Social Support as a Predictor of Athletes Achievement Motivation: A Correlation Study at the Glagah Wangi Demak Athletic Club

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ABSTRACT: Social support is one of the factors that influence achievement motivation. Social support received can make individuals feel calm, cared for, self-confident, and competent. This study aims to determine the effect of social support on achievement motivation in athletic athletes. The type of research is ex post facto. The population is the athletics athletes of the Glagah Wangi Demak athletic club totaling 37 athletes with an age range of 14-19 years. The instrument in this research is a questionnaire. Data analysis using a simple regression test. The results showed that there was a significant effect of social support on the achievement motivation of athletic athletes. The contribution of social support to achievement motivation in athletic athletes is 27.90%. The better the athlete's social support, the higher the achievement motivation. It is hoped that people around athletes, such as parents, coaches, and friends, will provide the support that can help athletes so that they have a positive impact on their achievements. Athletes must maintain and develop enthusiasm while undergoing the best possible training program. Parents always encourage their children and provide good infrastructure to support children's achievements.

KEYWORDS: social support, achievement motivation.

INTRODUCTION

The rise and fall of the achievements of the athletes show that there are certain factors that affect the achievements of athletes in competitions. The performance of athletes in a championship is influenced by many factors, one of which is the mental factor. Loehr (Benítez-Sillero et al., 2021) concluded that both coaches and athletes reported that at least 50% of success was influenced by psychological factors related to mental processes. In addition, (Gucciardi et al., 2017) show that in terms of strength, skill, and will to win, 90% of the critical success factors depend on mental aspects. Strictly speaking Gould et al. (Benítez-Sillero et al., 2021) also say that 82% of coaches state that mental strength is a determining factor in achieving sporting success. One of the factors that can affect achievement is the motivation factor. The role of motivation itself can foster a desire so that later it can lead to enthusiasm in practicing.

Motivation is the basis of all achievement sports (Mudrak et al., 2018); (Blynova et al., 2020). Without determination and a strong desire to improve performance, all mental factors such as belief, intensity, focus, and emotion, will all be meaningless. The reason that motivation is so important is that the only thing contributing to sports performance is self-control (Kaur et al., 2020). An important motivation for athletes is achievement motivation. Achievement motivation is a power in the human mind to carry out an activity that is better, faster, more effective, and more efficient than the activities carried out previously (Werdhiastutie et al., 2020). Achievement motivation in sports is referred to as competitiveness (van de Pol et al., 2020), meaning that individuals with achievement motivation will be able to do a task or job well, be responsible for the tasks they do, and try to do tasks better than others.

During the training process until the match, many problems arise that can affect the athlete's motivation in training. Several things can affect achievement motivation in athletes, for example, lack of self-confidence, boredom, and lack of love for the team. This lack of love in the team can occur when a member has lower abilities than friends who are on the same team. Frequent disputes between team members are also one of the factors that decrease achievement motivation in athletes.

Based on observations at the Glagah Wangi Demak athletic club, there have been several problems that have occurred in recent years, including some athletes who lack motivation and lack of support from the surrounding environment. Based on an explanation from one of the trainers who explained that there were some athletes who were still indifferent if one of their friends

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did not participate in joint training. Facts that occur in the field there are also several problems related to psychological conditions. This problem becomes an obstacle for athletes to exercise routinely, which is their obligation. The problems mentioned above are examples of problems that can affect the achievement motivation of athletes, which are also related to social support. Similar to achievement motivation, social support can be obtained from people in the surrounding environment, such as parents, fellow athletes, and coaches.

Social support is an effort to provide comfort to others, care for them, and appreciate them. Social support is an interpersonal transaction shown by assisting other individuals, and that assistance is obtained from people who are meaningful to the individual concerned (Liu et al., 2020); (Mishra, 2020). Social support includes emotional support, encouragement to express feelings, giving advice or information, and material assistance (Hu et al., 2019). Aspects of social support are emotional support, instrumental support, informational support, and friendship support (Nick et al., 2018); (Moeini et al., 2018); (Kjellstrand et al., 2022). Support from the family in the form of acceptance, attention, and trust will cause individuals to be motivated to keep trying to achieve their goals. So, it can be seen that family social support influences the achievement motivation of athletes. An athlete certainly needs help to support his training to achieve optimal results. The results of the study show that there is a positive relationship between parental social support and sports achievement motivation (Reer & Krämer, 2019); (Stanger et al., 2018); (Bakadorova et al., 2019). The social support received by athletes, especially social support from the coach, can influence the athlete's physical and psychological recovery for injured athletes.

