Lampiran 5

Perhitungan Data Motivasi Atlet PELATNAS *Paralympic* Indonesia Cabang Atletik Pasca Cedera

No	*Ammotivation*	X^2	*External Regulation*	X^2	*Introjected Regulation*	X^2
1	**7**	**49**	**15**	225	**17**	289
2	**5**	**25**	**16**	256	**18**	324
3	**6**	**36**	**10**	100	**18**	324
4	**7**	**49**	**13**	169	**18**	324
5	**7**	**49**	**17**	289	**13**	169
6	**7**	**49**	**12**	144	**18**	324
7	**7**	**49**	**14**	196	**15**	225
8	**7**	**49**	**16**	256	**16**	256
9	**6**	**36**	**10**	100	**18**	324
10	**15**	**225**	**17**	289	**16**	256
11	**9**	**81**	**14**	196	**17**	289
12	**6**	**36**	**17**	289	**14**	196
13	**9**	**81**	**12**	144	**16**	256
14	**7**	**49**	**12**	144	**13**	169
15	**7**	**49**	**17**	289	**14**	196
16	**12**	**144**	**13**	169	**19**	361
17	**8**	**64**	**12**	144	**14**	196
18	**7**	**49**	**16**	256	**18**	324
19	**9**	**81**	**18**	324	**18**	324
20	**10**	**100**	**15**	225	**14**	196
21	**10**	**100**	**13**	169	**12**	144

No	*Ammotivation*	X^2	*External Regulation*	X^2	*Introjected Regulation*	X^2
22	**6**	**36**	**11**	121	**18**	324
23	**10**	**100**	**18**	324	**13**	169
24	**10**	**100**	**18**	324	**13**	169
25	**10**	**100**	**16**	256	**14**	196
26	**12**	**144**	**18**	324	**16**	256
27	**7**	**49**	**14**	196	**15**	225
28	**7**	**49**	**14**	196	**17**	289
29	**7**	**49**	**14**	196	**16**	256
30	**10**	**100**	**7**	49	**18**	324
31	**10**	**100**	**8**	64	**17**	289
32	**7**	**49**	**14**	196	**18**	324
33	**8**	**64**	**15**	225	**16**	256
34	**6**	**36**	**16**	256	**17**	289
35	**11**	**121**	**12**	144	**15**	225
36	**7**	**49**	**13**	169	**18**	324
37	**10**	**100**	**15**	225	**14**	196
38	**10**	**100**	**8**	64	**12**	144
39	**9**	**81**	**14**	196	**16**	256
40	**12**	**144**	**14**	196	**17**	289
41	**15**	**225**	**16**	256	**16**	256
42	**13**	**169**	**14**	196	**16**	256
43	**13**	**169**	**19**	361	**18**	324
44	**7**	**49**	**17**	289	**20**	400
$\sum$	**385**	**3633**	**624**	**9196**	**706**	**11502**

Perhitungan Data Motivasi Atlet PELATNAS *Paralympic* Indonesia Cabang Atletik Pasca Cedera

No	***Identified Regulation***	X^2	***Integrated Regulation***	X^2	***Intrinsic Motivation***	X^2
1	**17**	289	**17**	289	**18**	324
2	**16**	256	**16**	256	**16**	256
3	**19**	361	**17**	289	**18**	324
4	**18**	324	**17**	289	**19**	361
5	**15**	225	**16**	256	**16**	256
6	**17**	289	**17**	289	**18**	324
7	**14**	196	**18**	324	**20**	400
8	**18**	324	**16**	256	**14**	196
9	**19**	361	**17**	289	**18**	324
10	**17**	289	**16**	256	**17**	289
11	**16**	256	**16**	256	**16**	256
12	**17**	289	**17**	289	**16**	256
13	**15**	225	**16**	256	**16**	256
14	**12**	144	**11**	121	**18**	324
15	**14**	196	**15**	225	**15**	225
16	**20**	400	**17**	289	**17**	289
17	**18**	324	**19**	361	**19**	361
18	**19**	361	**20**	400	**19**	361
19	**19**	361	**19**	361	**19**	361
20	**20**	400	**19**	361	**20**	400

