

# Peran Motivasi Intrinsik terhadap Self-Regulated Learning pada Siswa Atlet di Sekolah Khusus Olahragawan (SKO) Ragunan DKI Jakarta = The Role of Intrinsic Motivation on Self-Regulated Learning among Student Athletes at the Special School of Sports Ragunan DKI Jakarta

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## Abstrak

Dalam memenuhi tanggung jawab peran ganda sebagai siswa atlet, dibutuhkan strategi pembelajaran yang dapat memaksimalkan aspek akademik. Strategi Self-Regulated Learning terbukti memiliki dampak positif di berbagai aspek. Kualitas proaktif siswa dalam Self-Regulated Learning salah satunya berasal dari keyakinan motivasional. Oleh karena itu, penelitian ini bertujuan untuk melihat peran motivasi intrinsik dalam memprediksi Self-Regulated Learning siswa atlet di SKO Ragunan DKI Jakarta. Partisipan penelitian ini adalah 86 siswa atlet SKO Ragunan DKI Jakarta dengan usia maksimal 19 tahun. Instrumen penelitian yang digunakan yaitu Skala Motivasi Intrinsik dan Academic Self-Regulated Learning Scale (A-SRL-S). Hasil analisis regresi linear menunjukkan bahwa motivasi intrinsik ( $F = 46.5$ ,  $p < .05$ ) dapat memprediksi Self-Regulated Learning dengan  $R^2 = .356$ , yang artinya 35% varians skor Self-Regulated Learning dapat dijelaskan oleh motivasi intrinsik. Hasil penelitian ini memperjelas arah hubungan kedua variabel tersebut, yang mana motivasi intrinsik berperan secara signifikan dalam memprediksi kemunculan Self-Regulated Learning pada siswa atlet.

.....In order to fulfilling dual responsibilities as student-athletes, learning strategies are needed that can maximize academic aspects. Self-Regulated Learning strategy is proven to have a positive impact in various aspects. One of the proactive qualities of students in Self-Regulated Learning comes from motivational beliefs. Therefore, this study aims to examine the role of intrinsic motivation in predicting Self-Regulated Learning of student athletes at SKO Ragunan DKI Jakarta. The participants of this study were 86 students of SKO Ragunan DKI Jakarta athletes with a maximum age of 19 years. The research instrument used is the Skala Motivasi Intrinsik and Academic Self-Regulated Learning Scale (A-SRL-S). The results of linear regression analysis show that intrinsic motivation ( $F = 46.5$ ,  $p < .05$ ) can predict Self-Regulated Learning with  $R^2 = .356$ , which means that 35% of the variance of Self-Regulated Learning scores can be explained by intrinsic motivation. The results of this study clarify the direction of the relationship between the two variables, in which intrinsic motivation significantly predicted the emergence of Self-Regulated Learning in student athletes.