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## Comparison on motivation levels of sports people who rank among top three in Championships of Turkey in personal Branches

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### Abstract

The aim of this study is to compare the motivation levels of sport people in different personal branches in line with the gathered highest level factor. The sampling of the study is constituted by totally 280 young sportsmen in box, taekwondo and dumb branches participated in Turkey youth championship in 2013. In order to measure the success motivation, the Sport Related Success Motivation Scale developed by Willis (1982) and personal data forms were used. In analysis of data, SPSS 20 package program was used and “Kolmogorov Smirnov” test was used in order to determine that the data has normal range and also “Anova Homogeneity of Variances” test was used in order to determine that the data has homogenous and normal range. “Tukey” test was used in order to compare the unidirectional variance analysis factors among each other and the Pearson Correlation Analysis was used in order to determine the direction and severity of relation between motivation tendency and degree factor. As a result of this study, it has been determined that the score of motive of showing power and the motive of avoiding from failure of sportsmen who became the Champion of Turkey are higher than 2. And 3. ranked sportsmen and there is the positive correlation between the motive of showing power and the factor of degree.

**Keywords:** Motivation. Individual Sport, The degree in Sport

### 1. Introduction

The factors directing someone to make a choice among many alternatives or to make an action is defined as motive and motivation is defined as a period causing a behavior depending on the impact of a motive and current conditions; in other words, the period conducting this activity. (İkizler and Karagözoğlu, 1994) [11].

The concept of motivation is derived from the Latin word “movere”, meaning “to move, to encourage, to act” (Richard, 1975) [19].

Briefly, the motivation means “to direct and mobilize and dispose working” for the people. The motivation can be identified in the form “to act with one’s own desires and wishes” to perform a certain purpose (Koçel, 2003) [13]. Requests and needs in Psychology are examined under the heading of motivation (Arkonaç, 1998) [2].

The factors affecting to continuation of the sport or gaining continuity of the sport are called as the sport-motive. Thanks to these motives, the process causing to continue the sports activity is called the motivation in the sport. There are many different ways to motivate the individuals. In the context of sport and participation, it is also very important to understand what the motivation is. The motivation is the process to obtain and use the resources which is possible such as the ability, time and energy (Martin, Mushett, 1996) [17].

### Types of Motivation

Intrinsic Motivation, briefly is that person's self-motivated. People who are intrinsically motivated in order to be competent (skillful) have an internal hunger. These people have the ability to manage themselves in order to be successful (Nicholas *et al.*1992) [18].

People intrinsically motivated are addicted the game and their dignities. This inherent dignity motive to reveal the best of them. That many people around them is not critical for them. They continue by enjoying single-handed (Konter, 2004) [14].

There are two stages of inner motivation. These are the mental stage; deciding the place where the person will go and physical stage, moving through the destination to where the person wants to go (Koruç, 2002) [16].

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A person who has inner motivation converts his/her idea into move, defines the targets and takes action to reach these targets. The person should go through some phases in order to reach these targets. These are; believing in him/her, exploring the hidden abilities, embracing the life with cheer, getting beneficial habits in order to continue to development and increase the energy, making the appearance an effective tool, to have an attractive personality, looking for the ways for having successful relations, defeating the fear, suspect and anxiety, controlling the anxiety, defeating the failure, making use of time and researching the unknown (Koruç, 2002) [16].

Extrinsic motivation, is the strengthen or reinforce, which can be appeared in the negative and positive effects through other people, and based on the material and moral values reducing or increasing the possibility of behavior's recurrence. Extrinsic rewards can be financial materials (for example: coupe, money, medals and so on extrinsic rewards). Extrinsic rewards can also come from immaterial sources. (For example, be appreciated, be praised and so on.) (Konter,1995) [15].

Extrinsic motivation is not a situation which is directly related to the athlete. The simplest way to understanding the motivation of the external environment is to accept it as a process and to divide into (needs, motivations, goals,) the basic parts constituting it. The basic motivation process is usually expressed as follows (Gülen, 1998) [8].

It would also be useful to know the biological and social aspect of sports while examining the motivation in sports because it is one of the important needs of human beings to come together with other people in lively environments. This need is met by means of sports activities, and positive developments occur in the human organism in this way. Besides, sports has gained a very great importance from the social and economic point of view and begun addressing huge masses of people. Consequently the interest in the sports which has become a social institution has increased day by day and this situation has effected the point of view of the sportlers about sports and their motivation and the concept of motivation has gained a biological dimension apart from its psychological aspect (Başer, 1998) [4].

The purpose of this study is to compare the motivation levels of young sportsmen in individual branches with the gathered highest degree factor and to inform young sportsmen for future.

