

A Study on Sports Motivation, Satisfaction and Physical Fitness of Sports Persons in Coimbatore District

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ABSTRACT

The current study aimed to know the gender difference in sports motivation and athlete satisfaction based on the scales developed by psychologist. Where numerous studies had been already done with the scale in different environment at various places. The present study is conducted among the sports persons in Coimbatore city of Tamil Nadu in India. Also the physical condition, muscular flexibility and muscular condition were influenced by the residential area for male and female. The sample constituted total 120 sports persons of Coimbatore city which consists of 71 male and remaining of 49 of them are female sports persons.

1. Introduction

Sports persons participate in sports on their own perception. However, sports depends on many social and psychological conditions, physical fitness is one of the important criteria to participate in sports. Finally to what extent sports persons are satisfied with their coach's performance and their physical conditions are all related with one another. In this context it is considered to study the motivation, physical fitness and satisfaction of the sports persons.

Sports persons participate in various sports with different attitudes, some may participate for happiness and to keep their good health, some may participate as professionals. The coaches and managers those who give instruction and training to the sports persons should understand their attitude to participate, because coaches have them properly according to their need to participate. Also to participate in sports and games fitness is an important factor. Fitness is influenced by factors like residential area, age, and training given by the coaches.

One of the most popular needs theories is Abraham Maslow's hierarchy of needs theory. Maslow proposed that motivation is the result of a person's attempt at fulfilling five basic needs: physiological, safety, social, esteem and self-actualization. According to Maslow, these needs can create internal pressures that can influence a person's behavior. According to Dan Pink motivation is differentiated into two types extrinsic and intrinsic. Extrinsic motivation is driven by external forces such as money or praise. Intrinsic motivation is something that comes from within and can be as simple as the joy one feels after accomplishing a challenging task.

Satisfaction is another factor to be considered for athletes those who participate for the participate sake and those participate for achieving. This study is quantitative in nature and was conducted using a survey methodology.

The use of a survey/questionnaire method has some definite advantage over other methods of collecting data. The questionnaire requires less time, is less expensive, and permits collection and fitness of athletes, their satisfaction on the

training given by the coaches; on their performance and team performance.

2. Objective

We analyzed that is whether the motivation is intrinsic motivation or extrinsic motivation or amotivation, and assess the satisfaction level of the sports persons with respect to their

1. To assess extrinsic and intrinsic motivation of athletes the sport motivation scales are used. to assess the reasons why athletes take part in sports activity. The motivations of taking part in sports may differ between male and female.
2. To study the satisfaction of athletes, Athletics is intense situation where in individuals participating voluntarily and wholeheartedly. An individual may be satisfied to varying degrees with different types of experiences in athletic participation.
3. How one's psychological functioning can be affects by improvement in physical conditioning. The physical conditioning may differ from individual to individual, may be influence by gender, residential area, etc.,

3. Methodology

Hypothesis:

1. The sports motivation subscales of, intrinsic motivation to know, intrinsic motivation toward accomplishment, intrinsic motivation to experience stimulation, external regulation, introjections, identification, and amotivation are does not differ significantly between gender sports persons.
2. The individual performance, team performance, team social contribution, personal dedication and academic support services are do not differ significantly between gender sports persons.
3. Male sports persons residential area does not influence the Physical condition, Muscular flexibility, Muscular condition.
4. Female sports persons residential area does not influence the Physical condition, Muscular flexibility, Muscular condition.

Sample:

The sample constituted in total 120 sports persons from Coimbatore city of Tamil Nadu in India, out of which 71 were Male and remaining 49 were female sports persons.

Tools:

The seven sub scale developed by Deci and Ryans theory is used to study the motivation of sports persons, and the five sub scales of athletic satisfaction also used to study the sports persons in Coimbatore city.

4. Result and discussion

Gender and Sports Motivation:

The sports motivation subscales of, intrinsic motivation to know, intrinsic motivation toward accomplishment, intrinsic motivation to experience stimulation, external regulation, introjection, identification, and amotivation are tested using z test statistics to see whether there is any gender variation among motivation sub scales at 5% level of significance.

Table: 1 The Table showing mean difference, 'Z' value and level of significance of sports person of both gender.

Subscale	Gender	Mean	SD	Z Value
Intrinsic Motivation to Know	Male	14.72	2.977	0.5*
	Female	15.00	3.118	
Intrinsic Motivation toward Accomplishment	Male	14.87	2.818	0.276*
	Female	15.02	2.954	
Intrinsic Motivation to Experience Stimulation	Male	15.55	2.495	0.039*
	Female	15.53	2.693	
External Regulation	Male	14.44	2.442	1.49*
	Female	13.71	2.821	
Introjection	Male	14.85	2.511	1.41*
	Female	14.16	2.749	
Identification	Male	15.18	3.204	0.657*
	Female	15.55	2.716	
Amotivation	Male	12.46	2.817	1.505*
	Female	11.69	2.671	

* Not Significant at 5% Level (1.96)

From the above table no1 shows that the mean difference between male and female does not differ significantly among the motivation sub scales at 5% level (1.96).

