

**Course Name -Bachelor of Physical Education**

**Year – IInd (Part-1)**

**Paper Name - Psychology with Special Reference to Physical Education**

**Topic Name - Motivation**

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**Lecture No. - 4**

## **Lecture Title**

### **Motivation in Physical Education**

#### **INTRODUCTION**

The word motivation is derived from the Latin word ‘Movere’ meaning ‘*to move*’. Therefore, Motivation, as a psychological concept refers to all the forces, factors and conditions- whether internal (originating from within the organism) or external (emerging from environment) that drive or move our thoughts, moods and behaviors in a particular way.

All life activity can be explained on the basis of motivation that we exhibit in greater or lesser degree in one situation or the other, and for one thing or the other. In educational settings, motivation generally refers to the process of stimulating learners’ interest for assimilating important bits of knowledge, learning variety of skills and acquiring such other forms of behavior so as to transform a helpless infant into an extremely powerful being capable of performing all biological, social, cultural and religious duties bestowed on him by nature and society. Since students in a school comes from variety of genetic, social and cultural backgrounds, they significantly differ in their interests, aptitudes, needs and other characteristics and attributes of Personality.

# Motivation

**Motivation = Importance + Confidence**

**Importance = Do I want to?**

**Confidence = Am I able to?**



## DEFINITION OF MOTIVATION

Like any other psychological concepts, motivation is not easy to define in concrete terms. Motivational variables- situation, conditions, forces and factors that initiate some sort of movement in an organism are abstractions difficult to see or touch; they can simply be inferred from the observable behavior that results from working of a motivational variable in the background. Precisely, to motivate is to:

- Induce movement in the organism
- Inspire an organism to engage in some goal directed activity
- Stimulate a person to achieve or accomplish something exceptional
- Activate a non-interested individual to get yoked to an intended task
- Reinforce one's will to persist in an activity already in progress.
- Energize action or movement already in progress
- Minimize frustration and maximize satisfaction in every aspect of life.

In the words of Lowell' "Motivation may be defined more formally as the psychological or internal process initiated by some need, which leads to the activity which will satisfy that need."

According to Baron, “Motivation refers to the internal process that cannot be directly observed but that activates, guide and maintain overt behavior.”

In the words of Bootzin, “Motivation is the process that taken together energizes, maintain and direct the behavior towards the goal.”

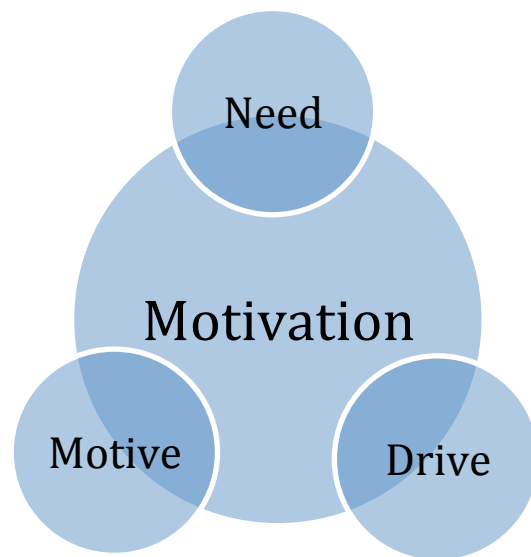
In views of Morgan and King, “Motivation refers to the driving and pulling forces which results in persistent behavior directed towards the goal.”

According to Underwood, “Motivation is the class of operations used to produce and measure changes in performance and changes in every output.”

Motivation is the psychological process which is initiated by some need or want. It is directed towards the activity which satisfies the want or the need. Motivation is a personality characteristic related to general state of arousal and subsequent level of attention paid to a problem or a task faced by an individual. Motivation is concerned with the arousal of interest in Learning and to that extent, is basic to learning. It is the central factor in the effective management of the process of learning.

