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**Submission date:** 25-Apr-2025 05:22PM (UTC+0700)

**Submission ID:** 2656493520

**File name:** 22305-72544-2-CE.docx (132.08K)

**Word count:** 3301

**Character count:** 18885

## Goal Setting and Motivation : Correlation in Futsal Extracurricular Athletes

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### ARTICLE INFO

**Article history**  
Received 2025-03-09  
Revised 2025-04-10  
Accepted 2025-04-16

**Keywords**  
Goal setting  
Motivation  
Futsal  
Extracurricular

### ABSTRACT

The study analyzed the relationship between goal setting and the motivation level of futsal extracurricular athletes at State Senior High School 1 Ciranjang. This study uses a quantitative approach with a correlational design. The sample consisted of 35 active athletes who participated in futsal extracurricular activities, which were selected based on the criteria of activeness. The independent variable is goal setting, while the dependent variable is motivation, both of which are measured using a Likert scale-based questionnaire. With a correlation value of  $r = 0.579$  ( $p = 0.001$ ), the results of the analysis showed a significant positive relationship between goal setting and motivation. Goal setting contributed 33.6% to the increase in athlete motivation, which shows that targeted goal setting can significantly affect motivation levels. However, other factors also affect athletes' motivation, so a more comprehensive approach is needed to optimize training outcomes. This finding emphasizes the importance of implementing goal setting in training programs to increase athletes' motivation in achieving optimal performance.

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### INTRODUCTION

The World Football Federation (FIFA) first used the term "futsal," which is derived from the Spanish word "fútbol sala," meaning "indoor football," and established the official rules for the game in 1989. In South America, especially in Brazil, futsal is one of the most popular sports. (FIFA, 2020; Ioan Lupescu, 2017; Serrano, 2021) It is often considered that Brazil is where modern futsal first appeared. Futsal players Brazilians such as Pelé, Zico, and Ronaldinho have played futsal when they were children before becoming successful football players (Prabowo, 2023) Futsal is a game in which two teams play, in a team of five players. Their goal is to score or score a goal into the opponent's goal (Daniel Oktariza Efendi et al., 2019) Futsal is a type of sport in which technical skills, speed, and teamwork are required in a smaller space than regular football. Futsal is not only fun, but also beneficial for the physical, mental, and social health of its players. Therefore, this one game is very popular in various circles.

The people of Ciranjang, including students, are very fond of futsal. State Senior High School 1 Ciranjang, one of the leading schools in the Ciranjang area, incorporates futsal into their extracurricular activities. It not only aims to improve students' sports skills, but also to cultivate discipline, teamwork,

character and achieve achievements. In terms of achieving achievements, of course, good coaching is needed. The development of futsal extracurricular activities is supported by the many futsal fields in Ciranjang, including the field at State Senior High School 1 Ciranjang. This field is not only a regular training ground, but also a place for friendly matches and tournaments between schools. With easily accessible facilities, students can take advantage of their practice both inside and outside of school. Talking about achievements, State Senior High School 1 Ciranjang has participated in various events in Cianjur Regency including, LFP (Student Futsal League), Harmoni FEBI, POP ELEMENT, and SBC. In 2024 the final standings in the Student Futsal League have decreased, where in 2022 State Senior High School 1 Ciranjang is in third place, and for 2023/2024 it is in the middle of the standings.

From the author's observation, where the players are inconsistent and also lack motivation when practicing. Some components that are not ideal cause performance to decrease. There are physical, technical, and psychological exercises (Firmansyah & Pramono, 2021) In this case, the three components are related to each other, where when the players who compete must have good physical, technical, and mental strength, where these three factors are developed through the training process.

Goal setting is one of the goal setting that is able to encourage athletes when training or competing. With a good understanding, it will be a motivational fuel for athletes in achieving an achievement because in addition to physical and technical, psychological conditions also play a role in the success of an athlete. This shows that an athlete's motivation to excel determines his or her level of success (Fachrezi et al., 2023) Goal setting goals serve as a guide that helps athletes stay focused, motivated, and committed to improving their performance. Goal setting encourages athletes to do more, measure their progress, and maintain their goals. The lack of clear goal setting in the training process can cause a player not to train seriously or lack motivation. In line with what is said (Daniel Oktariza Efendi et al., 2019) Sports players need motivation to try harder and work harder. When players have ambition and motivation in themselves, it will be easier to achieve the expectations or goals that have been set.

