

## **Influence Adversity Quotient and Social Support Family to Achieve Motivation Finswimming Athletes in Surabaya**

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**Abstract.** Achievement motivation is an important factor at sport activities. Athlete who reach success is someone who has high achievement motivation. However, the high level of this motivation itself does not guarantee the bright future of an athlete. There are other factors that influence their achievement. This research assumes that adversity quotient and family social support have influence towards finswimming athlete's achievement motivation. The purpose of this research is to determine the influence of adversity quotient and family social support towards achievement motivation among 40 finswimming athletes that joined in PUSLATCAB and SIAP GRAKK Surabaya. The method used in this case is the provision of questionnaires with Likert scale to measure the adversity quotient, family social support, and achievement motivation. The hypothesis test showed that adversity quotient and family social support have 39,4% influence towards achievement motivation of finswimming athletes in Surabaya ( $r=0.627$ ,  $p=0.000$ ).

**Keywords:** Adversity quotient, family social support, achievement motivation, finswimming athletes.

### **Introduction**

Athlet performance in championship tournamen was influenced many factor. According to Harsono (Gunarsa, 2008) high performance athletes 80% was influenced to mental aspect and other aspect only 20%. Garfield (Gunarsa, 2008) also said that more then athletes who get succes in highly performance 60% until 90% influenced by mentality factor and atlet capability stabil psychological condition. This psychological condition, intellectual, motivation, personality, and work cordination work otot and syaraf (Anwar, at Sajoto, 1988).

Taylor (2009) motivation is base from all sport achievement. Without desire and strong willingness to better performance, all mental factor like keyakinan, intencity, focus, and emotion, everything useless. One of reason that make motivation was importing thing that that the only one make contribute to sport performance can control by self. Anwar (Sajoto, 1988) said that psychological factor that influenced atlet performance after motivation is intellegency. Gunarsa (2008) said that intellegency one of factor that influence atlet performance. There are many opinion and research about influence intellegency and higly performance in championship. Anggraeni (2012) saw that intellegency quotient and emotional quotient not influence in achievement atlet pencak silat pada PON ke XVIII. Different to Anggraeni, Gunarsa (2008) said that emotional control (emotional quotient) very important and need of achieve a tournament. Behind intelleg quotient and emotional quotient, there are adversity quotient that important to get succes in people live. One of success controll factor and how to respon kesulitan is adversity quotient. Resulting of studies saw that the swimmer with high adversity quotient had higher motivation to get better excersice, and the other swimmer with law adversity quotient no had motivation to get better excersice more then before (Stoltz, 2004).

Need of achievement in sport branch influenced with internal and external factor athletes (Lutan, 2001). Internal factor, like physically excellence excersice and psychological condition, and eksternal factor gheographical condition, economic problem, culture, and social for example like family, friend, trainer, and

society. In this studies, focus to internal motivation, athletes motive and intellegency psychological condition factor, also reach external factor, like a family social support, in finswimming athletes.

Social support means having friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image. Social support enhances quality of life and provides a buffer against adverse life events (Sarafino, 2006). According Thompson studies (2010) about social support to minority athletes students, saw that social support family important factor that influence athletes students. Rodin & Salovey (Smet, 1994) also said that the important social support from family.

Research conducted on diving athletes team "Branch Training Center" (PUSLATCAB) and "Surabaya intensification Athlete Achievement surge Victory" (SIAP GRAKK) sport diving 40 people. Purpose this study, is to know the influence of adversity intelligence and family support towards the achievement motivation of athletes, hope this research can support the achievement of the athlete's performance more glorious.

### **Adversity Quotient**

Adversity Quotient Stoltz (2004) combination between three branch, cognitive psychology, psychoneuroimmunology, and neurofisiology. Adversity Quotient will give: (1) how long can survive from kesulitan and capacity to solve; (2) who can solve problem and who will lose; (3) to tell performance ekspektasy and potency, also who will lose ; and (4) to tell who will lose and who will survive.

