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## Impact of motivation on 5000mtr race in men

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### Abstract

This 5000 meter run is largely an aerobic or endurance event. A pace of approximately 85% to 95% of VO<sub>2</sub> Max has to be maintained throughout entire race. Training at this intensity helps not only to raise the runner's VO<sub>2</sub> max as high as possible, but to experience the all-out race pace characterized by lactic acid accumulation. Fast training sessions must be included in order to bring the development of both speed strength and speed endurance required for this event. Learning good pace judgment in training is of great value for accurately assessing running speed during varying states of fatigue in a race. Motivation plays a key role for quality performance and success not only in racing but in training as well which brings about greater improvement

Motivation represents one of the most important variable in sport. In fact, coaches and athletes agree that motivation is one of the key elements that will facilitate not only performance but also a positive experience in the sport area. Psychologists have come to realize the existence of different types of motivation. Two broad types that have been studied extensively are intrinsic motivation and extrinsic motivation. Intrinsic motivation refers to engaging in an activity for itself and for the pleasure and satisfaction derived from participation.

The objective of the study was to determine of the effect of intrinsic motivation, extrinsic motivation, a motivation on 5000 mtr race in men in schools and colleges of rural and urban areas. The study was delimited to 5000 meters race for mens of fazilka district of Punjab state of India. The Men players was taken from age group 15 to 18 years of Senior Secondary Schools and 19-22 years of colleges of rural and urban area as well as from government and private schools. Ten samples each were randomly selected from men players, purposely selected from schools and colleges of rural and urban areas. The selected men must have shown their ability to run the race several times the data were collected with Different type of motivation. The data were collected on the road. Time of test and retest method were used to determine the reliabilities the test and performance was taken as score.

It was found that there is lot of ways to motivate a person and it depend on the personality and influence of the motivator. The same measures of motivation may work differently on different runners.

It was found that Intrinsic motivation have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area Schools and also in colleges. But it is very hard to judge the quantum and application of intrinsic motivation. It was found that Extrinsic motivation have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area schools and Colleges. The affect of extrinsic positive motivation was clearly visible but level of motivational activity work differently on every individual runners. Same way extrinsic negative motivation worked and shown some better performance than other motivations for runners.

**Keywords:** Motivation, 5000mtr race, men

### Introduction

Athletics is an exclusive collection of sporting events that involve competitive running jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running cross country running, and race walking. The simplicity of the competitions, are the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly and individual sports, with the exception of relay races and competitions which combine athletes, performances for a team score, such as cross country.

### Long Race

The 5 Km, 10 Km, Half-Marathon, and Marathon races are all classified as long distance running events. They require athletes to run at their predetermined paces with the minimum

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expenditure to energy at the same time. At higher levels of competitions, athletes should also be able to accelerate and vary their speeds according to the race situations. Sound running techniques and proper distribution of efforts throughout the race are undoubtedly important for outstanding performance in these running events. On the whole, performance of such events is the combined results of technical, physical, mental, and nutritional preparation.

This 5000 meter run is largely an aerobic or endurance event. A pace of approximately 85% to 95% of  $\text{VO}_2$  Max has to be maintained throughout entire race. Training at this intensity helps not only to raise the runner's  $\text{VO}_2$  max as high as possible, but to experience the all-out race pace characterized by lactic acid accumulation. Fast training sessions must be included in order to bring the development of both speed strength and speed endurance required for this event. Learning good pace judgment in training is of great value for accurately assessing running speed during varying states of fatigue in a race. Motivation plays a key role for quality performance and success not only in racing but in training as well which brings about greater improvement.

#### Psychological Considerations

At the highest level of sport performance where physiological attributes and conditioning of athletes are normally evenly matched, winning and losing are often determined by millimeters and thousands of a second. Physical preparation alone is no longer adequate to assure victory because it is most probably a matter of who are tougher in their minds that distinguishes between winners and losers. Orlick and parting on (1988) had also found that of the three major readiness factors technical, physical and mental: only mental readiness was significantly related to final Olympic ranking of athletes. In the same study, many highly successful athletes felt that they could have reached their peaks much sooner if they had worked on strengthening their mental skills earlier in their careers.

Motivation represents one of the most important variable in sport. In fact, coaches and athletes agree that motivation is one of the key elements that will facilitate not only performance but also a positive experience in the sport area.

#### Motivation

Motivation has been subject of attention from a host of individuals, including playwrights, philosophers and psychologists. In particular, have looked at the concept for the past two centuries and have provided some general definition of motivation is that it represents the hypothetical construct used to describe the internal and/or external forces that lead to the initiation, direction intensity, and persistence of behavior. Thus motivation leads to action.

