



MOTIVATION FACTORS AMONG ELITE RETIRED SPORTS PERSONS

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ABSTRACT Motivation is the foundation all athletic effort and accomplishment. Without the sports man's desire and determination to improve the sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. In this connection this research is aimed at examining the motivational factors among elite sports persons. The present study made an attempt to know the motivational factors among retired sports persons i.e., team and individual. The present study consists sample of 360 men sports persons (180 team sports persons and 180 Individual sports persons) selected through simple random sampling technique. Causal descriptive research design was employed. The sports motivation scale administered to the men sports persons to measure the motivational level among two groups. The results of an independent t statistic indicated that there is no significant difference on the level of motivation between team and individual sports persons.

KEYWORDS : retired sports persons, motivation, team sports, individual sports.

INTRODUCTION

India has one of the oldest civilizations in the world—a civilization that throughout history has emphasized the role of physical activity, sports, and games in enhancing one's well-being and as a means of recreation. Writings from early holy books, for example, indicate that Indians had a good idea of the body/mind relationship as early as 4,000 years ago. Similarly, yoga, which in recent years has become popular in the west, has existed for centuries in Indian culture and demonstrates the importance that physical activity can have on mental states. Given this background, one might expect that sport psychology would be well established in India. Unfortunately this is not the case, as sport psychology has only begun to emerge in recent years. Moreover, there is a need to understand the development of sport psychology in India, its current status and possible directions for future growth. This article discusses the status of and possible future directions in sport psychology in India and will be organized around three topics. First, the history and current organizational structure of sport psychology in India will be described. Second, key lines of sport psychology research will be identified. Finally, possible directions for future developments in Indian sport psychology will be examined.

Motivation is the foundation all athletic effort and accomplishment. Without the sports man's desire and determination to improve the sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete he can be, he must be motivated to do what it takes to maximize his ability and achieve his goals.

Jodai and Nogawa (2011) since the 1990's there have been many research studies that focus on career transitions for professional athletes in Japan. The main reason for this is that during that period, amateur sports teams, such as soccer and basketball, were spun off from divisions of companies to become separate professional teams. Consequently, this changed forced how athletes view the transition to a second career because they can no longer count on being employed by the companies that had previously run teams as part of their corporate operations. Research studies primarily covered top athletes but did not distinguish between the amateur and professional athletes. In reviewing the assumptions and results of such research. For example, early research investigated the actual reasons why and how athletes decide to change career; whereas later research seek to study how athletes specifically deal with career changes. Finally, in order to determine the effectiveness of actual support programs, the authors of this study proposes that more thorough investigation is needed to scrutinize how the career transitions of ex-professional football players have changed over time by using a "longitudinal" analysis.

Rintaugu and Mwisukha (2011) Retirement from Competitive Sport: The Experiences of Kenyan Soccer Athletes. Career building is a monumental task especially in performance oriented enterprises such as competitive soccer. Beyond career building, career transition/termination is riddled with diverse outcomes accentuated

under different theories. The purpose of this study was to unearth causes of retirement, coping strategies, problems experienced and perceived intervention programmes needed to address the plight of retired soccer athletes in Kenya. Data was collected through questionnaires from n = 18 retired soccer athletes. Finding indicate that subjects retired from soccer due to different causes, bordering on age and conflict with sports administrators, employ diverse coping strategies, experience numerous problems and a myriad of intervention programmes are tenable. It is recommended that sports administrators and other consultants need to actively engage their athletes in pre-retirement planning and intervention programmes need to be put in place to address the plight of retired soccer athletes. There is no 'I' in 'team,' but what if you're only playing for yourself? Many factors beyond basic physical conditioning work together to contribute to athletic performance, but one could have a major effect on the psychological aspects of athletic performance—whether the sport is individual or team-based. In this connection, this research is aimed to find out the motivational factors of retired sports persons.

METHOD

Aim:

To examine the motivational factors of retired sports person, The objectives of the study keep in view the uses that have emerged from previous research and the limitations that have consistently operated in research in sports psychology and sports gerontology.

