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THE IMPACT OF INTRINSIC AND EXTRINSIC MOTIVATION ON THE SPORTS PERFORMANCE OF DEGREE COLLEGE STUDENTS OF BIDAR TALUKA.



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ABSTRACT

In the field of sports & games the motivation is an important aspect, which determines a person's effort, persistence and success in his field. The present study was an attempt to evaluate the impact of intrinsic and Extrinsic motivation on the sports performance of Degree college students of Bidar Taluka. To carry out this study 50 subjects age group of 18 to 25 from different degree colleges of Bidar taluka were taken. For Intrinsic motivation Goal setting technique was used and for extrinsic motivation Rewards technique was used. To measure the sports performance the motor components speed (50 yard dash) and endurance (12 minute Run and walk) tests were conducted. To evaluate the influence of motivation on sports performance pre test-without motivation and post tes with motivational technique were conducted. The result reveals that there is a great impact of motivational technique on the sports performance of degree college students of Bidar Taluka. & also result reveals that influence of Intrinsic motivational technique goal setting on the sports performance is higher than the extrinsic motivational technique rewards.

KEYWORDS : Intrinsic motivational technique, Goal setting, Extrinsic motivational technique, Rewards, student's performance, motor components, speeds, endurance.

INTRODUCTION

Sports & games are an integral part of a student's life. "sound mind in a sound body" is an unavoidable necessity for all, particularly for a school going or college going boy or girl. The sports &

games are very important in everybody life, they are good exercises & help to build fine physic for the boys & girls. They make team mentally alert & physically strong. They provides good health for practiceners. Students learn to cope up with difficult situations. Games & sports are good diversions & give energy for students to learn their lessons well & also helps to build a sense of cooperation. The major role of sports & games are this gives necessary break from the every day monotonous life.

In the field of sports & games the motivation is an important aspect, which determines a person's effort, persistence & success in his field not any do motives of sports activity activate a person to work hard but also attributes a subjective personal meaning to his pursuit. Athletes which load with the same intensity are controlled differently. This is because the differences in the motivation make them dissimilar in perceiving the significance of their work.

Motivation is an organic state which promotes a man to an action. Motivation plays a major role in the all round development of a sports person. Sports activities have a high degree of motivation. In other words through games we can motivate people for better understanding of different aspects of life. Motive is an internal factor that interference with man's behavior. It is a process of getting the needs of the people realized with a view to induce them to work or the accomplishment of the task.

Motivation desires to do things. It is the crucial element in setting & attaining goals. The several research works shown that a person can influence his own levels of motivation. Motivation lies at the base of the prime sports pyramid. Without the desire & determination to improve the sports performances, all the other mental factors, confidence, intensity, focus & emotions are meaningless. To become the best athlete one can, one must be motivated to do what it takes to maximize the ability. To perform the best a person must want to begin the process of developing as an athlete & he/she willing to maintain the efforts have achieve the goals. Motivation in sports is so important because one must be will to work hard in the face of fatigue boredom, pain and the desire to do other things. Motivation will impact everything that influences the sports performance: that is physical conditioning, technical & tactical training, mental preparation & general life style including sleep, diet, school or work & relationships.

The influence of motivation on the performance of sportsman has a rich research tradition that provide insights. Application of sports competition is the most common achievement situation in the sport, but achievement also occurs in non competitive situations when individuals compare their performance to personal standards. For example a runner might set time goal for training runs or a tennis player might set the goal of getting 80% of the first serves.

Motivation is a multidimensional process made up of many types of motives. There may be motives which may determine, which sport or physical activity is to be attended to at any given movement, there are other motives which may determine the degree & the length of involvement, satisfaction, gratification, & need to see the results are all factors in motivation. Motivation is in fact the re-enforce of action. A person who is better motivated is bound to achieve greater success than the one who has not been properly motivated, If all other factors are equal.

Athlete compete & practice sports for a variety of reasons. these reasons fall in to the two major categories. They are

1. Intrinsic motivation
2. Extrinsic motivation

1. Intrinsic Motivation:-

It comes from within, is fully self determined & characterized by interest in & enjoyment

derived from sports participation. An athlete driven by a need to succeed because they want to be the best & are not overly concerned by financial or ego boosted. It is considered to be healthiest type of motivation and reflects an athlete's motivation to perform an activity simply for the reward inherent in their participation. The very most common example for this type of motivation is goal setting.

Goal setting a intrinsic motivational technique:-

A goal is a short term or long term standard set by the athlete for himself. It is a reference point against which his performance is judged. The best marksman cannot demonstrate his skill in the absence of a target. Goals stir athlete imaginations, excite them & elicit their full involvement in work to achieve a specific standard. They cause a movements in an individual in the direction of excellence.

A performers goal must challenge the powers of an athlete with its accessibility through hard work, it helps in making sports training more qualitative & productive. The effectiveness of this technique lies in the relevance of set standard to the capability of athlete. Achieving of level after another through persistently working hard an athlete regressively move a head. The benefits accrued in terms of performance & its concomitants provide him a measure of satisfactions & increase his confidence in himself.

