



Sports Motivation Survey in PSIS Academy U-18 Football Athletes

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Abstract

This study aims to identify the level of sports motivation in PSIS Academy U-18 football athletes. Sports motivation is one of the physiological aspects that contributes important to maintaining training consistency, increasing readiness for matches, and supporting athletes' achievements. This study applies a quantitative method with a survey design. Data analysis was carried out using score interpretation criteria, descriptive statistics, and classification of sports motivation levels based on predetermined score intervals, namely very low (18 - 31), low (32 - 45), high (45 - 59), and very high (60 - 72). The results of the analysis showed that the athletes' motivation scores were in the range of 50 - 61 with an average score of 54.86, a median of 55, mode 51, with a standard deviation of 3.44. The results of the classification showed that as many as 21 athletes (95.45%) were in the high motivation category and 1 athlete (4.55%) was in the very high category, and there were no athletes in the low or very low category. The relatively small variation in scores indicates that the athletes' level of sports motivation tends to be homogeneous and stable. Thus, it can be concluded that PSIS Academy U-18 football athletes have a high level of sports motivation, which reflects positive psychological readiness in supporting the training process, training process, and competition.



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INTRODUCTION

Sport is a physical activity that not only plays a role in maintaining health and fitness, but also contributes to character building, strengthening social skills, and improving one's quality of life (Alwi, 2025). Among the various types of sports, football is one of the most popular and widely played by various groups throughout Indonesia. The game's high popularity demands a combination of technical ability, good physical condition, tactics, and mental readiness (Fathiyah, 2025). In the context of coaching young athletes, especially among PSIS Academy U-18 football players, all of these aspects must be developed in a planned and structured manner so that athletes' performance can develop optimally.

The psychological aspect is one of the elements that affect the achievement of performance in sports, in addition to physical and technical abilities. Among the various psychological factors, motivation has a very important role (Masitoh et al., 2025). Sports motivation can be interpreted as encouragement from within and from the environment that affects the desire, goals, level of effort and perseverance of athletes in undergoing training and facing competitions (Aina et al., 2023). Motivation acts as a mental drive that determines the extent to which an athlete is committed to training, able to cope with pressure while competing, and striving to achieve desired achievements (Simandjuntak et al., 2024). Therefore, a comprehensive understanding of sports motivation is essential in the process of coaching young athletes (Mustofa & Wulandari, 2024).

In sports psychology, motivation is often explained through Self Determination Theory (SDT) which divides motivation into intrinsic motivation, extrinsic regulation and motivation. Intrinsic motivation is the encouragement from within the individual to do activities because of personal pleasure and satisfaction. Athletes with intrinsic motivation are usually more enthusiastic, diligent and enjoy the training process.

In addition, there are extrinsic regulations that are influenced by external factors, such as identified regulation, introjected regulation and external regulation. This form of motivation arises because individuals are aware of the benefits of activities, the existence of a sense of obligation or desire to get recognition, as well as the influence of rewards and pressure from the environment such as coaches or parents.

Amotivation describes a condition when individuals do not have the motivation to exercise because they do not see the relationship between the effort made and the results obtained. This condition can lead to low involvement in training and hinder the development of athletes.

The urgency of motivation in the sport of football is closely related to the fast-paced, competitive, and demanding nature of the game (Morales, 2024). A soccer player must be able to maintain consistency in training, show toughness in the face of failure, and manage the pressure that arises during the match (Agha, 2026). Strong motivation can encourage athletes to give their best, increase focus levels, and maintain long-term commitments

throughout the coaching process. On the other hand, low motivation can result in decreased performance, reduced involvement in training, and inhibition of optimal skill development (Ayemi, 2023). Therefore, research on sports motivation in U-18 football athletes is important to get an idea of their psychological readiness in the face of the demands of training and competition.

