



# New Trends and Issues Proceedings on Humanities and Social Sciences



Issue 1 (2017) 560-563

ISSN 2421-8030

[www.prosoc.eu](http://www.prosoc.eu)

Selected paper of 8th World Conference on Educational Sciences (WCES-2016), 4-8, February 2016, University of Alcalá, Madrid, Spain

## Quantification the motivation level of the athletes

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### Suggested Citation:

Fagaras P. S., Rus, M.C., Vanvu G. (2017). Quantification the motivation level of the athletes. *New Trends and Issues Proceedings on Humanities and Social Sciences*. [Online]. 01, pp 560-563. Available from: [www.prosoc.eu](http://www.prosoc.eu)

Selection and peer review under responsibility of Jesus Garcia Laborda, University of Alcalá, Spain

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### Abstract

To obtain sports performance, motivation plays a crucial role, especially in the psychological preparation of athletes. The effectiveness of sports activity decreases when there is a minimum level of motivation or an over-motivation and increase if there is an optimal level of motivation. The purpose of this paper is to quantify the level of motivation of the athletes, especially those who practice sports games. In order to fulfill objectives, we used questionnaire based survey method, using for this purpose Motivation in Sport Scale (SMS-28) developed by Pelletier et al., 1995. This allows us to investigate the motivation of athletes and the type motivation - intrinsic motivation (three subscales), extrinsic motivation (three subscales) and amotivation level of each athlete. Conclusions and recommendations are stated as determining the level of athlete motivational drive generates motivational strategies for optimizing and maximizing sports performance psychological preparation.

Keywords: Motivation, sports, questionnaire, intrinsic, extrinsic.

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## 1. Introduction

Sport Motivation is a complex and multidimensional phenomenon (Vellard, 2004, Moraru, Radu & Grosu, 2015). Human performance, including the sportive one, can be explained as a multiplicative factor of motivation and opportunities /skills, (Epuran, Holdevici & Tonita, 2008). In opinion of Mihailescu, Haralambie, Mihailescu & Mihailescu (2013) motivation is expressed by a special state of psychological tension based on the correlation between perception and thinking. Motivation "is a state that energizes the behavior and gives it a direction "(Atkinson & Hilgard, 2005). Other authors consider that the motivation means "an inner strength by which an individual acts to achieve certain objectives for the fulfillment of needs or expectations (Cornianu, 2005; Craciun, 2008).

Any possibility of success in a competition, constitutes energy source for these competitions, which raise the intrinsic motivation of athletes (Munkacsi, Kalmar, Hamar, Katona & Dancs, 2012, Radu & Fagaras, 2014)

Athletes can express a variety of feelings and emotions during the game, both negative and positive, and in many cases, both types of motivation are beneficial, because they help the athletes surpass certain thresholds and encourage themselves, in order to achieve certain performances.

Intrinsic motivation involves engaging in behavior because it is personally rewarding; essentially, performing an activity for its own sake rather than the desire for some external reward.

Extrinsic motivation occurs when we are motivated to perform a behavior or engage in an activity to earn a reward or avoid punishment.

Extrinsic motivation thus contrasts with intrinsic motivation, which refers to doing an activity simply for the enjoyment of the activity itself, rather than its instrumental value. Amotivation, which is the state of lacking an intention to act. When amotivated, a person's behavior lacks intentionality and a sense of personal causation (Ryan and Deci, 2000).

## 2. Methods

The purpose of this study is to identify the type and level of motivation in athletes, especially those who practice sports games.

In order to fulfill objectives, we used questionnaire based survey method, using "The Sport Motivation Scale" developed by Pelletier et al., 1995. The questionnaire has a 7- point Likert - type scale (1 – does not correspond at all, 2-3 – corresponds a little, 4 – corresponds moderately, 5 - 6 – corresponds a lot, 7 – corresponds exactly). This allows us to investigate the motivation of athletes and the type motivation - intrinsic motivation (three subscales), extrinsic motivation (three subscales) and amotivation level of each athlete.

The research sample comprised 81 athletes practicing team sports (water polo – 27, soccer – 14, basketball – 26, volleyball – 14). The Cronbach's alpha coefficient is ,774 and this indicate that the test is reliability for all 28 items applied to our statistical population.

For statistical calculations, we used SPSS 20.0 for Windows; we calculated mean and standard deviation.

## 3. Results and discussion

In Table 1 we have the descriptive statistics after applied the Sport Motivation Scale in four team sports.

**Table 1. Descriptive statistics about sport motivation**

	N	Me	Std.	Std.
	an	an	Deviation	Error
water	27	4,3	,80713	,1553
soccer	14	4,4	,39696	,1060
basketb	26	4,7	,76305	,1496
volleyb	14	4,6	1,22279	,3268
Total	81	4,5	,83312	,0925

After processing the data (Table 1), we can see that, in water polo, we obtained the mean 4,3519, with a standard deviation 0.80713, in soccer, a mean of 4.4643, with a standard deviation 0.39696, while in basketball, a mean of 4.7569 with a standard deviation of 0.76305, and in volleyball we obtain a mean of 4.6913 with a standard deviation of 1,22279. After comparing the means of the four sports, we obtained, for Fisher coefficient, the value 1.234, with significance of 0.303, which shows that differences are not significant (Table 2)

**Table 2. Comparisons between groups with ANOVA**

	Sum	of	df	Mean	F	S
Between	2,547		3	,849	1	,
Within	52,980		77	,688		

The result obtained after evaluation of motivation in sport for team sports are comparable with the result obtained by Moraru et al. (2015) for individuals' sports. The means obtained are appropriated (4.46 for soccer, 4.69 for volleyball, and 4.49 for dancers and 4.71 for rhythmic gymnastics).

When we analyses the difference between groups we observe that the Fisher coefficient for sport teams is 1.234 with significance of 0.303 and for individuals sport the Fisher coefficient is 1.143 with significance of 0.334.

In table 3 we have the results after comparing the means between groups and we obtained the following values: between water polo and soccer players, there is a difference of - 0.11243 , with a significance of ,932; between water polo and basketball players, there is a difference of 0.40502 with a significance of 0.250, while between Volleyball and water polo a mean difference of 0.33947, with a significance of 0.785. After comparing the results obtained between basketball players and volleyball players we obtained a difference of 0.06554 with a significance of 0.998, and between basketball players and soccer players we obtained a mean difference of 0.29258 with a significance of 0.394 and after volleyball players and soccer players we obtained a mean difference equal with 0.22704 with a significance of 0.910.

**Table 3. Post hoc multiple comparisons**

(I) sport	(J) sport	Mean Difference (I-J)	Std. Error	Sig.
	soccer	-.11243	.18811	.932
water polo	basketball	-,40502	,21569	,250
	volleyball	-,33947	,36184	,785
	water polo	,11243	,18811	,932
soccer	basketball	-,29258	,18344	,394
	volleyball	-,22704	,34359	,910
	water polo	,40502	,21569	,250
basketball	soccer	,29258	,18344	,394
	volleyball	,06554	,35944	,998
	water polo	,33947	,36184	,785
Volleyball	soccer	,22704	,34359	,910
	basketball	-,06554	,35944	,998

## 5. Conclusion

Sport motivation is a phenomenon very complex. Determining the level of athlete motivational drive generates motivational strategies for optimizing and maximizing sports performance psychological preparation. Motivation at the global level refers to a general motivational orientation to interact with the environment in an intrinsic, extrinsic or amotivated way.

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