

## A STUDY OF MOTIVATION PROFILE OF PLAYERS OF CHHATTISGARH

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**Abstract:-**The present study aims to examine the motivational Profile of players of Chhattisgarh .The participants of the study were 500 interuniversity and national players ( 250 male and 250 female) from selected games (Basket Ball, Handball, Kabbadi , Kho- Kho and Volleyball ) . The mean analysis of the data revealed that the player's self determination was very low as players mean score for Amotivation was higher and followed by External and Internal motivation. Similar trend was observed in case of male and female players. The mean score of male players in all components of motivation is higher than female players. Game wise analysis showed that Kho-Kho players scored higher mean in intrinsic motivation and lower mean in amotivation, indicating higher level of self determine motivation as compared to players of other games under study, whereas Kabbadi players exhibited lower motivation level as compared to players of other games.

**Keywords:**Motivation, Amotivation, Kho-Kho.

### INTRODUCTION

Motivation has been a very important object of study among sports and exercise psychologists. Achievement Goal Theory (Nicholls, 1989) and Self-Determination of theory (Deci and Ryan, 1985; 1991; 2000; Ryan and Deci, 2000) are the most prominent current theories of motivation in the sport psychology literature and each has had considerable success in explaining motivational patterns. In sport Self-Determination Theory establishes different motivational types along a continuum. Consequently, individuals can be unmotivated (amotivation) or can range in self-determination from less self determined to more self-determined. Amotivation refers to a lack of intention or the absence of motivation and therefore their involvement is likely to be disorganized and accompanied by frustration, fear or depressed feelings (i.e. "I don't really think my place is in sport"). On the self-determination continuum there are various points on the continuum that distinguish between individuals in their levels of self-determination. External regulation refers to the motive to participate to attain external incentives (i.e. "I do sports for the prestige of being an athlete"). Introverted regulation reflects motivation dictated by the desire to avoid culpability and to minimize anxiety feelings (i.e. "I must do sports to feel good about myself"). In the case of identified regulation, the activity is more important for the individual although s/he doesn't carry out this activity because of its inherent pleasure, but as a means of achieving a goal, such as improving their health. Integrated regulation consists of assimilating and organizing several identified regulations, evaluating them and classifying them in relation to other values and needs. A clear example of this would be an individual committed to the practice of physical activity because this involvement reflects his/her orientation toward a healthy lifestyle. This type of regulation is more

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often encountered among adults rather than children, as younger populations may be too young to have experienced a sense of integration (Vallerand and Rousseau, 2001). Intrinsic motivation involves participating in an activity for the pleasure and the enjoyment. They get from it Intrinsic motivation describes the inclination towards consolidation, mastery, spontaneous interest and exploration. This inclination is fundamental for social and cognitive development and represents the main origin of pleasure and vitality all throughout life (Ryan, 1995). (Pelletier et al. 1995) proposed three types of intrinsic motivation, called "intrinsic motivation to know" (practising a sport for the pleasure of knowing The majority of investigations carried out have examined different motivational types including their antecedents and their consequences in an isolated way (Ntoumanis, 2002). Findings have tended to indicate that the most self-determined motivational types (i.e. intrinsic motivation and identified regulation) are connected with the most positive consequences (Vallerand & Rousseau 2001) in relation to various outcomes such as affect (pleasure, enjoyment, satisfaction, interest, positive emotions, better coping abilities and flow), cognitions (concentration) and behavioural outcomes (effort, intentions to continue exercising, sports person ship and actual performance). In this sense, (Vallerand, 1997) proposed an analysis of how the motivation types established by the Self-Determination Theory are combined to form motivational profiles. Vallerand (1997; 2001) suggested studying how the different motivation types occur jointly in individuals by identifying groups of individuals with similar scores and further examining the different social factors which determine those profiles, as well as the outcomes that accompany each profile. This approach allows identification of profiles related to the most negative consequences, with the aim of developing strategies to increase the strength and quality of such individuals' motivation towards sports.. Each of these studies were grounded in Self-Determination Theory and some of them also used Achievement Goal Theory, in both cases trying to establish a relation between the different profiles and specific social factors (such as motivational climates) and concrete consequences, such as interest, effort, satisfaction, enjoyment, boredom, level of participation in the physical activity and self-worth. The combined results from these studies indicates that individuals who have profiles with high scores on self-determined motivation tend to view their involvement as occurring within a task-involving climate and generally realize the most positive consequences. In the present study, the motivational profile approach was used in which the primary constructs from Self-Determination Theory and Achievement Goal Theory were related to dispositional flow in a sample of adolescent athletes.

