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by Hansi Effendi

THE RELATIONSHIP OF SELF-CONFIDENCE AND MOTIVATION WITH THE RESULTS OF 25 METERS BREAST STYLE SWIMMING

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Abstract

This study aims to determine: 1) the relationship between self-confidence and breaststroke swimming results in Siger Sembilan Swimming Club athletes; 2) the relationship between motivation and breaststroke swimming results in Siger Sembilan Swimming Club athletes; and 3) the relationship between self-confidence and motivation and breaststroke swimming results for Siger Sembilan Swimming Club athletes. This research is a quantitative descriptive study with a correlational approach. The research population consisted of swimming athletes at the Siger Sembilan Swimming Club, totaling 20 athletes. The sampling technique uses total sampling. The instrument for self-confidence and motivation uses a questionnaire, and breaststroke swimming achievement uses psychomotor tests. Data analysis uses product-moment correlation. The results of the research show that: 1) There is a significant relationship between self-confidence and the results of the 25-meter breaststroke swimming in Club Siger Sembilan athletes, with a value of rcount 0.776> rtable 0.444, 2) There is a significant relationship between motivation and the results of the 25-meter breaststroke swim in Club Siger Sembilan athletes, with a value of rcount 0.589> rtable 0.444. 3) There is a significant relationship between self-confidence and motivation and the results of swimming the 25-meter stroke in Club Siger Sembilan athletes, with a value of Fcount 13.077> Ftable (0.05) (1:17) 3,592.

Keywords: *breaststroke, motivation, self-confidence*

INTRODUCTION

Breaststroke is a very popular swimming style for recreational swimming and is a style that is easy to teach to beginners. The body position is stable and the head can be out of the water for a long time. Breaststroke or what is usually called frog style is swimming with the chest position facing the surface of the water, but it is not the same as freestyle, because the body is always in a fixed state. Both hands simultaneously pull to the side towards the front of the chest, both legs kick

towards the back side like a water-splitting movement so that the body moves forward faster, breathing is done when the mouth is on the surface of the water, after one or two hand-foot movements hand and foot movements. Self-confidence is a person's belief that he can control a situation and get positive results. With self-confidence, it is hoped that athletes will be more motivated and more active in learning to swim breaststroke. Athletes who have high self-confidence are more successful in capturing the lessons that have been taught. Apart from self-confidence, motivation is a mental aspect that influences an athlete's ability to perform breaststroke swimming movements.

Motivation itself, according to Hamalik (2005: 106), is a change in energy within a person's self (person) which is characterized by the emergence of feelings and reactions to achieve goals. Based on observations at the Siger Sembilan Swimming Club in January 2024, it shows that the club has adequate facilities. The swimming pool used for training is of national standard size. Based on the results of observations, several problems were found, including that during training there were still many swimmers who were not good at swimming breaststroke due to poor technique. There are still swimmers who do not experience an increase in time (stuck), the target best time for breaststroke swimming is difficult to achieve. Apart from that, it is difficult for athletes to develop their potential because athletes do not know the psychological aspects that need to be improved about themselves. In training, they are very enthusiastic, especially when learning difficult techniques in swimming. This also cannot be separated from their desire to be able to do it. Apart from that, their self-confidence is very influential in their performance when practicing and when competing in the championships they participate in.

METHOD

This type of research is quantitative descriptive with a correlational approach. Correlational research is a type of research that looks at the relationship between one or several changes and one or several other changes. This research is

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often called "Associational research", where the relationships between two or more changes are studied without trying to influence these changes. The main goal of correlational research is to help explain the significance of human behavior or to predict an outcome. Thus, this research sometimes takes the form of descriptive research because it describes the relationships or changes being studied (Nurdin & Hartati, 2019: 67). In this research, researchers used statistical data analysis, namely scientific methods prepared to collect, compile, present and analyze in the form of numbers. The reason researchers use statistical analysis techniques is because the data to be studied is quantitative data. Data analysis to test the hypothesis between X1 and Y, and X2 and Y, uses statistics through product moment correlation. However, before carrying out analysis tests using the correlation formula, this research first carried out a prerequisite test to determine the suitability of the data, namely by carrying out validity and reliability tests.

1. Validity Test

   According to Azwar (2018: 95) validity or validation is a way to determine the accuracy of the scale in terms of its reference. with a validity value of 0.444, the breaststroke swimming speed validity test is declared valid.

2. Reliability Test

   Reliability refers to an understanding that an instrument is trustworthy enough to be used as a data collection tool because the instrument is good (Suharsimi Arikunto, 2019: 86). A questionnaire is said to be reliable or reliable if a person's answers to statements are consistent or stable over time. An instrument can be declared reliable if it has a Cronbach Alpha Coefficient ≥ 0.7 (Ghozali, 2018: 69). The self-confidence and motivation instrument has a Cronbach Alpha Coefficient ≥ 0.7, so the instrument is declared to have good reliability.

