



ANALYSIS OF MOTIVATION OF STUDENTS EXERCISE BASKETBALL SMAN 2
POLONGBANGKENG NORTH DISTRICT TAKALAR

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ABSTRACT

This study aims to find the motivation to exercise basketball analysis on student SMAN 2 North Polongbangkeng District. Takalar. This research uses research deskriptif by processing statistically the percentage using SPSS version 20 o'clock and the significant level of 0.05 or 95%. Its population is a student of SMAN 2 North Polongbangkeng District. Takalar with a sample size of 30 students with sampling technique is random sampling. Motivation to exercise basketball at SMAN 2 North Polongbangkeng District. North categorized as good.

Keywords: *Motivation, sport basketball.*

PRELIMINARY

Sporting achievements have made great progress, especially in a few years ini. Prestasi in a few years lulusit imaginable, now dapatterjadi. Some athletes mampumemberikan optimal performance in certain sports.

Sports as a model of human endeavor, is a form of physical activity has a very complex dimension. The linkage between the activities of sport to the human presence is something that can not be separated. Sport is movement, and movement is a human nature.

Starting from human motion and move further developed into a behavior that is meaningful and has a specific purpose. The shape of its activities closely related to human behavior and its review will be broad and deep, it is because human beings have a variety of potential compared to other creatures. Therefore sport as an activity of the physical and spiritual needs intensified as one way to improve the quality of human beings.

This quality improvement may be realized revealed through the exercise as part of education, health and recreation, as well as a sporting achievement. Of the various objectives, attention was paid to sporting achievement.

Sport is a very complex, involving many stakeholders and management. The role of sport.increasingly important. Because sport is not only contributing improve the physical fitness of a nation, but the sport also contribute in shaping human nature, which in turn will bring the fragrance name sporting nation.

Therefore needs to be improved sport and hinted at as a way of fostering achievement that can improve the physical and spiritual refreshment for every member of society. To that should be raised about the provision of facilities and infrastructure, including educators, trainers and drivers.

Sports activities to improve the performance of activities that are not as easy as turning the palm of the hand, but requires the efforts towards improvement of various factors, such as the obstacles and challenges

in achieving the feat. The fact is that with the advancement of science and technology today has accelerated changes in people's lives, including in efforts to increase performance in sports and in itself there is competition in increasing achievement.

In an effort to improve performance in sports, particularly basketball sport, each individual has chosen sport as a profession field. Must do everything possible to solve the problems that are barriers to the realization of the development and improvement of sports performance.

Improved performance in sports with the application of science and technology in a form of business that is obtained based on the scientific method through research procedures. The results of research in the field of sports can be used to improve sports performance through research can be put forward new things or to test the truth of an opinion is, that can be utilized in the development efforts toward achievement, including improved performance sport basketball.

In South Sulawesi, basketball is a sport that already began to demand the students, students, and community. This can be seen from almost every school and college have facilities / infrastructure basketball court, just in terms of competition between the students and the club is still running smoothly, consequently affect the development of achievement is very slow. This becomes a problem especially for coaches and basketball coaches in South Sulawesi. Thus the best solution is the need for scientific research on a variety of things that support improved performance, such as the presence of components of physical, psychological, and anthropometrik techniques that can be involved in enhancing the capabilities and engineering skills in the sport of sports including basketball.

Game of basketball as a sport has certain basic techniques, such as; dribbling, passing, shooting, and others. The basic techniques must be controlled by a player to be able to play a game with a high skill level in accordance with the unity of the basketball game.

Based on these observations, it can be argued that the basketball player in school in Takalar still lacking interest and motivation in sports, especially basketball sports. One that makes exercising motivation in students in Takalar is a facility that is not spread evenly at each school as well as strategic places that should be established sports facilities. Motivation of students also need to be taken into account, because without the motivation of students then students do not want to do sports activities. Motivation can be of the student or students from outside the state of the environment, the family and the existing infrastructure. Therefore, sports teachers, trainers and coaches should be how to improve students' motivation to be able to do sports activities, especially playing basketball.

