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## The influence of motivation and professionalism on the performance of badminton coaches the special region of Yogyakarta province

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### Abstract

The aim of this research is to analyze and identify the influence of motivation and professionalism on the performance of badminton coaches in the Special Region of Yogyakarta Province. This type of research uses a multiple linear regression approach. The research was conducted at 31 badminton clubs in the Special Region of Yogyakarta Province. Sampling in the research used total sampling with a sample of 50 coaches with the characteristics of having a BWF (Badminton World Federation) Level 1 coach certificate or Bachelor of Sports. The research instrument was a questionnaire distributed via Google Form with a Likert scale. Analysis of this research data using SPSS 25. The research results show that (1) There is a significant influence between motivation on the performance of badminton coaches and the sig value.  $0.035 < 0.05$ , (2) There is a significant influence between professionalism on trainer performance and the sig value.  $0.020 < 0.05$ , (3) the magnitude of the influence of motivation and professionalism on trainer performance is (R Square = 0.572) or 57.2%. This conclusion is that motivation and professionalism influence the performance of badminton coaches, of course this will have a direct impact on athlete performance. Future research is expected to add other variables related to the performance or competency of trainers previously used in this research and then increase the number of samples so that the results obtained can be more in-depth.

**Keywords:** Motivation, professionalism, coach performance

### Introduction

Sports are all activities that involve the mind, body and soul in an integrated and systematic way to encourage, develop and develop physical, spiritual, social and cultural potential. Apart from that, sport is an effort to improve the quality of human life. Apart from that, the main goal is to form a healthy lifestyle, through exercise a person will gain benefits, some of the benefits are that the body's metabolic system will run smoothly and improve physical fitness<sup>[1]</sup>. Based on evidence from statistical results every year, Indonesia is a country associated with its success in making achievements in various world-level badminton championships. Badminton is not only intended as a recreational or educational sport, but is intended as an achievement sport<sup>[2]</sup>. Then achievement sports are sports that foster and develop athletes in a planned, systematic, integrated, tiered and sustainable manner through competition to achieve achievements with the support of sports science and technology<sup>[3,4]</sup>.

The success of a badminton athlete cannot be separated from the role of a competent coach. One aspect of the trainer that shows the trainer has competence is by measuring aspects of the trainer's performance<sup>[5,6,7]</sup>. Many factors influence a trainer's performance such as motivation and professionalism at work<sup>[8,9]</sup>. The trainer's performance is influenced by motivation, both motivation from within himself and from outside him. In general, motivation is the act of stimulating someone or oneself to get the desired results, in sports it is achievement<sup>[10]</sup>. Motivational factors are a group of stimulators that can increase productivity and improve performance.

When a coach gets significant support from an organization or club in developing their skills, this makes them very energetic and enthusiastic to complete the work [11, 12, 13]. Motivation can increase work commitment, work appreciation, participation and decision making in helping an organization or club achieve its goals.

In the sport of badminton itself, Indonesia has many coaches who have careers abroad as professional coaches. Professionalism is a process of increasing the qualifications or abilities of members of a profession to achieve the ideal standard criteria of their profession, especially as coaches in sports achievements [14, 15, 16]. Achieving a professional attitude is certainly not easy, that professionalism requires skills and knowledge in decision making. The aim of this research is to analyze and identify the influence of motivation and professionalism on the performance of badminton coaches in the Special Region of Yogyakarta Province. Currently research regarding coaches, especially badminton coaches, has been carried out, but there have been no results through scientific publications, because badminton research generally only examines the physical abilities of athletes. So the importance of this research is to evaluate badminton coaches to become more professional in order to create outstanding athletes.

## Methods

### Studi Design

This type of research uses a multiple linear regression approach. The research was conducted from 02 October 2023 – 30 December 2023. The data collection instrument uses Google Form. Preparation of instruments by collecting the results of literature reviews which are modified according to needs. After the instrument items were collected, it was then continued with a validity test carried out by experts, namely sports coaching science lecturers who had badminton skills, a total of 7 lecturers. The instrument consists of 23 motivation variable items, 24 professionalism variable items and 24 coaches performance variable items. Determining the questionnaire score in this study used a rating scale. The instrument in this research is an objective test question with four choices, namely: "Strongly Agree" (4), "Agree" (3), "Not Agree" (2), "Disagree" (1).

### Studi Participant

The population is coaches from the Province of the Special Region of Yogyakarta. Sample selection used total sampling. The identified badminton coach's qualifications have a BWF (Badminton World Federation) Level 1 coach certificate or Bachelor of Sports. Characteristics of coaches consisting of a total of 50 coaches, with 39 male coaches, 11 female coaches. 21 people have worked as coaches for less than 4 years, 21

people between 5-9 years, 6 people between 10-14 years, 1 person between 15-19 years and 1 person more than 20 years. 28 people have BWF Level 1 coaching licenses, 22 people have Bachelor of Sports graduates.

## Data Analysis

Analysis of this research data using SPSS version 25. The first step in this research analysis was to test the validity using the Aiken V formula and reliability using the Cronbach's Alpha value on the instrument. The second step is a normality test, using Kolmogorov-Smirnov. The third step is a multiple regression test.

## Result

### Instrument Validity and Reliability Test

The results of Aiken's validity and Cronbach's Alpha reliability carried out by 7 lecturers in this research can be shown in table 1 below:

**Table 1:** Instrument Validity and Reliability Results

| No | Variable            | Validity | Reliability |
|----|---------------------|----------|-------------|
| 1  | Motivation          | 0.869    | 0.729       |
| 2  | Professionalism     | 0.844    | 0.764       |
| 3  | Coaches Performance | 0.868    | 0.739       |

Based on the results of the table above, it shows that the instrument can be said to be valid and reliable. The results of the Aiken V index are said to be valid if the Aiken validity value is  $> 0.80$ , while a variable will be said to be reliable if the Cronbach's Alpha value is  $> 0.60$ .

