

The Development Training Model MPICC to Increase Achievement Motivation on Water Polo Athlete

Nur Indah Pangastuti^{1,*}, Agus Supriyanto¹, Adib Febrianta¹, Fx. Sugiyanto¹

¹ Faculty of Sport Sciences, Universitas Negeri Yogyakarta, Yogyakarta, Indonesia

*Corresponding author. Email: indahpangastuti@uny.ac.id

ABSTRACT

This study aims to produce a practical training program to improve the achievements of the Yogyakarta Water Polo regional training athletes during the COVID-19 outbreak and to find out the properness of mental training model. The research method used is research and development using the five-step ADIIE model. The development of mental training models includes motivation, positive thinking, imagery, concentration, and cohesion (MPICC). The sample in this study consisted of six athletes in a small group trial and 13 female athletes from the regional training PON DIY on a large scale. Collecting data with quantitative and qualitative approaches. The instruments using interview and questionnaires. The development of this training model was validated by five material experts consisting of three academics and two trainers. The results obtained are that the development of the MPICC mental training model is effective in increasing the achievements of the Yogyakarta water polo regional training athletes during the COVID-19 outbreak. Results Based on the analysis, the pre-test and post-test data increased by 46.86% with a t-count value of -4.320 and a significance value of 0.000. The MPICC training model is suitable to be used as an exercise program to improve the achievement of Yogyakarta water polo regional training athletes.

Keywords: Development, Mental Training, Achievement Motivation, Water Polo

1. INTRODUCTION

The Covid pandemic has caused its own problems in various aspects of the world, including the sports aspect. Various sporting events that must be carried out must be implemented [1]. One that has been delayed in its implementation is the National Sports Week (PON) in Papua. This event was supposed to take place in 2020, but was delayed by a year. The corona virus is a virus that can attack living things, both animals and humans and so far no vaccine has been found for the prevention of covid 19. The impact of the corona virus pandemic on the sports world in particular, various sporting events such as postponed sports [1].

One of the variables that are considered important in achieving sports achievements is motivation. Motivation is closely related to ability, so people state that there is an ability contained in a person who is full of motivation [2]. Motivation reflects the interactions, attitudes, needs, decisions that occur in a person and arise due to factors from within (intrinsic) and from outside (extrinsic) in achieving the goals that have been set [3]. Individuals who have high achievement motivation will always

try to achieve better results than what other individuals have done or better than what has been achieved before, because achievement motivation is in the form of a competition with several measures of excellence [4]. However, motivation cannot be observed directly, but must be inferred from the behavior of an athlete [5]. The observation of motivation requires the help of someone, one of which is a coach. The coach can determine a player is motivated to perfect the athlete's game.

Water polo is a team water sport, which can be thought of as a combination of swimming, wrestling, soccer and basketball. One team consists of six players and one goalkeeper. The game of water polo requires good physical, technical, tactical and mental competition. To prepare for the 2021 PON, the DIY women's water polo team are preparing themselves to be able to get maximum achievements. Training was hampered due to the COVID-19 pandemic which prevented athletes from training together. based on the results of interviews with coaches, athletes experienced a decrease in motivation, especially for achievement. Therefore, this study was made to develop a mental training model aimed at increasing

the achievement motivation of female athletes in water polo at the Yogyakarta National Center for Sports.

2. METHODS

This research is a research and development that produces a product in the form of an MPICC mental training program. The steps in this research go through five stages which include analysis, design, development, implementation, and evaluation [6]. The test subjects in this study were women's water polo athletes in Yogyakarta, in the small-scale test using six athletes, while the large-scale test using 13 female athletes. The sampling technique used was total sampling, namely all female athletes who participated in the PON DIY Center for Research and Development. Prior to the treatment, all samples were asked to fill out a willingness form to participate in the entire research process from beginning to end.

The instruments used in this study were interviews to find out initial information on the mental training needs of athletes during the COVID-19 pandemic and a questionnaire to determine the level of achievement motivation of athletes. The achievement motivation questionnaire was given before treatment through a pretest and after treatment through a post-test. Statements in the achievement motivation questionnaire include self-confidence, desire to succeed, level of ambition, commitment, social approval, tendency to compete. A statement in the form of a stimulus aimed at provoking a reflection of the self-state of the research subject. The number of questions is 26 items which are then sorted using a Likert scale [7]. The MPICC training model is given for four months starting from February to June.

