



The Relationship between Emotional Intelligence and Table Tennis Motivation at the UPI Table Tennis Student Activity Unit, Sumedang Campus

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ABSTRACTS

This research is motivated by the experience of field findings. In the findings of researchers at the UPI Sumedang table tennis UKM, there were often UKM members who were lazing about practicing table tennis. The purpose of this study was to determine the relationship between emotional intelligence and table tennis motivation in UPI Sumedang table tennis UKM with 31 members of UKM consisting of 16 boys and 15 girls. This research method uses correlation with a simple correlation design. Meanwhile, the data collection used in this research is the emotional intelligence test using the emotional intelligence questionnaire test, and for the table tennis motivation test using the table tennis motivation questionnaire test. Sig value. (2-tailed) the relationship between emotional intelligence and table tennis motivation is $0.000 < 0.05$, there is a relationship between emotional intelligence and table tennis motivation. The pearson correlation value is 0.677 which is included in the degree of strong correlation. It can be concluded that there is a significant relationship between emotional intelligence and table tennis motivation at the UPI Sumedang table tennis UKM.

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INTRODUCTION

Sports are an inseparable part of daily life. According to Ellis, L. A., Lee, M. D., Ijaz, K., Smith, J., Braithwaite, J., & Yin, K. (2020) sport is defined as any systematic activity to foster, encourage and develop physical, spiritual and social potential. One of the sports scopes is table tennis. Table tennis is a small ball sport that is popular with people because table tennis is a creative sport. According to Supratno, S., & Suciawan, I. (2021) the game of table tennis or better known as "ping pong" is a unique and creative sport. Table tennis is one of the most sports that shows a high level of discipline and requires good emotional intelligence. According to Munivrana, Petrinović, and Kondrič (2015, p. 197) table tennis is one of the most demanding sports when compared to other sports disciplines.

The game of table tennis is one of the most popular social sports from children to adults, because it is not too complicated and easy to follow. This is in line with the opinion of Safari (2012, p. 2) that table tennis is a sport that is quite popular both as a health sport, recreational sports, achievement sports and educational sports, even in certain countries table tennis has become a sport that is used as a sport. as a livelihood or professional sportsman, such as in several European countries, namely Sweden and England. Apart from being required to master table tennis techniques, table tennis is also required to have good emotional intelligence because in table tennis players have to make decisions in a very short time. as suggested by Raab, Masters, and Maxwell (2005, p. 328) table tennis is a sport where players must quickly change their minds about what movements to do and how to do movements in a short time.

In this game of table tennis, it is possible to be equivalent to the term human motion, because by using the game of table tennis as a tool to get a thorough development in terms of one's physical, mental and emotional qualities. Emotional intelligence is very important for players or table tennis lovers to be able to manage their emotions properly. According to Moon and Hur (2011, p.1088) emotional intelligence is the ability to understand, assess, express emotions, the ability to access / generate feelings, the ability to understand emotions and emotional knowledge and the ability to regulate emotions to enhance emotional and intellectual growth. Emotional intelligence is very important in playing table tennis because in addition to generating motivation in playing table tennis, emotional intelligence also helps table tennis players organize and master the game. The problem found that emotional intelligence is not shared by the players at the UPI Sumedang table tennis UKM, so in playing table tennis it will be careless and will not be focused when doing training techniques, resulting in a lack of focus and the techniques that have been trained will be reduced. Apart from emotional intelligence in table tennis, motivation is also needed to play table tennis.

Motivation is the urge or desire to do something, when someone is motivated it will be easier to play table tennis. In motivation there is intrinsic motivation and extrinsic motivation. Intrinsic motivation is an internal drive that causes individuals to adapt. Extrinsic motivation is a drive that comes from outside the individual which causes the individual to adapt. According to Funk, Beaton, and Alexandris (2012, p. 356) motivation can be broadly classified into intrinsic motivation and extrinsic motivation. Intrinsic motivation reflects an orientation that involves behavior based on interests, values that are supported by oneself. Extrinsic motivation is an orientation that directs how a person manages his behavior based on public interactions.