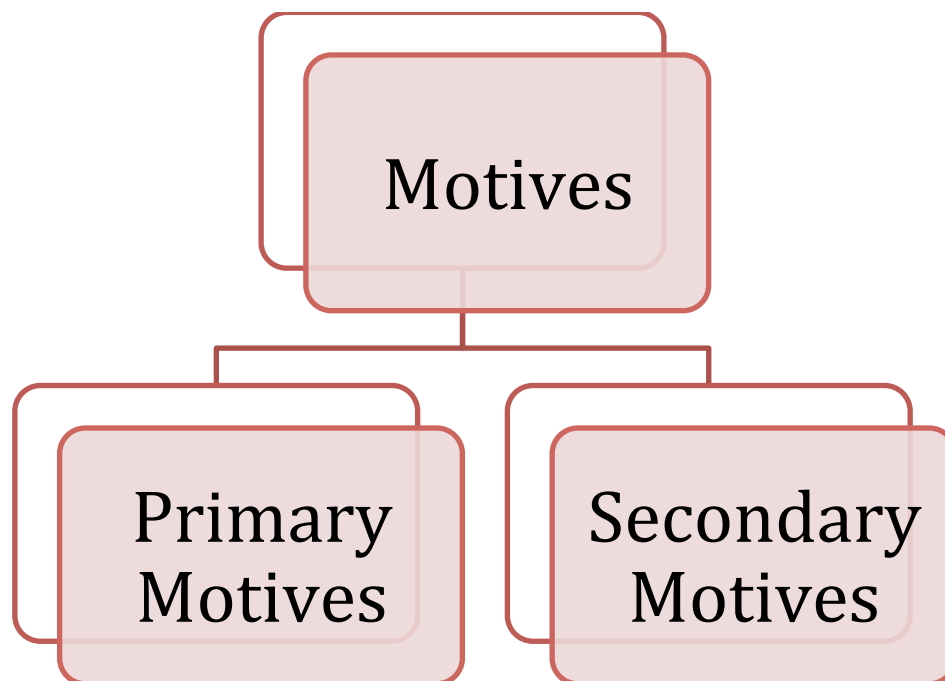
## **2. The Fabric of Motivation**

The fabric of motivation is made of **needs**, **drives** and **motives**. Therefore, the entire theoretical framework of human motivation revolves around these three inter related concepts, having roots in biology, psychology and sociology of man. Without putting them in their proper perspectives and understanding their nature, it would be difficult to get at the truth of the matter.



