

**A COMPARITIVE STUDY OF MOTIVATION AMONG ALL INDIA
INTERVARSITY AND NATIONAL LEVEL ATHLETES**



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ABSTRACT

The purpose of the study was to compare to Motivation among national level and All India level athletes. For this study, 60 subjects were selected in which 30 National Level athletes and 30 All India intervarsity level athletes were selected as subjects. The age of the subjects ranged from 18 - 25 Years and random sampling method were used to select the subject. To assess the motivation level of selected subjects, Sport Motivation Scale SMS Questionnaire: The Sport Motivational Scale (SMS-28) for assessing sport motivation a scale called “The Sport Motivation Scale” prepared by Pelletier, Fortier, Vallerand, Briere, Tuson and Blais (1995) was used. ‘t’ - test was used to compare the Motivation (Intrinsic & Extrinsic level of selected samples. Result of the study has found that motivation of National Level players is better and as compare to the All India Intersarsity athletes.

Keywords: Motivation, All India & National Level Athletes.

INTRODUCTION

● The world of sports is full of challenges and every individual or sportsperson perceives a certain situation in a certain way and deciding the way to act in the given situation is governed by many factors but the most important factor is motivation. Motivation is what guides an individual to act, desires, needs and expressions in certain way, it is the main binding force that strengthens a certain behavior. It consolidates the way an individual will act, develop certain interest areas, and continue to

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pursue those interests and works. So, Sage defined motivation as “the direction and intensity of one’s efforts”; as said by former United States President “Motivation is a very useful tool and it helps you to get the work done by others in an efficient manner, because the individuals wants to do that work”; a slight change in our attitude can have a significant effect on our training and performance due to increased motivation. The energy that determines all aspects of one’s behavior which had a great impact on one’s actions, beliefs, and the way they interact with others is none other than “Motivation”.

Intrinsic and extrinsic motivation are both adjustable and change in reaction to specific situations and life existences. While it is not easy to define, intrinsic motivation can be defined as an inside effort to perform an activity. While extrinsic motivation is recognized to an external motivating cause that drives action. It is guessed that people point their behavior either to an internal or external source. Intrinsic motivation associates positively to when people feature their inspiration to internal sources, while extrinsic motivation is connected to belief in an external source for their behavior. Extrinsic motivation, by definition, is changeable since it is an external motivator – one can change the reward or external source (i.e. amount of money offered to do a job, feedback on performance, etc.). Meta-analysis of intrinsic and extrinsic motivational research by Deci, Koestner and Ryan (1999) found that intrinsic motivation is negatively affected when tangible extrinsic motivation is attached to the behavior. This decline of intrinsic motivation is assumed to be the result of a supposed decrease in autonomy and competency by the individual receiving the extrinsic reward. Self-determination Theory states that humans have three inherent needs: autonomy, competence, and relatedness. Of these, autonomy and competence are the main drivers of intrinsic motivation (Franken, 2002). Thus we see that intrinsic motivation can be changed by adding an extrinsic motivating component.

PURPOSE OF THE STUDY

The purpose of the study was to compare to Motivation among national level and All India level athletes.

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METHODOLOGY

For the purpose of this study, total 60 subject (N = 60) in which 30 National Level athletes and 30 All India intervarsity level athletes were selected as subjects on the basis of their performance in the previous year to measure motivation (intrinsic & extrinsic) among National and All India intervarsity level athletes. The age of the subjects were ranged from 18 - 25 Years and random sampling technique were used to select the subject. Sport Motivation Scale SMS Questionnaire: The Sport Motivational Scale (SMS-28) for assessing sport motivation a scale called “The Sport Motivation Scale” prepared by Pelletier, Fortier, Vallerand, Briere, Tuson and Blais (1995) was used. Thus, the data were collected as per design of the study given in the procedure which was further subjected to statistical analysis. The results of the study are presented into following tables 1 & 2 and figures 1 & 2 respectively.

ANALYSIS OF THE DATA

Table No: I
Comparison of Intrinsic Motivation among All India Intersarsity Level Athletes and National Level Athletes

VARIABLES	MEAN	S.D	t VALUE
ALL INDIA INTERVARSITY LEVEL	20.83	2.01	2.183*
NATIONAL LEVEL	21.98	2.07	

t value at 0.05 level = 1.67

It may be observed from table 1 that the mean value of intrinsic motivation of national level athletes was 21.98 and standard deviation (SD) was 2.07. Whereas mean value of All India Intersarsity level athletes was 20.83 and standard deviation (SD) was 2.01.

The results further revealed that there were significant difference of intrinsic motivation among National Level athletes and All India Intersarsity Level Athletes as the calculated value of $t = 2.183$ was greater than the tabulated value of $t = 1.67$ at 0.05 level.

