

THE EFFECT OF MOTIVATIONAL TECHNIQUES ON THE PERFORMANCE OF SPORTSMAN

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Abstract- The purpose of research work is to call attention to the motivation and performance of sports of various groups in Hassan district. In present study we could able to understand the relation between motivation and performance of sports and to study the impacts of motivation techniques. This study is also revealed difference in the performance of the urban and rural sports of the district. In this study the sample was consists of 50 students athletes were selected from the district. An attempt was made to categorize the sample quality on domicile 25 rural and 25 urban backgrounds. On these athletes the motivational techniques-Rewards(RD), Recognition (REC), Goal settings(GS), Punishment(PUN) and the Presence of others (PO). The performance of athletes in 100,200,400meters sprint was measured before motivation and after motivational techniques was applied. In the present study an attempt was made to probe the effect of motivational techniques on the performance of sportsmen's.

Introduction

Sports are one of the most enduring of all human activities. Virtually from the beginning of any written human records, in civilizations across the world, accounts of sports and sport related activities are found. For less than the last century sports has been studied scientifically, sport psychology is an important part of that scientific study. It is an International field, holding the promise of becoming important and only to the understanding of competitive athletic abilities, but to areas of behaviour that relate to many domains of human health and activity. The participation in modern sports is influenced by various physical, psychological, sociological and physiological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparations for completion is a necessary component for success.

Achievement Motivation.

A sport is highly specialised activity in one or the other event. And involvement in sports event requires a basic desire to compete and excel in performance. It is needless to say that the sports activity is meaningless without competition. However, success in competition depends on the performance of an individual. Higher

the performance greater chances of success. It is true that for these kinds of competitive activities. Achievement motivation is going to be the base. Because motivation appears to be a key factors in all accomplishment of competitive activity.

Statement of the problem

The effect of motivational techniques on the performance of Hassan district sportsmen.

Objective of the study

The objectives of the present study are as under:

- a) To know the relation between motivation and performance of sportsmen of Hassan district.
- b) To study the impact motivation techniques on the performance of sportsmen of the Hassan district.
- c) To study the difference in the performance of the urban and rural sportsmen of Hassan district.

Hypothesis of the study.

The following hypothesis have been formulated and tested in the present study:

- 1) There is a significant influence of motivational techniques on the performance of sportsmen of Hassan district.
- 2) There is significant difference in the performance of rural and urban sportsmen of Hassan district.

Variables: Independent variables:

1. Motivation 2. Domicile

Dependent variable: Performance

Review of Literature

Gauld, (1985) conducted a study to assess participation motives, competitive youth swimmers and to examine whether swimmers differing in sex, age, ability and level of experience vary to their participation objectives. 367 swimmers, ranging in age from 8 to 10 years completed the Gill. Gross and Huddleston participation motivation inventory which assessed 30 objectives for participation. The results indicated that swimmers rated fun, fitness, skill improvement, team atmosphere and challenge as the most important motives for participation. Females were equivalent to males in emphasis placed on achievement status, but placed greater emphasis on friendship and fun.

Hayashi, Carl Tervo (1995) administered the achievement motivation between Anglo-American and Hawaiian physical activity participants. The purpose of this study was to examine the nature of both individual differences (i.e., task and ego goal orientation) and social contextual factors (i.e., goal/reward structure; cultural perspective) related to achievement motivation between Anglo-American and Hawaiian male weight-training participants.

Methodology

The present investigation pertaining to 'The Effect of Motivational Techniques on the Performance of the Athletes of Hassan District' is in the frame work of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under;

Sample

The sample consists of 50 students athletes selected from Hassan District. Attempt was made to categorize the sample equally on domicile rural and urban. Finally there were 50 athletes, 25 rural and 25 urban background. On these athletes, the motivational techniques – Reward (RD), Recognition (REC), Goal Setting(GS, Punishment (PUN) and presence of others (Po) were applied. The performance of athletes in 100, 200 and 400 meters was measured before motivation and after motivational techniques applied. For every motivational technique to be introduced in every speed test event a separate performance/pre-test was given for each motivational technique. Thus, a pre-test was given for each technique in each speed event and like this continued for other events as well. An optimum interval (say 2-5 days) was given for every technique and for every event.

