

ABSTRACT

MILAWATI APRIANI. 2026. ***Motivation Level of Athletes in the Women's Basketball UKM at Siliwangi University***. Department of Physical Education. Faculty of Teacher Training and Education, Siliwangi University.

This study aims to determine the level of training motivation of athletes of the Women's Basketball UKM Siliwangi University based on Self-Determination Theory (SDT). The method used is descriptive quantitative with a sample population of 20 athletes of the Women's Basketball UKM Siliwangi University through a saturated sampling technique. Data were collected using a Likert scale questionnaire that measures intrinsic and extrinsic motivation, then analyzed with descriptive statistics. The results showed that the level of training motivation of athletes is in the moderate category (average 94.3; SD 8.48). Intrinsic motivation in the aspects of autonomy and relatedness is classified as moderate, while competence is low. Extrinsic motivation is generally in the moderate category. It is concluded that the athletes' training motivation is not optimal and needs to be improved through more targeted coaching from the psychological and training environment aspects.

Keywords: *Athletes, Basketball, Training Motivation*