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Comparative study of sports motivation among contact and non-contact sports persons

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Abstract

The purpose of the study was “Comparison of sports motivation among contact and non-contact sports persons”. The subjects for this study were district, state, national and international level sports persons. Total 500, including 250 from contact and 250 from non-contact sports persons between 18-40 years of age were selected. The sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier was applied for this study. The selected variables of sports motivation were intrinsic motivation, extrinsic motivation and amotivation. The obtained data were analyzed by applying independent ‘t’ test in order to compare the sports motivation (Intrinsic motivation, Extrinsic motivation and Amotivation) among contact and non-contact sports persons. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was no significant difference found in case of sports motivation among contact and non-contact sports persons, may be due to the reason that both type of sports persons undergone with the high training schedule, very high fitness level, more highly motivated to win the medals in competitions. They might have equal level of experience in terms of playing their respective sports, which must have been probable cause for the insignificant difference.

Keywords: motivation, amotivation, contact and non-contact sports persons

Introduction

Games and sports, as a part of human education have always existed in the human society. Before the dawn of civilization and culture, physical exercise was very important aspect of human existence. In the primitive society, “the necessity for survival” motivated man to keep himself more physically fit and strong enough in comparison to stronger forces of nature (Kamlesh and Sagral, 1981) [1].

Motivation refers to “the reasons underlying behavior” (Guay *et al.*, 2010, p. 712) [2]. Paraphrasing Gredler, Broussard and Garrison (2004) [3] broadly define motivation as “the attribute that moves us to do or not to do something”. Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci *et al.* (1999) [4] observe, “intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards”. Researchers often contrast intrinsic motivation with extrinsic motivation, which is motivation governed by reinforcement contingencies. Traditionally, educators consider intrinsic motivation to be more desirable and to result in better learning outcomes than extrinsic motivation (Deci *et al.*, 1999) [4]. Motivation involves a constellation of beliefs, perceptions, values, interests, and actions that are all closely related. As a result, various approaches to motivation can focus on cognitive behaviors (such as monitoring and strategy use), non-cognitive aspects (such as perceptions, beliefs, and attitudes), or both. For example, Gottfried (1990) [5] Defines academic motivation as “enjoyment of school learning characterized by a mastery orientation; curiosity; persistence; task-endogeny; and the learning of challenging, difficult, and novel tasks”. On the other hand, Turner (1995) [6]. Considers motivation to be synonymous with cognitive engagement, which he defines as “voluntary uses of high level self-regulated learning strategies, such as paying attention, connection, planning, and monitoring”.

Definition of Terms

Motivation: According to Locke and Latham (2004) [7], motivation refers to “internal factors that impel action and to external factors that can act as inducements to action” (p. 388). In other words, motivation is an internal or external process that spurs action.

Intrinsic Motivation: Motivation that “exists within individuals” (Ryan & Deci, 2000, p. 56) [8]. This type of motivation is driven by an inherent interest, pleasure, or valuing of the task itself.

Extrinsic Motivation: Pursuit of an activity that comes from outside the individual, as in external rewards, judgments, or outcomes.

Amotivation: Often defined as a relative lack of motivation (Lavigne *et al.*, 2007) [9]. Humans that experience amotivation are not bound by internal or external drives toward an activity or pursuit.

Review of related literature

Duda (1988) [10] Examined the relationship between goal perspectives and selected motivation behavior (i.e., persistence and intensity) among intra-mural league participation. Persistence was defined as the number of years of participation in the sports whereas intensity was optimized as the hours and weeks spent practicing the recreational sports in the student’s free time. Results indicated that greater persistence and intensity corresponded to the student’s emphasis on task involvement in sports. Whitehead and Robert (1989) [11] Investigated motivational outcomes consequent to participation in physical fitness testing procedure. Seventh and eighth grade school children (N = 165) were administered on the intrinsic motivation inventory before and after participating in a fitness test where they received bogus positive, negative or no verbal feedback (control). Manova and casual modeling procedures revealed that positive feedback increased intrinsic motivation while negative feedback decreased it. Analysis showed that changes in intrinsic motivation were mediated by change in perceived competence. In a second experiment seventh and eighth graders (N = 370) participated in either the president’s challenge or the fitness tests. Because of their different evaluative procedures and incentive schemes, it was hypothesized that these tests would have different effects on intrinsic motivation, Manova and Anova revealed no significant differences between fitness test groups on intrinsic motivation or physical self-worth. However, there was a clear gender effect on the perceived competence aspect of intrinsic motivation and self-worth. These results partially support the

case for applying the trends of cognitive evaluation theory and reflectance motivation theory of fitness testing situations in order to provide threats to intrinsic motivation.