**2. Materials and methods**

**2.1. Sample of Research**

The sample of research is constituted by 280 young sportsmen as 70 of them are boxer, 70 of them are weight lifter, 70 of them are doing taekwondo, and 70 of them are mat men who participated in Championship of Turkey in 2013.

**2.2. Collection of Data**

The validity and reliability study in Turkey developed by Willis (1982) and *Sport-Specific Success Motivation Scale* made by Tiryaki ve Gödelek have been used in. The scale of Willis constitutes of two subdimensions. The first of these sub-dimensions is the demonstration of power motive (power motive, POW), latter the motivations regarding the success. The motives regarding success; are the motive to approach success, (MAS) and the motive to avoid failure (MAF). As a result of reliability analysis made by Tiryaki and Gödelek, it was determined as r=0,81 for the power demonstration sub-scale and r=0,82 for the approach failure sub-scale and r=0,80 for the Avoidance of failure sub-scale depending on the alpha reliability coefficients. The high of scores obtained from the

dimension of "Power Demonstration "and " Approach to Success"; the motivation of athlete is high in related to motivational aspects and if score is low, it indicates the opposite situation. The high score from "Avoidance of failure" dimensions indicates the athlete's fear of failure and having more stress (Tiryaki & Gödelek, 1997) [25].

**2.3 Analyzing the data**

In analyzing the gathered data, SPSS 15 package program was used. "Kolmogorov Smirnov" test was used in order to determine that the data has normal range and also "Homogeneity of Variances" test was used in order to determine that the data has homogenous and normal range. It has been determined that the data has homogenous and normal range. After this first assessment, it was decided to use the parametric test method in statistical analysis of data. In analysis of data, the descriptive statistic was used and the unidirectional variance analysis was used in order to determine the difference between more than 2 factors, tukey test was used in order to determine the factors among each other and Pearson Correlation analysis was used in order to determine the direction and severity of relation between the degree factor and motivation tendency.

**3. Findings**

The findings gathered at the end of this research are assessed in this chapter.

**Table 1:** Descriptive Statistic Findings

		Mean	Std. Deviation	Std. Error
Motive to Show Power	Turkey 2.	37,6905	5,28917	,57710
	Turkey 3.	36,9592	5,17590	,73941
	Turkey Champion	40,0000	7,48331	,88811
Motive to Reach Success	Turkey 2.	62,8333	8,33895	,90985
	Turkey 3.	61,4286	6,94622	,99232
	Turkey Champion	61,7324	9,55579	1,13406
Motive to Avoid From Failure	Turkey 2.	32,3690	7,19568	,78511
	Turkey 3.	31,5510	7,86623	1,12375
	Turkey Champion	34,6338	6,88319	,81688

As a result of conducted descriptive statistical analysis, it has been determined that the motive of Turkey Champion to Show power and to avoid from failure is higher than the 2.of Turkey and 3.of Turkey. The motive of achieving to success of sportsmen who ranked as 2.of Turkey have higher score of achieving success when compared to Turkey Champion and 2 of Turkey

**Table 2:** Variance Analysis

Motive to Show Power			
	Mean Square	F	Sig.
Between Groups	97,956	2,424	,048
Within Groups	40,404		
The Motive to Reach Success			
	Mean Square	F	Sig.
Between Groups	63,763	,806	,522
Within Groups	79,102		
The Motive to Avoid from Failure			
	Mean Square	F	Sig.
Between Groups	127,793	2,625	,035
Within Groups	48,680		

As a result of conducted Variance Analysis, it has been determined that there a difference between the Motive to Show Power and the motive to avoid from failure and the ranks gathered by sportsmen.

**Table 3:** Comparison of Score of The Motive to Show Power in line with the Highest Degree Factor (Tukey test)

		Mean Difference (I-J)	Std. Error	Sig.
Turkey 2.	Turkey 3.	,73129	1,14261	,523
	Turkey Champion	-2,30952*	1,02473	,025
Turkey 3.	Turkey 2.	-,73129	1,14261	,523
	Turkey Champion	-3,04082*	1,18052	,011
Turkey Champion	Turkey 2.	2,30952*	1,02473	,025
	Turkey 3.	3,04082*	1,18052	,011

When the score of sportsmen regarding the motive to show power is compared in line with the gathered highest rank factor; it has been determined that there is a substantial difference between 2.of Turkey and Turkey Champion and also between 3.of Turkey and Turkey Champion.