Data analysis used qualitative and quantitative methods. Qualitative methods were used to analyze expert assessment data and followed by quantitative methods which were analyzed using the Aiken's V formula. Meanwhile, to test the effectiveness of the exercise model, the Wilcoxon test was used to find the difference between the pre-test and post-test averages.

3. RESULTS

The research on the development of this mental training model began with interviews with Yogyakarta water polo PON coaches. The results of the interview showed that the coach felt that the motivation of the female athletes of the PON Center for Achievement had decreased since the COVID-19 pandemic. Based on the theory, several exercises that can be used to increase achievement motivation include setting goal setting, positive thinking, imagery, concentration, and closeness between fellow teams. The training model provided is in the form of

motivation, positive thinking, imagery, concentration, cohesion (MPICC).

This training model was then tested by five material experts consisting of three academics and 2 trainers. The results of the material test showed that the exercise model made had adequate content validity, greater than 0.81 in each item of material. After obtaining the results of the material test, a revision was carried out, which was then carried out with a small-scale field test on the women's water polo reserve athletes at the PON Yogyakarta Central Sports Center. The effectiveness test of the MPICC training model to increase achievement motivation on a large scale was analyzed using SPSS. It can be seen that $Asymp.sig$ is 0.000 when compared with 5% significance, then $0.000 < 0.05$ so that the alternative hypothesis is accepted. It can be said that the MPICC technical training model is effective in increasing the achievement motivation of women's water polo athletes at the PON Center for Research and Development during the COVID-19 pandemic.

The effectiveness of the MPICC training model is seen in the increasing difference in the achievement motivation of athletes from before being given MPICC training to after being given training. Based on the results of the analysis obtained an increase in pre-test and post-test data by 46.86% with a t-count value of -4.320 and a significance value of 0.000. Increasing athletes' achievement motivation cannot be separated from the process of running the MPICC training model which is carried out by athletes in earnest.

Based on the results of the t-test there is a significant difference to the achievement motivation of athletes after the implementation of the MPICC training model. This training model allows athletes to have better achievement motivation due to the incorporation of several exercises on increasing motivation. The implementation of the training given is first by determining the goal setting of each athlete, with their goal being to have the direction of achievement and the intended target. Followed by an emphasis on always thinking positively to increase his self-confidence. This exercise gives a good effect, it can be seen that there is an increase in self-confidence when starting training again. Athletes are also asked to do an imagery about technique and also when competing this is done so that there is still an image in the match, considering that during the pandemic athletes cannot actively exercise in the pool. Giving concentration training makes athletes focus more on game techniques and tactics. Cohesion exercises are given by accepting and supporting each other with teammates. After being given this model of training, the athletes looked more compact, the communication between the athletes became better.

4. CONCLUSION

The results of the field test of the MPICC training model show that: (1) this MPICC training model can be used to increase the motivation of team sports athletes (team sports), (2) this MPICC training model is modified to be able to be done independently and can be done during isolation or at home. individually at home, (3) There is a significant increase in the athlete's achievement motivation after doing the training model, (4) The impact of this mental training makes the achievement motivation of the athletes increase. Thus, it can be concluded that MPICC training has a positive contribution and can be applied in training programs to increase achievement motivation. It is hoped that by giving this training model athletes can compete optimally and get the expected achievements

ACKNOWLEDGMENT

The author would like to thank UNY for funding this group's research.

REFERENCES

- [1] Susanto, N. 2020. Pengaruh Virus Covid 19 Terhadap Bidang Olahraga Di Indonesia. *Jurnal Stamina*, 3(3), 145-153
- [2] Singgih D. Gunarsa. 2008. *Psikologi Olahraga Prestasi*. Jakarta. PT. BPK Gunung Mulia.
- [3] Wahyudi, Donie. 2019. Motivasi Berprestasi Atlet Sepakbola Jordus FC Kota Batusangkar. *Jurnal Pendidikan dan Olahraga*, 2(1), 126-130.
- [4] Komarudin. 2013. *Psikologi Olahraga Latihan Mental dalam Olahraga Kompetitif*. Bandung. PT. Remaja Rosdakarya
- [5] Cendra, R., & Gazali, N. 2019. Intensitas Olahraga Terhadap Perilaku Sosial. *Media Ilmu Keolahragaan Indonesia*, 9(1), 13-17.
- [6] Dick, W and Carrey, L. 1996. *The Systematic Design of Instruction*. New York: Harper Collin Publisher.
- [7] Sugiyono. 2012. *Memahami Penelitian Kualitatif*. Bandung:ALFABETA