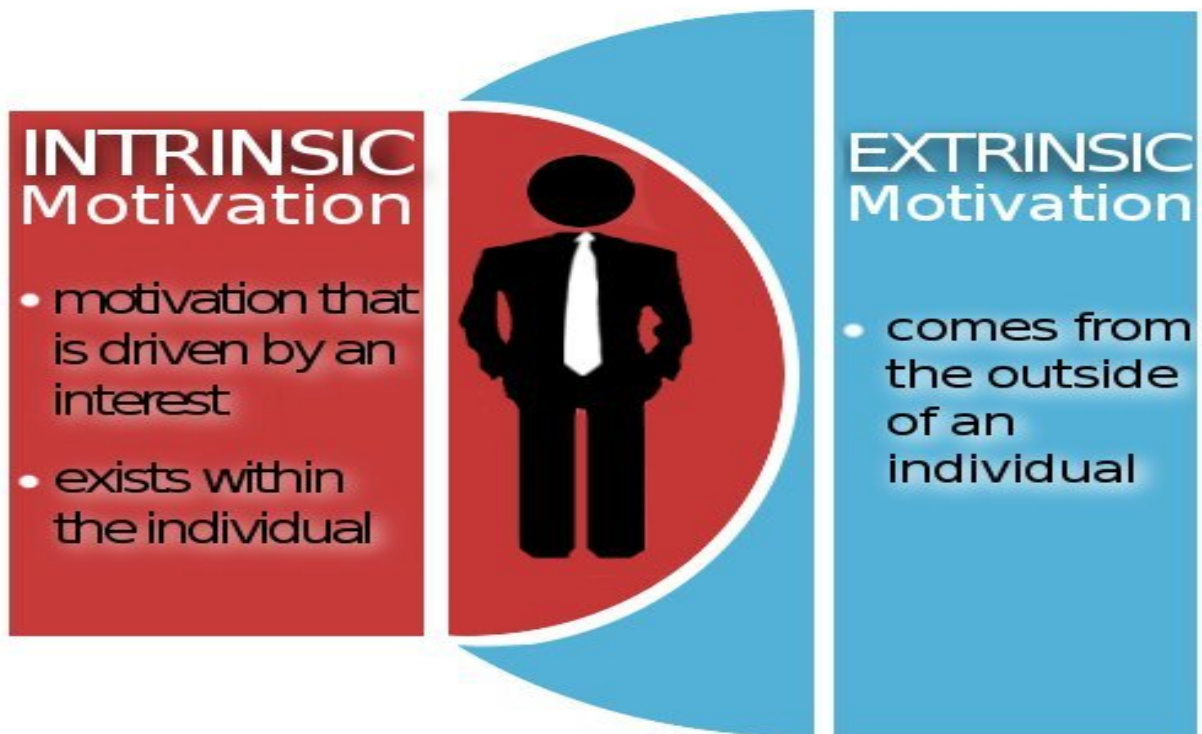
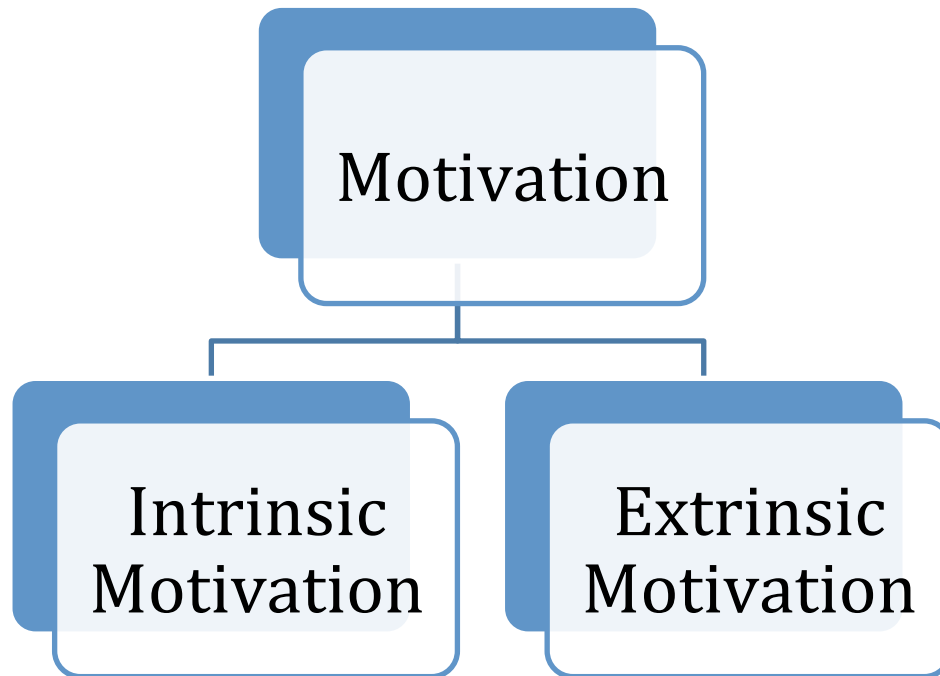
1. **Need:** Need in an ordinary sense is a deficiency, a want or lack of something felt by the organism. It is rightly called a sort of vacuum created inside the body when some substance or element of it gets depleted. Under such a circumstance, the organism makes all the efforts to fill this vacuum by engaging in some purposeful or goal-oriented activity. For example, when our blood sugar drops down, a state of deficiency (of carbohydrates) is created and we feel hungry, there arises the urgent need to look for something to eat. Similarly, when left in a smoky or stuffy room for some time, we begin to gasp for breath, the need to oxygen is created and we rush into an airy place. A need (especially when its fulfillment gets delayed) necessarily gives rise to a state of tension and there is a drive to get rid of the situation, depending upon our capacity to tolerate the pressure.
2. **Drive:** In oxford dictionary, drive (as a concept used in psychology) is defined as “an innate biologically determined urge” to manifest in some physical or physiological movement of the organism to behave in a certain way. When we are thirsty, a need is created in us to seek water and quench thirst. The more the delay in finding water, the greater will be the tension in the body and stronger will be the urge to search for it, is a psychological truism. The intensity of the momentum with which we engage in an action, for example, in this case to search for water may truly be called a drive. A drive is an energizer of action, not a source of action. Drive itself initiates no action but adds fuel to the fire.
3. **Motive:** A motive stands for the reason of doing something. Why we do this thing and not that, why this way and not that way, speaks volumes about the underlying motive behind our action. Motive is a purpose or an intention directing behavior. As a rider directs his horse either to canter, trot or gallop, so does the motives guide or direct (the

