

# **Development of the DIY Water Pattern PON Athlete Training Program Model to Increase Achievement Motivation During the Covid-19 Outbreak**

**by Agus Supriyanto , Fx. Sugiyanto , Nur Indah Pangastuti , Adib Febrianta**

## **ABSTRACT**

The COVID-19 pandemic has forced the Pelatda PON DIY athletes, especially the Women's Water Polo Athletes, to change the way they practice so that their physical condition and fitness are maintained. For this reason, athletes must remain active in training in order to boost the immune system from COVID-19. The importance of exercising during the COVID-19 outbreak in addition to maintaining fitness while working from home (WFH) and staying at home, can also increase body immunity. Based on interviews with several women's water polo athletes, Pelatda PON DIY, they still practice independently at home, but generally they are very limited in doing sports, for fear of exercising outside the home or in the swimming pool. In addition, they also do not have independent exercise equipment to be used while at home, although sometimes they are monitored online by coaches with various types of exercise models that can be done at home during this COVID-19 outbreak. However, it is not known for certain whether the program that has been prepared can increase achievement motivation during the COVID-19 outbreak.

Starting from the background above, it encourages the author to develop a practical sports training program to increase achievement motivation during the COVID-19 outbreak for athletes from the DIY PON Pelatda, especially the Women's Water Polo Athletes. Of course, the sports training program can be run independently during the COVID-19 outbreak, which requires staying at home and working from home (WFH). Therefore, this study will develop a practical and correct sports training program for Women's Water Polo Athletes which aims to increase achievement motivation by using R & D research methods. R&D research method is a research process with steps to develop a new product or product. improve existing products that can be accounted for (Sukmadinata, 2007). The purpose of this research is to produce an exercise program to increase achievement motivation.

DIY Women's Water Polo Athletes during the COVID-19 outbreak and tested the feasibility of an exercise program to increase achievement motivation during the COVID-19 outbreak. This procedure is a complete research process with product development and validation efforts by experts so that it can be used independently and can be used as a general reference for Water Polo athletes.

*Kata Kunci: training program model, water polo athlete, Achievement motivation, Covid -19*