METHODS

The type of research is descriptive quantitative with ex post facto. Ex post facto is research conducted to examine an event that has occurred and then look back to find out the factors that can cause the incident. The population in this study were athletes at the Glagah Wangi Demak athletic club, totaling 37 athletes with an age range of 14-19 years. The questionnaire to measure social support was developed from the forms of social support proposed by Smet (1994) with a reliability of 0.822 (Simunati et al., 2021). The questionnaire to measure achievement motivation was developed from the characteristics of highly motivated individuals proposed by McClelland (Brunstein & Heckhausen, 2018) with a reliability of 0.858. The instrument grid is in Table 1:

Table 1. Instrument Grid

Variable	Aspect	Indicator
Social Support	Emotional Support	Includes warmth and involves emotions between the individual. Behaviors such as giving attention and affection are a reflection of emotional support.
	Instrumental Support	Is a form of direct assistance given to individuals, for example helping to complete certain tasks, financial assistance
	Information Support	Includes giving advice, providing feedback on how to solve a problem
	Friendship Support	It includes the availability of other people to spend time with so that a sense of membership in a group that has social interests and activities arises.
Achievement Motivation	Responsibility	Able to accept the risk of everything he does. Carry out tasks and obligations to completion
	Creative	Using the latest ways of doing tasks
	Score	Determine the standards to be achieved in carrying out tasks or obligations
	Spirit	Individuals have high aspirations. Trying to get new information

Data analysis techniques include descriptive analysis, prerequisite tests (normality and linearity tests), hypothesis testing using simple regression tests, and coefficients of determination. Analysis using SPSS 23 software.

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The results of the statistical descriptive analysis of social support and achievement motivation of athletic athletes are presented in Table 2:

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Table 2. Statistical Descriptive Analysis Results

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Social Support	37	44,00	55,00	48,81	2,86
Achievement motivation	37	25,00	34,00	29,24	2,55

Based on Table 3, it shows that social support has an average of 48.81, these results indicate that social support is in a low category. Achievement motivation has an average of 29.24, this result shows that achievement motivation is in a low category.
The data normality test used the Shapiro-Wilk method, the results are in Table 3:

Table 3. Normality Test Analysis Results

Variable	Shapiro-Wilk		
	Statistic	df	Sig.
Social Support (X)	0,971	37	0,446
Achievement motivation (Y)	0,943	37	0,157

Based on the statistical analysis of the normality test that has been carried out using the Shapiro-Wilk test, the variables of Social Support (X) and Achievement Motivation (Y) obtained normality test results with a significance value of $p > 0.05$, which means the data is normally distributed.

Linearity test data in this study used the ANOVA method, the results are in Table 4:

Table 4. Linearity Test Analysis Results

Variable	ANOVA Table		
	Mean Square	F	Sig.
Achievement Motivation (Y) * Social Support (X)	2,950	0,528	0,854

From Table 15 above, it can be seen that the relationship between Social Support (X) and Achievement Motivation (Y) has a significance value $(p) > 0.05$. So, the relationship between the independent variable and the dependent variable is stated to be linear.

The results of a simple linear analysis of social support and achievement motivation of athletic athletes are presented in Table 5:

Table 5. Linear Regression Analysis Results

Coefficients[a]						
Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig,
	B	Std, Error	Beta			
1 (Constant)	6,190	6,275			0,986	0,331
Self-Efficacy	0,472	0,128	0,528		3,680	0,001
a, Dependent Variable: Achievement Motivation (Y)						

Based on Table 5 above, it can be determined a simple linear regression equation as follows:

Achievement Motivation (Y) = 6.190 + 0.472 Social Support (X)
 The results of the interpretation of the simple regression equation above are as follows:
a.   The constant is 6.190, which means that if the social support variable (X) is equal to zero, then the achievement motivation variable (Y) is only 6.190.
b.   The regression coefficient for social support (X) is 0.472, which means that if social support (X) increases, achievement motivation (Y) will decrease by 0.472.

Based on the results of the analysis, it can be seen that the t-count value is 3.680 and a significance of 0.001 <0.05, then H0 is rejected, meaning "there is a significant effect of social support on the achievement motivation of athletic athletes". The regression

coefficient is positive, meaning that if the athlete has high social support, the achievement motivation will be higher.

The coefficient of determination (R2) of the influence of social support and achievement motivation in athletic athletes is shown in Table 6.