Motivated people will continue to work to achieve their goals (Indahyati & Yanita, 2020) Motivation is very important for sports, especially for an athlete because it is the main energy that pushes them to train hard, try hard, and perform as well as possible when competing. The influence of motivation on athletes' physical, mental, and emotional influences on how they play. As said (Sri Emy Muliyani, 2022) in his journal is "it is very important for athletes to have strong motivation, because this motivation will allow their energy to achieve their goals." In achieving goals, of course, a coach or coach must set clear goals or goal setting.

The author in this case wants to investigate the correlation of goal setting and motivation of futsal extracurricular athletes at State Senior High School 1 Ciranjang. The main focus is to see if a well-designed goal can increase the athlete's desire to perform and maintain consistency.

## METHODS

A quantitative method with a correlation design was used in this study to determine the goal setting and motivation of futsal extracurricular athletes at State Senior High School 1 Cirajang. All athletes who participated in the extracurricular futsal of State Senior High School 1 Cirajang were the subjects of this study. Extracurricular athletes at State Senior High School 1 Cirajang totaled 60 athletes, consisting of 40 male athletes and 20 female athletes. However, only 35 athletes met the criteria to be the subjects of the study after a screening conducted based on activeness criteria, which means they participated in regular training, namely 20 male athletes and 15 female athletes. Therefore, this study is focused on 35 active athletes who are highly involved in futsal extracurricular activities. This subject was chosen because their activeness was relevant to measure the relationship between goal setting and motivation levels during training and futsal matches.

The independent variable is goal setting, measured by a questionnaire containing questions about goals and training planning, based on Locke's Goal Setting Theory which states that specific and challenging goals can improve performance. The dependent variable is athlete motivation, measured using the Sport Motivation Scale (SMS) based on Self-Determination Theory (SDT) with indicators of autonomy, competence, and connectedness, as stated in the research results (Fachrezi et al., 2023) is that, the higher the goal setting in a person, the higher the motivation to achieve. Likewise, the lower the goal setting, the lower the motivation to achieve. The motivation to achieve possessed by athletes today is already included in the high category and is in line with high goal setting as well.

Data was collected through a questionnaire with a Likert scale of 1-5. Quantitative analysis of the data was carried out using the SPSS version 30 program. In this study, the validity of the instrument was tested to ensure that the questionnaire used could accurately measure the variables of goal setting and motivation. This is done using spearman correlation, which measures the level of respondents' agreement with statements found in a questionnaire or questionnaire. This tool consists of two questionnaires, one to measure the setting goals and the other to measure motivation. These two questionnaires are designed to ensure that each component of the questionnaire has the dimensions necessary to measure each variable.

## RESULTS AND DISCUSSION

The results of this study are presented to improve understanding of the influence of goal setting on athlete motivation at State Senior High School 1 Cirajang. The purpose of this study is to examine the relationship between goal setting and the level of motivation of futsal extracurricular athletes. After the questionnaire was tested for validity and credibility, the data collected was analyzed using the SPSS version 30 program. The author will show the results of the descriptive statistical analysis carried out regarding the frequency distribution, goal setting scores, and motivation. and the results of a correlation test that tests the relationship between the two variables. The results presented are expected to provide

information about the extent to which goal setting affects the level of motivation in the context of extracurricular futsal activities.

