

HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH
PEMAIN UKM BOLA VOLI UPI

SKRIPSI

Diajukan Untuk Memenuhi Sebagai Syarat Memperoleh Gelar Sarjana Olahraga
Program Studi Ilmu Keolahragaan



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PEMAIN UKM BOLA VOLI UPI

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Sebuah skripsi yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Sarjana Olahraga pada Fakultas Pendidikan Olahraga dan Kesehatan Program
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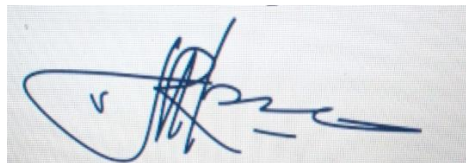
LEMBAR PENGESAHAN

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HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH
PEMAIN UKM BOLA VOLI UPI

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ABSTRAK**HUBUNGAN DUKUNGAN SOSIAL DENGAN MOTIVASI BERLATIH
PEMAIN UKM BOLA VOLI UPI****Hepi Gunawan
1608122****Ilmu Keolahragaan FPOK UPI****Pembimbing I : Prof. Dr. Herman Subarjah, M.Si.**

Dukungan sosial dari orang lain dapat meningkatkan motivasi individu terhadap olahraga. Faktor dukungan yang positif seperti kegembiraan, investasi pribadi, dan peluang keterlibatan meningkatkan motivasi untuk berpartisipasi. Dukungan sosial yang dirasakan individu dapat diterima dari berbagai pihak, yang diberikan baik secara disadari maupun tidak disadari oleh pemberi dukungan. Motivasi adalah proses yang memberi semangat, arah, dan kegigihan perilaku. motivasi awal seorang atlet dipengaruhi oleh pelatih, orang tua dan teman satu tim. Tujuan penelitian ini untuk mengetahui apakah ada hubungan dukungan sosial dengan motivasi berlatih pemain UKM bola voli UPI. Metode penelitian ini korelasi menggunakan instrumen dua kuesioner *Sport Motivation Scale* dan *Social Support Quesioner*. Dengan hasil analisis data bahwa terdapat hubungan dukungan sosial terhadap motivasi olahraga. Hasil pengolahan data menunjukkan nilai sig. . (2-tailed) adalah $0,01 < 0,05$ maka H_0 ditolak.

Kata Kunci: social support, motivation and volleyball player

**SOCIAL SUPPORT RELATIONSHIP WITH TRAINING MOTIVATION
UPI VOLLEYBALL UKM PLAYERS**

**Hepi Gunawan
1608122**

Ilmu Keolahragaan FPOK UPI

Pembimbing I : Prof. Dr. Herman Subarjah, M.Si.

Social support from others can increase individual motivation towards sport. Positive support factors such as excitement, personal investment, and opportunities for involvement increase motivation to participate. Social support that is felt by individuals can be received from various parties, provided either consciously or unconsciously by the support provider. Motivation is a process that gives behavior, direction, and persistence. An athlete's initial motivation is influenced by the coach, parents and teammates. The purpose of this study was to determine whether there is a relationship between social support and motivation to practice volleyball UKM players UPI. This research method is correlation using two questionnaire instruments Sport Motivation Scale and Social Support Questionnaire. With the results of data analysis that there is a relationship between social support and sports motivation. The results of data processing show the sig value. . (2-tailed) is $0.01 < 0.05$ then H_0 is rejected.

Kata Kunci: social support, motivation and volleyball player

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