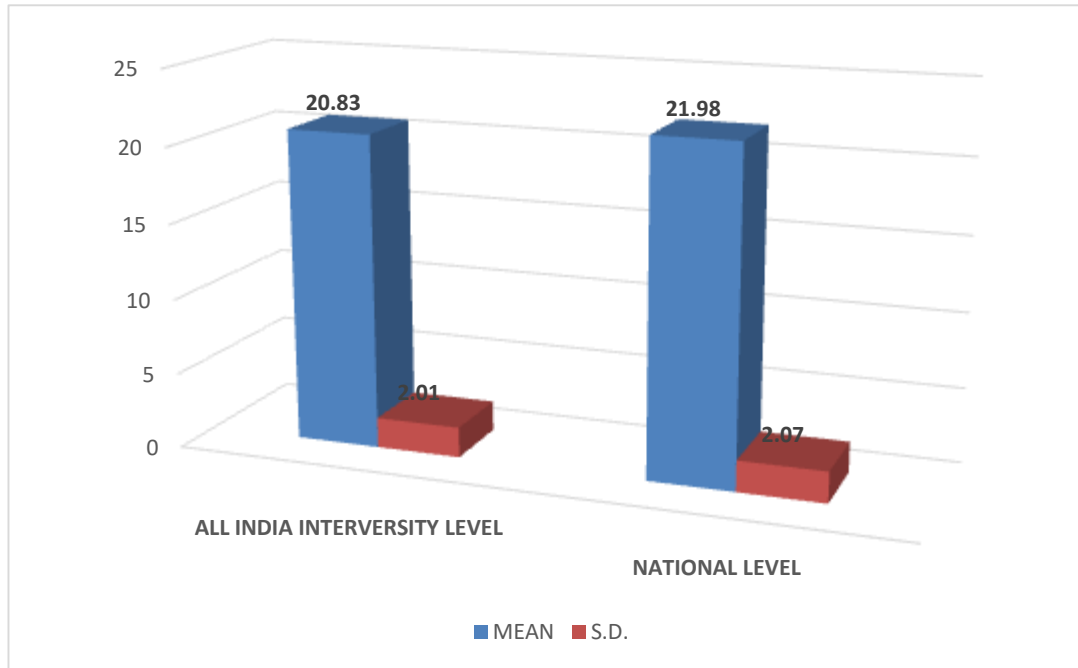


Figure No: I Comparison of Intrinsic Motivation among All India Intersarsity Level Athletes and National Level Athletes

Table No: II
Comparison of Extrinsic Motivation among All India Intersarsity Level Athletes and National Level Athletes

VARIABLES	MEAN	S.D	t VALUE
ALL INDIA INTERVARSITY LEVEL	23.88	1.698	1.67*
NATIONAL LEVEL	25.92	1.253	

t value at 0.05 level =5.29

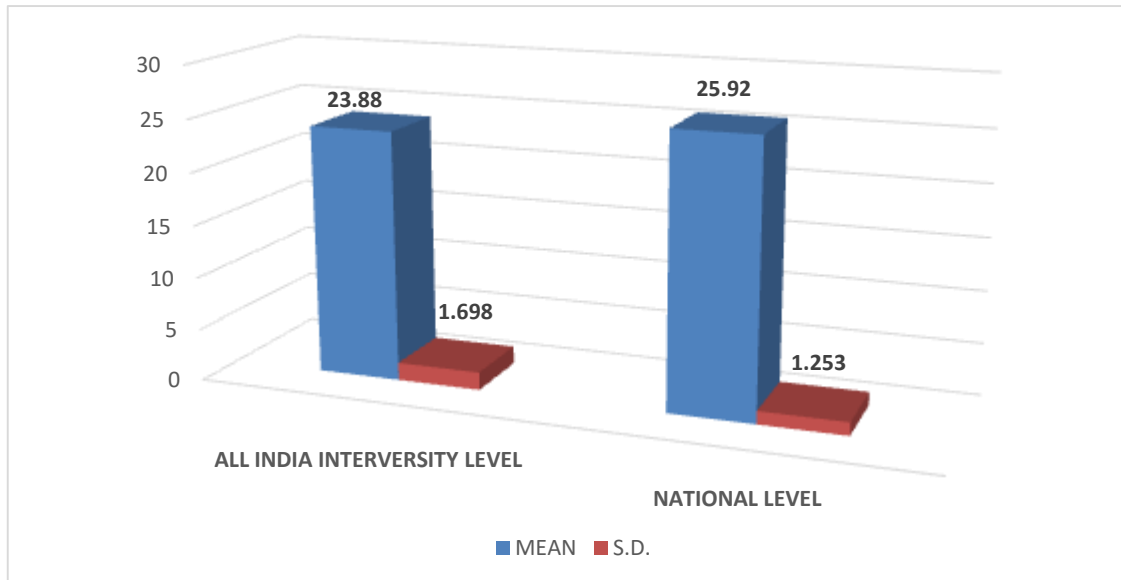


Figure: II Comparison of Extrinsic Motivation among All India Interspersed Level Athletes and National Level Athletes

CONCLUSION

After statistical analysis the following conclusions were drawn: -

- National Level Athletes have high intrinsic motivation then the All India Interspersed Level Players.
- National Level Athletes have high extrinsic motivation then the All India Interspersed Level Players.

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