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## The Contribution of Motivation to Performance readiness of Youth Badminton Athletes

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This study explores the motivation of youth badminton athletes, focusing on the role of intrinsic and extrinsic motivational factors in shaping performance readiness. The study employed a mixed-method approach involving semi-structured interviews and questionnaire surveys, targeting 30 active youth athletes affiliated with PB Djarum, Indonesia. Intrinsic motivation was examined through indicators such as personality traits, achievement orientation, and enjoyment, while extrinsic motivation included facilities, training methods, social support, and reward. The findings reveal that intrinsic motivation plays a more dominant role than extrinsic motivation in driving athletes' dedication and commitment to training. Key indicators include strong personal disciplines, self-confidence, and the desire to achieve high performance. Conversely, uncertainty and moderate engagement were found in areas related to enjoyment and reward-based motivation. These results align with the self-determination theory, which emphasizes the sustainability of internally driven motivation in sport performance. The study underscores the importance of integrating psychological development into an athlete's training program to support long-term growth and career transition beyond sports.

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