Basketball Game

Basketball is one of the most popular sports in the world. His fans came from all ages feel that basketball is a fun sport, kompetitif, educate, entertain and healthy. Individual skills such as fire, bait, dribbel, and ribound, and teamwork to attack or defense is a requirement to be successful in playing this sport.

Although the game 5 5 opponent is the form of the most popular basketball games, as long as it has developed a variety of games and games related to basketball menghiburyang to help fans develop their skills and knowledge base. According to Oliver (2003, I) says: "This type of game or games are played depending on the equipment available, the skill level of the

players and the number of participants". Whether for-fun or play, playing basketball can make life more meaningful and provide lifelong enjoyment for the fans who choose "made a commitment" and play this sport.

According to Prusak (2005,1) says that in order to help children achieve three main objectives, namely:

1. Being lebihaktif. Children have to move. Target your kids more active in class until gasping for maintenance of low, until pipihnya red and heart pounding.
2. Become more successful. Because these activities are focused on the learning process, then the kids will always or almost always able to experience success.
3. Getting a lot of fun while learning the game of basketball.

According to Ahmadi (2007: 2) states that: "Sport basketball game is a simple game. Secrets of good basketball game is to do simple things as well as possible ". Basketball is a sport that lately so fast growing and a lot of attention in human life, especially the youth. According to Ahmadi (2007:2) says that the very rapid development is influenced by some of the following:

1. The game is simple so easily learned and mastered perfectly.
2. It does not require a lot of players. In the game, each team only just need 5 players.
3. The play can be done anywhere, such as in a closed space (in the building) with relatively simple equipment. Even players even this can be done by installing one house or yard basketball hoop walled garage, using the modified regulations.
4. The basketball game also demands the need do a good workout (discipline) in order to establish teamwork. Aspects

serious exercise is very useful for human life in society. In addition, the game is also useful for cultivating discipline, sportsmanship and a fighting spirit that will be very useful in life.

5. The basketball game presents to the audience a lot of things like dribbling while meliu-bend with a lively, varied shots, the breakthrough was fantastic, the movement of deceit, reparation bergantiannya beautiful goals of the team that competed.
6. The existence of moral and material support of policy holders through existing institutions.

In basketball, the better a player can be dribbling, shooting and pass, the better the chances for success. But the special skills of the sport will be limited by the poor physical condition. Thousands of players High School and the University can shoot and dribbling as well as the professional players, however they lost adjustments and physical condition. Many coaches and players to equate athletic fitness physical. According Brittenham (2002: 1) says that the feeling fitter is not only important in terms of health but the following components are equally important for basketball players as follows:

1. Centre penrnafasan system of the heart (cardiorespiratory).
2. Muscle strength
3. Muscle Endurance
4. Flexibility
5. Body composition

For an athlete, keeping the physical capacity over the standard of health and fitness is very important to maintain the high level of achievement for a long time. Unfortunately many great professional player looks just a little attention to our physical, mental, emotional and social development, and then wonder why their careers short.

a. Energy systems that are used in basketball games

Psychology of aerobic and anaerobic energy systems are very complicated, but it is important to get a basic understanding of what is treated to maximize training. The energy that we get from food is broken down into a chemical compound called adenosine triphosphate, or ATP. Muscle cells use ATP as a source of lasting and major undertaking for muscle activity.

A source of energy called ATP ATP-PC (phosphocreatine) that is stored in and used directly by the muscles. ATP-PC energy stored for about 10 seconds and is used when the muscles to work optimally, especially during fast movements and abrupt.

The second way to get ATP for muscle activity is through anaerobic glycolysis which is often referred to as lactic acid. In glycolysis system, muscle glycogen and blood glucose) are both carbohydrates) are broken down (metabolized into a form of energy ready to use) for yielding ATP at high frequencies. Both ATP-PC and the system is anaerobic glycolysis, suggesting that no need for oxygen.

