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## **MOTIVES AND SELF-MEANING OF WOMEN ATHLETES IN INDONESIA**

**Sri Nuraini, Aan Wasan, Heni Widyaningsih**

Sport Science Study Program, State University of Jakarta, Indonesia

Email: [aan.wasan@gmail.com](mailto:aan.wasan@gmail.com)

### **ABSTRACT**

The culture of Indonesia considers that women is synonymous with tenderness, beauty, and elegance. However, the position of women wants to be equal with men continue to fight for, so they are often declared himself already equal to men. This research is to find out the motive behind why women become athletes. In addition, this study is also to describe the self -meaning of women from the side of him as an athlete. Targeted in particular to see if these involve substantial bonus for athlete's medalist made a lot of women are tempted to work as an athlete. The study used a qualitative approach of phenomenology method. This method is an appropriate as it requires more in-depth data on gender in sports education through interviewed with 15 women athletes in Faculty of Sports Science, Universitas Negeri Jakarta. The rationale for this type of research is to gather information on the topic and have a clearer picture. The results of this study indicate that the motives of women athletes are motivated to join

an athlete as a hobby and want to make their parents proud. In addition to the data patterns indicate that they want to be a coach and also physical education teacher in order to share knowledge and motivation to the next generation. Second, women athletes define themselves great and strong woman. Third, define women athlete's profession is a profession weightlifting weight with income.

**Key words:** *motive, self-meaning, athlete, Indonesia*

## **INTRODUCTION**

The reason women do sport because it is driven by several factors: a hobby or pleasure, competition, membership in certain sports, encouragement of parents and fitness (Pacheco, LA, et al, 2012). In the other side the intrinsic and extrinsic factors have a major influence on the actions carried out by someone. Intrinsic factors, such as the competence of athletes, fulfillment, status and responsibility has a significant influence on the motivation of athletes simultaneously and partially. Meanwhile, extrinsic factors, such as the environment, engineering supervision and assurance careers simultaneously and partially influence the motivation of athletes (Muskana, 2015).

The culture of Indonesia illustrates that women are synonymous with tenderness, beauty, and elegance. On the other hand, the emancipation of women is increasing, so they are often declared himself already equal with men. Now, women can be occupied professions like those of men, including an athlete, both national and international. Previously the only sports preferred by men, because sport is a hard activity with physical dominance is so great. This makes women reluctant to do sports activities related to physical activity are pretty hard. Fenomeni that makes the writer interested to examine this issue (Biscomb, 2012). This research was conducted at the Faculty of

Sports Science, Universitas Negeri Jakarta. For women who follow the sport is an activity that is hard to do if they didn't have good physical strength. Because athlete would be susceptible to injury ( Wong, 1999). It will affect the appearance of playing time. Thus, to having the physical condition of the man, she also need to have specific knowledge and skills to do sports, because these activities require more power if it must achieve the optimal thing to be known by women. As we know several of woman didn't born automatically get status as a sportsman or athlete (Osborne & Skillen, 2015). Status of women-owned athletes is the position reached by a person with deliberate efforts and earnest. On the other hand, intellectual and physical development of women has been the foundation of their participation in the various dimensions of human life (Bianchi, 2017). Physical activity that the women also have changed the image of femininity through competence and physical development.

Bryson (in Agus, 2008) stated that there are two things that lead to the hegemony of masculinity in sport: first exercise was associated with manhood dimension, namely the physical skills that are visible; The second exercise is also associate manliness with the use of force and violence. In general, gender differences between men and women in sport on the wane, but still there are perberdaan participation in sport activities. To describe the whole act of a person, Schutz breaks it in two phases, namely: a) well motive, that is the act of referring to the past. Where the action taken by a person definitely has a reason from the past when she did it; b) Expectation motives that refer to future action (Kuswarno, 2009: 111). Where the action taken by a person must have a goal that has been set. The phenomenon and the reality described above form the basis and interest the authors to conduct research on the motives and self-meaning of women athletes in Indonesia.

