation in students.

This can be done by improving the training pattern in practicing futsal or doing something else that can foster intrinsic motivation to be more active in practicing.

## 2 RESEARCH METHODS

The method used in this study is a survey, while the data collection technique uses a closed questionnaire. Data collection techniques using closed questionnaires in the form of written statements given to respondents to choose which answer is most appropriate to the real situation. This research was conducted at SMP Negeri 16 which is located at Jl. Kayumanis No.63, RT.01/RW.08, Kayu Manis, Kec. Cereal Land, Bogor City, West Java 16169., to find out the motivation of students at SMP Negeri 16 Bogor City in participating in futsal extracurricular training activities during the COVID-19 pandemic. The time of this research was carried out for three months, starting from April to June 2022. The design of this study was descriptive. Descriptive research is used to collect, summarize, and interpret the data obtained which can then produce a directed, clear and comprehensive picture of the problem that is the object of research.

The data obtained from the research will be presented as is and will not draw further conclusions from the existing data. In quantitative research, the sample is part of the number and characteristics possessed by the population (Sugiyono, 2018). Sampling used in this study is total sampling. Futsal extracurricular students at SMP Negeri 16 Bogor City, totaling 20 people. In this study, to test whether the instrument that has been tested is valid or not, it is carried out using the Pearson Product Moment formula. (2018) which states that, a valid instrument means that the measuring instrument used to obtain (measure) data is valid. Valid means that the instrument can be used to measure what should be measured by comparing the calculated  $r$  value with the  $r$  table in the product moment  $r$  value table with a significant level of 0.05 (5%). In this study, to test the reliability, the author uses a reliability test using the Reliability Analysis formula. If Cronbach's Alpha value is  $> 0.60$  then the questionnaire is declared reliable or consistent.

If Cronbach's Alpha value is  $< 0.60$  then the questionnaire is declared unreliable or inconsistent. Valid means that the instrument can be used to measure what should be measured by comparing the calculated  $r$  value with the  $r$  table in the product moment  $r$  value table with a significant level of 0.05 (5%). In this study, to test the reliability, the author uses a reliability test using the Reliability Analysis formula. If Cronbach's Alpha value is  $> 0.60$  then the questionnaire is declared reliable or consistent. If Cronbach's Alpha value is  $< 0.60$  then the questionnaire is declared unreliable or inconsistent. Valid means that the instrument can be used to measure what should be measured by comparing the calculated  $r$  value with the  $r$  table in the product moment  $r$  value table with a significant level of 0.05 (5%). In this study, to test the reliability, the author uses a reliability test using the Reliability Analysis formula. If Cronbach's Alpha value is  $> 0.60$  then the questionnaire is declared reliable or consistent. If Cronbach's Alpha value is  $< 0.60$  then the questionnaire is declared unreliable or inconsistent.

## 3 RESULT AND DISCUSSION

### 3.1 Result

Data on student motivation for futsal training during the COVID-19 pandemic can be seen from observations during the training process and the results of distributing questionnaires or questionnaires. In this section regarding the results of research and analysis of writing a thesis entitled "Students' Motivation towards Futsal Practice During the COVID-19 Pandemic", the researchers conducted research on data collection by distributing questionnaires to respondents. The data that has been collected is processed using

descriptive analysis techniques and calculates the percentage of each item answered in the questionnaire into a tabulation of the percentage of data.

Table 1. Frequency Distribution of Respondents Class

| Age (years) | f  | %    |
|-------------|----|------|
| 13          | 2  | 10%  |
| 14          | 7  | 35%  |
| 15          | 11 | 55%  |
| Total       | 20 | 100% |

Based on Table 1, it can be seen that in this study most of the respondents were 15 years old with a total of 11 people and a percentage (55%), respondents aged 14 years with a total of 7 people and a percentage (35%), and respondents aged 13 years with the number of 2 people and the percentage (10%). These findings are in accordance with the criteria for junior high school students (Junior High School). Ideally, SMP (Junior High School) students are students born in 2007 to 2009.

