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MOTIVATION AND COMMITMENT YOUNG CHILDREN'S SWIMMING TRAINING

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Abstract Swimming athletes must be committed to their training, especially those who are still young. However, not all young swimmers are entirely committed to their training. As a result, the purpose of this study is to link a young swimmer's motivation with a commitment they make throughout training. The quantitative descriptive method was utilized in this study, and data was collected utilizing total sampling procedures. The population and sample used were ten young swimmers aged 13–17, while the instrument used is an adaptation of the sports commitment scale and motivation level. The Pearson correlation test yielded Sig results. (2-tailed) = 0.625, which is larger than 0.05, indicating that the two variables are unrelated. The conclusion is that a swimmer's training commitment is not necessarily determined by their motivation. Because the majority of these young swimmers are self-motivated, they are less likely to develop burnout during training.

Keywords: training commitment; motivation; sport psychology; swimming



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INTRODUCTION

Every athlete that trains, whether young athletes and older age group athletes in the sport of swimming, has different reasons within themselves (Pons et al., 2018). Typically, parents are keen to enroll their children in swimming clubs as soon as possible in the hopes that they may one day become professional athletes themselves (Webb & Forrester, 2016). Swimming is a sport that requires practice from a young age since youngsters can still recall and remember the techniques taught in swimming (Saputra et al., 2022).

Swimming, in addition to learning the methods for the four swimming styles, demands patience because mastering one style takes time. Athletes must possess good mental, moral, spiritual, attitude, intellectual, and emotional traits. By exercising, all of the energy stored in the body is correctly released (Satria et al., 2022).

Motivation drives behavior towards desired outcomes (Geta septiadi et al., 2021). Motivation inspires individuals to behave enthusiastically (Hariri et al., 2021). Motivation in sports psychology is derived from both intrinsic and external factors (Teixeira et al., 2020). Intrinsic aspects (Sheehan et

al., 2018) such as pleasure of sport, personal achievement, and skill progress are regarded as more essential (Thomas & Güllich, 2019). Athletes with inner or intrinsic motivation enjoy their activities and performance in sports (Katanic et al., 2022). Aside from intrinsic drive, some athletes have inspiration that comes from outside themselves, known as extrinsic motivation, particularly from the motivating assistance of coaches (Pulido et al., 2018).

Motivation and Commitment for Consistency in Youth Sports

Motivation to exercise is particularly vital for compliance and consistency (Leyton-Román et al., 2021), which is very necessary for athletes entering their teens (Clancy et al., 2017). Furthermore, Leyton-Román noted that motivation is the primary goal for achieving two psychological components that are critical for training persistence: self-efficacy and self-determination (McLoughlin et al., 2017).

According to Larson's research, (Larson, McHugh, et al., 2019), individual sports have long been linked to high levels of burnout (Coutinho et al., 2021). Competitive swimming is notably noted for its enormous burnouts,

which are frequently coupled with hard training that lasts the majority of the year (Larson, Young, et al., 2019). Burnout can be caused by a variety of circumstances, one of which is the athlete's fluctuating motivation and devotion to training (McLaren et al., 2017). Because most motivation in sports is developed as a result of the presence of a group with a high level of cohesiveness, which is common in group sports (McLaren et al., 2017).

Athletes with low motivation, particularly those who lack confidence in themselves, tend to underestimate their talents, owing to a fear of failure (Komarudin et al., 2021).

So, what about young swimmers' motivation and commitment? This study will examine whether a swimmer's motivation is linked to their dedication to swimming (Komarudin, 2016). Swimmers at a young age are required to be very motivated and committed to their training, particularly in individual sports with a high risk of burnout, such as swimming.

METHOD

This research combines a quantitative approach with descriptive methodologies (Taherdoost, 2019), and

it is based on a questionnaire survey (Sánchez-Miguel et al., 2019). The demographic and sample size were ten young swimmers aged 13 to 17, who were active members of their clubs. The instruments used were adapted from the sports commitment scale (Santi et al., 2014) and the motivation level (Leyton-Román et al., 2021). Meanwhile, the data collecting method employs a comprehensive sampling strategy. All statement items employ a Likert scale (Mawardi, 2019), ranging from 1 (strongly disagree) to 5 (strongly agree).

RESULTS AND DISCUSSION

The data from the survey was processed and analyzed using SPSS Version 25, as shown in the table below.

Table 1. Descriptive Statistics

	N	Min imu m	Max imu m	Su m	Me an	Std. Deviat ion
Motivasi (X)	10	43	70	531	53.1 0	7.752
Komitm en (Y)	10	66	89	780	78.0 0	8.273
Valid N (listwise)	10					

According to Table 1, the variable X has an average value of 53.10, a standard deviation of 7.752, a minimum of 43, a maximum of 70, and

a total value of 531; the Y variable has an average value of 78, a standard deviation of 8.273, a minimum of 66, a maximum of 89, and a total of 780. The researchers next ran a normalcy test, which may be seen in the table below.

Table 1.2 Normality Test

	Kelompok	Shapiro-Wilk		
		Statistic	df	Sig.
skor	1	.924	10	.387
	2	.932	10	.468

Table 1.2 displays the results of the Shapiro-Wilk Test, which is used to test data normality. Variable X has a statistical value of 0.924, df =10, and Sig. =0.387. The variable Y has a statistical value of 0.932, df 10, and a significance level of 0.468. The test findings demonstrate that both data have a Sig. value greater than 0.05, indicating that they follow a "normal distribution". Next, the researcher conducted a correlation test to determine whether these two variables were related.

Table 1.3 Correlation Test

		Motivasi	Komitmen
Motivasi (X)	Pearson Correlation	.177	.177
	Sig. (2 tailed)	.625	.625
	N	10	10
Komitmen (Y)	Pearson Correlation	.177	.177
	Sig. (2 tailed)	.625	.625
	N	10	10

The Pearson correlation test findings are presented in Table 1.3. The results show that variables X and Y have a Sig. (2-tailed) value of 0.625 and a Pearson Correlation of 0.177. The Sig. value exceeds 0.05, indicating that there is no correlation between the two variables.

This study also found that the majority of a swimmer's motivation comes from intrinsic motivation, or inspiration that comes from within. This demonstrates that, due to their own motivation, these young swimmers do not easily encounter burnout. As a result, coaches must keep their enthusiasm to continue undergoing a sequence of hard training that becomes progressively challenging every day. Previous research found that motivation and commitment at a young age were disturbed by discomfort in the club induced by factors other than their own motivation (Pulido et al., 2018); however, this study found no hurdles other than their dedication to swimming training. Children with high motivation will focus more on themselves during training sessions in order to improve their swimming abilities. Meanwhile, some of the swimming training

requirements (for example, some children excel at long distance events and others at short distance events) are closely tied to the swimming contests in which they will compete. Given their strong competitive nature, this is obviously very beneficial to their long-term training.

CONCLUSION

Based on the findings and discussions shown above, it is possible to conclude that there is no relationship between a swimmer's motivation and commitment during the training period, particularly among swimmers approaching their teens. Santi's research found that an athlete who has reached adulthood and is now elderly requires devotion and inspiration from their buddies, particularly if the athlete is under pressure from the coach. That is because their realm is already in "train to win" mode (Santi et al., 2014). Meanwhile, this research shows that today's young athletes are still motivated and committed to training, which their coaches must sustain.

Success in swimming competitions begins with self-motivation throughout practice. As a result, it is critical for every coach to pay attention to how his athletes' motivation

is developed, as well as how to develop young swimmers' dedication so that they can survive in all conditions, both during training and during competitions.

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