Tools

Personal data schedule was used to collect the information related to personal and socio-demographic status of the subject motivational techniques were

used between two performances of athletes in 100, 200, and 400 meter speed.

Significance of the study

In view of competitive sports gaining significance the study of motivation techniques assumes importance that may be summarized in the following manner:

1. The study of individual sportsmen to determine his performance, and persistence are result of his motivation on his performance.
2. The known the extent of help in providing guideline to physical education teachers and coaches for selecting and preparing players for their psychological make up.
3. To study the important factors for future selection and coaching of sportsmen for national and international events.

Limitations of the Study

- 1) No effort was made either to control or assess the life-style, psychological stresses, and other factors, which are recognized as limitations of this study.
- 2) This study is purely limited to the information available and information procured from the responses given by the subjects to questionnaire administered to them.
- 3) This study is purely limited to the rural and urban athletes of Hassan District.
- 4) Supra motivational determines of the selected players for the coaching camp could not be assessed and the findings of the study are limited in their scope owing to the lack of information about their achievements in sports.
- 5) As experience of sports specialist has shown that for supra performance nurture plays a predominant role than the nature the personality is not considered.

ANALYSIS AND INTERPRETATION OF DATA

To test the stated hypotheses mean, SD and 't' values are calculated.

FINDINGS, SUMMARY AND SUGGESTIONS

The participation in sports rather influence all aspects of athlete's personality and help in gaining poise, and balance, refreshing the spirits, renewing the inner life with ease and calmness. At the same time the participation in modern sports is influenced by various physical, physiological, sociological, and psychological factors. Until recently, the coaches have been paying inadequate attention to the psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. So now the sports trainers and coaches have started giving more importance to the impact of psychological factors building the mental makeup of the players and its resultant influences on their

performance in the national and international competitions. Therefore, in the present study an attempt has been made to probe the effect of motivational techniques on the performance of athletes of Hassan district.

Findings of the Study

- 1) There is a significant effect of motivational techniques on the performance of athletes in 100, 200, and 400 meter events.
- 2) There is a significant difference in the performance of 100 and 400 events; urban athletes scored more than rural athlete.
- 3) The performance of 100 mtrs of rural athletes is increased in Recognition, Goals setting, Punishment and Presence of Others.
- 4) The Urban Athletes in 100 mtrs have improved performance due to all the techniques.
- 5) The performance of rural athletes influenced by recognition an presented of others in 200 mtrs.
- 6) Urban athlete's performance of 200 mtrs is affected positively by reward and PO techniques.
- 7) The performance of rural athletes in 400 mtrs has been increased in all the techniques.

Suggestions for the Future Research

The experience of the present investigator during the period of this study as well as the findings of the present study may serve as guideline for the research workers in the field of physical education and sports psychology.

1. The findings of the present study can be utilized by the HRD (Human Resource Development) experts and Ministry of Sports and Youth Affairs, and Sport Councils while formulating the policies and implementing the same at levels.
2. Attitudes, perceptions and interpersonal relations of the players should be studied in the future investigation.
3. Endeavours need to be undertaken in the direction of studying comprehensively, the psychosocial correlate of high achievers at the national and international level.
4. Cross sectional studies need to be conducted at the inter-university, regional and national levels.
5. Cross sectional studies on personality and other psychological factors between the Indian sportsmen and the sportsmen from other countries need to be undertaken.
6. Endeavours need to be undertaken in the direction of studying comprehensively the

psycho-social correlate of high achievers at the national and international level.

7. Studies at the micro level have to be conducted at school and college levels to study the profile of the players.
8. The size of the sample should be enlarged so that more reliable generalizations could be drawn.
9. Studies should be conducted on different age groups.
10. Comparative study among athletes and cultural activity participants should be conducted.

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