Objective

To examine the motivation factors which contribute for effective post retirement life of sports persons

Specific objectives

To compare individual sports persons and team sports persons on effective post retirement life.

- i) To compare individual sports persons and team sports persons on intrinsic motivation.
- ii) To compare individual sports persons and team sports persons on extrinsic motivation.
- iii) To compare individual sports persons and team sports persons on Amotivation.

HYPOTHESES

The following hypotheses are set up:

Individual Sports persons and Team Sports persons will differ on effective post retirement life.

H1. Individual sports persons and Team Sports persons will differ on effective post retirement life in Intrinsic Motivation

H2. Individual sports persons and Team Sports persons will differ on effective post retirement life in Extrinsic Motivation

H3. Individual sports persons and Team Sports persons will differ on effective post retirement life in Amotivation.

Research design:

Casual descriptive research design was employed.

Sample: The sample was taken in two groups i. e., team sports persons and individual sports persons, a total of 360 senior Men sports persons which includes 180 participants from individual and 180 participants from Team sports.

Assessment measures

Information schedule

The detailed questionnaire had prepared by the researches to serve as information schedule, comprising items that deal with identification data. Family background, adjustment in retirement, attitude towards retirement, coping in retirement, social support in retirement, economic conditions, leisure time activities, health conditions and reaction to once retirement etc. several measures of quality of life will be included.

The sports motivation Scale (SMS-28):

The sports motivation scale was developed by Pelletier, Fortier, Vallerand, Tuson, Briere, & Blais, (1995). The SMS-28 was developed in order to assess contextual intrinsic and extrinsic motivation from a multidimensional perspective, as well as amotivation. The SMS has been the most often used motivation measure in sport, being employed with a variety of athletes (recreational to elite), age groups (adolescent to senior), and cultures (e.g., Canada, United States, United Kingdom, Bulgaria, Australia, Spain, and New Zealand). In fact, the SMS has been translated and validated in several languages (Pelletier & Sarrazin, 2007). Motivation is assessed as the perceived reasons for participation, or the why of behaviour. At the beginning of the scale, participants are asked, "In general, why do you practice your sport?" The items represent the perceived reasons for engaging in the activity, thus reflecting the different types of motivation.

Since 1995, the SMS has been used extensively in sport psychology research. The seven-factor structure has been supported repeatedly (Gillet, Vallerand, & Rosnet, 2009; Li & Harmer, 1996; Shaw, Ostrow, & Beckstead, 2005). The SMS is a multidimensional instrument that assesses different types of intrinsic and extrinsic motivation as well as amotivation. The scale focuses on the why of behaviour and thus items are not confounded with determinants and consequences. It also contains excellent psychometric properties.

Analysis of results and discussion

Keeping in view the objectives of the study the level of intrinsic, extrinsic and amotivation among elite group and individual sports persons is examined. To find out, is there any difference on the level of extrinsic, intrinsic and amotivation between team and individual elite sports persons, an independent 't' test was calculated and analysed as follows. The obtained results have been shown in the table and graph. The analysis of results and hypothesis testing on the motivation factors as follows

Table 1 Shows the mean, standard deviation and a 't' value on the level of intrinsic motivation between team and individual sports person

Group	Intrinsic Motivation				
	N	Mean	SD	T	P
Team	180	45.62	14.37	.04	NS
Individual	180	45.69	15.01		
Total	360				

Table1 shows the mean score, standard deviation and 't' test on the level of intrinsic motivation between group and individual elite sports person. Individual elite sports persons have obtained greater mean score (M=45.69, SD=15.01) on the level of intrinsic motivation compared to team elite sports person group (M=45.62, SD=15.01). In comparing significant mean differences between groups an independent 't' test was calculated and the obtained t=0.04, p > .01 which clearly indicates that there is no significant difference in the level of intrinsic motivation between team and individual elite sports person.

Hypothesis 1 "Individual sports person and team sports person will differ on the level of intrinsic motivation" is not accepted. The results of an independent 't' test showed that the type of sports i.e team and individual sports had no significant effect on the level of intrinsic motivation.

Table 2 Shows the mean, standard deviation and a t value on the level of extrinsic motivation between team and individual sports person.

