



A STUDY ON SPORT MOTIVATION AMONG HOCKEY PLAYERS - A POSITION WISE ANALYSIS

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ABSTRACT

The purpose of the study was to analyse the sports motivation among Hockey players at different playing positions. To achieve the purpose of the study 64 male Inter - University level Hockey players were taken as subjects and their age ranged between 18 and 25. For the purpose of the study the players were selected according to their playing positions namely forwards (n=28), halfbacks (n=20), fullbacks (n=16). The sport motivation scale was administered during the South Zone Inter-University Hockey tournament, 2009-10 held at Bangalore. The 28 - item sport motivation scale was based on self-determination theory and designed to assess contextual intrinsic motivation, extrinsic motivation and Amotivation. To test the significance of the mean difference among the players of various positions namely forwards, halfbacks and fullbacks analysis of variance (ANOVA) was used. In case of any significance of mean difference on the criterion measure, to find out which pair of group was better among the others, the Scheffe's post - hoc test was applied. Forwards intrinsic motivation - towards accomplishment and Amotivation was higher when compared to halfbacks, fullbacks. Fullbacks extrinsic motivation identified regulation was higher when compared to forwards and halfbacks. Halfbacks intrinsic motivation was higher when compared to forwards, halfbacks and fullbacks

KEY WORDS: Sports Motivation, Intrinsic and extrinsic motivation, Amotivation.

INTRODUCTION

Hockey is a popular sport for men and women in many countries around the world. Success in hockey requires a great deal of patience, hard work, practice and train every day. To achieve this, players must be suitably motivated. Lack of motivation may lead to a slack in their fitness routine. Players can be motivated in numerous ways and it is a process through which a person makes use of available resources, time, talent, energy and distributes them in a way they choose. The extrinsic motivation in sports comes from external influences to earn rewards, social recognition or benefits. The intrinsic motivation is an inherent characteristic that feeds off one's inner drive to accomplish a goal. For more than a decade, research on sport motivation has been carried out with the help of the Sport Motivation Scale which measures the different types of motivation proposed by self - determination theory in the context of sport (**Pelletier et al. 1995**).

METHODOLOGY

The purpose of the study was to analyse the sports motivation among Hockey players at different playing positions. To achieve the purpose of the study 64 male Inter - University level Hockey players were taken as subjects and their age ranged between 18 and 25. For the purpose of the study the players were selected according to their playing positions namely forwards (n=28), halfbacks (n=20), fullbacks (n=16). The sport motivation scale was administered during the South Zone Inter-University Hockey tournament, 2009-10 held at Bangalore. The 28 - item sport motivation scale (**Pelletier et al., 1995**) was based on self-determination theory and designed to assess contextual intrinsic motivation, extrinsic motivation and Amotivation. Athletes respond to the item with responses from a Likert - type scale that ranges from 1 (does not correspond at all) to 7 (corresponds exactly). The sport motivation scale consists of seven subscales namely intrinsic motivation - to know, intrinsic motivation-toward accomplishment, intrinsic motivation - to experience stimulation, extrinsic motivation - identified regulation, extrinsic motivation - introjected regulation, extrinsic motivation - external regulation and amotivation with four items attached to each. To test the significance of the mean difference among the players of various positions namely forwards, halfbacks and fullbacks analysis of variance (ANOVA) was used. In case of any significance of mean difference on the criterion measure, to find out which pair of group was better among the others, the Scheffe's post - hoc test was applied.

RESULTS AND DISCUSSIONS**TABLE – I****MEAN AND STANDARD DEVIATION OF SPORTS MOTIVATION AMONG DIFFERENT PLAYING POSITIONS IN HOCKEY**

Sl.No	Positions	Variables	Mean	SD (\pm)
1	Forwards	Intrinsic motivation - to know	16.35	3.26
		Intrinsic motivation - to accomplish	17.60	3.83
		Intrinsic motivation - to experience	15.96	3.96
		Extrinsic motivation - identified	16.57	3.04
		Extrinsic motivation - introjected	16.78	3.13
		Extrinsic motivation - external regulation	17.75	4.24
		Amotivation	18.35	3.15
2	Halfbacks	Intrinsic motivation - to know	18.50	3.13
		Intrinsic motivation - to accomplish	16.05	4.13
		Intrinsic motivation - to experience	14.00	3.22
		Extrinsic motivation - identified	17.35	4.46
		Extrinsic motivation - introjected	15.90	3.71
		Extrinsic motivation - external regulation	16.25	4.24
		Amotivation	15.50	3.13
3	Fullbacks	Intrinsic motivation - to know	14.00	4.57
		Intrinsic motivation - to accomplish	12.87	5.00
		Intrinsic motivation - to experience	13.12	3.91
		Extrinsic motivation - identified	19.31	2.96
		Extrinsic motivation - introjected	14.12	6.60
		Extrinsic motivation - external regulation	16.62	5.31
		Amotivation	16.37	3.98