**Table 4:** Comparison of the Score of The Motive to Reach Success in line with the Highest Degree Factor

		Mean Difference (I-J)	Std. Error	Sig.
Turkey 2.	Turkey 3.	1,40476	1,59875	,380
	Turkey Champion	1,10094	1,43380	,443
Turkey 3.	Turkey 2.	-1,40476	1,59875	,380
	Turkey Champion	-,30382	1,65179	,854
Turkey Champion	Turkey 2.	-1,10094	1,43380	,443
	Turkey 3.	,30382	1,65179	,854

When the score of sportsmen regarding The Motive to Reach Success is compared in line with the gathered highest rank factor; it has been determined that there is a meaningless difference among all the factors.

**Table 5:** Comparison of the Score of the Motive to Avoid from Failure in line with the Highest Degree Factor

(I) derece		Mean Difference (I-J)	Std. Error	Sig.
Turkey 2.	Turkey 3.	,81803	1,25419	,515
	Turkey Champion	-2,26476*	1,12479	,045
Turkey 3.	Turkey 2.	-,81803	1,25419	,515
	Turkey Champion	-3,08278*	1,29580	,018
Turkey Champion	Turkey 2.	2,26476*	1,12479	,045
	Turkey 3.	3,08278*	1,29580	,018

When the score of sportsmen regarding The Motive to Avoid from Failure is compared in line with the gathered highest rank factor; it has been determined that there is a substantial

statistical difference between 2.of Turkey and Turkey Champion.

**Table 6:** Correlation Analysis

		Degree Factor
Motive to Show Power	Pearson Correlation	,133*
	Sig. (2-tailed)	,026
	N	280
Motive to Reach Success	Pearson Correlation	-,073
	Sig. (2-tailed)	,226
	N	280
Motive to Avoid From Failure	Pearson Correlation	,067
	Sig. (2-tailed)	,266
	N	280

As a result of conducted correlation analysis, it has been determined that there is a positive correlation between the Motive of Sportsmen to Show Power and the gathered rank factors.

**Assessment and Result**

As a result of conducted descriptive statistical analysis, it has been determined that the Motive of Turkey Champions to Show Power is  $40,000 \pm 7,48331$ , the Motive of 2. of Turkey to Show Power is  $37,690 \pm 5,28917$ , The Motive of 3.of Turkey to Show Power is  $36,959 \pm 5,175$ . When the score of sportsmen regarding the Motive to Show Power is compared in line with the rank factor owned by sportsmen, there is a substantial difference between 2.of Turkey and Turkey Champion and also between Turkey Champion and 3.of Turkey. The first reason of the situation that the score of Turkey Champions regarding the Motive to Show Power is higher than the 2.of Turkey and the 3.of Turkey is that they deserve the success more; they have more effort to prove and Show them. As a result of conducted correlation analysis, it has been determined that there is a positive correlation between the score of sportsmen to Show power and the rank factor. Statistically, as long as the Motive of sportsmen to Show Power increases; the rank factor also increases.

In the conducted literature scan, the data of study was compared with the near results. In the study made by Kuru and Abakay (2009), the Motive to Show Power of wrestlers who have no rank is  $\bar{X} = 38,40 \pm 3,97$ , of the ones who have degree in Turkey is  $\bar{X} = 39,30 \pm 5,08$ , of the ones who have degree in international tournament is  $\bar{X} = 37,42 \pm 4,59$ . In the conducted study, Aktop (2002) [1] had investigated the sub positions of success motivation of team sportsmen and individual sportsmen. In individual sportsmen, the sub dimension of the motive to show power was found as  $X = 37,89$ , the sub dimension of the motive to reach success was found as  $X = 62,50$  and the sub dimension of the motive to avoid from failure was found as  $X = 28,17$ . In their studies conducted in 2015, Soykan and Tazegül had determined that the karate players who are named among national sportsmen have higher motive to show power and to reach success when compared to sportsmen who are not named among the national sportsmen. In their study made in 2013, Tazegül and the colleagues have determined that the Motive of sportsmen in the branch of wrestling to Show Power is 40. 914, their Motive to Reach Success is 60. 678, and their motive to avoid from failure is 34.335. In his study made in 2013, Tazegül had determined that the motive of sportsmen who do sport with close contact

with the rival to show power is 40.521, the Motive to reach success is 60.52 and the motive to avoid from failure is 34.012 In his study conducted in 2012, Tazegül had determined that the score regarding the motive to Show power of sportsmen in Greco - roman wrestling branch is higher than the motive to show power of sportsmen in box, kick box Freestyle wrestling and weight lifting.

