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## Relationship between motivation and performance among university level netball players

**Swati Choudhary****Abstract**

This research article examines the relationship between motivation and performance among 30 female university-level Netball players. The study aimed to investigate whether motivation significantly influences the performance outcomes of netball players. Intrinsic motivation was assessed using self-report questionnaires, and performance ratings were provided by coaches. The results indicated a significant positive relationship ( $r = 0.68$ ,  $p < 0.001$ ) between intrinsic motivation to know and performance as well as intrinsic motivation to accomplishment and performance. These findings suggest that higher levels of intrinsic motivation are associated with improved performance outcomes among university-level netball players. The implications of these results highlight the importance of understanding and nurturing intrinsic to optimize the performance of netball players. Coaches, trainers, and sports administrators can utilize these findings to develop targeted strategies that enhance intrinsic motivation and promote optimal performance in university-level netball players.

**Keywords:** Motivation, performance, university level, netball players**Introduction**

Intrinsic motivation plays a crucial role in influencing the behaviour and performance of individuals in numerous domains, including sports. Intrinsic motivation is particularly important in the context of athletic endeavours because it directly impacts athletes' commitment, effort, and ultimate performance outcomes (Ntoumanis, N., 2005) [9]. Understanding the relationship between intrinsic motivation and performance is crucial for designing effective training programmes and interventions to improve athletes' accomplishments (Bandura, A., 1997) [7]. This article seeks to investigate the connection between intrinsic motivation and performance among university-level netball players. Intrinsic motivation refers to the act of engaging in an activity for its inherent satisfaction, gratification, or personal interest (Deci & Ryan, 1985) [1]. Extrinsic motivation, on the other hand, derives from external factors such as rewards, recognition, and social approbation (Vallerand, 1997) [2]. Both intrinsic and extrinsic motivation are regarded as crucial in determining the performance and success of athletes. Numerous studies (e.g., Vallerand & Losier, 1999; Zhang *et al.*, 2020) [3, 4] have examined the effect of motivation on the performance of athletes in various sports (e.g., Vallerand & Losier, 1999; Zhang *et al.*, 2020) [3, 4]. Consistently, these studies indicate that highly motivated athletes tend to manifest superior performance outcomes. The precise relationship between motivation and performance among university-level netball players remains largely unexplored in India. To discover the intrinsic motivational factors that contribute to the success of netball players in India, it is especially important to investigate the relationship between motivation and performance in this specific context. By identifying these factors, coaches and trainers can design individualised interventions to optimise the performance of athletes and improve their overall accomplishments.

This study seeks to address this lacuna in the literature by investigating the relationship between intrinsic motivation and performance among university-level netball players in India. It will specifically investigate whether intrinsic motivation have a substantial impact on the performance levels of these athletes. The findings of this study can inform the development of targeted strategies to enhance the motivation and performance outcomes of netball players by

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shedding light on the psychological variables underlying their performance. Understanding the relationship between intrinsic motivation and performance is crucial for university-level netball players in India to reach their maximum potential. By examining the influence of intrinsic motivation on athletes' performance, this study aims to contribute to the existing body of knowledge in sports psychology and provide coaches, trainers, and sports administrators with practical implications for fostering optimal performance among netball players.

## Method

**Participants:** A sample of university-level netball players (N = 30) during All India inter-university championship held at central university of Haryana, Mahendergarh were selected for this study. The participants consisted of female players with a mean age of 21.5 years (SD = 2.3).

## Measures

**Motivation:** The Sport Motivation Scale (SMS) (Lemyre *et al.*, 2006) [5] was used to assess participants' intrinsic motivation. The scale consists of 28 items and measures both intrinsic (e.g., enjoyment, satisfaction) and extrinsic (e.g., external rewards, social recognition) motivation.

**Performance:** Participants' performance was evaluated based on coach's ratings (1-10) using a performance evaluation

scale developed specifically for this study. The scale included items related to technical skills, tactical understanding, physical fitness, and overall game performance.

**Procedure:** The participants were briefed about the study's objectives and procedures, and informed consent was obtained before collection of data. The participants completed the self-report questionnaire assessing their motivation levels, and coaches provided performance ratings for each player.

**Data Analysis:** Data analysis was conducted using statistical software (e.g., SPSS). Descriptive statistics, including means and standard deviations, were calculated for intrinsic motivation and performance variables. Pearson's correlation analysis was performed to examine the relationship between intrinsic motivation and performance.

## Results

The objective of present study is to find out correlation between intrinsic motivation to know and intrinsic motivation to accomplishment and performance of university-level netball players. The Mean and standard deviation of the variables are given in Table 1. The data were analysed with the help of product-moment correlation and the results are given in Table 2.

