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## IDENTIFICATION OF DRIVING FACTORS FOR THE ACHIEVEMENT OF ROWING ATHLETES AMONG STUDENTS

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### Abstract

This study aims to identify the driving factors behind the achievement of rowing athletes' performance among students. Sports achievement is not only influenced by physical abilities but also by various other supporting factors such as motivation, social environment, facilities and infrastructure, as well as the roles of coaches and parents. This research uses a descriptive qualitative approach with data collection techniques through observation and in-depth interviews. The subjects in this study were student rowing athletes in the Setu Ciburuy area. The results of the study show that the dominant factors driving student athletes' performance in rowing sports include interrelated internal and external factors. In addition, participation in various competitions is also an important factor in improving athletes' experience and competitive mentality. These findings are expected to serve as evaluation material for sports clubs, regional authorities, and related institutions in efforts to develop rowing sports achievements among students.

**Keywords:** Sports Achievement, Driving Factors, Rowing Athletes, Students

### INTRODUCTION

Sport is essentially an educational process that utilizes physical activity to produce holistic changes in individual qualities, both in terms of physical, mental, and emotional (Galih Bagas Prakoso et al., 2022). Exercise is a form of physical activity that is carried out with the aim of strengthening and improving the health of the body (Shalahudin & Sifaq, 2023). Sport is a systematic activity to foster, encourage and develop potential (Zakaria et al., 2020). Of the many sports in Indonesia, rowing is a sport that not many people know even though rowing itself is one of the oldest Olympic sports in the world, Rowing began to be competed since the Summer Olympics in 1900 for male rowers and for female rowers starting in 1976 which was added to the Olympic program. Rowing has 2 sports, namely the men's branch and the women's branch. Rowing is a type of sport whose main means are water with boats and paddles (Galih Bagas Prakoso et al., 2022). Rowing is a competitive sport. This sport can also be done individually or in groups. Rowing consists of 3 numbers: Dragon Boat Race, Rowing, Canoeing. Rowing requires excellent physical condition for its athletes, because in every competition athletes must be able to

fight various obstacles (Ihsan et al., 2023). The movements that occur when rowing are how an athlete can pedal optimally with perfect techniques and can withstand fatigue in order to achieve a goal (Ummah, 2019). The goal of rowing is to have the fastest speed to reach the finish line.

Athlete achievement is a collection of tasks that are assigned to the athlete (Rawe et al., 2017). Achievements in the world of sports can be achieved with a very long process. This process is applied from the coaching carried out by an organization in sports. Coaching is a process of improvement efforts to get better results through a systematic, directed, planned and consistent approach (Aji, 2021). The coaching includes regular planning, implementation, and evaluation. To obtain achievements in sports is a complex matter that involves several factors, such as internal factors and external factors.

Training camps in Indonesia itself are divided into each region or province that holds regional training camps (Prayoga Samudra Himawan, 2021). One of the government's efforts to carry out student sports coaching is by implementing sports training and training programs. There is a level that has been prepared, namely for provincial students, namely PPLP. In the period of searching for identity, students certainly need guidance and support from the people closest to them. The absence of such support will contribute to the birth of psychological pressure that can interfere with their existence in the academic and non-academic fields. They are guided to carry out two activities, namely athletes and students (Sony Hamarita, Silvy Juditya, 2023). Student-athletes have to go through heavy and tiring training, have to travel frequently to participate in championships in various regions, to the high level of competition at the level they face (Brown et al., 2015; Cosh & Tully, 2015). Busy daily activities, high demands from coaches and teachers, and the distance of their lives from their parents certainly have the potential to cause stress among these athletes. As a result, commitment as athletes and students often does not go as well (Capranica & Millard-Stafford, 2011). This is also in line with previous research, namely (Moh Gofron et al., 2023) "Supporting Factors for the Success of Beach Volleyball Porprov Pamekasan Regency in the 2022 East Java Porprov VII Championship", research (Dela, 2022) "Patterns and Roles of Interpersonal Communication between Coaches and Athletes in Building Motivation for Achievement of the Grobogan Regency Woodball Club", research (Syaukani et al., 2020) "Analysis of the Level of Learning and Training Motivation in PPLOP Athletes in Java Tengan in 2020".

Therefore, this research is important to be researched which aims to identify the driving factors of student athletes in achieving achievements. Because sometimes coaches only focus on the physical condition of athletes with training programs that focus on

improving the performance of athletes, even though athletes among students are labile teenagers who still need psychological encouragement from any party, the driving factors also include an important role in achieving the achievements of athletes not only from the length of the training process but from the background of each athlete's encouragement. Therefore, athletes' achievements cannot only be measured by the length of time the athlete has been practicing.

