



Research Paper

A Study of the Effect of Motivation and Locus and Control on the Performance of Sports Person

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Abstract :

Motivation comes in many forms. Sometimes it is internal in nature and it comes from a personal desire to find success independent of internal rewards and enticements. Sometimes it is externally nature and comes from a desire gain of notoriety, fame of financial rewards. Evidence exists to suggest that external reward are often only. Fleeting motivators, and can, in the end, actually determine intrinsic or internal motivation. In the chapters that follow, we will examine the literature and. Unravel many of the mysterious surrounding the sometimes elusive concept of motivation.

I. Introduction :

It is difficult to imagine anything being more important to success in sports than motivation. Sometimes we assume that great sport performances are based upon. In actual ability, some might think, for example, that Tiger Woods current domination of the Professional Golf tour is somehow due to physical abilities that. He was born with or we might believe that Michael Jordan's stature as perhaps of the game was somehow based on innate physical abilities, however. Close. Serenity of the training and preparation habits of all great performance. Can be raised to a combination of physical ability and a drive to be the very best. When Michael Jordans finished his college career at North Carolina, he possessed only an average outside jump shot. Through thousands of hours of practice and working on technique, he became a complete player. Defensive players. Fired his fall away jump shot as much as they feared his explosive drive to the basket. The athletic literature and fold history are full of examples. Of athletes who have excelled because of an internal desire as opposed to physical attributes such as size, strength, power of quickness. Formal Bostom Celtic great Larry Bird may be a case in point. Bird was never accused of possessing great quickness speed of vertical jumping ability, yet he remains on the greatest basketball players of all time. Much of his greatness can be attributed to an intensive internal desire to work hard and to achieve success. Examples of motivation are not restricted to sport, an admirer ones remarked to a highly accomplished. A would give half my life to place as you do. The pianist responded that exactly. Did what is that motivates an individual to give much of her life to accomplish a goal? For some reason, the individual comes to believe that the goal is work, spending a lifetime and large amount of money to achieve insight

Insight into the deeper meaning of motivation comes from the early work of physiologist such as Hull 1943 and Spence 1956 who demonstrated that animals will go to extraordinary length to reduce an internal derivative such as hunger of theist Dr. theory as proposed by these psychologists. Is a theory of motivation based upon nation of Dr. reduction? Dr. theory states that motivation is related to a desire to reduce or satisfy an internal drive. In the case of sport, the drive may become an all American tracker to make a high school basketball or football team. Motivation to achieve success in sport, however, is not simply an enemy drive, such as the drive to satisfy hunger or twist, but one that is developed and learned. The root of the word motivation is the word motive. The Latin form of this word is *movere* meaning to move, The desire to move as opposed to remaining stationary in the essence of motivation.

Another insight to the basic concept of motivation comes from the classic work of Abraham Maslow 19/17/1987 maslow's concept of motivation is based upon needs hierarchy a person must first satisfy lower level needs before he can turn his attention, so satisfying higher level needs lower level needs include the basic need

to seal safe and the needs to satisfy the. Carving of hunger and thirst once these fundamental. Needs have satisfied the individual, counter his attention to satisfying higher level human needs, such as the needs to be loved, to feel worthy, to feel competent. And to realize self fulfillment, masculine higher level needs are the ones that can be achieved through involvement in sport and exercise. Masculine hierarchy of needs is helpful, however, it is demonstrate that it is difficult to focus upon higher needs such as competence and self fulfillment if you are hungry, thirsty of fearing for your personal safety.

LOCUS OF CONTROL :

With psychology, locus of control is considered to be an important aspect of personality. The concept was developed originally Julian Roter in the 1950s rotor 1966. Locus of control refers to an individual perspective about the underlying main causes of event in his life are more simply, do you believe that your destiny is controlled by yourself or by external forces? The full name router gave the construct was locus of control or reinforcement. In giving in, it is name router was breeding behavioral and cognitive psychology. Reuters view was that behavior was largely guided by reinforcement. And that contingencies such as rewards and punishment, individuals come to hold belief about what causes their actions. These beliefs, in turn, guide what kind of attitude and behaviors people adopt. These understanding of locus of control is consistent, for example, with Philip Zimbardo.

A locus of control orientation is a belief whether the outcomes of an action continue. On what we do or on event outside our personality control. zimbardo 1985 third locus of contribute conceptualize as referring to a unidimensional continuum, ranging from external to internal External locus of control, internal locus of control. individual believes that his behavior is guided by his personal decision and efforts.

A theoretical constructor designed to access a person's perceived control over his or her own behaviour. The classification internal locus indicates that the person fails in control of events. External locus indicates that there are. Perceived to have that control locus of controlling social psychology refers to an extent to which individuals believe that they can control events that affect them. Understanding of concept was developed by Julian B Rotor in 1954 and has since become an important aspect personality studies Individuals with a high internal locus of control believes that events result primarily. From their own behaviour and actions, those with a low internal locus of control believe that powerful other that or Johnson primarily determine events. Those with a highly internal locus of control have better control of their behavior, tend to exhibit more political behaviors, and are more likely to attempt to influence. Other people than those with a high external locus of control. Those with the high internal locus of control are more likely to assume that their efforts will be successful. They are more active in seeking information and knowledge concerning their situation.

OBJECTIVES OF THE STUDY

The following objectives for the

- To study the effect of motivation techniques on the performance of university sports persons.
- To study the effect of locus of control on the performance of university sports persons.

HYPOTHESIS OF THE SYUDY

The hypothesis considered for the current research are as follows

- There will be significant effect of motivation techniques on the performance of university sports persons.
- There will be significant effect of locus of control on the performance of university sports persons.

