

## STUDY UPON MOTIVATION SPORT PERFORMANCE PRACTICING

V. GRIGORE<sup>1</sup> D.I. ALEXE<sup>2</sup> C. I. ALEXE<sup>3</sup>

**Abstract:** *This paper is a comparative study in regards to sport performance motivation. The aim was to highlight the reasons for sport performance and to rank them. In research it started from the assumption that the category of reasons related to sports performance occupies leading places in the hierarchy. The main research methods were: the inventory investigation and mathematical reasons for data processing. The subjects were two groups of athletes who practice individual sports, Artistic Gymnastics (group no. 1) and Track and field, Tennis (group no. 2). The results obtained demonstrate similarities between the hierarchy of reasons for each group of athletes in a hand and confirmed the hypothesis in the other hand.*

**Key words:** *sports, performance, motivation.*

### 1. Introduction

Motivation defined as a "system of impulses, incentives, internal pressure, energizing or activation, blood pressure status or motives of their actions and behavior" (PP Neveanu, 1978)<sup>[1]</sup> is "a subjective model of mental causation physic reproduced, accumulated over time, converted and transferred through learning and education in internal procurement of the person." (P. Golu, 1974)<sup>[2]</sup>.

Interesting is the defining motivation by J. Nuttin (quoted by P. Popescu-Neveanu, 1978), showing that it "has two segments: energizing- dynamizator and other guidance or directional" which is defined "object and purpose act.

Characterized by variety and hierarchy, human motivation as a result of conjugation of many motivational

phenomena which highlights the fact that man acts from several related reasons.

Whether it be discussed, at the national or individual level, motivation is involved in carrying out, as the central factor of human activity, says G. Roberts (1992)<sup>[3]</sup>. Of importance also has the attention by researchers, resulting a rich literature concerning motivation.

Psychological literature covers a great part of study about motivation as it relates to the dynamic aspect and rational behaviour .

Theories advanced in this respect, are very different, calling them the innate or situational; impulse force is placed inside or outside of the person.

Motivation's theories allow us better practical application of this concept to the athletes and to find some practical ways to enhance motivation (R. Thomas, 1987)<sup>[4]</sup>.

<sup>1</sup> Universitatea Națională de Educație Fizică și Sport București.

<sup>2</sup> Universitatea „Vasile Alecsandri” din Bacău.

<sup>3</sup> Clubul Sportiv Știința Bacău. Colegiul Tehnic de Comunicații „N.V.Karpen” Bacău.

Studies on motivation have shown that the assumption that the athlete is subjected to activation (pulse) and the satisfaction of the distinct needs reduce the tension (homeostatic theory) is not convenient and suitable to the present reality. In high performance sport competition whose aim is, rather, a dynamic psychic and somatic, which leads to the necessity of increasing tension. It can not be excluded that a part of this rationale has an innate character. It is what some sociologists say when referring to some aspects. Aggression, for example, is actually in a broader sense, a need to dominate.

So the important role of motivation in their work and obtaining performance is a positive one, but should not be overrated. Above a certain level, the motivation not only helps to improve performance, but even reduce them, like some related researches establishing the existence of critical areas, varying depending on the difficulty of the task and an optimal level of motivation, which is closely related to their particular temperament, ability and character.

Referring to the sport, we consider it is necessary to recall that the major objective, is the unique performance in the competition, the victory, which it comes from the necessity of realization of each individual, since 1964 highlighted by Atkinson. This need is an energizing side of sports, leading to achieve mastery. Benefits are first-order to achieve ideal and then to the content.

For this reason, Thomas R. (1987)<sup>[5]</sup> has two motivations components of superior level athletes, components are in constant interaction. One is the personality of the subject, and the second component would be the social environment that rewards and propose ways to achieve subject's certain desires; benefits of sporting success is not restricted only to a material level, it exist on ideal plan the such closeness the image of idol winner worldwide.

When achievement is desired, they are involved related standards of excellence (skill), the main side of the energizing construct, is the ability to demonstrate, for being one of the important factors in this construct (G. Roberts 1992).

"Psychological climate created by parents and coaches, have effect in the perspective of an individual's socialization purposes. But the motivation is affected by yet another level: the motivational climate created in the process of training and competition." (G. Roberts, 1992).

Thus, the cognitive treatment of motivation is complex and depends on the individual's interaction with his past experiences. Generally, the athlete attributed the success of failure of external and internal causes.

## 2. Purpose

**The aim of this paper is to** highlight the motives for practicing sport performance and their ranking.

## 3. Assumptions

Regardless of sport-related reasons in the category of performance are on the first places in the hierarchy.

## 4. Research Methods

The main investigation reserch was quationnaire on the basis of an inventory of reasons according to categories: biological, social, extrinsic, intrinsic, performance

Mathematical Methods for results.

