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Factors That Affect Motivasi Training PPLP Boxing Athletes During the Covid-19 Pandemic In Palu City

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Abstrak

The objectives of this study: (1) How to find out the training motivation of PPLP boxing athletes during the Covid-19 pandemic in Palu City; (2) How to maintain the intrinsic motivation of PPLP boxing athletes during training during the COVID-19 pandemic in Palu City; (3) How to maintain the extrinsic motivation of PPLP boxing athletes during training during the COVID-19 pandemic in Palu City; (4) What obstacles do PPLP boxing athletes face during training during the COVID-19 pandemic in Palu City. The research uses qualitative methods with the design of phenomenological studies. The data source is information from PPLP athletes from Central Sulawesi Province, coaches, provincial dispora and parents of PPLP boxing athletes. The data obtained are analyzed qualitatively with the following steps: (1) data collection; (2) data reduction; (3) presentation of data. The results showed that *the training conditions of ppls boxing athletes during the Covid-19 pandemic in Palu city* felt the influence of the Covid-19 pandemic from the beginning of appearing in Central Sulawesi in 2020. The obstacle to training ppls boxing athletes during the Covid-19 pandemic in Palu city is *that the government issued a very unprofitable policy for PPLP boxing athletes during this pandemic*. The training strategies for boxing athletes during the covid-19 pandemic in Palu can still train during the pandemic; they are restricting training grounds. Online media is a solution for PPLP Central Sulawesi boxing athletes; by using online media, they can carry out training through the program provided by the trainer and not carry out training in crowded places.

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INTRODUCTION

The sport of boxing throughout the country has been trendy and growing; because

of the popularity of this boxing sport, many public figures have ambitions or voluntarily sit as administrators. Kini boxing sport is not just a hobby, done to sweat, for health, but for

business or work and a place to get wealth and popularity. An athlete's success must require systematic and systematic and systematic training. To achieve an achievement at this time, many technologies have been created to help improve athletes' accomplishments, one of which is the learning media used has been made in the world of sports (Subagja et al., 2019)

Sports cannot be separated from various obstacles and obstacles that can occur. According to (Febiyanti & Ashadi, 2020), physical fitness is the body's ability to accept loads in carrying out its activities without feeling significant fatigue. (Nugroho, 2017) believes that the best achievement will only be achieved if coaching can be implemented and focused on the aspects of training. Candra kirana, according to (Allsabah et al., 2019), the importance of seeing the physical condition results from the length of training as a form of preparation for the competition. (Masi & Wasak, 2020) An athlete must have an innate ability for reaction speed and accuracy. In general, exercise is an activity to train one's body, not only physically but also spiritually (Novianti & Aji, 2016).

2020 was a challenging year for the boxing world when suddenly, there was a Covid-19 outbreak that had spread throughout the world (Hall et al., 2020; Ramadan, 2022). This virus was identified in Wuhan, China, in early January 2020 after cell culture and particle isolation (Lee & Hsueh, 2020), but the etiology is unknown (Zhu et al., 2020). Many victims in various parts of the world have tested positive and died due to

contracting Covid-19. Indonesia is one of the countries that the Covid-19 virus outbreak has infected. On March 2, 2020, Indonesia reported 2 confirmed Covid-19 cases (Nicola et al., 2020). Global data as of June 2, 2020, shows that there are 6,140,934 people from 216 countries in the world confirmed with the Covid-19 outbreak, and 373,548 died. Meanwhile, Indonesian data shows that 27,549 people spread across 34 provinces were positive for Covid-19, and 1,663 died (Muhyiddin, 2020).

The Covid-19 pandemic has affected every sport in Indonesia, including boxing. This condition is increasingly suffocating the sports world, especially with the lockdown policy in Indonesia known as Large-Scale Social Restrictions (PSBB), which makes people limit their outdoor activities. Sports are mostly done outdoors. Covid-19 has resulted in the cessation of sporting events. For example, in sports events experiencing many delays, Multievent indicates the nation's progress to measure how well athletes are prepared to achieve the best performance. This program aims to support conditions where sports can occur throughout the city and province. Cancelling major events significantly affect athletes' training motivation, especially in boxing.

