



FACTORS SUPPORTING VOLLEYBALL ATHLETE PERFORMANCE IN JUNIOR HIGH SCHOOL ATHLETE IN BANDUNG

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Abstract

Research based on observations made by researchers, although athletes undergo routine training during extracurricular volleyball training, there are still differences in the achievement of their performance. Formulation of the problem, what supporting factors affect the performance of volleyball athletes in junior high school athletes in Bandung Regency? Research using the survey method. A sample of 25 athletes active at the State Junior High School 2 Banjaran was selected through purposive sampling technique from a total population of 100 volleyball extracurricular members. Data were collected using a questionnaire which has two indicators, namely intrinsic and extrinsic. The analysis technique used in this study is the frequency distribution analysis technique, which is obtained in the supporting factors with a high category of 72%, a very high category of 20%, and a moderate category of 8%. In conclusion, the performance of SMPN 2 Banjaran athletes in Bandung district is influenced by supporting factors in intrinsic and extrinsic aspects with high categories. Which means that the supporting factors of both intrinsic and extrinsic aspects can significantly affect the performance of volleyball athletes at SMPN 2 Banjaran athletes in Bandung Regency. Factors from within (intrinsic by 88%) include physical condition, tactics, tactics, psychological and nutrition, while factors from outside (extrinsic by 88%) include the support of the closest people and the availability of training facilities.

Keywords: Athlete Performance, Volleyball, Supporting Factors.

INTRODUCTION

Exercise is an activity that a person does with the aim of training the body in a planned and systematic manner, which involves repetitive movements to improve body fitness. The benefits of exercise vary, ranging from maintaining physical health, achieving achievements, to just entertainment. Basically, sports are physical activities that also include elements of games and efforts to fight oneself and compete with others. In every sports activity there is a style of competition, so these activities must be carried out with enthusiasm and sportsmanship. For junior high school athletes who are in a period of growth and development, sports are an effective means to build character, improve health,

and support learning achievement. With these various benefits, sports should be an important part of life, through a structured physical education program that can develop one's potential optimally, both in terms of physical, mental, social, and academic. (Prima & Kartiko, 2021)

The sport of volleyball was first introduced by William G. Morgan in the United States in 1895, towards the end of the 19th century. In Indonesia, this sport began to be known during the Dutch colonial period, when the colonial side introduced it and played it with the nobility. Over time, volleyball experienced rapid development, especially after Indonesia's independence. Volleyball clubs began to emerge in various regions. To organize and accommodate volleyball activities nationally, on January 22, 1955, the Indonesian Volleyball Association (PBVSI) was

formed in Jakarta, coinciding with the implementation of the first national championship. Since then, PBVSI has actively encouraged the advancement of volleyball, both at the national and international levels, and continues to contribute to the development of the sport in Indonesia. (Bumburo et al., 2023)

Volleyball is a sport played by two teams facing each other, with each team consisting of six players. Each team tries to reach a score of 25 first to win the match with a rally point, three sets of victories. In a team, there are four main roles: tosser/setter (feeder), outside hitter/spiker (attacker), middle blocker (blocking the opponent's attack), libero (defender). The tosser/setter is in charge of giving passes to teammates and regulating the course of the game. Outside hitter/spiker plays the role of hitting/attacking the ball so that it falls in the opponent's defensive area. The middle blocker repels/blocks attacks from opponents, especially quick attacks. Libero is a defender who has freedom in and out of the court, but are not allowed to smash at opponents. (Kresnayadi, 2020)

Volleyball is one of the sports that is in great demand and is growing rapidly in Indonesia, including among junior high school (SMP) students. Apart from being a recreational activity, volleyball is also a means of character development and teamwork. This sport requires not only technical skills but also optimal physical, tactical, mental, nutritional and environmental support conditions to produce the best performance. Bandung Regency has a number of schools that are actively developing volleyball through various regional and national championships. It is revealed that intrinsic motivation refers to the impulse that arises from within a person without any pressure or reward from outside. This drive is usually influenced by internal factors such as personal interests, curiosity, inner satisfaction, and the potential and talents that individuals possess. As well as extrinsic motivation coming from outside the individual and driven by external factors such as the

support of coaches, friends, parents and family, the environment plays an important role in athletes' participation in volleyball extracurriculars. However, there is still significant variation in athlete performance, which is suspected to be influenced by various supporting factors that are not yet fully scientifically identified. (Nadzifah et al., 2024)

