



COMPARATIVE STUDY OF SELF MOTIVATION OF STATE LEVEL VOLLEY BALL PLAYERS

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Abstract: Sports psychology is an area, which attempts to apply psychological factors and principles of learning, performance and associated human behaviour in the whole field of sports. The purpose of the study was to measure and compare self motivation of state level volleyball players on gender basis. All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the population for the stud. Total sixteen teams were participated. Therefore total population was all the participants who were present (N=192). Self motivation scale test constructed and standardized by Lyle, R. Johnson was used to measure self motivation of subjects. After data collection, data will be analyzed by using Independent's test. It was observed from the findings that there was statistically significant difference in self motivation of state level volley ball players on gender basis as per mean gains girls were less self motivation than boys.

Keywords: Self motivation, Volley ball players

Introduction:

Self-motivation almost the same as intrinsic motivation. Cratty (1989) suggested that there are a number of factors that motivate us to take part in sport, which include a desire to achieve a sense of mastery, a wish for status, friendship, the challenge which the face, or simply the excitement of taking part. Bidell (1984) suggests that this is the most important type of motivation if we are to continue with a sport.

The key to being self-motivated is to focus on what excites you about playing and performing. You might play sports to be with friends, be part of a group, for the competition or to gain social support.

One way to help you become more self-motivated is to set goals and stay committed to reaching your goals. You can do this is by creating and signing a commitment contract. A commitment contract is a written statement or series of statements that you promise to follow. For example, you might include in your contract, "I want to improve my backhand shot, and will work on this at least two hours a week."

Many of us find ourselves in motivational slumps that we have to work to get out of. Sometimes it's like a continuous cycle where we are motivated for a period of time, fall out and then have to build things back up again. Keep a positive attitude: There's is nothing more powerful for self-

motivation than the right attitude. You can't choose or control your circumstance, but can choose your attitude towards your circumstances.

Here is a new list that is a little more generic:

- Start simple. Keep motivators around your work area – things that give you that initial spark to get going.
- Keep good company. Make more regular encounters with positive and motivated people. This could be as simple as IM chats with peers or a quick discussion with a friend who likes sharing ideas.
- Keep learning. Read and try to take in everything you can. The more you learn, the more confident you become in starting projects.
- Stay Positive. See the good in bad. When encountering obstacles, you want to be in the habit of finding what works to get over them.
- Stop thinking. Just do. If you find motivation for a particular project lacking, try getting started on something else. Something trivial even, then you'll develop the momentum to begin the more important stuff.
- Know yourself. Keep notes on when your motivation sucks and when you feel like a superstar. There will be a pattern

that, once you are aware of, you can work around and develop.

- Track your progress. Keep a tally or a progress bar for ongoing projects. When you see something growing you will always want to nurture it.
- Help others. Share your ideas and help friends get motivated. Seeing others do well will motivate you to do the same.

Methods and Materials:

All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the population for the study. There were two teams from each zone one of boys and one of girls who participated in state level championship at Dhule. Total sixteen teams were participated. Therefore total population was all the participants who were present (N=192). As per the objective researcher wanted to check the self motivation, of the subjects, researcher herself is a national level players and knows that each player is important and got chance to play therefore researcher selected all the population as samples for the study purposively. The Self motivation scale Test, constructed and standardized by, Lyle, R. Johnson, was used to measure the Self Motivation. The researcher took the permission from secretary of Maharashtra volley ball committee and from coaches for data collection from the subjects. By which they cooperated the researcher scholar for her research work. The research scholar distributed the questionnaire to all the subjects and explained about answering the question of self motivation and questionnaire was given to the subject. After data collection, data was analyzed by using Independent “t” test. The level of significance was kept at 0.05 to test the hypothesis.

Results and Discussion:

The obtained results were presents in the following tables which represents the result of descriptive analysis and comparison.

Table-1. Descriptive statistics of Self Motivation

	Mean	N	Std. Deviation	Std. Error Mean
Boys	127.6563	96	6.67726	0.68150
Girls	124.5417	96	5.99634	0.61200

There were 192 subjects. The mean gain in self motivation of boys was 127.6563 with standard deviation of 6.67726 and mean gain in self motivation of girls was 124.5417 with standard deviation 5.99634.

Table-2. Independent Sample ‘t’ test of Self Motivation

t Difference	df	Sig. (2-tailed)	Mean difference	Std. Error
3.400	190	0.001	3.11458	0.91596

In the table no 2 mean differences for Self motivation of male volley ball and female volleyball players was 3.11458. This difference when tested by Independent ‘t’ test, ‘t’ value was found 3.400. Which was significant at 0.05 (p=0.001) significance level for 190 degree of freedom.

Discussion:

It was observed from the findings that there was statistically significant difference in self motivation of state level volley ball players on gender basis and girls were less self motivated than boys. These findings were supported by Boris, M., Dražen, G., Đurđica, M. (2010). The Relations between Types of Motivation in Sport and Perceived Sport Competence. They found statically important difference in the results in which male pupils have considerably higher results than female pupils. Timothy, J. C., and Otmar, W. (1989). Sport Identity and Motivation for Sport Participation They conclude that motivation for sport participation is likely to be influenced by the values of the sport organization as well as the sport and gender identities of the participant.

Findings were contradictory with Papanikolaou, Z. and Asterios, P. (January 14, 2014) Amateur Soccer Players and the Phenomenon of Motivation. They conclude that there were no differences found

between males and females on the motivational scales for competition and cooperation.

References:

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