Goal Setting with Athlete's Confidence and Motivation

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Abstract. This research discusses the relation between goal setting with self-confidence and athlete motivation. This research aims to understand the significance between goal setting with self-confidence and athlete's motivation. To know the significance, this research employed descriptive correlational method with 30 West Java PPLP athletes as the sample and using questionnaire as the instrument. Based on the data analysis, it is revealed that there is a positive relation between goal setting and self-confidence with correlational coefficient 0.933 and significance degree 13.71, and there is positive relation between goal setting and motivation with correlational coefficient 0.974 and significance degree 22.73, and there is positive relation between self-confidence and motivation with correlational coefficient 0.966 and significance degree 19.70. Based on that result, researcher suggested that goal setting should be delivered to the athletes because it can influence athlete's confidence and motivation therefore it influence athlete's achievements.

1. Introduction

Nowadays, sport is more delighted by Indonesian society. This happened because government has been socialized the sport with "Memasyarakatkan olahraga dan mengolahragakan masyarakat" (to socialize the sport, and to make society exercise) jargon. If the goal of sport is an achievement, the training is definitely the part of it to improve someone's performance and enhance the skill and achievements as much as possible. To achieve that, it is necessary to pay the attention to training aspects. There are four aspects in training that should be focused on (a) physical training, (b) technical training, (c) tactical training, (d) mental training" [1] .

The four aspects above are very important to be trained to the athlete, but the provision of mental training is often neglected by the trainers. Whereas, mental development is as important as the other aspects [2]. That no matter how perfect the physical, technical, and tactical development to the athletes, when the mental is not simultaneously developed, the highest achievements will not be gained [3].

Goal setting is a part of mental aspect that is important to train to the athlete. With goal setting, athletes will have description of what must they achieve. The goal setting is the process of establishing a level performance proficiency which should be reached within a prescribed time period. In other words, goal setting is way to set performance level in a period of time [4].

Goal setting is not separated from the achievement sport. Here is the reason why goal setting is important for the athlete [5]. The goal setting can help athlete to focus the attention on the targeted goal. It means, instead of doing the training without target, training with target will increase the concentration, effort, motivation, and athlete spirit to train [6].

If there is a target, the athlete will also be able to arrange their activities, steps, tactics, and efforts to achieve the target. Mentally, the athlete will feel obliged and bound in achieving the target [7].

With the presence of target, athletes will educate themselves to force themselves to achieve the target, and feel confidence that they are ready to achieve the set target [8].

To achieve the target in sport, the goal setting must be managed effectively. Goal setting is a first step to achieve target in sport. The goal setting has four important functions: to prepare mental and emotional of the athletes to play their role and responsibilities, to describe confidence, to create positive self-image that makes athlete able to evaluate their performance, to give athlete leads for the future effort [9].

Goal setting, motivation, and self-confidence is one of the supports to gain maximum achievement because motivation can improve athlete's effort to achieve achievements by truly training. Aside from that, self-confidence endorsed someone to achieve highest achievements because it is the core value to have highest achievements [10]. To get in the highest podium, an athlete must be fully confidence because this kind of mental behavior will help them so much in the adaptation process while facing some excessive tension. It endorse their emotional security, and support them to achieve the set target alone, and avoid athlete from the frustration of failure [11].

That without full confidence, athlete will not achieve highest achievements, because there is a relation between achievement's motive and confidence. Often times, an athlete did not train seriously or were less motivated when the training. This is because there is not clear goal when they train. That setting goals or prognosis, and teach them to the athlete how to set the goals of training is essential [12].

In competition sport, confidence and motivation influence towards athlete's achievements. Athlete whose confidence is low will hesitate to finish the task properly. That one of main and absolute asset to gain best performance is confidence [13].

Aside from that, motivation is necessary to make athlete train seriously. Without motivation, athlete will have no desire and high achievements. Definition of motivation, is one individual or organism which encourage an action towards particular target. Furthermore, that motivation is an unseen form from someone and cannot be observed directly, what can be observed is the behavior caused by the manifestation of motivation from that person [14].

Based on the explanation above, the researcher was keen to research how significant the relation between goal setting and self-confidence is, and motivation of athlete of PPLP West Java [15].

2. Methodology

The methodology used in this research is descriptive method which solve one particular problem through data finding regarding the observed problems. The descriptive method is a research that aims to investigate a state, condition, or other mentioned things whose result is presented in the form of report.

The population in this research is PPLP West Java athlete, meanwhile the sample of this research is 30 athletes taken by purposive sampling. Population is a group of individuals which is general, and population is used to take the data to solve the research question. The population is a whole subject in the research. Population in this research is PPLP West Java athlete. Meanwhile the sample is part from population that represent the observed subject. Sample is the information source or the data observed. The sample is part or representation of observed population. Sampling technique used is purposive sampling; it takes the sample with particular consideration. The reason of using purposive sampling with athlete of PPLP West Java as the sample is (1) PPLP athlete trained regularly, (2) they have structured training program, (3) they have structured match schedule. Based on the explanation above, researcher used 30 athletes registered in PPLP West Java.