## **MATERIAL AND METHOD:**

### **Subject**

The participants of the study were 500 interuniversity and national players (250 male and 250 female) from selected games (Basket Ball, Handball, Kabbadi, Kho- Kho and Volleyball) 50 male & 50 female players were selected from each game. The Age of the players ranged from 18 to 28 years.

### **Selection of Variables**

In the study Motivation and three dimension of motivation. (Intrinsic motivation, Extrinsic motivation, Amotivation) was considered as dependent variable and different games and sex was considered as independent variable.

### **Criterion Measures**

Motivation questionnaire in Sports (Tiwari, Sharma & Babita MQS 2007) was used as a tool to collect data from the players of selected games. (Basketball, Handball, Kabaddi, Kho-Kho and Volleyball).

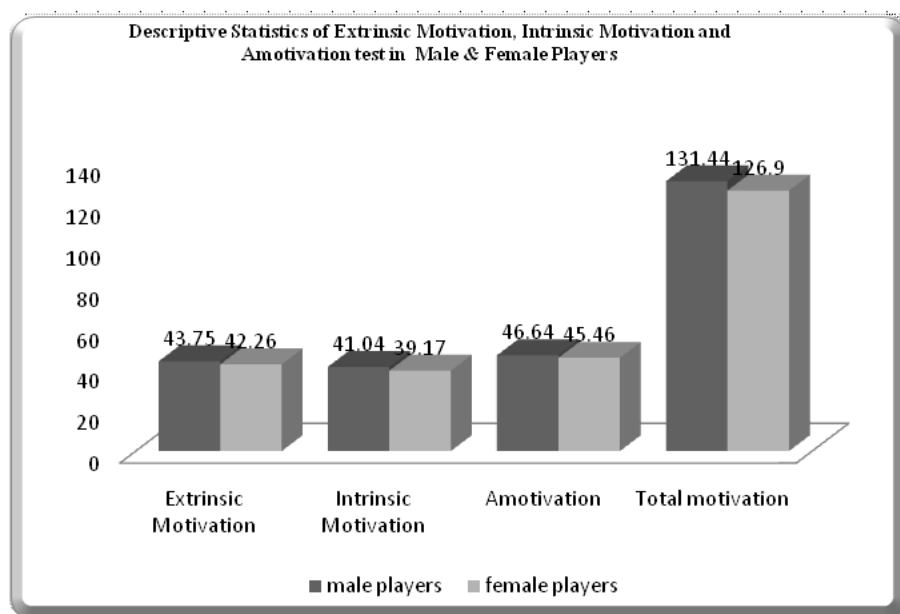
**Statistical Technique**

In order to find out the motivation profile of players of Chhattisgarh Descriptive Statistics was used. The level of significance was set at 0.05.

**RESULT & DISCUSSION**

**Table -1**  
**Descriptive Statistics of Extrinsic Motivation, Intrinsic Motivation and Amotivation test in Male & Female Players**

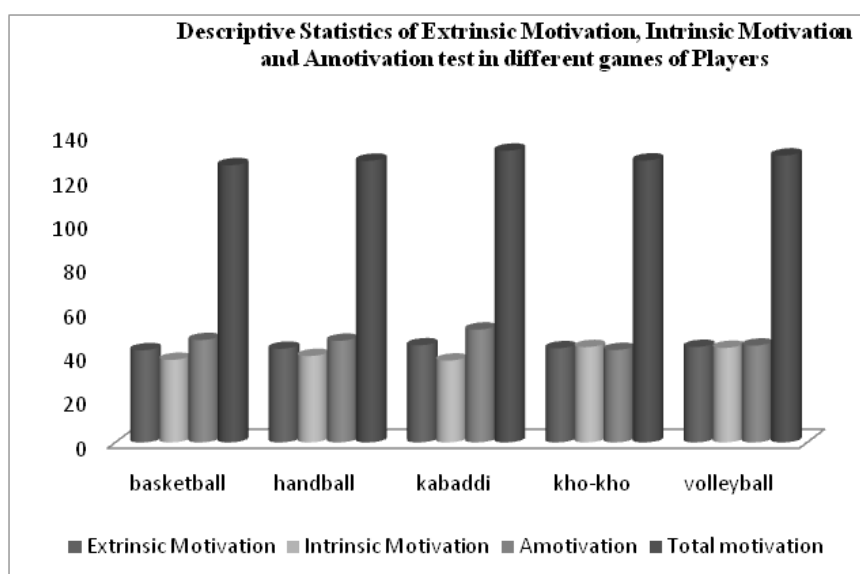
Gender	Extrinsic Motivation	Intrinsic Motivation	Amotivation	Total motivation
Male players	M=43.75 S.D. = 8.06	M=41.04 S.D. = 9.20	M=46.64 S.D. = 9.36	M=131.44 S.D. = 19.08
Female player	M=42.26 S.D. = 8.07	M=39.17 S.D. = 9.48	M=45.46 S.D. = 10.59	M=126.90 S.D. = 19.48



