



## EFFECT OF MOTIVATIONAL TECHNIQUE ON THE MOTOR FITNESS OF HOCKEY PLAYERS OF GULBARGA UNIVERSITY

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### ABSTRACT

*In this present study the researcher wanted to find out the effect of the motivational like rewards, recognition, presence of others, goal setting and punishment on the speed and endurance of Hockey Players of Gulbarga University. The researcher made experiment study on the Hockey Players and conducted pre test of speed and endurance through 50 meters dash & 12 minutes cooper test to measure the motor abilities among the sample then after one week he introduced the motivational technique reward and explained about the cash prizes and medals to the best performer than he conducted the post test and again measured the speed and endurance among the Hockey players. The objectives – to measure the speed ability among the hockey players, to measure the level of endurance of Hockey Players of Gulbarga university. To find out the effect of reward on the speed and endurance abilities of Hockey Players of Gulbarga university.*

*The hypothesis of the study stated that there is significant effect of motivational technique reward on the speed and endurance of Hockey Players There is significance difference in speed and endurance levels in pre and post tests among Hockey players.*

*The present research study investigated on Fifty male Hockey Players were selected from Gulbarga university, the sample was given the instruction about the study but the reward was introduced only in post test to make surprise to the sample group, the major intension to boost the motor fitness by external motivation factors.*

*Tools – the motivational techniques reward was used in this study, 50 meters dash to measure the speed and 12 minutes walk/run cooper test also used to measure the endurance among the sample group.*

*Statistical techniques like mean, standard deviation, t tests were used to find out the effect of reward on the endurance of Hockey Players of Gulbarga university.*

**KEYWORDS:** Reward, Motor fitness.

### INTRODUCTION:

It is clear that the behavior or performance of any individual needs some amount of motivation in order to qualify itself in terms of “excellence”. This is applicable not only in routine social interaction but also in the field of sports wherein a lot of competition is involved. Recently the competition in sports activity has attracted the attention of sports psychologists. The performance in any game is not sufficient by itself. Rather the performance of any athlete is meticulously inspected, checked and modified. Thus, one’s performance in any sports is to excel the performance of others through certain other techniques which are generally called as motivational techniques. Therefore, motivation assumes a great significance in the field of sports since the competition is multifarious.

A coach can use motivational technique like pep-talks, locker room sciences, visual aids, behavior modification, cheering and singing, awards, rewards, introduction of competition, goal-setting affirmation, visualization, positive mental attitudes, recognition, presence of spectator etc.

In the present study, the following motivational techniques such as rewards, recognition, presence of others, goal-setting and punishment are used:

#### **REWARD (RD):**

Reward is kind of extensive motivation used by the coach with the object of increasing the level of efficiency in the performance of athletes. The rewards may be winning particular title as prize, non-verbal reinforcement, being chosen as team captain, and being given any other kind of material objects which attract the athletes and thereby increase their performance. It is believed that such kinds of rewards would certainly benefit the participants by motivating them to sustain their mentality in the given event of the sports.

#### **METHOD**

The present study focused on the influence of motivational technique on the motor fitness of hockey players, the reward as independent factor and the speed and endurance are the dependent factor of the research study.

#### **The objectives**

- To measure the speed among hockey players in pre and post tests.
- To measure the level of endurance of Hockey Players in pre and post tests.
- To find out the effect of reward on the speed and endurance of Hockey Players of Gulbarga university.

#### **The hypothesis of the study**

- There is significant effect of motivational technique on the Speed ability of Hockey Players
- There is significance influence of motivational technique on endurance ability of Hockey Players.
- There is significance difference in pre and post tests of motor fitness abilities among Hockey players.

#### **Sample of the study**

- Fifty male Hockey Players were selected from Gulbarga University, the sample was given the instruction about the study but the reward was introduced only in post test.

#### **Tools**

The motivational techniques reward was used in this study, it consisted the cash prize, valuable medals, etc. 50 meters dash used to measure the speed ability & 12 minutes walk/run cooper test also used to measure the endurance among the sample group.