No	*Identified Regulation*	X^2	*Integrated Regulation*	X^2	*Intrinsic Motivation*	X^2
21	**20**	400	**18**	324	**13**	169
22	**19**	361	**19**	361	**19**	361
23	**17**	289	**18**	324	**13**	169
24	**17**	289	**18**	324	**13**	169
25	**16**	256	**16**	256	**16**	256
26	**16**	256	**16**	256	**16**	256
27	**16**	256	**16**	256	**17**	289
28	**17**	289	**17**	289	**16**	256
29	**15**	225	**16**	256	**17**	289
30	**16**	256	**16**	256	**13**	169
31	**16**	256	**16**	256	**18**	324
32	**17**	289	**17**	289	**16**	256
33	**16**	256	**15**	225	**17**	289
34	**16**	256	**18**	324	**16**	256
35	**15**	225	**12**	144	**16**	256
36	**17**	289	**18**	324	**19**	361
37	**16**	256	**16**	256	**16**	256
38	**14**	196	**12**	144	**11**	121
39	**16**	256	**16**	256	**16**	256
40	**17**	289	**18**	324	**16**	256
41	**16**	256	**16**	256	**18**	324
42	**18**	324	**17**	289	**17**	289
43	**17**	289	**17**	289	**19**	361
44	**18**	324	**19**	361	**18**	324

$\sum$	**738.00**	**12508**	**733**	**12351**	**735**	12445

A. Ammotivation

X = 385

X^2 = 148225

N = 44

1. Mean (Rata-rata)

$$M = \frac{385}{44}$$

= 8.75

2. Standar Deviasi

S^2 = n–

SD = $\sqrt{S^2}$

$$SD = \sqrt{\frac{44\ (3633)-(385)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{11627}{1892}}$$

$$= \sqrt{6.14}$$

= 2.47

3. Presentase

I. Rendah

P = F/N x 100

23 : 44 = 0.5227272727

0.5227272727 X 100 = 52.28%

II. Sedang

P = F/N x 100

21 : 44 = 0.4772727273

0.4772727273 X 100 = 47.72%

B. External Regulation

X = 624

X^2 = 389376

N = 44

1. Mean (Rata-rata)

$$M = \frac{624}{44}$$

= 14.18

2. Standar Deviasi

S^2 = n–

SD = $\sqrt{S^2}$

$$SD = \sqrt{\frac{44\ (9196)-(624)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{15248}{1892}}$$

$$= \sqrt{8.05} = 2.83$$

3. Presentase

I. Tinggi

P = F/N x 100

16 : 44 = 0.3636363636

0.3636363636 X 100 = 36.36%

II. Sedang

P = F/N x 100

25 : 44 = 0.5681818182

0.5681818182 X 100 = 56.82%

III. Rendah

P= F/N x 100

3 : 44 = 0.0681818182

0.0681818182 x 100 = 6.82%

C. Inrojected Regulation

X = 706

X^2 = 498436

N = 44

1. Mean (Rata-rata)

$$M = \frac{706}{44}$$

= 16.04

2. Standar Deviasi

S^2 = n–

$$SD = \sqrt{S^2}$$

$$SD = \sqrt{\frac{44\ (11502) - (706)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{7652}{1892}}$$

$$= \sqrt{4.04} = 2.01$$

3. Presentase

I. Tinggi

P = F/N x 100

29 : 44 = 0.6590909091

0.6590909091 X 100 = 65.9%

II. Sedang

P = F/N x 100

15 : 44 = 0.3409090909

0.3409090909 X 100 = 34.1%

D. Identified Regulation

X = 738

X^2 = 544644

N = 44

1. Mean (Rata-rata)

$$M = \frac{738}{44}$$

= 16.77

2. Standar Deviasi

S^2 = n–

$$SD = \sqrt{S^2}$$

$$SD = \sqrt{\frac{44\ (12508) - (738)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{5708}{1892}}$$

$$= \sqrt{3.01} = 1.73$$

3. Presentase

I. Tinggi

P = F/N x 100

36 : 44 = 0.8181818182

0.8181818182 X 100 = 81.82%

II. Sedang

P = F/N x 100

8 : 44 = 0.1818181818

0.1818181818 X 100 = 18.18%

E. Integrated Regulation

X = 733

X^2 = 537289

N = 44

1. Mean (Rata-rata)

$$M = \frac{733}{44}$$

= 16.65

2. Standar Deviasi

S^2 = n–

$$SD = \sqrt{S^2}$$

$$SD = \sqrt{\frac{44\ (12351) - (733)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{6155}{1892}}$$