One of the difficulties in defining motivation is that it is not directly observable. Thus one strategy used to define motivation, implied by the preceding definition, has been to look at behavior to determine whether someone is motivated or not.

Over the years, psychologists have come to realize the existence of different types of motivation. Two broad types that have been studied extensively are intrinsic motivation and extrinsic motivation. Intrinsic motivation refers to engaging in an activity for itself and for the pleasure and satisfaction derived from participation.

Extrinsically motivated individuals do not engage in the activity out of pleasure but rather do so to derive some kind of rewards that are external to the activity itself. An athlete who participates in the Olympics to obtain a gold medal and the

associated fame and fortune that go with it represents an instance of an extrinsically motivated athlete. Avoiding punishment also pertains to extrinsic motivation.

External regulation refers to behavior that is regulated through external means such as obtaining rewards (e.g. medals, trophies) and avoiding constraints (e.g. social pressure). A second type of extrinsic motivation is interjected regulation. With this type of regulation, the individual has started to internalize the reasons for this of her actions. However, such internalization merely replaces the external source of control with an internal one, that is, self-imposed guilt and anxiety.

Psychologists have also proposed the existence of the construct of amotivation, which refers to a lack of purpose and intentionality in one's action. When motivated, athletes experience feelings of incompetence and expectancies of uncontrollability and an important loss of motivation. For instance an unmotivated athlete might feel incompetent and start to wonder whether participating in sport still represents a worthwhile option? Amotivation amounts to the relative absence of motivation.

#### Significance of Study

The findings of this study may contribute significantly rather as a quantum leap in raising the standard of 5000 meter race in Men in following manner:

1. The result of the Study would provide guidelines about the relationship Between motivation in 5000 meter race for men.
2. The result of the study would help device a better training schedule for the long distance race in men.
3. Physical Education Teachers and coaches may be better equipped in improving 5000 meters race in men during training and competition.
4. The study would also help and guide the research scholars to undertake similar studies in different games and sport for the better game performances.

#### Statement of the problem

The statement of the problem is "impact of Motivation on 5000mtr race in men"

#### Objective of study

The main objectives of the study as stated underneath :

1. To determine of the effect of intrinsic motivation on 5000 mtr race in men in schools and colleges of rural and urban areas.
2. To determine of the effect of extrinsic motivation on 5000 mtr race in men in schools and colleges of rural and urban areas.
3. To determine of the effect of amotivation on 5000 mtr race in men in schools and colleges of rural and urban areas.

#### Hypothesis of the study

1. It was hypothesized that Intrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in schools.
2. It was hypothesized that Intrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in Colleges.
3. It was hypothesized that Intrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area Schools.
4. It was hypothesized that Intrinsic motivation will have significant positive affect on the outcome of 5000 meters

race in men in Rural Area & Urban Area Colleges.

5. It was hypothesized that Extrinsic motivation will have significant positive. Affect on the outcome of 5000 meters race in men in schools.
6. It was hypothesized that Extrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in Colleges.
7. It was hypothesized that Extrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area Schools.
8. It was hypothesized that Extrinsic motivation will have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area Colleges.
9. It was hypothesized that amotivation will have significant negative affect on the outcome of 5000 meters race in men in Schools.
10. It was hypothesized that amotivation will have significant negative affect on the outcome of 5000 meters race in men in colleges.
11. It was hypothesized that amotivation will have significant negative affect on the outcome of 5000 meters race in men in Rural & Urban Areas Schools.
12. It was hypothesized that amotivation will have significant negative affect on the outcome of 5000 meters race in men in Rural & Urban Areas Colleges.

#### **Limitation**

1. Available motivations techniques may have variances in effect person to person.
2. The factors like hereditary, family history, daily routine, lifestyle habits that can have influence on the results of the study cannot be controlled.
3. Data's were collected over a significant period of time, the influence of the variations in weather etc cannot be taken into account.

#### **Delimitations**

1. The study was delimited to 5000 meters race for mens of Fazilka district of Punjab state of India
2. The Men players was taken from age group 15 to 18 years of Senior Secondary Schools of rural and urban area as well as from government and private schools.
3. The Men players was taken from age group 19 to 22 years of Colleges of rural and urban area as well as government and private colleges.
4. The type of motivation were taken for the study (Intrinsic, extrinsic and Amotivation).
5. The subject were taken randomly from the sports men students those who have participated at dist. level of sports events.

