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Interest in following swimming training for achievement at club tirta alvita Yogyakarta

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Abstract
Swimming is an achievement sport and recreational activity that aims to relieve mental stress by balancing physical and psychological conditions. The purpose of this study was to determine interest in participating in swimming training at Club Tirta Alvita Yogyakarta. The type of research used in this research is descriptive quantitative research. The population in this study were children taking swimming lessons at the Tirta Alvita Yogyakarta Club with a total of 21 athletes. The sampling technique in this study used a total sampling technique. The sample in this study amounted to 21 athletes. Data analysis in this study uses a Likert scale. Data analysis used in this research is quantitative descriptive statistical analysis. From the results of the study showed that the results of interest in swimming training with a percentage of "always" was 42.85% with a total of 9 athletes and a percentage of "often" was 57.14% with a total of 12 athletes. So it can be concluded that the category level of the percentage of interest in swimming achievement training at the Tirta Alvita Yogyakarta Club is in the moderate category with a percentage of 57.14%.
Keywords: Interest, Exercise, Achievement, Swimming.

INTRODUCTION

Exercise is one method for maintaining physical fitness (S. Nugroho et al., 2021). Participating in any sport at any location whether for men or women can serve as the foundation for a happy and healthy life. Health sports that focus on healing or rehabilitation, and achievement sports that focus on performing at the highest level (Tarigan et al., 2021). Achievement sports are sports that, with the assistance of sports science and technology, encourage and foster athletes through competitions to achieve both national and international sports accomplishments (Pamungkas, 2021). One of the sports achievements is swimming (Allung et al., 2019).

Swimming is a time-based sport in which the fastest swimmer is declared the winner (Klarita dewi et al., 2020). For people of all ages, swimming is a fun way to spend time in the water (Rohman, 2019). The right training regimen is necessary for a swimmer to succeed (Wahyudi, 2015). The four competing swimming styles are crawl (freestyle), butterfly (butterfly), breaststroke (breaststroke), and backstroke (backstroke) (Budi et al., 2020). The sport of swimming is impacted by numerous factors (Falaahudin et al., 2021). Internal factors include technique mastery, mental state, and physical condition (W. A. Nugroho et al., 2020). Examples of external factors include the environment, nutrition, training programs, and facilities and infrastructure (Sukmawati & Hartoto, 2015).

Swimming has the ability to strengthen and build muscles (Prasetyo & Yunus, 2017). To achieve optimal swimming sports performance, a number of factors can be used. (Pawestri, 2018). According to (Mulyana, 2013) anatomy (length of arms, height of legs), physiological factors (strength, power, flexibility, ability to breathe oxygen, agility, balance, and coordination), biomechanics (movement and stroke frequency), and psychological factors (personality, attribution, motivation, interest in achievement, aggression, anxiety, stress, activation, leadership, communication, commitment, imagery, concentration, self-concept, and self-confidence) are some of the factors that influence swimming sports achievement.

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Understanding that an interest is a long-lasting inclination toward an object or to engage in activities (actions) based on interest, pleasure that comes from within (Iwandana et al., 2021). Effective interest in a situation, object, or activity is pleasure (Iwandana et al., 2018). A condition that calls for contentment is the need for interest, which draws attention to interest (Ramadhan et al., 2021). Interest is a psychological factor that becomes a source of motivation, while motivation is a factor within a person that can arouse enthusiasm (Ahsan, 2016).

According to (Shakespeare, 2014) An important factor in one's life is interest, an emotional component. People have different interests in different things based on concerns, curiosity, motivation, and needs (Latif et al., 2019). According to (Sardiman A, 2012) a strong passion or desire for something is referred to as interest. Interest serves as a driving force for one's desires, a motivator for one's desires, and a motivator for a person to act with the intention and direction of daily behavior (Hamsa, 2015). People who are interested often look for or try activities in particular fields (Guntur Sutopo & Misno, 2021). A person's motivation to always be active in activities can be fueled by an interest in sports. For instance, if a person has a strong interest in swimming achievements, they will strive to be the best swimmers and learn how to swim well (Samsul, 2022).

METHOD

A survey-based quantitative descriptive approach is utilized in this study. According to (Sugiyono, 2016) The term "population" refers to a broad category of things or individuals who share particular characteristics. 21 athletes who participated in swimming training at the Tirta Alvita Yogyakarta Club made up the study's population. According to (Suharsimi, 2013) The sample is a subset of the population that has been adapted to the circumstances or characteristics under investigation. The total sampling method was used to select 21 athletes for this study's sample. This study used the following questionnaire instrument with a Likert scale for data collection::

Table 1. How to Calculate Likert Scale Scores (Suharsimi, 2013)

Question Types	Never	Sometimes	Often	Always
Positif	1	2	3	4
Negatif	4	3	2	1

Skala Likert, which includes at least four questions and scores that represent individual characteristics are used in the questionnaire's evaluation (Much et al., 2016). The research instrument was a questionnaire. According to (Sugiyono, 2016) instrument for research that uses a questionnaire to collect data and record it on paper. As a research instrument, a valid questionnaire can be used. Quantitative descriptive statistical analysis was used in this study. Descriptive statistics are statistics that are used to analyze data by describing the data as it is rather than making generally accepted inferences or generalizations from it.

