

Analysis in the motivation of the students of physical education study program, faculty of sport and health sciences, universitas negeri yogyakarta in their career choice

Dinka Salfa Zahira¹, Kukuh Hardopo Putro^{1*}, Yoga Sampurna¹, Thohiroh Anisah Samaah¹, Silvester Ezra Putra Ginting¹, Alfahri Ikhsan Banurea¹, Adi Wibisono¹, Nayla Anindya Putri¹, Alya Dwi Rizqika¹, Egia Peulisanti PA¹, Farrel Al Buchori Yusnani¹

¹Pendidikan Kepelatihan Olahraga, Fakultas Ilmu Keolahragaan, Universitas Negeri Yogyakarta, Jl. Colombo No. 1, Karangmalang, Depok, Sleman, Daerah Istimewa Yogyakarta, Indonesia.

*Corresponding Author. Email: kukuhhardopoputro@uny.ac.id

Abstract

This research aims to: (1) ascertain the motivations of students enrolled in the Physical Education Study Program, Faculty of Sport and Health Sciences, Universitas Negeri Yogyakarta (FIKK UNY) for the classes of 2024, 2023, and 2022; (2) identify the career aspirations of students in the Physical Education Study Program, Faculty of Sport and Health Sciences, Universitas Negeri Yogyakarta for the classes of 2024, 2023, and 2022; and (3) analyze the correlation between students motivation in the Physical Education Study Program, Faculty of Sport and Health Sciences, Universitas Negeri Yogyakarta and their career choices. This research was a descriptive quantitative analysis by utilizing the simple random sampling technique. This research employed the survey approach. The research subjects comprised of students from the Physical Education Study Program, Faculty of Sport and Health Sciences, Universitas Negeri Yogyakarta: Class D of 2024, Class A of 2023, and Class B of 2022, totaling 152 individuals. The data collection utilized a questionnaire administered to 152 research participants. The employed data analysis technique was descriptive analysis, represented in percentages. The findings of this research indicate that: (1) the motivation levels of students enrolling in the Physical Education Study Program FIKK UNY for the 2024, 2023, and 2022 cohorts are classified as very high for 53.3% of 81 students, high for 30.9% of 47 students, medium for 11.2% of 17 students, low for 2.6% of 4 students, and very low for 2% of 3 students; (2) The career aspirations of students in the Physical Education Study Program, Faculty of Sport and Health Sciences, Universitas Negeri Yogyakarta encompass 152 students, with a cumulative score reflecting a 100% representation of sports coaching outcomes. 76.3% of 116 students are fitness instructors. 23.6% of 36 students are sports consultants. 27.6% of 42 students are sports writers. 21.7% of 33 students are managers of sports facilities and infrastructure. 25.6% of 39 students are physical therapists, 18.4% of 28 students are sports referees, 43.4% of 66 students pursue further studies/Master Program, 39.4% of 60 students are enrolled in Teacher Professional Education (PPG), 48.6% of 74 students are entrepreneurs, 15.7% of 24 students are in Armed Forces and Police, and 38.8% of 59 students are employed. The correlation between intrinsic motivation and career is very low and negative, while the correlation between extrinsic motivation and career is very low and positive

Keywords: students, motivation, career choice, physical education study program

INTRODUCTION

Motivation can be understood as a process that causes (intensity), directs (direction), and sustains (persistence) an individual's efforts to achieve their goals (Irviani & Fauzi, 2018). Motivation is also defined as the power that exists within an individual or external factors to motivate them to do something. Motivation is considered important because it allows a person to actively engage in an activity. Furthermore, motivation is also considered crucial in determining how much a person can learn

from their experiences (Vanslambrouck et al., 2018). For example, students need motivation to actively participate in lectures, complete assignments, take exams, participate in competitions, and so on.

Motivation plays a crucial role in learning activities at school and university. Learning activities influence motivation and the goals they achieve. The greater a student's motivation in learning activities, the higher their achievement will be (Anas, M. & Aryani, F., 2014). Motivation plays a crucial role in improving student quality, as it is considered a key driving factor in achieving optimal learning outcomes. Motivation significantly influences student productivity in completing academic assignments, thus supporting their smooth and successful learning process (Daulay, N., 2021).

Based on ideal conditions in the field, each student has a different motivation in choosing a study program at a university. The study program chosen by students is usually based on their interests, talents, and career goals (Erwanda & Satria, M.H., 2019). By exploring their interests, talents, and career goals during their studies, students will be equipped with the basic knowledge and skills essential for entering the workforce. Upon completing their educational program, they will receive a bachelor's or master's degree, according to their chosen discipline. This degree reflects the level of in-depth understanding and competency they have mastered in the related field of study (Ozora et al., 2016).