## ***METHODS***

### **Types of research**

The design of this study uses a qualitative design with interview and observation research methods. Qualitative research includes research that uses a hands-on approach of case studies.

Qualitative research methods are known as new methods, because of their popularity not long ago, called postpositivistic methods because they are based on the philosophy of postpositivism. This method is also called the artistic method, because the research process is more artistic or less patterned, and is also called the interpretive method because the data from the research is more related to the interpretation of the data found directly in the field (Sugiyono, 2020).

### **Population**

The subject in this study is a West Java rowing athlete in the scope of Situ Ciburuy who is a student and has participated in competitions at the national level, the researcher considers that the subject is able to explain the factors that encourage the achievement of their achievements in their teenage years.

### **Data Collection Techniques**

The techniques used are interviews and observations. This research is a qualitative research with a case study, the researcher uses the interview method. This interview process provides an opportunity for researchers to explore various driving factors in the experiences of different sources, which are then analyzed qualitatively to understand the existing patterns. Observation as a data collection technique has specific characteristics when compared to other techniques, namely interviews and questionnaires. If interviews and questionnaires always communicate with people, then observation is not limited to people, but also other natural objects (Sugiyono, 2020). The purpose of the observation in this study is to directly observe the situation and condition of athletes in the training process to identify the factors that encourage the achievement of athletes' achievements. Through observation, researchers can freely sense what is happening in the research field (M. Sobry

& Prosmala Hadisaputra, 2020). These observations are used to see how much external factors affect athletes' performance, such as adequate facilities and infrastructure and the environment in which the training is adequate.

### **Data analysis**

In this study, the data analysis technique is carried out qualitatively descriptively, namely by describing the results of observations and interviews based on findings in the field.

## **RESULTS AND DISCUSSION**

Based on the results of interviews with RI, AL, RA, DA, MF, TR, AZ, ND, AK, TN it was obtained that broadly speaking, athletes' achievement achievements are determined by a combination of internal factors and external factors. Internal factors such as motivation, confidence, physical condition, interest and strong mental are the main capital for athletes. Meanwhile, external factors such as the role of coaches, training facilities, coaching programs, environment, funding support, sports organizations, and participation in competitions are important interrelated supporters in the process of coaching athlete achievements. From the results of the interviews, the athletes showed a strong interest in rowing from an early age, encouraged by the environment of family and friends. This is also in agreement with Gunarsa (Hadi, 2011) that interest is an important factor in building achievements (Dirhamzah & Alwi, 2024). In addition, athletes' motivation is quite high, both intrinsic in the form of a desire to make parents proud, and extrinsic such as gifts and recognition. Santrock's theory (Ahmad et al., 2020) states that these two types of motivation play an important role in encouraging athletes' enthusiasm and commitment.

The researcher made direct observations to the Depok City rowing club at the rowing training location in Situ Ciburuy, West Bandung Regency. This observation aims to see the environmental conditions, facilities, infrastructure, coaching patterns, and coach-athlete interactions during the training process. The following are the results of the observation:

**Table 1.** Observation results

NO	External Factors	Adequate	
		Ya	No
1.	Training environment	v	
2.	Facilities and Infrastructure		v
3.	Coaching and Training Programs	v	

4.	Funding and Additional Facilities	v
5.	Organization and Competition	v

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Local sports organizations are quite active in arranging training schedules and athletes' participation in competitions. This finding is in line with Satria (Deswita Satria, 2018) that good management of sports organizations can improve athletes' achievements. In rowing, the physical component also needs to be trained in order to improve athletes' performance (Sumarsono, 2018). In addition to physical techniques in rowing, it is also the main key for athletes to achieve the desired achievements (Wijaya, 2025). In addition, participation in competitions is an important factor to improve athletes' ability and competitive mentality. Sports coaching must also be carried out systematically, plannedly, diligently and sustainably so that goals can be achieved (Setiadin, 2020).

Overall, the achievement of student rowing athletes is influenced by a combination of factors of interest, motivation, mentality, physical condition, posture, role of coaches, infrastructure, coaching, environment, funding, organization, and competition. These findings are in line with the theories of achievement sports and the results of previous research, which affirm the importance of the synergy of various factors in the development of outstanding athletes.

## **CONCLUSION**

Based on the results of research that has been carried out through interviews and observations of rowing athletes in Depok City, it can be concluded that the achievement of athletes' achievements is influenced by various internal and external factors that are interrelated.

Internal factors that affect athletes' achievements include interest, motivation, competitive mentality, physical condition, and posture. Meanwhile, external factors that play a role include the role of coaches, availability of facilities and infrastructure, achievement development programs, social environment, funding, sports organizations, and frequency of participation in competitions. In general, the achievement of athlete achievements is the result of the synergy of these various factors that support each other.

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