3. Findings and Discussion

According to the data analysis and statistical examination, the result can be seen as follows:

Table 1. The Result of Single Correlation Coefficient

Variable	Coefficient Correlation (r)
Goal Setting and self confidence	0,933
Goal Setting and motivation	0,974
Self-confidence and motivation	0,966

According to Table.1, the correlation between goal setting and self-confidence is 0.933; goal setting and motivation is 0.974; and self-confidence and motivation is 0.966. After knowing the correlation level, according to Table.1, we can interpret that correlation between goal setting and self-confidence that reached 0.933 means so powerful. Afterwards, correlation between goal setting and motivation is also so powerful because it reach 0.974. Also, the correlation between self-confidence and motivation is also powerful since it reached 0.966.

After having the magnitude between variables, the next step is to examine how significant the relation among variable is using T-test. This significance test aims to answer the research question.

Table 2. Calculation of Correlation Significance Test Results

Correlation	T-count	T-table	Conclusion
R_{xy1}	13,71	2,048	Significant
R_{xy2}	22,73	2,048	Significant
R_{y1y2}	19,70	2,048	Significant

According to the table, it can be seen that the correlation significance test result using T-test at goal setting variable with self-confidence reach t-count for 13.71 meanwhile t-table with dk n-2= 28 and α= 0,05 we got 2.048 score. So it can be conclude that t-count> t-table so that the correlation between goal setting and self-confidence is significant.

Afterwards, the correlation significance calculation result between goal setting and motivation reached t-count for 22.73 meanwhile t-table with dk n-2= 28 and α= 0,05 we got 2.048 score. So it can be concluded that t-count >t-table so that the correlation between goal setting and motivation is significant.

Correlation coefficient can be continued by calculating the coefficient of determination by squaring the found coefficient. Coefficient of Determination test was conducted to reveal how much the variance happened in Y_1 variable (self-confident) and Y_2 (motivation) can be affected by the X variable (*goal setting*). The result of calculation can be seen as follows:

Table 3. Coefficient of Determination Calculation Result

Correlation	coefficient of determination (%)
Y_1 and X	87,03
Y_2 and X	94,85
Y_1 and Y_2	93,27

According to table 4.6, it can be seen that goal setting contribution towards self-confidence is 87.03%. This means that goal setting contributes effectively towards athlete's confidence. Afterwards, goal setting contribution towards motivation level shows 94.85% which means that goal setting influence effectively towards athlete's motivation. Thereafter, contribution of self-confidence towards motivation is 93.27% which means that self-confidence influence so much towards motivation.

4. Discussion

Based on the data analysis from this research, that related to goal setting and self-confidence and motivation, it is found that there is significant relation between goal setting and self-confidence and motivation. Goal setting is one of mental training techniques that highly contributes to athlete's confidence that reach 87.03%. With the existence of goal setting, athletes become more confident to set the target beyond their capacity but still possible to achieve. That goal setting may encourage athlete's confidence. That goal setting cause the positive change in terms of self-confidence and satisfactory and reduce anxiety. Pate also stated that goal setting can describe confidence that belong to the athlete.

In setting the goal, athlete also should measure their capacity. This aims to make the target logical to achieve, and avoid athlete from frustration when they fail to achieve the target. In essence, the goal should be difficult to achieve, but attainable with consistent effort. So that the goal set to the athlete must be hard to achieve but still possible to achieve.

However, if the athletes have full confidence, although the target is hard, they will struggle as hard as they can to achieve the target and will not be frustrated when they fail. That athlete with full confidence will struggle to achieve the target that has been set and avoid frustration once the target fail to achieve.

Athletes that have positive confidence will gain good achievements. That confidence is a core asset for the athlete to achieve highest achievement. That good confidence become essential asset for the athlete to perform well.

The relation between goal setting and motivation level of the athlete also showed high level of significance. Goal setting contribution towards athlete motivation also shows 94.85% which means that goal setting influence effectively towards athlete's motivation. The presence of goal setting helps athlete to improve the motivation to train harder because the athlete has the desire to achieve the target. That goals can motivate us to act for the sake of achieving the goal.

That goal restore the motivation and help the development to master new skill. He also added that goals can be used as a factor to motivate, and to supervise athlete behavior and lead the behavior itself.

Relation between confidence and athlete's motivation showed high level of significance, that motivation and self-confidence has relation because without motivation and full confidence, athlete will not achieve high accomplishment.

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