A formula is used in the method of calculating each questionnaire item. (Suharsimi, 2013):

$$P = \frac{f}{n} \times 100\%$$

Information :
P : percentage
f : frequency
n : number of respondents

Table 2. Instrument grid

Variable	Indicator	Question
Exercise interest	1. Interest in swimming	1, 2, 3,4
	2. Parental support	5, 6, 7, 8
	3. Exercise program	9, 10, 11,12
	4. Swimming performance	13, 14, 15, 16

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1. Validity test

An act that demonstrates an instrument's validity is called validation. A research instrument is said to be valid if it correctly discloses data from the variables studied in order to measure the researcher's goals and in the intended manner.

Table 3. Interest Instrument Validity Test Results

Number	Pearson Correlation R Count	R Table	Significance Value	Information
1	0,676	0,433	0,001	Valid
2	0,779	0,433	0,000	Valid
3	0,557	0,433	0,009	Valid
4	0,613	0,433	0,003	Valid
5	0,482	0,433	0,027	Valid
6	0,809	0,433	0,000	Valid
7	0,752	0,433	0,000	Valid
8	0,822	0,433	0,000	Valid
9	0,747	0,433	0,000	Valid
10	0,843	0,433	0,000	Valid
11	0,691	0,433	0,001	Valid
12	0,819	0,433	0,000	Valid
13	0,833	0,433	0,000	Valid
14	0,764	0,433	0,000	Valid
15	0,767	0,433	0,000	Valid
16	0,563	0,433	0,008	Valid

Based on the results of the analysis, the value of R count > R table shows that all items of interest questionnaire are valid according to formula calculations with the SPSS software application.

2. Reliability Test

In a research procedure, reliability is the precision and accuracy of a measuring instrument. If Alpha > R table then it is said to be Reliable.

Table 4. Interest Instrument Reliability Test Results

Variable	Rxy	R table	Information
Interest	0,935	0,433	Reliable

It was determined from these calculations that each and every research instrument was Reliable

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RESULTS AND DISCUSSION

Results

Descriptive Analysis Results

Table 5. Descriptive Statistics

		Total	Average
N	**Valid**	21	21
	Missing	0	0
Mean		48,43	3,0268
Std. Deviation		6,779	.42370
Minimum		41	2,56
Maximum		64	4,00

From the above analysis it can be explained that from the 21 athlete respondents the results obtained were a minimum value of 41, a maximum of 64, a mean of 48.43, and a standard deviation of 6.779.

Table 6. Percentage of interest in swimming practice

Classification	Frequency	F (%)
Always	9	42,85%
Often	12	57,14%
Sometimes	0	0%
Never	0	0%
Total	21	100%

Based on the table above shows the results of the percentage of interest in swimming practice with a percentage of "always" of 42.85% with a total of 9 athletes and a percentage of "often" of 57.14% with a total of 12 athletes.

Table 7. Category Level

Number	Intervals	Category
1	81%-100%	Very high
2	61%-80%	Tall
3	41%-60%	Currently
4	21%-40%	Low
5	0%-20%	Very low

Source : (Suharsimi, 2013)

With a percentage of 57.14%, the table above reveals that the level of interest in swimming achievement training falls into the moderate category.

Discussion

A review of the results of this study shares further understanding of the results of the analysis information that has been submitted. According to (Surahman, 2016), To win a sporting achievement competition, an athlete must swim in the fastest time possible. To achieve the fastest time, factors such as start, turn, finish, endurance, power, speed, and mentality techniques influence speed (Sukmawati &

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Hartoto, 2015). An appropriate training program must be provided to a swimmer in order to maximize their performance (Susanto, 2017). Additionally, careful planning of a healthy diet and exercise regimen that takes into account both mental and technical aspects is necessary (Baja & Rismayanthi, 2019).

Various factors, such as the athlete's level of stress or anxiety in relation to a goal or goals and their level of activity in relation to those goals, can influence an athlete's training motivation problem (Purnama, 2017). As research conducted (Wardhani, 2021) which aims to ascertain the swimming enthusiasm and interests of students at SD Al-Irsyad Al-Islamiyyah, Pekalongan City. His research shows that swimming has a lot of interest and motivation, so many students take swimming lessons outside of school even though they can't yet use swimming in school. The fact that the participants in this study are athletes who train at the Club Tirta Alvita Yogyakarta is a novel aspect of the study. Their goal is to achieve swimming success..

Because their scope is in accordance with one's wishes or needs, intrinsic and extrinsic factors are important stimuli for the athlete in question. This makes it easier to generate a sense of interest in achievement targets (Falaahudin & Sugiyanto, 2013). For instance, the tendency developed through practice, in this instance the individual's desire to become able. Intrinsic factors are individual factors that require focus, enthusiasm, and emotion. Extrinsic external driving factors include things like pleasure or interest that are specific to each person. A person's abilities are influenced by a variety of factors, including their environment, friends, coaches, family support, and gifts or rewards (Rizkiyansyah & Mulyana, 2019).

CONCLUSION

According to the findings of the study, a percentage of "always" was 42.85%, with a total of nine athletes, and a percentage of "often" was 57.14%, with a total of twelve athletes. With a percentage of 57.14%, it can be concluded that the Tirta Alvita Yogyakarta Club's interest in swimming achievement training falls into the moderate category.

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