Athlete performance is an important factor in determining victory in a match. Athlete performance is not just the result of training, but is the result of various supporting factors. Athletes must have strong stamina so that they do not get tired easily. However, the reality is that many athletes experience a decrease in stamina in a short period of time during training and competing, which has an impact on decreased achievement. This decrease in achievement can be seen from the level of physical fitness of athletes when competing. (Dieny et al., 2017)

The achievement of optimal performance in sport can only be achieved if there is a positive interaction between strong intrinsic indicators and supportive extrinsic indicators. There are several factors that affect the performance of volleyball athletes, including physical, technical, tactical, psychological and nutritional factors. These factors have a big impact on an athlete's performance on the field, so mastering these factors provides its own advantages. Athletes who master these aspects will be better prepared when competing, physical factors help maintain endurance during matches, technical factors refine efficient movements when performed, tactical factors provide strategic guidance in playing, psychological factors provide mental strength, and dietary nutritional factors which is good to support performance. All of these factors play an important role for an athlete to achieve optimal performance according to desire. Basically, every athlete wants to achieve the best results based on the abilities they have in achieving their achievements. (Ikhsan et al., 2016)

This research is important because junior high school athletes are in an important phase of biological and psychological development, where proper coaching will have a long-term impact on their future achievements. Adolescence is a golden period in the formation of motor skills, discipline, teamwork, and good character that are the main foundation for achieving sports achievements at the next level, including high school, college, and professional levels. During this period an important stage in the formation of personality, which is characterized by various distinctive characteristics that can have an impact on academic achievement. Involvement in sports activities contributes significantly to shaping the character of adolescent athletes, emphasizing the role of motivation and behavioral patterns in the process. Therefore, errors in the coaching approach at this stage can have a negative impact on the overall development of athlete potential. A

comprehensive identification of performance supporting factors can help schools, coaches, and sports policymakers in Bandung Regency in formulating a more effective and efficient coaching strategy. The scientific information obtained from this research can be the basis for extracurricular curriculum planning, trainer training, and the provision of facilities, which are more targeted. Improper understanding, there is a risk that optimal performance results will not be achieved, leading to poor quality of young athletes. (Hardiansyah et al., 2024)

This research is based on the results of field observations conducted by researchers in September 2024 even though the athletes have undergone regular training when the students practice volleyball on the field, there are still differences in their performance achievements when. The author wants to find out more deeply about the various aspects that have the potential to affect performance, both from physical, technical, tactical, mental, and nutritional aspects and even external factors. For example, factors such as the physical condition of the athlete, performing efficient techniques, tactics or strategies carried out, anxiety or pressure felt on the athlete's mentality, diet and rest, to support from the team or coach and the people closest to him.

By identifying and analyzing these supporting factors, it is hoped that the research can provide a clear picture of the obstacles faced by athletes in achieving ISSN : 2656-1883 (Print) their best performance. This research is also intended to provide insight to coaches and parties involved in the development of volleyball athletes, in order to design training programs and more appropriate approaches in supporting the development of athletes' abilities. Thus, the author hopes that the results of this study will make a positive contribution to improving the quality of junior high school volleyball athletes, both on a local and national scale. So based on the description above, the researcher is interested in conducting a study entitled "Supporting Factors for the Performance of Volleyball Athletes in Junior High School Athletes in Bandung Regency" because they have a strong interest in finding out the factors that support the performance of junior high school athletes who are not optimal in their performance during training and volleyball competitions.

METHODS

Research methods are systematic steps and frameworks used in a research, which function to ensure that the research process runs in a planned, objective, scientific, and academic manner. Choosing the right method is very important so that the results of the research can be obtained optimally and in accordance with the goals to be achieved. This

is because every research must be scientifically accountable. Therefore, research methods are an important and mandatory element in the implementation of the research, because it is from there that valid results are obtained and reflect the real conditions in the field. Researchers must carefully consider the methods used to be in line with the research needs and applicable validity standards. In addition, the results of the research must be in accordance with the goals that have been set and remain within the corridor of applicable scientific norms and ethics. (Mislaha Elmi, Purnomo, 2021).