THEORETICAL FRAMEWORK

The problem found in UPI Sumedang table tennis UKM that someone does not have the motivation to play table tennis, it will be difficult to be able to master the game of table tennis because motivation is a person's motivation to achieve learning goals. This basic ability is the first step to creating good table tennis. In connection with previous researchers entitled "Emotional intelligence, motivational climate and levels of anxiety in athlete from different categories of sports: Analysis through Structural Equations". This study was conducted by Castro-Sánchez et al. (2018, p.10) From the results of this study, it is found that the relationship between motivation and emotional intelligence is proven that there is a direct relationship with higher goals in individual sports.

It became clear that athletes with good emotional intelligence were able to orient themselves with a focus on achieving goals, thereby increasing motivation. Another previous researcher was conducted by entitled "The relationship between emotional intelligence and learning motivation in class VIII students at SMP Negeri 20 Malang". The results showed that the relationship between emotional intelligence and learning motivation is very close. Good intelligence abilities will make individuals also have good emotional and spiritual abilities. When individuals do not use emotions in their lives, it will affect their learning motivation. When a student loses or experiences a decrease in his motivation to learn, his intelligence abilities will decrease. The researcher intends to do research on emotional intelligence with table tennis motivation which is an important thing for someone who wants to do table tennis, and has never been tested before, especially in the UPI Sumedang table tennis UKM. filling in the gaps in terms of the objectives of the research that had not been carried out by the two previous researchers, namely by conducting a study entitled the relationship of emotional intelligence with table tennis motivation at the UPI Sumedang table tennis UKM. The purpose of this research was to determine the relationship between emotional intelligence and table tennis motivation in the UPI Sumedang table tennis UKM.

METHOD

The research method is a way to get data. This is in line with Yusmin, E. (2017) a way to get data, analyze, and summarize the results of research that has been done. The research method used in this research is correlational method. According to Rubiyati, R., Asrori, M., & Wicaksono, L. (2018) the correlation method is used to determine the tendency of the relationship between one variable to another. In this study, it will be known whether or not there is a relationship between emotional intelligence and table tennis motivation in UPI Sumedang table tennis UKM.

Research Design

Researchers used a simple correlation research design method, because researchers have one independent variable and one dependent variable, as according to Rubiyati, R., Asrori, M., & Wicaksono, L. (2018) the correlation method is to determine the extent of variation in one factor related to other factors, if it has two. variables and we connect them, so the correlation is called simple correlation. The following are the research designs used in this study:



Figure 1. Causal relationship

Information :

X = Emotional Intelligence / Emotional Intelligence

Y = Table tennis motivation for the table tennis UKM members

Rxy = Correlation X to Y or the relationship between emotional intelligence and table tennis motivation in UPI Sumedang table tennis UKM.

Research Instrument

Instrument is a tool or way to conduct a study, to measure the ability of the sample. According to Yusup (2018, p. 17) an instrument is a user of a measuring instrument who takes measurements and the subject being measured. The research instrument used a questionnaire or questionnaire. According to Sugiono (Supriadi, S., Sani, A., & Setiawan, I. P. 2020) a questionnaire is a data collection technique by giving a set of questions to respondents to answer them.

1. Emotional intelligence scale

The emotional intelligence scale consists of the aspects of recognizing one's own emotions, managing one's emotions, motivating oneself, recognizing other people's emotions, working with other people Golemen (Ariati, J. 2017).

Table 1. The Emotional Intelligence Questionnaire Grid

No	Factor	Indicator	Items	
			Positive	Negative
1.	Recognizing Self Emotions	a. Recognize and understand your own emotions	1	2
		b. Understand the causes of emotions	3	4
2.	Managing Emotions	Handle Emotions	6	5
		Express emotions appropriately	7	8
3	Motivate yourself	Optimistic	9	10
		The drive for achievement	12	11
4	Recognizing Other People's Emotions	Be sensitive to other people's feelings	13	14
		Listening to other people's problems	15	16
5	Build relationship	Can work together	17	18
		Can communicate	19	20

2. Motivation Scale

The table tennis motivation scale consists of aspects of intrinsic motivation, integrated, identified, introjected, extrinsic motivation, and amotivated. (Pelletier et al., 2013, p. 333).