pace, the intensity and the quality of) our behavior. Biologically, all behavior- whether animal or human, is motivated behavior because it is purposive and goal directed, i.e. on receiving stimulation, the organism makes certain movements to achieve a goal in view, which may be in the form of some pleasure, satisfaction or relief from pain or discomfort. Motives can broadly be classified as primary motives and secondary motives. Primary motives are instinctive, unlearned and innate and are meant to ensure survival of the organism and conserve life energy and put it to some ingenious use. Secondary motives are the product of socio-cultural environment in which an individual is born and brought up, they are in fact, learned or acquired.



### **3. Types of Motivation**

Motivation has often been known to come either due to internal drives or environmental (external) forces. A motive that originates within the organism to meet a basic biological need or satisfies some 'higher' needs is called intrinsic (or internal). A motive that stems from influences outside of the organism, based on a force or consequences from the environment is extrinsic (or external). From this, has emerged the concept of intrinsic or internal motivation and extrinsic or external motivation, which is often debated and discussed in by educational psychologists and educationists.



1. Internal Motivation: All the organisms are primarily motivated to live and struggle for existence. Therefore, their primary motives, drives and needs have biological orientation. The instinctive urge for hunger, thirst, protection, dominance, love, etc. and the activities associated with them are the primary sources of motivation. If they were not there, neither animals nor

human beings would even exist or propagate life. The entire process of struggle for existence is nothing but an expression of life energy for which these urges and drives are the legitimate channels. The basic inspiration to work even under the most unfavorable situations and utterly demanding circumstances, to dominate the proceedings of life, to be stronger and more competent than others, to compete, win and achieve higher and do better comes from within.

Engaging in physical activity and sports for keeping healthy and fit in body and mind is intrinsically motivated act. The internal sources of motivation include feeling of well-being, strengthening of self-esteem, building up confidence, etc.

2. External Motivation: While internal motivation is rooted in the biological and psychological processes of man, external motivation, also known as secondary reinforcement, has social orientation. In other words, it has its genesis in the interplay of social forces. In psychological literature, it is termed as external pull- the incentives and attractions which the environment offers to the individual to induce him to engage in certain kinds of behavior.

For Example, we do great things to draw people's attention towards us, to get recognition from society for what we do and receive (or expect to receive) some material benefits such as awards, rewards, money, etc. The higher and stronger these incentives are, the greater is the effort an individual puts into it to perform better and climb onto the higher levels of success in his or her specialized field of activity- arts, crafts, sports, literature, science, architecture, etc. The expectation to win gold medal in athletics makes the athlete practice hard to improve the skill. The idea of earning more profit and building up a big business empire motivates the traders to adopt ingenious techniques of running his establishments.

#### **4. Motivation in Physical Education**

Motivation is an important component in athletic behavior. We cannot expect peak performance from athletes until they are fully motivated. If we expect excellent performance from athletes we have to appropriately motivate them besides making them perfect in their skills. Motivation is a psychological tonic which helps the athletes for enhancing energy, speed, power, strength, psychomotor, psychosocial and cognitive skills that they can display their talents and sports skills to their maximum.

Hence, motivation is of great concern for coaches and sports administrators. They must know the different techniques of motivating and about individual motivations because different athletes play with different motives.

Physical activity and sports are a bio-socio-cultural phenomenon. Driven either by internal push or the external pull, people generally engage in these activities for a variety of reasons. For example,

- To get solace and satisfaction arising from participation in sports activities that keep them active in life routines.
- To keep strong, fit and healthy throughout life, and postpone ageing as far as possible.
- To develop skills for life and sports and competencies that are otherwise difficult to develop without a workout in the gym or some sports activity on the playfield.
- To keep affiliated and find an important place (or position) in the society of which one is a part and develop friendship with people.
- To achieve success through activity, endeavors and get recognition from the individuals and groups around.
- To seek catharsis of their emotions by providing outlet to tensions arising out of the stresses and strains of everyday life and to maintain homeostasis.
- To experience challenges and excitement either as active participants in the exercise and athletic programs or as spectators at the competitive fixtures
- To win awards and rewards in order to feel significant as well as to receive some material gains by being professional in sports.