1. Types and Approaches to Research

Survey research is one of the methods used to determine the relationship between variables and compile generalizations to the population being studied. This method is included in the quantitative approach, which aims to present an accurate picture of the conditions or characteristics of a region or group. Quantitative research itself emphasizes the collection and analysis of numerical data objectively. In this study, the variables studied can be clearly identified, and the relationship between these variables can be measured systematically. The main goal of the quantitative approach is to produce generalizable findings so that they can be used to predict similar situations in a wider population. The use of the survey method allows researchers to obtain a comprehensive picture of the characteristics of the population that is the object of the study. (Muchlis, 2023).

2. Population and Sample

Population is the entire object or subject that is the focus of research, which includes humans, animals, plants, objects, phenomena, symptoms, and other events that have certain characteristics. Population includes all the elements that the researcher sets out to be studied and is used as a basis for drawing conclusions in the research. (Suriani et al., 2023)

Based on the explanation above, it can be concluded that the population in this study is junior high school volleyball athletes in Bandung Regency.

A sample is a part of the population selected for the purpose of the study, where the results of the study will be used as a description or representation of the population as a whole. (Dimas Kevinyanto Tri Pamungkas & Khoiril Anam, 2022)

So the sample used was junior high school athletes in Bandung Regency which amounted to 25 people from 12 – 14 years old.

3. Research Instruments

Research instruments are measuring instruments that have been tested for the validity and reliability of their data. Several factors that affect the validity and reliability of the data depend on the quality of the data collection instrument or object meter of the

research variable. The quality of the research instrument is determined by the extent of its validity and reliability. The research instrument is a test used to determine whether the questionnaire used in the collection of research data is reliable or not. (Puspasari et al., 2022)

4. Data collection techniques

The instrument used by the author in collecting data is by distributing questionnaires as a data collection tool.

5. Data Analysis Techniques

To simplify data processing and minimize errors, researchers use the help of the computer program SPSS *for* windows version 30 and Microsoft Excel.

1. Calculate the average score value
2. Find the standard deviation value
3. Descriptive percentage

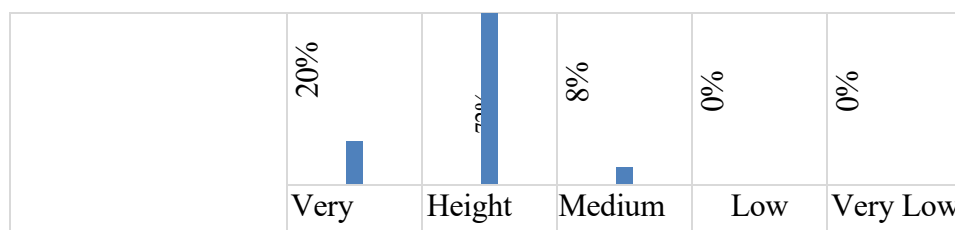
RESEARCH RESULTS

Table 1. Calculation of Mean and Standard Deviation of Supporting Factor Data

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
VOLI	25	64.1200	7.66659	1.53332

Based on table 1 mentioned above, which is the result of the calculation of the overall questionnaire data taken from the athletes' performance supporting factors, an average of 64.12 was obtained, and the results. The standard deviation calculation was obtained as 7.67.

At the percentage analysis stage, the author carried out using the formula (P), which is the percentage sought, on the supporting factors for athlete performance consisting of intrinsic and extrinsic. The presentation of the results of the percentage calculation of the supporting factors of athlete performance consisting of intrinsic and extrinsic which is displayed in the form of a diagram and the calculation of frequency distribution in the form of a table as follows:



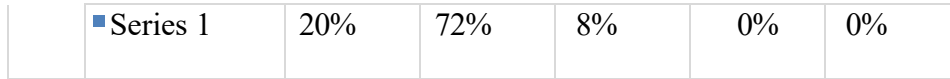


Diagram 1. Calculation of the Percentage of Supporting Factor Data

These results show that most athletes have good to very good performance indicators. A high percentage in the "High" and "Very High" categories indicates that the majority of athletes have the readiness of supporting abilities in carrying out sports activities, especially volleyball. Only a small percentage of athletes are in the medium category, and none which shows below-average performance.