Sports motivation has an important role in influencing athletes' performance and engagement levels during training (Sumbayak, 2024). shows that intrinsic motivation is positively related to perseverance and the quality of athletes' performance (Almagro, 2020). (Athaullah & Ilmi, 2026) Emphasizing that the motivation arising from the fulfillment of basic psychological needs is able to increase long-term commitment in sports activities. In addition, (Alkassabeh & Akroush, 2025) shows that a balance between intrinsic and extrinsic motivation plays a role in creating a more positive exercise experience. (Robazza & Montse, 2022) It is also noted that high motivation is closely related to the mental readiness and ability of athletes to regulate emotions, especially in football athletes. (Akines et al., 2025) Emphasizing that support from coaches and teammates can increase the motivation and participation of youth athletes.

Although most research has addressed the role of motivation in sports, most of it still focuses on the relationship of motivation to athletes' performance or engagement in general. Research that specifically describes the motivation levels of youth soccer athletes in the academy environment is still limited. In addition,

studies on the motivational conditions of U-18 football athletes in structured coaching programs such as PSIS Academy have also been carried out. Based on this, there is a research gap that shows the need for a more specific study on sports motivation in adolescent football athletes in the academy environment. Therefore, this study aims to determine the level of sports motivation in PSIS Academy U-18 football athletes as an overview of the psychological condition of athletes and the basis for developing a more effective coaching program.

METHODS

This study uses a quantitative method with a survey design. Quantitative methods are used to obtain an objective picture of athletes' level of sports motivation through measurement using psychological scale instruments. The survey design was chosen to collect data directly from respondents within a specific period of time without special treatment.

Participants

The study participants consisted of 22 PSIS Academy U-18 football athletes. The sampling technique used was total sampling, where all U-18 athletes who were actively undergoing a training program were involved as respondents. All athletes are in the age range of 16 -18 years old and consistently participate in regular training and various competitions held by the academy. This ensures that the data obtained represents the overall condition of the group.

Sampling Procedure

The sampling technique that uses the total sampling technique is that all

PSIS Academy U-18 football athletes aged 16-18 years and actively participate in routine training are designated as respondents. With this technique, the data obtained is expected to be able to describe the overall condition of athletes' sports motivation. Data collection was carried out by distributing questionnaires in the form of questionnaires before training. Before filling out, the researcher explains the purpose and instructions of filling and guarantees the confidentiality of the answers. The athlete then fills out a questionnaire independently according to his condition with the help of the researcher to make sure all the answers are correct. Through this step, all members of the population can participate directly in the data collection.

Materials and Equipment

The instrument used in this study is the Indonesian version of the Sports Motivation Scale-II (SMS-II) adapted by Aditiya Akbar Islami. The results of the validity test showed that all 18 statement items were declared valid, with the calculated r-value being in the range of 0.455 to 0.911 and exceeding the r-table by 0.339 at a significance level of 5%. The reliability test using Alpha Cronbach yielded a coefficient of 0.946 which is in the very high category. Therefore, the Indonesian version of SMS-II is considered to meet the criteria for validity and reliability, so it is suitable for use as a measure of sports motivation for PSIS Academy U-18 football athletes.

Procedure

The research began with the licensing process to PSIS Academy and provided the Indonesian version of the Sports Motivation Scale-II (SMS-II) instrument. Furthermore, the questionnaire was distributed to all U-18 athletes before training, the researcher provided an explanation of the research objectives and filling instructions. Respondents then filled out the questionnaire independently. The data that has been collected is then assessed and analyzed using descriptive statistics based on the classification criteria of the level of sports motivation that has been set.

Data Design or Analysis

The analysis of research data was carried out using the help of Microsoft Excel software. The questionnaire filling out data was first assessed in accordance with the guidelines of the Sports Motivation Scale-II (SMS-II). Furthermore, the data is entered in Microsoft Excel to be analyzed statistically descriptively, which includes the calculation of average scores, median, mode, standard deviation, as well as minimum and maximum scores to determine the level of sports motivation of PSIS Academy U-18 football athletes. In addition, an analysis of the distribution of scores per item and grouping of intrinsic and extrinsic motivation tendencies based on the dimensions contained in the SMS-II instrument were also carried out to obtain a more detailed picture of athletes' motivation patterns.

