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## Comperative study of “motivation towards sports” and “will to win” between PE and non PE sports persons

**Muzaffar Ahmad Lone and Dr. Ramneek Jain**

### Abstract

The All our actions are manifestation of our inner experience we don't just behave a perform, we think, we plan, we desire, we imagine and then we decide in our mind what action we will take. Psychic energy is the vigor, vitality and intensity which the mind is function and is the bed rock of motivation which is a pre requisite for strong will to perform well. The Will to Win between PE sports person and NON PE sports person are same. In motivation towards sports PE sports persons have better motivation than NON PE sports person, because the possible reason is that the PE sports person have a broader concept of sports than NON PE sports person have much more knowledge about rules and regulations of sports and they play a game in a disciplined manner and with a proper warming up as compared to NON PE sports persons.

**Keywords:** Motivation, Towards Sports, Will, Sports Persons etc.

### Introduction

Sport (or sports) is all forms of usually competit "Sport" comes from the Old French desport meaning "leisure", with the oldest definition in English from around 1300 being "anything humans find amusing or entertaining" live physical activity which through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators. Hundreds of sports exist, from those requiring only two participants, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. port is generally recognized as activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition and other organizations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports. However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee recognizes both chess and bridge as bona fide sports, and Sport Accord, the international sports federation association, recognises five non-physical sports, although limits the amount of mind games which can be admitted as sports. Sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression.

In organized sport, records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. In addition, sport is a major source of entertainment for non-participants, with spectator sport drawing large crowds to venues, and reaching wider audiences through broadcasting. The UN Inter-Agency Task Force on Sport for Development and Peace 2003, defined sport, as “all forms of physical activity that contribute to physical fitness, mental well-being and social interaction, such as play, recreation, organized or competitive sport, and indigenous sports and games.” As participants, spectators, or volunteers, people are attracted to sport — arguably more than to any other activity. This popularity transcends national, cultural, socio-economic and political boundaries and can be invoked with success in virtually any community in the world. Sport's popularity

derives in large part from the fact that, when done right, it is fun and enjoyable for everyone — participants and spectators alike. In contexts where people are faced with difficult and unrelenting challenges in their day-to-day lives, the value of this dimension of sport should not be underestimated.

Sport's value as a social connector is one of its most powerful development attributes. Sport is an inherently social process bringing together players, teams, coaches, volunteers and spectators. Sport creates extensive horizontal webs of relationships at the community level, and vertical links to national governments, sport federations, and international organizations for funding and other forms of support. These community sport networks, when inclusive, are an important source of social networking, helping to combat exclusion and fostering community capacity to work collectively to realize opportunities and address challenges. Programs that reflect the best values of sport — fair play, teamwork, cooperation, respect for opponents, and inclusion — reinforce this process by helping participants to acquire values and life skills consistent with positive social relationships, collaborative action, and mutual support.

Over the past few decades, sport has emerged as global mass entertainment, and has become one of the most powerful and far-reaching communications platforms in the world. Because global sport events offer the capacity to reach vast numbers of people worldwide, they are effective platforms for public education and social mobilization. By extension, high-performance athletes have become global celebrities in their own right, enabling them to serve as powerful ambassadors, spokespeople and role-models for development and peace initiatives. Sport is one of the most cross-cutting of all development and peace tools. It is increasingly being used to promote health and prevent disease, strengthen child and youth development and education, foster social inclusion, prevent conflict and build peace, foster gender equity, enhance inclusion of persons with disabilities, and promote employment and economic development. There are few areas of development where sport cannot be used as a platform for public education and social mobilization, or as a program vehicle to strengthen individual capacity and improve lives. In this respect, Sport for Development and Peace initiatives can play a powerful role in both preventing and helping to address a broad range of social

and economic challenges. They can be a highly effective and low-cost means of reducing the individual and public costs associated with development challenges — costs which can be extremely high in some contexts and can significantly impede development.