Central Sulawesi Province is included in the Covid-19 red zone; from 9 districts and one city, Palu has many confirmed outbreaks of the Covid-19 virus. When Covid-19 began to emerge at the end of 2019 and began to spread, the Palu city government closed many sports facilities, schools, offices, and markets.

The health crisis that affected all PPLP athletes, especially boxing in Palu, had to stop training with strategic plans set initially and then replaced by emergency response policies by mobilizing all resources to overcome the Covid-19 outbreak.

Oboxing sports in Palu have no motivation in training due to the Covid-19 outbreak. Not a few boxing athletes stopped their training to anticipate the rapid transmission of the Covid-19 virus. Sports boxing in the city of Palu must be stopped first based on policies issued by the government to stop the spread of Covid-19. The results showed that many large-scale sports activities should be stopped (Wildani & Gazali, 2020). Sports events that should not be held are also a factor in the decline in athletes' training motivation. Initially, athletes were always motivated to train to participate in existing events; for now, it cannot be due to the Covid-19 outbreak, which is the high-speed transmission.

The facts researchers found during Palu's observations are: (1) PPLP boxing athletes are not motivated to train due to the Covid-19 outbreak. (2) PPLP boxing athletes in Palu city significantly influenced the Covid-19 outbreak because their training did not go as they wanted. (3) Sports events that do not exist affect PPLP boxing athletes in the city of Palu. (4) Cessation of all sports activities outside the home. (5) Closure of sports infrastructure facilities in the city of Palu. The role of the Palu city government is needed in this problem to overcome the decline in athletes' training motivation, especially in

boxing. The government needs to reassess the medium-term plan considering that in 2020 all programs were shifted to focus on handling Covid-19 (Muhyiddin, 2020).

This study aims to obtain a comprehensive picture of the factors influencing the motivation to train PPLP boxing athletes during the COVID-19 pandemic in Palu. The detailed objectives of this study are to: 1) To find out the motivation for PPLP boxing athletes training during the COVID-19 pandemic in Palu City. 2) To maintain athletes' intrinsic motivation during training during the COVID-19 pandemic. 3) To maintain the extrinsic motivation of athletes during training during the COVID-19 pandemic. 4) It Can be used as a reference source about exercise motivation for other researchers to conduct further research.

METHODS

This research is qualitative. Qualitative research is a procedure based on data intended to provide an overview of the answers to the formulation of problems in this study. This study used qualitative research with a phenomenology study design. This study aims to solve problems systematically and factually regarding facts (Purnawan et al., 2017; Ramadan & Juniarti, 2020). Researchers are trying to find out the actual condition of the motivation for training PPLP boxing athletes during the COVID-19 pandemic.

The focus of this research was carried out in the Palu City area, Central Sulawesi Province; the research focused on the motivation for training PPLP boxing athletes

during the COVID-19 pandemic in the Palu City area. The focus of the study in this study is to find out the training conditions of PPLP boxing athletes during the COVID-19 pandemic, find out what obstacles are faced by PPLP boxing athletes during the COVID-19 pandemic, and find out what strategies athletes do during the COVID-19 pandemic. The research location is in the Palu City area for taking research data. Researchers also included athletes, coaches, parents and provincial diasporas.

The data obtained in this study consisted of primary data and secondary data. The primary data from this study was obtained through observation and interviews, while the documentation was in the form of archival documents as supporting or secondary data (Akmal & Hartono, 2020).

The data source obtained is information from PPLP athletes from Central Sulawesi Province, coaches, provincial diasporas and parents of PPLP boxing athletes. The data source is from two objects, namely, *person* and *place*. Data sources, both primary and secondary data, used in this study:

1. Person: PPLP athlete of Central Sulawesi Province, coach, parent and provincial administrator.
2. Place: This research was conducted in Palu City.
3. Paper: Documents on training conditions, constraints, and motivation in the Palu City Area, Central Sulawesi Province.

In this case, the instruments used by researchers using data collection are carried

out by observation, interview, and documentation methods (Rumini, 2015).

