



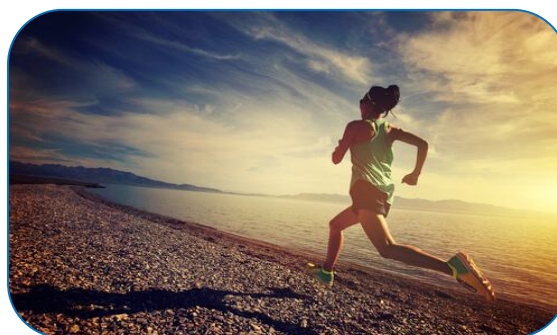
## ATHLETES' SATISFACTION TOWARDS TEAMMATES AND ITS RELATIONSHIP WITH INTRINSIC MOTIVATION

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### ABSTRACT :

Performance in sports activities serves as an important indicator for ranking position among athletes. Satisfaction of an athlete is important to indicate intrinsic motivation. Satisfaction is a feeling that rises from the perception, mind and thinking of and individual. Individual satisfaction upon group or teammates somehow may influence on intrinsic motivation. This study was conducted on the athletic students of LNIFE, Gwalior. 100 questionnaires were administered. Findings shows that the majority of respondents have high level on athlete's satisfaction on teammates with 75.5% ( $M=3.99$ ,  $SD=0.68$ ). Respondents also portray high level of intrinsic motivation whereby the percentage is 82.70%, ( $M=4.16$ ,  $SD=0.62$ ). The result of the study indicate that there is a significant relationship on athletes' satisfaction on teammates towards intrinsic motivation ( $p<0.01$ ,  $r=0.428$ ).



**KEYWORDS :** Athlete's satisfaction, intrinsic motivation

### INTRODUCTION

Athletes compete in and practice sport for a variety of reasons. These reasons fall into the two major categories of intrinsic and extrinsic motivation. Athletes who are intrinsically motivated participate in sports for internal reasons, such as enjoyment, whereas athletes who are extrinsically motivated participate in sports for external reasons, such as material rewards. Intrinsically motivated athletes participate in sport for internal reasons, particularly pure enjoyment and satisfaction, and intrinsically motivated athletes typically concentrate on skill improvement (Stephanie Hatch 20017).

Intrinsic motivation refers to inner enjoyments and willingness that rise in the heart as for the task given There is evidence said that intrinsic motivation is given commitment in whatever person's do or active participated in the event for their own satisfaction This shows that individual will have their own initiative without any external forces, and it is important for athlete to intrinsically motivate in sport involvement. Intrinsic motivation describes an inner force in completing task Intrinsic motivation can be identified into three which is intrinsic motivation to know, intrinsic motivation to accomplish and intrinsic motivation to experience simulation (.J. Loiser, V. & Vallerand, R,20010

Intrinsic motivation can be identified into three which is intrinsic motivation to know, intrinsic motivation to accomplish and intrinsic motivation to experience simulation (P. D. Turman2008.)However, even though this motivation is come from the inner force, but to achieve it one must deal with external event. Athlete who is intrinsically motivated may be affected by the feeling of satisfaction on their teammates. Studies on sport have mentioned that interaction and communication between athletes, teammates and coaches are always existed. Therefore, there is a possibility that athlete's satisfaction on teammates may influence on athlete's intrinsic motivation. (R. Watson 2011). Athlete satisfaction towards team defines as individual satisfaction with the team behavior (e.g. with team performance, team task contribution, team social contribution and team integration). Team behavior connotes collective action made by the team. Team is defines as two or more individuals who shared a common goal (R. Jones, H 2006). Individual satisfaction in the team can occur when one satisfied with the guidance provided by leader (H. Saybani, 2013) Previous studies had shown, that athlete possess leader behavior has significant influence on group level outcome (e.g., performance and satisfaction). Therefore in present study researcher are interested to see the influence of athlete's satisfaction on teammates towards intrinsic motivation.

## METHODOLOGY

### SUBJECTS

100 athletes N=30 who participated in All India University were selected for the study.

### VARIABLES

The psychological variable athlete's satisfaction and motivation were selected for the present study

### CRITERION MEASURES

Athletes Satisfaction Questionnaire (ASQ) were used to determines athlete's satisfaction on teammates (team integration, team social contribution, team task contribution and team performance) whereas Sport Motivation Scale (SMS) were used to determine athlete's intrinsic motivation (intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience simulation).

### STATISTICAL TECHNIQUE

To see the influence of athlete's satisfaction on teammates towards intrinsic motivation, descriptive statistics and correlation were used.

**Results Table 1**

Variables	Mean	Standard deviation
Athlete's satisfaction	3.79	0.78
Level of intrinsic motivation	5.16	0.72

Descriptive statistics show that the majority of respondents have high level on athlete's satisfaction on teammates with 77.5% (M=3.79, SD=0.78) and high level of intrinsic motivation whereby the percentage is 85.90 %, ( M=5.16, SD=0.72).

Table 2

Variables	Y	X1	X2	X3	X4
(Y) Intrinsic motivation	1				
(X1) team integration	.28**	1	.45	.67	.56
(X2) team social contribution	.31**		1	.57	.60
(X3) team task contribution	.40**			1	.66
(X4) team performance	.41**				

\*\*correlation is significant at  $p < 0.01$

The result interprets that all the independent variables have a positive significant moderate relationship on intrinsic motivation. This shows that athlete's satisfaction on teammates is important in determining athlete's intrinsic motivation. Team social contribution and team task contribution showed high number of significant compared with others. Team social contribution and team task contribution showed high number of significant compared with others. Indeed, team social contribution is the important element in sport context. Team social contribution shows the acceptance level and it is meaningful for individual in team social involvement. Team is more likely to have an impact towards individual, hence it supported this study that athlete's satisfaction on teammates does affect the intrinsic motivation (E. Karreman, K. Dorsch, and H. Riemer 2009)

## CONCLUSION

This study explains athlete's satisfaction on teammates towards intrinsic motivation. Athlete's satisfaction is important feeling to exercise in sport. This study helps to enrich the knowledge in the field of archery and research in sport development. Current findings suggest that athlete's satisfaction on teammates is important element for motivation and sport performance. It implies that satisfied athlete is motivated to exercise their sport and experience better teamwork activities, as athletes' happiness may lead to a better development.

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