The sports motivation is greatly influenced by age, gender, socio economic status, and facilities available to the athlete, type of sports or exercise program, time at his disposal, sources of motivation, so on and so forth.

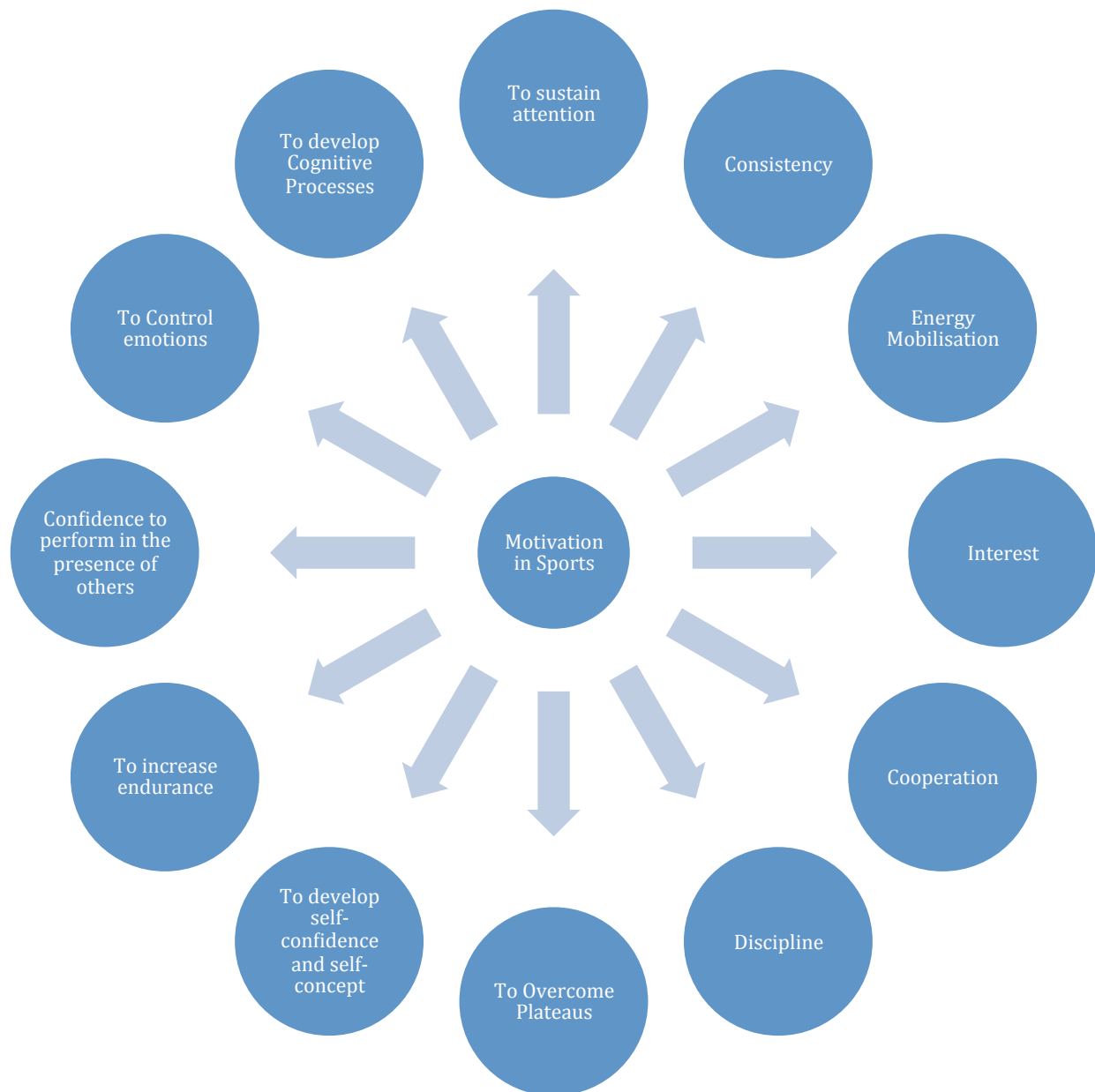
The basic conditions and concepts found highly related to sports motivation include goal setting, feeling of self-efficacy or competence, flow (a state of extremely positive psychological well-being), extrinsic awards and rewards and attribution of the causes for success or failure in athletic competition.