This study involved 35 respondents of futsal extracurricular athletes at State Senior High School 1 Cirajang, consisting of 20 males and 15 females. The age range of respondents was between 15 to 18 years old. Then the instrument used is in the form of a questionnaire made with a google form and the target can fill it out using the link that has been shared, <https://forms.gle/w8Q7JTD75EXVYbWy9>. Subject data in this study can be seen in the following table:

**Table 1. Subject Research Description**

| <b>SUBJECT RESEARCH DESCRIPTION</b> |            |                   |
|-------------------------------------|------------|-------------------|
| <b>Gender</b>                       | <b>Sum</b> | <b>Percentage</b> |
| <b>Man</b>                          | 20         | 57%               |
| <b>Woman</b>                        | 15         | 43%               |
| <b>Total</b>                        | 35         | 100%              |

This proportion reflects the participation of male students who are more dominant than female students. Their activeness in futsal extracurricular activities is the basis for evaluating [the relationship between goal setting and motivation in](#) the context of school sports.

**Table 2. Goal Setting**

| <b>Goal Setting</b> |                 |                  |                   |
|---------------------|-----------------|------------------|-------------------|
| <b>Category</b>     | <b>Interval</b> | <b>Frequency</b> | <b>Percentage</b> |
| <b>Tall</b>         | >89             | 5                | 14%               |
| <b>Keep</b>         | 77-88           | 19               | 54%               |
| <b>Low</b>          | <76             | 11               | 31%               |
| <b>Total</b>        |                 | 35               | 100%              |

The majority of respondents tended to be at a moderate level in the implementation of goal setting, which reflects a sufficient level of involvement in setting goals. These findings show that there is potential for optimization in goal setting practices to support increased motivation and achievement of athletes' targets.

**Table 3. Motivation**

| <b>Motivation</b> |                 |                  |                   |
|-------------------|-----------------|------------------|-------------------|
| <b>Category</b>   | <b>Interval</b> | <b>Frequency</b> | <b>Percentage</b> |
| <b>Tall</b>       | >47             | 6                | 17%               |
| <b>Keep</b>       | 40-46           | 19               | 54%               |
| <b>Low</b>        | <39             | 10               | 29%               |
| <b>Total</b>      |                 | 35               | 100%              |

These findings indicate that most athletes are in a fairly stable but not optimal state of motivation. This condition shows the need for a further approach to optimize aspects that can increase their motivation, either through more structured coaching or strengthening elements that can boost the spirit of training.

Table 4. Descriptive Analysis

| DESCRIPTIVE ANALYSIS |    |      |                |     |     |       |
|----------------------|----|------|----------------|-----|-----|-------|
| Variable             | N  | MEAN | Std. Deviation | MIN | MAX | Range |
| Goal Setting         | 35 | 84   | 8              | 65  | 96  | 31    |
| Motivation           | 35 | 43   | 5              | 32  | 53  | 21    |

Overall, the descriptive results provide an overview of the variables of this study have a supportive value to be analyzed at the next stage. This shows the readiness of the data to conduct further statistical tests in accordance with the research objectives.

Table 5. Interpretation

| ASPECTS       | VALUE          | INTERPRETATION                                            |
|---------------|----------------|-----------------------------------------------------------|
| Goal Setting  | p-value= 0,200 | Normally distributed data (p-value > 0.05)                |
| Motivation    | p-value=0,290  | Normally distributed data (p-value > 0.05)                |
| Correlation   | r=0,579        | Positive relationship between goal setting and motivation |
| Significance  | p-value= 0,001 | Significant relationship (p-value < 0.05)                 |
| Determination | 0,336/33,6%    | There was an influence of 33.6% on motivation             |

The results of the analysis showed that the two variables, namely *goal setting* and athlete motivation, were distributed normally, which provided a valid basis for further analysis. Correlation testing revealed a significant association at a moderate level of correlation, with a positive relationship direction, indicating that an increase in *goal setting* was directly related to an increase in motivation felt by athletes. This positive relationship reflects the important role of clear and structured goal-setting in increasing athletes' drive and commitment to training and competition. The results of the significance test confirm that the relationship between these two variables does not occur by chance, but is a real and statistically reliable relationship. This strengthens the argument that effective *goal setting* implementation can be a factor that supports increased motivation. Furthermore, the determination coefficient found at 33.6% showed that although *goal setting* contributed significantly to the level of motivation, there were other factors that also affected the motivation of athletes. These findings indicate that to maximize motivation, a more comprehensive approach is needed that involves other aspects beyond simply setting goals.