Glycolysis causes the muscles can continue to work at a high intensity but lead to the onset of lactic acid in the muscles and blood. Lactic acid accumulation slows glycolysis anaerobic and cause fatigue, usually within 3 minutes at high intensity exercise. As a result, the intensity of exercise should be stopped or lowered for easy removal and pererapan lactate from the blood and muscle tissue. This leads to the third energy source for the production of ATP, the aerobic system. The aerobic system provides energy long term, depending on the presence of oxygen for ATP production. The energy source is preferable to exercise longer than 2 or 3 minutes.

According Brittenham (2002: 3) says: "basketball game consists of 20% aerobic and 80% anaerobic, however, many factors affect the use of the energy ratio for any player ". For example, a number of players move to gain space, while others faced to get the position, some players fighting the ball while others ran the field running in the field. Although the body does not have some type of energy system during exercise, but the preferred source of fuel for the intensity and duration of the activities provided. The training system right energy required depends on the playing style of the team, your position and your playing time.

b. Size basketball court

The players must wear shoes that support and include bearings suitable for dynamic movements required in that game. They should wear sports clothes that do not restrict the movement that has been set by the league or association supporting (shorts and T-shirt uniforms, protective, socks and accessories should be made of rubber and is not made of metal). Corresponding to the movements and activities of the game in general.

According Permana (2008: 8-9), the actual game or match official, basketball games conducted in a rectangular field with the following sizes:

1. Field basketball should be flat and free from obstruction with a size of 28 x 15 m. The existing line has a color The same (preferably white) with a width of 5 cm.
2. Ring basket made of steel with a diameter of 45 to 45.9 cm and painted with orange color according to the Natural Colour System (NCS) FIBA. The steel diameter from 1.6 to 2 cm. Basketball hoop has 12 holes spread regularly around him as a basketball nets installed.

3. The length of the board reflective measuring 180-183 cm, while the width of 105-107 cm. The line on the reflective board has a width of 5 cm with white if the reflective board is made of a transparent material and black if the base color other than transparent reflective board. The edge of the board reflective of and behind the lines given the ring by drawing a rectangle with a length of 59-61 cm and a width of 45 to 45.8 cm. This rectangle is 14.8 to 15 cm from the bottom edge of the board reflective.
4. Nets basketball hoop made of white color with a length of 40-45 cm and has 12 hooks. Hooks for the function to pair nets and will reflect back as high as 1.2 to 1.4 m measured from the top of the ball.
5. The diameter of the ball for the men's competition 74.9 to 78 cm (size 7) with a weight of 567-650 grams. The diameter of the ball for the women's competition 72.4 to 73.7 cm (size 6) with a weight of 510-567 grams. How to check the pressure of basketball that fits that by dropping to the floor as high as 1.8 m measured from the bottom of the ball and will bounce back as high as 1.2 to 1.4 m measured from the top of the ball.
3. Players may not run while holding the ball. The player must throw it from the spot where the ball receives the ball, but is allowed if the player is running at normal speed.
4. The ball must be held in or between the hands. Arms or other limbs are not allowed to hold the ball.
5. Players must not menyerunduk, hold, push, hit or tackle an opponent in any manner whatsoever. The first offense against this rule will dihiung as an error, a second offense will be liable to a disqualification players offenders to cart his team entered by the ball the opponent, and if the offense was committed with the intention to injure opponents, then players offenders will be subject should not come into play throughout the game. At this time, the change is not allowed.
6. An error was made when the players hit the ball with the head of the hands (punching), violation of rules 3 and 4, as well as violating the things mentioned in rule 5.
7. If one of the parties did three mistakes in a row, then the error will be counted as a goal for the opponents (consecutive means without Behind their violation by the opponent).
8. Goal occurs when the ball is thrown or beaten from the field go to the basket, in this case the player guarding the basket does not touch or disturb the goal. If the ball stops dipingir opposing players move the cart or basket, then these will not be counted as a goal.
9. When the ball out of the action, the ball was thrown back into and played by the first player to touch it. In the event of disagreement about the ownership of the ball, then wasitlah to be tossed them into the field. Pitcher given only 5 seconds to throw the ball in his hands. If

c. Basic rules of basketball

By James Naismith in Permana (2008: 11) said that under the existing 13 basic rules of basketball are sebaga following regulations:

1. The ball may be thrown in any direction by using one or both hands.
2. The ball may be thrown on segalaah direction by using one or both hands, but not to be hit by the head of the hands (punching).

the holding longer than that time, then the ownership will switch. If one of the parties do things to delay the match, the referee can give them a notice of infringement.

