



ISSN: 2456-0057
IJPNPE 2017; 2(2): 133-135
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www.journalofsports.com
Received: 10-05-2017
Accepted: 11-06-2017

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A comparative study of sport motivation of Panjab University Chandigarh and Kurukshetra University swimming teams

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Abstract

The present investigation has been conducted with a view to compare the sports motivation between Panjab University Chandigarh and Kurukshetra University. This study was carried out on 30 male national Swimmers of Panjab University Chandigarh (15 swimmers) and Kurukshetra University (15 swimmers) aged below Under-25. Sports motivation was measured by sports motivation scale (SMS-28) developed by Luc G. Pelletier et.al.in 1995 to compare the intrinsic motivation, extrinsic motivation and amotivation between the Swimmers of Panjab University, Chandigarh and Kurukshetra University. To analyze the results Descriptive statistics (mean, standard deviation) and independent 't' test was employed. The findings of the study revealed that all intrinsic motivation variables (to know, accomplish & experience stimulation) have insignificant difference between Panjab University Chandigarh and Kurukshetra University Whereas results also revealed insignificant difference between Panjab University Chandigarh and Kurukshetra University swimmers for extrinsic motivation variables (identified, interjected) except external regulation for which significant difference was found. For amotivation insignificant difference was also found between Panjab University Chandigarh and Kurukshetra University swimmers. The level of significance was 0.05.

Keywords: intrinsic motivation, extrinsic motivation, and motivation

Introduction

Sport psychology is concerned with the psychological foundations, processes and consequences of the psychological regulation of sport-related activities of one or several persons acting as the subject(s) of the activity. The focus may be on behavior or on different psychological dimensions of human behavior, i.e. affective, cognitive, motivational or sensory-motor dimensions. The physical activity can take place in competitive, educational, recreational, preventative and rehabilitation settings and includes health-related exercise.

Sport psychology, as the systematic scholarly study of human thought, emotion, and behavior in sport contexts, consists of four main areas: personality and sport participation, motivational processes, interpersonal and group processes, and intervention techniques to enhance sport performance and personal development (Cote and Thomas, 2007).

Motivation is at the heart of many of sport's most interesting problems, both as a developmental outcome of social environments such as competition and coaches' behaviors, and as a developmental influence on behavioral variables such as persistence, learning, and performance (Duda, 1989; Vallerand, Deci, & Ryan, 1987) [7]. In general, intrinsic motivation (IM) refers to engaging in an activity purely for the pleasure and satisfaction derived from doing the activity (Deci, 1975) [5]. When a person is intrinsically motivated he or she will perform the behavior voluntarily, in the absence of material rewards or external constraints (Deci & Ryan, 1985) [6]. Athletes who go to practice because they find it interesting and satisfying to learn more about their sport, or athletes who practice their sport for the pleasure of constantly trying to surpass them are considered intrinsically motivated toward their sport.

Contrary to intrinsic motivation, extrinsic motivation (EM) pertains to a wide variety of behaviors that are engaged in as a means to an end and not for their own sake (Deci, 1975) [5]. It was originally thought that extrinsic motivation referred to non-self-determined behavior, behavior that could only be prompted by external contingencies (e.g., rewards).

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A motivation is not to perceive contingencies between their actions and the outcomes of their actions. They experience feelings of incompetence and lack of control (Deci & Ryan, 1985) [6]. They are neither intrinsically motivated nor extrinsically motivated. When athletes are in such a state, they no longer identify any good reasons for why they continue to train. Eventually they may even decide to stop practicing their sport. Objective was to compare the sport motivation of Panjab University Chandigarh and Kurukshetra University male swimmers.

Hypothesis

It was hypothesized that there will be a significance difference between Panjab University Chandigarh and Kurukshetra University male swimmers in intrinsic motivation (to know, to accomplish and to experience stimulation), extrinsic motivation (identified, interjected and external regulation) and a motivation.

Table 1: Descriptive results of Sports Motivation Scale of male swimmers of Panjab University Chandigarh and Kurukshetra University.