The mean and standard deviation of sports motivation among hockey players were numerically presented in the above table. The table reveals that the mean scores of Intrinsic motivation - to accomplish (17.60), Intrinsic motivation - to experience stimulation (15.96), Extrinsic motivation - introjected (16.78), Extrinsic motivation - external regulation (17.75) and Amotivation (18.35) of the forward players were higher than the other positional players. The halfbacks showed better in Intrinsic motivation - to know (18.50). The table also indicates that mean scores of fullbacks in Extrinsic motivation - identified (19.31) showed better than other positional players.

TABLE – II
ANALYSIS OF VARIANCE OF SPORTS MOTIVATION AMONG DIFFERENT
PLAYING POSITIONS IN HOCKEY

Sl. No	Variables	Source of variation	df	Sum of Squares	Mean Squares	F-value
1	Intrinsic motivation - to know	BG	2	180.34	90.17	6.26*
		WG	61	877.30	14.38	
2	Intrinsic motivation - to accomplish	BG	2	228.39	114.19	5.27*
		WG	61	1320.25	21.64	
3	Intrinsic motivation - to experience stimulation	BG	2	99.66	49.83	2.79
		WG	61	1086.21	17.80	
4	Extrinsic motivation - identified	BG	2	170.60	85.3	6.03*
		WG	61	861.72	14.12	
5	Extrinsic motivation - introjected	BG	2	87.51	43.75	1.94
		WG	61	1374.13	22.52	
6	Extrinsic motivation - external regulation	BG	2	72.69	36.34	1.53
		WG	61	1442.62	23.64	
7	Amotivation	BG	2	174.93	87.46	6.66*
		WG	61	801.05	13.13	

* $P < 0.05$ Table F, df (2,61) (0.05) = 3.14

In table II, the results of analysis of variance on Intrinsic motivation - to know (6.26), Intrinsic motivation - to accomplish (5.27), Extrinsic motivation - identified (6.03) and Amotivation (6.66) among the four positions were greater than the table value of 3.14 indicating that it was significant ($P < 0.05$) for the degrees of freedom (2,61) at 0.05 level of confidence. Since the F value was significant, the scheffe's post-hoc test was further computed to find out which pair of position was better among others and the results are tabulated in the table - III. However the obtained F value for Intrinsic motivation - to experience stimulation (2.79), Extrinsic motivation - introjected (1.94) and Extrinsic motivation - external regulation (1.53) among the four positions were lesser than the table value of 3.14 which indicated no significant difference among four positions at 0.05 level of confidence.