## 5. Content research

The present reserch is a comparative study on motivation for sports performance practice. Athletes participated in the research practitioners of various individual

sports: gymnasts (gr. 1) and athletes, tennis players (gr. 2). For the study was conceived and applied an inventory of 25 different categories of reasons, each category has five reasons. Subjects were asked to mark an "X" in the appropriate space significance of the meaning contained in the scale:

- 1 = the most important to me;
- 2 = more important;
- 3 = important;
- 4 = less important to me;
- 5 = not important to me.

Data were ordered and centralized under the categories of the reasons contained in the list.

After completing the list, could rank the top 10 reasons for each group of athletes.

## 6. Results

We present the results listing the reasons and the scores obtained from point's addition awarded, according to what each reason for each athlete participating in the research (Tables 1, 2).

After calculating the scores for the entire group of athletes we have established research participants rank each reason for sporting performance. (Tables 3, 4 and graphs 1, 2).

Table 1

*Results for performance reasons sporting activity (Gr. no. 1)*

Nr. Crt.	Gr.1 CATEGORIES AND GROUNDS	Scale					SCORE	Place
		1	2	3	4	5		
<b>A</b>	<b>BIOLOGICAL</b>	nc <sup>[6]</sup> Sc <sup>[7]</sup>	nc sc	nc sc	nc sc	nc sc	<b>249</b>	
1	Need to move	3 15	6 24	3 9	1 2	1 1	51	3
2	Body Modeling	6 30	3 12	4 12	1 2	1 1	57	2
3	Learning new movements, unusual	3 15	2 8	0 0	10 20	0 0	43	4
4	Consumption of energy available	2 10	0 0	6 18	4 8	3 3	39	5
5	Strengthening and maintaining health	9 45	1 4	2 6	1 2	2 2	59	1

Nr. Crt.	Gr.1 CATEGORIES AND GROUNDS	Scale					SCORE	Place
		1	2	3	4	5		
<b>B</b>	<b>SOCIAL</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>240</b>	
1	Need to play with friends	0 0	0 0	6 18	4 8	5 5	31	5
2	Need to be accepted and to belong to a team	2 10	5 20	3 9	4 8	7 7	54	2-3
3	Need to find place in the group	6 30	5 20	0 0	0 0	4 4	54	2-3
4	The need for prestige	9 45	0 0	4 12	2 4	0 0	61	1
5	The need to compare with others	0 0	9 36	2 6	3 6	1 1	40	4

Nr. Crt.	Gr. 1 CATEGORIES AND GROUNDS	Scale					SCORE	Place
		1	2	3	4	5		
<b>C</b>	<b>EXTRINSIC</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>260</b>	
1	The need for recognition from the public, family, friends	3 15	3 12	8 24	1 2	0 0	53	2
2	Position in society	4 20	4 16	3 9	3 6	1 1	52	3-4
3	Awards, honors, rewards	5 25	2 8	5 15	1 2	2 2	52	3-4
4	Choosing a profession	5 25	3 12	6 18	0 0	1 1	56	1
5	Beware of innerself	2 10	3 12	7 21	1 2	2 2	47	5
<b>D</b>	<b>INTRINSIC</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>191</b>	
1	Purchase of pleasure through movement	2 10	1 4	1 4	5 10	5 5	33	4
2	Achieving relaxation and inner peace	1 5	3 12	1 3	7 14	3 3	37	2
3	Increasing self confidence	3 15	4 16	8 24	0 0	0 0	55	1
4	Self respect	1 5	1 4	1 3	7 14	5 5	31	5
5	Attention on Self	0 0	3 12	3 9	5 10	4 4	35	3
<b>E</b>	<b>PERFORMANCE</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>281</b>	
1	Desire to affirm and promote	8 40	4 16	3 9	0 0	0 0	65	2
2	Desire to win	9 45	4 16	2 6	0 0	0 0	67	1
3	Wanting to be the best, such an ideal model	7 35	4 16	4 12	0 0	0 0	63	3
4	The need to live the emotions of competition	3 15	3 12	4 12	5 10	0 0	49	4
5	The need for risk and contingency	0 0	4 16	3 9	4 8	4 4	37	5
		<b>TOTAL</b>					<b>1221</b>	

Table 2

Results for performance reasons sporting activity (Gr. no. 2)