### **Motivation**

Motivation is defined as an urge in an individual to perform goal directed behavior. Therefore motivation cannot be inflicted from outside but it is an intrinsic desire in a man to achieve the target goal through performance or activity. Motives are expression of person's need. Hence, they are personal and internal. Incentives on the other hand are external to the person. They are made part of work environment by management in order to encourage workers to accomplish task. The motivational model indicates that a sense of felt deprivation generates needs and such needs create tension in an individual. The individual perceive and makes cost benefit analysis on the ways and means of releasing such tension. Once such perception is cleared, individual pounces upon the activities and achieves some results. If it is success he feels rewarded and falls in the cycle

of motivation again. If it is failure he feels punished and once again after due modification of ways and means pounces back on the cycle or feels frustrated. Therefore, motivation leads to a goal directed behavior.

### **Types of Motivation**

There are two different types or forms of motivation that we can use intrinsic motivation and extrinsic motivation. Below is a detailed explanation of both forms of motivation and how they relate to sports.

#### **Intrinsic Motivation**

Intrinsic motivation is motivation that comes from within us not from external sources for emotions. Someone who is intrinsically motivated doesn't require much external motivation from fans, money and expectations of others. They are focused on their own inner goals that they want to achieve and their personal reasons for being in the sporting situation they are in at that moment.

A sporting example of Intrinsic motivation is a Anderson Silva (MMA), before he enters the octagon he is calm and composed and is deep in thought about his motives, reasons for being there and his hard work and dedication to get this far in his career, that is intrinsic motivation because he is getting motivated by his own sources from within and not from other rewards such as money and fame. One of the main intrinsically motivated motives are personal pride the thought of being able to better yourself and beat the challenges that you set yourself. People who are intrinsically motivated still want to receive rewards but these rewards are not what keeps the athlete motivated to persevere through the hard times that comes with being

an athlete. Intrinsic motivation is a long term reason to get involved in sports because it will take a long time for this form of motivation to die down.

#### **Extrinsic Motivation**

Extrinsic motivation is motivation that comes from outside of us not from internal sources for

example personal pride. Someone who is extrinsically motivated doesn't require much internal motivation from personal pride, achieving goals and enjoyment they are only focused on the rewards that come with being an athlete such as money and fame. A sporting example of extrinsic motivation is Wayne Rooney, Wayne is one of the planets best known footballers and with this status comes a lot of money and fame. Wayne is sponsored by many internationally recognised brands such as Nike, Lucozade, Coca-Cola Zero and PowerAde. He also plays for one of the biggest clubs in world football Manchester United which brings him a lot of media coverage and fame within the public. Recently Wayne was caught in a debate with Manchester United over his weekly wages which saw a massive increase to his previous wage which shows that he is motivated by the money which is extrinsic motivation.

One of the main extrinsically motivated motives is fame, being in the eye of millions of people will leave great fame upon your shoulders and is one of the main reasons people want to be professional athletes.

People who are extrinsically motivated still do it for intrinsic reasons such as improving certain skill sets and becoming a better athlete on the pitch because you are motivated to become better because the better you are the better quality the extrinsic factors become. The main issue with extrinsic motivation is the rewards can lose their power and value, for

example if a footballer is being paid £200,000 a week and a £15,000 bonus for scoring a goal this won't be a main target because they already get paid a lot, meaning a loss in attraction to the reward. Extrinsic motivation is more of a short term form of motivation and used for getting started because as mentioned above, rewards will eventually lose their value.

**Objectives**

- To determine the attitude of “motivation towards sports” among PE sports person.
- To access the “motivation towards sports ” among Non PE sports person.
- To compare “motivation towards sports” between PE and Non PE male sports persons.
- To compare “motivation towards sports” between PE and Non PE female sports persons.

**Methodology**

A procedure is usually a guide line system for solving a problem, with specific components, such as phase, tasks, methods, techniques and tools.

**Selection of the subject**

For this study total 120 sports persons was randomly selected as a subject. Among 60 sports persons are from PE and other 60 sports persons are from Non PE 60 sports persons were male and 60 sports persons were female. All these subjects were selected from different departments of APEX University Jaipur.

**Age group of the subjects**

The subjects which is selected for this study, the age of the subjects was between 20-30 years.

**Selection of tools**

For this study the standard Questionnaire of “will to win” prepared by “Prezer & Brown” was used . The Questionnaire of “will to Win” was purchased from psychological laboratory Agra. Another Questionnaire “sports motivation scale (SMS-28) was also used for this study which is available on the internet.

