



COMPARISON OF SELF MOTIVATION AMONG STUDENTS-ATHLETE AND STUDENTS

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Abstract: Motivation is a global level as the direction and intensity of effort. The objective of the study is to determine the Self Motivation of College going Sports person and students. Total 100 Students-athlete and 100 students were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level. The result reveals that the significant difference was found out in Self-Motivation ($t=2.88$, $P < 0.05$) Students-athlete and students.

INTRODUCTION

The more athletes experience competence and success due to their own actions and skills, the greater their **intrinsic motivation**. Even with extrinsic rewards, athletes who feel like they are in control of their behaviors, will be more satisfied and more likely to continue participating. Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals (Taylor 2009). Social media, instantaneous coach feedback, and various new platforms for performance and competition have all changed the landscape of sports, along with athletes' reasons for doing them (**Berger M, 2020**). Motivation is defined on a global level as the direction and intensity of effort (Sage, 1977), and no matter the platform, it's essential to an athlete's perceived reason and self-determination. An Athlete's motivation is based on internal impetuses and pressures; their behavior is not self-determined due to the regulation of external factors. For example, an athlete might feel unwell, but chooses to continue with an interval workout because of internal pressure, like posting her/his training on social media. In this case, the audience acts as an external influence on the behavior of the athlete (**Berger M, 2020**). Intrinsic motivation is the uppermost form of motivation leading to high self-determination. When an athlete reflects on themselves and considers themselves as cause of their behavior, then the athlete is intrinsically motivated (Weinberg & Gould, 2015). Intrinsically motivated athletes participate for the love of the sport, may enjoy competition, focus on having fun, and are excited to learn skills which improve performance (Weinberg & Gould, 2015).

METHODS

Student-athletes are a participant in an organized competitive sport sponsored by the educational institution in which the **student** is enrolled. **Student-athletes** are full-time **students** and **athletes** at the same time. Colleges offer athletic scholarships in many sports. Student athletes put a great deal of time into their studies and athletics. Student athletes face high levels of stress. The target population of the study mainly two groups i.e Students-athlete and Students. Total 100 Students-athlete and 100 students who are not playing any other games were randomly selected as subject for the present study. Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents. Instructions were given to the individuals and team players before filling these questionnaires by the researcher. The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about age, sex, daily smoking etc. was obtained before seeking responses. Data was collected individually through a questionnaire from 100 inter-collegiate team players and 100 other inter-collegiate students by contacting individuals and team players at the venue of Inter-collegiate tournament 2019-20. The collected data was analyzed as a whole. The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study at 0.05 level.



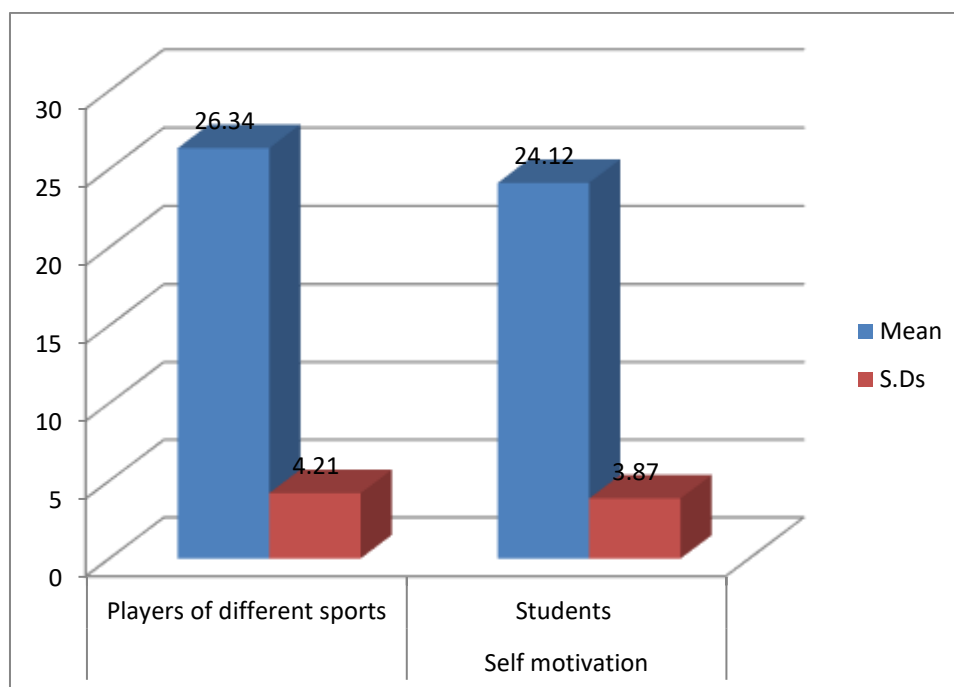
Table 1
MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF SELF MOTIVATION OF STUDENTS-ATHLETE AND STUDENTS .

<i>Dimension</i>	<i>Players</i>	<i>Number</i>	<i>Mean</i>	<i>S.Ds</i>	<i>T-ratio</i>
<i>Self motivation</i>	Students-athlete	100	26.34	4.21	3.20*
	Students	100	24.12	3.87	

*Significant at 0.05 level of confidence.

Table 2 shows that the mean scores, standard deviation and t-ratio of the *Self motivation* of Students-athlete and students who are not playing any other games they have obtained the mean value of 26.34 and 24.12 respectively which are given in table 1 reveals that the significant difference was found out in *Self motivation Of* ($t=3.20$, $P < 0.05$) Students-athlete and students who are not playing any other games, Students-athletewas found to have got more *Self motivation* as compared to students who are not playing any other games.

Figure-1 mean scores, standard deviation and t-ratio of the *Self motivation* of Students-athlete and students who are not playing any other games



DISCUSSION

The findings of the study shows that, significant difference was found out in Self motivation of Students-athlete and students who are not playing any other games, Students-athletewas found to have got more Motivation as compared to students who are not playing any other games.

Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other thing (Taylor, 2009). Athletes can lose motivation, focus, determination, and more. In fact stress and anxiety can cause physical changes in the body such as trigger points or muscle spasms. Stress and anxiety can cause the visual field to narrow and can slow down reaction times. These can greatly reduce performance (Angle, 2000). According to self-determination theory, motivation has essentially two sources: extrinsic and intrinsic. ... Intrinsically motivated athletes participate for the love of the sport, may enjoy competition, focus of having fun, and are excited to learn skills which improve performance (Weinberg & Gould, 2015). Athletes compete in and practice sport for a variety of reasons. These reasons fall into the two major categories of intrinsic and extrinsic motivation. Athletes



who are intrinsically motivated participate in sports for internal reasons, such as enjoyment, whereas athletes who are extrinsically motivated participate in sports for external reasons, such as material rewards (**Hatch et al.**). Intrinsically motivated athletes participate in sport for internal reasons, particularly pure enjoyment and satisfaction, and intrinsically motivated athletes typically concentrate on skill improvement and growth. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle including sleep, diet, school or work, and relationships (Taylor ,2009).

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