## DISCUSSION

Based on the results of the above analysis, it can be concluded that *goal setting* has a positive and significant relationship with the level of motivation of futsal extracurricular athletes at State Senior High School 1 Cirajang. These findings show that clear and structured goal setting can increase athlete motivation, with a contribution of 33.6%. However, athlete motivation is also influenced by other

factors such as internal and external factors that are not limited to goal setting. Therefore, improving goal setting can be an important strategy in maximizing athlete motivation and performance (Umami & Ratna, 2021).

Several studies have shown a positive correlation between goal setting and motivation to practice. For example, Wibisono, A. (2015). a study conducted on extracurricular futsal athletes at Madrasah Aliyah Negeri 2 Bandung showed a very strong relationship between the two variables. This means that the clearer and more specific the goals set by the athletes, the higher their motivation to practice.

These findings support Locke & Latham's theory that setting specific and challenging goals can improve individual performance and motivation. In addition, the findings of this study are consistent with the findings of previous studies that emphasize the importance of goal setting strategies in the context of sports. One of the best ways to describe intrinsic motivation in sports performance is to describe the athlete's activity, which is training-oriented, and when a particular activity is successfully performed, a feeling of satisfaction arises (Pramono & Priambodo, 2024) The results show that athletes who have the ability to set goals are more likely to have high motivation intrinsically and externally. In line with the content of the journal (Pramono & Priambodo, 2024) that is, they push themselves to succeed and achieve their goals through experiences that demonstrate the ability and desire to advance, personal freedom and initiative, and team bonding.

In addition to goal setting, there are several other factors that also affect the motivation of futsal athletes: Social Support: Support from coaches, family, and peers is very important in increasing motivation (Umami & Ratna, 2021). A positive social environment can provide additional encouragement for athletes to achieve their goals. Self-Efficacy: Belief in one's own abilities plays a big role in motivating athletes. Athletes who believe in their abilities tend to be more motivated to train and compete. Intrinsic and Extrinsic Motivation: Intrinsic motivation comes from within the athlete, such as a love for the game or a desire to improve. Meanwhile, extrinsic motivation comes from external factors such as awards or recognition. Both are important in shaping the overall level of motivation. Mental Health: The psychological condition of athletes also affects their motivation. Athletes who are able to manage stress and have a positive mentality tend to be more motivated (Castagna, 2010; Marques, 2021; Naser, 2017; Naser et al., 2017; Serrano, 2021; Spyrou, 2020)

This is in line with the theory of self-independence, which emphasizes that intrinsic factors such as ability and autonomy are essential to creating lasting motivation. In fact, coaches can use these findings to create training programs that include goal setting as part of the mental development of athletes, in line with what is said (Padang, n.d.) In his journal is "To maximize the results of training, an athlete must remain in good psychological condition".

According to this study, there is a significant positive relationship between goal setting and the

level of motivation of extracurricular futsal athletes, in line with the findings (Fachrezi et al., 2023) which observed similar things in archery athletes. In the study, goal setting with specific targets was proven to significantly increase achievement motivation. However, the context of futsal as a team sport can provide additional challenges in the implementation of goal setting, such as the need for team synergy in achieving individual and collective goals. (Marques, 2021) This shows that an effective goal-setting strategy needs to be adjusted to the characteristics of sports to maximize its influence on motivation.

## CONCLUSION

The purpose of this study is to evaluate the relationship between goal setting and the level of motivation of futsal extracurricular athletes at State Senior High School 1 Cirajang. Based on the results of the analysis, it was found that there was a significant relationship between the two variables, with a positive correlation that showed that the better the goal setting applied by the athletes, the higher the motivation level. These results indicate that a clear and directed goal-setting strategy can be one of the key factors in increasing athlete motivation. In addition, these findings support motivation theory which emphasizes the importance of goal-setting elements in encouraging optimal performance. This research contributes to the development of motivation-based training programs in the school environment, especially in sports extracurricular activities.

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