This study's data validity technique (data validity) is a triangulation technique. (Sugiyono, 2012) The triangulation technique states that the triangulation technique is a technique for collecting data and existing sources. Suppose the study conducts data collection with this triangulation. In that case, the researcher collects data that simultaneously test the credibility of the data, namely checking the credibility of the data with various data collection techniques and sources (Sugiyono, 2012). Triangulation techniques use different data collection techniques to get data from the same source.

The data analysis used in this study is based on an interactive analysis model developed by (Miles, Huberman & Sldana, 2014). Processing and analysis consist of 4 interacting components, namely 1) Data Collection, 2) Data Reduction, 3) Data Display, and 4) Conclusion / Verifying (concluding / verification).

FINDINGS AND DISCUSSION

Based on the results of observations, interviews and documentation of researchers together with data sources on the training conditions of PPLP boxing athletes before the Covid-19 pandemic in the city of Palu as follows: The results of the researcher's interview with PPLP athletes in Palu City on Monday, July 25, 2022, at PPLP Fanny Nurfadillah said: "Before Covid-19, the training process was perfect".

Based on the results of observations, interviews and documentation of researchers together with data sources about whether you were very motivated in training before Covid-19 as follows: Statement made by the PPLP boxing coach in Palu City with the results of an interview that researchers conducted at PPLP on Monday, July 25, 2022, at that: "In training Before Covid-19 was very motivated why I said it like that Because I keep a close eye on my athletes."

Dispora as a sports player also responded to the condition of boxing before the covid pandemic. Monday, August 1, 2022, he said: " Before the Covid-19 boxing sport, not only boxing, all sports were very eager to pursue the championship target because of the many regional, national and international championship events held from all over the region."

Parents also gave the same response to How your child's training condition was before the Covid-19 pandemic Monday, August 8, 2022; he said: The results of a researcher interview with parents of PPLP boxing athletes in Palu City Monday, August 8, 2022, at Fanny Nurfadillah's house said: "Children practice regularly and never stay late for training because my child really likes sports, especially boxing, So his son diligently exercises".

Based on observations, interviews and documentation of researchers together with data sources about What do you think about the government regulations for exercising at home as follows: This statement is in line with

the statement conveyed by Arul, a PPLP Central Sulawesi boxing athlete on Monday, July 25, 2022, as follows." It is quite uneasy, where new habits must get used to obeying the 3 m recommendations: wearing masks, keeping distance, and diligently washing hands".

Based on the observations, interviews and documentation of researchers together with data sources about What do you think about the government regulations for exercising in the community as follows: Statement made by the PPLP boxing coach in Palu City with the results of an interview that researchers conducted at PPLP on Monday, July 25, 2022, at that: "I as a coach agree with the government's regulation because it is for the common good as well."

Dispora as a sports player also gave the same response to what obstacles Dispora experienced with government policies during the Covid-19 pandemic. Monday, August 1, 2022, he said: "In this case, sports fosters communication and builds harmony between groups of people between generations. Because of the outbreak of this disease, we are limited in doing coaching."

Parents also gave the same response. Do you expect the government's attention to the fate of your child's training in training during the Covid-19 pandemic? He said Monday, August 8, 2022: This statement is in line with the statement conveyed by Arul's parents on Monday, August 8, 2022, as follows." Yes, because of the pandemic, the government should have intervened for the continuation of people's lives, everything including athlete

training, anyway, later if the athletes excel as well as the name of the region".

An interview was conducted with Abdul Mutalib Razak, a PPLP Central Sulawesi boxing athlete, on Monday, July 25, 2022, and obtained the following data." Exercise independently and stay at home keeping your distance". Based on observations, interviews and documentation of researchers together with data sources about what efforts you can make to train during the Covid-19 pandemic as follows:

Based on the results of observations, interviews and documentation of researchers together with data sources about what efforts can you make to train during the Covid-19 pandemic as follows: Statement made by the PPLP boxing coach in Palu City with the results of an interview that researchers conducted at PPLP on Monday, July 25, 2022, at that: "Of course, it gives direction to children to remain enthusiastic in training because they remember You have goals for the future."