**Table 1:** Mean and SD values of Intrinsic Motivation to know, Intrinsic Motivation to accomplishment and Performance of University level netball players

Variables	N	Mean	SD
Intrinsic Motivation to Know	30	12.86	3.10
Intrinsic Motivation to Accomplishment	30	14.16	3.14
Performance	30	7.45	1.92

**Table 2:** Correlation Coefficients for the Relationship between Motivation and Performance

Variable	Performance	Remark
Intrinsic Motivation to Know	0.68	$p < 0.001$
Intrinsic Motivation to Accomplishment	0.56	$p < 0.01$

The results indicated a significant positive relationship between intrinsic motivation to know and performance among netball players ( $r = 0.68$ ,  $p < 0.001$ ), intrinsic motivation to accomplishment and performance among netball players ( $r = 0.56$ ,  $p < 0.01$ ). This finding suggests that higher levels of intrinsic motivation were associated with better performance outcomes.

The correlation coefficient ( $r = 0.68$ ) indicates that intrinsic motivation to know and performance have a strong positive relationship. The significance level ( $p < 0.01$ ) indicates that the observed correlation is not likely due to coincidence. University-level netball players' intrinsic motivation to know has a significant impact on their performance. The intrinsic motivation to accomplishment and performance also has a strong positive relationship ( $r = 0.56$ ,  $p < 0.01$ ) which indicates the involvement of intrinsic motivation to know in the performance outcome of netball players. Higher intrinsic motivation levels are associated with better performance outcomes, as suggested by the positive correlation between intrinsic motivation to know, intrinsic motivation to accomplishment and performance.

## Discussion

The aim of this study was to investigate the relationship between intrinsic motivation to know, intrinsic motivation to accomplishment and performance among 30 female university

level basketball players. The results revealed a significant positive relationship ( $r = 0.68$ ,  $p < 0.001$ ) between intrinsic motivation to know and performance, ( $r = 0.56$ ,  $p < 0.01$ ) between intrinsic motivation to accomplishment and performance indicating that higher levels of intrinsic motivation were associated with better performance outcomes. The obtained correlations indicate a strong positive relationship between intrinsic motivation and performance. This finding aligns with previous research that has consistently demonstrated the influential role of motivation in athletic performance (Vallerand & Losier, 1999; Zhang *et al.*, 2020) [3, 4]. When netball players are highly motivated, they tend to exhibit improved performance levels, which can be attributed to various psychological and behavioural factors. Intrinsic motivation serves as a driving force behind athletes' dedication, effort, and persistence in their pursuit of excellence (Ames, 1992) [6]. Intrinsic motivation, characterized by enjoyment, satisfaction, and personal interest, can be a powerful internal motivator for basketball players (Deci & Ryan, 1985) [1]. When athletes genuinely enjoy the sport and derive satisfaction from their performance, they are more likely to engage in deliberate practice and display a higher level of commitment, which can contribute to improved performance outcomes (Weiss, M. R., & Williams, L., 2004) [11]. Extrinsic motivation, on the other hand, includes external factors such as rewards, recognition,

and social approval (Vallerand, 1997) [2]. Intrinsic motivation may be the primary source of motivation and inspired the athletes to perform better in sports which enhanced their performance.

The findings of this study emphasize the importance of understanding and nurturing intrinsic motivation among university level netball players. Coaches, trainers, and sports administrators should consider incorporating strategies that promote intrinsic motivation by creating an enjoyable and satisfying sporting environment. This can be achieved by fostering a sense of autonomy, competence, and relatedness within the team, allowing players to make choices, develop their skills, and build strong social connections (Deci & Ryan, 1985) [1]. However, it is crucial to strike a balance between intrinsic and extrinsic motivation, ensuring that athletes maintain their internal drive and passion for the sport rather than becoming solely reliant on external rewards or recognition. While the results of this study provide valuable insights into the relationship between intrinsic motivation factors and performance among university level netball players, several limitations should be acknowledged. First, the sample size was relatively small, consisting of only 30 female netball players. Therefore, caution should be exercised when generalizing the findings to the broader population of university-level netball players. Future research should consider larger and more diverse samples to enhance the external validity of the results. Additionally, the study relied on self-report measures for assessing intrinsic motivation and coach ratings for evaluating performance. Self-report measures may be subject to social desirability bias, and coach ratings may be influenced by personal biases or subjective judgments. Combining self-report measures with objective performance assessments, such as statistical analysis of game performance or physical fitness tests, could provide a more comprehensive and robust understanding of the relationship between intrinsic motivation parameters and performance.

### Conclusion

This research contributes to the expanding corpus of knowledge regarding the relationship between intrinsic motivation and performance among university-level netball players. The substantial positive correlation between intrinsic motivation and performance demonstrates the crucial role motivation plays in determining the success of athletes. Coaches, trainers, and sports administrators can use these findings to devise interventions that boost netball players' motivation and optimise their performance. By fostering both intrinsic motivation, it is possible for athletes to realise their maximum potential and achieve outstanding performance results.

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