

ABSTRAK

DELLY WARDANA MUSFIRAT QOLBI. 2025. **Pengaruh Penerapan Metode *Goal Setting* Terhadap Peningkatan Motivasi Berlatih Atlet Pencak Silat Perguruan Tapak Sepuh Ligar Saputra.** Jurusan Pendidikan Jasmani. Fakultas Keguruan dan Ilmu Pendidikan. Universitas Siliwangi.

Penelitian ini bertujuan untuk mengetahui pengaruh penerapan metode *goal setting* terhadap peningkatan motivasi berlatih atlet pencak silat Perguruan Tapak Sepuh Ligar Saputra. Penelitian menggunakan metode kuantitatif eksperimen dengan desain *One Group Pre-test Post-test*. Populasi penelitian berjumlah 52 atlet, dengan sampel sebanyak 10 atlet yang dipilih melalui teknik *random sampling*. Pengumpulan data dilakukan menggunakan angket motivasi berlatih skala Likert. Analisis data meliputi uji normalitas, uji homogenitas, dan uji hipotesis menggunakan *paired sample t-test*. Hasil penelitian menunjukkan rata-rata skor motivasi berlatih atlet sebelum perlakuan sebesar 98,5 dan meningkat menjadi 113,3 setelah penerapan metode *goal setting*, dengan peningkatan sebesar 14,8. Hasil uji hipotesis menunjukkan nilai t hitung sebesar 2,99 lebih besar dari t tabel sebesar 2,26 pada taraf signifikansi 0,05. Dengan demikian, metode *goal setting* berpengaruh signifikan terhadap peningkatan motivasi berlatih atlet pencak silat

Kata kunci: Atlet, *Goal Setting*, Motivasi Berlatih, Pencak Silat

ABSTRACT

DELLY WARDANA MUSFIRAT QOLBI. 2025. *The Effect of the Application Goal Setting Method on Increasing the Training Motivation of Pencak Silat Athletes at the Tapak Sepuh Ligar Saputra School*. Physical Education. Faculty of Teacher Training and Education. Siliwangi University

This study aims to determine the effect of the goal setting method on increasing training motivation among pencak silat athletes at Tapak Sepuh Ligar Saputra. This research applied a quantitative experimental method using a One Group Pre-test Post-test design. The population consisted of 52 athletes, while the sample included 10 athletes selected through random sampling. Data were collected using a Likert-scale training motivation questionnaire. Data analysis included normality tests, homogeneity tests, and hypothesis testing using paired sample t-test. The results showed that the average training motivation score increased from 98.5 before treatment to 113.3 after applying the goal setting method, with an improvement of 14.8. Hypothesis testing indicated that the t-count value (2.99) was higher than the t-table value (2.26) at a significance level of 0.05. Therefore, the goal setting method significantly affects the training motivation of pencak silat athletes.

Keywords: Athlete, Goal Setting, Training Motivation , Pencak Silat