#### **Review of Related Literature**

Review of literature serves as link between the old and the new and between the known background story, need to know that has been does and how it has been done in the subject area, but one also needs to know the degree of success that was found in the use of the research techniques or methods. The more a person is aware of the gaps and weakness of the research that has been done. The literature in any field forms the foundation upon which all future work will be built. In fact, the success of any new research project, to a large extent, depends upon how well it is linked with the previous, especially in its procedures and processes cannot be justified

with reference to the past story.

According to McCormick and toffin (1979) motivation can be either intrinsic or extrinsic. Intrinsic motivation stems from motivation that is inherent in the job itself and which the individual enjoys as a result of successfully completion the task of attaining his goals. While the extrinsic motivation are those that are extent to the task of the job, such as pay, work condition, promotion, context of service, the work environment and condition of work.

Intrinsic motivation on the other hand are those rewards that can be termed psychological motivation and examples are opportunity to use one's ability a sense of challenge and achievement receiving appreciation, positive recognition, and being treated in a caring and considerate manner. And an extrinsically motivated reward person will be committed to the extent that he can gain or receive external reward for his or her job he further suggested that for an individual to be motivated in a work situation there must be a need which the individual would have to perceive a possibility of satisfying through some reward If the reward intrinsic to the job, such desire or motivation intrinsic. But if the reward is describe as external to the job the motivation is described as extrinsic.

The goal is for individuals to progress though the continuum of motivation until their motives become internalized, which is crucial for adherence. Individuals motives for exercise do change over time from extrinsic to more intrinsic motives. The stages of change in the Tran theoretical model is one framework that has been used to examine the shift from extrinsic to intrinsic motives (Mullen & Markland, 1997)<sup>[3]</sup>.

Extrinsic motivation helps to explain the reasons people participate voluntarily in exercise without ever seeming to enjoy the activity. This continuum demonstrates how an individual can feel quite self-determined in his/her regulation of exercise but yet be extrinsically motivated to perform the exercise for reasons such as improving appearance, maintaining fitness, or losing weight (Mullan & Markland, 1997)<sup>[3]</sup>.

The success and failures of teachers and coaches as well as athletes become depends on the strength of motivation. Adequate motivation results in promoting of attentions, interest and efforts on the part or athletes. It is the efficiency of physical education teacher, coaches and trainers to find our the best means of motivating.

Evidence clearly shows that regular physical activist improves physiological and psychological health given these benefits one would expect on would expect participation in physical activity to be the norms. However Epidemiological evidence indicates the level physical education declines from high schools to college and activity patterns in college population are generally insufficient to improve health and fitness. to be specific only 38% of college students participate in regularly vigorous activist and only 20% participant in regular modern activist.

#### **Methodology**

This methodology forms the core of all the research studies, the results obtained or derived would help the investigator in obtaining the investigator in obtaining answers to the questions of research and would also help the research problem under study after having presented the conceptual frame work of different variables under study and the review of literature in the proceeding chapters. The present chapter has been devoted to the procedures for selection of subjects, selection of variables, design of the study, collection of data, administration of the tests and statistical techniques employed

for analyzing the data.

### Design of Study

The entire of motivation is experimental. This study is also designed to see the effect of motivation performance in long races. It is an experimental study.

### Samples

Ten samples each were randomly selected from men players, purposely selected from schools and colleges of rural and urban areas. The selected men must have shown their ability to run the race several times.

### Collection of data

The data were collected with Different type of motivation. The data were collected on the road. Time of test and retest method were used to determine the reliabilities the test and performance was taken as score. The data were collected from the same sample for second time with a time duration difference of at least one week.

Different types of motivation were used on various samples and performance were taken as data.

### Conclusions

It was found that there is lot of ways to motivate a person and it depend on the personality and influence of the motivater. The same measures of motivation may work differently on different runners.

It was found that Intrinsic motivation have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area Schools and also in colleges. But it is very hard to judge the quantum and application of intrinsic motivation.

It was found that Extrinsic motivation have significant positive affect on the outcome of 5000 meters race in men in Rural Area & Urban Area schools and Colleges. The affect of extrinsic positive motivation was clearly visible but level of motivational activity work differently on every individual runners. Same way extrinsic negative motivation worked and shown some better performance than other motivations for runners.

It was proved by above conclusions that amotivation have significant negative affect on the outcome of 5000 meters race in men in Rural & Urban Areas schools and Colleges.

### Recommendations

Based on the results of the study, the following recommendation were drawn.

1. Similar study may be conducted on females of 5000 m.
2. Similar study may also be conducted by taking National, Inter Collegiate Athletes.
3. Similar study may also be conducted on different age groups.
4. A similar study with large sample may be conducted to support the findings of the study.
5. The similar study may be carried out by selecting college level student and school level student (age group 17-20 & 21-25 years) as subject with extended period of time.

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