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Submission date: 13-Jan-2023 11:14AM (UTC-0500)

Submission ID: 1992343900

File name: 9280-21982-2-ED.docx (354.85K)

Word count: 3696

Character count: 19120

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MOTIVATION OF PEOPLE WITH HIV/AIDS IN TERMS OF SPORTS ACTIVITIES

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Abstract

This study aims to determine the motivation of people with HIV / AIDS in terms of futsal sports activities at Rumah Cemara Bandung. The research was carried out using the descriptive survey method. Sampling in this study used incidental sampling techniques. The sample in this study was 1 person who was positive for HIV/AIDS. The instrument used is in the form of a closed questionnaire using a Likert Scale. Based on the validity test of valid questionnaires, there were 29 questions out of 41 statement questions. The Reliability Test obtained 0.767 and falls under the criteria of high reliability. Data processing obtained a percentage of physiological needs of 37.5%, the need for a sense of security of 16.7%, social needs of 100%, appreciation needs of 33.3% and self-actualization needs of 100%. Thus, researchers can conclude that the motivation of people with HIV / AIDS in terms of the aspect of physiological needs in the criteria of motivation is very low, the aspect of the need for a sense of security is critiqued very low motivation, the aspect of social needs is critiqued very high motivation, the aspect of appreciation needs is critiqued very low and the aspect of self-actualization needs is critiqued very high.

Keywords: HIV/AIDS; Motivation; Sports; Futsal

Submitted : 19th of September 2022

Accepted : 11th of January 2023

Published : 14th of January 2023

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DOI <http://dx.doi.org/10.31851/hon.v6i1.9280>



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INTRODUCTION

Sports are activities that are loved by all circles ranging from early childhood, teenagers and even adults. Sports have various branches including futsal which is widely loved, especially by teenagers. Teenagers choose futsal because this sport is very simple to do. As said by (Dendy Sugono 2008) "futsal is a sport of football game, with smaller pitches and goals, usually played in large rooms, each team consisting of five people". By doing positive activity activities by exercising, teenagers have a very high motivation to form achievements, channel hobbies, do activities positively, and maintain physical and spiritual health (Erida 2021)



Among adolescents who have the HIV / AIDS virus, exercise is used as a positive activity that is considered quite heavy and difficult to do because this deadly virus has a large impact on the physiology of people with HIV / AIDS (PLHIV). AIDS called Acquired Immune Deficiency Syndrome is an internal disease that belongs to the chronic category, which is caused by the entry of the HIV virus (Human Immunodeficiency Virus). The HIV virus attacks and decreases the function of two human immunity by destroying white blood cells in the human body. (Services 2016)

Due to the weak immune system in people with HIV / AIDS (PLHIV) is very susceptible to various diseases. This is because HIV attacks a person's immune system. As a result, PLHIV has a lower disease prevention capacity than normal people in general or people who do not live with HIV / AIDS (Jarvie and Ahrens 2019). PLHIV immune system decreases due to white blood cells or known as CD4 cells continue to be gnawed by this malignant virus, namely HIV (Engels et al. 2006)

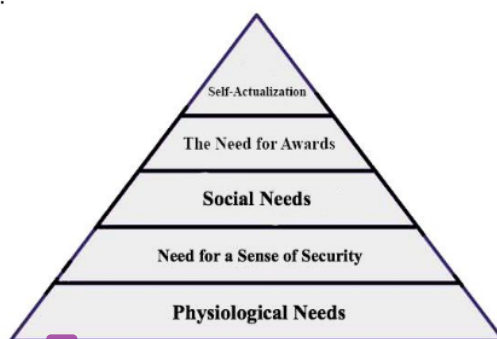
Psychic in the Motivation of PLHIV is actually very difficult to develop because HIV / AIDS disease is a scary disease for all circles related to the deadly virus. HIV/AIDS positive for many people judge them badly such as descriptiveness and bullying so they need a sense of security and social needs such as having affection and love. With exercise, the stigmatization of people with HIV/AIDS (PLHIV) decreases and can increase the social value of PLHIV (Erida 2019).

(Nana Syaodih Sukmadinata 2005) The foundation of the Psychology of the Educational Process, says that motivation is a condition contained in a person that can encourage or move a person to be able to carry out certain activities to achieve goals. Motivation can be interpreted as a good picture with extrinsic conditions to stimulate behavior and response in a person to show behavior as a human being (Swanburg 2000).

