

Course Name -Bachelor of Physical Education

Year – IInd (Part-1)

Paper Name - Psychology with Special Reference to Physical Education

Topic Name - Motivation

Topic No. - Sec - A (3)

Paper No. - IInd

Lecture No. - 4

Lecture Title

Motivation in Physical Education

FAQs

Question1: What do you understand by Motivation?

Answer: 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.

Question2: How has various psychologists define Motivation.

Answer. 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.”

Question3: Discuss the types of motivation?

Answer: There are two types of motivation: Intrinsic Motivation and Extrinsic Motivation. Intrinsic Motivation is the type of motivation that exists within the

individual and is driven by the interest. Extrinsic Motivation is the type of motivation that comes from outside the individual.

Question4: Describe the Fabric of Motivation.

Answer. 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.

Question5: What are Needs?

Answer. Need 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

Question6: What do you understand by drive?

Answer. Drive 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.

Question7: What are the motives?

Answer. A motive stands for the reason of doing something. Motive is a purpose or an intention directing behavior.

Question8: How is Motivation important in physical education?

Answer. Motivation is important in sports due to following reasons:

- a) To sustain attention
- b) Develop consistency
- c) To overcome plateaus
- d) To develop confidence to perform in the presence of audience
- e) To maintain discipline
- f) To increase endurance
- g) To develop self-confidence and self-concept.

Question9:What are the different motives behind a particular activity.

Answer. Different motives behind sports activities can be

- a) To get solace and satisfaction arising from participation in sports activities that keep them active in life routines.
- b) To keep strong, fit and healthy throughout life, and postpone ageing as far as possible.
- c) 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.

- d) To keep affiliated and find an important place (or position) in the society of which one is a part and develop friendship with people.
- e) To achieve success through activity, endeavors and get recognition from the individuals and groups around.
- f) 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.

Question10: Enlist various motivational techniques.

Answer. Various motivational techniques are

- a) Verbal persuasion
- b) Use of audio-visual aids
- c) Rewards and Punishment
- d) Knowledge of results
- e) Setting reasonable and achievable goals.