

Factors Influencing Motivation Level in Competitive Sports: A Survey on Male Athletes of Pakistan

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Abstract

The main focus of this study is to identify the variables affecting and motivating athletes who participate in competitive sports. The researchers choose 400 male athletes ranging 18 to 26 years old from Pakistan to get the desired results. The participation motivation questionnaire was used to gather data, and the acquired data was analyzed using SPSS 17; mean, standard deviation, frequency, and percentage values were computed. Only 39% of athletes confirms that they feel driven, whereas, 51.50% of athletes joining these organizations seem motivated by success and status. For this reason, compared to the other components, this component has the lowest average range (21%). With a mean score of 1.55, it can be inferred that 57.5% of athletes find enjoyment and socialization while using sports equipment. 50% of athletes want to keep up their physical health and skill levels, according to the sixth element, "Skill Development," which has a mean score of 1.53. Athletes desire to play sports to become more determined and proficient in their sport; they also want to use marks to modify their behavior, acquire new skills, be creative, set objectives, cultivate interests, create plans, enhance involvement, and develop abilities.

Keywords: Competitive Sports, Male Athletes, Motivational Factors

Introduction

Pakistan has achieved at most ten medals in 64 years since its debut at the 1948 London Olympics. This performance may be considered a sign of weakness, insufficient and unbearable by any standard or sports critic worldwide. Gold-plated medals include three of the 10, all obtained in hockey. To this point, 515 Pakistani athletes have competed in the Olympics. While 83 Pakistani athletes failed to win a medal at the 1948 London Olympics as well as the 1952 Helsinki Games, the 62-member national team managed a silver medal at the 1956 Melbourne Olympics, where the hockey stars faced off against the victorious Indians — who won by a 1-0 margin. The 49-member Pakistani side won their first-ever gold medal in the 1960 Rome Olympics by crushing all over their arch-rivals India under skipper Abdul Hameed' Hameedi,' Sabir Shah. Pakistan failed to win an award at the (M Ilyas Khan) 2012 London Olympics. Encouraging national athletes is now more critical than ever (Ahmed & Jamshaid, 2014). Motivation is a self-interaction, defined as a drive or a need, motivation is a state within us that desires a change in oneself or the surroundings. When we tap into this reservoir of energy, motivation provides the individual with the drive and bearing required to interact with the world in an adaptable, unpretentious, and critical-thinking

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manner. The core of motivation is stimulated and diligent, objective, coordinated behavior. We move and act when motivated (Demeo, 2001).

Literature Review

Self-motivated tasks reflect on meeting people's needs, and Skinner stated that all cultural behaviors are the result of reinforcement, whereas the definition of intrinsic motivation said that the intrinsically motivated attitude is not based on support because participating in the activity itself is rewarding for the intrinsically motivated person (Ahmed & Jamshaid, 2014). According to Richards (1997), psychological requirements and desires drive a person to do something to complete necessary approaches, and this act serves the precise aim of acquiring vital psychological wants and desires. These views complement one another, and the essential notion behind these conceptions is that specific behavior does not require any support, as defined by Deci (1985). All other mental factors—certainty, intensity, attention, and emotions—are insignificant if you don't have the drive and confidence to improve your athletic abilities. Inspiration is crucial in sports because athletes must be willing to work hard despite exhaustion, agony, suffering, and the desire to do other things (Gould, 1985). Bruner, Gallahue, and Piaget (1951, 1987, and 1985) Athletes' lives are significantly impacted by physical exercise, aiding their overall growth. McCarthy et al. (2007) state that, overall, athletes who engaged in team sports were happier with their experience compared to those who engaged in individual sports because team sports foster socialization and entertainment while also assisting in the development of cooperation perceptual skills, and general fitness abilities like speed, endurance, coordination, and flexibility. Gill et al. (1996, 1983) found that the structure of incentives for participation is dominated by internal factors such as challenge, release of energy, friendship, entertainment, fun, and socializing, and the reasons for participation in a sport. According to Motl and Parks (1998), mental equilibrium is an important aspect that supports the athlete's psychological condition. According to Priest and Halter (2001), athletes, like teams, need to feel the urge to be accepted by their peers to belong to a community. According to Richards (1997), they prefer to spend more time studying with their peers than their parents because participation in sports is a significant aspect for athletes, not only for their physical development but also for developing their cognitive and social traits. Craft (2005) and Wiese (1996) identified the elements related to satisfaction and enjoyment. Athletes learn something new by competing in competitive sports or enjoy participating in an activity.

