

# TRAINING MOTIVATION OF SPECIAL REGION OF YOGYAKARTA AND BURUNDI ATHLETES DURING PANDEMIC

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## ABSTRACT

In the context of achieving sports achievements there are many factors that influence this achievement. One of the factors that influence achievement is the athlete's motivation in training. The aim of this study was to analyze the differences in the levels of motivation to train athletes in the Special Region of Yogyakarta and Burundi. This research is a quantitative descriptive study using a survey method. The research subjects were athletes from the Special Region of Yogyakarta and Burundi. The data collection technique uses a questionnaire instrument with a Likert scale. Data analysis using anava analysis. The research instrument used an adaptation of the Practice Motivation Scale to measure Approach Success in Training (MST) and Avoidance-Failure in Training (MFT). Data analysis using one way ANOVA. Normality was assessed using the Kolmogorov-Smirnov (K-S) and Quartile-Quartile Plot tests. Levene's test is used to test the homogeneity of variance. Data collection uses a form with a scale of 1-4. The subjects in this study were team sports athletes and individual sports with a total of 81 athletes. Data analysis in this study used one way Anava. The results of this study were that the difference between men and women showed a p value of 0.743, while the difference in individual and team sports was p 0.542. It can be said that this result showed no difference in athlete's achievement motivation. The conclusion of this study is that individual and team competitive sports athletes in achievement motivation do not have a significant level of difference.

Kata Kunci: *Motivation, achievement, sport*