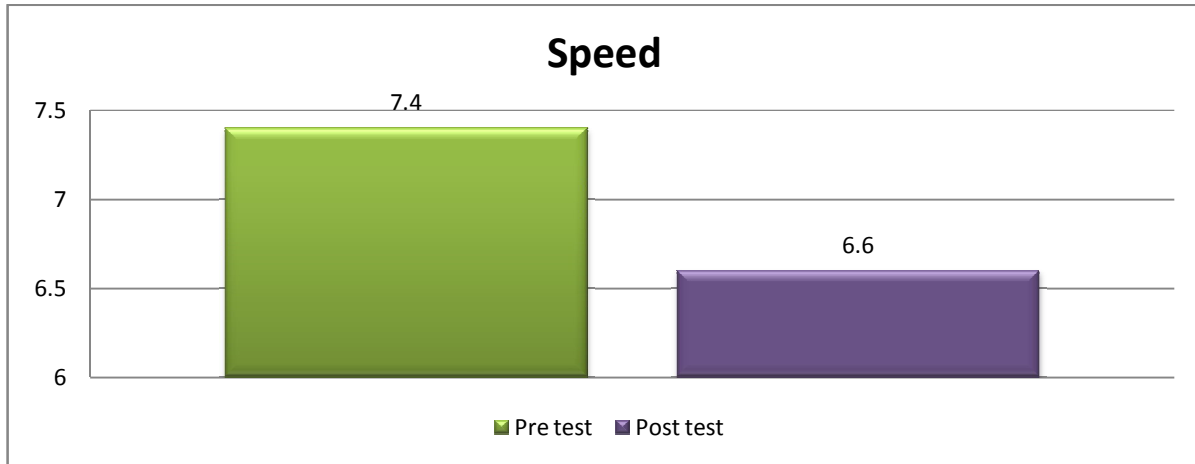
Statistical techniques like mean, SD, t tests were used to find out the effect of reward on the motor fitness of Hockey Players of Gulbarga University.

**Data Analysis**

**Table No 1 showing the effect of reward on speed ability of Hockey Players of Gulbarga University**

50 meters dash		Pre test	Post test	t value
Speed in seconds	Mean	7.40	6.60	1.808**
	SD	1.394	1.347	

Significant at 0.01 levels

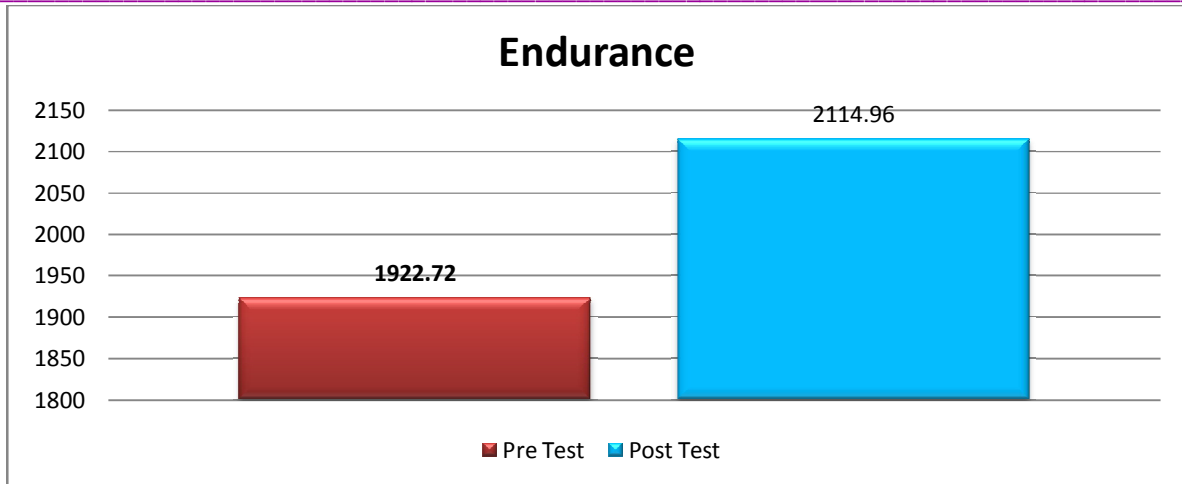


The table and graph showing the effect of motivational technique reward on speed ability of Hockey Players of Gulbarga university. the researcher used the 50 meters dash to measure the speed in time/seconds. In pre test mean score is 7.40, the standard deviation is 1.394 while. After introducing the reward to the best performance. In post test the mean score is 6.60 and the standard deviation is 1.347 the statistically calculated t value is 1.808\*\* which is significant at 0.01 levels. The Hockey Players performed better due to the effect of reward in post test of speed.

**Table No 2 showing the effect of reward on Endurance ability of Hockey Players of Gulbarga University**

12 minutes walk/run Cooper test		Pre test	Post test	t value
Endurance test Distance covered in Meters	Mean	1922.72	2114.96	2.773**
	SD	300.96	198.16	

Significant at 0.01 levels



The table No 2 and graphs are showing the pre and post test of endurance ability among hockey players. the pre test of 12 minutes' walk and run cooper test mean score is 1922.72, standard deviation is 300.96. While the post test mean score is 2114.96, the standard deviation is 198.16, which is showing the effect of motivational technique reward on the motor fitness of hockey players. the reward has the positive influence on the motor fitness. The statistically calculated t value is 2.773\*\* significant at 0.01 levels.

#### FINDINGS

- ◆ The motivational technique reward has the positive effect on the speed ability of Hockey players.
- ◆ There is significant effect of reward on the endurance of the Hockey players.
- ◆ There is influence of motivational techniques on the motor fitness of Hockey players.
- ◆ The external motivational technique reward has the influence on the motor performance of hockey players.
- ◆ There is significance difference in pre and post tests of speed and endurance among the hockey players of Gulbarga University.

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