

THE APPLICATION OF TRAINING METHODS AND THE INFLUENCE OF ACHIEVEMENT MOTIVATION IN INCREASING THE SPEED OF KARATEKA

Jujur Gunawan Manullang¹, Ilham Arvan Junaidi², Widya Handayani³
Universitas PGRI Palembang^{1,2,3}
jujurgm@univpgri-palembang.ac.id

Abstract

This study aims to determine the effect of training methods and achievement motivation on the results of karateka karate speed at PGRI Palembang University. The method used in this study is quasi-experiment. The subjects in the study were 37 karateka of PGRI Palembang University. The instrument used in data collection for this variable is the Likert scale model questionnaire. The data analysis technique in this study was with two-track Analysis of Variance (ANOVA) and continued with the Tukey Test. From the results of data analysis shows that there is a difference in the influence of training methods between groups with circuit training methods and interval training is accepted, because the calculation results show $F_{\text{calculate}} = 6.99 > F_{\text{table}} = 4.05$ and there is an interaction between the training method and Achievement Motivation with Speed accepted, because the calculation results show that $F_{\text{calculate}} = 41.77 > F_{\text{table}} = 4.05$.

Keywords: *Training Methods; Achievement Motivation; Speed karate*

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Correspondence author : Jujur Gunawan Manullang, Universitas PGRI Palembang, Indonesia.

E-Mail: jujurgm@univpgri-palembang.ac.id

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INTRODUCTION

As an accomplished karateka, it takes proficiency in good physical condition in physical fitness. In addition to being a necessity to achieve physical fitness, sports are also developed for achievement in each sport that is fostered and developed (Ratno & Nidyatama, 2019). With the advancement of science and technology, sports experts have found many new discoveries, both in terms of sports theories, training techniques and in the discovery of sophisticated equipment that is very supportive to improve sports performance.

(Iyakrus, 2019) Sports achievement is a word that is very easy to say and is everyone's dream, but it is quite difficult to achieve. In achieving achievements in the field of sports, good coaching is needed, including physical, technical,

tactical, and mental coaching (Okilanda et al., 2021). Therefore, to fulfill this, athletes must have four components of good performance, especially physical condition and technique. (Putu Citra Permana Dewi, 2016) Technique is one component that must receive serious attention from coaches because technique is an important thing that athletes must have in improving other abilities in order to achieve high achievements.

(Los, n.d.) Sports achievement is the culmination of a sportsman's performance achieved in a match. After going through various kinds of exercises and trials. Similarly, karatekas who have trained and pursued the sport of Karate, training speed is one of the important assets because to have good agility must be based on good speed as well (Nopianto et al., 2020). To obtain maximum performance cannot be separated from coaching efforts (Putra et al., 2021). To achieve an achievement is not easy. Sports achievements will be realized if there is cooperation between the government, the community, and supporting elements in sports coaching.

(Almy & Sukadiyanto, 2014) Circuit training is one of the training methods that are influential in increasing speed. Training using the circuit training method is very interesting to do, the form of training has been set in such a way as to increase the speed of the karateka. So that in the process of training, karateka will not get bored in living it. In addition to circuit training, the interval training method is also widely used to increase Speed such as the fartlek method, continuous method and others (Susila, 2021). The interval training method is a method where distance, time, rest, repetition have been determined or a form of exercise is interspersed with a predetermined rest distance (Wahyudi, 2018). To get good training results, of course with the right method, the coach's ability becomes very important, knowledge, and skills must be possessed, down to the details about the sport he trains.

High-achieving motivation can influence the external situation of the karateka during training. When karateka has high performance motivation

karateka will be more excited, focused and have a strong desire to compete, vice versa with karateka who have low performance motivation. (Firmansyah, 2011) Achievement motivation is an encouragement that occurs in individuals to always improve certain qualities as well as possible or more than usual. In this case, motivation is closely related to the seriousness and determination of the karateka to do the exercise diligently and vigorously. Theoretically, karatekas who have high achievement motivation tend to get success in doing exercises. If low achievement motivation is feared to have an impact on unsatisfactory training results or difficult to be encouraged to achieve (Ihsan et al., 2022).

METHOD

This type of research is a quasi-experiment, the purpose of this study is to see the effect of achievement motivation and the treatment of circuit training methods and interval training methods given to speed (Putra et al., 2020). To determine the motivation for karateka achievement at PGRI University Palembang, a type of descriptive research is used.

