



ISSN: 2249-894X  
IMPACT FACTOR : 5.7631 (UIF)  
UGC APPROVED JOURNAL NO. 48514  
VOLUME - 8 | ISSUE - 8 | MAY - 2019



## THE INFLUENCE OF MOTIVATION ON ATHLETIC PERFORMANCE AMONG SPORTS PLAYERS

Mr.Raghavendra Basalingappa<sup>1</sup> and Dr. H. S. Jange<sup>2</sup>

<sup>1</sup>Ph.D Research Scholar , Department Of Physical Education , Gulbarga University, Kalaburagi , Karnataka.  
<sup>2</sup> Research Guide / Coordinator , Department of Physical Education, Gulbarga University, Kalaburagi Karnataka.

### ABSTRACT:

Motivation is a core element of human behavior which occupies a central position in the analysis of the dynamics of human society. It is a guiding framework of each and every activity of the organism in the given environment. The sports performance also influenced by the motivation factor. The research investigator tried to check the influence of motivation on the athletic performance among sports players,

The research objectives to measure the level of motivation among the sports players, the study compared the high and low motivation groups in their athletic performance among sports players. and also to find out the significance difference among the sample group of the study,

The research study hypothesis also stated that – there would be influence of motivation levels on the athletic performance and there would be significance difference among the sample groups of the study.

The research tool – athlete's motivational inventory used to measure the motivation levels among the sample, the speed test also used to measure the sports performance.

The sample – the research investigator selected the one hundred sports players from affiliated degree colleges of Gulbarga University. The sample divided in high and low motivational groups and compared the athletic performance among the sample the basic statistical techniques like, mean, SD, and t tests were used to test the hypothesis of the research study.

**KEYWORDS:** Motivation, Sports Performance.

### INTRODUCTION

The psychological concept of motivation is used in explaining the causes as to why some individuals have greater desire to compete and win than others. This is clearly reflected in the fact that between two equally skilful individuals, who are challenged by difficult tasks, one is more capable of achieving success than the other Atkinson (1964). Thus, the

concept of motivation refers to the intensity and direction of behavior. While direction of behavior indicates an individual's approach or avoidance to a particular situation, the intensity of behavior relates to the degree of effort to accomplish behavior. This implies the motivation affects the selection intensity and persistence of an individual's behavior which influence the quality of the performance of the individual. It is believed that motivation

whether intrinsic or extrinsic is reinforce of each and every activity the human beings perform. It is consist of motive drive and need. These three are phases of one phenomenon and are mutually inter-connected and inter-dependent.

Motivation is multidimensional process made up of many types of motives. There may be motives which may determined, which sport or physical activity is to be attended to any given movement, other motives may determine the degree, and the length of

involvement, satisfaction, gratification, and the need to see the results, etc., which are all factors in motivation. Motivation is in fact reinforce 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.

The study of motivation includes a search of variables that influence why people decide to do what they do and that explain the intensity with which individuals work and play. Motivational research is thus, one of the most important areas of study for sports psychology, holding potentially useful information of the coach and the athletes. The person's interruption of the rewards, rather than the reward itself is the critical factor in motivation.

## METHOD

The research study based on the comparative method, the researchers used the scientific tools to measure the motivation and sports performance among the sample of the study. The personal data sheet used to collect the basic information of the sample The short running events like one hundred and two hundred meters events used to measure the sports performance of the sample groups.

Purpose – the researcher interested to find out the influence of the motivation factor on the sports performance in short running events and also find out the significance difference  
The major objectives – the present research study objectives as follows

- ❖ To evaluate the influence of the motivation factor on the sports performance among the sample of the study
- ❖ To measure the significance difference of sports performance among the sample groups
- ❖ To find out the influence of independents variable like, motivation on dependent variables of the study like sports performance in hundred and two hundred running events.

## RESEARCH HYPOTHESIS

- ❖ The research hypothesis also stated that there would be significance difference in sports performance due to difference in levels of motivation.
- ❖ There would be significance difference in sports performance among the sample groups of the study.

## The sample

The research investigator selected the one hundred sports players from affiliated degree colleges of Gulbarga University. The sample divided in high and low motivational groups and compared the athletic performance among the sample the basic statistical techniques like, mean, SD, and t tests were used to test the hypothesis of the research study.

## Tools

- ❖ Personal data sheet used to collect the basic information about the sample
- ❖ Athlete's motivational inventory adopted by Dubey (2000) to measure the motivation level.
- ❖ 100 meters and 200 meters running tests used to measure the sports performance.

The mean, standard deviation t test, techniques used to test the research hypothesis of the study. All the data calculations done to the SPSS s1oftware to find out the results of the research study. The tables and graphical method used in preparation of results

## DATA ANALYSIS

The table showing the Mean, Standard deviation and t values of sports performance among high and low motivation groups (100 Meters Run)

Athletes Motivation	N	Mean	SD	T value
High	50	12.49	1.201	2.425**
Low	50	13.50	1.101	

Significant at 0.01 levels \*\*

The table showing that the high motivation groups mean score is lower in the one hundred meters race than the low motivation group, hence the motivation influence on the sports performance among the players. the t value is 2.425\*\* and statistically significant at 0.01 levels.

The table showing the Mean, Standard deviation and t values of sports performance among high and low motivation groups (200 Meters Run)

Athletes Motivation	N	Mean	SD	T value
High	50	23.65	1.225	4.566**
Low	50	25.55	1.637	

Significant at 0.01 levels \*\*

The table showing the high motivation group is better in the two hundred meters race than the low motivation group. The t value is 4.566\*\* showing the significant at 0.01 levels. The motivation influenced the sports performance in this study.

## FINDINGS

- ❖ There is positive influence of motivation on the sports performance among the sports players.
- ❖ The high motivation group of the study better in the sports performance than the low motivation group.
- ❖ The high motivation group has taken the low time to complete the one hundred and two hundred meters race than the low motivation group which has shown the influence of the motivation on the athletic performance among the sample of the study.

## REFERENCES

- Alderman, R.B. (1978). Strategies for motivation young athletes. In, W.F. Straub (Ed). Anshel.
- Alderman, R.B. and Wood, N.L. (1976) An analysis of incentive motivation in young Canadian Athletes. Canadian Journal of applied Sports Science, 1, pp. 169-176.
- AAHPERD (1999). Physical Best: Activity Guide - elementary level Champaign: Human Kinetics Inc.
- The online journals and books