

## ABSTRAK

ANGGARA NUR AQILA FADIAHAYA. 2022. **Motivasi Latihan Atlet Atletik Nomor Lari Di Kabupaten Ciamis**. Jurusan Pendidikan Jasmani, Fakultas Keguruan Dan Ilmu Pendidikan, Universitas Siliwangi, Tasikmalaya.

Penelitian ini bertujuan untuk mengetahui seberapa besar tingkat motivasi atlet binaan atletik nomor lari di kabupaten ciamis 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 atletik binaan kabupaten ciamis sebanyak 23 orang. Teknik analisis data menggunakan statistik deskriptif dengan persentase. Berdasarkan hasil penelitian dapat disimpulkan bahwa motivasi latihan atlet atletik nomor lari di kabupaten ciamis sebesar 70 % berkategori tinggi.

***Kata kunci : Motivasi, Atlet, Latihan Atletik***

## **ABSTRACT**

*ANGGARA NUR AQILA FADIAHAYA. 2022. **Training Motivation of Athletic Athletes in Running Numbers in Ciamis Regency.** Department of Physical Education, Faculty of Teacher Training and Education, Siliwangi University, Tasikmalaya.*

*This study aims to determine the level of motivation of athletes fostered by running athletics in Ciamis Regency in participating in training, both intrinsic and extrinsic motivation. The type of research used in this research is descriptive with the research instrument in the form of a questionnaire. The subject of the research is the athletics fostered by the Ciamis Regency as many as 23 people. The data analysis technique used descriptive statistics with proportions. Based on the results of the study, it can be said that the motivation for athletic training in running numbers in Ciamis Regency is 70% in the high category.*

**Keywords: Motivation, Athlete, Athletic Training**