Gender and Satisfaction:

The individual performance, team performance, team social contribution, personal dedication and academic support services are do not differ significantly between gender sports persons.

Table: 2 The Table showing mean difference, 'Z' value and level of significance of sports person of both gender.

Subscale	Gender	Mean	SD	Z ₀ - Value
Individual Performance	Male	11.08	2.176	0.752*
	Female	11.41	2.508	
Team Performance	Male	11.31	2.221	0.781*
	Female	10.98	2.358	
Team Social Contribution	Male	11.55	1.873	0.773*
	Female	11.24	2.437	
Personal Dedication	Male	15.59	2.470	0.344*
	Female	15.41	3.372	
Academic Support Services	Male	10.27	2.131	2.208**
	Female	11.22	2.600	

* Not Significant at 5% Level (1.96), **Significant at 5% Level.

From the above table no 2 shows that the mean difference between male and female does not differ significantly among the individual and team performance, team social contribution and personal dedication. But there is a significant difference between male and female sports person in academic support services at 5% level of significance.

Gender and Perceived Physical Fitness:

The Analysis of Variation (ANOVA) was used to assess whether the physical conditioning is influenced by residential area at 5 % level of significance.

Table: 3 Male Sports Persons Residential Area and Physical Condition

Source	Sum of Squares	Df	Mean Square	F
Between Groups	66.453	2	33.226	2.797
Within Groups	807.857	68	11.880	
Total	874.310	70		

From the above table no.3 it is observed that the F table value for the degrees of freedom n1=2 and n2=68 at 5 % level of significant is 3.15, and the F value in our table.3 2.797 is

less than the table value that means the male sports persons residential area does not influence the physical condition.

The following table is used to assess whether the muscular flexibility is influenced by male sports persons residential area.

Table: 4 Male Sports Persons Residential Area and Muscular Flexibility

Source	Sum of squares	Df	Mean square	F
Between Groups	9.391	2	4.696	1.707
Within Groups	187.003	68	2.750	
Total	196.394	70		

From the above table no.4 it is observed that the F table value for the degrees of freedom $n_1=2$ and $n_2=68$ at 5 % level of significant is 3.15, and the F value in our table.4 1.707 is lesser than the table value that means the male sports persons residential area does not influence the muscular flexibility.

The below table helps to assess whether muscular condition is influenced the male sports persons residential area.

Table: 5 Male Sports People's Residential Area and Muscular Condition

Source	Sum of Squares	df	Mean Square	F
Between groups	61.326	2	30.663	4.395
Within groups	474.448	68	6.977	
Total	535.775	70		

From the above table no.5 it is observed that the F table value for the degrees of freedom $n_1=2$ and $n_2=68$ at 5 % level of significant is 3.15, and the F value in our table.5 4.395 is greater than the table value that means the male sports persons residential area influence the muscular flexibility.

The following table is used to assess whether the physical condition is influenced by female sports persons residential area.

Table: 6 Female Sports Persons Residential Area and Physical Condition

Source	Sum of Squares	df	Mean Square	F
Between groups	252.26	2	126.129	5.029
Within groups	1153.74	46	25.081	
Total	1406.00	48		

From the above table no.6 it is observed that the F table value for the degrees of freedom $n_1=2$ and $n_2=46$ at 5 % level of significant is 3.23, and the F value in our table.6 5.029 is greater than the table value that means the female sports persons residential area influence the physical condition.

The following table is used to assess whether the muscular flexibility is influenced by female sports persons residential area.

Table: 7 Female Sports Persons Residential Area and Muscular Flexibility

Source	Sum of Squares	df	Mean Square	F
Between groups	25.898	2	12.949	3.351
Within groups	177.734	46	3.864	
Total	203.633	48		

From the above table no.7 it is observed that the F table value for the degrees of freedom $n_1=2$ and $n_2=68$ at 5 % level of significant is 3.23, and the F value in our table.7 3.351 is greater than the table value that means the female sports persons residential area influence the muscular flexibility.

The below table helps to assess whether muscular condition is influenced the male sports persons residential area.

Table: 8 Female Sports Persons Residential Area and Muscular Condition

Source	Sum of Squares	df	Mean Square	F
Between groups	22.817	2	11.408	1.078
Within groups	486.734	46	10.581	
Total	509.551	48		

From the above table no.8 it is observed that the F table value for the degrees of freedom $n_1=2$ and $n_2=68$ at 5 % level of significant is 3.15, and the F value in our table.8 1.078 is lesser than the table value that means the female sports persons residential area does not influence the muscular condition.

5. Conclusion

From this study the following conclusion are made based on "Statistical Analysis on Sports Motivation, Athlete Satisfaction and Physical Fitness in Sports Persons".

The Motivations are not influenced by the gender. Male and Female participate in sports do have their own satisfaction according the motivation with which they have taken that event or game. Except in academic support service in all other subscales (Individual Performance, Team Performance, Team

Social Contribution, Personal Dedication) the satisfactions does not differ significantly between male and female sports persons. The analysis shows that male and female sports persons in Coimbatore and their residential areas influence Physical Fitness of sports persons.

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