**Collection of data**

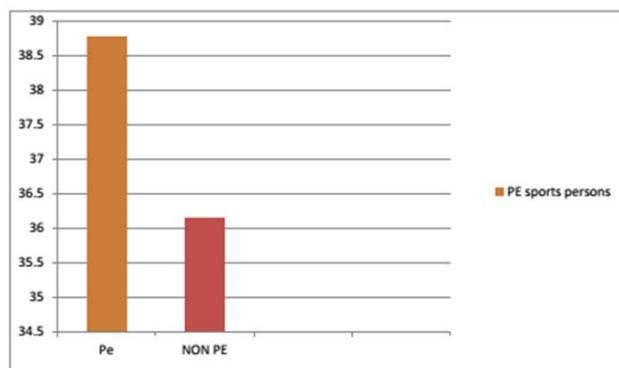
The data is collected from different departments of APEX University Jaipur. The investigators distribute the questionnaires to the subject before filling up the questionnaires. Necessary instructions were given questions were explained to the subjects after giving the instructions subject were asked to fill up all the questions of the questionnaires. After filling the questionnaires, they were collected by the investigators from the subject.

**Statistical Technique**

For the purpose of this study investigators use descriptive statistics and independent test.

**Analysis and interpretation of data**

Table 4.1 shows that the mean difference (MD)2.63333 was in significant at 0.05 level as calculated t value 1.575 which is less than tabulated t value 1.645 (DF=58)



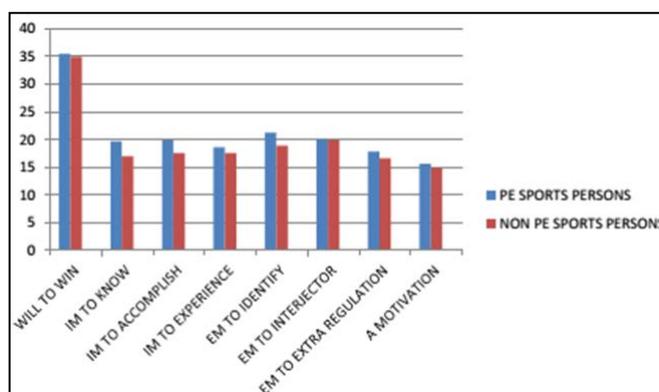
**Fig 4.1:** comparison of will to win between PE male and non PE male sports persons.

**Table 4.17** Over all comparison of WILL to WIN and motivation between PE sports person and NON PE sports person.

VARIABLES	GROUP	MEAN	SD	MD	DF	t VALUE	SIG.																																																																								
WILL TO WIN	PE	35.51	7.01	.600	118	.532	.602																																																																								
	NON PE	34.51	5.45					INTRINSIC MOTIVATION TO KNOW	PE	19.70	4.90	2.65	118	3.046	.003	NON PE	17.05	4.69	INTRINSIC MOTIVATION TO ACCOMPLISH	PE	19.95	3.56	2.350	118	3.165	.002	NON PE	17.60	4.51	INTRINSIC MOTIVATION TO EXPERIENCE	PE	18.63	3.99	1.000	118	1.255	.212	NON PE	17.63	4.70	EXTRINSIC MOTIVATION TO IDENTIFY	PE	21.31	4.63	2.400	118	2.758	.007	NON PE	17.63	4.89	EXTRINSIC MOTIVATION TO INTERJECTOR	PE	20.08	4.54	2.1833	118	2.514	.013	NON PE	17.90	4.95	EXTRINSIC MOTIVATION TO EXTRA REGULATION	PE	17.88	4.53	1.1833	118	1.407	.162	NON PE	16.70	4.67	A MOTIVATION	PE	15.70	6.72	.7666	118
INTRINSIC MOTIVATION TO KNOW	PE	19.70	4.90	2.65	118	3.046	.003																																																																								
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	NON PE	14.93	4.38																																																																												

Significant at 0.050 level

Table No. 4.17 shows that the MD of intrinsic motivation to know 2.65, MD of intrinsic motivation to accomplish 2.350MD of extrinsic motivation to identify 2.4000,MD of extrinsic motivation to interjector 2.18333 was significant at 0.050 level as calculated t value of 3.046, 3.165, 2.758, 2.514 respectively which is more than t value of 1.645 (df=118).