Group	Extrinsic Motivation				
	N	Mean	SD	t	P
Team	180	46.22	13.36	.69	NS
Individual	180	47.23	14.06		
Total	360				

Table 2 shows the mean score, standard deviation and t test on the level of extrinsic motivation between group and individual elite sports person. Individual elite sports persons have obtained greater mean score (M=47.23, SD=14.06) on the level of Extrinsic motivation compared to team elite sports person group (M=46.22, SD=13.36). In comparing significant mean differences between groups an independent 't' test was calculated and the obtained 't' =0.69, p > .01 which clearly indicates that there is no significant difference in the level of Extrinsic motivation between team and individual elite sports person.

Hypothesis 2 "Individual sports person and team sports person will differ on the level of extrinsic motivation" is not accepted. An independent 't' test showed that the type of sports i.e team and individual sports had no significant effect on the level of extrinsic motivation.

Table 3 Shows the mean, standard deviation and a t value on the level of Amotivation between team and individual sports person.

Group	Amotivation				
	N	Mean	SD	t	P
Team	180	14.66	4.93	.51	NS
Individual	180	14.93	4.99		
Total	360				

Table3 shows the mean score, standard deviation and 't' value on the level of A motivation between group and individual elite sports person. Individual elite sports persons have obtained greater mean score (M=14.93, SD=4.99) on the level of Amotivation compared to team elite sports person group (M=14.66, SD=4.93). In comparing significant mean differences between groups an independent 't' test was calculated and the obtained t=0.51, p > .01 which clearly indicates that there is no significant difference in the level of amotivation between team and individual elite sports person.

Hypothesis 3 "Individual sports person and team sports person will differ on the level of Amotivation" is not accepted. An independent t statistic showed that the type of sports i.e team and individual sports had no significant effect on the level of Amotivation.

From the above analysis it is found that there is no influence of team or individual sports on their level of motivation among retired sports persons. This finding was asserted by Jackson et al. (2001), Young and Pain (1999), Russell (2001). Several studies have investigated the effect of sport type on achieving a state of flow among athletes, but it seems that flow is universal among athletes regardless of what sport they play.

Perhaps the biggest difference between team and individual sports is what motivates athletes. In solo activities, such as long-distance running, the athlete is responsible for the training and strategy required to ensure his or her own success, whereas in a group sport like football, team members must work together toward victory. Most people are familiar with the concept of intrinsic and extrinsic motivation. Intrinsic motivation is the drive to do something for its own sake (Deci 1975), and extrinsic would be the opposite—doing something as a means to an end, like a reward or punishment (Vallerand 2007). One theory of motivation, Self-Determination Theory, expands upon intrinsic motivation, stating that it aims to satisfy the three psychological needs of competence, relatedness, and autonomy (Ryan and Deci 2000). One study found that athletes involved in individual sports experienced

greater feelings of autonomy than their team-based counterparts, possibly due to greater freedom to make decisions (Gillet and Rosner 2008).

In addition to potentially lower levels of intrinsic motivation, members of team sports face a number of challenges, such as the need for a large amount of coordination in an ever-changing environment. Next, leadership plays a critical role. It is up to the leader to make goals and judgment calls, as well as individualizing training for team members (Zaccaro et al. 2002). Research has found that empathic accuracy, or the ability to accurately gauge the thoughts of another person, among coaches of individual sports is higher than in team sports (Lorimer and Jowett 2009). This could affect individual attention from coaches in team settings, which is incredibly important, as prescribing the same training plan to all team members could result in detraining of athletes in less active roles, and overtraining for those who receive larger amounts of playing time.

Overtraining, defined as an increase in amount or intensity of physical activity combined with inadequate recovery, is a widespread problem (Hoffman 2014). It is generally accepted that some level of overtraining is a prerequisite for peak performance, but pushing too hard can lead to chronic fatigue and underperformance, often referred to as a state of physical 'staleness' (Morgan et al. 1987). The incidence of staleness has been found to be higher among participants in individual sports (Kentta et al. 2001). This could be attributed to individual athletes' greater autonomy resulting in overambitious goals.

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