Table 2. Frequency Distribution of Respondents Class

| Class | f  | %    |
|-------|----|------|
| 7     | 5  | 25%  |
| 8     | 4  | 20%  |
| 9     | 11 | 55%  |
| Total | 20 | 100% |

Based on the results from Table 2, it can be seen that in this study most of the respondents were in class 9 with a total of 11 people and a percentage (55%), respondents were in class 8 with a total of 4 people and a percentage (20%), respondents were in class 7 with a total of 5 people and a percentage (25%).

Table 3. Frequency Distribution of Respondents' Gender

| Gender | f  | %   |
|--------|----|-----|
| Male   | 20 | 100 |
| Female | 0  | 0   |
| Total  | 20 | 100 |

Based on Table 3, it can be seen that in this study all respondents had male sex, totaling 20 people with a percentage (100%).

Determining the Interval Value

$$\text{Interval Score} = \frac{\text{Highest Score} - \text{Lowest Score}}{\text{Multiple Classification}}$$

$$\text{Interval Value} = \frac{125-25}{5}$$

$$\text{Interval Value} = 20$$

Table 4. Score Category

| Interval (%) | Category  | Frequency |
|--------------|-----------|-----------|
| 106-125      | Very high | 11        |
| 86-105       | Tall      | 6         |
| 66-85%       | Enough    | 2         |
| 46% 65%      | Low       | 1         |
| X 45%        | Very low  | 0         |
| Total        |           | 20        |

From data Table 4, there are 11 students who have a level of exercise motivation included in the very high category, 6 students are included in the high category, 2 students are included in the moderate category, 1 student is included in the low category, 0 students are included in the very low category. And percentage of students motivation are 84,25% or enough category (Table 5).

Table 5. Percentage of Respondents

| Name                     | Score   | Category  |
|--------------------------|---------|-----------|
| Farel Ramadhan           | 100.00% | Very High |
| Nazib Firlansyah         | 88.00%  | Very High |
| Muhammad Harlan Fadillah | 49.60%  | Low       |
| M. Raihan Kurniawan      | 76.00%  | High      |
| Muhammad Faathir Ismail  | 96.80%  | Very High |
| Rahman dava faiz alfath  | 82.40%  | High      |
| Pandu Afta Prayoga       | 79.20%  | High      |
| Naufal Fahrezi           | 97.20%  | Very High |
| Abieb Alfilail Riadi     | 90.40%  | Very High |
| Muhammad Rafi Syahbaa    | 77.60%  | High      |
| Dawn Satia Putra         | 95.20%  | Very High |
| Ultimate Ryan            | 96.80%  | Very High |
| Muhammad Dafta Alfarizi  | 82.90%  | High      |
| Arief Rahman             | 90.40%  | Very High |
| Herlangga Rahmatullah    | 83.20%  | High      |
| Reza                     | 92.00%  | Very High |
| Dimas dira syahputra     | 92.80%  | Very High |
| M Farel Aditya           | 100.00% | Very High |
| M. Fazriansyah Arsavin   | 59.20%  | Enough    |
| Muhammad Restra Pratama  | 55.20%  | Enough    |

### 3.2 Discussion

The data analysis technique in this study used descriptive statistical data analysis techniques. After conducting research using survey methods, scores were obtained on several questions. 1) From the results of statement number 1, students of SMPN 16 Bogor City most strongly agree with the results of 70%, 2) From the results of statement number 2, students of SMPN 16 Bogor City most choose strongly agree with the results of 60%, 3) From the results of statement number 3 students of SMPN 16 Bogor City most strongly agree with the results of 60%, 4) From the results of statement number 4 students of SMPN 16 Bogor City most strongly agree 65%, 5) From the results of statement number 5 students of SMPN 16 Bogor City the most choose strongly agree 80%, 6) From the results of statement number 6 students of SMPN 16 Bogor City most choose strongly agree 80%, 7) From the results of statement number 7 students of SMPN 16 Bogor City most choose strongly agree 80%,

Based on data analysis and data processing of each statement submitted, totaling 25 valid and reliable statements and each statement included in the intrinsic and extrinsic factors of the students of SMP Negeri 16 Bogor City. The researcher calculated each statement with 5 Likert scale categories which included strongly agree, agree, average, disagree, strongly disagree.