The results of the supporting factor data obtained can be seen in table 4.5. The data processing on supporting factors is carried out by the author by calculating the percentage and frequency distribution which is displayed in the form of a table as follows:

Table 2. Calculation of the Frequency Distribution of Supporting Factors

NO	Classes Interval	Frequency	Criteria
1.	>72	5	Very High
2.	54 – 71	18	Height
3.	36 – 53	2	Medium
4.	18 – 35	0	Low
5.	< 17	0	Very Low
		25	

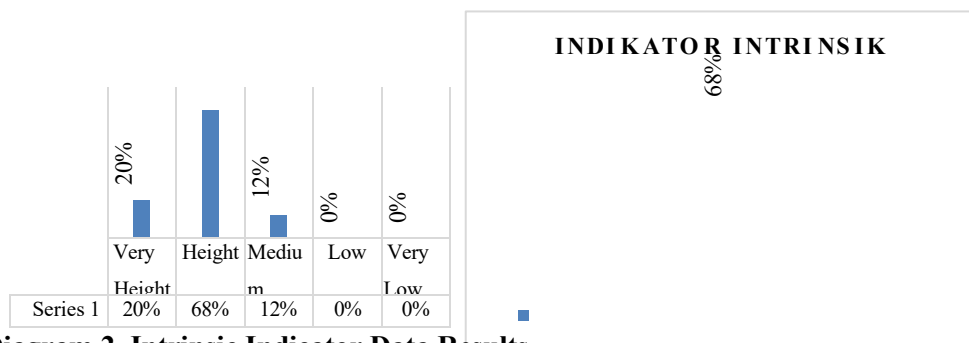


Diagram 2. Intrinsic Indicator Data Results

With the absence of respondents in the "Low" or "Very Low" categories, it can be concluded that intrinsic indicators have become one of the main forces that support the performance of junior high school volleyball athletes in Bandung Regency. This gives a positive picture and is an important basis in the development of the development of age athleteschool, especially in strengthening such as physical, technical, tactical, and psychological aspects that support optimal performance.

Furthermore, the results of intrinsic indicator data obtained from 5 sub-indicators, namely physical, technical, tactical, psychological, and nutritional, can be seen in table 4.6. As for the data processing on intrinsic indicators, the author carried out the calculation of

the percentage and frequency distribution displayed in the form of a table, as follows:

Table 3. Intrinsic Indicator Data Results

NO	Classes Interval	Frequency	Criteria
1.	>52	5	Very High
2.	39 – 51	17	Height
3.	26 – 38	3	Medium
4.	13 – 25	0	Low
5.	< 12	0	Very Low
		25	

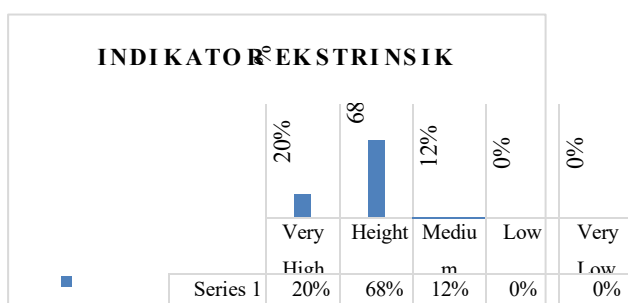


Diagram 4. Extrinsic Indicator Data Results

These results indicate that extrinsic factors such as support from coaches, training facilities, social environment, and the existing coaching system, are considered to be quite good by the athletes. A high percentage in the "High" and "Very High" categories indicates that the majority of athletes feel a strong push or motivation from outside of themselves, which supports their training activities and improves their performance.

The following are the results of extrinsic indicator data obtained from 2 sub-indicators, namely the support of the closest people and the availability of training facilities, which can be seen in table 4.7. As for the data processing on intrinsic indicators, the author carried out the calculation of the percentage and frequency distribution displayed in the form of a table, as follows:

Table 4. Extrinsic Indicator Data Results

NO	Classes Interval	Frequency	Criteria
1.	>20	5	Very High
2.	15 – 19	17	Height
3.	10 – 14	3	Medium
4.	5 – 9	0	Low
5.	< 4	0	Very Low
		25	

DISCUSSION

Based on the results of the analysis of this research on the factors that support the performance of volleyball athletes in junior high school athletes in Bandung Regency.