There is four dimation Adversity Quotient, this dimation has popular akronim with CO2RE (*Control, Origin, Ownership, Reach, Endurance*):

- a. *Control*, this dimation have propose to control people to solve and response hard condition.
- b. *Origin and Ownership*, origin dimation saw where is hard condition. *Ownership* dimation saw how so far people can mengakui effect and consecuency from hard situation.
- c. *Reach*, this dimation asking about how deep problem will influence other aspect in life. People in this dimation will be able that hard problem is bencana and influence each aspect in life.
- d. *Endurance*, this dimation saw hong long problem will proceed. People with law Adversity Quotient will feeling that hard problem running forever and pesimist.

Stoltz (2004) said Adversity Quotient (AQ) is an innate ability that enables people turn their adverse situations into life changing advantage. Determining athlete 'AQ and its influence in relation to other factors that affect achievement is likely to provide greater understanding and better prediction of achievement. Related factor adversity quotient, 1) performance. 2) talent and willingness to succeed. Talent here combined knowledge and abilities. Desire to describe motivation, enthusias, passion, ambition, and personal freedom. 3) intelligence, health and character. 4) Physical and emotional health affect ability to succeed. If you sick, disease distract success. Important characters in personal success. Honesty, justice, , wisdom, kindness, and generosity, all important values to achieve success and live in peace. 5) genetics, education, and Believe. Genetic no determine fortune, but this certainly influence. Such as genetics, education influence intelligence, healthy habits, developmental character, skills, and performance. Additionally genetics and education, Believe, important factor in personal success.

Adversity Quotient or AQ is the science of human resilience. People who successfully apply AQ perform optimally in the face of adversity—the challenges, big and small, that confront us each day. In fact, they may not only learn from these challenges, but they may also respond to them better and faster. For businesses and other organizations, a high-AQ workforce translates to increased capacity, productivity, and innovation, as well as lower attrition and higher morale. Stoltz (2004) The researcher while reading on the area of adversity quotient came across literature which discussed how this science of resilience can be applied in different contexts. The researcher came in contact with Dr. Stoltz, the pioneer in this area and to the researchers delight their organization showed interest in the researcher's views. During the course of conversations and discussions between the researcher, her research supervisor and their organization, the need to conduct. So far only one study has been conducted in this field, which has been referred in the review of literature. Adversity research draws heavily from studies in the area of cognitive psychology. The degree to which people view adversities as stable or temporary will affect their perception of their ability

to control their environment and destiny. Adversity exists and is on the rise. It is present in society, the workplace, and individual lives. Adversity, though usually perceived as negative or harmful, is not without beneficial effect. It is often an individual's reaction to adversity, not the adversity itself, which determines whether the outcome is positive or negative. Given the understanding of the cognitive psychology underlying adversity and its potential for benefit, the critical issues become the development of an effective means with which one can respond to adversity, for both self and others. The manner in which an individual responds to adversity is based on the interrelatedness of 19 several factors and adversity itself defines several factors. Highly stressful circumstances are usually characterized by the possibility of harm. Sometimes there is also an opportunity for gain. These conditions often occur together, although based on our perception, we label them differently. There are ways to improve Adversity Quotient individual, well-known as acronym LEAD (Listen, Explore, Analyze, Do):

- a. *Listen: listen to your response to adversity. Listen to response of difficulties is important step changing habit pattern, to improve long-term effectiveness.*
- b. *Explore: exploring the origins of individual. At this level, individual encouraged to determine cause of trouble, refer to the ability to search causes to happen, understanding individual error, then explore to do better. individual encouraged aware of consequences aspect should or no responsible.*
- c. *Analyze: analyze difficulties. individual study analyzed the evidence that cause individual can't control these. Evidence difficult Causes to reach areas of life other, that these difficulties should last longer than necessary.*
- d. *Do: do something, people should be able to get additional information in order to control the situation is difficult, then can limiting range and limit sustainability difficulties when it happens.*

LEAD method based on understanding individual can turn adversity into success opportunity by changing habit of thinking. Changes created by questioning old pattern and establish new pattern.

