

**PERANAN KOMPETENSI PELATIH DALAM MENINGKATKAN
MOTIVASI BERPRESTASI ATLET PENCAK SILAT
KABUPATEN GARUT**

TESIS

Diajukan Untuk Memenuhi Sebagian dari Syarat
Memperoleh Gelar Magister Pendidikan
Program Studi Pendidikan Olahraga



Oleh

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1910195

**PRODI PENDIDIKAN OLAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA**

2022

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PERANAN KOMPETENSI PELATIH DALAM MENINGKATKAN MOTIVASI BERPRESTASI ATLET PENCAK SILAT KABUPATEN GARUT

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UPI Bandung, 2022

Sebuah tesis yang diajukan untuk memenuhi salah satu syarat untuk memperoleh gelar Magister Pendidikan pada Sekolah Pascasarjana UPI

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Universitas Pendidikan Indonesia

Juli 2022

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**PERANAN KOMPETENSI PELATIH DALAM MENINGKATKAN
MOTIVASI BERPRESTASI ATLET PENCAK SILAT
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Peranan Kompetensi Pelatih dalam Meningkatkan Motivasi Berprestasi Atlet Pencak Silat Kabupaten Garut

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ABSTRAK

Penelitian ini bertujuan untuk mengetahui peranan kompetensi pelatih dalam meningkatkan motivasi berprestasi atlet pencak silat Kabupaten Garut. Metode penelitian yang digunakan adalah deskriptif kuantitatif korelasional. Teknik pengumpulan data yang digunakan dalam penelitian ini adalah kuesioner CCS (*Coaching Competency Scale*) untuk mengukur kompetensi pelatih dan kuesioner SOQ (*Sport Orientation Questionnaire*) untuk mengukur motivasi atlet. Teknik pengambilan sampel menggunakan *purposive sampling*. Jumlah sampel adalah 12 atlet berusia 17-23 tahun, merupakan atlet yang lolos kualifikasi PORDA Jawa Barat Tahun 2022. Hasil penelitian menunjukkan bahwa diketahui nilai *P-Value* $0,010 < 0,05$, artinya terdapat korelasi positif yang signifikan antara kompetensi pelatih dengan motivasi berprestasi atlet Pencak Silat Kabupaten Garut. Nilai *person correlation* 0,708 dapat diartikan tingkat hubungan yang kuat antar variabelnya dengan berkontribusi sebesar 50,13 %. Artinya kompetensi pelatih memberikan kontribusi terhadap motivasi atlet sebesar 50,13% dan sisanya 49,87% ditentukan oleh variabel lain. Sehingga dapat disimpulkan bahwa pelatih yang kompeten dapat menjadikan atlet Pencak Silat Kabupaten Garut memiliki motivasi yang tinggi untuk berprestasi. Para pelatih diharapkan dapat menggunakan struktur penting kompetensi pelatih yang mencakup *motivation competency* (kemampuan pelatih untuk mempengaruhi psikologi suasana hati dan keterampilan atlet), *game strategy competency* (kemampuan pelatih untuk memimpin atlet saat bertanding), *techniques competency* (kemampuan pelatih untuk menerapkan teknik yang efektif dalam latihan) dan *character building competency* (kemampuan pelatih untuk mempengaruhi pengembangan karakter atlet dan sikap positif terhadap olahraga). Hal ini dapat membentuk atlet yang berprestasi dan mampu menerapkan nilai-nilai olahraga ke dalam kehidupan sehari-harinya.

Kata kunci : Kompetensi Pelatih, Motivasi Berprestasi, Atlet, Pencak Silat

The Role of Coach Competence in Increasing Achievement Motivation of Pencak Silat Athletes in Kabupaten Garut

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ABSTRACT

This study aims to determine the role of coach competence in increasing the achievement motivation of pencak silat athletes in Kabupaten Garut. The research method used is descriptive quantitative correlation. The data collection techniques used in this study were the CCS (Coaching Competency Scale) questionnaire to measure the coach's competence and the SOQ (Sport Orientation Questionnaire) questionnaire to measure the athlete's motivation. The sampling technique used was purposive sampling. The number of samples is 12 athletes aged 17-23 years, who qualified for PORDA of West Java 2022. The results showed that the P-Value value was $0.010 < 0.05$, meaning that there was a significant positive correlation between the competence of the coach and achievement motivation of Pencak Silat athletes in Kabupaten Garut. The person correlation value of 0.708 can be interpreted as the level of a strong relationship between the variables by contributing 50.13%. This means that the competence of the trainer contributes to the athlete's motivation by 50.13% and the remaining 49.87% is determined by other variables. So it can be concluded that coach's competence, make achievement motivation of the Pencak Silat athletes in Kabupaten Garut increassingly. The coaches are expected to be able to use an important structure of coach competence which includes motivation competency (coach's ability to influence the psychology of the athlete's mood and skills), game strategy competency (coach's ability to lead athletes during competition), techniques competency (coach's ability to apply effective techniques in competition). training) and character building competency (coach's ability to influence the athlete's personal development and positive attitude towards sport). This can form the achievements of sport and transfer sport values to their life.

Keywords: Competence of Coaches, Achievement Motivation, Athletes, Pencak Silat

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