RESULT AND DISCUSSION

Speed Test Results Data of Circuit Training Method (A1)

From the results of sample measurements in this group, consisting of 2 sample groups (n = 10) the highest score is 62.96, the lowest score is 39.11, (*range*) 23.85. The average is 51.82, then the standard deviation is 7.16.

Table 1. Frequency Distribution of Group Speed Test Results Data Circuit Training Method (A1)

No	Interval Class	Frequency	
		absolute	relative
1	39.11 - 43.88	1	10,00%
2	43.89 - 48.66	2	20,00%
3	48.67 - 53.44	3	30,00%
4	53.45 - 58.22	3	30,00%
5	58.23 - 63.00	1	10,00%
	Sum	20	100.00%

Table 1 shows that there is as many as 1 person (10%) in the group 39.11 - 43.88, 2 people (20%) are in the group 43.89 - 48.66, 3 people (30%) are in the group 48.67 - 53.44, 3 people (30%) are in the group 53.45 - 58.22, and 1 person (10%) is in the group 58.23 - 63.00.

Group Speed Test Results Data Interval training method (A2)

From the results of sample measurements in this group, consisting of 2 sample groups (n = 10) the highest score in the group 58.31, the lowest score 38.92, the measurement distance (range) 19.39. The average is 48.18, then the standard deviation is 6.13.

Table 2. Frequency Distribution of Group Speed Test Results Data Interval training method (A2)

No	Interval Class	Frequency	
		absolute	relative
1	38.92 - 42.80	3	30,00%
2	42.81 - 46.68	3	30,00%
3	46.69 - 50.57	2	20,00%
4	50.58 - 54.46	1	10,00%
5	54.47 - 58.35	1	10,00%
	Sum	20	100.00%

Table 2 shows that there were 3 people (30%) in the group 38.92 - 42.80, 3 people (30%) in the group 42.81 - 46.68, 2 people (20%) in the group 46.69 - 50.57, 1 person (10%) in the group 50.58 - 54.46 and 1 person (10%) in the group 54.47 - 58.35.

High Achievement Motivation Group Speed Test Results Data (B1)

From the sample measurement results in this group, consisting of 2 sample groups (n = 10) the highest score 62.96, the lowest score 38.92, the measurement distance (range) 24.04. Average score 51.42.

Table 3. Frequency Distribution of High-Achievement Motivation Group (B1) Speed Test Results Data

No	Interval Class	Frequency	
		absolute	relative
1	38.92 - 43.73	1	10,00%
2	43.74 - 48.55	2	20,00%

3	48.56 - 53.36	2	20,00%
4	53.37 - 58.18	3	30,00%
5	58.19 - 63.00	2	20,00%
Sum		20	100.00%

Table 3 shows that there were 1 person (10%) in the group 38.92 - 43.73, 2 people (20%) in the group 43.74 - 48.55, 2 people (20%) in the group 48.56 - 53.36, 3 people (30%) in the group 53.37 - 58.18, and 2 people (20%) in the group 58.19 - 63.00.

Low Achievement Motivation Group (B2) Speed Test Results Data

From the results of sample measurements in this group, consisting of 2 sample groups (n = 10) the highest score is 58.31, the lowest score is 39.11, the measurement distance (range) is 19.20. The average score is 48.58, then the standard deviation is 5.49.

Table 4. Frequency Distribution of Low Achievement Group (B2) Speed Test Results

No	Interval Class	Frequency	
		absolute	relative
1	39.11 - 42.95	2	20,00%
2	42.96 - 46.80	3	30,00%
3	46.81 - 50.65	3	30,00%
4	50.66 - 54.50	1	10,00%
5	54.51 - 58.35	1	10,00%
Sum		20	100.00%

Table 4 shows that there were 4 people (20%) in the group 39.11 - 42.95, 6 people (30%) in the group 42.96 - 46.80, 4 people (20%) in the group 46.81 - 50.65, 3 people (15%) in the group 50.66 - 54.50, while 3 people (15%) in the group 54.51 - 58.35.

Discussion

After data analysis using the two-track ANAVA approach and continued with the Tuckey test of the four proposed research hypotheses, all hypotheses were accepted.

Differences in the Effect of Circuit Training Method and Interval Training Method on Karateka Speed PGRI University Palembang

The results of testing the first hypothesis showed that overall, the scores of the group exercise method given the circuit training method were higher than those given the interval training method. In other words, that the proposed research hypothesis is accepted. From these findings, it can be argued that the circuit training method is more effective than the interval training method. This can be seen from the results of statistical analysis with a *mean* difference of 3.64, besides that it can also be seen from the average increase of each group, in the circuit training method there was an average speed of 51.82, while in the interval training method there was an average speed of 48.18. ini meaning that training using the circuit training method has a more effective effect than the interval training method.

