

## INTISARI

### **Persepsi Kualitas Hubungan Pelatih-Athlet dan Efikasi-Diri Sebagai Prediktor Motivasi Berprestasi Atlet-Pelajar Cabang Olahraga Bola Basket**

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Prestasi olahraga bola basket Provinsi D.I. Yogyakarta masih di bawah provinsi lainnya yang berada di Jawa. D.I. Yogyakarta sempat mengalami puasa gelar selama satu dekade. Motivasi berprestasi merupakan komponen psikologis yang berperan penting bagi prestasi olahraga. Hal ini karena motivasi berprestasi merupakan sumber penggerak dan pendorong bagi atlet untuk bertindak tekun dan bekerja keras dalam mencapai keunggulan. Motivasi berprestasi dipengaruhi oleh berbagai faktor, baik intrinsik maupun ekstrinsik. Adapun dalam penelitian ini berfokus pada faktor persepsi kualitas hubungan pelatih-atlet dan efikasi-diri.

Penelitian ini bertujuan untuk meninjau secara empirik persepsi kualitas hubungan pelatih-atlet dan efikasi-diri sebagai prediktor motivasi berprestasi atlet pelajar cabang olahraga bola basket. Subjek penelitian adalah 103 orang atlet-pelajar (50 laki-laki dan 53 perempuan) cabang olahraga bola basket di Provinsi Daerah Istimewa Yogyakarta yang masih aktif sebagai siswa di Sekolah Menengah Atas dan juga aktif dalam ekstrakurikuler bola basket di sekolah serta pernah mengikuti kompetisi bola basket setidaknya tingkat kabupaten/kota. Metode pengambilan data dilakukan dengan *self-report* melalui instrumen yang telah teruji validitas dan reliabilitasnya.

Hasil penelitian menunjukkan bahwa persepsi kualitas hubungan pelatih atlet dan efikasi diri secara simultan berperan positif dan signifikan ( $p < 0,05$ ) terhadap motivasi berprestasi atlet-pelajar cabang olahraga bola basket, dengan sumbangan efektif sebesar 8,1% (1,9% persepsi kualitas hubungan pelatih-atlet dan 6,2% efikasi diri). Adapun secara parsial, persepsi kualitas hubungan pelatih atlet berperan positif dan signifikan ( $p < 0,05$ ) terhadap motivasi berprestasi atlet-pelajar cabang olahraga bola basket, dengan sumbangan efektif sebesar 3,9%. Sementara variabel efikasi diri berperan positif dan sangat signifikan ( $p < 0,01$ ) terhadap motivasi berprestasi atlet-pelajar cabang olahraga bola basket, dengan sumbangan efektif sebesar 7,3%.

Kata kunci : Motivasi Berprestasi, Persepsi Kualitas Hubungan Pelatih-Athlet,  
Efikasi-Diri

## **ABSTRACT**

### ***Perceived Quality of the Coach-Athlete Relationship and Self-Efficacy as Predictors of Achievement Motivation of Basketball High School Student-Athletes***

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*Achievement of D.I. Yogyakarta's sport of basketball is still below other provinces in Java. D.I. Yogyakarta had got nothing for over a decade in some national level basketball championships. Achievement motivation is a psychological component, which is crucial for sporting achievement because it is the driving source and force for athletes to act diligently and work hard to achieve excellence. Achievement motivation is influenced by various factors, both intrinsic and extrinsic. As in this study focuses on perceived quality of the coach-athlete relationship and self-efficacy factors.*

*This study aims to empirically review perceived quality of the coach-athlete relationship and self-efficacy as predictors of basketball student-athletes' achievement motivation. Subjects were 103 basketball student-athletes (50 male and 53 female) in the province of D. I. Yogyakarta is still active as student in high school and also active in basketball extracurricular at school and ever play in basketball competition at least at the regency / city level. Methods of data retrieval is done through self-report instruments that have proven its validity and reliability.*

*The results showed that the perceived quality of coach-athlete relationship and self-efficacy variables, simultaneously, contribute positively and significantly ( $p < 0.05$ ) against the basketball student-athletes' achievement motivation, with effective contribution of 8.1% (1,9% perceived quality of coach-athlete relationship and 6,2% self-efficacy). Partially, the perceived quality of coach-athlete relationship variable contributes positively and significantly ( $p < 0.05$ ) against the basketball student-athletes' achievement motivation, with effective contribution of 3.9%. While self-efficacy variable contributes positively and very significantly ( $p < 0.01$ ) against the basketball student-athletes' achievement motivation, with effective contribution of 7.3%.*

**Keywords :** *Achievement Motivation, Perceived Quality of Coach-Athlete Relationship, Self-Efficacy*