Dispora as a sports player also gave the same response to any efforts made by Dispora towards sports activities during the Covid-19 pandemic. On Monday, August 1, 2022, he said: "Amid uncertainty due to the Covid-19 pandemic, all parties who contribute to the sports industry unite by supporting each other in online discussions. Through this platform, we can share ideas, problems, and challenges they face. In addition, we also seek to find innovative solutions to larger societal problems."

Parents also gave the same response to any efforts you made to sports activities during the Covid-19 pandemic Monday, August 8, 2022; he said: Interviews were also conducted with Abdul Mutalib Razak's parents on Monday, August 8, 2022, obtained the following data." Keep exercising regularly by protocols".

Based on observations, interviews and documentation of researchers together with data sources about What are your expectations for training during the pandemic as follows: This is in line with the statement of the Central Sulawesi PPLP boxing athlete, Moh. Heru on Monday, July 25, 2022, as follows." Hopefully, this troubling Covid-19 will end quickly".

Based on the results of observations, interviews and documentation of researchers together with data sources about Hope, what keeps you motivated in training during the Covid-19 pandemic as follows: Statement made by the PPLP boxing coach in Palu City with the results of an interview conducted by researchers at PPLP on Monday, July 25, 2022, at that: "The hope is to increase the potential of athletes in Central Sulawesi, I am not bored to share knowledge with children who want to excel even though there are obstacles like today, it does not rule out the possibility of discouraging me in producing champion candidates in Central Sulawesi."

Dispora as a sports player also gave the same response to What hopes can you give regarding the motivation for training PPLP boxing athletes in the city of Palu Monday, August 1, 2022, he said: "My hope for the

athletes of superior boxing seeds in Central SalWeiwei remains to excel and pray that the Covid-19 pandemic in the city of Palu will end quickly and you can gather together at PPLP."

Parents also responded to What solutions can you provide regarding the motivation for training PPLP boxing athletes in the city of Palu Monday, August 8, 2022; he said: This is in line with the statement from the parents of PPLP Central Sulawesi boxing athletes, namely Moh. Heru on Monday, August 8, 2022, as follows." It is best to keep training; the child will also be self-motivated usually".

CONCLUSION

The training condition of pplp boxing athletes during the Covid-19 pandemic in the city of Palu felt the influence of the Covid-19 pandemic from the beginning of its appearance in Central Sulawesi in March 2020. They did not participate in the championship for three months at the beginning of the Covid-19 pandemic because they had to practice independently at their respective homes. Training must still be carried out, especially for PPLP boxing athletes in Palu. The Covid-19 pandemic has made the training conditions of PPLP boxing athletes rare in training. The obstacle to training PPLP boxing athletes during the Covid-19 pandemic in the city of Palu is that during this pandemic, the government issued a policy that needed to be more favourable for PPLP boxing athletes. PPLP boxing athletes temporarily have their training grounds at home to minimize the transmission of the Covid-19 virus through

sports venues. The government also appealed to the public to conduct sports activities at home. The obstacles faced by PPLP boxing athletes in Palu City solely support fighting Covid-19. However, they cannot participate in the existing championship because it was postponed during the Covid-19 pandemic. The training strategy carried out by PPLP boxing athletes during the Covid-19 pandemic in Palu can still train during the pandemic, but they have limited training grounds. Before the Covid-19 pandemic, they were able to practice in various places. Then they limit their training, with this exercise restriction expected not to cause crowds or new clusters of the Covid-19 virus. Implementing health protocols for every PPLP boxing athlete in Palu must be applied. This strategy is to support the government against the Covid-19 virus, but they can still practice during the Covid-19 pandemic. Online media is a solution for PPLP Central Sulawesi boxing athletes; by using online media, they can carry out training through programs provided by coaches and not carry out training in crowded places. Online media is considered very effective for carrying out exercises that were delayed at the beginning of the Covid-19 pandemic. Providing training programs for athletes so that they continue to train in their respective homes is a solution carried out by PPLP coaches in Palu City during the Covid-19 pandemic.

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