### Normality Test

The data normality test in this study used the Kolmogorov-Smirnov test, because the number of samples used was 50 respondents, namely coaches.

**Table 2:** Normality Test Result

|                   | Tests of Normality              |    |      |              |    |      |
|-------------------|---------------------------------|----|------|--------------|----|------|
|                   | Kolmogorov-Smirnov <sup>a</sup> |    |      | Shapiro-Wilk |    |      |
|                   | Statistic                       | df | Sig. | Statistic    | df | Sig. |
| Badminton Coaches | ,362                            | 50 | ,116 | ,485         | 50 | ,303 |

Based on the results of table 2, the significance value is the sig value.  $0.116 > 0.05$  which means the data is normally distributed.

### Regression Test

Regression testing was carried out using a significance level of 0.05 (5%). The analysis results in table 3 are as follows:

**Table 3:** Regression Test Result

| Model           | Coeffient                  |            |                          |       |       |           | Collinearity Statistics |  |
|-----------------|----------------------------|------------|--------------------------|-------|-------|-----------|-------------------------|--|
|                 | Unstandardized Coefficient |            | Standardized Coefficient | t     | Sig   |           |                         |  |
|                 | B                          | Std. Error | Beta                     |       |       | Tolerance | VIF                     |  |
| (Constant)      | 18.945                     | 10.580     |                          | 1.791 | 0.080 |           |                         |  |
| Motivation      | 0.270                      | 0.124      | 0.284                    | 2.174 | 0.035 | 0.605     | 1.654                   |  |
| Professionalism | 0.557                      | 0.188      | 0.560                    | 2.964 | 0.020 | 0.288     | 3.469                   |  |

a. Dependent Variable: Coaches Performance

Based on the table above, the significance value between motivation and coaches performance is 0.035 or ( $p < 0.05$ ) meaning that there is a relationship between motivation and coaches performance. The significance value between

professionalism and coaches performance is 0.020 ( $p < 0.05$ ), meaning that there is a relationship between professionalism and coaches performance. Then the independent variable does not show symptoms of multicollinearity.

**Table 4:** Coefficient of Determination (R Square)

| Model Summary                                  |                   |          |                   |                            |                   |          |     |     |               |
|--|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
| Model  | R                 | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics |          |     |     |               |
|  |                   |          |                   |                            | R Square Change   | F Change | df1 | df2 | Sig. F Change |
| 1  | ,687 <sup>a</sup> | ,572     | ,555              | 1,928                      | ,572              | 28,719   | 2   | 48  | ,000          |
| a. Predictors: (Constant), Coaches Performance |                   |          |                   |                            |                   |          |     |     |               |

Then the R square value in table 4 shows 0.572, meaning the value of the influence of motivation and professionalism on the performance of badminton coaches is 57.2%. Meanwhile, 42.8% was influenced by other variables that could not be explained in this research.

### Discussion

Badminton is not only intended as a recreational or educational sport, but is intended as an achievement sport. In this case, coaches motivation consists of internal and external motivation which is indicated by the existence of this motivation which is able to encourage coaches to continue to strive to improve performance to achieve achievements, obtain awards, require external recognition, increase compensation, and have their job guaranteed [5, 17]. Performance as a badminton coach has a tough task, because coaches are required to be able to master areas other than basic badminton sports coaching knowledge such as technology, nutritional knowledge, injury management, sports management, and sports statistics for athlete evaluation [18, 19]. Based on statements from the results of scientific research, coaches who lack motivation do not have the drive to improve competence, which will have an impact on the coaches performance. To increase motivation for coaches, by adding compensation or rewards, providing tiered training, meeting the needs of training facilities recommended by the coaches. The results of this research also show that professionalism influences the performance of badminton coaches. In carrying out his professional duties, a coaches is always obliged to develop professionalism in developing science and technology. Professional coaches must be able to master sports skills; knowledge, as well as good attitudes [20, 21]. The results of research from a literature review show that in order for coaches at fitness clubs to be able to work professionally, the coaches must have competence, systematic training methods or methods, leadership style, and creativity [14, 22]. Coaches who work professionally tend to be open-minded, collaborate or work together, understand each other in the context of coaching athletes, so the results obtained are that the coach's work is more optimal and in accordance with the achievement targets set [23, 24, 25]. So, whether the coaches performance is good or bad in this case is influenced by professionalism.

The limitation of this research is the lack of variables tested in this research. Data collection in this research is only based on the results of questionnaires sent via Google Form, so it is possible for researchers to find it difficult to monitor whether respondents really answered each statement honestly or not. However, with the results and publication of this research, it can be a good guide for coaches in evaluating their performance.

### Conclusion

Motivation and professionalism have a positive influence on the performance of badminton coaches. Motivation and professionalism are factors that become strong incentives to achieve achievements in the field of sports. Without the motivation and professionalism of a coach, an athlete will not

be able to become a champion. From the results of this research, there is a significant influence between motivation and professionalism on the performance of badminton coaches throughout the Special Region of Yogyakarta Province. So it is important for coaches and sports academics to pay attention to these two performance factors in order to be able to create or produce outstanding badminton athletes. However, don't forget to pay attention to other performance factors such as work culture, social support and availability of infrastructure. Future research is expected to add other variables related to the performance or competency of coaches previously used in this research and then increase the number of samples so that the results obtained can be more in-depth.

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