10. The referee has the right to pay attention to the game the players and notes the number of violations and notify the referee when a violation maid in a row. The referee has the right to disqualify any player who commits an offense in accordance with those contained in the rule.
11. Referee maid noticed the ball and take decisions when the ball is deemed to have out of the field, the change of ownership of the ball, and the counting time. Referee maid right to determine the legitimacy of a goal and calculate the number of goals scored.
12. When a match is two rounds, each 15 minutes and 5 minutes to rest between the two rounds.
13. Parties who managed to enter the most goals will be declared the winner.

Every year the basketball game rules change. In the game of basketball standard, each team has five players in the field, three points are given for each ball into printed from outside the three-point line, the two figures given by each ball into printed from the three-point line, and one point was awarded for each shot free. Each match is divided into four quarters, each of which lasts for 8 to 12 minutes or divided into two rounds, each 20 minutes. Each player is allowed to make more than 5 errors (NBA players allowed to make six errors for the game longer and heavier playing style). If a player violated at the time of the shot, he was given two free throws (or three if it was on a three-point shots).

The ball can be advanced under the basket to the opponent by way of dribbling or feeding. If a player stops dribbling and

then dribbling again, or has stopped dribbling and running more than one step before mengumpang or shoot, (traveling), she did pelanggaran ball awarded to the opposing team. The attacker has a certain time limit to carry the ball over the line after the middle of the field. The players carried out the attacks should not be in the restricted area of more than three seconds at a time.

The defender can use any kind of defense they want (one on one, zone, combination, pressure, trapping, etc.) in an attempt to steal the ball from the attacking team. Each team may request a time-out during the game. Time out can be used to organize the game, taking a break, trying to freeze a player who did a free kick in a tight game, or hinder increasing scores by opponents to stop their momentum.

MOTIVATION

1. Understanding

Winardi (2002:1). "The term motivation (motivation) comes from the Latin word, which is movere, which means moving". The coaches or faculty members need to understand the psychological processes, if they wish to nurture their student athletes or successful, in achieving sasaran yang planned. motivation should be a concern when the importance of a coach, manager or faculty to athletes, students or employees. Due to the existence of this motivation then an athlete or learners become more passion to achieve some targets or goals that have been programmed.

Correspondingly Mylsidayu (2014: 22) argues that "Motivation is the force that drives a person to react / not to react to determine the direction of activities towards the achievement of objectives". Moreover, it can be said that motivation is very important in the learning process, the appearance of the sport, and achievement of learning /

game. Furthermore Gunarsa et al (1996: 111) "which means briefly motivation is the driving force or force someone to behave. So in terms of the motivation of athletes understood the driving force or the athlete in appearance ". Motivation can be positive if the pusher strong, but with no load is too heavy, causing excessive tension, so it caused quite a strong desire to win, characterized by behavior in playing all out. Besides, Moejikat (2002: 5) argues that the motivation is "an impetus or incentive to do something". Furthermore, the Committee Term Management Education and Development Institute of Management in Moejikat (2002: 5) that motivation is a process or factors that encourage people to act or behave in a certain way; motiasi process include:

1. Introduction and needs assessment that has not been satisfied,
2. Determination of goals that will satisfy the needs,
3. The determination of the necessary measures to satisfy the needs.

This motivation is only given to humans, especially to athletes, subordinates or employees. Motivation questioned how encouraging passionate athlete, so mereka mau work hard to provide all of the capabilities and skills to realize the objectives to be achieved. Motivation is very important because with the motivation of each individual athlete is expected to want to train hard and enthusiastic to achieve high productivity exercise (Hasibuan, 2008: 92).