### **Importance of Motivation in Sports**

Motivation is vital to every field of life and, sports is no exception to it. We will discuss how and why motivation is important in the field of sports.

1. **To Sustain Attention:** Sports need concentration on the part of the athlete to learn and then to compete proficiently. Sometimes the attention of the athletes fluctuates which may adversely affect his performance. Appropriate motivation helps the athletes to pay proper attention to the activity which in turn helps him to perform better.
2. **Consistency:** To achieve proficiency, and efficiency in sports, athlete must work consistently with complete focus on the activity. Motivation plays a very significant role to enable the athlete to stay focused and proceed consistently towards the goal.
3. **Energy Mobilization:** Sports activities require optimum energy mobilization within the athlete. Energy mobilization helps the athlete to achieve even the unachievable goals. It is only the motivation which helps in the energy mobilization within the athlete.

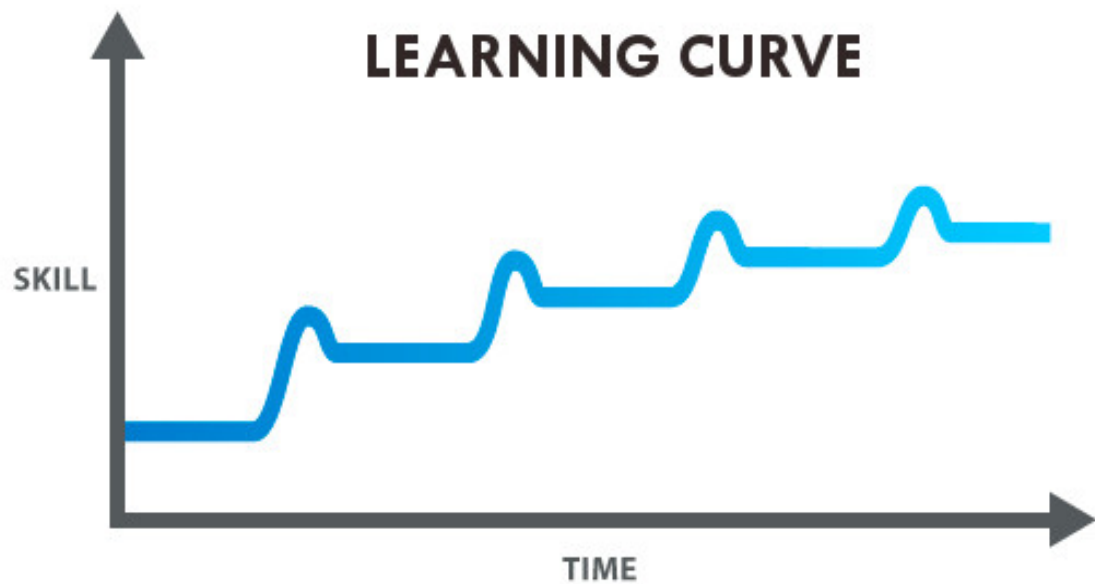
4. Interest: For each and every activity or work to be finished efficiently and proficiently, interest in the activity is must and Sports is no exception to it. For an athlete to acquire the appropriate skills effectively and then after acquiring the skills, to compete effectively, it is must to have interest in that activity. Motivation plays an important role in developing interest of the sports person in a particular activity.



5. **Co-operation:** Cooperation is an indispensable component of the athletic activities. Without appropriate cooperation, an athlete cannot learn the skill efficiently. It is all the more important for the competitions. Thus, it is very important for the coaches and educators to motivate the athlete to cooperate in various activities.
6. **Discipline:** Discipline is the most important component of sports activities during practice as well as during the competition. Motivation is required to help the athlete to

maintain discipline during training and competition. It is important for the coaches and the administrators to motivate the athletes to observe discipline.

7. To Overcome Plateaus: Motivation plays a very important role in overcoming plateaus. Plateau is the period of no improvement in learning. It is common that an athlete for some period of time do not show any perceptible improvement in the performance. Though he is working hard, yet the level of performance remains more or less stagnated. Such lack of improvement in the performance is depicted by flat parts in the curve as shown in the figure which is known as the plateau.

