



Survey of Jakarta Squash Athletes' Motivation to Participate in the 2025 Jakarta Open Squash Championship

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ABSTRACT

This study aims to describe the motivation level of squash athletes in DKI Jakarta in facing the 2025 Jakarta Open Squash Championship, reviewed from the aspects of intrinsic motivation, extrinsic motivation, and self-efficacy. This study uses a descriptive quantitative approach with a survey method. The study population was all squash athletes in DKI Jakarta who participated in the championship, totaling 28 people, so a total sampling technique was used. The research instrument was an online questionnaire (Google Form) consisting of 30 statement items, including intrinsic motivation (12 items), extrinsic motivation (9 items), and self-efficacy (9 items), which were compiled based on self-determination theory and self-efficacy theory. Data were analyzed using descriptive statistics to obtain the mean value, standard deviation, and minimum and maximum values for each construct. The results showed that the athletes' intrinsic motivation was in the high category (mean = 28.32), extrinsic motivation was in the high category (mean = 27.07), and self-efficacy was in the high category (mean = 27.61). Overall, the motivation levels of squash athletes in DKI Jakarta were high, indicating good psychological readiness for the championship. These findings confirm that internal motivation, external support, and self-confidence are important factors in supporting squash athletes' readiness for competition.

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1. INTRODUCTION

Sport is an important method to improve the quality of life, maintain physical health, and achieve success. Several studies in the context of sports show that the success of athletes is not only determined by physical abilities and technical skills, but is also greatly influenced by psychological factors. In addition, Gugliotta et al. (2021) it emphasizes that emotional intelligence interacting with intrinsic motivation can mitigate competitive stress in individual sports athletes. "This is in line with the argument that aspects of intrinsic motivation, extrinsic motivation, self-efficacy, and consistency are important determinants that support the consistency of athletes in carrying out training programs. In carrying out this training program, it has been proven to have a close relationship with the athlete's ability to maintain optimal performance, both during the training process and when facing stressful competition situations (Setiawan et al., 2020). Squash is a racket sport that demands speed, physical toughness, high concentration, and strong motivation. As an individual sport that demands quick strategies, squash requires a high level of cognitive processing and self-regulation, especially in maintaining focus throughout the preparation phase and into the high-pressure competition (Torre, 2024). An athlete's ability to manage this cognitive load is a key determinant of the effectiveness of their performance on the court. The development of this sport, which has only just begun in Indonesia, is showing progress, reflected in the holding of the Jakarta Squash Open 2025 as a prestigious competition at the national and international levels.

Motivation is a psychological factor that plays a crucial role in determining an athlete's success, as it is a core factor that significantly influences an athlete's performance, persistence, and achievement, particularly intrinsic motivation rooted in enjoyment, personal goals, and self-determination (Alkawasbeh & Akroush, 2025). Based on the self-determination theory proposed by Deci and Ryan, motivation is divided into intrinsic motivation, which stems from internal drives such as personal satisfaction and interest in sporting activities, and extrinsic motivation, which is influenced by external factors such as rewards, social support, and recognition. This division has been empirically confirmed in the sports context, where intrinsic motivation relates to engagement driven by enjoyment and satisfaction, while extrinsic motivation is triggered by external outcomes such as rewards and social recognition (Howard et al., 2021). Research shows that both forms of motivation significantly contribute to athletes' engagement in training and their ability to maintain optimal performance, both during training and when facing competitive pressure (Marberliantina et al., 2025). Various studies have shown that psychological factors play a crucial role in supporting athlete performance, both during training and during competition, as psychological factors such as self-determined motivation have been shown to have a significant positive relationship with sporting performance achievements (Lochbaum et al., 2021). Mustofa & Yeti (2024), emphasized that stable motivation is crucial for athletes in maintaining consistent training towards provincial-level championships. Globally, Howard et al. (2021) and Reinebo et al. (2024), adding that mental readiness and self-regulation are not only supporting factors, but also the main predictors of athlete success in facing high pressure in the competition arena. Good mental readiness allows athletes to manage stress, maintain focus, and perform consistently. Research conducted by Setiawan et al. (2020), This study shows that self-efficacy and mental toughness are significantly related to athlete performance, where athletes with high levels of self-confidence and mental toughness tend to maintain optimal performance in competitive situations. These findings confirm that psychological aspects are an important component of athlete success, in addition to physical and technical factors.