In addition Gunarsa (2008: 47) reiterated that "motivation can be defined as a force or a driving force to do a haluntuk to show a certain behavior. Correspondingly, according to one's needs theory system will display a behavior because of the need for a specific right. These needs will be conducive to the stimulation, the will and the intention to perform an act. As for the

motivation to display a specific behavior, guided by the desire to achieve or satisfy a need. The motivation to do something can come out of themselves, known as intrinsic motivation, and can also come from the neighborhood commonly called extrinsic motivation.

According to Alderman in Satiadarma (2000: 71) says that "motivation is defined as a tendency to behave in a certain direction selektifke controlled by their particular consequences, and the behavior will persist until the target behavior can be achieved. In the process of coaching the sport there are several forms of motivation to be distinguished:

1) Motivation common

That is the motivation for someone to engage in a specific activity in an effort to obtain certain results or achieving sasarn.

2) Achievement motivation (achievement motivations)

That is the orientation of a person to keep trying to get the best results as possible with the basic ability to survive even fail, and still trying to complete the task as well as possible because she feels proud to be able to complete the task well. (Gill in Monti 2000: 73).

2. Techniques motivation

According Mylsidayu; Kurniawan (2014: 16) "motivation is the force that drives a person to react / not to react to determine the direction of activities towards the achievement of objectives". Furthermore, there are several techniques that can be used motivational trainers or educators to the athlete or his protege, including the following:

1) Motivation Verbal

Verbal motivation to do with the discussion and individual submission. In general, there are several steps that need to be considered in this verbal motivation:

- a. Give praise mengenai nothing has been done students. It encourages students to feel able to carry out their duties.
- b. Give corrections and suggestions. Corrections should be constructive, including an objective evaluation of the shortcomings and how to both a skill should do.
- c. Give some kind of clue. For example, it is said that the practice more diligently again will be able to overcome the weaknesses and improve performance.

2) Motivation behavioral or behavior

To achieve a successful athlete must be fostered and controlled behavioralnya into behavior that reflects a commendable sportsmanship and dedication to tasks and exercises. In this case the physical education teachers and coaches play an important role in providing examples of positive behavior.

With examples of good behavioral expected that the students can be motivated to act and behave in achieving success both in sporting activities and Other activities in the community.

3) Motivation Intensive

Intensive motivation is encouragement by providing intensive or gifts. The purpose is:

- a. Adding the spirit of practicing or competing.
- b. Adding a passion or ambition to excel.
- c. Shortening the learning process.

On the one hand this way of motivation can give a strong impetus to train hard and achieve. But on the other hand menerusdipakai if it continues this way will cause the student to be less fair. Because if

one day is not given intensive, it is likely to be less enthusiastic, indifferent, as well as if the prize is not big enough, the students lack of ambition or by a bigger prize again.

So intense motivation should be given the right circumstances and do not overdo it. Motivation intensive unfavorable if a one the only way to motivate students.

4) Motivation of superstition

Superstition is a form of belief in something that is a symbol that is deemed to have the power or thrust mental. This is usually the students who have proximity to the teacher or coach using superstition way it will make students more excited, more ambitious and stronger confidence.

5) Mental Imagery

Adult mental imagery is widely practiced by the coach and is an important part to speed up the training process and foster the spirit of the exercise. Students are trained to be able to form a mental image recognize a movement or skill or what to do in a given situation.

The trick among others, by asking the students to see, observe, take notice, and carefully imagined a certain motion patterns, then remember the movement.

Meanwhile, according to Lutan (2001: 25) "scope of motivation is vast and complex, in the sense that the motivation is closely related to a number of other psychological processes. As for other processes related to motivation are:

- a. Relations with the physical status has changed
- b. Emotions
- c. Habits
- d. Attitudes and values
- e. Incentives

Motivation according Husdarta (2009: 116) "is a psychological energy that is abstract. His form can only be observed in

the form of manifestation of the display behavior ". Motivation as a psychological process is a reflection of the strength of the interaction between cognition, experience and needs.