Analyze based on various indicators that support athlete performance, namely intrinsic and extrinsic. The combination of strong intrinsic and extrinsic factors shows that the coaching system in the training environment at SMPN 2 Banjaran has run effectively. A high level of performance in the majority of athletes indicates the success of a training and mentorship program that done so far. However, there is still a small number of athletes as many as 8% (medium category) that requires more attention, especially in technical and physical aspects. An individual approach to training can help improve the performance of this group.

Physical condition is one of the main factors in an exercise program that greatly affects the improvement of athlete achievement. In a volleyball game that demands speed and precision, athletes are required to be able to move quickly and expend maximum energy. Physical condition itself is related to the extent to which the body is able to carry out the function of its organs optimally to support sports activities. Physical condition is one of the main factors in an exercise program that greatly affects the improvement of athlete achievement. (Fatihin et al., 2021).

The optimal performance of athletes is greatly influenced by the mastery of basic sports techniques that they are engaged in. In volleyball, smash is the most effective technique for scoring points, but other techniques such as serving, passing, blocking, and set up also play an important role. Each technique has its own function that supports each other. Thorough and coordinated mastery of these techniques is the key to the team's success in achieving victory. (Sasmita et al., 2023)

The game strategy in volleyball has a great influence on the performance of the team and individuals. The right tactics help regulate player movement, build cooperation, and make effective decisions during matches. Through a structured game pattern, teams can balance attack and defense, take advantage of player advantages, and adjust to opponents. Tactics also strengthen communication, reduce mistakes, and increase player confidence, making the game more focused and efficient. (Aji & Mahardhika, 2025)

Motivation is an internal drive that encourages a person to act according to their desires, such as studying or achieving achievements. In this study, the main focus is on the motivation of athletes to excel in volleyball. (Damanik, 2020)

Anxiety is a mental condition that arises when a person faces a difficult situation, characterized by physical symptoms such as heart palpitations and trembling, as well as psychological symptoms such as tension or panic. In volleyball, uncontrolled anxiety can interfere with the focus and performance of athletes, so that the strategies and techniques that have been planned do not run optimally. (Janardi et al., 2024)

The performance of Indonesian athletes is still not optimal, one of which is due to

unbalanced nutritional intake and lack of knowledge about sports nutrition. In fact, in addition to regular exercise, the fulfillment of proper nutrition is very important. The nutritional needs of athletes are higher than those of non-athletes due to the different physical and mental loads they face. (Abrasyi et al., 2018)

Social support includes help from the athlete's closest people, such as parents, friends, and coaches. Parents provide emotional and material support, friends provide encouragement in daily activities, and coaches guide in training and matches. This support helps athletes become more confident, responsible, and optimistic in the face of challenges. (Terok & Wheeler, 2022)

Athletes' performance is not only determined by physical and mental, but also by the availability of sports facilities and infrastructure. Facilities include equipment such as balls, nets, and body armor, while infrastructure includes fields, sports halls, lighting, and ventilation. Adequate facilities support the quality of training, increase motivation, and reduce the risk of injury. In volleyball, facility standards are very important to support the performance and achievement of athletes to the maximum. (Rendi Nuriawan et al., 2021).

CONCLUSION

Based on the results of the research that has been conducted, it can be concluded that the performance of SMPN 2 Banjaran athletes in Bandung district is influenced by supporting factors of intrinsic and extrinsic aspects with a high category. This means that the supporting factors of both intrinsic and extrinsic aspects can significantly affect the performance of volleyball athletes in SMPN 2 Banjaran athletes in Bandung Regency. Internal factors (intrinsic) include physical, tactical, psychological and nutritional conditions, while external factors (extrinsic) include the support of the closest people and the availability of training facilities.

Athletes who have excellent physique, good technical mastery, tactical understanding, and high motivation tend to perform more optimally. However, for supporting all of this also requires a nutritious diet, support from the closest people, and the availability of adequate exercise facilities. The results of the study show that all of these factors play an important role in supporting athlete performance. Thus, it can be concluded that athletes' performance is not only determined by regular training, but also by various other aspects that support each other.

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