**Fig 4.17** over all comparison of will to win and motivation between PE sports person and Non-sports person.

**Discussion of the findings**

Table 4.17 gives details about Mean’s SD and T value of will to win between PE sports person and NON PE sports person. The result of the test of significance shown in table 4.17 shows that the calculated T value (t=1.645) df=118 at 0.05 level of significance. Hence calculated that Will to win of PE sports person and Non PE sports person are same. All our actions are manifestation of our inner experience we don’t just behave a perform, we think, we plan, we desire , we imagine then we decide in our mind what actions we will take.

Psychic energy is the vigor, vitality and intensity with which the mind is function and is the bed rock of motivation which is a pre requisite for strong will to perform well.

In motivation towards sports PE sports persons have better motivation than NON PE sports persons, because the possible reason is that the PE sports person have a broader concept of sports than NON PE sports person. PE sports person have much more knowledge about rules and regulations of sports and they play a game in a disciplined manner and with a proper warming up as compared to NON PE sports person.

### Summary

Will to win is defined as the extent to which a person desires to reach some standard of excellence or defeat of opponent.

Will to win is necessary to get the goal. Will to win work for excellence not for perfection. In simple words we can say that for achieving the goal or any success we should have will to win. Motivation is defined as an urge of an individual to perform goal directed behavior. Therefore motivation cannot be inflicted from out side but it is an intrinsic desire in a man to achieve the target goal through perform or activity. Motivation encourages workers to accomplish task. Motivation boosts the players or individuals for excellent work. Motivation works in teams like team motivation. Therefore the objective of the study was to determine the motivation towards sports among physical education sports person. To compare motivation towards between PE and NON PE male sports person. To compare motivation towards between PE and NON PE female sports person. It was hypothesized that PE sports person will have better motivation towards sports than NON PE sports person and it was also hypothesized that PE male sports person will have better motivation towards sports than NON PE male sports person. Likewise it was hypothesized that PE female sports person will have better motivation towards sports than NON PE female sports person. Further it was hypothesized that PE sports person will have better "WILL TO WIN" than NON PE sports person. Gender wise it was hypothesized that PE male and female will have better "WILL TO WIN" than NON PE male and female sports person respectively.

The objective of the study was to determine the attitude of motivation towards sports among PE sports and to access the motivation sports among NON PE sports person. The another objective was to access the motivation towards sports among NON PE sports person. Further objective was to determine WILL to WIN among PE and NON PE sports person. Another objective was to compare motivation toward sports between PE and NON PE male and female sports person respectively, and to Compare WILL to WIN between PE and NON PE male and female sports person respectively.

The study will contribute to know the motivation of PE and NON PE sports person. The another significance of the study is the motivation among male and female sports person towards sports, and to know about WILL to WIN of PE and NON PE sports person. The significance is to know about Will to Win of male and female sports person towards sports.

For the study investigators selected 60 students among PE and 60 among NPN PE students. All the students from Kashmir province. The toll used for the purpose of this study was questionnaire of "Will to Win" and "Motivation towards sports". The limitation of the study is that the socio economic background of the subjects would not be taken into consideration, and subject's religious aspect would not be taken into consideration. Further the sub family background would not be taken into consideration. The study was

delimited to PE and NON PE sports person in which 60 students were selected among PE and 60 students was selected among NON PE students. Further the study was delimited to Kashmir province only. The study was also delimited to some districts of Kashmir province only Srinagar and ganderbal.

### Conclusions

All our actions are manifestation of our inner experience we don't just behave a perform, we think, we plan, we desire, we imagine and then we decide in our mind what action we will take. Psychic energy is the vigor, vitality and intensity which the mind is function and is the bed rock of motivation which is a pre requisite for strong will to perform well. The Will to Win between PE sports person and NON PE sports person are same. In motivation towards sports PE sports persons have better motivation than NON PE sports person, because the possible reason is that the PE sports person have a broader concept of sports than NON PE sports person have much more knowledge about rules and regulations of sports and they play a game in a disciplined manner and with a proper warming up as compared to NON PE sports persons.

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