Objectives of the study

1. To know the perception about the motivational status of athletes.
2. To identify the elements that influence and motivate athletes who participate in competitive sports.

Methodology

To get the intended outcomes and findings, researchers chose 400 healthy male athletes from Pakistan using the Rao-Soft formula for a cross-sectional survey study. A probability convenient sampling technique was used. A range of 18 to 26 years old comprised the participants. The research did not include administration, support personnel, or athlete morbidity. In this study, after collecting the General demographic, the Participation Motivation Questionnaire (PMQ, Gill, 1983) was used to collect data. The thirty items in the PMQ are divided into seven distinct constructs: friendship, skill development, challenge and energy release, success prestige, demonstrability and stress, entertainment and socialization, and challenge and energy release. The statistical

programmers for Social Sciences 17 were used to analyze the collected data; mean, standard deviation, frequency, and percentage were computed. Results obtained after analysis have been presented with the help of graphs and tables.

Results

Figure 01: Demonstrability and Stress

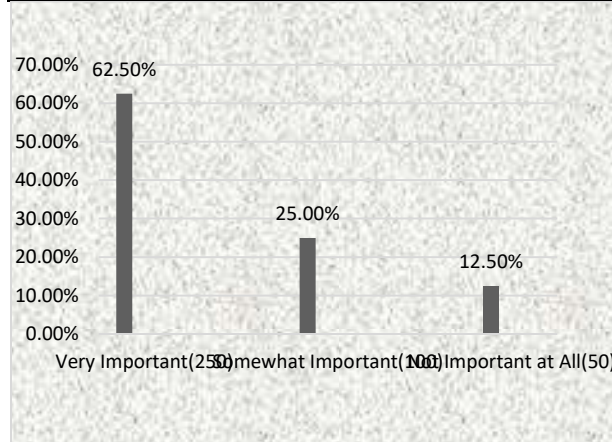
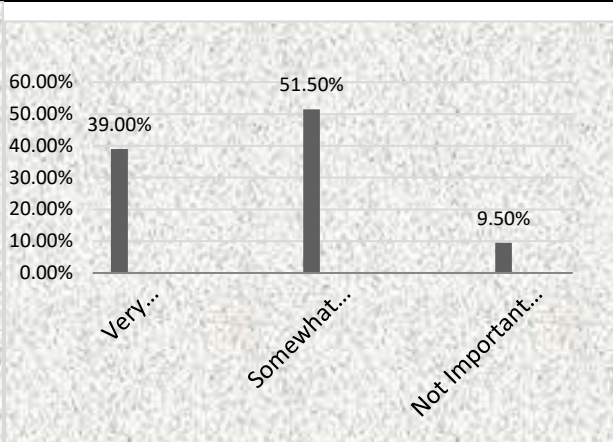


Figure 02: Success and Prestige



Success and prestige appear to be a motivating factor for 51.50% of athletes that participate in these organizations, but only 39% of athletes report feeling driven. This is why this component has the lowest average range (21%), compared to the other factors.