Every sports person should be encouraged to set a few ambitious but achievable short term or long term goals. Every successful person whether that be artist, sports person or leader has set goals which have driven & directed their efforts in their quests to be the best they can be. Goal setting is an extremely powerful technique for enhancing performance, so it is one of the most important strategies one can implement for success in any environment. Goal setting helps to focus attention & it is critical to maintain & enhance motivation. Goal setting gives direction both in the short term & long term.

Goal direct attention towards task at hand & highlights what needs to be completed. It allows to be completed, it allows to implement strategic to develop specific skills of the sports that need to be utilize to complete the goal. Goal setting creates a path for athletes that boasts skill learning as well as competitive performance. Athletes tend to be more focused & committed to training, when goals are clearly establish & they know exactly when they have achieved them.

Though empowering athletes to set their own goals, they are more likely to accept the challenges that lies ahead & pursue the goals with enthusiasm; The most important goals in practical terms are the short term goals which keep athletes focused on the check marks which are similar to achieving superior performance. There fore short term goals should be predominantly process oriented.

2) Extrinsic Motivation:-

Extrinsic motivation is external, in this case athletes are driven to succeed by factors from outside. These are the things which encourage the athlete to perform ex:- 1) physical rewards-means medals & money. This should be used sparingly with young athletes to avoid a situation where winning a prize is more important than competing well.

2) Praise, recognition these should be used on a regular basis to encourage the athlete to repeat the behavior which earned the praise.

Reward – A extrinsic motivational technique :-

The key aspects in using extrinsic rewards affectively is that they reinforce an athlete's sense of competence & self worth . Thus a reward should be informational in nature rather than controlling. For a reward to be informational, it is advisable that it has relatively little monetary worth that is token

reward such as a women of the match or 'athlete of the tournament little. Also the reward should be presented to an athlete in front of all potential recipients with some emphasis placed on the prestige associated with it. Other popular ways using token rewards include etching athletes names on annual honour board for their contribution or awarding a special item of clothing.

Reward when used as tokens in the form of candies, medals, stars & other items of minimal value optimize the training process. Their effect is more when they are used with a clear purpose & on regular basis. Any delay in their use reduces the sharpness of their effect. When used persistently over a period of time they become the part of the system of sports training. To discontinue them at will or to make a sudden use of them after a long break may weaken the system because a student always looks forward to something after doing an act & desired behavior of not rewarded immediately after the display is not going to be strengthened. Skinner warns us that future behavior depends on the contingencies of past behaviors in similar situations.

STATEMENT OF THE PROBLEM:

The impact of intrinsic and extrinsic motivation on the sports performance of degree college students of Bidar Taluka.

OBJECTIVES OF THE STUDY:-

- 1.To study the impact of motivational techniques on the sports performance.
- 2.To study the influence of intrinsic motivation and extrinsic motivation on the sports performance.

HYPOTHESIS:-

- 1.There may be significant impact of motivational techniques on the sports performance
- 2.There may be high influence of intrinsic motivation than the extrinsic motivation on the sports performance.

SIGNIFICANCE OF THE STUDY:-

- 1.This study helps to identify the impact intrinsic & extrinsic motivation on sports performance of students.
- 2.It helps to physical education teachers & coaches to apply the better motivational technique among the athletes for the outcome of high performance.
- 3.A familiarity with certain principles of motivation can help coaches understand athletes & cope with specific situation.

LIMITATIONS:-

- 1.The study would be limited to measuring the impact of intrinsic & extrinsic motivational technique on the sports performance of degree college students of Bidar taluka .
- 2.The study would be limited to 50 students of degree college.
- 3.The study limited age group of 18 to 25 years.

II. REVIEW OF RELATED LITERATURE :

A critical review of the related literature is an essential set to get full picture of the problem of the study.

Hansen (1963)- in a study of the influence of select motive-incentive conditions on the effectiveness of an isometric training programme, found that all motivated groups improved

significantly more than the non motivated groups. There was however no one motivational technique that was superior to the others.

In a similar study Johnson & Nelson (1974) tested the effect of applying different motivational technique to the training & testing strength performance. One hundred & twenty subjects, who were tested on an isometric press exercise, showed that motivated training promotes exercise, showed that motivated training promotes significant strength gains. No deliberate & conscious motivational techniques were applied to the controlled group. The non motivated training had little effect on strength performance.

Koslow, et. al, (2000) conducted a study on effect of goal setting programme on self confidence level, The purpose of this study was to determine whether the self confidence of collegiate wrestlers was affected by the implementation of goal setting programme 30 participants were selected for the study. A wrestling specific goal setting programme was designed & implemented. Wrestlers established weekly completion & season goals, data was collected for 12 weeks period during the wrestling season. Self confidence was measured through the use of trait sports confidence inventory. Dependent T-tests with alpha level adjusted for inflated type-I errors, were used to analyze the data. Results indicate significant differences in confidence from week to week & from pre to post season however there was no difference in self confidence level before & after competition. It was concluded that weekly & long term seasonal goals might lead to increases in self confidence in wrestlers.