Factor	playing team	N	Mean	Std. Deviation	Std. Error Mean
	Panjab university	15	23.33	3.46	.89
IM-to-accomplish	Kurukshetra university	15	23.40	3.02	.78
	Panjab university	15	24.60	2.92	.75
IM-to-experience-stimulation	Kurukshetra university	15	22.73	4.79	1.23
	Panjab university	15	24.33	2.22	.57
EM-identified	Kurukshetra university	15	19.53	3.94	1.02
	Panjab university	15	19.33	3.60	.93
EM-interjected	Kurukshetra university	15	19.53	4.90	1.26
	Panjab university	15	21.00	2.20	.57
EM-external-regulation	Kurukshetra university	15	14.27	6.18	1.60
	Panjab university	15	18.33	4.85	1.25
Amotivation	Kurukshetra university	15	10.13	7.37	1.90
	Panjab university	15	11.60	7.28	1.88

Table 1 indicates that descriptive statistic values of Intrinsic Motivation (sub-variables : to know, to accomplish, to experience stimulation between swimmers of Panjab University, Chandigarh and Kurukshetra University which shows that mean and standard deviation values of Panjab University, Chandigarh and Kurukshetra University. Mean value of Kurukshetra University team was 23.20, 23.40, 22.73 and standard deviation value 3.42, 3.01, 4.78 and Mean value of Panjab University, Chandigarh team was 23.33, 24.60, 24.33 and standard deviation value 3.45, 2.92, 2.22 respectively.

Table also indicates that descriptive statistic value of extrinsic motivation (sub-variables: identified, interjected, and external regulation between Panjab University, Chandigarh and Kurukshetra University team which show that mean and standard deviation values. Mean value of Kurukshetra University team 19.53, 19.53 and 14.26 and standard deviation value 3.94, 4.89 and 6.18 and Mean value of Panjab University, Chandigarh team 19.33, 21.00 and 18.33 and standard deviation 3.59, 2.20 and 4.85 respectively.

Table also indicates that descriptive statistic value of a motivation of Panjab University, Chandigarh and Kurukshetra University team. The mean value of Kurukshetra University team 10.13 and standard deviation value 7.36 and the mean value of Panjab university team 11.60 and standard deviation 7.27 respectively.

Procedure and Methodology

A purposively sampling technique was used to select 30 national level swimmers of Panjab University Chandigarh and Kurukshetra University. Questionnaire SMS-28 developed by Luc G. Pelletier et.al.⁶ in 1995 was administered for the collection of data after the completion of the match. Scale includes intrinsic motivation, extrinsic motivation and a motivation as variables. Independent't' test was employed to compare the intrinsic motivation, extrinsic motivation and a motivation level of swimmers of Panjab University Chandigarh and Kurukshetra University.

Results

The data was analyzed by employing descriptive statistics and independent't' test. The result of the study has been presented in following table.

Table 2: Comparative results of swimmers of Panjab University Chandigarh and Kurukshetra University.

Factors	Mean Difference	t value	Sig.
To know	.13	.11	.92
Accomplish	1.20	1.11	.28
Experience stimulation	1.60	1.17	.25
Identified	.20	.15	.89
Introjected	1.47	1.06	.30
External regulation	4.07	2.01	.05
Amotivation	1.47	.55	.59

* P < 0.05

As documented in the above cited table that there is insignificant difference in all factors of sports motivation scale (SMS) between Panjab university, Chandigarh and Kurukshetra University swimming teams as the calculated t-values are lesser than the tabulated t-value ($p > 0.05$). The measured factors are intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience stimulation, extrinsic motivation identified, extrinsic motivation interjected, extrinsic motivation external regulation and amotivation between Panjab University Chandigarh and Kurukshetra University players as calculated t-values (.106, 1.106, 1.174, .145, 1.058, 2.005 and .549) are greater than the significant p value ($p > 0.05$) respectively.

Discussion

This study has been conducted with the purpose to find the level of variables intrinsic motivation, extrinsic motivation and its sub-variables along with a motivation of Swimmers of Panjab University Chandigarh and Kurukshetra university team. From the past studies it has been found that players of different potential display different psychological traits. Intrinsic motivation and extrinsic motivation have an impact on player's performance on the field.

Conclusion

The purpose of the study was to compare the purpose of the study was to compare sports motivation between Swimmers of Panjab University Chandigarh and Kurukshetra university team and there were no any insignificant difference in any of the factors of sports motivation scale i.e. intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience stimulation, extrinsic motivation identified, extrinsic motivation introjected, extrinsic motivation external regulation and amotivation between Swimmers of Panjab University Chandigarh and Kurukshetra university team as calculated t-values (.106, 1.106, 1.174, .145, 1.058, 2.005 and .549) are more than the significance value ($p > 0.05$) respectively. It may be because there some differences between awards and rewards of both the states.

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