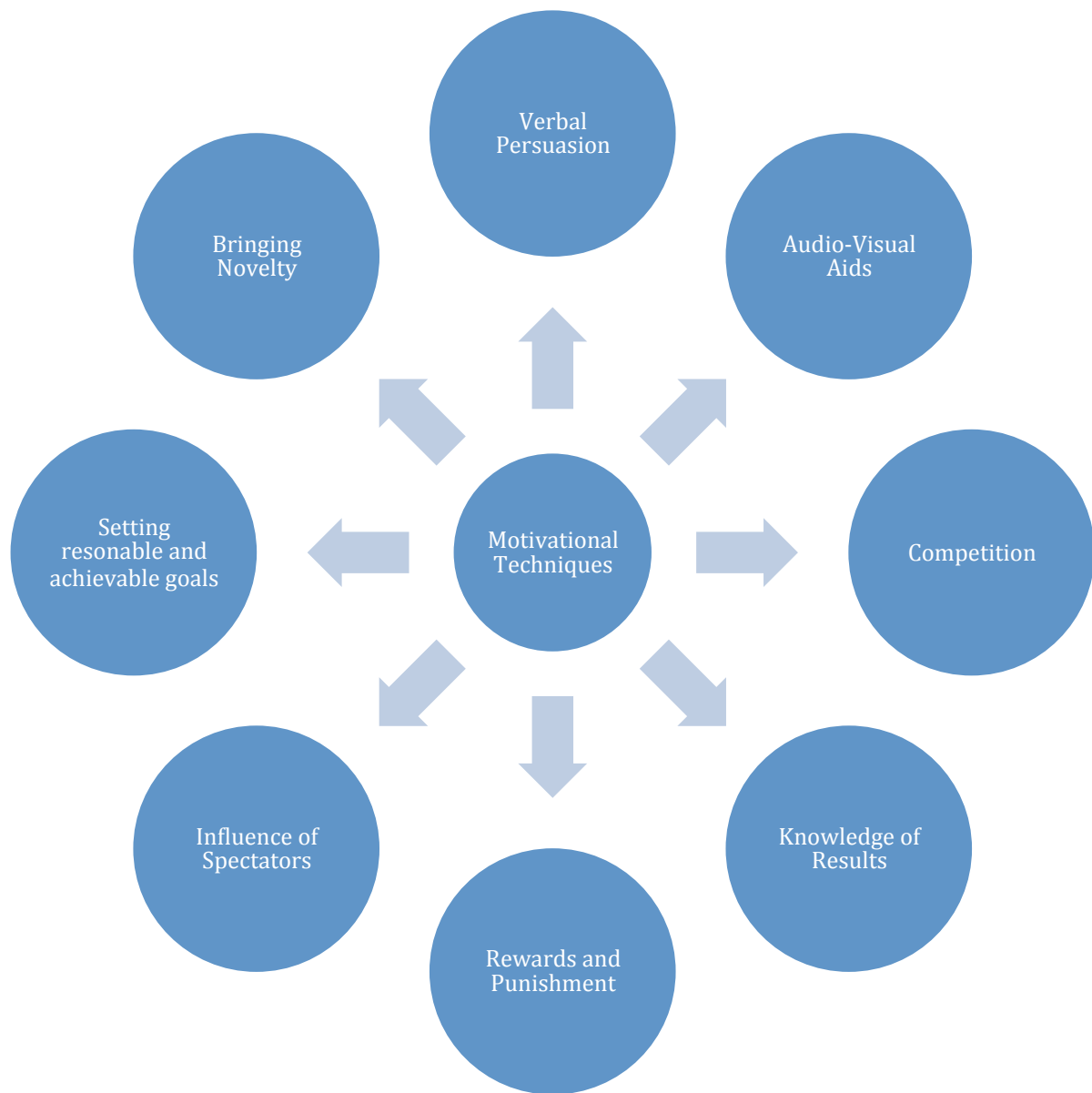


8. To develop Self-Confidence and self-concept: It is generally observed that the highly skilled and well trained athlete fails to perform up to the expectations due to the lack of self-Confidence and the negative self-image. Coaches and educators can develop self-confidence and positive self-image by using the appropriate motivational devices which in turn will enhance the performance of the athlete.
9. To increase Endurance: Athletes are required to have higher threshold for pain and injury endurance. It is the Motivation that helps the athletes to develop endurance and increase the pain threshold.
10. To develop confidence to perform in the presence of the audience: Sports activities cannot be performed effectively in vacuum. No doubt many athletes perform better when they know that they are being observed as compared to the situation when they perform in the absence of audience. But on the other hand, many athletes are not able to perform efficiently in the presence of audience. Coaches can motivate their athletes to overcome the fear of presence of audience during psychological preparations at the pre competition stage