Interaction between Training Method and Achievement Motivation with Karateka Speed PGRI University Palembang

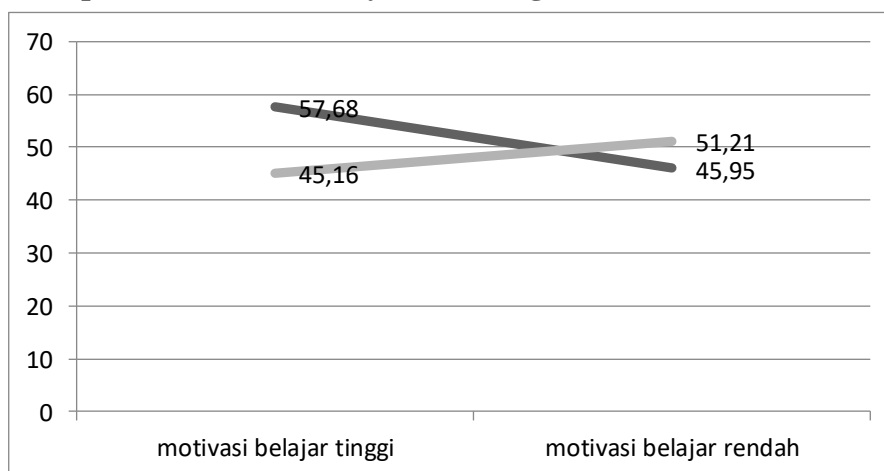


Figure 1. Interaction between Training Method and Achievement Motivation on Karateka Speed PGRI University Palembang

Looking at the graph in figure 1, we can see a significant difference between the exercise method given to the sample group with high achievement motivation and the one given to the sample group with low achievement motivation. Likewise, in the circuit training method and interval training, there are differences in the effect of the training method given to the sample group with

high achievement motivation and the sample group with low achievement motivation (Arisman & Noviarini, 2021).

Results showed that in high-achieving motivation, the circuit training method was more effective than the interval training method against Speed, and vice versa.

Differences in Karateka Speed of PGRI Palembang University between the Circuit Training Method Group and the Interval Training Method Group on High Performance Motivation

The results of testing the third hypothesis showed that overall, the scores of the exercise method given the circuit training method were higher than those given the interval training method form on high-performance motivation. In other words, that the proposed research hypothesis is accepted. From these findings, it can be argued that the circuit training method is more effective than the interval training method in high-performance motivation. In an effort to increase Speed.

In the circuit training method, High Performance Motivation can be characterized by the ability of a karateka to think in a better direction related to how the karateka's abilities are. When karateka perform a movement, they will make corrections to the technique performed, and will retry the same movement in the hope that the next movement will be better (Okilanda et al., 2018). Unlike karateka with interval training methods with the same Achievement Motivation, karateka cannot do new movements by themselves because they have to fixate on the tutor, this causes karateka to feel bored quickly because of the movement restrictions given.

The difference in karateka speed of PGRI Palembang University between the Circuit Training Method Group and the interval training method group on Low Achievement Motivation.

The results of testing the fourth hypothesis showed that overall, the scores of the group exercise methods given the circular training method were lower than those given the interval training method on low achievement motivation. In other words, the proposed research hypothesis is accepted. From these findings, it can

be argued that interval training methods are more effective for training methods than circuit training methods on low achievement motivation.

In the interval training method, karateka with low achievement motivation will not find it difficult to absorb material during training because there is already a tutor who teaches him (Pratama et al., 2022). Thus, each karateka can perform various kinds of movements so as to get a good speed. Based on empirical data in the Low Achievement Motivation group, the results of the Speed interval training method were more effective than the circuit training method.

CONCLUSION

Based on research findings and discussion of research results, it can be concluded as follows: 1) The circuit training method is more effectively used to increase speed than the interval training method. 2) The group with a high level of motivation had a better speed than the group with a low level of motivation. 3) There is an interaction between the Training Method and achievement motivation to increase speed. 4) At high motivation levels, the Circuit training method is more effective than the interval training method to increase speed. 5) At low motivation levels, the interval training method is more effective than the circuit training method to increase speed.

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