

ABSTRACT

RIZKY NOVIZAR BUDI SETIANTO: Motivation Athletes Children Group Age 12 Years Up To 15 years In Exercise Following Ekstrakulikuler Taekwondo at Junior High School 165 Jakarta: Kepelatihan Education Studies Program, Department of Sports Performance, Faculty of Sport Science, State University of Jakarta in June 2016

This study aims to determine how much motivation that encourages children aged 12 years to 15 years in taekwondo training at Junior High School 165 Jakarta review of aspects of recreation, physical fitness aspect, and achievement.

This research was conducted at Junior High School 165 in Jakarta with the method used in this research is descriptive method with survey technique using a questionnaire in the form of a questionnaire distributed to club members taekwondo at Junior High School 165 Jakarta group of children ages 12 years to 15 years ,

Based on the research results, it can be concluded that: Motivation children aged 12 to 15 years in training in taekwondo club at Junior High School 165 in the review of aspects of recreation by 33%, 26% physical fitness aspects, and aspects of the achievements of 41%. So the motivation in children aged 12 to 15 years in taekwondo club training at Junior High School 165 in Jakarta is greatest achievements in the aspects of the follow aspects of recreation and physical fitness aspect.