Motivation is the psychic energy that drives an athlete to train consistently, set goals, and strive for optimal performance in competition (Ntoumanis et al., 2021). In Indonesia, research on student athletes shows that achievement motivation is the main driving force in maintaining consistent training even under the pressure of medal targets (Jannah et al., 2022). This is reinforced by findings Fransisca et al. (2025), that show that the synergy between intrinsic and extrinsic motivation has a very strong and significant relationship with athlete performance, reflecting how crucial the motivational aspect is in the athlete's development phase before facing competition. In addition, other psychological aspects such as self-efficacy and mental toughness have been shown

to have a high positive correlation with athlete performance in training and competition (Rice et al., 2023). Research conducted by Hutomo (2025), shows that athletes who have a high level of confidence in their abilities (self-efficacy) and mental toughness tend to result in more consistent peak performance. and able to maintain performance under competitive demands. These findings reinforce the importance of assessing psychological readiness as part of an athlete's competitive readiness. Therefore, the 2025 Jakarta Squash Open can be used as a forum to measure the motivation and psychological readiness of squash athletes through a motivational survey. The results will help coaches and sports administrators formulate coaching strategies to improve athlete performance in the future.

2. METHOD

Data were analyzed using descriptive statistics to describe the level of intrinsic motivation, extrinsic motivation, and self-efficacy of athletes, without testing the relationship or influence between variables.

2.1. Participants

The population in this study was all 28 squash athletes from Jakarta who participated in the championship. Therefore, this study is a population study (total sample) without specific sampling. The following table shows the participant profiles in this study:

Table 1. Profile of Research Participants (N = 28)

<i>Characteristics</i>	<i>Category</i>	<i>N</i>	<i>Percentage (%)</i>
Gender	Man	16	57.1
	Woman	12	42.9
Age (years)	Mean $\pm$ SD	14.8 $\pm$ 3.2	–
	Reach	10–19	–
Experience playing squash	Average (years)	4.1	–
	Reach	1–9	–
Level of competition	Young	22	78.6
	Senior	6	21.4

2.2. Procedure

This study aims to describe the level of intrinsic motivation, extrinsic motivation, and self-efficacy of squash athletes in DKI Jakarta in preparing for the 2025 Jakarta Open Squash Championship. This study applies a descriptive design with a quantitative approach that aims to portray the psychological condition of athletes objectively. Data obtained through numerical instruments are analyzed as is without any manipulation of the research variables, so that the resulting picture of athlete motivation is factual and representative (Pratama & Setyotti, 2022).

Before conducting the study, the researcher prepared all the necessary research tools, including the development of a questionnaire based on the theoretical foundations of sport psychology. The questionnaire was developed with reference to self-determination theory, which explains the role of intrinsic and extrinsic motivation in athletes' engagement in training and competition, and self-efficacy theory, which states that individuals' beliefs in their abilities influence effort and persistence in facing sporting challenges. This theoretical approach has been widely used in sports research to develop valid and systematic instruments for measuring athlete psychology (Hutomo, 2025; Ryan & Deci, 2020).

Next, the researchers socialized the study to the athletes through the Jakarta Provincial Squash Council's official communication channels, such as WhatsApp groups and email, by sending a Google Form link. In the message, the researchers explained the study's purpose and intent, estimated the time required to complete the questionnaire, and guaranteed the confidentiality of respondents' personal data and answers. Participation in the study was voluntary, without coercion, and each athlete had the right to discontinue participation at any time without any consequences. This

procedure was carried out to guarantee participants' rights in accordance with ethical research principles that prioritize informed consent and data confidentiality (Williamson et al., 2022).

Before completing the questionnaire, respondents were asked to read and agree to a consent form that briefly explained the study, explained their rights, and confirmed their willingness to participate. Only respondents who provided consent could continue completing the questionnaire.