### **Social Support Family**

Cobb said (Smet, 1994), social support which is personal believe them self noticed and loved. Social support encouragement to sacrifice, desire and advice to other in one situation (Chaplin, 2006). Form of social support form family support. Family place growing and development individual. Physical and psychological need of family environment. Individuals will make family as starlet, a story-telling, and complaint issue when individuals had experience problem (Irwanto, 2002).

According Smet (1994), social support family characteristics, (1) Informative, assistance information to be used in tackling problems. includes advice, guidance, ideas or other information required; (2) emotional attention, sympathy and support in the form of empathy, love, trust and respect; (3) The instrumental assistance, to facilitate activities or help in trouble; (4) Help assessment, award the other party under the conditions and assessments are positive.

Purnawan (in Setiadi, 2008) there are two factors affecting social support family, internal factors and external factors. Internal factors include level development, education, emotional and spiritual factor. External factors meliputi family practice, family support affect how an individual health. Then, socioeconomic factors and cultural belief, values and habits people overcoming obstacles.

### **Motivation of Achievement**

McClelland (Djiwandono 2006) suggests that humans as social beings influenced by a variety of motives. One motive is the achievement motivation. McClelland define achievement motivation as an attempt to achieve successful or successful in a competition to achieve the feat. Gill (in Gould & Weinberg, 2007) that achievement motivation is an individual effort to achieve success, last time, and get achievement awards.

McClelland (Uno, 2008) said characteristics achievement of individual, (1) choose a moderate difficulty task, while people with low achievement motivation choose very high task difficulty or low level; (2) Individu high achievement motivation will diligent work, keep trying, while individuals with low achievement motivation have a low persistence; (3) Individual high achievement motivation always need feedback task has been done, the concrete results of work done; (4) Have a personal responsibility

performance; and (5) Have innovation, complete the task in a different way, looking for information actively, find a better way when doing something, and they like challenges.

McClelland (Sukadji, 2001) describes achievement motivation factor: (1) Expectations of parents to their children. Parents hope children can achieve success and achievement. Parent making special efforts their children to be successful; (2) Imitation behavior. Learning through observation, people watching and imitating human behavior; (3) The environment which learning place. Safe situation and conditions, comfortable, and enjoyable affect achievement motivation.

Additionally, Siagian (2012) said the following factor also affect motivation: (1) Characteristics of biographical. This includes age, gender; (2) The personality, whole way to interacting with others; (3) Perception about objectives response influenced perception, and situation; (4) Learning Ability. Progress achieved person determined by learning ability; (5) Value believe. This relate to opinion about norms as "good", "bad", "right" or "wrong".

### Research Methode

Research use quantitative research survey design, with scale Likert questionnaire to adversity intelligence, family support, and achievement motivation. Furthermore, data processed using SPSS 22.0 for Windows. Adversity intelligence developed from Stoltz aspects (2004) with reliability 0.868. Family social support questionnaire developed from theory support of social by Smet (1994) with reliability 0.822. Individual achievement motivation questionnaire proposed by McClelland (in Uno, 2008) with the reliability of 0.858.

This study population Surabaya athletes diving team "Branch Training Diving Center" (PUSLATCAB) and "Surabaya intensification Athlete Achievement to Victory" (SIAP GRAKK) sport diving 40 people. Sampling technique with total sampling, where the number of samples is equal to population (Sugiyono, 2007). Processing techniques data using SPSS 22.0 for windows, test simple linear regression for first hypothesis, and second hypothesis, also multiple regression test for third hypothesis. Test hypothesis to analyze data in this study, to validity assumption test normality, linearity and multicollinearity test; and hypothesis testing.