Objective of the study: The objective of the present study was to compare the sports motivation level among contact and non-contact sports persons.

Selection of Subjects: For the purpose of present study total 500 sports persons, 250 from contact sports and 250 from non-contact sports were selected from various sports centres in India. Selected sports persons were between 18 to 40 years of age and had minimum District/state level participation, whereas few among selected sports persons also participated at national as well as international level.

Procedure: Total 500, including 250 from contact sports and 250 from non-contact sports persons (between 18 to 40 years of age) consecutive eligible subjects were selected from various sports centres in India, which include Delhi/NCR, Chandigarh, Jalandhar, Sonapat, Bhopal and Pune. All concern team coaches were contacted and proper informed consent was taken from all eligible participating sports persons. To assess the sports motivation of all selected eligible sports persons, sports motivation scale (sms28) questionnaire developed by Luc G. Pelletier, Michelle Fortier was distributed in a comfortable room with sufficient light and ventilation. Sufficient time was given for filling responses in questionnaire.

Tool Used: The motivation score of the subjects was assessed by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier, because it is the most reliable, valid and suitable test to measure sports motivation of sports persons.

Measures: Sport motivation scale (SMS; Pelletier *et al.*, 1995) [12] the scale was designed to assess individual’s level of motivation towards sport, using the self-determination theory framework. Participants reported the extent to which the listed reasons for practicing their sport answering the question, “Why do you practice your sport?” corresponded with their own personal reasons. Participants’ motivation was assessed using a 7-point Likert scale ranging from 1 (Does not correspond at all) to 7 (Corresponds completely). The scale consisted of the 28 items measuring seven factors (three types of intrinsic motivation, three types of extrinsic motivation, and amotivation); (a) Intrinsic Motivation: To Know, (b) Intrinsic Motivation: To Accomplish, (c) Intrinsic Motivation: To Experience Stimulation, (d) Extrinsic Motivation: Introjected, (e) Extrinsic Motivation: Identified, (f) Extrinsic Motivation: External Regulation, and (g) Amotivation.

Table 1

S. No	Subscales	Definitions
1	Intrinsic Motivation: To Know	Performing an activity for the pleasure of experiences that lead to learning, exploring, or attempting something new.
2	Intrinsic Motivation: To Accomplish	Engaging in a task for the satisfaction of attempting to achieve or create something.
3	Intrinsic Motivation: To Experience Stimulation	Desire to engage in an activity in order to experience inspiration in the form of sensations of pleasure, aesthetic experience, fun, or excitement.
4	Extrinsic Motivation: Identified	Valuing and regarding a behavior as important, thereby engaging in an activity by choice
5	Extrinsic Motivation: Introjected	Engagement in an activity that is reinforced through internal feelings of guilt or anxiety when a stimulus is removed and no longer needed to initiate a behavior
6	Extrinsic Motivation: External Regulation	Behaviors that are controlled by external sources (i.e. rewards or constraints)
7	Amotivation	Relative absence of internalization; neither intrinsically nor extrinsically motivated

Hypothesis

It was hypothesized that there may be significant difference in sports motivation level among contact and non-contact sports persons.

Statistical Technique

The obtained data were analyzed by applying independent ‘t’ test in order to compare the sports motivation level among

contact and non-contact sports persons. The level of significant was set at 0.05.

Results

There was no significant difference found in sports motivation among contact and non-contact sports persons, however motivation of non-contact sports persons is slightly higher than that of contact sports persons.

