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# Achievement Motivation and Physical Fitness Levels of Soccer Athletes Representing Pidie Regency at the Aceh People's Sports Week (PORA)

Muhammad Iqbal<sup>1</sup>, Syamsulrizal<sup>2</sup>

<sup>1,2</sup> Universitas Syiah Kuala, Banda Aceh, Indonesia

Email: [iqbal\\_sport@usk.ac.id](mailto:iqbal_sport@usk.ac.id)

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## ABSTRAK

Penelitian ini bertujuan untuk menganalisis tingkat motivasi berprestasi dan kebugaran fisik di antara atlet sepak bola yang mewakili Kabupaten Pidie di PORA. Penelitian ini menggunakan desain penelitian evaluatif dengan pendekatan kuantitatif. Populasi terdiri dari seluruh 22 atlet sepak bola yang terdaftar di PORA, dan karena ukuran populasi yang terbatas, digunakan pengambilan sampel total. Motivasi berprestasi diukur menggunakan kuesioner skala Likert, sedangkan kebugaran fisik dinilai melalui tes lari 2,4 km (tes Cooper). Data dianalisis menggunakan klasifikasi skala kategorikal dan analisis persentase. Hasil penelitian menunjukkan bahwa skor motivasi pencapaian rata-rata adalah 131,68, yang dikategorikan sebagai sedang. Secara spesifik, 13,63% atlet diklasifikasikan memiliki motivasi rendah, 27,28% motivasi sedang, dan 59,09% motivasi tinggi. Sementara itu, skor kebugaran fisik rata-rata adalah 11,14, yang termasuk dalam kategori baik. Distribusi menunjukkan bahwa 13,64% atlet berada dalam kategori rendah, 50% sedang, 18,18% baik, dan 18,18% sangat baik. Temuan ini menunjukkan bahwa meskipun tingkat kebugaran fisik secara umum baik, motivasi pencapaian masih perlu ditingkatkan lebih lanjut untuk mendukung kinerja kompetitif yang optimal.

**Kata kunci:** motivasi berprestasi, kebugaran fisik, atlet sepak bola

*This study aimed to analyze the levels of achievement motivation and physical fitness among soccer athletes representing Pidie Regency at PORA. The research employed an evaluative research design with a quantitative approach. The population consisted of all 22 soccer athletes registered for PORA, and due to the limited population size, total sampling was applied. Achievement motivation was measured using a Likert-scale questionnaire, while physical fitness was assessed through a 2.4 km running test (Cooper test). Data were analyzed using categorical scale classification and percentage analysis. The results showed that the average achievement motivation score was 131.68, categorized as moderate. Specifically, 13.63% of athletes were classified as having low motivation, 27.28% moderate motivation, and 59.09% high motivation. Meanwhile, the average physical fitness score was 11.14, which fell into the good category. The distribution indicated that 13.64% of athletes were in the low category, 50% moderate, 18.18% good, and 18.18% very good. These findings suggest that although physical fitness levels were generally good, achievement motivation still requires further enhancement to support optimal competitive performance.*

**Key words:** achievement motivation, physical fitness, soccer athletes

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### Alamat Korespondensi:

Muhammad Iqbal  
Universitas Syiah Kuala, Banda Aceh, Indonesia  
E-mail: [iqbal\\_sport@usk.ac.id](mailto:iqbal_sport@usk.ac.id)

## **INTRODUCTION**

Sport plays a vital role in fostering both physical and mental health within society. Public awareness of the importance of sports participation must be continuously strengthened by emphasizing its benefits and intrinsic values, in line with national development goals aimed at developing holistic Indonesian citizens (Rejapovich 2021). National sports development has become increasingly complex, intersecting with social, economic, and cultural dynamics, as well as global challenges (Suhairi and Arifin 2022). Therefore, achieving comprehensive sports development requires systematic planning and the integration of all relevant aspects.

The development of national sports performance is structured as a comprehensive system encompassing stages such as sport introduction, talent identification, talent development, and performance enhancement (Prasetyo, Nasrulloh, and Komarudin 2018). These stages aim to promote mass participation, talent nurturing, and competitive achievement at regional, national, and international levels (Afif 2017). The process involves families, sports clubs, educational institutions, and sports organizations at both local and national levels, all working synergistically to strengthen the national sports system (Budiarti et al. 2021).

