

ABSTRAK

WIDYA WULANDARI. 2024. **Tingkat Motivasi Latihan Atlet Pencak Silat Perguruan Perisai Diri Kota Tasikmalaya**. Jurusan Pendidikan Jasmani, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Siliwangi, Kota Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui seberapa besar tingkat motivasi atlet pencak silat binaan perguruan perisai diri kota tasikmalaya dalam mengikuti latihan, baik motivasi intrinsik dan ekstrinsik. Jenis penelitian yang digunakan dalam penelitian ini adalah deskriptif dengan Instrumen penelitian berupa angket. Subjek penelitian adalah atlet pencak silat binaan perguruan perisai diri kota tasikmalaya sebanyak 23 orang. Teknik analisis data menggunakan statistik deskriptif dengan persentase. Berdasarkan hasil penelitian dapat disimpulkan bahwa tingkat motivasi latihan atlet pencak silat perguruan perisai diri kota tasikmalaya sebesar 70 % berkategori tinggi.

Kata Kunci : Motivasi, Atlet, Latihan Pencak Silat

ABSTRACT

WIDYA WULANDARI. 2024. *Level of Training Motivation for Pencak Silat Athletes at Tasikmalaya City Self Defense College. Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya City.*

This research aims to determine the level of motivation of pencak silat athletes assisted by Tasikmalaya City's self-defense college in participating in training, both intrinsic and extrinsic motivation. The type of research used in this research is descriptive with research instruments in the form of questionnaires. The research subjects were 23 pencak silat athletes assisted by the self-defense college in Tasikmalaya City. The data analysis technique uses descriptive statistics with percentages. Based on the research results, it can be concluded that the level of training motivation of martial arts athletes at the Tasikmalaya City self-defense school is 70% in the high category.

Keywords: Motivation, Athletes, Pencak Silat Training