In addition to sports, the social value of sports for PLHIV aims to generate intrinsic motivation in order to rise up and motivate others to live healthy lives and stay away from drugs by showing their own self-actualization. PLHIV has a high motivation to change bad habits into good ones by doing futsal activities together which are carried out in one week twice and providing counseling so as not to contract the HIV / AIDS virus it self.

The sport of futsal is a medium for PLHIV to increase intrinsic and extrinsic motivation by explaining issues about HIV / AIDS. With a community forum for people with HIV / AIDS, namely Rumah Cemara Bandung, Ciroyom Bandung street children are successfully guided with the aim of directing and teaching Ciroyom street children themselves to do better activities, such as staying away from drunken habits, sucking glue (chemicals that intoxicate, make dizzy, self-conscious, to skin disorders that can cause scaly skin), brawls, even promiscuous sex (Youth Forum Homeless 2016).

(Hasibuan 2005) put forward the level/hierarchy of needs according to Abraham Maslow, namely:



²¹ **Figure 1.** Maslow's Hierarchy of Needs

With this model, Maslow explains that human needs are multilevel, starting from the basic needs that must be met at the bottom, and human needs increasing steadily upwards when basic types of needs have been met. Starting from the most basic needs are ¹⁶ Physiological needs (physical and biological needs), Safety and



security needs (safety needs and a sense of security), Affiliation or Acceptance Needs. (Wahba and Bridwell 1976) The explanation of the concept of human motivation according to Abraham Maslow refers to five basic needs that are arranged hierarchically. The five levels of motivation in this hierarchy are as follows:

Physiological Needs this physiological need is related to biological health which supports health, rest, shelter and environmental factors (Hayre-Kwan et al. 2021)

The need for a sense of security, the need for a sense of security needs to be seen with a broad meaning, not limited to physical needs, but it also needs to be seen from psychological needs (Potter & Perry 2006) The need for a sense of security is concerned regarding the relationship of PLHIV with others and the Surrounding Environment Fact. **Social Needs** these social needs are related to Human Needs with love where that PLHIV requires the affection of others and Human Needs with responsibility. **The need for appreciation**, this need shows how much they value themselves with the people around them and the need for self-esteem for themselves. **This need for self-actualization** is that it requires a function of ability yang multi where they become someone who is talented and needed by many people.

METHOD

The descriptive method of surveying is descriptive survey is research that intends to derive facts from existing symptoms and seek factual information, both about social institutions (Fraenkel, Jack. R. 2012). Researchers using this method aim to find out more about PLHIV motivation in terms of futsal sports activities. In this study, researchers used Incidental Sampling, a technique of determining samples based on chance, namely anyone who coincidentally / incidental encounters the researcher can be used as a sample, if it is seen that the person who happens to be encountered matches the data source 112(Sugiyono 2009). The instrument in this study is a questionnaire that has been tested for validity and reliability in (Erida 2021). The timing of the implementation of this research Cemara Bandung at home.



The time and research were carried out in November 2021. The analysis data in the study Test percentage processed using spss software for mac version 24.

Table 1 Percentage Test²⁵

Percentage of Motivation	Level of Motivation
90% - 100%	Very High
80% - 89%	High
70%-75%	Average
50%-60%	Low
0%-40%	Very Low

RESULTS AND DISCUSSION

¹ The results of the research found in the field, in accordance with the theory of Abraham Maslow, the level of hierarchy of needs according to humans which includes physiological needs, the need for security, social needs, the need for appreciation and the need for self-actualization (Hasibuan S.P Malayu 2005),

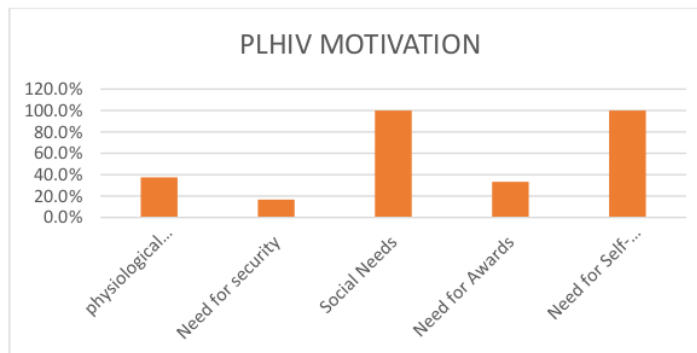


Figure 2. PLHIV Motivation Results

Physiological Needs

⁶ Based on the results of the categories that have been carried out, it can be seen that the motivation of PLHIV in the aspect of physiological needs is 37.5%. Based on these results, it can be concluded that PLHIV has very low physiological needs motivation criteria. In accordance with the theory proposed by Abraham



Maslow the physiological need factor there is a factor of rest and shelter. In the rest factor, it is based on the need for adequate rest, judging from the view of the factors of resting needs that support these needs through adequate rest quality in terms of good sleep quality, health status, activity patterns, and lifestyle. But in the need for a place to live an adequate place to live, with a clean place to live.