11. To Control emotions: Motivation is important from the point of view of the emotional control. Athletes should be motivated to learn optimum level of arousal for a specific activity and situation. It also helps the athlete to boldly overcome hazardous effects of emotions.
12. Motivation to develop Cognitive Processes: Athletes should be made aware of the fact that sports is not merely a physical activity or power game. Many cognitive processes like perception, thinking and decision making are important for sports activities and motivation plays an important role for development of the various cognitive processes.

### **Motivational Techniques in Sports**

As already discussed, there are two types of motivation i.e. intrinsic and extrinsic. If coaches, parents, mentors are successful in motivating them intrinsically, the game of motivation is almost won. But, if they fail to motivate intrinsically then they are supposed to motivate them extrinsically using various motivational devices depending upon the nature, the personality and the situation factors. Now we will discuss some of the common techniques:



1.      Verbal Persuasion: Verbal persuasion acts as an important motivational device. May it be in the form of the directive comments or incentive comments, it help the athletes in improving their performance.
2.      Audio-Visual Aids: Audio-Visual Aids related to the performance, achievements and the patterns of Outstanding Athletes strongly motivates the individual.
3.      Competition: In sports, the learners are generally seen exhibiting a keen desire or tendency to compete with each other in order to secure some prize or just to satisfy their need to compete. So, the coach can take the advantage of this tendency to compete and exploit it for enhancing the performance of the athletes. The coach can organize two kinds of competitions to motivate the athletes. The first one is individual competition. In such a competition, the athlete is inspired to perform better than other participants of his/her group. The second one is group competition. In this type of competition, a match is organized between the two teams or groups. Both the groups are motivated to show better performance and thus win the competition. Various researches conducted on the effect of competition between individuals and groups tend to enhance performance in a variety of tasks.
4.      Knowledge of Results: Knowledge of results is another source of extrinsic motivation. If a coach constantly monitors the performance of the athletes and provides them with the objective information about their performance, it will help to keep them motivated and perform better.
5.      Rewards and Punishment: An individual is powerfully motivated by the availability of rewards and punishment. The role of intention behind both reward and punishment is to exert a favorable influence upon athlete's potential behavior. But it is the duty of the coach to decide when and where to use reward and punishment because different individuals respond differently to rewards and punishment. For Example, some individuals are slackened when rewarded while others may work more efficiently when rewarded. Similarly, some individuals may work effectively for the fear of the punishment while some others are negatively influenced by the punishments. So the coaches should make use of the rewards and punishments judiciously.
6.      Influence of Spectators: Influence of Spectators is also an important source of motivation because many individuals perform better when they know that they are being observed while others are negatively influenced by audience. So it becomes the responsibility of the coach to psychologically prepare those who fear audience.
7.      Setting the Reasonable and Achievable goals: Setting of the Reasonable and Achievable goals act as a strong motivator. Inappropriate and unachievable goals results in failures frustration and demotivates the athletes. Whereas the reasonable and achievable goals lead to success and motivates the athletes to perform more enthusiastically and energetically.
8.      Bringing Novelty: Changing the routine by using innovative techniques of coaching, changing the learning situations, practice schedules and Captains etc. may break the monotony and motivate the athletes to perform better.

## **5. Conclusion:**

To conclude, we can say that, Motivation plays an important role in the sports activities. It is an important component of athletic behavior. One cannot expect peak performance from athletes until they are motivated. Motivation is the driving force behind any activity. Motivation can be intrinsic or extrinsic. It is critical to success in the field of coaching. To be successful as a coach, he requires a thorough understanding of motivation, techniques of motivating the athletes and the factors affecting motivation. A good coach should have the ability to effectively motivate the athletes.