Table 6. The Result of the Coefficient of Determination

Model Summary				
Model	R	R Square	Adjusted R Square	Std, Error of the Estimate
1	0,528[a]	0,279	0,258	2,19936
a, Predictors: (Constant), Social Support (X)				

The value of the coefficient of determination R Square or social support (X) in explaining or predicting the achievement motivation variable (Y) is 0.279 or 27.90%. This means that the contribution of social support with achievement motivation in athletic athletes is 27.90%, while the rest is influenced by other factors of 72.10% outside the study.

DISCUSSION

The results showed that there was a significant effect of social support on the achievement motivation of athletic athletes. The contribution of social support to achievement motivation in athletic athletes is 27.90%. The better the athlete's social support, the higher the achievement motivation. These results are from the research that there is a significant effect of social support on athletes' achievement motivation. The support received by the athlete will make the athlete feel accepted in the group and cared for by the people around him so that the athlete can feel comfortable with his environment.

Every human being needs achievement. However, to be able to excel in various things, many problems are faced by individuals, one of which is related to achievement motivation. Achievement motivation is the desire to get something done to achieve a standard of success (Locke & Schattke, 2019); (Staniewski & Awruk, 2019). Achievement motivation arises because of a tendency to achieve success or achieve the desired end goal. High achievement motivation encourages athletes to overcome all obstacles and not give up when encountering difficulties in matches (Cowden et al., 2019). Athletes with high achievement motivation will make various efforts and fight hard to get the best performance. The high achievement motivation of every athlete is expected to encourage athletes to achieve the best results.

Many factors such as self-esteem, self-concept, self-efficacy, and others affect achievement motivation, but the most important is social support (Chang et al., 2018). The various types of social support received are very beneficial for athletes (Sullivan et al., 2020); (Fogaca, 2021). Social support is a feeling of pleasure, appreciation of care, or assistance obtained by individuals from other people, where other people here can be interpreted as individuals or groups. Social support is the provision of advice, and information where an individual feels cared for, loved, feels valued by those around him (McNeil et al., 2019).

Several types of social support include emotional support, appreciation, instrumental support, and informative support (Wohn et al., 2018); (Gilmour et al., 2020). This encourages athletes to motivate themselves to achieve. The social support that individuals have is different. Some individuals have low social support, but others have high social support. Individuals with high social support have a better life experience, high self-esteem, and a more positive outlook on life than individuals with lower social support. Individuals with high social support direct their behavior towards positive consequences and vice versa for individuals with less social support. Individuals are more likely to experience negative psychological consequences, so athletes with high social support have a more positive outlook on life.

Social support can come from people closest to the individual, such as parents and coaches for the athletes themselves. Social support can be obtained from people who have close relationships with individuals such as relatives, friends, or organizational members, but the most important social support comes from family (Li et al., 2019); (Suwinyattichaiporn & Johnson, 2022). With the support from the closest people to the athlete, the athlete is excited to achieve success in the match because he does not want to disappoint the people who have supported him and always encouraged him to achieve success. Individuals who receive social support will believe that individuals are loved, cared for, valued, and part of their social environment. Many novice athletes fail to achieve success, for example, not because of a lack of potential, but because of an environment that does not allow them to excel, for example, the lack of support from parents and qualified coaches.

The role of parental support is to encourage their children and support both in terms of facilities and infrastructure to increase children's enthusiasm for performing. Parental support can be interpreted as a form of attention, appreciation, comfort, and this support can be felt either individually or in groups. Parental support has a very strong influence in determining career decisions

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in athletes. The athlete's career decision can be interpreted as an athlete's process orientation path that can be seen through their development. Career decisions and family support provide accuracy in permitting children so they can determine the direction in developing athletes' talents to excel.

CONCLUSION

The results showed that there was a significant effect of social support on the achievement motivation of athletic athletes. The contribution of social support to achievement motivation in athletic athletes is 27.90%. The better the athlete's social support, the higher the achievement motivation. The advice that can be given is that athletes are expected to increase their achievement motivation. It is hoped that people around athletes, such as parents, coaches, and friends, will provide the support that can help athletes so that they have a positive impact on their achievements. Athletes must maintain and develop enthusiasm while undergoing the best possible training program. Parents always encourage their children and provide good infrastructure to support children's achievements.
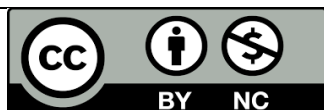
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