With the results of research in the field of PLHIV only reached 37.5% with very low motivation criteria caused by low sleep quality, insufficient rest time and an unqualified lifestyle affecting the motivation of PLHIV to have low motivation, with field results PLHIV difficulty having a good quality of rest on the grounds that many activities cannot be left behind which include exercise. It can be concluded that the motivation for the physiological needs of PLHIV in the environment where futsal and resting PLHIV when after playing futsal, many of the shortcomings of this factor become a physiological disorder for the PLHIV itself, and the most important factor that affects the lack of physiological that is not good is to return to him a person with HIV / AIDS, with his physiological condition that is not healthy physically or biologically. It is also a factor that affects PLHIV to have low motivation.

The Need for a Sense of Security

Based on the results of the categories that have been carried out, it can be seen that the motivation for PLHIV in the **aspect of the need for a sense of security** is 14.3%. Based on these results, it can be concluded that PLHIV has a very low motivation criteria for the need for a sense of security. In accordance with the theory proposed by Abraham Maslow, the need for security factors are environmental factors and relationship factors with others. In environmental factors, there is a need for environmental factors that are both physical and social. In the need of relationship factors with others this need is based on relationships that affect a person's psychology, both positively and negatively. With the results of research in the field in environmental factors, PLHIV has a more negative environment with the surrounding community because it sees that underdevelopment has a deadly disease HIV / AIDS, thus making the surrounding environment not feel comfortable



with the existence of PLHIV. In the relationship factor with other people PLHIV has an enthusiasm for connecting both with the environment and newly known people, but the stigma outside is still strong by looking at PLHIV which is a threat to PLHIV itself, the stigma becomes an influence for PLHIV to have a very low motivation seen from other aspects of needs.

It can be concluded that the motivation for the need for a sense of security for PLHIV in this motivation is said to be very low motivation compared to other motivational aspects, because with the futsal arena environment that is still strong with the stigma of PLHIV people being a negative value towards PLHIV so that PLHIV feels that there are its own disturbances and threats for themselves, as well as connecting with others when playing friendship playing futsal PLHIV is still underestimated even though with abilities that can be said to be the same as non-PLHIV people. The main factor in the need for this sense of security is the stigma that people who are very strong will look at PLHIV lightly.

Social Needs

Based on the results of the categories that have been carried out, it can be seen that the motivation of PLHIV in the aspect of social needs is 100%. Based on these results, it can be concluded that PLHIV has very high criteria for motivation of social needs. In accordance with the theory proposed by Abraham Maslow, the factor of social needs is the factor of human relationship with love and the factor of relationship with a sense of responsibility. In the factor of human relationship with love with needs, it has the criterion of togetherness to achieve an ideal result, building a new relationship. In the needs factor the relationship with the sense of responsibility of these needs is the need to have a sense of responsibility with what they do.

With the results of research on PLHIV having a high sense of love for others, by seeing what they do for street children ciroyom bandung, by having a sense of care, high affection PLHIV is able to change street children in a more positive direction through futsal sports. In relation to the need for a sense of responsibility PLHIV has a high sense of responsibility, it can be seen from the

place where PLHIV works he has a job in the world of futsal for example training Ciroyom street children to excel PLHIV is able to perform his responsibilities as a coach and street children Ciroyom will now be the representative of homeless world cup futsal players 2016 in Scotlandia. The influence of the love of PLHIV concern and responsibility for one's own work is able to become a high level of encouragement for PLHIV to achieve very high motivation.

It can be concluded that in this aspect of motivational social needs, PLHIV has a very high motivation, the factor of love and a sense of responsibility has a continuous factor where when PLHIV has a sense of love and concern for street children, PLHIV must have the responsibility of street children ciroyom from the abilities he has. Love and concern for ciroyom street children becomes a challenge for themselves PLHIV is not easy to teach, guiding street children who live like there is no purpose, for this reason PLHIV has a high desire and a high sense of responsibility so that when PLHIV enters the world of street children ciroyom PLHIV has a goal towards ciroyom street children, namely making these ciroyom street children have positive activities and excel through sports futsal. With the holding of futsal sports in 1 (one) month 2 (two) times, ciroyom street children have very positive activities and excel in the world of futsal sports. A very influencing factor in this high social need is that PLHIV has high extrinsic motivation.