Nr crt	Gr. Nr. 2	SCALE					SCORE	PLACE
	CATEGORIES AND GROUNDS	1	2	3	4	5		
<b>A</b>	<b>BIOLOGICAL</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>236</b>	
<b>1</b>	Need to move	2 10	6 24	3 9	2 4	2 2	<b>49</b>	<b>2</b>
<b>2</b>	Body Modeling	3 15	4 16	1 3	6 12	1 1	<b>47</b>	<b>3</b>
<b>3</b>	Learning new movements, unusual	2 10	3 12	3 9	2 4	1 5	<b>40</b>	<b>5</b>
<b>4</b>	Consumption of energy available	6 30	3 12	3 9	2 4	1 1	<b>56</b>	<b>1</b>
<b>5</b>	Strengthening and maintaining health	2 10	4 16	3 9	3 6	3 3	<b>44</b>	<b>4</b>
<b>B</b>	<b>SOCIAL</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>251</b>	
<b>1</b>	Need to play with friends	5 25	3 12	4 12	2 4	1 1	<b>54</b>	<b>2-3</b>
<b>2</b>	Need to be accepted and to belong to a team	2 10	5 20	3 9	4 8	1 1	<b>48</b>	<b>3</b>
<b>3</b>	Need to find place in the group	1 5	5 20	4 12	0 0	5 5	<b>42</b>	<b>5</b>
<b>4</b>	The need for prestige	8 40	1 4	3 9	3 6	0 0	<b>59</b>	<b>1</b>
<b>5</b>	The need to compare with others	1 5	7 28	4 12	0 0	3 3	<b>48</b>	<b>2-3</b>
<b>C</b>	<b>EXTRINSECI</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>270</b>	
<b>1</b>	The need for recognition from the public, family, friends	3 15	3 12	8 24	1 2	0 0	<b>53</b>	<b>4</b>
<b>2</b>	Position in society	5 25	4 16	3 9	2 4	1 1	<b>55</b>	<b>3</b>
<b>3</b>	Awards, honors, rewards	5 25	5 20	2 6	3 6	0 0	<b>57</b>	<b>1</b>
<b>4</b>	Choosing a profession	6 30	4 16	2 6	1 2	2 2	<b>56</b>	<b>2</b>
<b>5</b>	Beware of innerself	3 15	3 12	6 18	1 2	2 2	<b>49</b>	<b>5</b>

Nr crt	Gr. Nr. 2	SCALE					SCORE	PLACE
	CATEGORIES AND GROUNDS	1	2	3	4	5		
<b>D</b>	<b>INTRINSIC</b>	nc sc	nc sc	nc sc	nc sc	nc sc	<b>190</b>	
<b>1</b>	Purchase of pleasure through movement	1 5	1 5	2 6	5 10	5 5	<b>31</b>	<b>4-5</b>
<b>2</b>	Achieving relaxation and inner peace	2 10	2 8	1 3	7 14	3 3	<b>38</b>	<b>2-3</b>
<b>3</b>	Increasing self confidence	3 15	3 12	7 21	2 4	0 0	<b>52</b>	<b>1</b>
<b>4</b>	Self respect	1 5	1 4	1 3	7 14	5 5	<b>31</b>	<b>4-5</b>
<b>5</b>	Attention on Self-	1 5	3 4	3 3	4 8	4 4	<b>38</b>	<b>2-3</b>

E	PERFORMANCE	nc	nc	nc	nc	nc	275	
		sc	sc	sc	sc	sc		
<b>1</b>	Desire to affirm and promote	8 40	5 20	2 6	0 0	0 0	<b>66</b>	<b>2</b>
<b>2</b>	Desire to win	10 50	3 12	2 6	0 0	0 0	<b>68</b>	<b>1</b>
<b>3</b>	Wanting to be the best, such an ideal model	6 30	5 20	4 12	0 0	0 0	<b>62</b>	<b>3</b>
<b>4</b>	The need to live the emotions of competition	3 15	3 12	4 12	5 10	0 0	<b>39</b>	<b>5</b>
<b>5</b>	The need for risk and contingency	0 0	4 16	5 15	3 6	3 3	<b>40</b>	<b>4</b>
Total							<b>1222</b>	

#### List of top 10 reasons for performance sport No. 1 Gr.

Nr. crt	Reason	SCORE	CATEG
<b>1</b>	Desire to win	67	P
<b>2</b>	Desire to affirm and promote	65	P
<b>3</b>	Wanting to be the best, such an ideal model	63	P
<b>4</b>	The need for prestige	61	S
<b>5</b>	Strengthening and maintaining health	59	B
<b>6</b>	Body Modeling	57	B
<b>7</b>	Choosing a profession	56	E
<b>8</b>	Increasing confidence	55	I
<b>9</b>	Need to be accepted and to belong to a team / need to find their place in the group	54	S
<b>10</b>	The need for recognition from the public, family, friends	53	E

List of top 10 reasons for sporting performance No.2 Gr

Nr. crt	REASON	SCORE	CATEG
1	Desire to win	68	P
2	Desire to affirm and promote	66	P
3	Wanting to be the best, such an ideal model	62	P
4	The need for prestige	59	S
5	Strengthening and maintaining health	57	E
6	Body Modeling	56	E; B
7	Choosing a profession	55	S
8	Increasing confidence	54	E
9	Need to be accepted and to belong to a team / need to find their place in the group	53	E
10	The need for recognition from the public, family, friends	52	I