Research is needed to gain insight into students' motivations for entering study programs and careers in higher education. Motivation is an important area of study because it drives or drives a person to act toward achieving a goal. Riyono (2014) states that motivation can be a driving force that encourages someone to engage in activities, determines the strength of that drive, and directs the goals of behavior.

In this study, the researcher is interested in research activities at one of the state universities in the Special Region of Yogyakarta, Yogyakarta State University. Yogyakarta State University itself has a faculty that has graduated national and international athletes: the Faculty of Sport and Health Sciences, Sports Coaching Education (PKO) study program. The PKO study program prepares graduates to become coaches or sports instructors. However, each student may have different perspectives on their chosen profession. For example, some students want to continue their education to obtain a Master's or Doctoral degree, become private employees, become soldiers or police officers, or some students choose PKO study simply to network and gain experience.

Based on the results of a literature review from a previous study by Dino Rekli Caniago in 2016 entitled "Analysis of Student Motivation in Choosing the PKO FIK UNY Study Program". The study was conducted with the intention of analyzing the level of motivation of PKO students from the 2013, 2014, and 2015 classes from the DIY region, Java Island, and outside Java Island who decided to study at the PKO FIK UNY study program. The study conducted by Dino Rekli Caniago used 227 PKO FIK UNY students from the 2013, 2014, and 2015 classes as research subjects. A quantitative descriptive research method with purposive sampling was chosen for this study. Through a survey, researchers obtained data for research. The results showed that as many as 19.4% of students (44 people) chose the PKO FIK UNY study program with very high motivation. Meanwhile, 64.8% of students (147) had high motivation, 15.4% (35 students) were in the moderate category, and only 0.4% (1 student) showed low motivation.

Another literature review result is a 2014 study by Deninta Savitri and Dr. Tamsil Muis entitled "Survey on Career Choices of Students of the Faculty of Sport Science, State University of Surabaya." This study was conducted to obtain information regarding the diversity of career choices, expectations regarding career choices, influencing factors, suitability to majors, and what students are preparing to achieve their careers. The research methods used were quantitative and qualitative, using a survey method. The total number of FIK UNESA students was 1,338, and only 23% of the population, or 308 students, were randomly selected as subjects. The study showed that students of the Faculty of Sport Science chose to pursue a master's program (57%), or professional education (57%), or work (61%). The most popular jobs are in the public service sector (83%), with a match between the field of study and the job category reaching 74%, professional education 87%, and master's degree 85%. Internal factors influencing students' career choices include physical appearance (54%), psychological condition (63%), knowledge of the world of work (66%), work experience (67%), hobbies (72%), talents (73%),

skills and abilities (74%), intelligence level (74%), readiness (75%), and interests (83%). Meanwhile, external factors that influence are social environment (60%) and family (73%).

Based on this phenomenon, researchers found a gap in the research conducted by Dino Rekli Caniago entitled "Analysis of Student Motivation in Choosing the PKO Study Program FIK UNY", there was only one variable, namely motivation. Then the gap in another study by Deninta Savitri and Dr. Tamsil Muis in 2014 entitled "Survey on Career Choices of Students of the Faculty of Sport Science, State University of Surabaya" had not conducted a survey on the motivation of PKO study program students towards careers. Therefore, researchers were interested in making innovations to previous research, which was then given the title "Analysis of Student Motivation in Entering the PKO Study Program FIKK UNY on Careers". This research is expected to reveal how the motivation of students entering the PKO study program towards careers at FIKK UNY is actually.

METHOD

In this study, the researcher applied a quantitative descriptive research method with a simple random sampling approach, a technique for randomly selecting samples from the entire population through a lottery (Idrus, 2009). This study adopted a survey method using a questionnaire as the primary instrument. This quantitative approach was chosen as the basis for this research, with the aim of analyzing the data using quantitative descriptive analysis techniques. This technique aims to present research data in the form of numbers or percentages that are easily understood by readers (Fenti Hikmawati, 2017: 92). In the data collection process, the researcher used a questionnaire containing a series of written statements given directly to respondents. Respondents were asked to complete the questionnaire based on their actual conditions. The collected data were then analyzed to identify students' motivations in choosing the PKO study program and its relationship to their careers at the Faculty of Sport and Health Sciences, Yogyakarta State University (FIKK UNY). The research location is at the Faculty of Sport and Health Sciences, Yogyakarta State University, located at Jl. Colombo Yogyakarta No. 1 Karangmalang, Caturtunggal, Depok District, Depok Regency, Sleman, Special Region of Yogyakarta. This research was conducted by adjusting the lecture hours for each class being studied.

