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## Role of motivation and its impact on the performance of a sports person

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### Abstract

The purpose of this study was to investigate the Role of Motivation and its impact on the performance of a sports person. The research method of this survey was descriptive study. Motivation is key to accomplishment, be it in academics, or in physical activities and sports. It is therefore, necessary to understand the meaning of motivation and also to examine how various authors have defined the same. Knowledge regarding various types of motivation is essential to understand the true import of its meaning. How to motivate an athlete or a student is a question which requires the detailed and in-depth study of various methods of motivation. The impact of motivation on performance in physical education and sports also needs elaborate examination.

**Keywords:** Motivation, descriptive, accomplishment, elaborate

### 1. Introduction

Motivation is one of the fascinating and important areas in human psychology. Motivation has immense effect on learning. In the absence of motivation either there will be no learning or very little learning.

Motivation is emotional talent. It is the key of learning and training. Once released, it can work wonder. Motivation helps the people to perform, higher than their normal physical and mental capacities, and to keep them satisfied. Motivation is an inspirational process which impels the members of the team to pull their weight effectively to give their loyalty to the group, to carry out the tasks properly that they have accepted, and generally to play an effective part in the job that the group has undertaken.

### 2. Motives or Needs

Motivation is the process in which the learner's internal energies or needs are directed towards various goal objects in his environment. In other words, motivation is the condition which increases the desire to perform better.

There are certain basic motives or needs that every person, whether he is a child or an adult, tries to satisfy. So long as one's present behavior and knowledge are adequate to satisfy all his needs, he will not try to change his behavior or acquire new knowledge. We modify our attitudes, interest and personalities and we acquire new knowledge only when our present behavior and knowledge do not satisfy our motives. To learn something new, firstly there must be a goal that attracts us and secondly there must be some obstacle that keeps us away from attaining that goal. The reason is simple, because if there is no obstacle in our way, our present behavior and the knowledge that we have already acquired would lead us directly to our goals, and in such a situation there would be no need to learn. We modify our behavior only when it is necessary to do so, enabling us to reach the goals that our unsatisfied motives create.

The most effective learning will take place only when there is maximum of mental activity, which is attained through strong motivation.

Motivation works on these facts which are kept in our mind while facing any event of Games and Sports:

- a. Can I do this Task?
- b. What do I have to do to succeed in this task?
- c. What do I have to do to succeed in this task?

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### 3. Methods Of Motivation

#### a. Reinforcement

Reinforcement is an important motivational tool. It refers to any type of event that increases or decreases the likelihood of a similar response occurring in the future. Positive reinforcements inform the athlete when he is doing something right and encourage the continuation of the activity in the specific direction. Negative reinforcement is generally, of little value because it merely indicates that the behavior is incorrect without providing information with respect to the correct response of behavior.

#### b. Length of practice

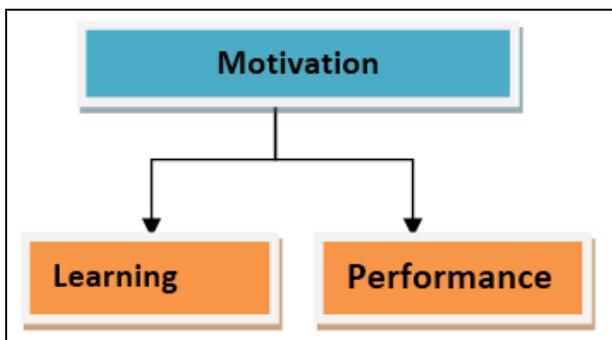
For motivating and initiating young athletes to any activity, the length of practice must be in good planning according to the interest of the participants.

#### c. Knowing your Athlete/ Student

It is very important to know that each athlete comes from a different background with varied experiences and have different degree of maturation. They have different attitudes and options towards sports event and people in the sports environment. Each will have different interest and desires. Thus obviously what motivates one athlete may not motivate another. Knowing all these individual differences will enable a teacher or coach to motivate the athlete through suitable ways, and in appropriate manner.

#### d. Teacher as a Motivator

A teacher or a coach is one of the most important personalities which guides his students to a particular direction for the attainment of desire result in a particular event, which he impart to the students while training. For this a teacher should have a quality of good motivator.



### 4. Facilities And Equipment

It is one of the most important motivational features which attracts /motivates players towards a particular event which he wants to learn according to his choice. For this facilities and equipments plays an important role because without these, a player is unable to motivate to his event.