The research instrument consisted of 30 statements grouped into two main constructs: intrinsic motivation (12 items), extrinsic motivation (9 items), and self-efficacy (9 items), all of which were consistent with the variables analyzed and reported in the results section of the study. In addition, the questionnaire also included demographic data of the athletes, including name, gender, and category of competition participated in. Examples of items in the intrinsic motivation construct are: *"I participate in the championship because I enjoy playing squash itself,"* in the extrinsic motivation construct *"I am motivated to participate in the championship because of the support from my coach and people close to me,"* and in the self-efficacy construct: *"I am confident that I can perform as well as possible in the 2025 Jakarta Open Squash Championship."*

All statement items were measured using a five-point Likert scale, ranging from strongly disagree (1) to strongly agree (5), which is commonly used to measure attitudes and psychological constructs in quantitative survey research (Sugiyono, 2019). The total score for each construct was obtained by summing the scores of all items representing that construct. Next, the scores were categorized into very low, low, medium, high, and very high levels based on the minimum and maximum score intervals to provide a descriptive picture of the athlete's psychological state. This measurement and categorization approach is commonly used in sport psychology research to systematically interpret athletes' levels of motivation and self-efficacy (Hutomo, 2025).

The validity of the instrument in this study uses content validity which is carried out through the preparation of statement items based on the theory of sports motivation and self-efficacy, and reviewed by experts in coaching and sports psychology. The instrument reliability test was carried out using the Cronbach Alpha coefficient with the criteria of an α value ≥ 0.70 as an indicator of good reliability (Taber, 2018). The test results show that the instrument has an adequate level of reliability, with an alpha value for the intrinsic motivation construct of 0.86, extrinsic motivation of 0.83, and self-efficacy of 0.81. All of these values are above the minimum limit set, so the instrument is declared reliable and suitable for use in descriptive survey research.

After all respondents completed the questionnaire, the collected data was automatically summarized into a spreadsheet using Google Forms. The researchers then cleaned and filtered the data to ensure completeness and consistency of responses before analyzing it using statistical software to describe the athletes' levels of intrinsic motivation, extrinsic motivation, and self-efficacy using descriptive statistics.

The entire research process was conducted in accordance with ethical research principles, including maintaining the confidentiality of respondents' identities and the security of the data obtained. The results of this study will be used solely for academic purposes and as a consideration in the development of squash in DKI Jakarta.

3. RESULTS

This study aims to describe the motivation levels of squash athletes in DKI Jakarta participating in the 2025 Jakarta Open Squash Championship, including intrinsic motivation, extrinsic motivation, and self-efficacy. Data analysis was conducted using descriptive statistics to describe the level of each motivational aspect based on the mean value, standard deviation, and minimum and maximum values, thus obtaining a motivational profile of the athletes facing the championship.

Table 3.2 Descriptive Statistics of Intrinsic Motivation, Extrinsic Motivation, and Self-Efficacy

	<i>N</i>	<i>Minimum</i>	<i>Maximum</i>	<i>Means</i>	<i>Standard Deviation</i>	<i>Category</i>
Total X1 (intrinsic motivation)	28	24	31	28.32	2.091	Tall
Total X2 (Extrinsic Motivation)	28	21	30	27.07	2.652	Tall
Total X3 (Efficacy Self)	28	24	31	27.61	2.587	Tall
Valid N values (based on list)	28					

Based on the analysis of 28 squash athletes from DKI Jakarta, intrinsic motivation showed an average value of 28.32 with a standard deviation of 2.091, a minimum score of 24, and a maximum score of 31. These results indicate that the athletes' intrinsic motivation is in the high category, with relatively small variations in scores among respondents.

Extrinsic motivation has a mean value of 27.07, a standard deviation of 2.652, a minimum score of 21, and a maximum score of 30. This finding indicates that athletes' extrinsic motivation is also included in the high category, although the variation in scores between respondents is slightly larger compared to intrinsic motivation.

Next, the effectiveness self-athletes. The results showed an average score of 27.61, with a standard deviation of 2.587, a minimum score of 24, and a maximum score of 31. These results indicate that DKI Jakarta squash athletes are generally general own level trust high self-esteem in facing the demands of competition.

Overall, the results of descriptive statistics show that the three aspects, namely psychological motivation, intrinsic motivation, extrinsic motivation, and self-efficacy, are in the high category in DKI Jakarta squash athletes who will participate in the 2025 Jakarta Open Squash Championship.