Summary scores for reasons / categories

Table 3

	B	S	E	I	P
gr.nr.1	249	240	260	191	281
gr.nr.2	236	251	270	190	275
Total/ category	485	491	530	381	556
Total general	2443				

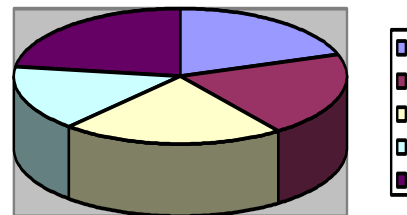
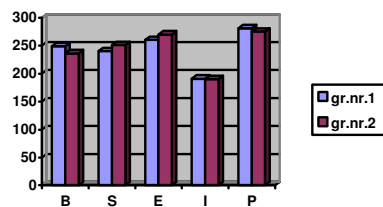


Chart 1. Graphic representation of motives / categories Chart 2. Representing scores / categories of reasons / total athletes

Summary ranks / categories of reasons / number of choices

Table 4

Range	REASONS CATEGORIES										Total
	B1	B2	S 1	S 2	E1	E 2	I1	I 2	P1	P 2	
1	23	15	17	17	19	22	7	8	27	27	182
	38		34		41		15		54		
2	12	20	19	21	15	22	12	10	19	20	171
	32		40		37		22		39		
3	16	13	15	18	29	21	14	14	16	17	173
	29		33		50		28		33		
4	20	15	13	9	6	8	25	25	9	8	138
	35		22		14		50		17		
5	7	12	17	10	6	5	17	17	4	3	98
	19		27		11		34		7		

## 7. Conclusions

The results obtained by points adding, awarded according to the meaning of each reason for each athlete, both groups show that performance-related reasons occupies the first rank. Thus "the desire to win" is a place on first place for both gymnasts and the group composed of the athletes and tennis players.

Analyzing the results based on proposed/ category for the entire group of athletes participating in the research note that he recorded the following order:

- |                |        |
|----------------|--------|
| 1. performance | (556p) |
| 2. extrinsic   | (530p) |
| 3. social      |        |
| 4. biological  | (485p) |
| 5. Intrinsic   | (381p) |

Quantitative and qualitative analysis of the results obtained show similar meanings of the motifs in the 2 groups.

However, appear for Group No. 2 as "important" reasons that related to choosing a profession and obtaining prizes and awards.

As for the reasons of social class in both groups ("need to be accepted and to belong to a team" / "need to find their place in the group") are "more important" and "important" for practicing Sports Performance.

It also notes that "increasing self-confidence is the only reason belonging to category of "intrinsic" that are important for athletes of both groups for sports performance. The results confirm the assumption of the research.

### Notes

- [1] Popescu-Neveanu, P.P.: *Dicţionar de psihologie*, Edit. Albatros, Buc., 1978.

[<sup>2</sup>] Golu, P., *Psihologie socială*, Edit. Didactică și Pedagogică, Bucureşti, 1974.

[<sup>3</sup>] Popescu - Neveanu, P., 1978, op. citată

[<sup>4</sup>] Roberts, G., *Motivation in sport and exercise*, Human Kinetics Books, Champaign, Illinois, U.S.A., 1992.

[<sup>5</sup>] Thomas, R., *L' environnement*. În: *La psychologie du sport de haut niveau*, Presses Universitaires de France, 1987.

[<sup>6</sup>] nc= number of cases.

[<sup>7</sup>] sc= scor cases.

## References

1. ANTRENORIAL SI COMPETIŢIE, SDP/1994, nr. 350-352.
2. Cosmovici, A.: *Psihologie generală*. Iaşi: Edit. Polirom, 1996.
3. Dumitrescu, GH.: *Interpsihologie în activitatea sportivă*. Bucureşti. Edit. Sport-Turism, 1979.
4. GOLU, P.: *Psihologie socială*. Bucuresti: Edit. Didactică și Pedagogică, 1974.
5. Holdevici, I.; Vasilescu, I.: *Activitate sportivă. Decizie, autoreglare, performanță*. Bucureşti. Edit. Sport-Turism, 1988.
6. Popescu-Neveanu, P.: *Dicţionar de psihologie*. Bucureşti: Edit. Albatros, 1978.
7. Roberts, G.: *Motivation in sport and exercise*. Champaign, Illinois, U.S.A.: Human Kinetics Books, 1992.
8. Sillamy, N.: *Dicţionar de psihologie*. Bucureşti. Edit. Univers Enciclopedic, 1996.
9. Thomas, R.: *L' environnement*. In: *La psychologie du sport de haut niveau*. Presses Universitaires de France, 1987.