**Graph: 1 Descriptive Statistics of Extrinsic Motivation, Intrinsic Motivation**

**Table -2**  
**Game wise description of the mean values of motivation and there dimension are presented in table-2**

Group	Extrinsic Motivation	Intrinsic Motivation	Amotivation	Total motivation
Basketball	M=41.95 S.D.=8.73	M=37.57 S.D.=10.03	M=46.59 S.D.=10.66	M=126.11 S.D.=20.79
Handball	M=42.61 S.D.=8.25	M=39.32 S.D. = 8.02	M=46.24 S.D.=8.25	M=128.17 S.D.=17.65
Kabaddi	M=44.18 S.D.=7.98	M=37.24 S.D.=9.95	M=51.33 S.D.=12.35	M=132.75 S.D.=21.92
Kho-kho	M=42.85 S.D.=8.06	M=43.39 S.D.=9.69	M=42.06 S.D.=8.51	M=128.30 S.D.=19.23
Volleyball	M=43.45 S.D.=7.36	M=43.03 S.D.=7.09	M=44.06 S.D.=7.00	M=130.54 S.D.=19.14



**Graph: 2**  
**Descriptive Statistics of Extrinsic Motivation, Intrinsic Motivation and Amotivation test in different games of Players**

The mean score of the players on motivation and its three dimension reveals low self determination motivation as mean score on Amotivation, Extrinsic motivation & Intrinsic motivation are in decreasing order ( 46.06,43.00 and 40.10) respectively. Total motivation among the players is Average (Mean- 129, it is >90 &< 135, average category as given in the manual.

Amotivation is above average as per the norms given in the manual, (45-60 range) Extrinsic motivation and intrinsic motivation is average (>30-<45 range for both) given in the manual.

The players of different games have shown similar trends in their motivation pattern revealed in the findings presented in table 2 except Kho-Kho players.The mean values for Amotivation is high among players of selected games (Basketball, Handball, Kabaddi, and

Volleyball). The Amotivation mean value is very high in Kabaddi players (51.39) Basketball and volleyball players (46.59, 46.24 & 44.36) respectively.

Mean value for intrinsic motivation is high among kho-kho players (43.39), Volleyball players (43.03), whereas mean values for Kabaddi and Basketball are very less (37.24 & 37.59 respectively). The mean value for intrinsic motivation in handball players is 39.32, which is low as compared to Kho-Kho & Volleyball players. Mean values for Extrinsic motivation is high among Kabaddi players (44.18) and Volleyball players (43.45) and mean value for Kho-Kho and Handball player is (42.85 & 42.61 respectively), extrinsic motivation is low among Basketball player as their mean score is lower than other players (41.95). Though players of selected games have shown low self determine motivation, Kabaddi players have lowest self determine motivation, Kho- Kho players have shown high self determine motivation.

All most all the players have shown average levels of motivation and intrinsic and extrinsic .Kabaddi and Handball players' have shown above average amotivational level which is indicator of lack of intention, low belief on their competency level as well as climate effects .The result of the study reveals that players of selected games of Chhattisgarh are at lower edge to perceive contiguous between their actions and their outcomes of their actions. They experiences feelings of incompetence and lack of control. The players found to be less motivated extrinsically as well as intrinsically. Detailed investigation on all the aspect of the motivation should be studied and proper intervention will have a positive impact on motivation of players.

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