4. DISCUSSION

The results of this study indicate that DKI Jakarta squash athletes have a high level of intrinsic motivation in facing the 2025 Jakarta Open Squash Championship. High intrinsic motivation reflects the presence of a strong internal drive within them. Motivation intrinsic athletes, like pleasure in practice, satisfaction in improving skills, and commitment to achieving top performance. Findings this in line with theory determination self - declared that motivation intrinsic play role important in engagement and sustainability activity sport (Ryan & Deci, 2020).

The results of this study also indicate that athletes' extrinsic motivation is high. Support from coaches, a conducive training environment, and opportunities to achieve success and recognition are external factors that contribute to athletes' readiness for championships. This in harmony with study previously stated that factor extrinsic can strengthen involvement athlete in training and competition. If given with supportive and appropriate manner with need psychological athlete (Mustofa & Yeti, 2024; Ryan & Deci, 2020).

Furthermore, the high level of self-efficacy among DKI Jakarta squash athletes indicates that they have strong confidence in their abilities to face the challenges of competition. theory efficacy self-expressed by, Bandura (1997) Individual with efficacy high self-esteem tends to show better mental readiness, is able to manage stress, and maintain focus in competitive situations. studies This in line with study Hutomo (2025), which confirms importance efficacy themselves in supporting the mental readiness and performance of athletes.

Overall, the results of this study reinforce the view that intrinsic motivation, extrinsic motivation, and self-efficacy are interdependent psychological aspects that contribute to the development of competitive athlete readiness. These three aspects do not stand alone but contribute together to build psychological support for athletes' psychological readiness for competition.

The practical implications of this research suggest that coaches and sports managers need to balance the physical, technical, and psychological development of athletes. A supportive training environment can enhance athletes' self-efficacy and psychological adaptability, thus positively impacting performance and competitive readiness (Sakalli et al., 2026). Furthermore, increased athlete self-efficacy needs to be encouraged through appropriate coaching support, the setting of

realistic competition targets, and athlete involvement in the goal-setting process (Tasyafa & Kusumawardani, 2025).

5. CONCLUSION

This study aims to describe the level of intrinsic motivation, extrinsic motivation, and self-efficacy of DKI Jakarta squash athletes in facing the 2025 Jakarta Open Squash Championship. Based on the results of descriptive statistical analysis of 28 athletes, it can be concluded that the three aspects of motivation are in the high category, which indicates the psychological readiness of athletes in facing the championship.

Findings studies main show that motivation intrinsic is the most prominent aspect, which is marked with existence internal drive to grow, enjoy squash games, as well as desire for reach optimal performance. Condition this in line with results research that states that motivation intrinsic own role important in increase engagement, enjoyment, and quality performance athlete in sport competitive (Tokarska & Rogowska, 2025). In addition, the height motivation extrinsic in study this describe importance role support trainer, environment conducive training, as well as opportunity reach performance in build readiness and commitment athlete face competition, as confirmed in study psychology sport based on Self-Determination Theory (Hartoto et al., 2023).

Next, the efficacy self in a category tall show that athlete own strong belief to ability himself in face demands exercise and pressure competition. Findings this in line with research that shows that efficacy self-relate positive with persistence, regulation emotions, as well as ability maintain optimal performance in situation competitive (Feltz et al., 2021; Setiawan et al., 2020). Connection close between efficacy self and motivation are also found in athletes students, where the belief high self-contribute to readiness psychological and involvement athlete in activity sport performance (Salsabillah et al., 2024; Wulan & Bintari, 2025).

In a way practical, results study this confirm that coaching squash athletes do not only need focus on aspects physical and technical, but also necessary notice strengthening aspect psychological, in particular motivation and efficacy self, through creation environment conducive training as well as mentoring sustainable trainer, because support coaches and climate positive exercise proven play a role important in increase readiness psychology and beliefs self-athlete (Ntoumanis et al., 2021; Feltz et al., 2021).

In addition, research this recommend for involving amount more samples big from various area as well as consider factor psychological others, such as regulations emotions and stress competition, in order to obtain a clearer picture comprehensive about readiness athlete in face championship, remembering regulations emotions and abilities manage pressure competitive own influence significant to performance and consistency athlete in situation match (Lane et al., 2021; Wagstaff et al., 2020).

6. AUTHOR'S NOTES

The author states no have no conflict of interest in the research and publication of this article. This also ensures that the entire manuscript is original and free from plagiarism.

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