### 5. Techniques Of Motivation

Following are the techniques of motivation:

#### a. Reward And Punishment

Student endeavors to do the best in order to get reward. He becomes pleased when he is given reward and greater enthusiasm on the part of the student is shown. Following things must be kept in mind while giving reward is always fatal for the future progress of an individual.

The nature or amount of reward should be according to the level of performance. Additional reward is always fatal for the

future progress of an individual.

Individual must know the importance of reward. If reward is given to so many individuals at a time, the reward loses its validity.

Reward should not be traditional or a routine activity. Different types of rewards should be given at different occasions.

Reward should have some monetary or social value.



As far as punishment is concerned its fear leads an individual not to do unwanted jobs. The child comes to the class with full preparation in order to avoid punishment.

1. Punishment should not be regular. Such punishment can make the children habitual to them.
2. Punishment should not be so severe. Such punishment can create hatred in the minds of children towards the whole system.
3. Punishment should be given keeping in view the mental and physical resistance of children.
4. Punishment should be judiciously distributed to all guilty person.

Researchers have made it clear that reward is better technique of motivation than punishment. Punishment is fatal to the psychological development of the organism also. So, punishment should be avoided as much as possible.



### 6. Success And Failure

Success creates self confidence among individuals and possibility of more successes increases. Teacher/coach creates such an environment in the class in which all the barriers in the way of success are removed. Failure can also work as a source of motivation especially the talented students accept the failure as a challenge for them. In order to use this technique in the class rooms/ ground situation, the teacher presents such problems in the class which students are unable to perform the skill which his teacher/ coach given to them. The bright students accept this challenge for future and thus they are motivated for work.

**a. Praise and blame**

When child is praised at his successes, he is overjoyed. As a result he works better than before.

**b. Competition and cooperation**

The feeling of competition is universal in humans. In the ground/field situations weak students compare themselves with their own group and bright students compare their achievements with that of bright group students. In this way the whole class is motivated. In games and sports too competition works as the best motivator. Every sports person does harder and harder efforts to raise his performance level. Such type of competition is called individual competition. Team competition also works as a good motivating force.

**c. Knowledge of Progress**

It is a traditional method of motivating the student that they are regular told about their progress in the basis of formative evaluation. When they come to know about their achievements, they work harder to raise this level due to the feedback obtained from the knowledge of the progress. Sports teacher should regularly evaluate the achievement of students and students should be informed immediately about this. For the attainment of good result the knowledge of progress is very important in between a coach and student.



**7. Impact Of Motivation**

**a. Good cooperation among the team mates**

With the help of motivation there is a healthy environment in the team, team mates easily understand the problems of his colleagues and motivate them in a proper way to learn new skills of a particular game/ sports.

This helps the players towards the attainment of fruitful performance in games and sports.

**b. Skill/technique development**

Another vital objective of motivation in sports training is the development of skills or techniques in a particular sport or event in which sports person intend to perform or execute. Good skill or technique helps the sports person to make economical and optimum use of his physical abilities or physical prowess.

The sports person learns the skills or techniques and gets a mastery over it under condition specific to their sport or event. As the sports person develops his/her level of physical fitness he/she must also keep improving the standard of his/her skills or technique.

Motivation may be simple to complex, because in motivation we motivate the players to a particular event according their endurance, stamina, vital capacity etc.

**8. Discussion**

Healthy and constructive discussion is very essential in motivation. It ensures the proper motivation to a player for attainment of specified goal or objective. It also reveals what type of motivation should be given to a team or players to attain desired performance.

**9. Conclusion**

Motivation serves to energize, select and direct performance. It helps in setting tough goals and directing the energy and effort to achieve those goals. Intrinsically motivated athletes strive hard to master the skill and are propelled by the inward drive to accomplish the task. While at the same time they do enjoy the challenging situations encountered during competition. Optimum level of motivation is essential for performance enhancement. Such optimum level would differ from an athlete to athlete, and is also influenced by the nature of activity.

Effective application of motivation techniques does have tremendous impact upon the athletic performance. Even athletes, who are fairly well motivated already, also need systematic programme to direct their motivation. Willingness to participate in activity, and readiness to overcome the obstacles there in can be induced through different motivational techniques. Motivation thus has important implications for teachers, coaches, trainers, leaders and physical education programme administrators.

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