Table 2: Mean and Standard Deviations of Sports Motivation variables

S. No	Variables	Group 01 Contact Sports Persons (CSP) n=250 mean+/- SD	Group 02 Non-contact Sports Persons (NCSP) n=250 mean+/- SD	p-value
1	Intrinsic Motivation (To know)	21.5 +/- 5.1	22.3 +/- 4.0	0.070
2	Intrinsic Motivation (To accomplish)	21.0 +/- 5.6	22.3 +/- 4.5	0.004
3	Intrinsic Motivation (To experience stimulation)	21.5 +/- 5.5	22.0 +/- 3.8	0.246
4	Extrinsic motivation (Identified)	20.9 +/- 5.3	22.3 +/- 4.5	0.001
5	Extrinsic motivation (Introjected)	21.9 +/- 5.5	22.3 +/- 3.9	0.288
6	Extrinsic motivation (External Regulation)	19.7 +/- 5.0	19.3 +/- 3.4	0.308
7	Amotivation	14.0 +/- 5.6	12.8 +/- 4.9	0.008
8	Total	140.6 +/- 28.4	143.4 +/- 19.8	0.194

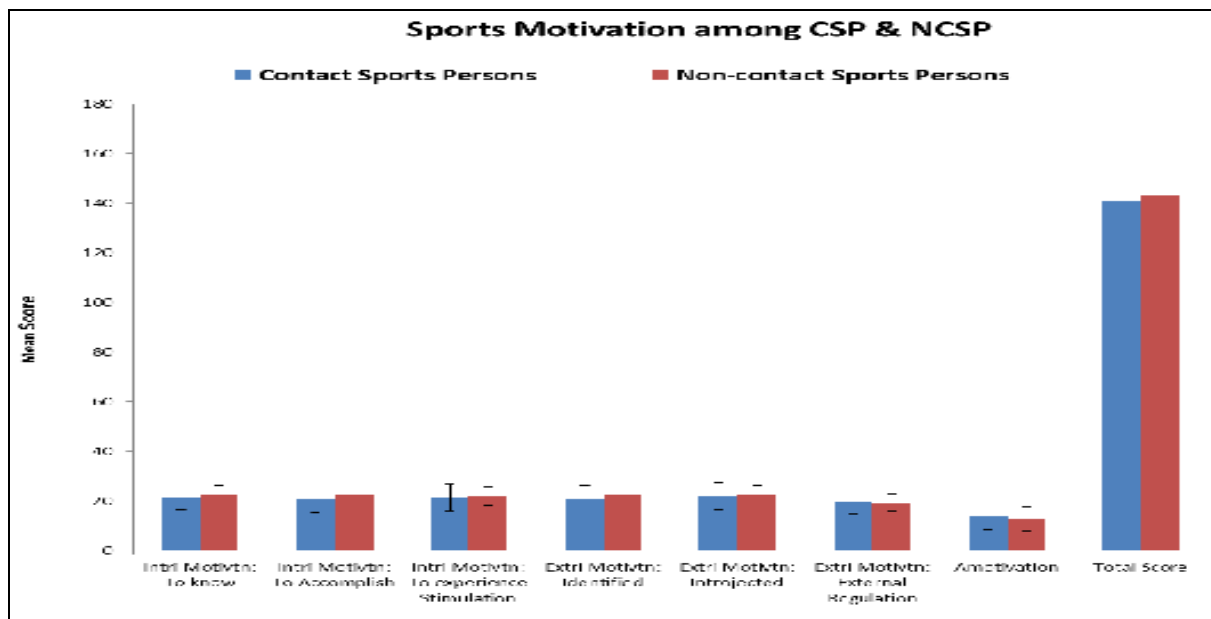


Fig 1

From the above table-1 and fig.-1, it is revealed that there was no significant difference in sports motivation variables. Thus it may be concluded that there was no significant difference among contact and non-contact sports persons related to sports motivation test.

Discussion of Finding

The finding of the study reveals that there was no significant difference found in case of sports motivation among contact and non-contact sports persons, however motivation of non-contact sports persons is slightly higher than that of contact sports persons. These findings may be due to the reason that both type of sports persons undergone with the high training schedule, very high fitness level, more highly motivated to win the medals in competitions. They have almost equal level

of experience in terms of playing their respective sports, which must have been probable cause for the insignificant difference.

Conclusion

There is no significant difference in sports motivation level among contact and non-contact sports persons.

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