The Need for Awards

Based on the results of the categories that have been carried out, it can be seen that the motivation of PLHIV in the aspect of award needs is 33.3%. Based on these results, it can be concluded that PLHIV has very low criteria for motivation for award needs. In accordance with the theory put forward by Abraham Maslow, the need for appreciation factor is the factor of self-esteem and appreciation of others. Within the self-esteem factor there is a criterion of being valued by others, known and acknowledged. In the need for the reward factor of others, there are criteria that include strength and achievement.

With the results of PLHIV research in the need for appreciation of self-esteem factors and appreciation from others is low, by being seen in the field the



stigma of the environment playing futsal PLHIV is very strong by seeing the backwardness of him who is feared by the environment as a person with HIV / AIDS becomes a thing that has never been known and recognized by the community, even though his achievements and his social that should be an appreciation and exemplary environment still cannot appreciate what has been they do, the stigma factor of the community is also an obstacle to PLHIV having high motivation in this need, so that the field results in the need for PLHIV awards are categorized very low.

It can be concluded that in the aspect of motivation, the needs of this award are not encouraging in the motivation of PLHIV, because the stigma of the environment where the PLHIV lives and the arena of playing futsal in playing futsal very much makes the PLHIV self-not feel confident, the PLHIV environment never recognizes the potential of PLHIV, and the environment itself never appreciates the PLHIV effort where when trying and trying to remove environmental stigma, the environment itself never acknowledged that. The factors influencing the need for PLHIV awards are very low because the stigma from society is very strong.

The Need¹ for Self-Actualization

Based on the results of the categories that have been carried out, it can be seen that the motivation of PLHIV in the aspect of self-actualization needs is 100%.⁶ Based on these results, it can be concluded that PLHIV has very high criteria for motivation for self-actualization needs. In accordance with the theory proposed by Abraham Maslow, the factor of self-actualization needs there is a multi-ability factor in this ability criterion including good ability so that the ability can produce something to be proud of.

With the results of PLHIV research in multi-factor needs, the ability that PLHIV has is to train futsal for street children, the ability he has becomes a reference for street children to have an achievement in the field of futsal sports and have regular sports activities to have positive activities that aim to provide HIV / AIDS issues so that street children do not fall into free sex, drugs and syringes. This factor becomes a great impetus for the intrinsic motivation of PLHIV they give

to street children ciroyom, so that in the need for self-actualization PLHIV reaches a very high motivation category.

CONCLUSION

The results of the calculation of the level of motivation of people with HIV/AIDS are reviewed from, futsal sports activities, as follows:



Figure 3. Research Results of Hierarki Maslow PLHIV

Based on the research and discussion that has been described, about the motivation of people with HIV / AIDS in terms of futsal sports activities at home Cemara Bandung, conclusions can be drawn, as follows:

The picture of people with HIV / AIDS in the aspect of motivation for physiological needs is categorized very low because the factors of rest and shelter are not supportive and not balanced with what PLHIV needs and see the backwardness of PLHIV as a person with HIV / AIDS with unhealthy physiological conditions. Therefore, for the motivational aspect, physiological needs only reach a percentage of 37.5%.

The picture of people with HIV / AIDS in the aspect of motivation for the need for a sense of security is categorized very low because environmental factors and relationships with others do not have good needs, stigma from the PLHIV environmental community is very much a threat to the sense of security of PLHIV itself. Therefore, for the motivational aspect, the need for a sense of security only reaches a percentage of 16.7%.

The picture of people with HIV / AIDS in the aspect of motivation for social needs is categorized very high because of very supportive factors, the factor of



PLHIV needs with love and needs with responsibility is very worthy of appreciation with very high percentage results, PLHIV has high extrinsic motivation so that with high motivation PLHIV is able to provide that motivation to street children Ciroyom Bandung. Therefore, for the motivational aspect, social needs reach a percentage of 100%.

The picture of people with HIV / AIDS in the aspect of motivation needs for appreciation is categorized very low because the factors of self-esteem and appreciation from others are not a driver of PLHIV to have this motivation. The stigma in the environment is also a nuisance to this need. Therefore, for the motivational aspect, the need for awards only reaches a percentage of 33.3%.

The picture of people with HIV / AIDS in the aspect of motivation for self-actualization needs is categorized very high because the multi-ability factor strongly encourages PLHIV to have high motivation, and PLHIV has high intrinsic motivation. Therefore, for the motivational aspect, self-actualization needs reach a percentage of 100%.

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