Figure 03: Challenge and Energy Release

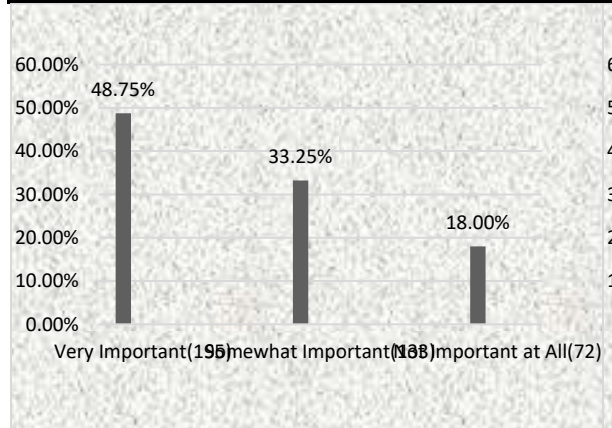
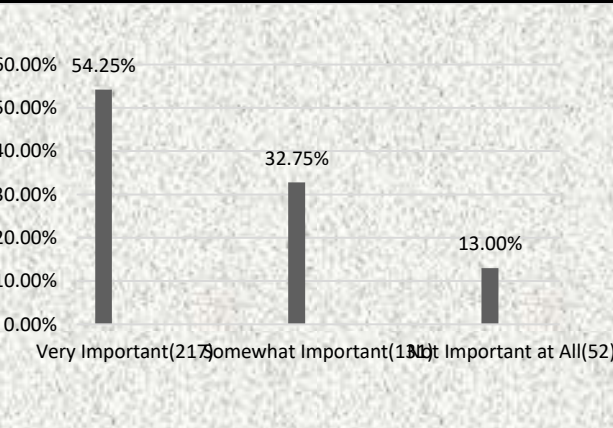
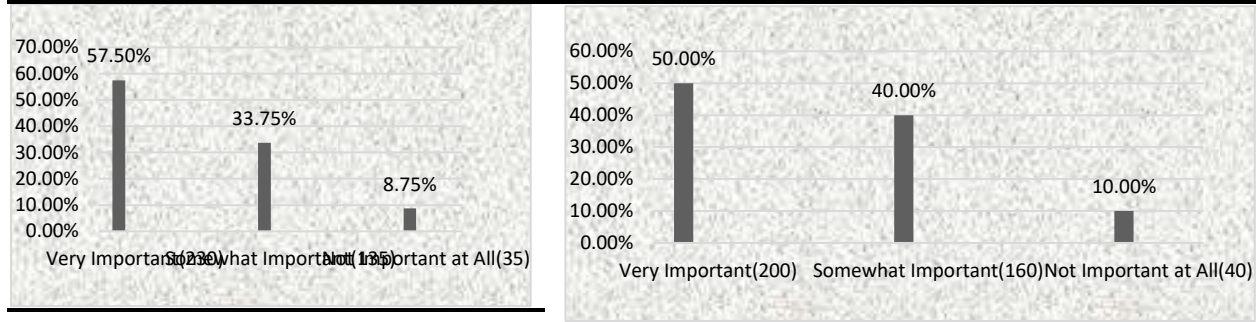


Figure 04: Participation Motives



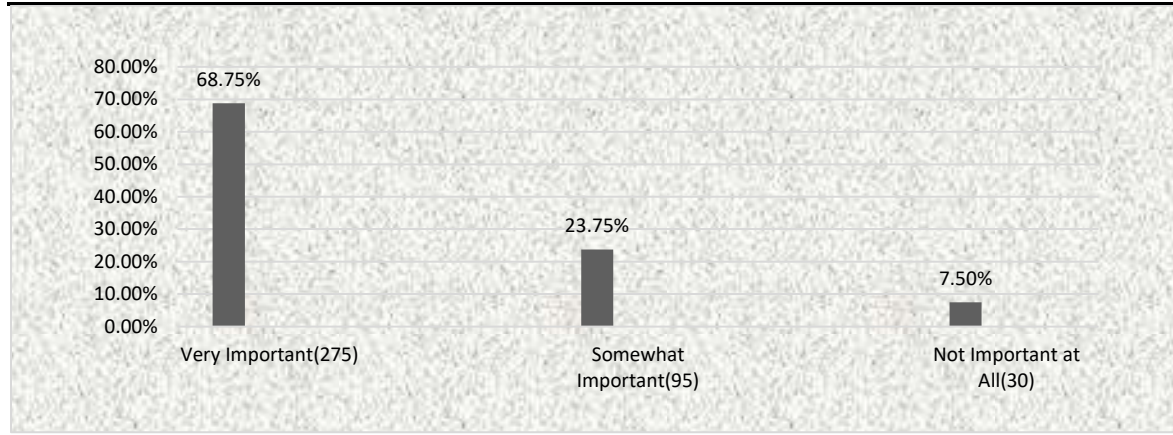
Challenge and energy release appear to be a motivating factor for 48% of athletes that participate in these organizations, but only 33% of athletes report feeling driven. Participation motives release appear to be a lowest average range (13%), compared to the other factors.