Population refers to a group or region that is the object or subject of research, which has a certain number and characteristics that have been determined by the researcher to be analyzed and drawn conclusions (Sugiyono, 2018: 130). The subject in this study is an individual or object that is the focus of action or description. In the context of this research, the population studied is the PKO FIKK UNY study program students from the classes of 2024, 2023, and 2022. The sample refers to a certain part that represents the entire population and its characteristics (Sugiyono, 2007: 116). In this study, the sampling technique used is Simple Random Sampling, which is a method of determining samples through a lottery process from the population (Idrus, 2009). This technique is chosen by researchers when the population is considered homogeneous, meaning it has similar characteristics, so that the sample can be taken randomly. Every individual in the population has an equal opportunity to be selected as a sample.

The use of Simple Random Sampling in this study is based on the homogeneous nature of the population, which consists of 11 classes of students of the PKO FIKK UNY Study Program from the classes of 2024, 2023, and 2022. The sampling process was carried out through a lottery method to ensure objectivity and reduce potential bias in sample selection. This technique guarantees equal opportunities for each class to be selected. The steps are: Each class is labeled with a letter written on a small piece of paper, which is then rolled up and placed in a plastic container. After that, the container is shaken, and three rolls of paper are taken at random, which results in the selection of classes D, A, and B as the selected samples.

RESULTS AND DISCUSSION

This study uses a simple random sampling technique because the population in this study is homogeneous. The population consists of 11 classes from the PKO Study Program FIKK UNY class of 2024, 2023, and 2022. Sampling was carried out by drawing lots and obtained class D class of 2024, class A class of 2023, and class B class of 2022. The subjects of this study were students of the PKO

Study Program FIKK UNY class of 2024, 2023, and 2022 totaling 11 classes consisting of: 1) Class D class of 2024 totaling 49 students; 2) Class A class of 2023 totaling 56 students; and 3) Class B class of 2022 totaling 47 students. The number of students of the PKO Study Program FIKK UNY class of 2024, 2023, and 2022 is presented in the following table:

Table.1. Presented results of students

No	Gent	Frequency	Percentage
1	Son	117	77%
2	Daughter	35	23%
Total		152	100%

Number of Students in the PKO Study Program, FIKK UNY Based on the Classes of 2024, 2023, and 2022

Table.2. Results of students

No	Class Year	Frequency	Percentage
1	2024	49	32,2%
2	2023	56	36,8%
3	2022	47	30,9%
Total		152	100%

1. Validitas dan Reliabilitas

a. Validitas

The validity test used in this study was the Gregory version of the content validity test. The validity test was conducted by testing the validity of the instrument items with two lecturers from the Sports Coaching Education Study Program who are experts in the field of psychology. Next, it was tested and analyzed using item analysis. Opinions can be given by providing responses on the suitability of the written items according to the indicators and sub-indicators of the variables with the score criteria "Yes" = 1, and "No" = 0. The Gregory version of the content validity test that has been tested by two experts showed a result of 0.85. Based on the content validity criteria, it can be concluded that the results of the validation test by the two experts are classified as "very high validity". (Appendix 6, pp. 113-115).

b. Reliabilitas

The reliability test conducted in this study used the Cronbach Alpha method measured with a Cronbach Alpha scale from 0 to 1. The reliability test was conducted through the SPSS version 25 program using the Cronbach alpha statistical test. The test value is said to be reliable if the Cronbach alpha > 0.6 and vice versa if the Cronbach alpha < 0.6 then it is said to be unreliable (Sugiyono, 2017). The reliability test conducted through the SPSS program with the Cronbach Alpha method showed a result of 0.850. These results indicate that the Cronbach alpha is greater than 0.6 means the questionnaire is reliable. (Appendix 6, p. 116).

Then, the product moment correlation coefficient test of odd-even item scores was conducted by 30 respondents. After being tested with 30 respondents, manual calculations were carried out

using the Pearson correlation formula. The calculation of the odd-even product moment correlation obtained a value of $r = 0.743$. The value of r_{tabel} at a significance level of 5% and $N = 30$ is $r_{tabel} = 0.361$. The r value obtained from the calculation of $r_{hitung} = 0.743 > r_{tabel} = 0.361$. This shows that the odd-even product moment correlation is significant. (Appendix 7, p. 120).

