



Motivation Of Physical Education Students In Completing The Final Project

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ABSTRACT

This research is a descriptive study that aims to determine the motivation of students of the Physical Education, Health and Recreation Study Program of FIK UNM. the sample in this study amounted to 50 people who were determined using purposive sampling technique. The purposive samplin technique is a sample withdrawal technique using certain criteria. The data collection technique was carried out using a Likert scale questionnaire with a choice of 5 (five) answers. The data analysis technique was carried out with descriptive tests to determine the mean value and standard deviation which was then used to determine the data categorization interval. The results showed that 5 students (10%) had very low motivation, 12 students (24%) had low motivation, 11 students (22%) had moderate motivation, and 22 students (44%) had high motivation. The conclusion in this study is that the motivation of students of the Physical Education, Health and Recreation Study Program is in the high category.

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INTRODUCTION

Higher Education refers to the educational level that follows secondary education. Higher education shares the same goals as national education, which include not only practical and materialistic objectives, but also the formation of individuals who are loyal, devout, and proficient in the fields of science, technology, and art. According to Permendikbud No. 3 of 2020, higher education encompasses diploma programs, undergraduate programs, master programs, doctoral programs, and speciality programs (Simatupang & Yuhertiana, 2021).

The Physical Education, Health, and Recreation Study Program of FIK UNM is one of the study programs that organizes higher education, especially in the field of sports education. To maximize the achievement of higher education goals, the Physical Education, Health, and Recreation Study Program of FIK UNM has prepared a mature lecture curriculum. In implementing this higher education, Makassar State University has set a maximum time limit to complete its education program. In the Academic Guidelines for undergraduate programs, a maximum study period of 7 years is given, with the completion



of a thesis as the final assignment in completing the study. A thesis is an academic document that follows specific guidelines and is derived from research (Khotimah, 2024). Students must fulfill the predetermined criteria set by the faculty in order to commence writing a thesis. These requirements include: having finished at least 70% of the required semester credit units for the undergraduate degree, maintaining a minimum Cumulative Achievement Index of 2.00, successfully completing the research methodology course, and fulfilling any other requirements set by the study program.

Completing a thesis is a significant endeavor that involves multiple procedures, necessitating a strong commitment and the initiation of the first step (Widianoro et al., 2019). Schunk, et al. argue that motivation plays a crucial role in sustaining actions and maintaining enthusiasm when pursuing a significant goal (El Miedany & El Miedany, 2019). Motivation can originate internally (intrinsic) or externally (extrinsic) from the surrounding environment (Elfahmi et al., 2021). Intrinsic motivation is an internal drive that originates from within the individual and has a tendency to endure for a longer duration (Fishbach & Woolley, 2022). Personality traits are the primary source of intrinsic motivation, which is then complemented by intellectual capacity. Intrinsic motivation compels individuals to engage in activities based on their own consciousness and personal longing (Stults-Kolehmainen et al., 2020). In order to ensure that an individual with a strong internal drive is consistently engaged in their task. Extrinsic motivation, which relies on the external environment, is not sustainable as it is contingent upon environmental circumstances (Syafuruddin et al., 2022). Nevertheless, extrinsic incentive also exerts an impact on one's motivation.

Insufficient external motivation can also diminish an individual's drive, and thus have an impact on their actions. Therefore, it is imperative to preserve extrinsic incentive. There is a direct correlation between a person's level of motivation and the speed at which they attain their goals. When students compile a thesis, their motivation frequently undergoes changes (Djoar & Anggarani, 2024). This is due to the frequent emergence of impediments throughout the compilation process. These difficulties may arise from internal elements inherent to individuals, as well as from external influences in the surrounding environment (MARDIYAH, 2022). The subsequent are impediments that typically develop during the compilation of a thesis.

Table 1. Student problems in completing the thesis

No.	Factor	Difficulty
1.	Intrinsik	Challenges in ascertaining the title of the thesis
		Inadequate comprehension of research methodologies and proper thesis composition.
		Challenges in managing time effectively
		Experiencing a lack of motivation to engage in the task of working on the thesis.
2.	Ekstrinsik	Challenges in locating scholarly sources
		Inefficient allocation of guidance time
		Family issues

According to the provided table, there are a total of 7 hurdles encountered during thesis preparation. Among these obstacles, 4 are attributed to internal causes, while the remaining 3 are caused by exogenous ones. It is evident that 57% of the challenges encountered during thesis preparation stem from personal variables, while the other 43%

are attributed to external factors within the individual's surroundings. Obstacles encountered during the preparation of the thesis exert a significant impact. Intrinsic factors serve as catalysts while extrinsic elements function as facilitators. Insufficient motivation in a student leads to challenges in overcoming hurdles, ultimately causing delays in completing their thesis.

Considering the importance of writing a thesis or final assignment for completing student studies, the researcher is interested in knowing how motivated students are in going through the thesis writing process. Therefore, to obtain the desired research results, the researcher then carried out various stages such as observation, interviews, and data collection related to motivation in writing a thesis for students. So that with this research, it is hoped that it can be used as a benchmark for students in increasing and maintaining motivation for completing their final assignments.

MATERIALS AND METHODS

This research is a type of descriptive research that aims to determine how the level of student motivation in completing the final project / thesis. This research was conducted on students of the Physical Education, Health and Recreation Study Program at FIK UNM. The sample in this study amounted to 50 students, which were determined using purposive sampling technique. The purposive sampling technique is a sampling technique that is carried out using certain criteria (Campbell et al., 2020). The criteria set in this study are students who have programmed a thesis and have completed compulsory courses and other options other than scripts. The data collection technique was carried out using a Likert scale questionnaire with 5 (five) different answer choices. The data analysis technique was carried out by descriptive analysis of categorization using the formula from Anas Sudijono (Umarella & Sulistyarto, 2022).