This analysis process is carried out systematically to ensure that every data obtained can be processed accurately and consistently. The use of descriptive analysis allows researchers to describe the general trends of athlete motivation data more clearly, so that the results obtained can provide a comprehensive picture of the motivational conditions in the athlete group. In addition to descriptive analysis, a data distribution examination was carried out through a simple normality test to determine the tendency of the distribution of athlete motivation data before further interpretation,

RESULTS

This study aims to identify the level of sports motivation of PSIS Academy U-18 football athletes. Data analysis was carried out on 22 athletes who were participants in this study.

Table 1. Interpretation Criteria

Interval	Criteria
18–31	Very low
32–45	Low
46–59	Height
60–72	Very high

Based on the results of the processing of athlete motivation survey data obtained from filling out the questionnaire, the athlete's motivation score is in the range of 50 - 61. Referring to the interpretation criteria that have been set, the score interval is divided into four categories, namely very low (18 - 31), low (32 - 45), high (46-59), and very high (60-72). The determination of the interval is based on the range of theoretical scores of

the SMS-II instrument, which is a minimum score of 18 and a maximum score of 72. The score range was then divided into four categories using the same interval approach to facilitate the interpretation of athletes' motivation levels.

The results of the analysis showed that most of the athletes were in the category of high motivation, with scores in the interval of 46 - 59. In addition, there are some athletes who fall into the very high category, as shown by the interval score of 60 – 72. None of the athletes were found in the low or very low motivation category.

Table 2. Descriptive Statistical Data Results

Descriptive Statistics	Value
Means	54,86
Mode	55
Median	51
Standard Deviation	3,44
Minimum Score	50
Maximum Score	61

The results of descriptive statistical analysis showed that athletes' sports motivation scores were in the range of 50 to 61. The average motivational score of the athlete is 54.86, the median is 55, which identifies that the tendency of the motivation score is around this score. A mode value of 51 indicates that this score appears most often among respondents. The standard deviation value of 3.44 indicates that the variation in motivation scores between athletes is relatively small, so the data tends to cluster around the average score. The minimum score obtained by athletes is 50, while the maximum score reaches 61. This distribution of scores shows that in

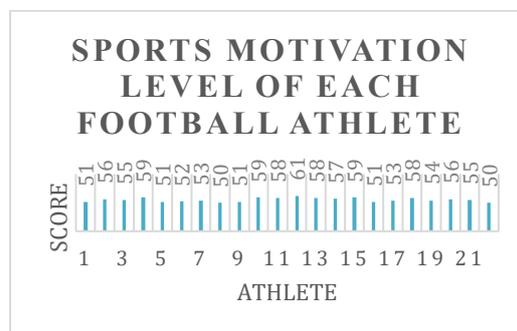
general, athletes have a fairly homogeneous level of sports motivation and tend to be in the high category. The results of the data distribution examination also showed that the score distribution was relatively normal with a range of variation that was not too large, so that it could present the athlete's condition in general.

Table 3. Sports Motivation Classification

Score Interval	Motivation Categories	Frequency	Percentage (%)
18–31	Very low	0	0
32–45	Low	0	0
46–59	Height	21	95.45
60–72	Very high	1	4,55
Quantity		22	100

Based on the results of the classification of athletes' sports motivation levels, it is known that most athletes are in the high motivation category, which is as many as 21 athletes (95.45%). In addition, there was 1 athlete (4.55%) who was included in the very high motivation category. None of the athletes are in the low motivation or low motivation category. The distribution shows that in general athletes have a high level of sports motivation and are relatively even. The dominance of the high motivation category identifies a strong drive in participating in training activities and matches. This condition reflects relative psychological readiness to support the coaching process and improve sports performance. When viewed from the tendency of the motivation dimension in the SMS-II instrument, the scores obtained by athletes show that intrinsic and extrinsic motivation play an equal role in

encouraging athletes' involvement in training activities and competitions.



Based on Figure 1, it can be seen that the sports motivation score of each PSIS Academy U-18 football athlete shows a relatively narrow variation. Athletes' motivation scores are in the range of 50 to 61, which identifies that in general athletes have a fairly homogeneous level of motivation. Most athletes scored motivation in the range of 51 – 59, with a high score of 61 and a low score of 50. This condition indicates that almost all athletes are in the category of high motivation, as indicated in the results of the previous classification. The bar chart also shows that there is no real difference in score between athletes. This shows that the level of sports motivation of PSIS Academy U-18 football athletes is relatively even and shows a stable psychological condition in supporting training activities and competitions. The relatively even distribution of scores also indicates that there is no extreme difference in motivation between athletes, so that motivation conditions can be said to be quite stable in the group of athletes studied.