II. REVIEW OF LITERATURE

For Weinberg, Mckenzie, Jackson, Anshel Grove, (2000) Purpose of investigation was the compare participation motives of youth in competitive sports versus physical activity using culture, self reported physical levels and genders as independent variables. Participants were 1472 by and girls in equals to 50. From the United. States, Australia and New Zealand Three self report inventories were administered to all participants to determine the amount and frequency of participation, as well as all participation motives for competitive sports and physical activity. Results from principal component factor analyze revealed stability across. Cultures in the four factors describing competitive motives. As well as from the four factors describing physical activity motives. Accounting for 44% and 51% of variance, respectively, results from the tourist to 3:00 to 3:00. Gender man over on the competitive sports and physical activity questionnaires revealed significant multivariate main effects for all three independent variables of both questionnaires. Post hoc test indicated that all four factors were related to these main effects across competitive and physical activity. Motives. Results were discussed in terms of the differing motives for sport and physical activity and the importance of understanding the particular social milieu in which his activity occurred.

Chie-der,Chen,Hung-yu,and Li- King's(2003)Study 87 males, 87 females basketball players from the HBL were selected for their research. Questionnaire is where used to measure 4 phenomena participations goal orientation, the motivation climate they perceived perceived personal athletic ability perceived personal sport related confidence, perceived personal athletic ability perceived personal sport related confidence using at least gender differences were detected.Male tended as second record higher scores than female for sports related confidence variables. Males scored higher within ego orientation, pursued ability, and in physical performance. Female needed to score higher in task orientation, perceived task climate, and leadership style.

Etnier et al(2004)observed that That Achievement Goal theory is commonly used to explain motivational aspects of physical activity and sports. However, EGT has been used to examine team sports perception by adults. To better understanding team sport participation from AGT perspective, the purpose of this study was to differences in goal orientations as a function. Function of gender and level of competition Examine differences between goal profile groups on perceived competence and results revealed no significant differences in orientation as a function of gender competition. Or their interaction results further indicate that low task, moderate task, high ego groups where the least self determined it was concluded. That men competing in adult soccer leagues were similar in goal orientations and that of competitive team sports may be important of physical activity involvement of women.

James,marckay and Peters(2006) in this Study 17,463 participants participated. This analysis differed from the others in his review. It noted no significant differences. It also noted that the tour most important motivates for both malesAnd females were affiliation, fitness, skills development and friendship. This opposed to and three least influential motivators which were reward, status, situational and computational. It is also noted that the individuals studied in martial arts were emerged in a holistic approach of martial art which placed. Increased value on the underlying. Philosophy they further noted that the style of the instructor, enhancing student motivation to participate. It is implicated within. This research that the similarity in gender motivation may be result of the philosophies of the teaching.

Murcia,Gimeno and Coll(2008)Study 413 athletes completed a perceived motivational climate in sports questionnaire. The sample was comprised of 322 boys and 91 girls sports included individual and team sports. This analysis used to MANOVA analyze the Effect, gender, goal orientations and perception of motivation, climate and its flow. The finding showed that male had a stronger ego orientation that more specially involved punishment for errors than dead. Females were more inclined to identify a motivational climate Orientated Towards learning.

Frederick C.M(2000)found that a sample of college student and college athletes completed measures of competitiveness and locus of control in addiction self reports of GPA and sex were provided negative correlations amongst core competitiveness GPA and scores on internal locus of Scores on internal locus of control were significance, also were sex, athletes status, differences in competitiveness. The Sports Rehabilitation Locus of Control scale was developed by Murphy GCETAL 1999 to facilitate study of the behavior of athlete recovering from injury. The SRLC was built specially to access locus of control injured. Athletes by adopting selected items from the Multidimensional Health Locus of Control questionnaire developed by Walton, Walton and Develis in 1978 and in accordance with their rationale for the construction of domain specific log scales. The resultant locus of control mayors. Measures were administered to a sample of 45 sports injured athletes. Good internal consistency and test retest reliability was shown by the SRLC scales, and the pattern of inter scale correlation supported the three factor conceptualization of locus of control on which the SRL. The relationship between SRL scale scores and adherence to treatment was tested with a sample of injured athletes.

Internally was positively associated P is less than five with treatment adherence.

Gary,DE.(1978)Examine the sex difference in the dimension of internal versus external controls using the JB routers 1966 locus of control scale on male female college students the finding contrast with others that sex difference for factor structure was observed the confounding effect of the EI scale was brought into focus by weaving. Causality from 4 elements framework as suggested by attribution theorists. As opposed to that the 2 eliminate schedule model assumed by Rotter.

Gerend (2004). In the health field older women with an internal locus of health control view particular health threats as more controllable or preventable. The regulating behaviour was a lower perception of general susceptibility to disease. In the same study women with an external locus half controller believed them sleeves to have a higher susceptibility

To practical diseases because they viewed health risks as less preventable and controllable.(Gerend, et al.).

With depressed patients, Alloy and Abrams, 1979, there was less likelihood to assume an illusion of control in the absence of contingency between behavior and a desired outcome than the nondepressed patients.

Definition And Explanation Of Term

1. Motivation :

Motivation is a process which begins with a psychological or psychological need of deficiency which triggers behavior, or a drive that is aimed to a goal or an incentive.

"Motivation is an internal state that causes people to behave in a particular way to accomplish particular goals and purpose. It is possible to observe the outward manifestations and motivation, but not motivation itself.

"Motivation is not something that people do to others. Motivation occurs within people's minds and hearts. Managers can influence the motivational process, but they cannot control it.

2.Locus of Control

"Locus of control orientation is a brief about whether the outcomes of our contingent on what we do on our event outside our personal control. Zimbabwe, 1985. Chow GM and Feltz DL.(2008). Exploring the relationship between efficacy. Perceptions of success and team attributions. Journal main of Sep:26(11):1179-89.

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