As a result of conducted descriptive statistical analysis, it has been determined that The Motive of Turkey Champions to Reach Success is  $61,7324 \pm 9,55579$ , the Motive of 2.of Turkey to Reach Success is  $62,8333 \pm 8,33895$ , the Motive of 3.of Turkey to Reach Success is  $61,4286 \pm 9,55579$ . As a result of variance analysis made for determining the difference between the score of the sportsmen regarding the motive to reach success and the rank gathered by sportsmen, it has been determined that there is a difference is meaningless level. When the score of the motive to reach success is compared in line with the highest ranking of sportsmen, it has been determined that there is a difference in meaningless level statistically among all the factors. As a result of conducted correlation analysis, it has been determined that there is no relation between the score of sportsmen regarding the motive to reach success and the rank factor gathered by them. In the study conducted by Kuru and Abakay in 2009, it has been determined that motive of wrestlers who have no degree to approach to success has the motive to approach to success as  $\bar{X} = 62,90 \pm 6,96$ . The ones who ranked in Turkey has  $\bar{X} = 65,70 \pm 5,40$  and the ones who ranked in international tournament has  $\bar{X} = 64,11 \pm 5,13$ . In their study (2000), Karabulut [12] and the colleagues have investigated the differences regarding the motive to show power of experienced and inexperienced sportsmen. They determined that the motive to show Power in experienced sportsmen is  $\bar{X} 40,87$ , and in inexperienced sportsmen is  $\bar{X} 39,49$ ; the motive to approach to success in experienced sportsmen is  $\bar{X} 64,23$ , and in inexperienced sportsmen is  $\bar{X} 64,41$ ; the motive to avoid from failure in experienced sportsmen is  $\bar{X} 31,02$  and in inexperienced sportsmen is  $\bar{X} 32,71$ . However, they determined that there is no substantial difference between these two groups. While Soyer and the colleagues (2010), have no substantial relation between the ages of sportsmen and the success motives; a substantial relation have been found in gender factor. This difference is caused by the condition that the success motive of female is higher than the males. In the success motive levels of the ones included in research, a substantial difference was found in terms of amateurship and professionalism. In the study conducted by Engür (2002) [6] with the aim of determining the impact of success motive in elite sportsmen on state anxiety levels; it has been found that the scores of sportsmen regarding the motive of success is statistically higher substantially when compared to average score of sports women.

As a result of conducted descriptive statistical analysis, it has been determined that the motive of Turkey Champions to avoid from failure is  $34,6338 \pm 6,88319$ ; the motive of 2.of Turkey to avoid from failure is  $3690 \pm 7,19568$ , the motive of 3.of Turkey to avoid from failure is  $31,5510 \pm 7,86623$ . As a result of Variance Analysis conducted to determine the difference between the score of sportsmen of the motive to avoid from failure and the rank factors gathered by sportsmen; it has been determined that there is a substantial difference statistically. When the motive to avoid from failure is compared in line with the highest rank gathered by sportsmen,

it has been determined that there is a statistically substantial difference among the scores of Turkey Champions and the 2.of Turkey regarding the motive to avoid from failure. As a result of conducted correlation analysis, it has been determined that there is no relation between the score of motive of sportsmen to avoid from failure and the ranking they gained.

In the study conducted by Kuru and Abakay in 2009, it has been determined that the motive of wrestlers who have no degree in motive to avoid from failure is  $\bar{X} = 34,45 \pm 5,99$ ; the motive of the ones who ranked in Turkey is  $\bar{X} = 35,48 \pm 5,40$  and the motive of the ones who ranked internationally is  $\bar{X} = 35,37 \pm 4,57$ . In their study, Aslan and Kuru (2002) [3] has determined a relation in positive level between the motives of 1. League football players to avoid from failure and their sportive experiences and also a negative low substantiality level between the motives of 2.leagure football players to Show power and their sportive experience. Türkmen (2005) [26] had determined that the success need of Professional football players is higher than the success needs of amateur football players. As a result of the study conducted by Ural (2008) [27] in order to determine the motivation hand factors effecting the team performance, it has been determined that the motive levels of sportsmen who do sports for less than 5 years and also who do sports for more than 10 years are lower. In the study of Erman and the colleagues (2004) conducted with the aim of comparing the sports - related success motives of sportsmen and sportswomen, it has been found that there is no substantial difference in terms of the sub dimensions of success motives between sportswomen and sportsmen.

As a result, it has been determined that there is an increase in motivation tendencies as long as the rank factor gathered by the sports people is getting high. The reason of this condition is thought as that, in line with the increase in the rankings gathered by sports people, it is required have more responsibilities to sustain this success and to practice more.

In the sports understanding of today, it has been determined that the performance of sports people can reach to a definite degree as a result of physical practices. In order to make this performance higher, the psychological aspect should be strong. One of the most important elements affecting the performance psychologically is the motivation level of sports people. The inner motivation levels, material and moral awards should be increased in order to get higher successes and increased performance of sports people.

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