According to George Herbert Mead especially symbolic interaction theory of social action theory put forward philosopher and once the German sociologist Max Weber (1864- 1920), one of the three classic theorist the main, although Weber itself is not a pure interpretivism (Mulyana, 2008, p. 60). Symbolic interaction perspective attempted to understand human behavior from the perspective of the subject. A person commits an act, for a reason which is called because motive and in order to motive. There are several reasons women choose to be an

athlete there is because motive which is the action that refers to the past. Actions taken by someone definitely has its own reasons from the past when he did it. Based on these results that the informants, because motive is for other people motivated, curious and would like to boast both parents. Various motives were the reason for being a women weight lifters. In Kenya factors influencing career paths and progress women in sport through education (M'mbaha & Thomson, 2019). Therefore, expectation motive is motives that refer to future action. The action taken by a person must have a goal that has been set. The results showed that women discount motive athletes lift in order to provide a good achievement to boast of its area (Putri, 2017). Therefore, this research focused on the motives and self-meaning of women athletes in Indonesia.

## **METHOD**

The study used a qualitative approach phenomenology method (Creswell, 2014). This method is an appropriate method, as it requires more in-depth data on gender in sports education. The rationale for this type of research is to gather information on the topic and have a clearer picture. Then, the results will be presented in explanatory (Arikunto, 2010). This research was conducted at the Faculty of Sport Sciences, Universitas Negeri Jakarta, since in this faculty many women athletes of all levels, the provincial, national and international. While the selection of informants using purposive sampling technique that uses the selected informant actually be an athlete, a good athlete at the level of provincial, national or international. Data collected through literature, In-depth interviews with 15 women athletes, and observations. In an effort to improve the quality of qualitative research used triangulation. Triangulation is done by checking the data against each other data. Data that is intended among others came from interviews with observation and secondary data. Accordingly, triangulation is used to obtain the certainty of the data obtained or to obtain a more complete picture of the data and information. Data that is intended among others came from interviews with observation and secondary data. Accordingly, triangulation is used to obtain the certainty of the data obtained or to obtain a more complete picture of the data and information. Data that is intended among others came from interviews with observation and

secondary data. Accordingly, triangulation is used to obtain the certainty of the data obtained or to obtain a more complete picture of the data and information.

## RESULTS AND DISCUSSION

### Motive of Women Athletes

The process of interpretation can be used to clarify or check out the real meaning, so as to give the concept of implicit sensitivity. In other words, based on the core idea of social action Schutz is how to understand the social action through interpretation. Where, social action is an action-oriented behavior of the person or another person experience, meaning and consciousness. Humans construct meaning beyond current experience through the process of "tipikasi". Relations between maknapun organized through this process, or so-called stock of knowledge (Kuswarno, 2009, p.18) to describe the overall action Schutz someone breaks it in two phases, namely: a. Because motive is the act of referring to the past. Where, actions taken by a person definitely has a reason from the past when he did it. b. Expectation motive is a motive that refers to the act in the future. Where the action taken by a person must have a goal that has been set. This study shows that women athletes have a variety of motives and objectives. Based on the theory of phenomenology Alfred Schutz where someone did a course of action based on Because motive and motive in order to find some underlying reasons women choose to become athletes. This study shows that women athletes have a variety of motives and objectives. Based on the theory of phenomenology Alfred Schutz where someone did a course of action based on Because motive and motive in order to find some underlying reasons women choose to become athletes. This study shows that women athletes have a variety of motives and objectives. Based on the theory of phenomenology Alfred Schutz where someone did a course of action based on Because motive and motive in order to find some underlying reasons women choose to become athletes.