Figure 05: Entertainment and Socialization **Figure 06: Skill Development**



Entertainment and Socialization release appear to be a motivating factor for 57% of athletes that participate in these organizations, but only 8% of athletes report feeling driven. Skill development domain shows the lowest average range 10%.

Figure 07: Friendship



Friendship release appear to be a motivating factor for 68% of athletes that participate in these organizations, but only 10% shows the lowest average range.

Table 1: Mean and standard deviation

Participation Motivation Questionnaire			
Domains	N	Mean	±Std. D
Demonstrability and Stress Release	400	1.87	±1.52
Success and Prestige	400	1.42	±1.81
Challenge and Energy Release	400	1.74	±1.67
Participation Motives	400	1.81	±1.64
Entertainment and Socialization	400	1.55	±1.55
Skill Development	400	1.53	±1.15
Friendship	400	1.94	±1.17

Discussion

The Participation Motivation Questionnaire (PMQ) results from the present study are displayed in the above Figures and Tables. It could be a helpful tool for determining what elements encourage

people to play competitive sports. Data was collected from 400 top athletes in the sample. While only a tiny percentage of athlete's report feeling motivated, success and status are motivating factors for athletes joining these organizations. Because of this, compared to the other components, this component has the lowest average range (21%). According to Mylosis (2000), "Success and Prestige" are closely linked to intrinsic motivation, which drives the athlete to compete to win others' admiration. Most research distinguishes between Pelletier et al. (1995) external motivation in connection to distinct kinds of independent regulation, such as shallow pressure, and Deci & Ryan's (1985) intrinsic motivation, which is motivation for learning, accomplishment, and stimulation. According to Lewthwaite (1986), the term "internal pressure" describes actions taken by persons who push themselves to participate in sports because they feel guilty and anxious about not being physically fit or in form. However, Kreisel (1985) noted that perceived competence was one of the primary motivations for athletes to participate in sports: to have fun and keep active. On the other hand, Gill (1996) states that external regulation refers to behaviors that occur to gain prizes, awards, designations, etc. To define "fun," Wiersma (2001) and Kouthouris (2006) confirm that more "fun" means "satisfied," which, in the end, means doing something that makes a person happy. They are playing sports results from the need to release energy for pleasure and feel free from worry, tension, and psychological issues in general. The fifth factor, "Entertainment and Socialization," is significant for athletes. Its mean score is 1.55, indicating that 57.5% of athletes prefer sports equipment for entertainment and socialization and enjoy having fun. The sixth factor, "skill development," has a mean score of 1.53, indicating that 50% of athletes desire to improve their skills and maintain good physical health. According to Buonamano et al. (1995) and Berger et al. (1993), socialization and entertainment happen because engaging in physical exercise is a proven way to improve one's health in today's culture.

Conclusion

The study concluded that all the athletes gave positive feedback about their sport participation. Athletes want to participate in sports to improve their performance and determination to do this, and athletes want to change their behavior through sports, develop competencies, be creative, set goals, grow interests, make plans, develop talents, and boost engagement.

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