Table 2. Table Tennis Motivation Questionnaire Grid

No	Factor	Indicator	Items	
			Positive	Negative
1	<i>Intrinsic</i>	Exercise gives pleasure.	1	2
		Interested in improving learning.	3	4
2	<i>Integrated</i>	Participate in a sport of deepest desire	5	6
		Exercising reflects the essence of myself	7	8
3	<i>Identified</i>	Exercise to develop yourself	9	10
		Find aspects to develop yourself	11	12
4	<i>Introjected</i>	Better when exercising	13	14
5	<i>Extrinsic</i>	Motivated from others.	15	16
		Awarded gifts	17	18
6	<i>Amotivated</i>	It is unclear for the future	19	20

3. Research Procedure

Researchers conducted research at the University of Education of Indonesia on the Student Activity Unit table tennis with 31 samples of members of the table tennis UKM and using saturated sampling or all members of the table tennis UKM. There are three stages of the research procedure, namely: the preparation stage, the implementation stage, the data processing stage and data analysis.

RESULTS

The results of this study intend to answer research questions based on research objectives, namely to determine the relationship between emotional intelligence and table tennis motivation. The discussion of this research is carried out by understanding the data that has been obtained from the research results. Furthermore, the results of data processing are used to determine and prove the truth of the research hypothesis.

1. Emotional Intelligence Research Data

This variable was measured using a questionnaire distributed to all members of the UPI Sumedang table tennis UKM. Based on a questionnaire distributed to 31 respondents, the highest score was 97 with the lowest score of 54 with a mean 76.08, a median of 78.9, a mode of 78.9 and a standard deviation of 9.43. In table 3 there is a table of the frequency distribution of emotional intelligence.

Table 3 Frequency Distribution of Emotional Intelligence

No	Interval	Frequency
1	54 – 61	3
2	62 – 69	4
3	70 – 77	9
4	78 – 85	11
5	86 – 93	3
6	94 – 101	1
	total	31

The identification of categories for the tendency of emotional intelligence among the members of the UPI Sumedang table tennis UKM was based on four categories with the provisions as above (Sari, D. I. 2018). Based on the research data, the following table can be made:

Table 4 Distribution of Emotional Intelligence Tendencies

Criteria	Class Intervals
Very high	>82,67
High	75,5 – 82,67
Low	68,33 – 75,5
Very low	< 68,33

From the table it can be seen that the mean, median, mode criteria are high in the class interval 75.5-82.67 which means that the emotional intelligence of the UPI Sumedang table

tennis UKM members is high. So it can be said that the members of the UPI Sumedang table tennis UKM can manage emotions, control their emotions well when playing table tennis.

2. Research Data on Table Tennis Motivation

This variable was measured using a questionnaire distributed to all members of the UPI Sumedang table tennis UKM. Based on a questionnaire distributed to 31 respondents, the highest score was 94 and the lowest score was 42 with a mean of 75.53, a median of 76.81, a mode of 79.37 and a standard deviation of 11.32. Table 5 shows the frequency distribution of table tennis motivation.

Table 5 Frequency Distribution of Table Tennis Motivation

No	Interval	Frequency
1	42 – 51	1
2	52 – 61	4
3	62 – 71	4
4	72 – 81	11
5	82 – 91	10
6	92 – 101	1
total		31

The identification of the tendency of table tennis motivation in the UPI Sumedang table tennis UKM in the research is based on four categories with the provisions as above (Sari, D. I. 2018). Based on the research data, the following table can be made:

Table 6 Distribution of Table Tennis Motivation Tendencies

Criteria	Class intervals
Very high	>76,67
High	68 – 76,67
Low	59,33 – 68
Very low	< 59,33

From the table above, it can be seen that the mean is on the high criteria at the class interval 68-76.67. Meanwhile, the median and mode criteria are very high at class intervals > 76.67, which means that the table tennis motivation of the UPI Sumedang table tennis UKM members has excellent table tennis enthusiasm and motivation when playing table tennis. As for the calculation of the normality test results can be seen in table 7.

Table 7. Normality Test Results One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		31
Normal Parameters ^{a,b}	Mean	0E-7
	Std. Deviation	8.33943247

	Absolute	.129
Most Extreme Differences	Positive	.076
	Negative	-.129
Kolmogorov-Smirnov Z		.717
Asymp. Sig. (2-tailed)		.682

Test distribution is Normal.

b. Calculated from data.