Achieving high-level athletic performance is not an instant process but requires long-term commitment, discipline, and systematic training programs (Lubis 2013). Scientifically grounded training approaches are essential for guiding athletes toward peak performance (Amrullah and Suhairi 2025). The Aceh People's Sports Week (PORA), held every four years, represents the largest multi-sport event at the provincial level. In the 2018 edition hosted by Aceh Besar, soccer was one of the main competitive sports, participated in by districts that successfully qualified through the Pre-PORA competition.

Pidie Regency qualified and prepared its soccer team through structured training programs. Athletic performance in soccer is influenced by several interrelated factors, particularly psychological components such as achievement motivation and physical components such as physical fitness. Achievement motivation drives athletes to strive for excellence, while physical fitness is the fundamental prerequisite for sustaining performance during training and competition (Suraci et al. 2021).

Motivation can originate intrinsically from within the athlete or extrinsically from external sources such as coaches, parents, rewards, or recognition. Since motivation is dynamic and fluctuates based on conditions experienced by athletes, coaches must continuously monitor and manage athletes' motivational states (Muhammad, Rumini, and Nasuka 2016). According to Sumarsono and Riyanto (2021), motivation reflects an individual's effort to master tasks, overcome obstacles, achieve optimal results, and take pride in personal abilities.

In addition to motivation, physical fitness is a critical determinant of athletic success. Zenitha and Hartoto (2019) define physical fitness as the ability of the body to adapt its functional systems efficiently to physical tasks and environmental demands without excessive fatigue. Athletes with good physical fitness can perform optimally and recover adequately before subsequent training or competition (Suhairi, Amrullah, and Arifin 2024).

Achievement motivation also plays a significant role in learning and performance processes. Individuals with strong motivation tend to persist in achieving goals despite obstacles.

Slavin (2003) emphasizes that reinforced behaviors are more likely to be repeated, highlighting the close relationship between motivation and behavior.

Husdarta (2011) defines achievement motivation as an internal drive that encourages individuals to continuously improve performance quality. Similarly, Hamalik (2003) describes motivation as an energy change within an individual that generates feelings and reactions directed toward goal attainment. These definitions underscore motivation's role in directing intensity, effort, and persistence in sports performance.

Physical fitness consists of multiple interrelated components, including strength, endurance, power, speed, flexibility, agility, coordination, balance, accuracy, and reaction (Sajoto 1995). Optimal athletic performance requires all components to function effectively.

In soccer, both achievement motivation and physical fitness are indispensable. Athletes with high motivation tend to train more diligently, leading to improved physical fitness and technical skills. Therefore, enhancing both factors is essential for achieving competitive success at major events such as PORA.

## METHODOLOGY

This study employed a quantitative approach with a descriptive correlational design. The design aimed to describe the levels of achievement motivation and physical fitness, as well as to analyze the relationship between achievement motivation and the physical fitness levels of soccer athletes representing Pidie Regency at the Aceh People's Sports Week (PORA).

This study aimed to obtain accurate data on achievement motivation and physical fitness levels of soccer athletes representing Pidie Regency at PORA. The research was conducted at the Kuta Asan Sigli soccer field using an evaluative research design with a quantitative approach.

The population comprised all 22 registered soccer athletes, and total sampling was applied. Achievement motivation was measured using a Likert-scale questionnaire, while physical fitness was assessed through a 2.4 km running test (Cooper test). Data were analyzed using categorical classification and percentage calculations to determine distribution patterns.

The research was conducted through several stages, namely: (1) **Preparation**, which included obtaining research permits, preparing the research instruments, and conducting a pilot test of the questionnaire; (2) **Data collection**, which was carried out by distributing the achievement motivation questionnaire to the athletes and administering physical fitness tests in accordance with standard operating procedures; and (3) **Data processing**, which included data coding, scoring, and data tabulation.

## RESULTS AND DISCUSSION

### Results

The analysis revealed that the average achievement motivation score was 131.68, categorized as moderate. The distribution showed that 13.63% of athletes had low motivation, 27.28% moderate motivation, and 59.09% high motivation. The description can be seen in Table 1 below.