Thus from several theories and opinions that have been mentioned above, it can be concluded that the motivation was a push that arise in an athlete or a student whether originating from within the body or from luar yang spur passion for achievement or goal to be achieved.

RESEARCH METHODS

This type of research undertaken are descriptive. The research location chosen is in SMAN 2 North Polongbangkeng District. Takalar. Hatch and Farhady the Sugiyono, 2015: 60).

"Theoretically variable is defined as an attribute of a person, or an object, which has a" variation "from one person to another or one object with another object".

Meanwhile, according to Sudaryono, Margono, Rahayu (2013: 20) mengatakan that: "the study variables is basically everything that shaped what is defined by the researchers to be studied in order to obtain information about it, then drawn conclusions". The variables to be observed is the motivation to exercise basketball. To avoid widespread interpretation of the variables shown in this study, the variables need to be defined as follows:

1. Motivation is referred to in this research is a process where the need or urge students of SMAN 2 North Polongbangkeng District. Takalar to learn basketball lesson with a specific purpose. To determine these objectives, then taken intrinsic motivation are the needs, expectations, interests whereas extrinsic motivation is the family, the environment, rewards. In the case of

this study was measured using an attitude scale.

2. Sports basketball is one team sport that is played by five people every team in the game has its own rules.

According Sugiyono (2015:117) says that: "Population is the generalization which consists of: objects / subjects that have certain qualities and characteristics defined by the researchers to learn and then drawn conclusions". Meanwhile, according to Abdullah (2015: 226) says that: "Population is a collection of units that will be studied traits (characteristics), and if the population is too large, the researchers must take a sample (part of the population) was to be investigated."

Based on the above understanding, then pulled a sense that the whole object that has certain characteristics termed the population. Thus, the population in this study were all male students of SMAN 2 North Polongbangkeng District. Takalar class X with the number of population is 130 students. Thus the sample used in this study were male students of SMAN 2 North Polongbangkeng as many as 30 students of SMAN 2 North Polongbangkeng the sampling technique is random sampling or random system.

RESULTS AND DISCUSSION

To get a general overview of a study of data then was used descriptive data analysis of the data on students' motivation to exercise basketball Polongbangkeng SMAN 2 North District. Takalar. It is intended to give meaning to the results of the analysis that has been done. results of analysis Descriptive data may be seen in the following table:

Statistics
Motivasi
Berolahraga

N	Valid	30
	Missing	0
Mean		182,5
Std. Deviation		5.50705
Variance		30.328
Range		30.00
Minimum		166.00
Maximum		196.00
Sum		5475.00

The table above is a picture of descriptive variables basketball sports motivation in students of SMAN 2 North Polongbangkeng District. Takalar. The conclusions results in the table above for details outlined as follows:

For basketball sports motivation in students of SMAN 2 North Polongbangkeng District. Takalar of 30 the number of samples obtained total value of as much as 5475.00 and the average obtained with the results of standard deviation 182.5 5.50705 and 30.328 variance value of the data range between a minimum value of 30.00 and 196.00 to 166.00 the maximum value.

Results Percentage Frequency

The percentage of data frequency psychology of motivation to exercise basketball at SMAN 2 North Polongbangkeng District.

Takalar can be seen in the following table:

Interval	Category	Frequency	Percentage
180 – 225	Very Good	22	73,3
135 – 179	Good	8	26,7
90 – 134	Average	0	0,0
46 – 89	Less	0	0,0
1 – 45	Less Once	0	0,0
Jumlah		30	100.00

Based tabel 4.2 above, it appears that recapitulation basketball sports motivation in students of SMAN 2 North Polongbangkeng District. Takalar of 30 (100%) of students. Which has a very good category or as many as 22 students (73.3%), which has both categories of students or as many as eight (26.7%), which has the category being counted 0 students or (0.0%), which has the category of less 0 student or (0.0%) and less so with a category 0 students or (0.0%). Thus, we can conclude that the motivation to exercise basketball at SMAN 2 North Polongbangkeng District. North categorized as good.

CONCLUSION

Motivation to exercise basketball at SMAN 2 North Polongbangkeng District. North categorized as good.

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