2. Research Calculation Results

a. Descriptive Qualitative Motivation

1) Qualitative Descriptive Study of Student Motivation to Enter the PKO Study Program, FIKK UNY, Intake of 2024, 2023, and 2022

Based on data analysis, the motivations that influence students entering the PKO Study Program at FIKK UNY, consisting of: 1) Class D, class of 2024, totaling 49 students; 2) Class A, class of 2023, totaling 56 students; and 3) Class B, class of 2022, totaling 47 students, have varied results. The description of the research data on the motivational variables of students entering the PKO Study Program at FIKK UNY, class of 2024, 2023, and 2022 can be presented in the following table:

Tabel. 3. Descriptive Qualitative Motivation

No	Interval Class	Criteria	F	P
1	38-42	Very High	81	53,3%
2	33-37	High	47	30,9%
3	28-32	Medium	17	11,2%
4	23-27	Low	4	2,6%
5	17-22	Very Low	3	2%
Result			152	100%

Based on the table above, it can be seen that as many as 81 students have very high answer criteria, 47 students have high answer criteria, 17 students have medium answer criteria, 4 students have low answer criteria, and 3 students have very low answer criteria. This shows that overall 53.3% of PKO FIKK UNY Study Program students have very high motivation, 30.9% of PKO FIKK UNY Study Program students have high motivation, 11.2% of PKO FIKK UNY Study Program students have medium motivation, 2.6% of PKO FIKK UNY Study Program students have low motivation, and 2% of PKO FIKK UNY Study Program students have very low motivation.

b. Qualitative Descriptive Analysis of Career Choices

1) Qualitative Descriptive Analysis of Career Choices of Students in the Faculty of Social and Political Sciences, Yogyakarta State University (FKK UNY) Intakes of 2024, 2023, and 2022

Based on data analysis of students in the Faculty of Social and Political Sciences, Yogyakarta State University (FKK UNY) Intakes of 11 classes, consisting of: 1) Class D, Class 2024, with 49 students; 2) Class A, Class 2023, with 56 students; and 3) Class B, Class 2022, with 47 students, have diverse career choices. The descriptive data from the research on the career choice variables of students in the Faculty of Social and Political Sciences, Yogyakarta State University (FKK UNY) Intakes of 2024, 2023, and 2022 are presented in the following table:

Tabel. 3. Qualitative Descriptive Analysis of Career Choices

No	Career Options	F	P
1	Sports Coach	116	76,3%
2	Fitness Instructor	2	1,3%
3	Sports Consultant	4	2,6%
4	Sports Journalist	0	0%
5	Sports Facilities Manager	1	0,7%
6	Physical Therapist	2	1,3%
7	Sports Referee	4	2,6%
8	Graduate Studies/Master's Degree	4	2,6%
9	Teacher Professional Education (PPG)	10	6,6%
10	Self-employed	2	1,3
11	The Indonesian National Armed Forces and the Indonesian National Police	5	3,3
12	Work	2	1,3
Total		152	100%

Based on the table above, it can be concluded that there are 152 students of the PKO FIKK UNY study program from the class of 2024, 2023, and 2022 who chose their first choice careers consisting of: 1) sports coaches 76.3% of 116 students; 2) fitness instructors 1.3% of 2 students; 3) sports consultants 2.6% of 4 students; 4) sports facilities and infrastructure managers 0.7% of 1 student; 5) physical therapists 1.3% of 2 students; 6) sports referees 2.6% of 4 students; 7) further studies/Master's degree 2.6% of 4 students; 8) Teacher Professional Education (PPG) 6.6% of 10 students; 9) entrepreneurs 1.3% of 2 students; 10) TNI and Polri 3.3% of 5 students; and 11) working 1.3% as many as 2 students.

CONCLUSION

Based on the results of the research and discussion that have been described in the previous chapter, it can be concluded that: The results of the calculation of the total score with a percentage of 100% of 152 students of the PKO Study Program, FIKK UNY show that the motivation results of students of the Class of 2024 are 32.2%, totaling 49 students, the motivation of students of the Class of 2023 is 36.8%, totaling 56 students, and the motivation of students of the Class of 2022 is 30.9%, totaling 47 students. Based on research data, students of the PKO Study Program, FIKK UNY, classes of 2024, 2023, and 2022 chose 1 (one) to 8 (eight) career choices. The first career choice was 152 students, the second career choice was 127 students, the third career choice was 110 students, the fourth career choice was 81 students, the fifth career choice was 62 students, the sixth career choice was 46 students, the seventh career choice was 29 students, and the eighth career choice was 14 students. The results of this study indicate that there is no significant relationship between students' motivation to enter the PKO FIKK UNY study program and their careers.

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