### Results and Discussion

The number of subjects in this study were 40 people who are all diving athlete Surabaya in the team PUSLATCAB and READY GRAKK. Demographic data obtained showed that the subjects in this study had a balance of male and female respondents, ie 20 male respondents and 20 female respondents.

Table 1 results of Categorization Research Variables

<b>Categorization</b>	<b>Motivated Achievers</b>	<b>Intelligence Adversity</b>	<b>Family Social Support</b>
Very Low	0	0	0
Low Very High	0	0	0
Medium	4	11	1
High	34	24	23
Very High	2	5	16
Total	40 person	40 person	40 person

Author conducted a test of the three research hypothesis. Results of first hypothesis test showing adversity intelligence had an influence on achievement motivation of athletes dive in Surabaya by simple linear regression test, which correlation coefficient 0.496 with significance value 0.001 (sig. <.05), this showing a positive correlation between intelligence adversity and achievement motivation dive athletes in Surabaya. Sugiyono (2007), if value correlation coefficient value 0.496, that relation intelligence adversity and achievement motivation diving athletes have moderate or sufficient correlation. Adversity intelligence variable influence on achievement motivation 24.6%. This shows that 75.4% influence achievement motivation with other factors.

Result this study showing high family support will follow a high achievement motivation. Conversely, a low family social support will be followed by low achievement motivation. So, diving athletes who receive family support high and have high achievement motivation will achieve better achievement .. This is consistent with the results of research conducted Tian, et al. (2011) related adversity intelligence and achievement motivation among students majoring in nursing suggest that intelligence adversity positively related to achievement motivation, with a significance value of 0.001 ( $p < 0.05$ ). In addition, results of research and macasaet cornista (2013) showed that adversity intelligence has a significant relation to achievement motivation with  $r$  value of 0.291. Results test both hypotheses suggests that social support families affect the achievement motivation of athletes dive in Surabaya. This is proved by simple linear regression test, in which the correlation coefficient of 0.431 with 0.006 significance value ( $\text{sig.} < .05$ ), Which showed a positive relationship between social support families with achievement motivation of athletes dive in Surabaya. According Sugiyono (2007), if the value of the correlation coefficient of 0.431, it can be stated that the relationship of social support families with achievement motivation diving athletes have moderate or sufficient correlation. The magnitude of the influence of family social support variables of 18.5%. These results indicate that there are 82.5% of the influence of other factors that affect achievement motivation.

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Family support is provision of verbal and nonverbal information, assistance or provision of material behavior that them believes taken care and loved (Sarafino, 2006). Family support categorization results showed 23 (57.5%) had a family of high social support, whereas 16 (40%) had a family social support is very high and only 1 (2.5%) were family social support. Family support high and very high because individuals obtain warmth, concern, encouragement, and guidance family achieving goal becoming a champion. facilities and support it won award in the form of praise received by athlete when it managed to create social support families that are in high category and very high.

Hurlock (2001) family support in acceptance, attention, and self-confidence to achieve the goals. Thus, it is known family social support have an influence on achievement motivation athletes. An athlete would require assistance to support training in order to achieve optimal results. In accordance with the results of research conducted Putri (2014) indicates that there is a positive relationship between social support parents with sports achievement motivation, with a significance value of 0.001 ( $p < 0.05$ ).

Results third hypothesis test showed intelligence and social support family adversity affect achievement motivation dive athletes in Surabaya. Test multiple linear regression, correlation of coefficient 0.627 significance of value 0.000 ( $\text{sig.} < .05$ ) There is a positive relationship adversity intelligence and social support for families with achievement motivation of athletes dive in Surabaya. Correlation coefficient 0.627 adversity intelligence relationship with the family and social support achievement modivetivation has a strong correlation (Sugiyono, 2007).

Adversity intelligence and social support to achievement motivation of family 39.4%. Results 60.6% there is influence of other factors affecting achievement motivation. Intelligence adversity and family support high followed by a high achievement motivation as well. So instead, the intelligence of adversity and low family social support followed by low achievement motivation.