Tabel 1. Distribusi Motivasi Berprestasi Atlet Sepak Bola Perwakilan Kabupaten Pidie pada Aceh Sports Week (PORA)

Kategori Motivasi	Persentase (%)
Rendah	13,63
Sedang	27,28
Tinggi	59,09
<b>Rata-rata Skor</b>	<b>131,68 (Sedang)</b>

Regarding physical fitness, the average score was 11.14, classified as good. The distribution indicated that 13.64% of athletes were in the low category, 50% moderate, 18.18% good, and 18.18% very good. The description can be seen in Table 2 below.

Tabel 2. Distribusi Tingkat Kebugaran Fisik Atlet Sepak Bola Perwakilan Kabupaten Pidie pada Aceh Sports Week (PORA)

Kategori Kebugaran Fisik	Persentase (%)
Rendah	13,64
Sedang	50,00
Baik	18,18
Sangat Baik	18,18
<b>Rata-rata Skor</b>	<b>11,14 (Baik)</b>

## Discussion

The results of the study indicate that the average achievement motivation score of the soccer athletes representing Pidie Regency falls within the moderate category, with the majority of athletes (59.09%) classified as having high motivation. These findings suggest that most athletes possess strong internal drives to achieve, although overall the team's level of achievement motivation remains at a moderate level. Achievement motivation is an important psychological factor that influences athletes' commitment to training, their ability to cope with competitive pressure, and their consistency in performance (Weinberg, R. S., & Gould 2019) (Hadjarati and Haryanto 2020).

The distribution of achievement motivation, which is predominantly in the high category, indicates the athletes' mental readiness to face the PORA competition. However, the presence of athletes with low and moderate levels of motivation suggests the need for psychological interventions, such as goal setting, enhancing self-confidence, and strengthening intrinsic motivation through appropriate coaching approaches. Previous studies have reported that athletes with high achievement motivation tend to demonstrate better training commitment and more optimal performance compared to those with low motivation (Ntoumanis et al. 2021).

Regarding the physical fitness variable, the athletes' average score falls within the good category, with most athletes classified from moderate to very good levels. This finding indicates that, in general, the athletes' physical condition is sufficiently adequate to meet the demands of soccer, which require endurance, strength, speed, and agility. Good physical fitness is a

fundamental prerequisite for soccer athletes to maintain playing intensity throughout a match (Reilly,; Bangsbo,; and Franks 2000).

Nevertheless, some athletes are still classified in the low physical fitness category, which may potentially affect overall team performance. This condition indicates that physical training programs need to be designed in a more structured and individualized manner, taking into account the principles of training periodization (Arifin et al. 2024). A study by (Slimani, Paravlic, and Granacher 2018) emphasized that optimal physical fitness is closely associated with the technical and tactical performance of soccer athletes.

Theoretically, achievement motivation and physical fitness are two complementary components in determining athletic performance. Athletes with high levels of motivation tend to be more disciplined and consistent in following training programs, which in turn positively affects improvements in physical fitness (Garcia-Mas; et al. 2015). Therefore, the results of this study reinforce the view that the development of soccer athletes should not only focus on physical and technical aspects, but also integrate continuous psychological training.

## CONCLUSION

The study concludes that: (1) The average achievement motivation score of Pidie Regency soccer athletes was 131.68 (moderate), with 13.63% low, 27.28% moderate, and 59.09% high. (2) The average physical fitness score was 11.14 (good), with 13.64% low, 50% moderate, 18.18% good, and 18.18% very good. (3) Achievement motivation and physical fitness were found to be interrelated factors, indicating that athletes with higher motivation levels tend to demonstrate better commitment to physical training programs. (4) The dominance of athletes in the moderate category for both motivation and physical fitness suggests that training programs should not only focus on physical conditioning but also integrate structured psychological skills training. (5) Coaches play a crucial role in maintaining and enhancing athletes' motivation through appropriate feedback, goal-setting strategies, and supportive training environments. (6) Regular evaluation of both psychological and physical components is essential to monitor athlete development and to ensure readiness for major competitive events such as PORA. (7) Improving achievement motivation and physical fitness simultaneously is expected to contribute significantly to sustainable performance improvement and competitive success of soccer teams at the regional level.

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