*"My motive to be an athlete as a hobby and wanted to be a sports teacher" (Women 1, 21 years old, 2019)*

*"My motive for being athletes as a hobby and want to hone my skills better" (Women 2, 25 years old, 2019)*

*"I Want make proud the nation and parents" (Women 3, 19 years old, 2019)*

*"The interest for the sciences the work that goes deeper sport is my motivation to be an athlete as well, I dikeluarga no background of an athlete or a sportsman" (Women 4, 23 years old, 2019)*

Based on the interviewed above, because motive which is the action that refers to the past. Where the action taken by someone definitely has its own reasons from the past when he did it. Based on these results that the informants Because motive is for other people motivated, hobby, curiosity and want to boast both parents. Various motives were the reason for being an athlete. This is also consistent with Pacheco, et al (2012) the reason women do sports as a hobby or pleasure, encouragement of parents and fitness. The depth-interview shows the increasing presence of women in sport is seen as a shift towards a more socially just sporting space (Willson,et.al., 2018)

*"I hope to become a coach in a sport that occupied. Because I can share my knowledge and motivate women to become an athlete "(Women 5, 20 years old, 2019)*

*"My hope in the future to improve the performance of the international level." (Women 6, 19 years old, 2019)*

*"In addition to being an athlete, I want to be a sports teacher in order to channel the knowledge and motivate students to become an athlete, especially women" (Women, 7, 18 years old, 2019)*

*"Became a trainer in the field of sports that I live it is my wish. By becoming a coach I can be helped to improve performance in sports, especially in Indonesia "(Women, 8, 22 years old, in 2019*

Expectation motives that refer to future action. Where the action taken someone must have goals set. The results showed that the informants had motives to become coaches and sports teachers in the sport so that the knowledge gained during an athlete useful and can be channeled, they also menginginkan better performance again means the accomplishment that they provide improved further than that now as chasing a given target and be able to compete in any match. Therefore, some informants want them as their next generation of women athletes in Indonesia, and also can provide a good achievement to boast the region.

## Meaning of Self as Women Athlete

*"Being an athlete is very exciting because in addition to getting our achievements also had the opportunity to go abroad for free" (Women 8, 24 years old, 2019)*

Sport is something that is fun and exciting for some people. Someone exercise is basically to get in shape, of course, done routinely and regularly. This is what makes lifters women feel comfortable with the profession. For those professional weight lifter is a means to a healthy body and simultaneously produce (Meese & Gustafson, 2018). They earn money by his hard work during the running process weightlifting workouts, and if they produce a good performance also get a bonus of this profession.

According to Dr. Vassiliki Avgerinou in Switzerland in (Suhartini, 2014) the presence of athletes in society and personal athlete as an individual is seen as part of the social patterns and feelings they are based on the regulations. It also shows that people who live in a social institution and the community would be activities and actions in daily life. As a rational individual, a person is able to evaluate the actions intellectually. This is at least contributing to the idea that the role of women in sport status gained wider portion resembles opportunities that are men.

*"For seven years as an athlete I do not have discrimination" (Women 2, 25 years old, 2019)*

*"Women are exercising is a great woman. So I do not feel afraid to jump in the field of sports "(Women 9, 20 years old, 2019)*

*"I think she should be berolagraga besides being a necessity of life I believe the children of the intelligent and talented Yang was born to a mother healthy and fit" (Women 10, 24 years old, 2019)*

*"I think women are a very good athlete, because it became one marker that women's emancipation movements thrive." (Women 11, 25 years old, 2019)*

None of the women were born automatically to obtain status as a sportsman or athlete. One participant sport solely through the action indicated by his actions in sports activities. For the women have a distinct meaning into an athlete. They feel that women have an equal opportunity

to acquire a certain status in society. Because every woman wants to exercise the degree of social life in the community. This is indicated by the informant hope can become a coach and gym teacher. And be able to improve the performance of both local, national and international levels.

## **Conclusion**

Being a women athlete is not easy. Besides, there is also a strong determination motivation and self-confidence. Government policies that begin to accept the presence of women in sports activities challenged by the community that still adheres to orthodox society. The issue of gender equality makes women have equal opportunities in all areas of one sport. The study concluded that women athletes have the motivation to engage in sports. The factor that is a hobby, would like to boast both parents, the name of nation and became a coach and gym teacher. Second, women athletes define themselves great and strong woman. Third, define the women athlete's profession is a profession weightlifting weight with income. In addition, women athletes feel that women's emancipation movement is well developed in the absence of discrimination between men and women in the world of sports.

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