$$= \sqrt{3.25} = 1.8$$

3. Presentase

I. Tinggi

P = F/N x 100

39 : 44 = 0.8863636364

0.8863636364 X 100 = 88.64%

II. Sedang

P = F/N x 100

5 : 44 = 0.1136363636

0.1136363636 X 100 = 11.36%

F. Intrinsic Motivation

X = 735

X^2 = 540225

N = 44

1. Mean (Rata-rata)

$$M = \frac{735}{44}$$

= 16.7

2. Standar Deviasi

S^2 = n–

$$SD = \sqrt{S^2}$$

$$SD = \sqrt{\frac{44\ (12455) - (735)^2}{44\ (44-1)}}$$

$$= \sqrt{\frac{7795}{1892}}$$

$$= \sqrt{4.11} = 2.02$$

3. Presentase

I. Tinggi

P = F/N x 100

37 : 44 = 0.8409090909

0.8409090909 X 100 = 84.1%

II. Sedang

P = F/N x 100

7 : 44 = 0.15

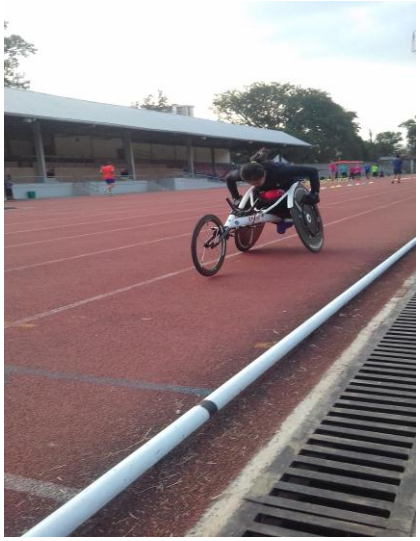
0.15 X 100 = 15.9%

Lampiran 6

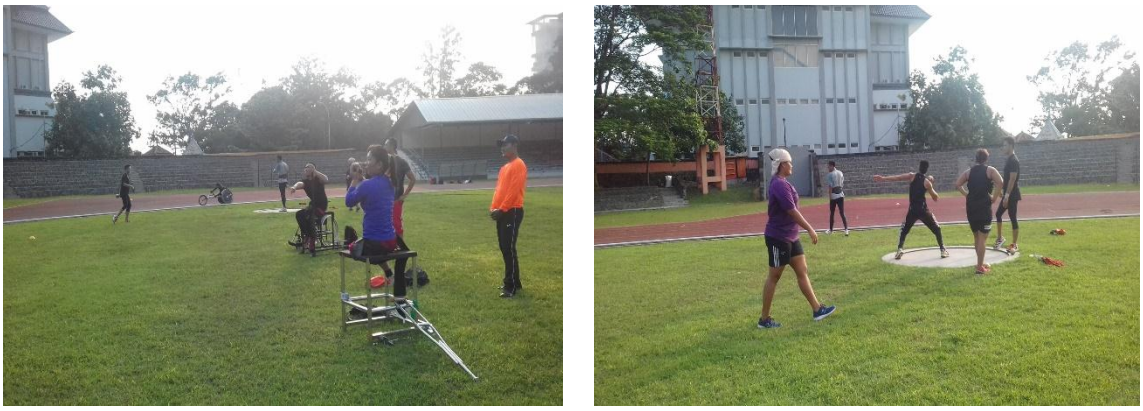
Dokumentasi

Gambar 1. Pengisian kuesioner oleh atlet PELATNAS *Paralympic* Indonesia cabang atletik seusai latihan di Stadion Sriwedari Solo.

Gambar 2. Pengisian kuesioner oleh atlet PELATNAS *Paralympic* Indonesia cabang atletik di penginapan atlet hotel Syariah Lor In.



Gambar 3. Sesi latihan atlet PELATNAS *Paralympic* Indonesia cabang atletik nomor balap kursi roda di Stadion Sriwedari Solo.



Gambar 4. Sesi latihan atlet PELATNAS *Paralympic* Indonesia cabang atletik nomor lempar di Stadion Sriwedari Solo.

Gambar 5. Sesi latihan atlet PELATNAS *Paralympic* Indonesia cabang atletik nomor lari di Stadion Sriwedari Solo

Gambar 6. Kegiatan RAKERNAS NPC Indonesia di kota Solo hotel Swiss Belinn Saripetojo.

Gambar 8. Pengurus NPC Indonesia bersama para atlet PELATNAS *Paralympic* Indonesia cabang atletik di Stadion Manahan Solo

Gambar 9. Bersama para atlet PELATNAS *Paralympic* Indonesia cabang atletik di Stadion Sriwedari Solo.

Gambar 10. Bersama para pelatih PELATNAS *Paralympic* Indonesia cabang atletik di Stadion Sriwedari Solo.

Gambar 10. Evaluasi dan briefing atlet seusai latihan bersama para pelatih.