Table 2. Categorization table

No.	Norm Range	Category
1.	$X > M + 1.5 SD$	Very High
2.	$M + 0.5 SD < X \leq M + 1.5 SD$	High
3.	$M - 0.5 SD < X \leq M + 0.5 SD$	Medium
4.	$M - 1.5 SD < X \leq M - 0.5 SD$	Low
5.	$X \leq M - 1.5 SD$	Very Low

RESULTS

This study aims to determine the motivation of students in completing the final project in the lecture process. To answer this, various stages of data analysis are needed which can be seen in the following section.

Table 3. Descriptive Test

Statistic	Motivation
Mean	214,56
Median	216
Standar Deviasi	3,829
Maximum	207
Minimum	219

After conducting descriptive test results regarding student motivation in completing the final project, it is known that the mean value is 214,56; median value is 216; standard deviation value is 3.829; maximum value is 207; and minimum value is 219. After the descriptive test results are known, hypothesis testing is then carried out using the mean and standard deviation values to be entered into the data categorization formula (Anas Sudijono) in (Umarella & Sulistyarto, 2022).

Table 4. Hypothesis test

No.	Interval	Category	Frequency	Percentage (%)
1.	$X > 220,3$	Very High	0	10
2.	$216,5 < X \leq 220,2$	High	22	44
3.	$212,7 < X \leq 216,4$	Medium	11	22
4.	$208,9 < X \leq 212,6$	Low	12	24
5.	$X \leq 208,8$	Very Low	5	10
Total			50	100

Based on the results of data categorization, it is known that student motivation in the process of completing the final project, as many as 5 people or 10% are in the very low category, 12 people or 24% are in the low category, 11 people or 22% are in the medium category, 22 people or 44% are in the high category, and no one is in the very high category.

DISCUSSION

The Physical Education, Health, and Recreation Study Program of FIK UNM is one of the study programs that organizes higher education, especially in the field of sports education. To maximize the achievement of higher education goals, the Physical Education, Health, and Recreation Study Program of FIK UNM has prepared a mature lecture curriculum. In implementing this higher education, Makassar State University has set a maximum time limit to complete its education program. In the Academic Guidelines for undergraduate programs, a maximum study period of 7 years is given, with the completion of a thesis as the final assignment in completing the study. A thesis is an academic document that follows specific guidelines and is derived from research. Students must fulfill the predetermined criteria set by the faculty in order to commence writing a thesis. These requirements include: having finished at least 70% of the required semester credit units for the undergraduate degree, maintaining a minimum Cumulative Achievement Index of 2.00, successfully completing the research methodology course, and fulfilling any other requirements set by the study program.

Completing a thesis is a significant endeavor that involves multiple procedures, necessitating a strong commitment and the initiation of the first step (Janura & Ahyuardi, 2021). Schunk, et al. (2012: 7) argue that motivation plays a crucial role in sustaining actions and maintaining enthusiasm when pursuing a significant goal (Dörnyei & Henry, 2022). Motivation can originate internally (intrinsic) or externally (extrinsic) from the surrounding environment (Morris et al., 2022). Intrinsic motivation is an internal drive that originates from within the individual and has a tendency to endure for a longer duration (Herlambang et al., 2021). Personality traits are the primary source of intrinsic motivation, which is then

complemented by intellectual capacity. Intrinsic motivation compels individuals to engage in activities based on their own consciousness and personal longing. In order to ensure that an individual with a strong internal drive is consistently engaged in their task. Extrinsic motivation, which relies on the external environment, is not sustainable as it is contingent upon environmental circumstances (Li et al., 2020). Nevertheless, extrinsic incentive also exerts an impact on one's motivation.

Insufficient external motivation can also diminish an individual's drive, and thus have an impact on their actions. Therefore, it is imperative to preserve extrinsic incentive. There is a direct correlation between a person's level of motivation and the speed at which they attain their goals. When students compile a thesis, their motivation frequently undergoes changes. This is due to the frequent emergence of impediments throughout the compilation process. These difficulties may arise from internal elements inherent to individuals, as well as from external influences in the surrounding environment.

Based on the results of the study, it is known that most students have high motivation in completing the final project. Of the total 50 students studied, 22 people or 44% had high motivation in the process of completing their studies. The high motivation of students can be influenced by external and internal factors as previously explained. Internal factors such as encouragement from within students themselves to succeed in the lecture process and get good grades. Good student knowledge in the systematics of writing the final project, research methodology, and statistics also greatly encourages or helps students in completing their final project. In addition to these internal factors, the most influential external factor in the completion of the student's final project is the support from parents and the campus, especially from the supervisor or academic advisor.

Although most students have high motivation in completing their final project, there are still 17 students who have low and very low motivation. The low motivation of students can be caused by various factors. The lack of students' understanding of the systematics of thesis writing and the lack of students' knowledge of methodology in research are factors in the low motivation of students to complete their final project. The laziness of students is also a factor that cannot be separated from the cause of low student motivation. Therefore, through this research, it is hoped that all parties, especially parents and supervisors, will continue to provide more motivation and attention, so that students who have low motivation can continue to spark their enthusiasm to complete the thesis which is their final assignment as a student.

CONCLUSION

Based on the results of research, data analysis, and discussion, it can be concluded that the motivation of students of the Education, Physical, Health and Recreation Study Program of FIK UNM in completing the final project is in the high category.

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