Based on table 7, the results of the normality test of emotional intelligence data and table tennis motivation data from the normality test in the table show that the sig. in the Kolmogorov Smirnov column for the normality test has a P-value of 0.682. Thus the results of the test for normality of intelligence data and table tennis motivation data obtained a value of $0.682 > 0.05$, so the emotional intelligence data and table tennis motivation are normally distributed, which means that the distribution or distribution does not deviate to the left or right but is in the form of a bell according to the test using analysis. Parametric statistics which require that the data have a normal distribution. With data that is normally distributed, this research can be continued by using parametric statistical analysis and continuing further testing. Thus it can be concluded that the data normalcy can be fully distributed and acceptable. The data is normally distributed so that further testing can be carried out. Furthermore, testing using the linearity test.

Table 8 Linearity Test Results
ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
		(Combined)	2529.909	18	140.550	1.278	.338
Motivasi * kecerdasan Emosional	Between Groups	Linearity	1763.358	1	1763.358	16.033	.002
		Deviation from Linearity	766.551	17	45.091	.410	.954
		Within Groups	1319.833	12	109.986		
		Total	3849.742	30			

Based on table 8, the results of the linearity test are presented in the table above. It is obtained that F count between emotional intelligence variables (X) and table tennis motivation (Y) is obtained F table = $766.551 / 17$ df is 45.091, while the sig value of the table is significant level $0.954 > 0,05$. So it can be concluded that there is a linear relationship between emotional intelligence and table tennis motivation. UPI Sumedang table tennis UKM members have good emotional intelligence so that motivation in playing table tennis will be good too, so that table tennis UKM members can play table tennis well and enthusiastically focus on the goals or targets that have been set, when emotional intelligence and motivation good table tennis will make it easier to learn the techniques

in table tennis. After the linearity test was carried out, then the hypothesis test was carried out in this study, the hypothesis testing was carried out using the correlation coefficient test.

Tabel 9. Correlation Coefficient Test Results

Correlations			
		Kecerdasan Emosional	Motivasi
Pearson Correlation		1	.677**
Kecerdasan Emosional	Sig. (2-tailed)		.000
N		31	31
Pearson Correlation		.677**	1
Motivasi	Sig. (2-tailed)	.000	
N		31	31

** . Correlation is significant at the 0.01 level (2-tailed).

Based on table 9, it is known that the sig. (2-tailed) the relationship between emotional intelligence and table tennis motivation is 0,000, meaning that because the value is less than 0.05, it can be said that there is a relationship between emotional intelligence and table tennis motivation. Then the guideline for the degree of relationship between the pearson correlation values on this correlation coefficient test is 0.677 which is included in the guidelines for the degree of strong correlation, which means that the level of relationship between emotional intelligence and table tennis motivation is included in the guideline for the degree of strong correlation. To see the direction of the relationship, it can be seen from the value of the Pearson correlation, which in the correlation coefficient test shows the direction of a positive relationship. It can be concluded that emotional intelligence is positively related to table tennis motivation with the degree of strong correlation, because the correlation coefficient is positive, the relationship is positive and parallel so that when emotional intelligence increases, it will be followed by an increase in table tennis motivation.

DISCUSSION

Based on the results of data processing and data analysis in the previous explanation. So the researchers concluded that the data that has been obtained from the results of distributing questionnaires to respondents to measure emotional intelligence and motivation of table tennis in members of the UPI Sumedang table tennis UKM has proven that there is a positive and significant relationship between emotional intelligence and table tennis motivation in members of the UPI table tennis UKM Sumedang.

CONCLUSION

The results of the hypothesis test on the relationship between emotional intelligence and table tennis motivation are $0.000 < 0.05$. Because the value is smaller, it can be said that there is a relationship between emotional intelligence and table tennis motivation. Then the guideline

for the degree of correlation between the Pearson correlation values on the correlation coefficient test is 0.677 which is included in the strong degree guideline. The direction of the relationship in this study can be seen from the value of the Pearson correlation, which in the correlation coefficient test shows the direction of a positive relationship, namely with a value of 0.677, because the correlation coefficient is positive, the relationship is positive and parallel so that when emotional intelligence increases it will be followed by an increase in table tennis motivation.

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