After calculating the total by referring to the score intervals that have been classified by related researchers regarding student motivation for futsal extracurricular exercises during the COVID-19 pandemic at SMP Negeri 16 Bogor City, the results obtained from the calculation of each statement in the questionnaire or questionnaire resulted in the most dominant answer from each respondent is 64.40% this means that the students of SMP

Negeri 16 Bogor City in answering the questionnaire or questionnaire the most dominant answers are in the "Low" category.

Training activities during the COVID-19 pandemic with a limited number of open spaces to reduce the spread of the virus.



Figure 1. Conditions during Futsal Extracurricular Exercises

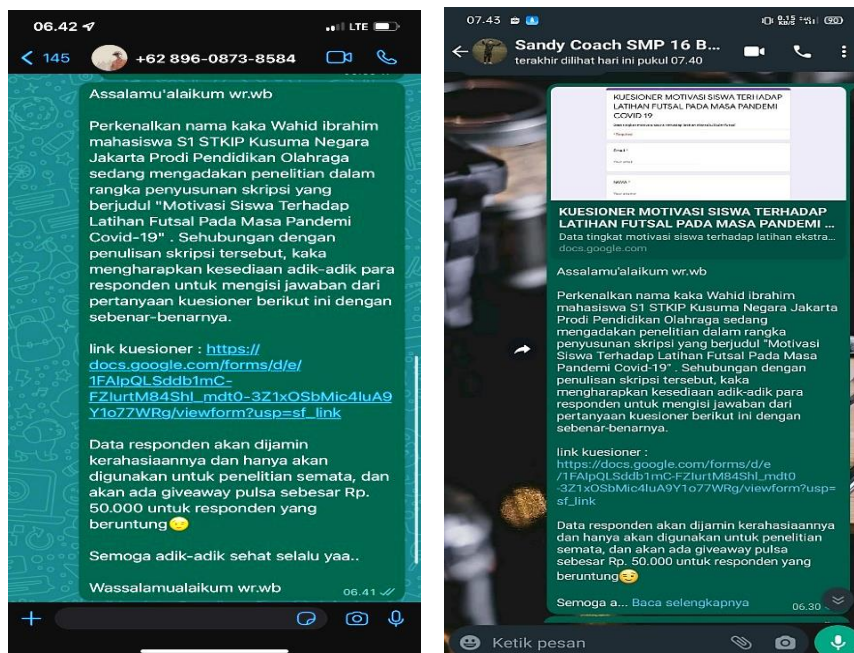


Figure 2. When collecting data

The Share Link Questionnaire/questionnaire via whatsapp through the trainer is addressed to respondents to obtain data that will be processed in the research. Based on the results of the instrument trial of 30 statements, there are 20 items were valid, and 7 items were invalid.

## 4 CONCLUSION

Based on the results of data processing and analysis of research data, data processing and analysis of research data on "Student Motivation Against Futsal Training During the COVID-19 Pandemic", the futsal extracurricular students of SMPN 16 Bogor City for the results of all student respondents showed that internal factors were as much as the percentage is 65.67% and the external indicators are 65.50% with an average percentage of 64.58%. Then, according to the score table and respondent's assessment and after the total calculation, the student motivation survey for futsal extracurricular training at SMPN 16 Bogor City during the COVID-19 pandemic was 84.24%. This means that students at SMPN 16 Bogor City have the motivation to practice futsal during the COVID-19 pandemic, which is included in the "enough" category.

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