

## ABSTRAK

Siti Hajar.(2016). Pengaruh Konseling Singkat Berbasis Solusi terhadap Motivasi Berprestasi Olahraga. Sekolah Pascasarjana Universitas Pendidikan Indonesia.

Tujuan penelitian ini untuk menemukan model Konseling Singkat berbasis Solusi yang berpengaruh meningkatkan motivasi berprestasi olahraga di Pendidikan Kepelatihan Olahraga Jawa Tengah. Penelitian menggunakan metode penelitian dan pengembangan melalui pendekatan kualitatif-kuantitatif (*Sequential Exploratory Design*). Mahasiswa Pendidikan Kepelatihan Olahraga berusia 18-22 tahun top skor prestasi di Jawa Tengah sebagai populasi. Tehnik pengumpulan data adalah angket motivasi berprestasi olahraga. Hasil temuan penelitian yang pertama sebelum intervensi konseling mendiskripsikan motivasi berprestasi olahraga di Jawa Tengah termasuk kategori sedang, indikator penyebab menurunnya motivasi berprestasi olahraga yaitu tugas dengan dampak positif (terinspirasi), menikmati aktivitas, menghindari ketakutan kegagalan, mengambil resiko dalam tingkat sedang atau moderat. Kedua, ada perbedaan profil motivasi berprestasi olahraga di Jawa Tengah berdasarkan tingkat pencapaian prestasi sebelum intervensi konseling. Ketiga, model Konseling Singkat Berbasis Solusi tervalidasi pakar dengan keamatan kesepakan pada kategori baik (*good*) yaitu 0,643. Keempat, Konseling Singkat Berbasis Solusi efektif meningkatkan motivasi berprestasi olahraga, dirinci : (a) Peningkatan indikator motivasi berprestasi olahraga setelah intervensi; (b) Model Konseling Singkat Berbasis Solusi efektif meningkatkan motivasi berprestasi olahraga di Jawa Tengah sebesar 30,49 %; (c) Konseling Singkat Berbasis Solusi berpengaruh terhadap motivasi berprestasi olahraga terbukti secara empiris  $F_{hitung} 36,342 > F_{tabel} 3,955$  dimana hasil probabilitas  $0,000 < 0,05$ ; tidak terdapat interaksi pengaruh Konseling Singkat Berbasis Solusi terhadap motivasi berprestasi olahraga ditinjau dari kategori motivasi berprestasi olahraga, tingkat pencapaian prestasi dan cabang olahraga dengan  $F_{hitung} 1,287 > F_{tabel} 3,955$  dimana hasil probabilitas  $0,262 > 0,05$  secara empiris efek utama pada kategori motivasi berprestasi olahraga. Rekomendasi untuk konselor pendidikan dengan spesialisasi konselor olahraga agar mampu mengadopsi model intervensi konseling dan berkolaborasi dengan program pembinaan prestasi olahraga.

Kata kunci: Konseling Singkat Berbasis Solusi, motivasi berprestasi olahraga, efektif,

## ABSTRACT

Siti Hajar. (2016). The Effects of Solution-Focused Brief Counseling on Sport Achievement Motivation. The School of Postgraduate Studies of Universitas Pendidikan Indonesia.

The research aims to find a model of Solution-Focused Brief Counseling that can affect and increase sport achievement motivation at the Sport Coaching Education in Central Java. It adopted research and development method through qualitative-quantitative approach (Sequential Exploratory Design). Sport Coaching Education students aged 18-22 years old top score achievement in Central Java as the population. The method of data collection is sport achievement motivation questioner. The findings show that: First, before the intervention/counseling, the sport achievement motivation in Central Java could be categorized as moderate, with indicators of the decreasing sport achievement motivation such as assignment with positive impact (inspired), enjoying activities (enjoyment), avoiding fear of failure, and taking risks at the moderate level. Secondly, there was a difference in the profile of sport achievement motivation in West Java before and after counseling focused on achievements levels. Thirdly, the Solution-Focused Brief Counseling model was validated by experts with the level of agreement at the category of good, namely 0.643. Fourthly, Solution-Focused Brief Counseling model effective to increase Sport Achievement Motivation, be evidenced (a) Improvement of indicators sport achievement motivation after intervention; (b) The Solution Focused Brief Counseling model was effective in increasing the sport achievement motivation in Central Java model for 30.49 %; (c) The Solution Focused Brief Counseling had an effect on sport achievement motivation as empirically proven by the probability value of  $0.000 < 0.05$ , where  $F_{obs} 36.342 > F_{critical} 3.955$ ; (d) There was no interaction between the Solution Focused Brief Counseling and sport achievement motivation in terms of the category of sport achievement motivation, achievement levels, and sport type, with a probability value of  $0.262 > 0.05$ , where  $F_{obs} 1.287 > F_{critical} 3.955$ , which means that empirically the main effect was on the category of sport achievement motivation. It is recommended that education counselors specialized in sports be able to adopt the counseling/ intervention model and collaborate with the program of sport achievement development.

Keywords: Solution-Focused Brief Counseling, sport achievement motivation, effectiveness, sport counseling