III. METHODOLOGY :

In the present research to measure the impact of motivational techniques on the sports performance of degree college students of Bidar Taluka, researchers have used experimental method. For the experiment 50 students from degree colleges of Bidar taluka were selected randomly. To measure the performance the motor components speed & endurance test were applied. To measure the impact of motivational techniques pre test and post test have conducted. The pre test of speed and endurance have conducted without motivational techniques and data were collected. In the post test of speed & endurance to measure the extrinsic motivation the rewards technique was used and students were motivated by medals and cash prizes & then data was collected. In the same way to measure the intrinsic motivation a goal setting technique was used & students were set by the short term goal the data was collected.

Following are the motor component tests

Sl. No.	Motor components	Test	Unit of measurement
01	Speed	50 yard- dash	Seconds
02	Endurance	12 minutes, run and walk	Distance covered in meters.

Note:- In speed test lesser the time taken, greater will be the performance. In Endurance test greater distance covered, will be the greater performance.

IV. ANALYSIS & INTERPRETATION OF THE DATA:-**Table-1**

Table-1 shows mean, SD & T-value of speed test in two conditions pre test & post test.

Conditions		Motivational Techniques			
		Intrinsic setting	motivation Goal	Extrinsic rewards.	motivation
Pretest	M	11.30		11.30	
	SD	1.53		1.53	
Post test	M	9.57		10.49	
	SD	0.86		1.48	
T-Value		6.97**		2.67*	

i) * Significant at 0.05 level. ii) ** Significant at 0.01 level.

Result represents in the Table-1 in speed test the group has scored mean of 11.30 in without motivational condition i.e., pre test & group has scored mean of 9.57 in intrinsic motivational condition & mean of 10.49 in extrinsic motivational condition. The intrinsic motivational condition T-value 6.97 is significant at 0.01 level & Extrinsic motivational condition T-value 2.67 is significant at 0.05 level. Thus the table-1 result indicates that there are significant differences between two condition performances this reveals that the sports persons were greatly influenced by the motivational techniques that are intrinsic motivational technique goal setting and extrinsic motivational technique rewards which motivate them to perform.

Table-2

Table-2 shows Mean, SD & T-value of endurance test in two conditions pre test & post test.

Conditions		Motivational Techniques			
		Intrinsic setting	motivation Goal	Extrinsic rewards.	motivation
Pretest	M	2026.8		2026.8	
	SD	169.72		169.72	
Post test	M	2521.2		2264.9	
	SD	270.32		257.86	
T-Value		10.84**		5.39**	

In table-2 result represents in endurance test the group has scored in pre test mean of 2026.8 in without motivational condition and group has scored in post test mean of 2521.2 in intrinsic motivational condition and mean of 2264.9 in extrinsic motivational condition. The t-value of 10.84 in Intrinsic motivational condition is significant at 0.01 level and the t-vale of 5.39 in Extrinsic motivational condition is significant at 0.01 level. thus the table -2 results indicates that there are significant differences between two conditional performances that is pre test & post tests. This reveals that students were greatly influenced by the motivational techniques in endurance test.

Table-3

Table-3 shows Mean, SD & T-value of speed & endurance tests in two conditions of motivational techniques.

Conditions		Speed	Endurance
Intrinsic motivational technique goal setting	M	9.57	2521.20
	SD	0.86	270.32
Extrinsic motivational technique rewards	M	10.49	2264.90
	SD	1.48	257.86
T-Value		3.83**	4.80**

The table-3 results represents in speed and endurance tests in two motivational conditions the groups has scored in speed test the mean of 9.57 in intrinsic motivational condition and mean of 10.49 in Extrinsic motivational condition. The T-values 3.83 is significant at 0.01 level. This indicates that there is significant difference between intrinsic motivation and extrinsic motivation in speed test.

In Endurance test group has scored mean of 2521.20 in Intrinsic motivational condition & mean of 2264.90 in extrinsic motivational condition the t-value 4.80 is the significant of 0.01 level. This indicates that there is a significant difference between intrinsic motivation and extrinsic motivation in endurance test.

Thus table-03 result reveals that in speed & endurance motor component tests the impact of intrinsic motivational technique is greater than the extrinsic motivational technique.

V. CONCLUSION:

On the basis of above analysis and interpretation of data the following conclusion can be drawn

1. There is a great of intrinsic motivational technique goal setting and extrinsic motivational technique rewards on the performance of degree college students of Bidar taluka in different motor abilities like speed and endurance.
2. There is a significant difference in intrinsic motivational technique goal setting and extrinsic motivation technique reward. The influence of intrinsic motivational technique on the performance is higher than the extrinsic motivational technique in different motor abilities like speed and endurance.

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