

# Pengaruh kepemimpinan, kemampuan dan motivasi terhadap prestasi atlet di UPT SMAN Olahraga Jawa Timur = The effect of leadership, skill, and motivation towards the achievement of athletes in UPT Public High School of Sports East Java / Titik Khusumawati

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## Abstrak

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Pembinaan dan latihan melalui sekolah olahraga bertujuan untuk meningkatkan prestasi atlet. Peningkatan prestasi pada atlet SMAN Olahraga Jawa Timur yang belum optimal terdapat sejumlah faktor yang berkorelasi dengan peningkatan prestasi atlet. Kepemimpinan sebagai suatu proses berkomunikasi dan interaksi sosial yang saling mempengaruhi di antara unsur-unsur pimpinan dengan unsur staf atau guru maupun pelatih. Faktor kemampuan atlet yang relatif rendah, semakin menghambat dalam peningkatan prestasi. Sedangkan Motivasi merupakan suatu dorongan keinginan, kebutuhan atau harapan atlet dalam berprestasi. Penelitian ini bertujuan untuk mengetahui pengaruh kepemimpinan, kemampuan dan motivasi terhadap prestasi atlet di UPT SMAN Olahraga Jawa Timur. Metode penelitian yang digunakan adalah *mixed methods*. Sampel penelitian berjumlah 100 atlet. Teknik pengumpulan data dengan menggunakan kuesioner dan wawancara. Pengolahan data menggunakan bantuan dari program SPSS versi 22. Pengaruh dari variabel Kepemimpinan, Kemampuan, dan Motivasi terhadap Prestasi adalah sebesar 56,1%. Adanya faktor kesehatan yang menghambat aktifitas atlet untuk berlatih karena tidak terpenuhinya kebutuhan atlet seperti suplemen untuk mendukung kondisi fisik atlet. Faktor lain yang berpengaruh terhadap prestasi atlet yaitu budaya organisasi. Harapan dari kepala sekolah tidak seimbang dengan kondisi yang ada di sekolah. Selain itu, Pihak dari pusat tidak pernah melakukan pengamatan langsung terhadap atlet.

**Kata kunci:** Kepemimpinan, Kemampuan, Motivasi dan Prestasi atlet

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**Abstract**

Coaching and training through sports schools programs have the purpose or aims to improve the performance of the athletes. Improvement of achievement in high school athletes in East Java who have not been optimal there are a number of factors that correlate with an increase in the athletes achievement at the school. Leadership as a process of communication and social interaction that affect each other, along with other elements have the potential to become the factor which affect the students achievement. The skill factor of the athletes which are relatively low, inhibits the improvement in their achievement. While Motivation is form an encouragement towards their desire, needs or expectations of athletes in achievement. This study was conducted to determine the effect of leadership, ability and motivation on the achievements of athletes at the UPT of Public High School of Sport in East Java. The method used is a mixture of several methods. The research samples are 100 athletes. The data was collected through questionnaires and interviews. The Data is the processed through the SPSS version 22 program. The effect of the Leadership, Skills, and Motivation on the students' Achievement was 56.1%. The existence of health factors which might inhibit the activities of athletes to practice their exercise according to their needs such as nutrition or supplements to support the physical condition of athletes. Other factors that influence athlete achievement are organizational culture. The expectations from school principals are not in line with the

conditions of the school. In addition, officials have never made direct observations towards the athletes.</p>