Table 1. Assessment Category Norms

No	Interval	Category
1	$M + 1,5\ SD < X$	Very high
2	$M + 0,5\ SD < X \leq M + 1,5\ SD$	High
3	$M - 0,5\ SD < X \leq M + 0,5\ SD$	Medium
4	$M - 1,5\ SD < X \leq M - 0,5\ SD$	Low
5	$X \leq M - 1,5\ SD$	Very low

Information:
M: Mean
X: Score obtained
SD: Standard Deviation

RESULT AND DISCUSSION

The variables in this research consist of; (1) self-confidence, (2) motivation, and (3) breaststroke swimming results. To make the research easier to carry out, the three variables are denoted as X1 for self-confidence, X2 for motivation, and Y for breaststroke swimming results. To make the description of research data clearer, below we will describe the data for each variable. The data description will explain the maximum value, minimum value, mean, standard deviation, median and mode, which are then arranged in a frequency distribution along with a histogram image.

Table 2. Descriptive Statistics of Research Results

Statistics	Trust self (X1)	Motivation (X2)	Breastsroke swimming (Y)
N	20	20	20
Mean	82,95	86,10	27,58
St. Dev	13,76	18,23	3,25
Modus	91	106	30,2
Median	83	86,5	27,21

Confidence (X1)

Based on the statistical data in the table above, the self-confidence variable obtained an average value of 82.95 with a median value of 83, mode of 91, standard deviation of 13.76, minimum value of 56, maximum value of 104.

Overview of The self-confidence of Siger Sembilan swimming club athletes based on research results after being grouped and classified based on self-confidence test norms is as follows:

Table 3. Frequency Distribution of Self-Confidence

No	Interval	Category	Frequency	(%)
1.	$X \geq 103{,}58$	Very high	1	5%
2.	$89{,}83 \leq X < 103{,}58$	High	7	35%
3.	$76{,}07 \leq X < 89{,}83$	Medium	5	25%
4.	$62{,}32 \leq X < 76{,}07$	Low	6	30%
5.	$X < 62{,}32$	Very low	1	5%
	Amount		20	100%

Based on the table above, it shows that the self-confidence of Siger Sembilan swimming club athletes is in the "very low" category at 1% (5 people), "low" at 30% (6 people), "medium" at 25% (5 people), "high" was 35% (7 people), and "very high" was 5% (1 person).

Motivation (X2)

Based on the statistical data in the table, the motivation variable obtained an average value of 86.10 with a median value of 86.5, mode of 106, standard deviation of 18.23, minimum value of 48, maximum value of 107. Overview of motivation Siger Sembilan swimming club athletes based on research results after being grouped and classified based on motivation test norms are as follows:

Table 4. Frequency Distribution of Motivation

No	Interval	Category	Frequency	(%)
1.	$X \geq 113{,}44$	Very high	-	0%
2.	$95{,}21 \leq X < 113{,}44$	high	8	40%
3.	$76{,}99 \leq X < 95{,}21$	Medium	7	35%
4.	$58{,}76 \leq X < 76{,}99$	Low	3	15%
5.	$X < 58{,}76$	Very low	2	10%
	Amount		20	100%

Based on the above, it shows that the motivation of Siger Sembilan swimming club athletes is in the "very low" category of 2% (10 people), "low" of 15% (3 people), "medium" of 35% (7 people), "high " by 40% (8 people), and "very high" by 0% (0 people).

Breaststroke Swimming Results (Y)

Based on the statistical data in the table, the breaststroke swimming variable obtained an average value of 27.58 with a median value of 27.21, mode of 30.2, standard deviation of 3.25, minimum value of 20.12, maximum value amounting to 32.44. An overview of the motivation of Siger Sembilan swimming club athletes based on breaststroke swimming test norms is as follows:

Table 5. Frequency Distribution of Breaststroke Swimming

No	Interval	Category	Frequency	(%)
1.	$X < 22{,}71$	Very good	1	5%
2.	$22{,}71 \leq X < 25{,}96$	good	7	35%
3.	$25{,}96 \leq X < 29{,}21$	medium	6	30%
4.	$29{,}21 \leq X < 32{,}46$	Bad	6	30%
5.	$X > 32{,}46$	Very bad	-	0%
	Amount		20	100%

Based on the table above, it shows that the breaststroke swimming results of Siger Sembilan swimming club athletes are in the "very poor" category of 0% (0 people), "poor" of 30% (6 people), "medium" of 30% (6 people), "good" by 35% (7 people), and "very good" by 5% (1 person).

Discussion

Based on the research results, it shows that there is a significant relationship between self-confidence and motivation and the results of the 25 meter breaststroke swimming for Club Siger Sembilan athletes. The results of this research are in accordance with research by Ade Erwin Syaputra (2019) which shows that there is a relationship between self-confidence and motivation and the performance of wushu athletes in Rembang district. And research conducted by Pratama (2019) shows that motivation and self-confidence really influence the achievements of football athletes.

If you do not understand the meaning of the sport you are doing, an athlete will experience an imbalance in body and soul (Setyobroto, 2002:57). His achievements will be uncertain, even though one day he will achieve good results. Athletes will easily experience a decline in performance and it will be even worse

if their physical and mental condition experiences a sharper decline. Difficulties in developing achievement from athlete factors usually occur in the physical aspect, including skills, health (physical fitness), while from the mental aspect, these include discipline, motivation, creativity and athlete self-confidence.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, it can be concluded that:

1. There is a significant relationship between self-confidence and the results of swimming the 25 meter breaststroke for Club Siger Sembilan athletes

2. There is a significant relationship between motivation and the results of the 25 meter breaststroke swimming in Club Siger Sembilan athletes

3. There is a significant relationship between self-confidence and motivation and the results of the 25 meter breaststroke swimming in Club Siger Sembilan athletes

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