TABLE – III

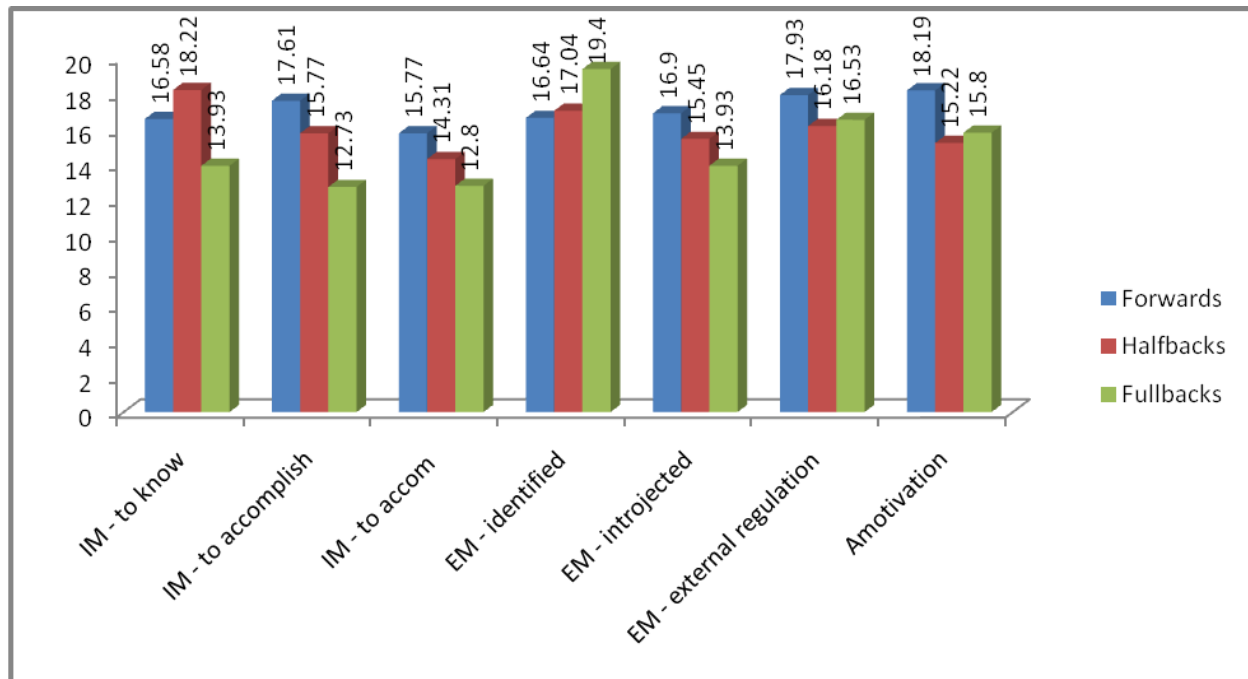
**SCHEFFE'S POST-HOC TEST FOR MEAN DIFFERENCES BETWEEN THE
FORWARD, HALFBACKS AND FULLBACK ON SPORTS
MOTIVATION AMONG HOCKEY PLAYERS**

Sl.No	Variables	Means			Mean Difference	CI
		Forwards	Halfbacks	Fullbacks		
1	Intrinsic motivation - to know	16.35	18.50	---	2.15	3.10
		16.35	---	14.00	2.35	
		---	18.50	14.00	4.50*	
2	Intrinsic motivation - to accomplish	17.60	16.05	---	1.55	2.84
		17.60	---	12.87	4.73*	
		---	16.05	12.87	3.18*	
3	Extrinsic motivation - identified	16.57	17.35	---	0.78	2.04
		16.57	---	19.31	2.74*	
		---	17.35	19.31	1.96	
4	Amotivation	18.35	15.50	---	2.85*	1.96
		18.35	---	15.62	2.73*	
		---	15.50	15.62	0.12	

* Significance at 0.05 level

From the table - III it can be seen that the mean differences of intrinsic motivation - to know between halfbacks & fullbacks (4.50) and for intrinsic motivation - to accomplish forwards & fullbacks, halfbacks & fullbacks were (4.73, 3.18) and for extrinsic motivation - identified forwards & fullbacks was (2.74) and for Amotivation forwards & halfbacks, forwards & fullbacks (2.85, 2.73) were greater than the confidential interval value of 3.10, 2.84, 2.04 & 1.96 respectively which was significant at 0.05 level of confidence. From that it can be clearly noticed that there was a significant mean difference on intrinsic motivation - to know between halfbacks & fullbacks having the maximum values, in intrinsic motivation - to accomplish forwards & fullbacks having the maximum values followed by halfbacks & fullbacks, in extrinsic motivation - identified forwards & fullbacks having the maximum values and in Amotivation forwards & halfbacks having the maximum values followed by forwards & fullbacks.

Figure – I: Bar Diagram Showing the Mean Values of Sports Motivation among Different Playing Positions in Hockey



CONCLUSIONS

As sports educators we often take pride in saying that sports builds characters. There are two kinds of motivation that enables sportsmen to achieve a particular goal or task. The first type of extrinsic motivation in sports comes from external influences or people. People are extrinsically motivated to earn rewards, social recognition or benefits. The second kind of intrinsic motivation is an inherent characteristic that feeds off one's inner drive to accomplish a goal or objective.

From the analysis the following conclusions can be drawn,

1. Forwards intrinsic motivation - towards accomplishment and Amotivation was higher when compared to halfbacks, fullbacks.
2. Fullbacks extrinsic motivation identified regulation was higher when compared to forwards and halfbacks.
3. Halfbacks intrinsic motivation - to know was higher when compared to forwards, halfbacks and fullbacks

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