DISCUSSION

The results of this study show that the level of sports motivation in PSIS Academy U-18 football athletes is in the high category. This can be seen from the motivation score which is in the range of 50-61 with an average score of 54.86, so that the majority of athletes are in the high motivation category based on the performance criteria that have been set. These findings illustrate that the majority of athletes have a strong intrinsic and extrinsic drive to live and compete (Vallerand & Losier, 2008). High motivation indicates the fulfillment of basic psychological needs, autonomy, competence, and relationships. The fulfillment of these three aspects encourages athletes to be more involved, diligent, and able to display optimal performance in sports activities (Martyn, 2026). In addition, the fulfillment of these basic psychological needs is also in line with contemporary motivational theories that emphasize the importance of a sense of autonomy and competence in shaping the mental resilience of young athletes (Santos, 2025). When athletes feel able to control the training process and have confidence in their technical and physical abilities, the drive to keep improving becomes stronger (Nugroho, 2024).

The results of this study show a similar trend, namely social support from coaches and teammates, career fatigue, and the quality of training programs also play a role in increasing the motivation of young athletes. This condition is also reflected in the distribution of motivation scores in this study which is relatively homogeneous with a standard deviation

of 3.44 which indicates that most athletes have a relatively even level of motivation in participating in training programs in the academy. This further corroborates the literature that explains that athletes' motivation is not only found by internal factors, but also influenced by the training environment in which they develop. Strong social support factors are also closely related to the emotional development and development of emotional literacy of athletes (Luo et al., 2025). When athletes are able to understand and manage emotions through positive interpersonal support, they become better prepared for the pressures of internal matches and competitions (Tamminen et al., 2021). This indirectly strengthens motivation because athletes feel they have a reliable support system. In addition, the existence of a structured and quality training program provides space for athletes to explore their potential optimally (Muasis, 2025). Clarity of the coach's role, consistency of training methods, and effective communication encourage the creation of a coaching climate conducive to increased motivation (Aprilianti & Suryawati, 2025). In addition, the provision of supporting facilities, adequate competition opportunities, and regular psychological assistance can strengthen the motivation of adolescent athletes (Suryandari, 2024). Coaching programs ideally not only highlight the physical and technical aspects, but also provide space for the development of cognitive, emotional, and social capacity as an integral part of the process of

building an athlete's character (Nababan et al., n.d.).

The findings are in line with research on adolescent athletes at various sports academies that showed high levels of motivation when the training environment provided good psychological and social support. However, in younger age groups, the motivation of the cederung is more varied due to ongoing psychological development. This shows that age, type of sport, and the quality of coaching affect athletes' motivation.

This research also confirms the importance of the training environment in maintaining the motivation of adolescent athletes. The dominance of the high motivation category in PSIS Academy U-18 athletes shows that the applied oembinaan system has supported the psychological development of athletes and can be the basis for designing a more comprehensive coaching program.

CONCLUSION

Based on the results of the research, it can be concluded that PSIS Academy U-18 football athletes have a high level of motivation. As many as 95.45% of athletes were in the high category and 4.55% of athletes were in the very high category, without finding the low and very low category. An average score of 54.86 indicates a positive psychological condition in supporting the training process and competition. These results show that in general athletes have a good level of sports motivation in participating in

training activities and competitions in the academy environment.

However, this study has several limitations, namely the relatively small sample size of only 22 athletes from one age group at PSIS Academy U-18. In addition, this study uses a descriptive design so that the results obtained only describe the level of motivation of athletes without analyzing the causal relationship between the factors that affect it.

Therefore, further research is recommended to involve a larger number of samples, covering different age groups or academies, as well as using more in-depth research approaches such as longitudinal studies or analysis of intrinsic and extrinsic motivation dimensions to gain a more comprehensive understanding of the development of athlete motivation.

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