Achievement motivation is good enough 34 people (85%) have high achievement motivation. The athletes were able to choose the level of difficulty of the task medium thus have the opportunity to achieve better results achievement. The athletes have the endurance, persistence, do not give up easily, is responsible for actively practicing won. In addition, they also expect feedback to be the best.==

There are many factors that affect a person's achievement motivation. McClelland (in Sukadji, 2001) explains that the expectations of parents towards their children, imitation behavior, and the environment in which learning takes place are factors which influence the achievement motivation. Owned high achievement motivation athlete can dive because parents of athletes who wish their children to be champions, so parents do special efforts that encourage their children to succeed. Mimicking the behavior

is also very likely done by the athletes. The junior athletes who train with the senior athletes is very possible to replicate what was done by their seniors, such as training techniques, passion and discipline. The junior athletes see it every practice, making them motivated to excel as a senior athlete. Environmental factors where learning takes place, such as home and exercise affect achievement motivation of athletes dive. Athletes dive with high achievement motivation felt that they were practicing and resting place is a place that is safe, comfortable, and fun that makes them motivated to excel. In addition to the factors above, Siagian (2012) revealed that the biographical characteristics such as age and gender can affect one's motivation. Gender as one of the factors that affect, in this study it appears that the male respondents who have high achievement motivation were more numerous than the female respondents. Total of male respondents of 20 people, 18 of whom have high achievement motivation, while the female respondents who have high achievement motivation of 16 people. Similar to the results of research conducted by Eccles (1991) shows the differences between men and women in relation to involvement in sports. Unknown male respondents spent more time than the female respondents in sports.

The author also tries to do a partial correlation analysis to the three variables of the study. The results of the partial correlation between achievement motivation and intelligence adversity is at 0.506 with a significance value of 0.001. This shows that there is a significant and positive relationship between the partial achievement motivation and intelligence adversity. When adversity intelligence possessed high athletes, the motivation underachievement too high. The results of the partial correlation between achievement motivation and social support family also showed a positive, amounting to 0.433 with a significance value of 0.005. This means that a family of high social support will make a high achievement motivation owned and applies otherwise. On the other hand, the results of the partial correlation between family support and achievement motivation showed different results with previous analyzes, ie -0.149 with a significance value of 0.364. results were negative number indicates that the intelligence adversity has a negative correlation with the social support of the family, although the figures were small and not significant. Suppose, the results showed a significant negative correlation that it can be concluded that athletes who have high intelligence adversity, then the level of family social support received or felt will tend to be low. It is logical, explainable that can athletes with high intelligence adversity feel have the ability to overcome their own obstacles, so that athletes feel capable and strong to face alone, and less likely to need social support from family.

## **Closing**

Intelligence adversity and social support families together influential by 39.4% against the achievement motivation of athletes dive in Surabaya. As for advice for athletes are expected retained owned achievement motivation in order to continue achievement. Meanwhile, for athletes who want to improve the intelligence of adversity can do the following:

- 1) Dare to face hurdles,
- 2) for the possible cause of emerging obstacles,
- 3) Looking for evidence of the difficulty of obstacles, and
- 4) Do something so that in passing obstacles.

Some of the ways above is steps to improve intelligence adversitas that is contained in the LEAD (Listen, Explore, Analyse, Do). The family of athletes, especially parents or guardians athletes expected to keep providing and maintaining a support that has been given. Support both in terms of support information, emotional support, assessment, support and material support given a positive effect against an accomplished athlete motivation. So, families are advised to always support the activities or exercises that support the achievements of the athletes in question.

Trainer as the parties interact directly dengat athletes in training can provide encouragement and stimulation to the athlete so the athlete in question can be motivated. This can be realized by creating a situation and conditions of practice which is comfortable and fun for the athletes. Coaches can also create training programs that are varied and tailored to the needs of the athletes, so athletes do not feel that a given program is too heavy or too light that can make the athlete's motivation decreases.

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